

Retirement Matters

Voluntary Life Rights Association
(halfmens@telkomsa.net / 072-514 0913)

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If you would like to talk to us about a retirement concern, please contact us at:
reception@kloofretirementvillages.co.za
Or phone: 031-764 3121



French twins celebrate 104th Birthday (in 2016)

Simone Thiot and Paulette Olivier were born before the outbreak of the First World War and the sinking of the Titanic



Courtesy of Getty Images

Paulette and Simone are the oldest twins in France, 104-year-old twins say closeness is the secret. When they were born premature in 1912, doctors gave Paulette and Simone the slimmest chance of survival. But 104 years later, the French twins say there's a simple secret to their longevity: ***sticking together***. Paulette and Simone were born in the central village of Limeray at 11:00 am on January 30, 1912 to Marie Lamolie, a dressmaker, and her husband Joseph, a carpenter. Paulette, widowed at 36, worked as a hairdresser for 15 years in Algeria, then in Paris. Simone, a dressmaker like her mother, lost her husband when she was 64. Neither had any children. The twins, whose only brother died in an accident at the age of 99, insist it's their lasting friendship that has kept them going all this time. *"We are still alive because we have always stayed close," "We pity old people who are alone with no one to visit them."* Paulette and Simone spend their time keeping up with current affairs, reading, watching television and listening to music. Simone also regularly writes poems which she keeps in a notebook. Tips for a long life? *"A simple life -- no excess. No alcohol. And lots of sport. "We did gymnastics for a long time, and a huge amount of cycling -- almost every day."*

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Healthy heart rates

Why Does a Normal Resting Heart Rate Matter?



It's important to know what heart rate is healthy and normal for every age in your life. Your heart rate, or pulse, can guide you to discover dangerous health conditions that need expert care, such as some heart problems. But your normal resting heart rate changes throughout your life as you age. Read this guide to learn more about your pulse through every step of your life.

How to Take Your Heart Rate



You can measure your resting heart rate by finding your pulse. The pulsating rhythm of your blood - your pulse matches the movements of your heart and indicates your resting heart rate. Using your middle and index finger, press firmly in an area of your body that has a pulse. One of the most common places to take your pulse is on the inside of your wrist. Other body parts that reveal your pulse include: The side of your neck, the pit opposite your elbow, and the base of your toe.

Once you locate your pulse, using a stopwatch, begin counting each beat for 60 seconds. Alternatively, you can count the beats for 15 seconds and multiply your results by 4. This measurement indicates your approximate resting heart rate.

What is a Healthy Resting Heart Rate for an Adult?



A normal heart rate for adults lies somewhere between 60 and 100 beats per minute (BPM), and varies based on age group and gender. Women's heart rates are about 2-7 BPM faster than men's on average. Generally speaking, you want to keep your resting heart rate as low as possible. One large, long-term study compared men with heart rates above 90 and those below 80. The men with higher average heart rates were associated with triple the risk of death. People with lower heart rates tend to be more active and get more exercise than others. A young, highly-trained athlete's healthy resting heart rate may be as low as 40 BPM.

**Quotes by Winston Churchill that Care facilities could do well
to take heed of!**

***"Courage is what it takes to stand up and speak, it's also what it
takes to sit down and listen."***

"Attitude is a little thing that makes a BIG difference."

Retirement Matters

Want that pill to work fast? Your body position matters



If you need to take a pill, you might want to take it lying down -- on your right side, that is.

Researchers studying how body positioning affects the absorption of pills found that one taken when a person was lying on the right side speeded pills to the deepest part of the stomach.

That pill could then dissolve 2.3 times faster than if the person was upright.

"We were very surprised that posture had such an immense effect on the dissolution rate of a pill," said senior author Rajat Mittal, a professor at Johns Hopkins Whiting School of Engineering and an expert in fluid dynamics. "I never thought about whether I was doing it right or wrong but now I'll definitely think about it every time I take a pill." For the study, researchers used a model called *StomachSim*, which relies on physics, biomechanics and fluid mechanics to mimic what happens inside one's gut as it digests food or medicine.

