



October and November to September

When it is recommended, why not do it? When research shows it is beneficial to your health, why not be a statistic? When it feels and tastes great, why not indulge a little? When longevity is the end result, then please, by all means, fill my glass! It is then no surprise that wine, as well as beer/ale, are the oldest of beverages in the world. And with reason! It was never a fad or a faze, say for instance like 007 with his martinis or girls with their Campari's or mimosa's for breakfast. It was always part of celebrations, festivals and most important, daily meals.

No need to feel that we should abstain or detox or penalize ourselves by refraining from having a vitamin rich, antioxidant filled, healthy glass of red wine. How wonderful after a purposeful day or rewarding week to enfold yourself in a rounded and maturely aged pinot noir. It should be encouraged and enjoyed with fervor. It should be saluted and celebrated. It should be embraced with contentment and compassion.

Apart from the Biblical origin of wine and its meaning; the Greeks worshipped Bacchus, the Romans established the first laws relating to wine due to excessive drinking, wine was a status symbol for the wealthy in medieval Europe, and interestingly, the Vatican consumes the most amount of wine per capita in the world!

By all means, practice Ocober, but perhaps follow the healthy lifestyle of the centenarians across the globe from November to September;

'Living to 100 doesn't have to mean a strict regimen of steamed vegetables and joyless meals. A healthy, balanced, and stress-free life includes happy hours, time spent with family and friends and the occasional glass of wine with delicious dinners. You can consume alcohol and live to a happy 100, even up to one drink daily for women, two for men. We know from blue zones centenarians that this is true: People in four original blue zones areas drink alcohol moderately and regularly. The trick is to drink one to two glasses per day with friends and with food.'

- The Blue Zones

Totalcare have a lot to share and a lot to look forward to until our next newsletter in December.

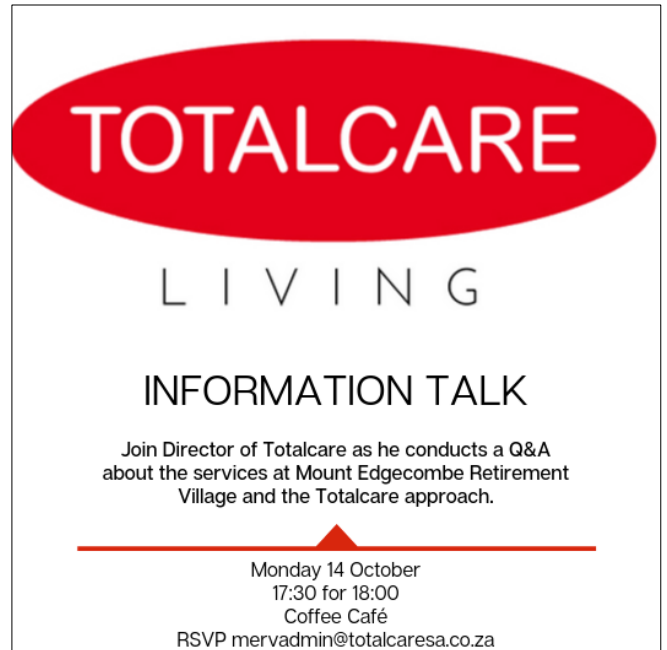
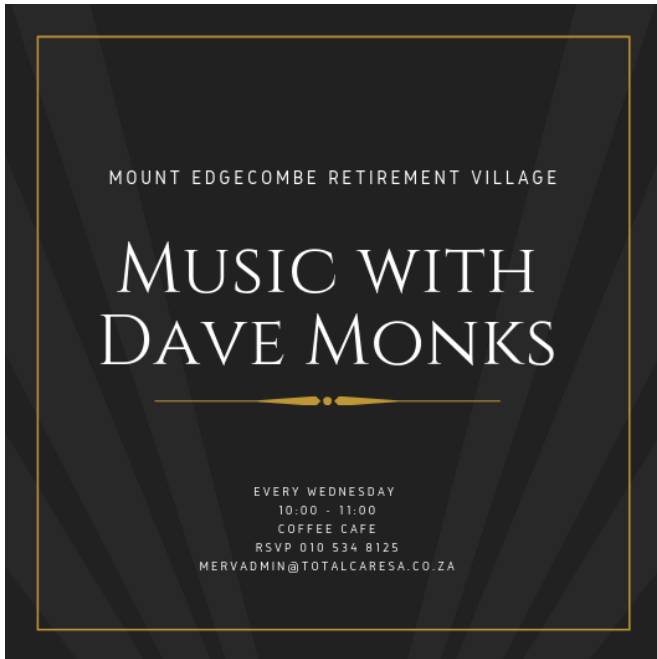
We are happy to share the latest news and events with you!

