



# Senior Living

MAGAZINE

*Thrive after 55!*

**Brenda  
Eckstein**

**On learning,  
living and  
thriving at  
any age!**

VOL. 10

**FREE!**

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# Hello There!

Welcome to the 10th edition of Senior Living Magazine. Spring is here, and I for one am happy to leave the last few disruptive months behind us.

We have been very busy developing the Senior Living Directory where we hope to host local businesses that offer discounts and special offers to the seniors in our various communities. Visit the Directory by heading on over to our website and clicking on the Directory tab, or simply pop us a WhatsApp, for the link to be sent to your phone.

Congratulations to Lorraine Brunyee on winning the R1000 cash, simply by nominating her favourite supplier for a free listing in the Directory. Continue to nominate your favourite suppliers and they'll be in line to win one of two free half page adverts in the December edition. Another R1000 is also up for grabs for our readers who do the nominating, so get cracking if you're keen to win some money. See page 6 for details.

Spring time is the season for picnics, rejuvenating your garden and kicking back into Summer, and in this edition we explore all of these delights.

If you haven't yet subscribed to our bi-monthly emails, please be sure to do so, as we include further specials, recipes and competitions via this channel.

The link for competitions, subscriptions, our online Directory and other offerings can be obtained by WhatsApping 072 632 6023 with the word HELLO.

Stay safe!

**Bruce Jackson, Magazine Co-ordinator**

Administration, Advertising and Submissions: Charmain Jansen van Rensburg  
admin@seniorlivingmag.co.za  
033 - 815 1031

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# Historical Nuggets



## Diamonds

In January 1905 the largest diamond was found in Cullinan and in 1907, was presented to King Edward VII of England by the Government of the Transvaal. The diamond was sent to Europe to be cleaved and polished. A small army of detectives boarded a ship with a carefully sealed package which they deposited in the Captain's safe, but unbeknown to them, the real Cullinan stone went by ordinary mail, costing just a few shillings.

---

**Unbeknown to them,  
the real Cullinan stone  
went by ordinary mail  
costing a few shillings.**

---

Sir Ernest Oppenheimer used the same method when he sent the Jonker Diamond (the 4th largest diamond found at the time) abroad.

## Trains

161 years ago on Tuesday 26 June 1860 the little town of Durban was bursting with excitement with the launch of the first railway in South Africa, and the second in Africa. Egypt opened the first railway

in 1856 which ran between Alexandria and Cairo. Crowds gathered at Market Square (Pine Street) while Bishop Colenso blessed the train. The engine was called Natal and it had one passenger coach with three compartments. The one in the centre could accommodate 8 to 10 passengers in first class. The two end compartments could accommodate 20 passengers in second class.

The train travelled from Market Square to the Point. The public paid one shilling for a return ticket, with some 800 people travelling to the Point and back on this day.



Source: Alison Chadwick, 082 777 7073, Level 2 Culture Guide, Durban, [www.durbanwalkingtours.co.za](http://www.durbanwalkingtours.co.za) or [durbantrails@gmail.com](mailto:durbantrails@gmail.com).

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# Special Offers



We have been hard at work compiling our online Directory of discounts/special offers. Visit [www.seniorlivingmag.co.za](http://www.seniorlivingmag.co.za) to check these out.

**WIN WIN WIN:** Nominate your favourite service providers and stand a chance to win R1000 cash, courtesy of Senior Living Magazine. To enter, simply click on the Competitions tab on our website to complete your nominations.

Two lucky businesses listed in the Directory will each win a half page advert in the December edition, so invite business owners you know to list their businesses, or get in touch with us via [admin@seniorlivingmag.co.za](mailto:admin@seniorlivingmag.co.za) with the details and we will assist.

Please confirm all discounts beforehand, as they are subject to change, and let us know of any discounts that you find, so that we can share the good news!

**\*PC = Pensioner's card required \*LC = Loyalty card required \*SC = Spar card required.**

## Monday/Tuesday/Wednesday

- **Avondale Spar:** 5% off (excl. promotions), LC and photo ID required

## Monday

- **Village Yard, 41 Howick:** 20% off

## Tuesday

- **Makro:** 5% off food products, up to 10% off general products, PC
- **SuperSpar Richden's Village:** 5% off
- **Knowles SuperSpar:** 5% off, PC
- **Pick n Pay Caversham Glen:** 5% off, double points on promo items, PC
- **Merrivale SuperSpar:** 5% off tea and cake, SC
- **Parklane SuperSpar:** 5% off
- **Greendale SuperSpar:** 5% off, LC
- **Quarry Centre Spar Hilton:** 5% off, free delivery in Hilton
- **Waste Centre Fabrics, 670 Umgeni Road, Durban:** 10% off

## Wednesday

- **Musgrave Pick n Pay:** double Smart Shopper points
- **Game:** 10% off the first R1500 (excl. cell phones)
- **Clicks:** Double e-bucks and double Club Card points for over 60s
- **Builders Express Pinetown:** 10% off, LC

## Thursday

- **Merrivale SuperSpar:** 5% off tea and sandwiches, SC
- **Greendale SuperSpar:** 5% off, LC
- **Quarry Centre Spar Hilton:** 5% off, free delivery in Hilton

## Every Day

- **Bargain Books Hillcrest:** 10% off
- **Ground Cover:** 5% off



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# Murder, She Wrote?



