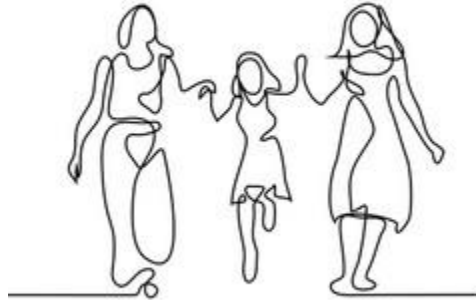




TOTALCARE Living
Newsletter August 2019



TOTALCARE Living wishes all our female residents,
daughters and granddaughters, aunts and nieces, mothers and grandmothers, sisters and friends,
A Wonderful Women's Day

TOTALCARE STATISTICS

TOTALCARE Living have seven facilities and we proudly share a few statistics with you:

7 World class facilities

5 in Gauteng

1 in Upington

1 in Umhlanga

326 beautiful residents

480 hardworking employees

1 Head Office

25 dedicated employees at Head Office

530 freshly brewed cappuccinos a month

47 300 nutritious, healthy meals a month

TOTALCARE APPLIES THE RECODE METHOD

We at TOTALCARE have long since researched Dementia and the causes and symptoms thereof and cures therefore. Dementia affects all of us through a relative, friend or associate. TOTALCARE embraces our residents' needs by applying the studies of Dr Dale Bredesen. He is a professor of neurology at the University of California, Los Angeles (UCLA) where he has dedicated his entire career to Dementia research. We encourage you to read his book 'The End of Alzheimers' whereby he introduces 36 areas which should be addressed to reduce and even limit the onset of Dementia.

We at TOTALCARE apply his method, aptly named the reCODE method, by implementing initiatives, such as the following at our facilities:

- Healthy eating
- Fun exercise such as dancing (see Ren's Dancing School's attached document)
- Continuous Socializing
- Challenging Brain activity
- Interactive Entertainment such as Arts and Crafts
- Restful sleep

A few interesting facts about proper sleep includes, improved memory, increased longevity, decrease in inflammation and less stress.

We believe that our residents will live long, happy lives in a controlled and socially and intellectually stimulating environment. We are proud to share a few snippets of the activities held at our facilities each week.

PROFESSIONAL PHOTOGRAPHER

TOTALCARE Living is proud to share some of the photos taken by our Professional photographer with you. We appointed Lenadri Kruger to visit our facilities weekly and capture special moments with our residents. If you haven't already, please remember to send us the Consent form then you might also appear in our newsletter!

Remember to follow us on INSTAGRAM and like us on Facebook

TOTALCARE_Living

ARTS AND CRAFTS AT BELENOIS



MUSIC AND SNACKS ON 24 JULY



MRS BURROW



LA VIE NOUVELLE



Mr Jones having moment with our Care Companion, Shaz



Mr Attwell in session with our Occupational Therapist

MRS SOUTH AFRICA

Care companion, Shaz's daughter is Megon Schutte, whom we are sponsoring to represent our company at the Mrs South Africa beauty pageant. Remember to vote for her on Facebook!



Megon Schutte with our Director's: Cornel Nieuwenhuizen and Max Naudé

PAWS FOR PEOPLE AND GUIDE DOGS CAME TO VISIT ST MICHAELS DURING JULY



Our facility manager, Jacques Venter and Nursing Manager, Dawn Meyer.

WE ALSO HAD THE CHILDREN FROM KATZ ACADEMY VISIT US



Mrs van Heerden



Mrs McGillivray



Mrs Mortlock

REN'S DANCING SCHOOL AT BELENOIS



MOUNT EDGECOMBE DURBAN MEN'S CHOIR



TOTALCARE

LIVING

WINE + CHEESE + YOU

RESIDENTS & FAMILY

Entry fee:
R50 per person
OR
Bring an outside friend
and it's free

August 17, 2019 | 4-6 PM

Coffee Cafe

Durban Men's Choir will perform!