Researchers knew that most pills don't start working until the stomach ejects its contents into the intestine. That would mean that a pill landing in the last part of the stomach, an area called the antrum, would begin dissolving faster. It would also begin emptying its contents more quickly through the pylorus into the duodenum, the first part of the small intestine. To land a pill there would require a posture that uses both gravity and the natural asymmetry of the stomach to its benefit. In addition to the right side, the team tested taking pills on the left side, standing upright and lying straight back.

Surprisingly, a pill that dissolves in 10 minutes with a patient lying on his or her right side could take 23 minutes to dissolve in an upright posture and more than 100 minutes with the person on his or her left side. Lying straight back tied with standing upright in terms of pill dissolution.

"For elderly, sedentary or bedridden people, whether they're turning to left or to the right can have a huge impact," Mittal said in a Hopkins news release.

Lead author Jae Ho "Mike" Lee, a former postdoctoral researcher at Johns Hopkins, noted that even small changes in stomach conditions could significantly affect dissolution -- when someone's gut isn't functioning at its best because of conditions such as diabetes and Parkinson's syndrome, for example.

The impacts of posture and stomach disease were similar on drug dissolution.

"Posture itself has such a huge impact ... it's equivalent to somebody's stomach having a very significant dysfunction as far as pill dissolution is concerned," Mittal said.

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The findings were recently published in the journal *Physics of Fluids*.

SOURCE: Johns Hopkins University, news release, Aug. 15, 2022

By Cara Murez HealthDay Reporter

HealthDay

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Retirement Matters

Once again CSOS gets it wrong!



MEDIA STATEMENT FOR IMMEDIATE RELEASE: *Community schemes (such as Bodies Corporate, Homeowner's Associations etc...) defined in section 1 of the Community Schemes Ombud Service Act No. 9 of 2011 ("CSOS Act") are urged to adopt pro-competitive rules, regulations and practices when it comes to appointing service providers or suppliers to provide services in the residential estate.*

Some of the rules and practices adopted by community schemes may raise competition concerns. The CSOS continues to **receive complaints from residents related to rules, regulations or practices in community schemes which** prevent residents from choosing, alternatively providing inputs on the preferred service providers or suppliers. The services often complained of include, but are not limited to, fibre providers, legal representatives, garden and facilities maintenance, managing agents and estate agents, landscapers, architects etc...Over the last few years, the **Competition Commission** has received and investigated several complaints from residents living in residential estates and from service providers who offer services within the residential estates. **The complaints from residents are centred around the lack of choice in the service providers they can employ as residents of residential estates due to restrictive scheme rules.**

Residents also complain of being charged high prices by the service providers appointed by Homeowners Associations and/or Bodies Corporate to operate within their respective residential estates. The CSOS therefore encourages schemes governing bodies to adopt rules, regulations and practices which give effect to competition principles, are fair, transparent and objective by adopting competitive processes during the appointment of service providers or suppliers.

The Competition Commission has recommended that contracts with service providers or suppliers be for a period of 5 years or less, a period which the CSOS finds to be reasonable and fair as it allows for a more regular rotation of service providers operating within community schemes. Without being prescriptive, an objective, transparent and competitive process would **include requesting proposals from suppliers or service providers by placing advertisements in local newspapers and/or the community schemes notice boards and allowing members of the Bodies Corporate or Homeowners Association to identify the preferred service provider(s) during the schemes Annual General Meeting ("AGM") or any other Special Meeting. In addition, a fair and objective evaluation criteria must be agreed upon by the members.**

In an effort to promote pro-competitive rules and regulations in residential estates, the Competition Commission published a pamphlet, on 23 June 2022, to create awareness around competition principles applicable within residential estates. The pamphlet is available on the Competition Commission website, www.compcom.co.za.

