



## SAARP Social Services / SAVA Sociale Dienste

### Club Newsletter / Klub Nuusbrief

**Number/Nommer 58  
May/Mei 2011**

#### **RETIREMENT VILLAGES – Where to find them**

Find a suitable retirement home with this helpful website.

[Senior Service website](#)

#### **STATE PENSIONS – information**

Find the qualification requirements here:

[Government website](#)

#### **CLUB NEWS – New idea**

Those clubs who would like to include a paragraph in this newsletter, from June onwards, should please let me have their contributions by the 15th of each month.

#### **CLUB RECRUITMENT – Letter to prospective members**

Please do a letter to prospective members setting out what your club offers and we will send these to all the SAARP members in your area who have given us their e-mail addresses.

#### **SMILE!**

There was a very gracious lady who was mailing an old family Bible to her brother in another part of the country. "Is there anything breakable in

### **SAARP Club Newsletter**

The previous 57 editions of this newsletter have only been distributed to the main club committee members. In line with our new website the format has been upgraded and from now the letter is going to all SAARP members who have e-mail addresses. If you do not wish to receive future copies merely hit the UNSUBSCRIBE button at the end of this newsletter. However, you may then miss out on some useful information. For those of you who may not be aware of the full range of services we offer, this newsletter will be valuable.

### **SAARP – New website**

AT LAST! Our new website is operational. The feedback has been phenomenal. Tell us what you think. How can we improve it even further? [Visit our new website.](#)

### **WORK – It's good for your brain**

In the May/June 2011 issue of AARP The Magazine Dr. Mehmet Oz, a heart surgeon, tells us that he always refuses requests by spouses to suggest that their other half retires. "That's because I believe, deeply, that having purpose in your life is the key to good health," he says.

He continues, "Retirement often takes you away from an engaging social environment, and social interaction is thought to be necessary in establishing "cognitive reserve," a brain-backup system that allows you to function normally despite age-related brain damage. Once you retire, you're also less motivated to participate in mentally stimulating activities."

He suggests, "First, identify activities that you enjoy and that help maintain your cognitive health. The best activities combine social engagement, physical activity, and intellectual stimulation. Just as you need a financial plan for retirement, you need a mental plan, too." [Read the full article](#)

### **EXCELLENT CD – On retirement**

In keeping with the above advice Professor Ian Wiseman has produced an excellent CD entitled, Strategies for a

here?" asked the postal clerk. "Only the Ten Commandments" answered the lady.

### SMILE!

In the E-Readers section of her favourite book shop and elderly lady was being shown the benefits of a Kindle. Finally she responded, "Er . . . much as I'm tempted, I think I'll wait until it comes out in paperback."

### PERSPECTIVE

Old aunts used to come up to me at weddings, poking me in the ribs and cackling, telling me, "You're next." They stopped after I started doing the same thing to them at funerals.

### QUOTE

"There's only one corner of the universe you can be certain of improving, and that's your own self."  
*Aldous Huxley*

### THOUGHT

History records that France had 69 kings, of whom only three were loved by their subjects. These were the only three raised by their mothers. The others were raised by governesses and tutors.

### FORWARD this to a friend

Do you know someone who may be interested in this e-mail? Why not forward it to them? [Forward to a friend](#)

*You could take all the joy out of life by*

Satisfying Retirement. This could be a life changing purchase for you. Please contact him at

[iwiseman@mweb.co.za](mailto:iwiseman@mweb.co.za)

Ian Wiseman is a Professor Emeritus (Pharmacology) at the Nelson Mandela Metropolitan University, formerly the University of Port Elizabeth. He is a consultant, writer and presenter on Wellness. His focus is on ageing well and successful transitioning to retirement. He has a PhD in pharmacology having obtained an MSc in pharmacology from Rhodes University.

He is the recipient of various awards including the Ernest Oppenheimer Memorial Trust Award and the Boehringer Ingelheim Pharmacology Award. Ian also spent a short time at the University of Arizona working in the field of drug therapy in the older patient.

## b-SMART CARD – Usage

By the end of April SAARP members had already earned over R18,000 rand in bonuses. This figure is rising sharply every month.

## b-SMART CARD – Presentations

Gert du Plessis, Cape Consumer's CEO, is offering R2,000 to each club for the opportunity to do a SAARP b-Smart Card Presentation. He will also provide three lucky draw cash prizes of R250 each at the meeting. Additionally, a b-Smart representative may be sent to assist members in filling in the application forms. I encourage you to contact Gert to set up a presentation for your club. Cape Consumers is the only organisation that provides discounts at all the major food chains. There is no other loyalty, or similar, scheme that guarantees 5% of your annual purchases, in your pocket, just before Christmas. And that is cash, not points.

### Hermanus Club

I attended Cape Consumer's CEO, Gert du Plessis's, presentation to Hermanus Club. Each attending member was handed an information pack consisting of a chocolate, an application form, a copy of the presentation and a list of suppliers in their area. Gert offered to telephone all members and, if there is sufficient interest, they will send a representative to assist members in completing the application forms – just as in Jeffery's Bay. Steve Campbell, the chairman was one of the lucky ones whose name was drawn out of the hat for one of the R250 prizes.

### Jeffery's Bay Club

*always wanting  
something to be  
better*

No fewer than 42 Jeffery's Bay members are using their b-Smart cards thanks to the presentation and subsequent personal visits where members were assisted in filling out their applications forms.