If you've ever thought about writing a book, here are a few useful tips courtesy of Andrew Blaine.

Before launching headlong into a career as a writer, here are a number of boxes you'll need to tick:

- Having, and identifying, a topic about which you are passionate, and willing to share with an audience.
- Being blessed with the ability to explain in writing to a complete stranger, in a way the reader will both understand and be comfortable with, why you have this passion.
- In arranging the words used, to have the ability to inspire or encourage your reader to cultivate an equal passion for the subject explained.
- To clearly identify the market niche in which your book will be relevant.

---

**...be willing to spend long hours, driving/dragging yourself through the process...**

---

- To be willing to spend long hours, driving/dragging yourself through

the process, with no expectation of any financial reward.

If you are able to tick all of these boxes, then get writing!

The creation of a book follows the following process:

---

**If you are able to tick all of these boxes, then get writing!**

---

**Step 1:** Identify the need you hope to meet, in the greatest possible detail.

**Step 2:** Create a skeleton by sorting the work into sequential chapters, covering each part of the study. Normally the introductory chapter explains the skeleton and, for this reason, is written once the other chapters are complete. In this way you ensure your introduction introduces what you have already penned, so that a reader can easily assess the value of the subject to them.



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## Making Memories

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**Tembe Elephant Park**, Big 5 Game Reserve, KZN | 10-13 Oct - Birding Getaway with local guide, Philemon (3 night retreat)

**Springbok Lodge**, Nambiti Big 5 Private Game Reserve, Ladysmith Area | 1-4 Nov (3 night retreat)

**Tembe Elephant Park**, Big 5 Safari + Lake Jozini Luxury Houseboat Safari, KZN | 8-12 Nov (4 night retreat)

**Umgazi River Bungalows Hotel & Spa**, Wild Coast | 15-19 Nov (4 night retreat)

**Bayete Zulu Homestead**, Manyoni Private Game Reserve, KZN | 23-26 Nov (3 night retreat)

**Turtling at Thonga Beach Lodge**, iSimangaliso, KZN | 29 Nov-1 Dec (3 night retreat)

**Pumula Beach Lodge**, South Coast, KZN | 5-8 Dec (3 night retreat)

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## It is possible that when you reach this final stage, you start to doubt yourself.

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**Step 3:** Fill in the skeleton you have created. This is often done by creating chapter skeletons and filling them in.

**Step 4:** Do the initial editing of your manuscript. This process involves ensuring that what you have written is in line with your passion and what you originally wanted to say.

Once you reach this stage, you stop

being a writer and become an author. You stop writing and start looking at turning the manuscript into a publishable entity.

It is possible that when you reach this final stage, you start to doubt yourself.

Should this happen, share your efforts with a trusted somebody. They should tell you directly whether they enjoyed the manuscript, what shortcomings it has and whether they feel it is marketable.

For more info visit [www.the-next-step.co.za/publishing-in-retirement/](http://www.the-next-step.co.za/publishing-in-retirement/)

---

# Bookworm

## Have you read a good book lately?

Share your review with us and we could publish it in the December edition of Senior Living Magazine.

Send an email to [editor@seniorlivingmag.co.za](mailto:editor@seniorlivingmag.co.za), use the word BOOK REVIEW in the subject line.

Ensure that you clearly identify the book by title and author as a heading in your email text, along with your name and contact number following the review.



Quiz Answer: The hat is white. If Tom doesn't know his hat colour then the other two men's hats cannot be both black otherwise he would know his hat is white. When Tim doesn't know his hat colour either, that means Jim's hat could not be black otherwise Tim would have to know his hat was white based on Tom's answer.



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# Collector's Corner

With Daryl Kriel,  
from Kensington Bond

I have this tea set that my Mum gave me. Does it have any value?  
*Patricia*



The porcelain trade in the UK is full of stories of success and dismal failure. Thomas Clark bought the Albert Works factory in Longton in 1896, which had been named the year before in honour of the birth of Prince Albert, who later became King in 1936. Royal Albert is the epitome of the florid excesses of the Victorian Era.

Inspired by English gardens, patterns like Serena, Old English Roses and Masquerade appealed to a wide range

of tastes. The most popular pattern, Old English Rose, went on to sell over a hundred and fifty million pieces alone.

As with most of the porcelain factories, Royal Albert was bought and sold, but the popularity of their brand and products is still highly desirable.

**If in perfect condition,  
it should fetch between  
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Your tea set is a Royal Albert "Moonlit Rose" and is a very popular pattern that was designed by Harold Holdcraft in the 1960s. If in perfect condition, it should fetch between R5000 - R7000.

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# A Disaster of Epic Proportions



**My first time shopping during lockdown was rather disturbing.**

At the butcher's, I jumped out of my car, reeking of disinfectant, wearing a stylish scarlet mask with a squiggly black pattern and a pair of disposable gloves. In the shop I stopped to use the foot operated hand sanitiser, which was facing the wrong way and squirted all the way down my trousers. Then the air conditioning hit me and my glasses steamed up.