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For media enquiries contact Doniah Motsoeneng Doniah.motsoeneng@csos.org.za

Yet once again CSOS interferes in matters of which they know very little! Its apparent from their media release that they do not realise that for example in life-right schemes, the owners of the development have the right, no the responsibility of ensuring that the quality of work carried out is of a high standard. .. And that in effect the residents are tenants!

The smallest Church in the world! My adventures whilst working in care facilities in the UK



In 2004'ish, whilst working as Operations Manager for 8 care homes for people with profound learning disabilities, I discovered what I consider to be one of the smallest 'working' Churches in the world.

Yes there may be other small churches' kept almost exclusively as museum pieces, and tourist attractions; churches whose existence depends entirely on their eccentric idiosyncratic value...But – this just has to be the smallest church regularly used.

I had, on the numerous occasions when I had driven past it, mistaken it for a chicken coop, or some other peripheral farm building. I

had only come to discover its true identity, when the previous week a local farmers wife, had pitched up on the door step of the care home that I managed, to deliver the churches annual harvest service collection of foodstuffs.

I enquired exactly where their church was, and was astounded when I heard that it was less than 300 yards from where I worked – hidden only by a hedgerow and disguised by its diminutive proportions. I resolved there and then that when I next drove by I would stop to examine the "church."

This I duly did! I parked my car in the driveway to a consortium of farm gates; walked through a style gate and approached the black corrugated building – I must admit to some trepidation, as I had visions of a farmer brandishing a shotgun, asking me what the hell I thought I was doing walking around his chicken coop? I was even more concerned at the stupid futility of trying to explain to him that I thought it was a church?

Well...It was a church! I am sure that like some popular restaurant one needed to phone at least 3 weeks prior to attending Sunday service in order to book a pew...to get a seat. It was crowned with no cross, nor did it have a name emblazoned over the doorway, or even on a notice board...but church it was.



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My adventures working in care homes in the UK

(CONTINUED FROM PREVIOUS PAGE)

I resolved that I would overcome my aversion to church attendance in order to attend a service. I just had to see the interior as well as probe the interior minds of those who made up the congregation – there was after all, St Mary's, a beautiful church in Thornbury some 5 miles away?

As I pondered the phenomena of the small church I couldn't help thinking that perhaps the smaller the church...the more God was likely to be there; that perhaps the stain glass and three feet thick walls and studded doors of which traditional churches and cathedrals were constructed, was a old familiar coat worn in side out. Perhaps they were meant to keep God out and man in; whereas the rickety corrugated iron structure which perched precariously, and apologetically, on the local farmers field would have allowed God in.

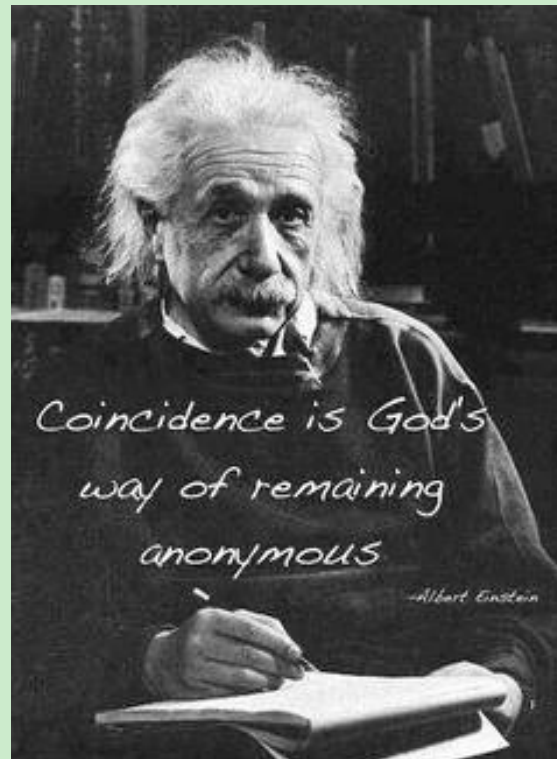


It was also of interest to me to learn that there was apparently a society specifically for the preservation of corrugated iron churches. It would seem that in Britain there was a society for almost everything!

was also intrigued to learn (when I mentioned my discovery of the church to my deputy manager) that she was very familiar with the building. She added in a very matter of fact tone that she had attended Sunday school there for many years.

