



## **SAARP SOCIAL SERVICES - PINELANDS**

(Reg No 2006/003084/08)

Email Address: ruthbuckland3638@gmail.com

Monthly Meetings: 3<sup>rd</sup> Thursday at Pinelands Bowling Club  
St Stephen's Rd.

Closed due to Covid-19 National lockdown

### **NEWSLETTER : LOCKDOWN – APRIL 2020**

Dear Friends

I trust you're all coping with social-distancing and self-isolation in these dire times. Once the nightmare has passed we'll be living in quite a different world – let's hope we'll make better use of our second chance!

Thinking of things to keep our minds busy while we're cooped up in our homes brought me to the realisation that NOW is the best time we'll ever have to leave a legacy for our families by *writing our own biographies* and illustrating them with old photos of years gone by – our own schooldays, family holidays, achievements (and some failures we've since tried to overlook); fun times, struggles – all the things that have made us who we are today. It will revive memories in our children, and our grandchildren and great-grandchildren will be fascinated in years to come.

I'm sure we've all checked our wills in the recent crisis, which reminded me of the importance of making up an ICOD file (In Case of Death); if you want the forms, please check the SAARP website for (a) People to Notify when Someone Dies and (b) Copy of Death Notice. Here's the Personal Checklist, though, which I think you'll find very helpful.

1. A completed copy of a Death Notice with all the relevant details (this is usually done by the executor and many times incorrect information is supplied by the children or the person completing the form). Keep with the WILL for the executor.
2. Will – *this should not be kept at the bank because the bank will only release the Will to the executor, who needs the Will to get himself appointed.*
3. At least TEN copies of ID Book and Marriage Certificate – certified
4. Copies of antenuptual contract, passport, birth certificate, etc.
5. Motor Vehicle Registration papers and licence
6. Insurance policies, life, funeral and short term
7. House: Property and Transfer Deeds
8. Bank, Savings Account and investment details
9. Any firearm licences
10. A record of all outstanding accounts
11. Pension Fund details
12. Medical Aid details
13. A Contact list of everyone who should be informed of your death

14. An inventory of all large assets, movable and immovable. Don't list every small item
15. Instructions as regards your funeral and choice of burial or cremation
16. Copies of all cards – medical, credit, debit etc.
17. Every contact in the electronic world – websites, e-mail addresses, user names, passwords and PINs
18. Details of all service providers

If you're going onto the SAARP website, do have a look at their ICOS (In Case of Sickness) as well - very useful. And, while you're there, treat yourself to a short story or two.

Christmas seems a long way off but, hopefully, it will eventually arrive – it will probably be a vastly different celebration from what we're accustomed to, though. A SAARP member from Sedgefield, Val Crowson, has compiled a book called *Search for the Words*, a collection of 200 wordsearch puzzles – but with a difference: once you've found all the words, you'll be left with a few letters from which you must find the missing word to complete a sentence at the bottom of the page. Val must have put a great deal of work into creating this book, and she's offering it for sale to SAARP members at R120 a copy (normal retail price R140). If interested, please contact her at PO Box 1475, Sedgefield, Western Cape, 6573; cellphone 082 507 7342

*In the Time of Pandemic*, written by Kitty O'Meara, a retired teacher in the US, and published online in her blog in March 2020:

And the people stayed home. And read books, and  
listened, and rested and exercised, and made  
art, and played games, and learned new ways of  
being, and were still. And listened more deeply.  
Some meditated, some prayed, some danced.  
Some met their shadows.  
And the people began to think differently. And  
the people healed. And, in the absence of people  
living in ignorant, dangerous, mindless and  
heartless ways, the earth began to heal.  
And when the danger passed, and the people  
joined together again, they grieved their losses,  
and made new choices, and dreamed new images,  
and created new ways to live and heal the earth fully,  
as they had been healed.

Don't believe the rumours that this was originally written in 1869 and revived for the 1918 Spanish flu epidemic. Kitty O'Meara was interviewed by Oprah Winfrey's magazine. Beware of fake news!

Keep yourselves safe, and do keep in touch with family and friends while you're physically separated from them – connections are so important.

Ruth

**COMMITTEE CONTACT DETAILS**

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