---

**Groping around the shop with my glasses all foggy reminded me of snorkelling in bad visibility...**

---

Groping around the shop with my glasses all foggy reminded me of snorkelling in bad visibility, except it wasn't coral or rocks that suddenly loomed out of the murk, but much less picturesque pork sausages and frozen chickens. It was quite exciting though, as it's never been quite so mysterious shopping for chops. At the till, things went completely pear-shaped. After I'd paid, I put my purse in

my handbag and one of my disposable gloves got caught in the zip. I tried to clear it with the other hand, but that glove also got stuck. I stared helplessly at the cashier. I don't know if she was actually staring back at me, or just peering in my general direction: (a) because of my steamed up glasses; or (b) because her plastic face guard thingy-ma-bob was reflecting the flashing red lights from one of the freezers, so it looked like her head was on fire.

I tugged at my hands, and the gloves stretched, but my bag remained firmly on the counter. I tugged again, nothing happened. I looked like an insect, with my large, oval, pale eyes and black-veined mask. My phone rang and, from my attached appendage, Star Wars blasted loudly and happily around the shop. Terrific.

---

**I looked like an insect, with my large, oval, pale eyes and black-veined mask.**

---

**...I don't know if she was actually staring back at me, or just peering in my general direction...**

Panicking, I yanked my hands, grabbed my stuff and, with the tattered pennants of my disposable gloves fluttering about me, I fled i.e. "ricocheted" off the 'Entrance Only' doors, tripped through

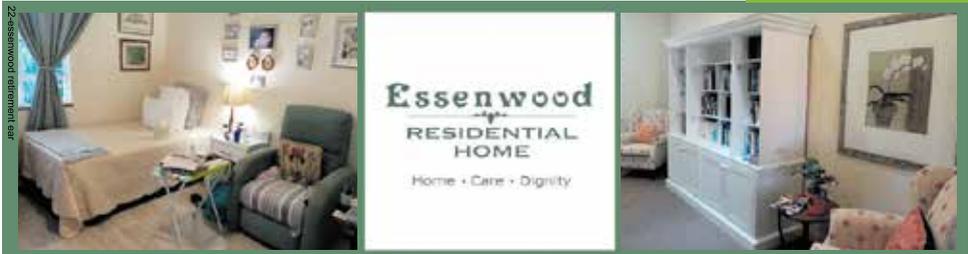
some trolleys and barged past a man standing outside with his miniature dachshund and his shopping.

If the poor soul is reading this, please accept my humble apologies! I'm not sure if I trod on your dog or a frozen chicken but, either way I'll pay for any vet's bills - not for the chicken, obviously, but definitely for the dog.

**Source: CAF, The Reluctant Adventurer**

**Some people are old at 18 and some are young at 90... time is a concept that humans created.**  
**- Yoko Ono**

**Durban**



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# Origins

There are many sayings we use on a daily basis that have very interesting and somewhat obscure origins!

### Freelance

In medieval times freelancers were soldiers who were for sale. They were literally free (available) lances.

### From The Horse's Mouth

You can tell the age of a horse by examining its teeth. A horse salesman may try to fabricate the age of the animal, but you can always establish the truth 'from the horse's mouth'.

### Long In The Tooth

This saying also has horsey origins, as the gums of a horse recede as it gets older, making it appear long toothed.

### A Long Shot

It's a long shot means an effort with little chance of success. In the past, when guns were only accurate at short range, a long shot fired over a great distance had a small chance of hitting its target.

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BLACKWOOD'S

# 5 TIPS TO A SIMPLE SUMMER GARDEN

Spring is such an exciting time in the garden. If planned correctly, gardeners can ensure that ongoing garden maintenance is kept simple, avoiding unnecessary chores. Here are 5 ways you can simplify things to free up time to enjoy your summer gardens:

**PLANT PERENNIALS:** Perennials are plants that last for three seasons or more. They are longer lasting and slower growing plants than seasonal annuals. Once established, perennials are a more low maintenance choice.

**CHOOSE EASY-TO-CARE FOR PLANTS:** Consider plants that don't need regular maintenance such as staking, deadheading, frequent dividing, complicated pruning or excessive watering.

**KEEP WATERING EASY:** Gardening and watering go hand-in-hand. A garden hose that kinks, leaks, is stiff and won't unwind or is heavy to drag around can be really frustrating. Investing in a quality hosepipe and the means of simple storage makes the necessary job of watering of your garden stress-free.

**PLANT IN CONTAINERS:** Growing in pots allows great flexibility. Combined with existing garden beds, containers can be used to accent plantings by adding height, colour and other features that may be lacking. Another marvellous advantage is that you can easily control the soil quality when planting out into pots.

**INVEST IN TIME-SAVING TOOLS:** All gardeners know that certain tasks in the garden can be back-breaking work. Investing in time saving tools which are made for the job can make garden chores so much easier.

[www.blackwoods.co.za](http://www.blackwoods.co.za)



# Grapefruit Cordial

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Put all of the ingredients into a pot, then mix them well and stir over a low heat until the sugar is fully dissolved. Allow to cool and refrigerate once cold. Dilute with water to taste, and serve chilled.

- 2L freshly squeezed grapefruit juice
- 2L freshly squeezed lemon juice (or substitute 1L of lemon juice with 1L grapefruit juice if preferred)
- 1.5kg white sugar



Durban




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# Your Legacy Today, Tomorrow and Beyond



**13 - 17 September was National Wills Week, during which time South Africans were reminded of the importance of leaving a Will.**

Attorneys across the country were offering their services to members of the public to put in place a basic Will drafted by them, many doing this free of charge. This was an opportunity that hopefully many South Africans took advantage of.