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Henry Spencer



Retirement Matters

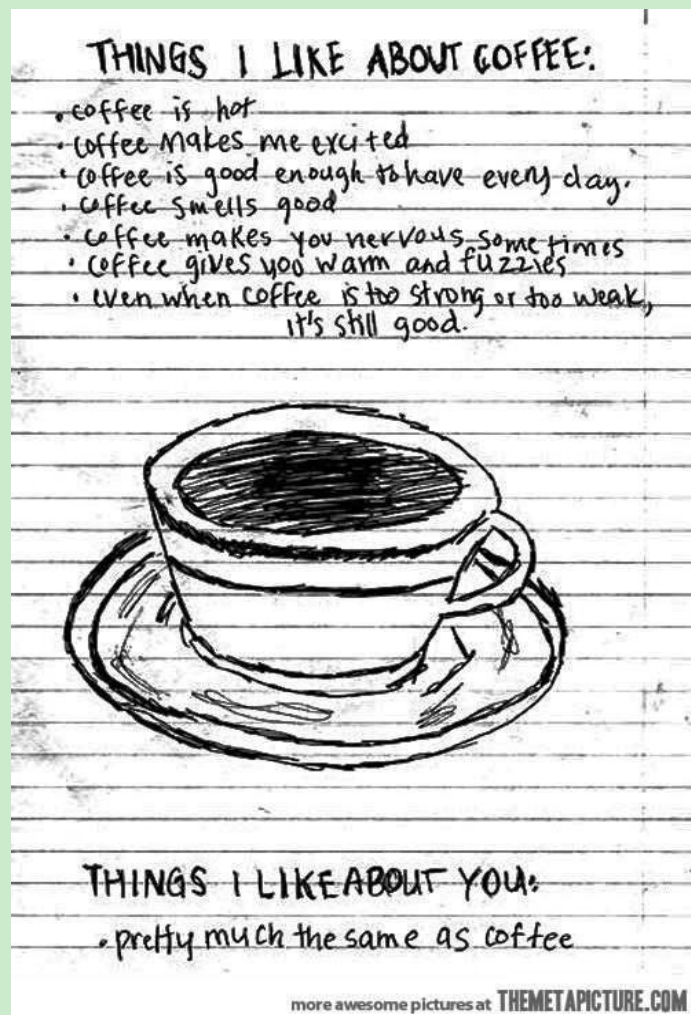
Health Tips - Is Coffee good for us?



Studies have found caffeine can do both good and harm. People who regularly drink coffee may be less likely to develop chronic illnesses, such as cardiovascular disease, diabetes, Parkinson's disease and some cancers. A few studies suggest they are less likely to die from heart disease and other illnesses.

According to the Food and Drug Administration, as much as 400 milligrams of caffeine a day – equal to four or five cups of coffee – is considered safe for healthy adults. An 8-ounce cup of green or black tea has 30-50 mg of caffeine.

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Retirement Matters

Tangible signs that you are ageing more than is normal



Walking slower than normal

If your walking pace slows while you're in your 40s, it may be a sign you're aging faster than is typical. Walking is one of the easiest and best exercises you can do. To start a walking program, begin with 5 minutes a day and build up to 30 minutes. Try to work up to 100 steps a minute. (To track this, count your steps for 10 seconds and multiply by six.) To make it easier, wear supportive walking shoes and walk with a buddy.