#### **More b-Smart card info**

**Latest Additions:** Fruit & Veg City and MACRO.

**Did You Know?** You can use your PnP Card together with your b-Smart effectively giving you 6% discount.

**Contact Gert at:** 021 409 7600 or 083 284 8671

[Gert.duPlessis@capeconsumers.co.za](mailto:Gert.duPlessis@capeconsumers.co.za)

Or contact us at 021 592 1279 [info@saarp.co.za](mailto:info@saarp.co.za)

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### **SAARP'S SERVICES - for your benefit**

- SAARP SHORT TERM INSURANCE POLICIES: Members have saved up to R10,000 per annum on their SAARP policies.
- GAURANTEED DISCOUNTS: Get a 5% annual bonus on all your purchases with SAARP's new b-SMART Card. The discount is payable in November in time for your Christmas purchases.
- SAARP HOLIDAY CLUB: Get discounted off peak holidays at amazing prices
- SAARP FAMILY PROTECTION PLAN: Funeral insurance a reduced rates
- FREE WILL SERVICE : through Warwick Private Wealth
- SAARP TRAVEL CLUB: Provides a full range of travel services
- SAARP Wellness + Plan: Medical insurance to supplement your medical aid
- SPEC-SAVERS: Get a SAARP discount on spectacles
- DOVES FUNERAL UNDERTAKERS: Up to R1000-00 discount on proof of SAARP membership
- SAARP SOCIAL CLUBS: Enjoy your retirement and meet with like-minded people in your area. There are 30 Clubs countrywide
- COMPTER HARDWARE AND SOFTWARE: at discounted prices
- CAR HIRE: AVIS and HOLIDAY AUTOS
- AFRICAN SKY HOTELS: Get SAARP discounted winter rates

- MEMBERS' BENEFITS: SAARP offer members a host of other benefits

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## **WILLS - Free service**

The talks which Warwick gives at club meetings continue to surprise club members and shake them from their beliefs that their existing wills are fool proof.

### **WILLS AND ESTATES (EXECUTORSHIPS)**

- A dedicated in-house Trust Department which offers:
  - free drafting of Wills – Local and Foreign (offshore) – should have separate Wills for each Country
  - free drafting of Living Wills
  - free safe custody of Wills – no annual holding fee
  - Reduction of Executor's fees in C.O.P Marriages
  - 90 day clause in the event of simultaneous death
  - Protection of Inheritance clause in Wills
  - Estate Administration
  - Appointment of a qualified and recognized Executor - contractually bound by the Regulations as laid down by the Master's office
  - Commitment to lower overall Executor fees and costs (household furniture, personal effects and jewellery – no Executorship fees on their value)
- A team who have in excess of 30 years' experience in the field
- A very personal one-on-one consultation with Testator/Testatrix followed by our personal service to spouses' beneficiaries etc. We come to you no call centres!
- Encourage family participation as a Co-Executor/Co-Trustee
- A personal relationship with Masters' offices around the country and we operate a fast track service in obtaining appointments from the Master
- A superb track record, of "in time" completion of estates
- Our turnaround time from taking instructions on Wills, to signature within 5 working days
- A major National Service Provider, providing a holistic,

personal and professional service

**Contact:** Adrian van Zyl at Warwick on: 021 795 5199 083  
307 0395

[adi@teamwarwick.com](mailto:adi@teamwarwick.com)

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## **MAHALA BENEFITS – Your SAARP membership card**

Those of you who may not have a Mahala Membership card please send us a stamped addressed envelope containing your ID number and name and we'll send your card to you free of charge.

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## **MAHALA BENEFITS – Latest information**

If you wish to advise your members of the numerous benefits, and if you wish to print any of this information in your club newsletters, please contact Yvonne Lubbe for the latest information. Here are her details:

Yvonne Lubbe

Operations & Marketing Manager

Tel: +27 12-643 9879 / +27 860 mahala (624252)

Cell: +27 82 777 8969

Fax: +27 86 633 8659

Web site: [www.mahalas.co.za](http://www.mahalas.co.za)

Mobi site: [www.mahala.mobi](http://www.mahala.mobi)

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## **INSURANCE – Savings**

One of our main aims is to provide economic benefits to our members. A member who joined recently has availed himself of our insurance offer and has saved himself R10,000 [Ten Thousand Rand] on his annual premium.

Interested? Contact our office: Renske or Beverley at 021 592 1279

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## **SAARP SOCIAL CLUBS – Where to find them**

For those of you who are not club members, we have attached the latest club list.

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## **LANGUAGE**

Are you more "American" than "English" in your daily use of English? Here is a very small sample of the different usages. My score is: USA 8, UK 2.

USA	RAY	UK	RAY
on-ramp / off ramp	USA	slip road	
ATM	USA	Cashpoint	
backpack	USA	rucksack	
baked potato	USA	jacket potato	
ball-point pen	USA	biro	
bar		pub	UK
cafeteria		canteen	UK
cell phone	USA	mobile phone	
chicory	USA	endive	
couch	USA	settee	

*We hope you like our new newsletter format - please let us have your comments and suggestions. In order to see the newsletter properly, you may need to add [info@saarp.co.za](mailto:info@saarp.co.za) to your 'Safe senders' list, as your e-mail program may block newsletters if it considers them to be spam.*

*Regards, Ray*

SAARP | [www.saarp.co.za](http://www.saarp.co.za) | [info@saarp.co.za](mailto:info@saarp.co.za)

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