When one makes a Will, they express their wishes for what will happen to the people they care about after they are gone. But that Will could make a wish come true for a child who has never had the kind of care that ordinary South Africans provide to their own loved ones. SOS Children's Villages encourages people to consider drawing up a Will and including them as a beneficiary (a donation to the children.)

SOS Children's Villages offer loving, family-like care for children and young people who have lost, or are at risk of losing the care of their families. Instead of growing up on the streets or in a cold institution, a child at risk can be given a mother of their own, a family and a comfortable home - complete with a garden to play in - at an SOS Children's Village.

Established in 1984, SOS Children's Villages has 8 programmes across the provinces, supporting more than 700 children. In these villages, the children are provided with a family, healthcare, education, and all that they need to become contributing members of society.

This is the warm-hearted legacy that South Africans could leave behind, simply by including a bequest to SOS Children's Villages in their Will. After providing for loved ones, there are several ways South Africans can leave a gift to charity in their Will:

#### **Residual Gift**

After all loved ones have been looked after and debts paid, one can leave a percentage of the remaining estate.

#### **Specific Gift**

Leave a fixed sum of money, household contents or pieces of furniture.

**For more information and to support SOS Children's Villages, contact Rashilla Francis on 084 444 3494 or e-mail [Rashilla.Francis@sos.org.za](mailto:Rashilla.Francis@sos.org.za) or visit [www.sossouthafrica.org.za/ways-to-give-3/](http://www.sossouthafrica.org.za/ways-to-give-3/)**

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# Buzzzy Bees!

**Bees are fascinating creatures that live in colonies. There is an interesting hierarchy within the hive, with the roles divided as follows:**

## **Queen:**

Obviously the "head honcho" role, there is only one queen bee. She lays the eggs that give rise to the next generation, and gives off chemicals that guide the bees' behaviour. Upon her death, the workers select a young larva and feed it royal jelly, so that it develops into a fertile queen.

---

**Upon her death, the workers select a young larva and feed it royal jelly...**

---

## **Workers:**

The worker bees are all female, with their job being to search for food (pollen and nectar), protect and build the hive, and to move and clean the air by beating their wings. Any bee flying around outside the hive will be a worker bee. They live for up to 6 weeks and will produce a twelfth of a teaspoon of honey.

---

**Fill a bucket with water and corks, to give bees landing pads to use**

---

## **Drones:**

These are male bees, and their job is to mate with the queen. During Spring and Summer, there are hundreds of drones in the hive, but in Winter, the drones are kicked out.

Bees are a critical part of our ecosystem, pollinating 80% of our flowering crops which is a third of everything we eat!

But the bee population is declining, so we need to encourage them to visit our gardens. Fill a bucket with water and corks, to give bees landing pads to use to drink water and not drown.

Bees love blue, purple and yellow flowers, so plant them in groups so that the bees won't miss them!

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- Post-operative care and post-hospital care

- Care/counselling for patients diagnosed with Alzheimer's, Parkinson's and dementia
- Physiotherapy

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## Hesketh Haven

A safe, secure haven for dementia, Alzheimer's or other challenged elders.

## Inman Place Care Home

Inman Place is for those who need a respite or step down facility. Inman Place also caters for elders who are seeking a quiet place of rest.

## Bannister's Bungalow

Assisted living to frail care where your loved one is encouraged to make their own snacks and beverages and be an active part of the family.

Alternatively, Bannister's Bungalow also caters for those who wish to relax and be spoilt by our carers 24 hours a day!

**Clarendon House Care Group no longer operates from rented premises at 93 Villiers Drive.**

**For further information, or an appointment to view, phone Vicki on 072 199 1463 or email [vicki@be-legit.co.za](mailto:vicki@be-legit.co.za)**

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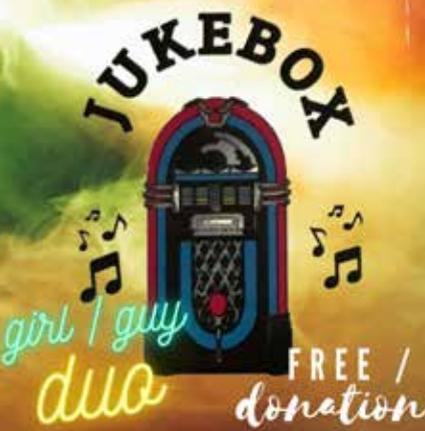
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## Kindness goes bone-deep

Your hip replacement can also help someone else

**Did you know that as a hip replacement patient you can donate your femoral head – the bone removed during your surgery – to help others?**

Now you do! This relatively small piece of bone – normally discarded by the hospital – can be used to treat **bone cancer**, **repair bone defects** during surgery or be turned into **bone products**. By donating it, you can make a world of difference in the life of someone else.

### What's the femoral head?

It's the ball part of the hip joint that's removed and replaced with a prosthesis during hip replacement surgery.

### Who can be a donor?



Anyone aged 18 to 80 who's healthy

Some pre-existing medical conditions, such as cancer, might preclude you from donation. Talk to our donor co-ordinators to find out more.

### Does donation affect the way my operation is done?

Not at all! Your surgery will be done in exactly the same way, so there are no additional risks involved.

