

# MAGAZINE

TOTALCARE

LIVING

TOTALCARE MAGAZINE 2020



ASSISTED LIVING

DEMENTIA CARE

FRAIL CARE

TOTALCARE





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TOTALCARE . 2020

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Delicious meals prepared fresh daily


## OTHER SIDE OF LOVE



Work is love made visible!

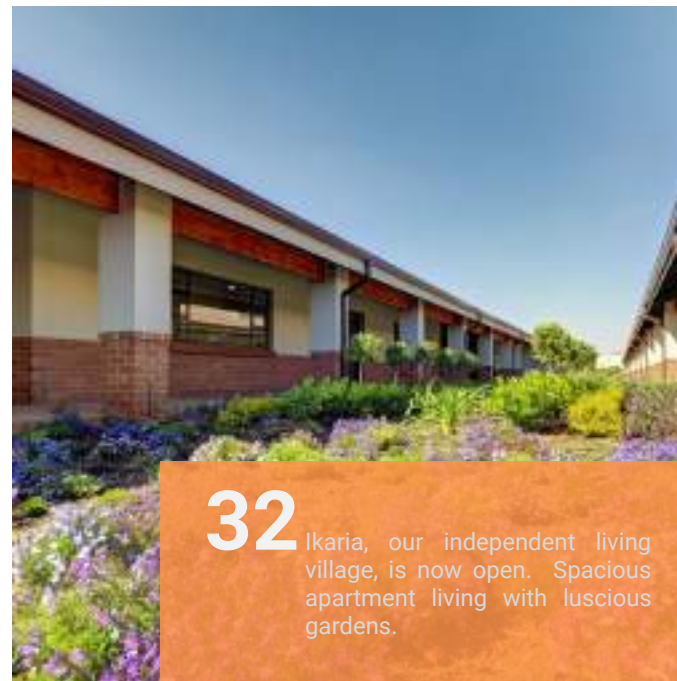
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A variety of delicious breakfasts are served daily to start the day just right at Totalcare.

# TOTALCARE

## LIVING

### EDITOR's letter



**Cornel Snr Nieuwenhuizen**  
*Director and Operations Manager*



**Max Naudé**  
*Director and Financial Manager*



**Cornel Jnr Nieuwenhuizen**  
*Director and Strategic Manager*

Totalcare thanks our residents and our staff for awarding us the insight of seizing one day at a time and to walk the Camino, knowing that at the end is an overwhelming reward. Freedom

#### ***To live in fear is an exhausting affair.***

It's like walking the Camino (the 804 km Spanish one, not the Namaqua Camino of a mere 260km) and reaching the end without a wondrous enlightenment, a pat on the back or an ice-cold beer as reward. You gain nothing from fear. Fear steals confidence, creates doubt and removes determination. This year, the year 2020, might have increased the fear, the fear of the unknown and the fear of the inevitable. But the fear, alas, was not victorious.

As someone once said: Ultimately, we know deeply, that on the other side of fear, is freedom.

That's the thing about fear, you have to go through it to enjoy its reward. And what a reward it is –Freedom! Freedom of rules, freedom of pain, freedom of uncertainty and ultimately, freedom of fear. We at Totalcare also went through fear, fear for our staff and fear for our residents, their physical health, their emotional

well-being, their families, their happiness, and their comfort. Our Residents are physically frail but mentally strong, mentally frail but physically strong, tired but optimistic, immobile but enthusiastic, quiet but determined, uncertain but at peace. Our fear is replaced by action, understanding and acceptance. Totalcare thanks our residents and our staff for awarding us the insight of seizing one day at a time and to walk the Camino, knowing that at the end is an overwhelming reward. Freedom.

We remember the residents we have lost in 2020 and we look forward to the residents who will join us in 2021. We thank the families who have been patient and kind and we thank our residents who have been, and still are, in good spirits. We thank our staff who worked under extreme circumstances to keep our residents comfortable and safe.

We look forward to the new year and the hope it brings with it!



# FOOD

## And why it is important to us

*“Eat to live not live to eat.”*

We have all heard the phrase, and how true it is. Why then is it so difficult to stop thinking about your next meal while still busy with your current meal?

And why do we overindulge on mindless munching...? Because food is delicious and comforting and social. Food is nurturing and beautiful and interesting. If everything that we choose to eat and drink are done thoughtfully and mindfully then we will nourish our bodies and enhance our health.