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Here's a question?

In South Africa, why are Specialists allowed to charge patients who are not on medical aid rates, fees up to 700% above normal medical aid rates?

Have become

**HIPPOCRATIC
oaths
HYPOCRITIC**

My wife recently had to undergo surgery.. Our local GP referred us to a Surgeon in 'Nodding Hills.' Prior to my medical aid authorizing the procedure, it was necessary for the anesthetist to determine whether my wife, at the age of 80, would survive the op? This involved spending 45 minutes with the anaesthetist explaining her health status. Those 45 minutes cost nearly R3,500 (or R77 per minute), which we had to pay!

I was latter informed by Momentum that for the operation there could be a shortfall, as specialists not on the approved list, can charge up to 700% above the medical aid rate. Why should this be?

Where are the ethics and morals for which medicos used to be renowned? Whilst their skills with scalpel and stethoscope may have improved, their morality has sunk to a repellent and sickeningly low level.

I think that it is time that the Hippocratic oath was changed to read...

hypocritical oath.

Qualities that a good carer needs



If you're thinking of hiring a carer to look after an elderly relative (or yourself) at home, you'll obviously check their qualifications and references. But there are other qualities that a good private carer needs. Qualities that cannot be taught. These are natural abilities that a person either has or doesn't have. And they make all the difference.

What are the qualities you should look for in a carer, and why are they important?

1. Empathy

Good carers are able to understand and identify with the feelings of others. They care deeply about people and their well-being, and have a genuine desire to help alleviate distress and pain so their clients feel happier and more comfortable. Because they are able to put themselves in someone else's shoes, an empathetic carer will avoid upsetting your loved one by saying or doing things that make them feel embarrassed or ashamed. This is particularly important if they will be responsible for your loved one's personal care – bathing them or helping them use the toilet.

2. Respect

Having to rely on someone else to do the things you normally do for yourself makes most people uncomfortable. A good carer understands that her (or his) client feels embarrassed or vulnerable, and acts in a professional, respectful manner. Being respectful means not discussing your loved one with you as if they weren't there. Even if the elder is living with Dementia and appears not to be following the conversation, it's rude to speak as if they cannot hear you. A respectful carer will not use offensive language (derogatory expressions or swear words), or express opinions you may not agree with – e.g. religious convictions. This respect will extend to your home and your possessions; they will neither envy, nor look down on, what you have.

3. Patience

Patience is an essential trait in anyone involved in elder care. The presence of chronic conditions may hinder an elder to respond and move as quickly as they would like. Many carers will answer for their clients, rather than allowing them time to speak for themselves. Or do things for them that they would prefer to do themselves, because it's quicker. But this further adds to your loved one's sense of helplessness, and he or she may entirely give up on trying to communicate with others. Look for a carer who has the patience to wait for them to speak or act.

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Qualities that a good carer needs

(Continued from previous page)

4. Reliability

Being able to rely on your carer to arrive when they say they will is crucial. Most people have a daily routine, which will be upset if the carer doesn't arrive in time to help them get up, or prepare a meal for them.

There may be other people living in the home, who will be inconvenienced if they can't leave on time for work because their loved one can't be left alone and the carer turned up late. Being reliable is also a form of respect.

5. Cheerfulness

There are some people who have the knack of making you feel better just by being around. This is the kind of person you want to look after you, or your parents, at home. Cheerfulness and positivity play a huge part in someone's well-being. You want to be greeted with a smile and a cheerful attitude, because it brings out the best in you.

6. Observant

Your carer will probably spend a lot of one-on-one time with your loved one. So, she (or he) is more likely to notice anything out of the ordinary. For instance, good observation skills can prevent a pressure sore from developing. An observant carer will also notice things like the elder's meal or tea have been left untouched – and take steps to prevent dehydration and malnutrition.

Observant carers can even save lives by noticing and reporting unusual signs and symptoms, so that health conditions are recognised and treated in time.