### Will donation cost me anything?

No. There are no costs involved for you, the donor, your medical aid or your family.

### Can I change my mind about donating?

Yes. You may change your mind at any time right up to when your surgery takes place. Simply tell your surgeon that you no longer want to donate, and let us know.

### If I don't want or can't donate right now, what else can I do?



Tell friends and family about bone donation after hip replacement surgery.



Register as a tissue and organ donor at [www.odf.org.za](http://www.odf.org.za)

Many of us are looking for a chance to help others. If you're undergoing hip replacement surgery, bone donation could be yours.

Thank you

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### Become a bone donor in 5 easy steps



#### STEP 1

Ask your surgeon about bone donation and say that you'd like to donate the bone removed from your hip.



#### STEP 2

Ask your doctor or his/her receptionist for the consent form. If you are unable to find a consent form, please contact us and we will assist you.



#### STEP 3

Tell the ward staff when you're admitted that you're a bone donor.



#### STEP 4

Tell the theatre staff when you're taken to theatre for surgery that you are a bone donor.



#### STEP 5

Our donor co-ordinators will answer all your questions and help you where needed. You can call us anytime on +27 87 068 8000.

### Leave a living legacy

Registering as an organ and tissue donor can save or improve the lives of up to 65 people after your death. Tell your family about your decision and ensure that your legacy lives on.

### What can be donated?



**Bone** – Donated bone can prevent amputation, restore mobility and decrease pain.



**Cornea** – Donated corneas can replace diseased corneas, restore vision and prevent blindness.



**Heart valves** – Donated heart valves can save a life by improving heart function.



**Skin** – Donated skin can save a life. It's used to help burn victims, and can prevent infection, promote healing and reduce scarring.

### To register as a tissue and organ donor:



- Visit [www.odf.org.za](http://www.odf.org.za)
  - Complete the QUICK REGISTRATION and submit
- A representative will call you back to complete your registration.

### Talk to us

- ☎ Telephone number: +27 87 068 8000
- ✉ Email: [donation@bonesouthafrica.co.za](mailto:donation@bonesouthafrica.co.za)
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## Comic Corner

**Lou is this month's winner of R500 sponsored by Oakleigh Life, for his funny, true-life story! Submit your giggle-worthy story of up to 130 words and you could win!**

Send to [editor@seniorlivingmag.co.za](mailto:editor@seniorlivingmag.co.za), using 'COMIC RELIEF' as your subject line.

One night while stopping vehicles for a random breath test for drivers who had consumed alcohol, a driver got out of his car and asked why I had stopped him, as he was not "aspeeding the seed limit". I asked him what he meant, and he apologised, explaining that "my drips are lye" (i.e. my lips are dry).

When I gave my evidence in court the next day, I saw the magistrate and prosecutor chuckle. That was the easiest case of drunk driving I ever had.

By Lou Corbitt

# Build a Bird Feeder



**This month's art project is courtesy of Build a Bond, whose aim is to build relationships, as well as educate children through DIY, while having fun.**

They aim to provide an all-in-one package, which is an easy way to connect with your child/grandchild, and spend quality time with them, while learning useful skills that will be valuable throughout their lives. Build a Bond is committed to growing family bonds and education.

---

**...an easy way to connect with your child/grandchild...**

---

With it being Spring, Senior Living decided that a bird feeder would make for an awesome project. The pack comes neatly presented with pretty much all you will need, except for the measuring tape, pencil and screwdriver. The pack of screws comes with the correctly sized drill bit. Needless to say, the DIY element was a cinch, even for an individual such as myself who claims DIY stands for Destroy It Yourself.

A neat little page lays out how to space

your holes with step-by-step instructions. All I had to decide was how to decorate the newest addition to our garden.

Head across to [www.buildabond.co.za](http://www.buildabond.co.za) and purchase your DIY bird feeder online.

Source: Bruce Jackson



## WIN WIN WIN!

Senior Living has a Build a Bond DIY kit of your choice to give away (i.e. a toolbox or bird feeder or planter box). To enter, send a WhatsApp with the word HELLO to 072 632 6023. Then go to the link given, and enter the Keyword BUILDABOND and complete the sentence in the box provided: Build a Bond is committed to...?

# Launch of new Venue



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# Choc Chip and Pecan Nut Banana Bread

## Choc Chip and Pecan Nut Banana Bread for High Tea in Spring for Two

### Ingredients:

- 1 cup cake flour
- ½ cup castor sugar or plain sugar
- 70g melted butter
- 2 eggs
- 3 bananas
- 1 tsp vanilla essence
- 1 tsp bicarbonate of soda
- 2 tsp baking powder
- ¼ cup choc chips
- ¼ cup finely chopped pecan nuts

### Method:

1. In a bowl, cream the butter and sugar.
2. Add the eggs one at a time and beat at medium speed, then add the vanilla essence.
3. In a separate bowl, mash the bananas.
4. In the dry bowl with measured flour, add the bicarb and baking powder.
5. Pour the wet ingredients, butter, sugar and vanilla essence into the dry ingredients.
6. Add the mashed bananas, choc chips and nuts.
7. Mix well by hand, then spoon into a loaf pan that has been greased and lined with baking paper, into a 190°C pre-heated oven for 40 to 45 minutes.
8. Insert a skewer into the loaf to test if it is ready. If it comes out clean, it is ready to enjoy with lots of butter and a cup of tea.