Marta Zaraska, in her powerful new book, *Growing Young: How Friendship, Optimism, and Kindness Can Help You Live to 100* states that there are no miracle foods, there is no one thing that can somehow lengthen your telomeres and reverse aging. She believes healthy nutrition is fairly simple – just like Michael Pollan said – “eat food, not too much, mostly plants”. Most of the other stuff we hear is either marketing or the media looking for new stories to grab our attention. At best, we are just wasting money on these things. In other words, eat freshly prepared meals, slowly, with enthusiasm and knowledge.





If everything that we choose to eat and drink are done thoughtfully and mindfully then we will nourish our bodies and enhance our health.

”



Omega-3 Fats Are Crucial and Most People Don't Get Enough  
Omega-3 fatty acids are extremely important for the proper functioning of the human body.



Eating Vegetables Will Improve Your Health  
They are rich in vitamins, minerals, fiber, antioxidants and an endless variety of trace nutrients that science has just begun to uncover.



It is much more important to eat real, nutritious foods than to count on supplements to provide the nutrients you need.

“Take care of your body. It's the only place you have to live.” —Jim Rohn



# La Vie Nouvelle

Lifestyle Estate & Wellness centre

ASSISTED LIVING · FRAIL CARE · DEMENTIA CARE

## ABOUT US

La Vie Nouvelle Lifestyle Estate is situated in the centre of Broadacres in Northern Johannesburg. A green estate nestled on a wetland with greenery, walkways and understated charm.

The Totalcare Assisted Living and Frail care centre is decorated in fresh and subtle hues to create a calm and modern living space.



# Welcome To Your Lifestyle with us



## THE BENEFITS



Cognitive stimulation through mental and physical activities



Healthy body through three nutritious meals a day



Happy Longevity through Social Interaction



**Shaz Cheverton**

*Totalcare is proud of our Care companions who selflessly care for our residents. They are natural conversationalist and eternally optimistic.*

Shaz has made appearances at Mount Edgecombe, La Vie Nouvelle, Belenois and Shoreline. She is hardworking and dedicated. She is always cheery and always willing to assist.



*Our Care Companions have a soft touch and a sound ear. They connect with the residents on a social as well as emotional level. They are always eager to help and patient in their relations.*

Maria is familiar to all the residents of La Vie Nouvelle where she manages the facility as well as engages with the residents. She is much loved for her will to assist and her empathy.

**Maria Frederickson**

*Just the Best Coffee for You ;)*

**EVERY MORNING**





# COFFEE IS Good For You

---

**“My life is 50% wondering if it’s too late to drink wine and 50% wondering if it’s too early to drink wine...”**

After tea coffee is the most widely consumed beverage in the world. And with good reason! Apart from its smooth, rich taste, coffee has wonderful health qualities such as increased energy levels, increased mental performance, helps cleanse the stomach and reduces the risk of diabetes and depression.

Coffee grown worldwide can trace its heritage back centuries to the ancient coffee forests on the Ethiopian plateau. There, legend says the goat herder Kaldi first discovered the potential of these beloved beans.

There are many legends of how and when coffee originated and one of them is the story that Kaldi, a shepherd, discovered coffee after he noticed that after eating the berries from a certain tree, his goats became so energetic that they did not want to sleep at night.

Kaldi reported his findings to the abbot of the local monastery, who made a drink with the berries and found that it kept him alert through the long hours of evening prayer. The abbot shared his discovery with the other monks at the monastery, and knowledge of the energizing berries began to spread.

As word moved east and coffee reached the Arabian peninsula, it began a journey which would bring these beans across the globe. It is now the most sought-after commodity after crude oil.



# Shoreline Sibaya

Lifestyle Estate

ASSISTED LIVING . FRAIL CARE . DEMENTIA CARE

## ABOUT US

The newest addition to our Portfolio, Shoreline Sibaya, boasts magnificent views of the Indian Ocean. Totalcare would love to welcome you for a leisurely short stay or a permanent long stay.

Delicious food, luxurious rooms and a relaxed atmosphere are all part of this establishment.