Finally...

Even if you know what to look for in a carer, how do you know the person you're interviewing has these qualities? If possible, invite them to meet your loved one and watch how they interact with him or her. Ask for references and check with previous employers to make sure they are truthful.

Courtesy of TAFTA (The Association for the Aged) Durban, South Africa

Find out about Tafta's Home Based Care service or call our Intake Social Worker on tel. 031 332-3721. A nurse will visit to assess your needs and discuss the service.

Note: This article supports my long held view that what elderly people, in both care facilities and at home mostly need, is not necessarily epaulets, and stethoscopes, it is...

commitment, compassion and commonsense!

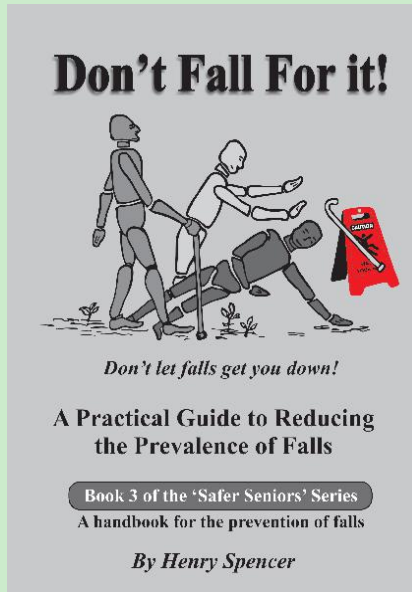
While 'nursing' staff are on infrequent occasions both invaluable and vital... we seldom nurse people (even in care facilities)... we care for them... a far more affordable practice!

The main role of nurses is to mentor, manage, and monitor care practices (which TAFTA's nurses do very well!)

Henry Spencer
(Opinion of the H Spencer)

Retirement Matters

Don't Fall For It!



This book examines the prevalence and consequences of falls suffered by elderly people living in both the community at large, in private dwellings, and in residential care homes and hospitals. It is intended as a practical overview rather than a detailed rendering. (Additional information may be found in the many websites, manuals and books on the topic specifically written for individuals, nurses and healthcare workers)

What is perhaps different is the attempt to combine research results with the practical observations of nursing staff and carers, in such a manner as to simplify the nature of both the causes and the resultant damaging effects of falls; and to place this extremely debilitating scourge in language easily comprehensible to both laymen and professionals alike. It is hoped that by this approach the lives of many elderly people may be transformed.

This book is especially written for the elderly themselves and is intended to convey to elderly readers the message that they both *can*, and *should*, take steps to control their own safety. Don't take it lying down! You don't have to fall! You may not be capable of entirely eliminating the risk of falling, but it behoves you to try...and by such efforts the likelihood of your experiencing harmful and life-changing falls will be greatly reduced.

It is hoped that the book will additionally debunk two myths which hinder efforts to reduce the prevalence of falls amongst older people; the first being that they are an inevitable part of the ageing process, and secondly that falls always happen to someone else - the person next door!

Thus was both the title and motivation for this book born.