Dates to Diarise

Wellness Day at La Vie Nouvelle on Saturday 12 October @ 9:30 – 12:00

Wellness Day at Belenois on Saturday 19 October @ 10:00

Informative talk at Mount Edgecombe Retirement Village on Monday 21 October @ 17:30



We are happy to announce the dates for our residents' Christmas functions for 2019

Belenois Frail Care	- 27 Nov @ 11:00
Belenois Assisted Living & Village	- 28 Nov @ 11:00
Belle Rio	- 8 Nov @ 18:00
Huis Hoëveld	- 29 Nov @ 11:00
La Vie Nouvelle	- 21 Nov @ 11:00
Mount Edgecombe	- 22 Nov @ 11:00
St Michaels	- 29 Nov @ 18:00
Waterfall Hills	- 20 Nov @ 11:00

2019 Yearbook

We are hard at work to finish our 2019 yearbook and we kindly remind you to please sign the photographer consent forms. We have beautiful images taken at the weekly activities and would love to share it in our yearbook as well as our next newsletter!

Belenois September Wellness Day



Our Residents:
Mrs May, Mrs Esterhuizen & Mrs Harris



Our Beautiful Team:
Leonie Kruger, Marie du Plessis, Dr Venter & Karin Schutte



Our Visitors and Mrs Krige



The Creative Elanie Pelsler from Kunsvlyt fame and our lovely facility manager, Karin Schutte

Remember our Wellness Day!
Saturday at La Vie Nouvelle!

La Vie Nouvelle Mpat Day

WELLNESS DAY

12 OCTOBER 2019





BIOKINETICIST

Strength is vital to ensure healthy ageing and to nurture our muscles. Come enjoy Irena Nowak as she discusses interventions and therapies for strong bodies.

09:30

Dr Irena Nowak



MUSIC AND DANCE

The positive effect of music & dancing for the fight against cognitive decline

10:00

rensdanceclassrooms@gmail.com



PHYSIOTHERAPY AT HOME

Active Ageing; a talk which deals with the benefits of exercises on our bodies. Receive a free exercise band & home exercise plan.

11:30

physiotherapy@home.co.za



THE BEAUTIFUL MRS SA FINALIST, MEGON SCHUTTE, WILL ALSO BE ATTENDING THE DAY!

Remember to take a selfie and send it to newsdesk@totalcaresa.co.za



ENJOY A CAPPUCCINO & CAKE

Please feel free to bring a friend and come enjoy the day with us!

Remember to RSVP

Reserve the day or only an event @
Maria - 010 534 8102
lavieadmin@totalcaresa.co.za
www.totalcaresa.co.za



Mpat & our gorgeous Care companion Shaz with our Mrs SA finalist, Megon Schutte



St Michaels' Yearly Marathon

The Village



The Drivers



The Residents



The Riders



The Dawn



The Fun



The George



The Jacques



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Mount Edgecombe Coffee Café Now Open!

MOUNT EDGECOMBE
COFFEE CAFE

RETIREMENT VILLAGE



NOW OPEN!

Come and join us at our beautiful new Cafe

The Coffee Café at Mount Edgecombe Retirement Village is now open
Monday to Sunday from 8:00 - 18:00.

CAFÉ MENU WITH LIGHT MEALS AND REFRESHMENTS

FIXED MENU AVAILABLE - BOOKINGS ESSENTIAL

For more information

mervadmin@totalcaresa.co.za

010 534 8125

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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
Uppington**

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**Umhlanga**

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