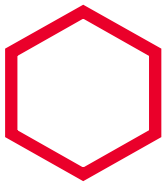


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Grand opening October 2020



# Shoreline Sibaya

Lifestyle Estate



ASSISTED LIVING

Luxurious living with  
bespoke assistance and  
nursing care



INDEPENDENT  
LIVING

Independent units to  
facilitate freedom of living



FRAIL CARE

Focused nursing care with  
24-hour assistance

# Fish & Chips



# FISH & CHIPS

# WEDNESDAYS

**“Would you rather be a small fish in a big pond or a big fish in a small pond?”**

The story of the humble chip goes back to the 17th Century to either Belgium or France, depending on who you believe.

Oddly enough, the chip may have been invented as a substitute for fish, rather than an accompaniment. When the rivers froze over and nothing could be caught, resourceful housewives began cutting potatoes into fishy shapes and frying them as an alternative.

Around the same time, fried fish was introduced into Britain by Jewish refugees from Portugal and Spain.

The fish was usually sold by street sellers from large trays hung round their necks. Charles Dickens refers to an early fish shop or "fried fish warehouse" in *Oliver Twist* (1839) where the fish generally came with bread or baked potatoes.

Italian migrants passing through English towns and cities saw the growing queues and sensed a business opportunity, setting up shops in Scotland, Wales and Ireland.

Fish and chips gained popularity when the meal helped feed the masses during the First World War. And since fish and potatoes were two of only a few foods not rationed in WW II, the traditional dish maintained its status.

To keep prices down, portions were often wrapped in old newspaper - a practice that survived as late as the 1980s when it was ruled unsafe for food to come into contact with newspaper ink without grease-proof paper in between.

In Belgium, fish and chips are eaten with mayonnaise, the Chinese serve fish and chips with sugar and the English enjoy theirs with mushy peas and vinegar. Totalcare started serving fish and chips 15 years ago and our residents and staff enjoy this meal religiously every Wednesday!





# Mount Edgecombe

Retirement Village

ASSISTED LIVING · FRAIL CARE · DEMENTIA CARE

## ABOUT US

Mount Edgecombe Retirement Village is situated in the well established Kindlewood Estate in Umhlanga. Lovely long days and sunshine on the Northern Coast.

Should you wish to exchange accommodation for a holiday, talk to us and we can accommodate you or your loved one.



# Welcome To Your Happiness with us



## THE BENEFITS



Cognitive stimulation through mental and physical activities



Healthy body through three nutritious meals a day



Happy Longevity through Social Interaction



**Erika Joubert**

*Erika has been with Totalcare since our inception at St Michaels Village. She has worked tirelessly at all of our facilities and has now settled in KwaZulu Natal to oversee the facility management of both Mount Edgecombe and Shoreline. Erika is energetic and hard working with an inherent loyalty to Totalcare. She is loved by staff and residents alike.*



*Totalcare prides itself on our meals and presentation. Darren Mc Call is integral in preparing fabulous food and operating a productive kitchen.*

*We are happy to have him on our team of experts to ensure our residents needs are met with precision and satisfaction.*

**Darren Mc Call**



# Huis Hoëveld

Retirement Village

ASSISTED LIVING · FRAIL CARE · DEMENTIA CARE

## ABOUT US

In the quiet suburb of Albertville lies one of our oldest facilities as well as our only Not for Profit organization, Huis Hoëveld. With exceptional service and sincere staff, Totalcare at Huis Hoëveld cares for our residents as family.

Petra Swanepoel, our National Nursing Services Manager, is in charge of Huis Hoëveld and has been in the care industry for over 4 decades. She is one of our most valuable assets and a respected manager.





# Welcome To Your Friendship with us



## THE BENEFITS



Cognitive stimulation through mental and physical activities



Healthy body through three nutritious meals a day



Happy Longevity through Social Interaction



**Jacques Venter**

*Procurement is one of Totalcare's most important operations and is professionally handled by our Procurement manager, Jacques.*

Our facilities would not be able to operate without the management of the back office operations including procurement. This function ensures timely delivery of medical equipment, food and drink, linen and much more.



*Driving around the greater Johannesburg area is both a challenge and a full time job. Totalcare values the contribution our drivers make to the success of the operations of our facilities.*

Anton has been with Totalcare since he was a young ambitious labourer that dreamed of driving a car. He loves cars and he loves driving. Anton is an integral part of Totalcare and we appreciate his positive demeanour and loyalty.

