



Can I just say something?
Siphokazi Zama.

Spend a little time with the elderly

I recently spent an evening with a group of elderly people.
As I looked around and chatted with them, it struck me that this group of people might be leaving us soon.
All the knowledge and skills they have are going to die along with them. If I could, I would visit every single one and write a story about their lives.
The oldest person I talked to was 95. Do you know how much the world has changed in 95 years?
Certainly, more than you and I can ever imagine.
This struck me when I was telling her about my tablet and she thought I was talking about a pill the entire time.
To me, if you're talking about a tablet, the first thing that comes to mind is my device.
By the way, if you're wondering, the secret to her longevity is playing Scrabble.
She also boasted she doesn't need a calculator to do her numbers, she just crunches them in her head.
I would love to be able to do that.
The only thing that makes me

passably good at Scrabble is that I had a good English teacher and I love reading.
This evening made me feel a little guilty for getting tired of my own granny and the things she does when I'm at home.
She will wake me up and ask: "Why are you still sleeping when the sun is out?"
The sun doesn't mean anything to me, I will sleep for as long as I possibly can.
But then I remember that she belongs to the generation that didn't have the luxury of sleeping in.
This was the generation that pulled their socks up and got on with it.
There was no whining and going to the doctor for every little thing.
They knew every herb and went outside, picked it, made it into whatever they needed, ingested it and then went to work.
We should be asking them all these questions about life and love and family history, but we don't do it.
We're forever glued to our devices

or we're just never around them long enough for them to share those little nuggets of wisdom.
One of the women said to me: "We used to check in the paper who has gotten married or given birth but now we check who has died."
I felt my soul die a little bit when she said that as I can't imagine all my friends leaving me behind.
My own gran told me she is starting to forget what her mother's face looked like.
We cannot comprehend the pain and discomfort our elderly citizens live with, but there are things we can do to make their last few years better.
An afternoon spent in their company will do you a world of good.
A class where they teach you one of their skills might just become your new hobby.
A day of pampering and making them feel young again will become a sweet memory to remember them by when they are gone.
The fact is, we will never have enough time but we can at least try.

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Expectant mothers with staff at Life Springs Parkland Hospital. The attendees were treated to a lucky draw at the end of the day.

Springs Retirement Village celebrates Valentine's Day

There was a distinct Parisian flair in the air as the residents of Springs Retirement Village celebrated Valentine's Day.
Residents were dressed in all their finery as they celebrated the day of love.
The lively celebration was a way to bring residents from the Springs Retirement Village, as well as other Methodist Homes, together.
As the residents enjoyed a three-course meal, they mingled and enjoyed the night together.
"I think it's wonderful, a lovely evening to get

together and make a fool of ourselves.
"Management tries very hard to entertain us with things like this," says Liz Owens.
Marian and Alan Hunter reminisced about their wedding day 65 and a half years ago.
"When we got married, we had a fight at the church and there was a mix-up with the transport and I was left behind," says Marian.
"We had to ask the neighbours for help and we hadn't invited them to the wedding.

"They thought we wouldn't last 10 minutes together, but look at us now."
According to Marian, the key to a long and successful marriage is give and take.
"You can't get your way all the time."
"We have just plodded on, even though we've almost murdered each other a couple of times," says Marian.
The Valentine's Day celebration is just one of many to come for the residents at Springs Retirement Village.



Friends Moira Watson and Norma Hallam enjoy the evening together.

Pregnancy myths busted at awareness Day

Fifty-five expectant mothers and fathers attended the Pregnancy Awareness Day at Life Springs Parkland Hospital on Saturday.
The event was well attended and was filled with informative talks, exciting exhibitions as well as a