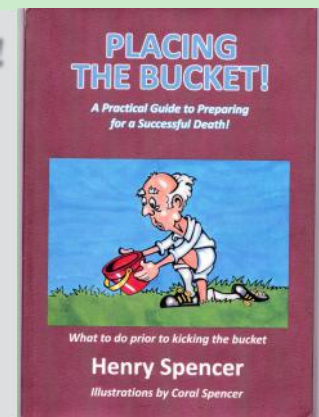
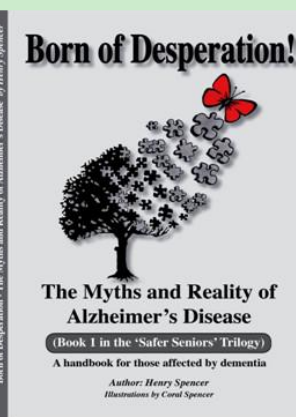
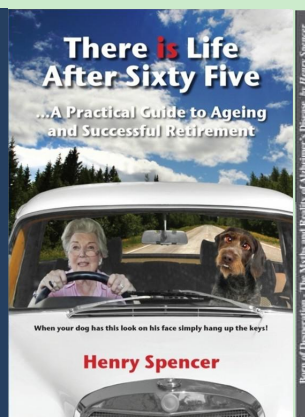
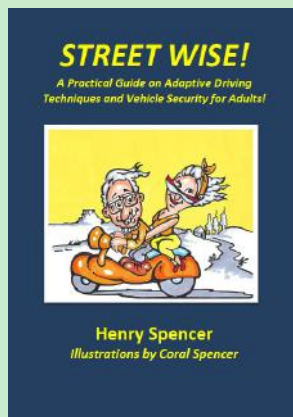
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Henry Spencer

See www.henryspencerauthor.com

Email: halfmens@telkomsa.net

Mobile: 072-514 0913



Bent but not broken!



*Bent but not broken - old but not dead
Words still unspoken - still stored in my head
Stories unwritten - not yet to the boil
Still by love smitten - not yet 'neath the soil
Booked on a flight (hope it's much later!)
Let's have a drink - go call the waiter*

.....

*With probing white canes - I still drive my car
Blood cursing thru veins - unmingled with tar
I'm not going yet - no need for boo-ho
With desires unmet - I've still things to do
Books still to write - and readers to woo
Battles to fight - and people to sue*

.....

*Not over the hill - the crests still ahead
The journeys not done - with stories unsaid
With eyes wide open - I still have some sight
With spirit unbroken - still battles to fight
I'll never stop hoping - till I hear the last bell
So stop bloody moping - or I'll see you in Hell*

.....

*Frail but not frightened - weak... yet still strong
By experience enlightened - I seldom go wrong
Dorff but not stupid - and deaf but not dumb
With hearing depleted - I sometimes suck thumb
Tho Grey... p'raps ghastly - I don't think I'm dead
'tis no ghost you see - 'tis still bloody me!*

.....

Henry Spencer



Ukrainian Resilience

A Sudden surprise ... A time of Realisation

As we grow older, and many of our friends and relatives start to enter the 'departure lounge' - we encounter circumstances that bring home to us, how often we worry about meaningless things...

Over the last 12-months at least five of our elderly friends at Church have died; as have numerous others - departures which came unannounced and totally unexpectedly. A tidy house, clean carpets and dent-free vehicles mean nothing. All that will remain are memories of missed opportunities and love.

Don't be daft ... Prioritise, and make the most of what you have, while you can!

Don T. B. Dorff

Here's another question....

In terms of section 31(1) of the Older Persons Act (Act 13 of 2006), the Minister must in the prescribed manner keep a register of persons convicted of the abuse of an older person or of any crime or offence contemplated in section 30(4).

Regulation 24 provides that only the following persons shall have access to the register:- the Minister;

A. officials in the Department designated by the Minister;

B. a Member of the Executive Council of a province responsible for social development; and officials in the provincial department of social development designated by the Member of the Executive Council responsible for social development in that province.

The register is not open to members of the public and remains confidential at this stage. It is also a criminal offence to have any unauthorised disclosure or publication of contents in the register.

... So, if no one can access the register - what purpose does it serve?

... How does maintaining an 'inaccessible register,' prevent 'abusers' from being re-employed?

... Are there actually registers ... or is this just another State myth, designed to hide the fact that they are incapable of; or unwilling to, maintain accurate abuse registers (and the same would apply to sexual abuse offenders as well!)

Whilst working in the UK in 2003, I experienced the following: I was seeking employment, and soon discovered that similar to the South African Police Clearance Certificate, all applicants had to obtain such a document. (It may have been due to my being a 'foreigner' on an Ancestral Visa). Similarly even when successful in a job application, one then had to obtain the approval of an organisation known as CSCI.