**Anton Sambo**

# BREAKFAST

## START YOUR DAY RIGHT

*What exactly is breakfast? Literally speaking, it means break the fast, the first thing you eat after fasting. The modern era of breakfast begins with*

### *cereal.*

Before its invention, breakfast was not as standard or routine. Historians alternately write that breakfast was only a luxury for the rich, only a necessity for laborers, or mostly skipped. They tend to agree that breakfast became a daily, first thing in the morning institution once workers moved to cities and became employees who worked set schedules. In Europe, this first began in the 1600s, and breakfast achieved near ubiquity during the Industrial Revolution. With people going off to a full day's work, breakfast became a thing. And cereal, invented by the brothers W.K and J.H Kellogg, became popular in part because they were convenient and could simply be poured into bowls, with no cooking required; soon, technological developments were doing their own part to turn the laborious breakfasts of the 19th century into briefer, simpler affairs.

Eggs have long been a popular breakfast food, perhaps because fresh eggs were often available early in the day, but their partnership with bacon is a 20th century invention. In the 1920s, people ate very

light breakfasts, so a public relations pioneer Edward Bernays persuaded doctors to promote bacon and eggs as a healthy breakfast in order to promote the sales of bacon. And it worked, how we enjoy our bacon and eggs!

Oatmeal, on the other hand, is much older than breakfast, and its invention may have changed the course of human history. When humanity switched from a hunter-gatherer model of society to a model of grain and livestock farming, early settlers were able to create cereal-based mush that could be fed to children. This relieved the women of breast feeding and populations grew. Hot grain-based cereals are still eaten all day and every day in cultures all around the world, from the Asian rice porridge called congee, to wheat porridge served in the Middle East and India, and maize porridges like grits in North America. While other healthy breakfast fads come and go, experts still swear by the benefits of oatmeal or porridge as a hearty way to start the day, thanks to the high nutritional value and high fiber content of whole grains.

Breaking the fast at Totalcare is a delicious affair where we serve the first meal of the day with variety, from cereal to fruit and warm porridges to eggs. And that is only breakfast!





## PLAATKOEKIES

### Ingredients

- 150 g cake flour (1 cup)
- 2 tsp baking powder
- 1/2 tsp salt
- 25 g sugar
- 240 g milk (1 cup)
- 1 tbsp vinegar
- 1 tsp vanilla
- 1 large egg
- 40 g butter (melted)

### PREPARATION

1. In a jug measure out the milk and mix the vinegar in, allow to stand and curdle.
2. In a small cup measure out the butter and melt in the microwave for 20-30 seconds.
3. In a medium sized mixing bowl add the flour, baking powder, salt and sugar together and mix with a whisk.
4. Once the milk has curdled, add the egg and the cooled melted butter, mix together well.
5. Add the milk mixture to the flour and mix with a whisk until all the flour has been incorporated. Be careful not to over-mix, it's fine if there are a few lumps, just make sure that there aren't any visible clumps of flour left.
6. Heat your pan over a medium heat and add a small clump of butter. Once the pan is hot enough and the butter has started bubbling you can start spooning in your mixture. Make sure your pan is not too hot, it should be on a low to medium heat. First do a small tester if you're not sure.
7. Use a 1/4 cup measuring cup or a big spoon to pour your mixture in the pan. Depending on the size of your pan you might be able to bake 2-4 flapjacks at a time.
8. Once bubbles start appearing and bursting on the surface of the flapjack you can turn it over to cook the other side, about 90 seconds a side.
9. Remove to a plate once they are done baking and repeat the process until you have used all the batter.



## CHEESE OMELETTE

### INGREDIENTS

- 1 organic large egg
- 1 teaspoon whole milk or water
- 1 tablespoon cheddar cheese, shredded (you can use other types of cheese)
- 1 teaspoon butter or oil

### PREPARATION

1. Whisk the egg and milk in a bowl with a fork until thoroughly combined.
2. Melt butter in a 6 or 8-inch omelette pan over medium heat (approximately 30 seconds) making sure it coats the bottom of the pan. As soon as the butter stops bubbling (and before it starts to brown) slowly pour in the egg mixture.
3. Pour in the egg mixture tilting the pan to spread it evenly. Let the egg firm up a little, and after about ten-seconds shake the pan a bit and use a spatula to gently direct the mixture away from the sides and into the middle. Allow the remaining liquid to then flow into the space left at the sides of the pan.
4. Continue to cook for another minute or so until the egg mixture holds together. Do not let the underside of the eggs brown.
5. Sprinkle the top with the shredded cheese and with a spatula; gently fold the omelette in a half moon shape.
6. Continue to cook another 30 seconds or until the omelette is thoroughly cooked through.
7. Cool, cut into bite size pieces and serve.





