

KERMIS/MARKDAG 2025

“n Gesellige kermis-en familiekuier word beplan vir Saterdag 20 September van 09h00 tot 13h00. Ons staan dan reeds kniediep in die lentebloemme!

Verrigtinge sal plaasvind in die saal, eetsaal, sitkamerarea, op die stoep en braaiarea, onder die afdakke langs die saal en in die klubhuis, en oral waar daar oop plekkies is.

Nooi gerus al u familie en vriende, kleinkinders en agter-kleinkinders uit om hierdie heerlike sosiale kuier en kenmekaar saam met julle mee te maak.

Heerlike eetgoed sal weer te koop wees, soos pannekoek, kerrie en rys, poedings, koek en tee, en allerlei ander gebak. Die stalletjies sal 'n verskeidenheid ware aanbied soos houtwerk, juweliersware, handwerk, skilderye, plante ens.

Stalletjies kan reeds bespreek en betaal word by die vriendelike ontvangsdames. Navrae Johan du Preez by 3192

SPRING FETE/MARKETDAY 2025

Residents take note of Saturday 20 September for the annual spring fete/ market day at the estate. It will be a great social gathering where you can meet all the new residents.

From 09h00 to 13h00 we will gather around in the restaurant, the hall and lounge, in the braai-area and the clubhouse and at the carports.

Invite all you family and friends, kids and grandkids to enjoy the festivities at the more than 50 tables with food, artwork, jewellery, plants and toys, and tea and cake in the tea garden.

Tables and carports/stands can be booked and paid for at reception. Enquiries Johan du Preez at 3192

PALLIATIVE CARE (page 1)

1.WHAT IS PALLIATIVE CARE?

Most people associate palliative care with end-of-life care or death. According to the definition of the World Health Organisation (WHO): Palliative Care is an approach that improves or maintains the Quality of Life of patients with a life-threatening illness and their families and carers, through the prevention and relief of suffering , early identification and assessment of pain and other problems, physical, psychosocial and spiritual.

2.What does palliative care do?

- It provides relief from pain and other distressing symptoms.
- Affirms life and regards dying as a normal process.
- Intends neither to hasten nor postpone death.
- Integrates psychological and spiritual aspects of patient care.
- Offers a support system to help patients live as actively as possible until death.
- Offers a support system to help the family cope during the patient's illness and in their bereavement.
- Uses a team approach to address the needs of patients and their families.
- Enhances Quality of Life.
- Starts early in the course of the illness, in conjunction with therapies which are given to prolong life, such as ARV therapy, chemotherapy or radiation therapy.

3.GOALS of palliative care.

To provide care and support to patients living with HIV/AIDS, cancer and chronic diseases, to help them live as fully and comfortably as possible until death. We believe all people have the right to live and die with dignity and with relief of physical, emotional, spiritual and social pain.

4.WHEN does palliative care start.

At the diagnosis of a life-limiting disease like stroke, heart disease, renal disease and pulmonary disease.

(see next page)

PALLIATIVE CARE (page 2)

5.PALLIATIVE CARE FOR OLDER PEOPLE:

In the elderly, Palliative Care is given to the patient and family, and aims to enhance their Quality of Life, maintain function and independence, assess and manage problems and needs, and ensure effective communication.

6.Palliative needs of the elderly

- Short term rehabilitation when discharged from hospital.
- Effective communication.
- Symptom management.
- Spiritual support.
- Bereavement support.
- Social support, e.g. relationship problems and financial issues.
- Quality end-of-life care.
- Management of chronic illnesses.

7.Quality of Life at the end, is closely related to dignity.

- To be treated with respect.
- Not to be a burden.
- Independence.
- Cognitive ability.
- Control of symptoms like pain.
- Privacy.
- Concerns about family members.
- Losses: Spouse, home, family and friends, independence.

8.How can we maintain and improve Quality of Life in the elderly:

- Respecting their wishes with regards to care.
- Involving them in decision making.
- Holistic care: physical, emotional, spiritual and social.
- Helping them to be as independent as possible, for as long as possible
- Showing understanding of their roles, values, interests and culture.
- Caring for them with patience and compassion.

(Suster Kotie Jansen van Rensburg Dec 2024)

NUWE INTREKKERS

U word hartlik verwelkom deur die HEV. Vir alle navrae kontak asb ontvangs.

144 Fransie en Andre Brittz
229 Annemarie Fox
1101 Rina vd Westhuizen
1214 Alie v Rensburg

NEW RESIDENTS

A warm welcome from the HOA to all the new residents. For any enquiries please contact reception.

STERFTE

Die HEV maak met leedwese die sterfte bekend van:

195 Lucas vd Walt 6/6

DEATH

Condolences from the HOA to the family of the above-mentioned resident.

Silver Violet Hair studios

From 08h00 to 16h00
Except Mondays

Tuesday John
Wednesday Rhona
Thursday John
Friday Rhona
Saturday John

Make your appointment at 2007 or 081 515 9115 for the stylist of your choice

IMPORTANT

The kitchen and dining room will be painted from 26 July to 3 August. There will be no sit-down meals for any resident. It will be only take-away and deliveries. Kingdom will be dishing up in the hall. Please make sure you supply your own containers to the kitchen for your meals. Mark all your containers clearly with your name and unit number. There will be NO ACTIVITIES in the hall for the duration of this time period.