On one occasion I had in error issued the wrong medication to a dementia patient. She was in no manner harmed, but my wrong-doing resulted in a disciplinary hearing and warning. After a successful application for the position of Care Home Manager, or a facility for adults with profound learning disabilities, I was then directed by my new employer to make an appointment for an interview with CSCI ... which I duly did. (I could not commence my new job until this had been done!) On entering their interview room, after taking my seat... The first thing that I did was to inform them of the medication error that I had made. Their response was amazing! They said ... *"We are glad that you have told us that, as the incident is recorded here on your file."*

Had I not informed them, I doubt that I would have been allowed to assume the role of Home Manager, at the *Windbound*.

When will the South African Government learn the importance of professionalism?
When will they overcome their inadequacies and learnt to govern competently?

What is the point of having abuse registers which are hidden away, and are inaccessible to care facility employers! Redesign the '*abuse register*' system in order that it can serve the purpose for which it is intended... to protect the frail and vulnerable!

Need help with retirement matters

www.henryspencerauthor.com

E-mail at: halfmens@telkomsa.net

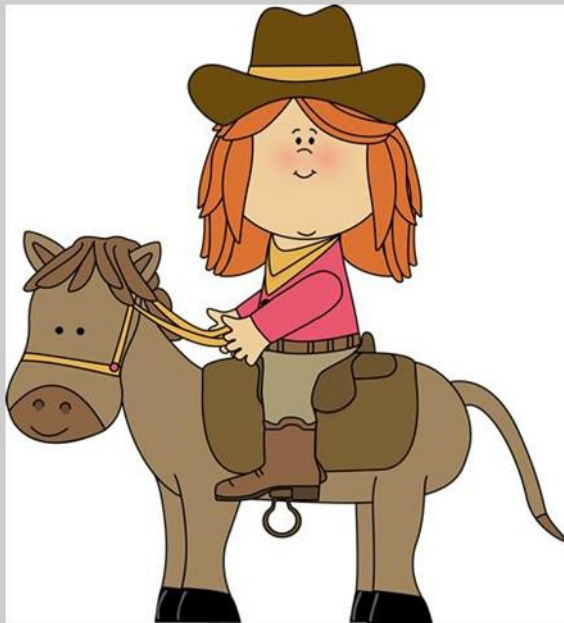
www.henryspencerauthor.com

Phone: 072-514 0913

HENRY SPENCER
Positive-Ageing Consultant & Writer



Advice for a son-in-law on how to have a happy marriage



The following is an article that I handed to my son-in-law on the day that he and my daughter were married: Now that you are safely hitched here's some sound advice! (I delayed telling you until after the wedding!)

When my wife Ruth and I celebrated our 50th wedding anniversary in the Berg, the following occurred: Friends and relatives who attended, had long been amazed at our blissful and harmonious marriage - our domestic tranquillity had long been the talk of Durban and Pietermaritzburg. People, friends and even relatives, often remarked... "*What a peaceful & loving couple*". Some asked what the secret of our long and happy marriage was, and my response was as follows:

It dates back to our honeymoon in Namibia. We visited the Fish River and took a trip down to the bottom of the canyon, by horse. We hadn't gone too far when my wife's horse stumbled and she almost fell off. My wife looked down at the horse and quietly said, "*That's once.*"

We proceeded a little further and her horse stumbled again. Again my wife quietly said, "*That's twice.*" We hadn't gone a half-mile further when the horse stumbled for the third time my wife quietly removed a revolver from her purse and shot the horse dead.

I shouted at her, "*What's wrong with you, Woman! Why did you shoot the poor animal like that? Are you *+%\$**L" crazy!?*" She looked at me, and quietly said, "*That's once!*" And from that moment... we have lived happily ever after. So, as long as you always remember that advice, you will have a long and happy marriage!

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Henry Spencer