## ABOUT US

Belenois is buzzing with residents who enjoy activities, hearty meals and happy longevity. We have recently added Ikaria, our independent living units to supplement the service offering at Belenois.

Manicured gardens and luxurious interior adds to the sophisticated feel of this facility.



# Welcome To Your Satisfaction with us



## THE BENEFITS



Cognitive stimulation through mental and physical activities



Healthy body through three nutritious meals a day



Happy Longevity through Social Interaction



**Leonie Kruger**

*Leonie was our first employee at Belenois, more than a decade ago, and she has loved and cared for our residents ever since.*

Leonie is sympathetic and caring. She is always ready with a listening ear and a soft touch. She knows our residents' needs and wants and will go out of her way to accommodate their requests. Leonie is kind and we are happy to have her as part of Totalcare.



*Our vibrant facility manager at Belenois upholds the high standards we pride ourselves on. She is much loved among the staff for her dedication to their happiness and development.*

Personally, Karin has been blessed with a daughter in the midst of Covid-19 and she is a doting mother to Isla. Karin is always chirpy and hard working. She is an asset to the success of Belenois.

**Karin Venter**



FRESH FROM OUR  
KITCHEN





“To keep the body in good health is a duty...otherwise we shall not be able to keep the mind strong and clear.” – Buddha”



## BLUE ZONES

### 6 Links to Longevity: Science-Based Secrets of Living Longer

People in the blue zones grow old – and reach 100 – without the chronic diseases from which most of the world suffers. We know the most common lifestyle traits among the people that are living long, healthy lives (we call them the Power 9), and they include moving naturally throughout the day, eating a plant-slant diet, having a sense of purpose, and being part of a community.

We know what these populations are doing, but recent studies look into the hows and whys behind the formula.

**1. Purpose and love are essential ingredients in a blue zones formula for longevity.**

A growing body of research points to how having a purpose can cut the risk of stroke and depression and increase life expectancy. (New Scientist)

**2. Centenarians find ways to downshift daily from the stressors of everyday life.**

Chocolate and meditation? Sounds like a downshift moment we can handle. High quality dark chocolate contains powerful antioxidants, similar to those found in Sardinian Cannonau. Find peace in your indulgence and allow yourself to enjoy it. Mindful eating can lead to healthier choices throughout the day. (New York Times Well)

**3. Eat greens, get happier.**

Eating plant-slant (lots of fruits and vegetables!) can not only improve your physical health, but your mental health too. (PLOS ONE)

**4. Centenarians from the blue zones don't belong to fancy gyms or run marathons.**

Instead, they move naturally on a daily basis and use what they have.

According to new studies, all you need for better health is a few extra minutes and some stairs. (New York Magazine)

**5. Your Right Tribe influences your health behaviors more than you may think.**

If you are surrounded by friends who smoke, drink, or binge eat, studies show you're more likely to adopt those behaviors. (Sharecare)

**6. Centenarians in the blue zones areas have a reverence for family that is different from many other places in the world.**

Responsiveness in spouses can predict happiness and longevity in marriage. Supporting your spouse through active listening and physical touch can lower cortisol levels and cut risk of inflammatory responses that can lead to age-related diseases later in life. (Psychology Today)



## ABOUT US

Belle Rio is an oasis in the Northern Cape. With grand interior and spacious landscaping, it is a welcome escape from the bustle of the city.

On the banks of the Orange River lies this beautiful retreat with loving staff and elegant furnishings.





# Welcome To Your Living with us



## THE BENEFITS



Cognitive stimulation through mental and physical activities



Healthy body through three nutritious meals a day



Happy Longevity through Social Interaction



**Lise-Mari Goosen**

*Lise-Mari is efficient and hard working. She is always willing to assist and accommodate each request. She does her work thoroughly and meticulously and everything with a smile!*

Lise-Mari is not only a caring facility manager but also a professional biokineticist. She adds value to the residents well-being by knowing their mobility issues, among numerous other things, and adjusting their interactions accordingly. She is sincere and intelligent.