Source: Chef Lucas, Bethany Gardens



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# Coach Brenda



**Senior Living's Bruce Jackson recently caught up with Brenda Eckstein, an Executive Coach in leadership development who is based in Pietermaritzburg, and thriving in her 70s.**

Brenda was instrumental in introducing Bruce to the concept of networking almost 20 years ago, and here she shares snippets of her journey, including an encouraging note to embrace technology and become tech savvy in these trying times.

---

**...at the ripe old age of 63, Brenda recommenced with her studies at UCT...**

---

It was whilst serving as the President of the Pietermaritzburg Chamber of Commerce and Industry (now the Pietermaritzburg and Midlands Chamber of Business) that Brenda found herself presenting large amounts of training, on an international stage, for which she felt largely unqualified.

Coaching arose out of the training, so at the ripe old age of 63, Brenda recommenced with her studies at UCT in a minor course in Coaching at the Graduate School of Business. This course made her realise how little she actually knew, and prompted her to enrol in a further programme that spanned 6 months.



Brenda was invited to mentor at the Stellenbosch Graduate School of Business, and subsequently enrolled for



a two-year Masters in Philosophy, and graduated in 2016 aged almost 70, with a Masters in Philosophy in Management Coaching.

One of the highlights that Brenda recalls was being awarded Top Student when she graduated, and being asked to present her research in the "Role of coaching and developing character strengths in leaders", something she was passionate about.

---

**COVID and the subsequent lockdowns have caused her to look at ways to pivot and harness the resources that she had.**

---

Brenda truly believes that age is just a number! Back in 2016, she found herself using an employee access card at a business she was coaching at on a Monday; using her pensioner's card two days later that Wednesday at a supermarket; and on the Friday, using her student card at university! While she may often be the oldest in the room, that doesn't get her down.

COVID and the subsequent lockdowns have caused her to look at ways to pivot and harness the resources that she had. Brenda acknowledges the vast benefit of face-to-face content, but also exhorts others to look at what they have and use that.

---

**...people suddenly became aware of their neighbours and one came round to mow their extensive lawn...**

---

The same applies to exercise, and Brenda recounts in the early days of lockdown how she and her husband used bottles filled with water and attempted squats in the garden. She also recalled how people suddenly became aware of their neighbours and one came round to mow their extensive lawn, previously attended to by a then disallowed garden service.

Brenda says that we have become very antisocial, having forgotten how to mingle. Wherever possible, we need to explore options - meet someone out in the park, at coffee or connect by snail mail, balancing risk with good healthy interaction.

Taking in the sights and making every effort to purposefully enjoy life is what makes it worthwhile, and Brenda travels annually to the West Coast to see the flowers, take in the culture and meet up with friends.

# Puzzle Corner



## Riddle Me This

There is a basket full of hats. Three are white and two are black.

Three men, Tom, Tim, and Jim, each take a hat out of the basket and put it on their heads without seeing the hat they selected or the hats the other men selected.

The men arrange themselves so Tom can see Tim and Jim's hats, Tim can see Jim's hat, and Jim can't see anyone's hat. Tom is asked what colour his hat is and he says he doesn't know. Tim is asked the same question, and he also doesn't know. Finally, Jim is asked the question, and he does know. What colour is his hat?

We provide crossword puzzle and sudoku solutions via our newsletter, so sign up to receive it on our website ([www.seniorlivingmag.co.za](http://www.seniorlivingmag.co.za)) or send the word "Subscribe" via a WhatsApp message to 072 632 6023 and the link to the online subscription form will be sent to you. Past puzzle solutions can be found on our website at [www.seniorlivingmag.co.za/solutions](http://www.seniorlivingmag.co.za/solutions). Riddle solution is on page 10.