RSVP ERIKA BEFORE 10 AUGUST (084) 493 1476

mervadmin@totalcares.co.za

TOTALCARE SHARES OUR ARTICLE PUBLISHED IN BEELD ON 31 JULY 2019

'n FEES VIR DIE SINTUIE

Varsgebakte koek, vars gemaalde koffie, vars vrugte en groente, vars linne en vars blomme. Al die sintuie word daaglik gestimuleer om sodoende langselewendheid te bevorder en gelukkige inwoners te huisves. Soos TOTALCARE se direkteur tereg opmerk; 'Ons fasiliteite is soos om permanent in 'n hotel te woon.' Hoe aanloklik is dit nie? Die spyskaart verander daaglik en is gebaseer op vars, seisoenale bestandele. Heerlike maaltye sluit in voorgereg, hoofgereg en nagereg met gesonde versnapperings deur die dag. TOTALCARE se dieetkundige en sjef verseker gehalte etes om die liggaam gesond en jonk te hou. Tussen die sewe fasiliteite word daar daaglik omtrent 530 cappuccino's, vars gemaal en voorgesit. Net 'n nota, daar is bevind dat koffie geheue verlies vertraag en gemoedstoestand positief beïnvloed. Daarom word die cappuccinos met plaaslike bone en vars, volroom melk gebrou om 'n gehalte produk te verseker. En sou jy tee verkies, word dit ook bedien!

Sosiale interaksie en aanraking is van die eienskappe van menslike bestaan wat afneem met tyd maar eintlik veronderstel is om toe te neem. Aanraking is een van die sintuie wat nooit agteruit gaan soos byvoorbeeld sig of gehoor nie. Dit is toenemend belangrik om aan iemand te raak om sodoende geluk en selfbeeld te bevorder. TOTALCARE het toegewyde sorgagente wat daarop fokus om inwoners se hande en voete te vryf. Nie net vir omgee nie maar ook vir gesonde bloedsomloop. Hierdie sorgagente verseker ook dat almal sosiaal verkeer deur ywerig belang te stel en om te gee.

Hierdie kwaliteite is van onskatlike waarde en word daaglik, deurlopend gebied. Vir TOTALCARE is dit onmoontlik om hierdie eienskappe te skei van die hartklop van hulle fasiliteite, naamlik sorg. Sorg is prioriteit en word primêr aangebied om fisiese en emosioneel gesonde inwoners te fasiliteer. Al die fasette werk interafhanklik om die beste sorg, maaltye, aktiwiteite en dienste te bied.

TOTALCARE CONTACT DETAILS

Belenois Retirement Village

Krugersdorp - Johannesburg

Belenois Retirement Village	Reception	010 534 8301	
Facility Manager	Karin Venter	072 429 4897	belenoisadmin@totalcaresa.co.za
Nursing Manager	Dawn Meyer	083 493 7057	belenois@totalcaresa.co.za
Care Companion	Leonie Kruger	082 927 8508	

Belle Rio Lifestyle Estate

Upington

Belle Rio Lifestyle Estate	Reception	054 050 1042	bellerio@totalcaresa.co.za
Facility Manager	Lise Mari Goosen	071 679 6494	
Nursing Manager	Marinda du Plessis	072 074 5088	
Care Companion	Sharron Wagener	076 696 7574	

Huis Hoëveld

Albertville - Johannesburg

Huis Hoëveld	Reception	011 673 2045	
Facility Manager	Erna Meintjes	082 895 1852	huishoeveldadmin@totalcaresa.co.za
Nursing Manager	Petra Swanepoel	011 673 2045	petra@totalcaresa.co.za

La Vie Nouvelle Lifestyle Estate

Broadacres - Johannesburg

La Vie Nouvelle	Enquiries	010 534 8102	lavieadmin@totalcaresa.co.za
Nursing Manager	Renee Richards	073 318 3782	
Facility manager	Maria Frederickson	082 603 1399	
Care Companion	Shaz Cheverton	010 534 8102	

Mount Edgecombe Retirement Estate

Umlanga

Mount Edgecombe	Reception	010 534 8125	mervadmin@totalcaresa.co.za
Facility Manager	Erika Joubert	010 534 8125	
Nursing Manager	Petra Swanepoel	010 534 8125	

St Michaels Village

Weltevreden Park - Johannesburg

St Michaels Village	Reception	011 475 1497	
Facility Manager	Jacques Venter	011 475 1497	stmichaelsadmin@totalcaresa.co.za
Nursing Manager	Dawn Meyer	011 475 1497	stmichaels@totalcaresa.co.za

Waterfall Hills

Sunninghill - Johannesburg

Waterfall Hills	Reception	011 260 6845	
Facility Manager	Maria Frederickson	011 260 6845	waterfalladmin@totalcaresa.co.za
Nursing Manager	Renee Richards	011 260 6845	waterfallhills@totalcaresa.co.za