*Sharron is our Care companion at the beautiful Belle Rio. She has been at Belle Rio as one of our first employees since our doors opened in 2015. The residents and family adore Sharron for her sensitive disposition and her genuine interest in the spiritual well-being of everyone she meets. We are delighted to have Sharron as a member of our Totalcare team. She creates calm and encourages social interaction for long-term happiness.*

**Sharron Wagener**



*The heartbeat of Totalcare lies with our National Nursing Services Manager who is respected and loved by her employees, colleagues and our residents. She is educated, knowledgeable and intuitive when it comes to the holistic health of each resident.*

Petra was one of the founding members of Totalcare and have since been emotionally and physically invested in the business of care. She is irreplaceable in her business ethic and her dedication to quality service delivery. Petra, we love you.

**Petra Swanepoel**





ALL YOU NEED TO KNOW ABOUT

# COVID - 19

*We understand that during this uncertain time many of our residents, staff and their loved ones may be feeling anxious, afraid and isolated. At Totalcare, we want you to know that we are doing everything in our power to protect those under our care, and provide a sense of safety and comfort.*

It's been noted that older people and those with underlying medical conditions are most at risk. As a result, we've implemented the following strict Covid-19 Infection Prevention and Control Policy aligned with the recommendations provided by the World Health Organisation (WHO).



#### 1. Good Respiratory Etiquette

Covid-19 can be spread by inhaling infected respiratory droplets or through direct contact. This means that anyone in close contact (less than 1 metre) of someone who is sneezing or coughing is at risk. To reduce the risk of respiratory infection, staff and residents have been instructed to cover their mouths and noses when sneezing or coughing. This must be followed by thoroughly washing or sanitising their hands immediately afterwards.

#### 2. Enhanced Hygiene Practices

Current data suggests that the virus is mainly transmitted through contact with respiratory droplets. To avoid this, we have implemented a strict handwashing policy, especially after contact with anyone who might have the virus, as well as after eating, drinking or going to the bathroom. We're also ensuring that all surfaces are kept clean and hygienic through regular sanitising.

#### 3. Social Distancing

While we know you would like to visit loved ones during this uncertain time, we have implemented a no visitor policy to protect all residents and staff. All group activities and outings have also been cancelled. Rest assured that we're continuing to communicate with and visit our residents to ensure they get the proper healthcare they need, as well as companionship to avoid feelings of isolation.

#### 4. Staff screening and protective wear

We measure all of our staff's temperatures daily to ensure that they don't have a fever or visible symptoms. Any unwell staff members are immediately sent off duty. Staff members have also been given protective face masks, as well as training on how to wear and dispose of them safely. Home nurses will practice barrier nursing techniques, along with a non-contact protocol with care centre staff.

#### 6. Early recognition and caring for those with Covid-19 symptoms

All residents will be assessed twice a day for fevers, coughing and shortness of breath. Any residents who are suspected of having the virus will be placed into a single room with a limited number of staff allowed into contact with them. Anyone entering the room will be recorded and take the necessary barrier nursing precautions. We'll notify management immediately, as well as contact local authorities to arrange testing for Covid-19 where appropriate.

#### 7. Ongoing communication and policy adjustments

As new insights and findings on the novel coronavirus are released, we will be continuously updating our policies and operations to meet any new safety requirements. We will keep an open line of communication between staff and management, as well as family members and loved ones.

The health and wellbeing of our residents and staff are our greatest priority. Rest assured that we're doing everything we can to keep them safe, protected and cared for.



# Waterfall Hills

Mature Lifestyle Estate

ASSISTED LIVING · FRAIL CARE · DEMENTIA CARE

## ABOUT US

Waterfall Hills is a Mature Lifestyle Estate situated in Sunninghill in the Northern suburbs of Gauteng. Blooming rose gardens and shaded walkways are some of the delightful attributes of this care centre.

Waterfall Hills offers a 33-bed frail care centre and private care options.