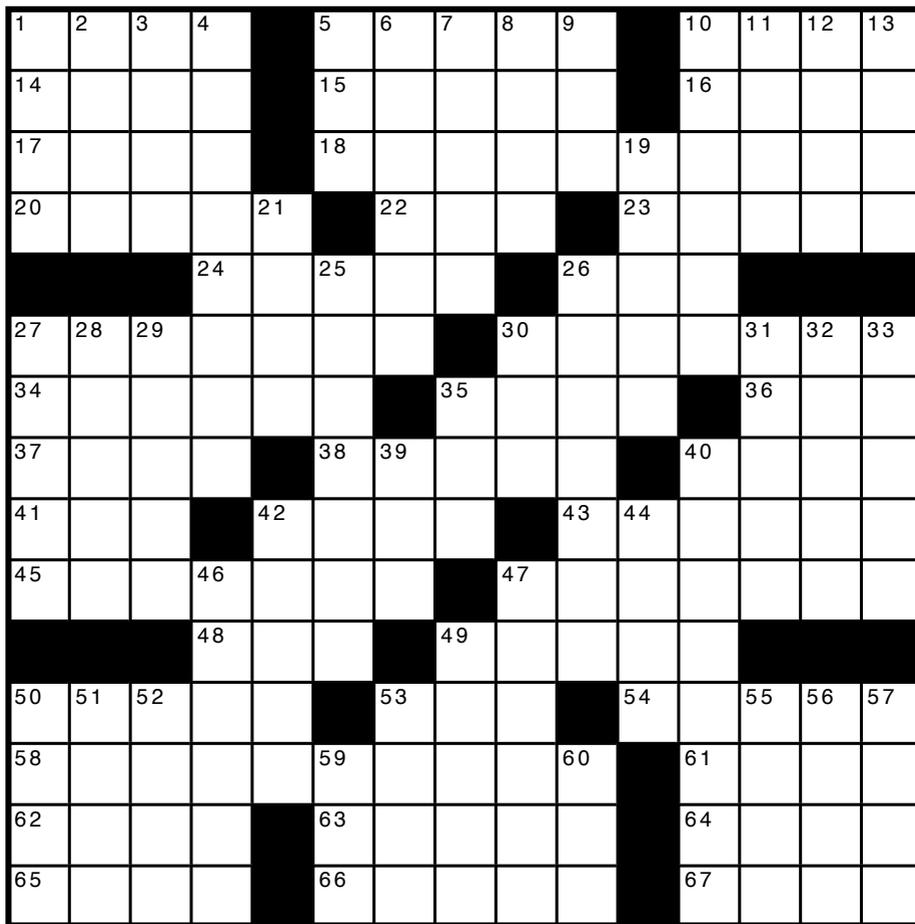
## CROSSWORD PUZZLE

### Across

1. Slant
5. Beasts of burden
10. Hill toy
14. Oratorio solo
15. Singer Page
16. Old Italian money
17. Teri of "Tootsie"
18. The "E" of "E-mail"
20. Fortune tellers
22. That's the spot!
23. Prevention dose
24. Give merit
26. Schlep
27. Panhandlers, collectively

30. Not blind
34. Pesters
35. World's longest river
36. Prefix with skeleton
37. Actor Connery
38. Deep black
40. Hardware fastener
41. Bark up the wrong tree
42. \_\_\_ about (roughly)
43. Conditional release
45. Porpoise
47. Abilities
48. \_\_\_ Paulo
49. Loses colour
50. Contemptuous look

53. Kenan's comedy partner
54. Hawke of "Reality Bites"
58. Familiar
61. Pool division
62. Extol
63. Drench
64. Legendary singer James
65. Small combo
66. "Hedda Gabler" playwright
67. Escape slowly



### Down

1. Price indicators
2. Dies \_\_\_\_
3. Italian bread?
4. Seasoning plant
5. Imitate
6. Payment for regular work
7. Lieu
8. Engrave with acid
9. Obedience school command
10. Swamp
11. Waterfall
12. \_\_\_\_ the Red
13. Fresh-water fish
19. Red cosmetic
21. Swing to and fro
25. Hall of fame
26. Frog's perch
27. Stationed
28. Dicembre follower
29. Knot
30. Transgression
31. Dovetail part
32. Rejoice
33. Spoils, with "on"
35. \_\_\_\_'easter
39. \_\_\_\_ appétit!
40. Table supports
42. Scarlett of fiction
44. Toward the sheltered side
46. Pretended
47. "Unto the Sons" author
49. Unborn child
50. Shaker contents
51. Tenn. neighbor
52. Prefix with distant
53. Door handle
55. Detest
56. Get in on a deal
57. Half-moon tide
59. Despot Amin
60. Family room

9				1	6		4	
2	4				7			
	7	1		2				6
		2		9		4		3
			1		2			
3		9		4		2		
6				8		3	2	
			4				6	1
	8		2	6				5



**Heather Fountain**

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# My GPS

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It's better than the normal ones  
My GPS's my wife

It gives me full instructions  
Especially how to drive  
"It's 30 miles an hour" it says  
"You're doing 35"

It tells me when to stop and start  
And when to brake  
And tells me that it's never  
Safe to overtake

It fills me with counselling  
Each journey's pretty fraught  
So why don't I exchange it  
And get a quieter sort?

Ah well, you see, it cleans the house  
Makes sure I'm properly fed  
It washes all my shirts and things  
And keeps me warm in bed!

Despite all these advantages  
And my tendency to scoff  
I wish that once in a while  
I could turn it off!

- Norma McHattie



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# Funny Bone!



## Just a kiss!

A woman was shopping for material for a new dress she was making. At the fabric counter she spotted some material and asked the young male assistant.

"What is the cost of this material please?"

"The price for that is just one kiss per yard," he replied, with a confident grin on his face.

"That's fine," said the young woman. "I'll take ten yards please."

The assistant couldn't believe his luck as he measured out the cloth, folded it carefully, wrapped it up, and then teasingly held the package out to her.

She accepted the package, and pointing to the elderly man behind her in the queue she said, "My Grandpa will pay the bill."

## The birds and the bees

One morning Grace asked her mother, "How did the human race come about Mom?"

"Well!" said her mother, "God made Adam and Eve and they had children and then they had children."

Two days later Grace asked her father the same question.

"Well", said her Father, "First there were apes and from them, the human race has evolved."

This left Grace a little confused, so again asked her mother, "Mom, I don't understand. You said that we were created by God, but Dad says that we evolved from the apes. How can that be?"

Her Mother smiled and said: "Well darling it's all very simple really. I was simply telling you about my side of the family and your father told you about his."