Marie Oroschim van (blok 35) en Molly Matthews (blok 33) het 'n gesellige, gesamentlike kenmekaargeleentheid gereël vir hulle gange



Michelle en die Bingo-groep : Donderdae middag vanaf 15h00 tot 16h00 in die saal



Op 3 Junie 2025 is 'n praatjie in die saal aangebied deur Kobus Pretorius oor EENSAAMHEID EN TRAUMA. Hierdie onderwerp het 'n vol saal getrek



La Vie Care Elmed het op 13 Junie 'n Inligtingssessie aangebied wat gehandel het oor PALLIATIEWE SORG (sien artikel bl 2 en 3)



Aanbieders by La Vie Care Elmed se Inligtingsessie:

Asma Omar (Fisioterapeut) leer die inwoners hoe om verskillende stap-hulpmiddele korrek te gebruik.

Sy kan ook bespreek word vir tuis-besoeke (teen u eie koste) by
082 727 3656

Vir na-operatiewe hulp, of pyn-behandeling, veral vir arthritits

Doen ook navraag by ontvangs,
La Vie Care Elmed of by
Suster Kotie



Suster Kotie v Rensburg is in beheer by die Landgoed se kliniek en uiters bekwaam.

Louise McLennan bestuur die Sorgsentrum by die Landgoed. Daar is verskillende dienste beskikbaar, afgesien van die sorg in die sorgsentrum self. Hulle lewer ook tuisbesoek-dienste. Doen self navraag tov die dienste en kostes.



Reception, the daughter of Connie, supervisor cleaning crew, received her Teaching degree (B.Ed) at Unisa



Casper is baie in sy skik met die rolstoel-vriendelike plaveisel wat by die klubhuis aangebring is.



SkitterBlink
CLEANING SERVICES
Wierdapark

ANSIE VLOK

Franchise Owner

📞 082 925 3250

✉️ wierdapark@skitterblink.co.za



Domestic
Cleaning



Window & Solar
Cleaning



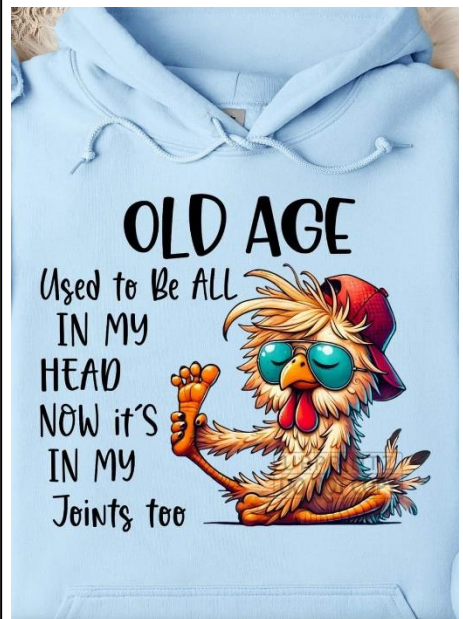
Builders
Cleaning



Disinfection &
Decontamination



Carpet, Upholstery &
Mattress Cleaning



**16 jaar reeds in diens van die
*Centurion gemeenskap.***

**2 Praktyke in Centurion:
*Eldoraigne & Wierdapark***

- **Gehoortoetse**
- **Gehoorapparate
(alle handelsmerke)**
- **Gehoorapparaat Herstelle**
- **Gehoorapparaat Dienste**
- **Verbruiksitems**
 - **Domes**
 - **Pypies**
 - **Wasfilters**

**Gehoorapparaat
Batterye:**

**R35 per
pakkie
van 6**

WhatsApp of skakel: 012 653 3830



VAN HEERDEN ATTORNEYS
estate administrators

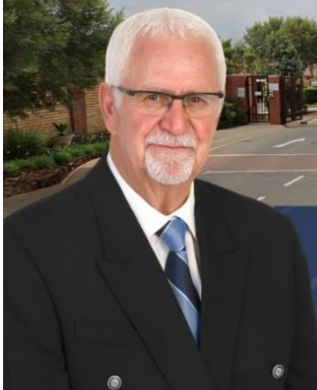
We offer
deceased estate
administration,
free will drafting
and expert advice.

Why Us

- 30+ years' experience
- Free in person consultations
- Monthly reports
- Accessible
- Professional yet personal service

Contact us today for your free Last Will and Testament

083 324 0331 / 079 520 3971 | info@vanhattorneys.co.za | 6 Will's Way, Eldoraigne ext. 3, Centurion, 0156



Eldoraigne Retirement Estate Specialist
Nic Hanekom ☎ 083 709 3917 📍 139 Wipsterd

Registered with the PPRA



RECENTLY SOLD

RECENTLY SOLD

RECENTLY SOLD

"People will forget what you do, they'll forget what you said, but they will never forget how you made them feel." ~ Will Guidara



Client Review

Nic is thorough in everything he does. He kept us informed throughout the selling process, and we will recommend him to others. Overall, a 5-star experience.

J Kruger - Seller



Client Review

Nic responded to every request within an hour. I received excellent service, a top-notch 5-star experience!

N Oosthuysen - Buyer



Client Review

Service was helpful, kind, and friendly. I virtually had nothing to do except sign various forms. Swift, very competent, and efficient are the words that come to mind. I was very impressed by the hard work and dedication that I received from Nic. Nothing was too much trouble. An enjoyable experience. A lot of my money was involved, but it was in safe hands. I am very thankful.

D Watson - Buyer



Eldoraigne

Retirement Estate



RENTALS & SALES

Properties FOR SALE



Ruan Erasmus
060 018 7679

- 2 Bed, 1 Bath **Apartment** with x1 carport - **R1250 000**
- 3 Bed, 2 Bath **Simplex** with x2 garage - **R2450 000**
- 2 Bed, 2 Bath **Simplex** with x1 garage - **R2150 000**

Properties FOR RENT



Stella Cloete
060 017 5949

- 1 Bed, 1 Bath **Apartments** from only **R8 200pm**
- 2 Bed, 1 Bath **Apartments** from only **R9 300pm**



011 805 6316



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