# Welcome To Your Enjoyment with us



## THE BENEFITS



Cognitive stimulation through mental and physical activities



Healthy body through three nutritious meals a day



Happy Longevity through Social Interaction



**Renee Richards**

*Renee knows and cares for our facilities as she does her grandchildren. She has been part of Totalcare for 10 years and has always been selfless in her care delivery. She understand the Totalcare philosophy and applies it daily through her interaction with our residents.*

Renee is currently managing Waterfall Hills as well as La Vie Nouvelle as the Nursing Services Manager. She is approachable and professional in her relationships with both family and resident.



*Billy will always say yes to a request, and that with a smile. He is always willing to go the extra mile (or kilometer) to ensure that products, parcels or paperwork are timeously delivered.*

Billy is soft spoken and kind-hearted with a composed approach to service delivery. The facilities operate optimally with to the efficient driving abilities of Billy.

**Billy Shikwambana**

*Memories 2020*



Images taken from Jan 2020 (Pre- March 2020 lockdown) to Dec 2020. We believe in the protection of our Residence and have a mandatory mask wearing policy for our staff and visitors in all our

Images taken from Jan 2020 (Pre- March 2020 lockdown) to Dec 2020. We believe in the protection of our Residence and have a mandatory mask wearing policy for our staff and visitors in all our facilities.



*Memories 2020*

# Ikaria

Mature Lifestyle Estate

ASSISTED LIVING · FRAIL CARE · DEMENTIA CARE

## ABOUT US

HAPPINESS through The Blue Zones

Happy Longevity Decrease Cognitive Decline

Dan Buettner identified areas around the globe, referred to as the Blue Zones, where people live to 100. They identified 9 denominators that contribute to longevity;

1. move naturally 2. have a purpose 3. downshift 4. eat until you are 80% full 5. eat more plants 6. drink some wine 7. belong to a community 8. enjoy family and 9. social interaction



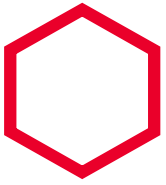
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Grand opening October 2020



# Ikaria

Independent Living



ASSISTED LIVING

Luxurious living with  
bespoke assistance and  
nursing care



INDEPENDENT LIVING

Independent units to  
facilitate freedom of living



FRAIL CARE

Focused nursing care with  
24-hour assistance

\*Images taken from Jan 2020 (Pre- March 2020 lockdown) to Dec 2020. We believe in the protection of our Residence and have a mandatory mask wearing policy for our staff and visitors in all our facilities.



# Memories 2020

\*Images taken from Jan 2020 (Pre- March 2020 lockdown) to Dec 2020. We believe in the protection of our Residence and have a mandatory mask wearing policy for our staff and visitors in all our



# Memories 2020



## ABOUT US

The first care centre in the Totalcare Portfolio and the leader in care innovation is St Michaels Village. Our wonderful staff are recruited and trained at this well established village in the Weltevreden Park.



# Welcome To Your Caring with us



## THE BENEFITS



Cognitive stimulation through mental and physical activities



Healthy body through three nutritious meals a day



Happy Longevity through Social Interaction



**Dawn Meyer**

*With a sense of humor like Dawn it is impossible not to appreciate her management at St Michaels. She understands Totalcare's ethos and vision. Totalcare is proud to have Dawn's contribution to holistic care and personal involvement. She creates solutions through personal relationships and experience.*

*We are not sure what we did before Darelle. She ensures all administration, documentation and reporting are effectively monitored and managed. She is the entire back office of Totalcare. Darelle was a lecturer in her previous life where she specialised in Business Administration and Entrepreneurship. She brings her knowledge and expertise to Totalcare with professionalism and happiness. Darelle is always happy.*

**Darelle Groenewald**



**George and Betty**



*Our dear Betty has made a magnificent impact on the residents at St Michaels. She was a natural carer and a loving companion. She has been with Totalcare for 10 years and have put a smile on many a faces. She was a exceptional person and a wonderful employee. She is missed. George is the go-to person. He knows everything about St Michaels and he can answer all your questions. He is a true asset to Totalcare and we appreciate his happy outlook and willing nature.*



*From home to home,*

**and heart to heart,  
from one place to another.**

*The warmth and joy of Christmas,*  
**brings us closer to each other.**

*Thank you to our amazing team, our residents and  
family member for a year of dedication, love and care.*

*May next year bring you joy and love!*

*From the Totalcare team*

For more information please contact us at:

**TOTALCARE**

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