---

**How do trees get online?  
They just log on!**

---

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---

**There are many reasons for why an individual may experience incontinence...**

---

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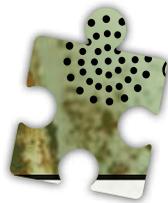
To enter Senior Living competitions, simply send a WhatsApp with the word HELLO to 072 632 6023 and follow the link supplied to enter each competition as per the instructions below. Where applicable, winners will be drawn on the 16th of November and notified via email/phone call.

1. Win a R500 gift voucher, courtesy of Oakleigh Funeral Home, by finding the yellow 'Senior Living butterfly'



hiding in the magazine. To enter, go to the link provided via WhatsApp, then fill in your name and contact details, use the word BUTTERFLY as the COMPETITION KEYWORD, and the page number and location of the butterfly for the COMPETITION ANSWER.

2. Win a R500 voucher courtesy of PMB Security by finding the advert that this excerpt (puzzle piece) has been



taken from. To enter, go to the link provided via WhatsApp, then fill in your name and contact details, use the word PUZZLE as the COMPETITION KEYWORD and the page number and location of the advert as the COMPETITION ANSWER.

See pages 6, 19, 27, 28 and 46 for more great competitions!

We are always looking for funny, true-life snippets to share with our readers. Share yours, and if we print it, you will be rewarded with R500 cash (courtesy of Oakleigh Life). Submit your original story to [editor@seniorlivingmag.co.za](mailto:editor@seniorlivingmag.co.za) (use COMIC RELIEF as your subject line). See page 44 for this issue's winner's funny, true-life story!



# How to Avoid Falls

**Falls can be attributed to a number of factors which can include frailty, nutrition, ergonomics of the home and general strength and wellbeing.**

Once a fall has happened, a loss of confidence in walking and a reluctance to mobilise can lead to poor functional state and muscle wasting. This can see a decrease in independence, giving rise to multiple falls and possible further hospitalisation.

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## Being aware of our surroundings at home and taking steps to ensure we minimise risk

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Dr Kalideen, as a preventative measure, suggests a few practical steps that one can take to avoid having a fall:

- Good regular walking, as well as balance and strength exercises, can go a long way in keeping muscles strong.
- Supplementing our diet with Vitamin D and Calcium gives our bodies the added boost that it needs.
- Being proactive and aware

about our functional state and engaging in assessments thereof. These can include vision and sleep assessments, as well as making us more aware of our limitations.

- Being aware of our surroundings at home and taking steps to ensure we minimise risk. These can include installing motion switches around the home to ensure adequate lighting when we enter rooms, installing anti-slip mats and rails, wearing good shoes with proper grip soles, and removing any hazards like loose wires/extension leads lying around.

Dr Kalideen has wonderful resources that can be emailed to you on request.

**Dr Letasha Kalideen | Geriatric Care Physician | 031 - 202 0862 | 031 - 268 5527 | 084 586, 6633 | drkalideen@telkomsa.net | Suite 107, Medical Centre 2, St Augustine's Hospital, 107 JB Marks Road, Berea.**

# Did you know?



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**Win a night away courtesy of Hilton Bush Lodge.** To enter, go to the link provided via WhatsApp, then fill in your name and contact details, use the words LODGE LUXURY as the COMPETITION KEYWORD and then complete the sentence found on their website (see advert below), "Luxury Comfort – a..." as the COMPETITION ANSWER.

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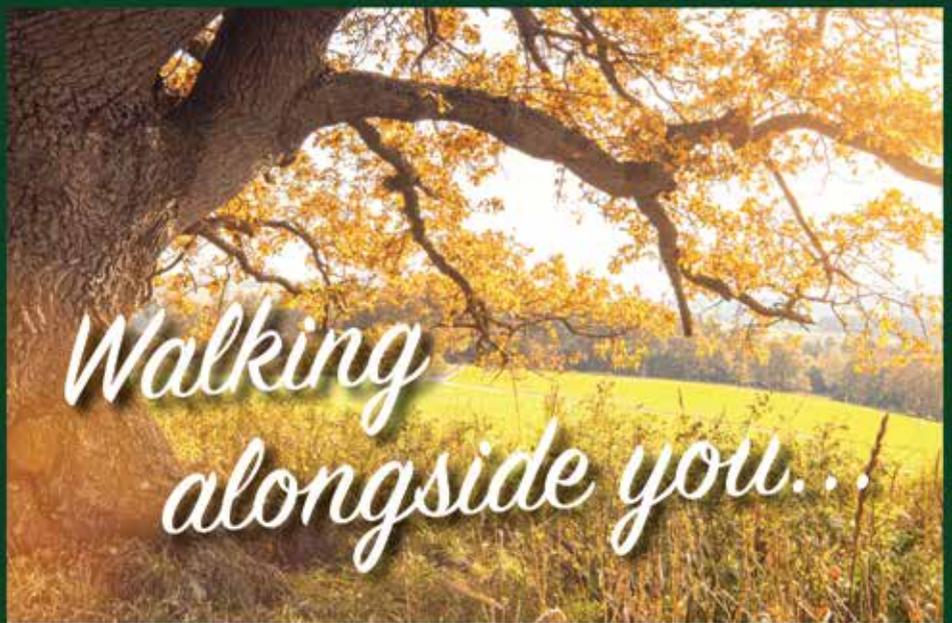
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