

## Oct 2018 No.43





## Resident

My name is **Jean Tuckett**. I am a resident on RL3.

**Things you may not know about me:** I was born on 21 May 1937 and grew up in war-time England. We spent nights in our air-raid shelter and once all of our windows were blasted out. Needing to earn a living, I left school at the age of 16 and trained as a model. I modelled furs and winter sportswear at a furrier, and as I was the same size as movie star Jill Ireland, I often modelled for her. When my children were grown up, I worked in the bridal gift department at Stuttafords in JHB. I met my husband, Gordon, when we were both working at Lillywhites in the UK. He was a chef and eventually became a company director of a catering and design company. We married in June 1957 and had a good marriage until his death in 2012. I have three children: Howard (UK), Joanna (Western Cape) and Edwina (KZN) and nine grandchildren.

**A few of my favourite things:** I took pleasure in drawing and painting, dressmaking, cake decorating, reading, tapestry, knitting and British serials on TV. My dogs and cats, grandchildren, dancing, gardening, cream roses and walking would always make me happy. Christian morals have always been important to me. My proudest achievement was becoming a well-respected Akela, leading a Cub Scout pack in Westville in the 70s and eventually becoming a District Commissioner.

**Motto:** You can't do better than your best!



## Employee

My name is **Nicky Ponco**. I am a careworker on RL3.

**Things you may not know about me:** I was born into a Xhosa-speaking family in the Eastern Cape. I had a happy childhood. We loved to go swimming in the river when we went to fetch water. I enjoyed school and after matriculating, I went for careworker training at St John's Nursing College. After receiving my certificate, I began working at Ron Smith Care Centre in 2009, doing relief work on all the wings. I have been on River Lodge 3 for the past two years and love working with our elders. My partner Vincent and I live in Alex with our four children: Unalo (14), Elam (9), Onele (8) and Lungathi (4).

**A few of my favourite things:** I enjoy reading newspapers and watching the news, Gospel music (Lundi), singing, dancing and joking around. I used to play netball and volleyball, but now I just watch soccer, and especially support Kaizer Chiefs. My favourite places to visit are Mozambique because my Vincent was born there and I love to eat Bacalhau (the delicious cod fish the Portuguese make); and Swaziland, because my sister-in-law lives there. I am so thankful that God has given me a job and helped me to raise my children well. My dream is to build a big house there for my family, to finance further education for my children and to buy a black Toyota Corolla.

**Motto:** Treat others with kindness, respect and lots of love.



## Volunteer

My name is **Edel Froschauer** and I have been a volunteer at RSCC for over five years. I am a positive, vibrant, bubbly person but very sincere. I have a heart and ear for listening to people who want to share their problems and enjoy visiting residents on a one-on-one basis.

**Things you may not know about me:** I was born on 11 February 1949 in Durban and grew up on a small farm near Shelley Beach on the South Coast. I am of German descent, but learnt how to speak English, Afrikaans and Zulu in my youth. After attending the Southern Natal Commercial High School, I stayed at the YWCA in Durban and worked at the Standard Bank Main Branch for four years. I then moved to JHB and worked for a number of companies, including EnviroServ for 21 years. I have been married to Alois for 35 years and have two daughters, Ulrike (UK) and Ursula (doctor in Edenvale).

**A few of my favourite things:** I love orchids, painting in oils and watercolour and creative beading. My spiritual beliefs bring me peace and joy. I love my flower/veggie garden, the scent of the Yesterday, Today and Tomorrow flowers, and watching the birds dive into their water container. I enjoy travelling and would love to re-visit the Kruger National Park, England and Israel. Every time I leave the care centre, I feel 10 times more blessed than when I first arrived.

**Motto:** Love your neighbours even more than yourself!



## Birthdays

### RESIDENTS

1 October, Maria Dal Lago 93 (RL2)  
 1 October, Jessie Pickard 91 (WL)  
 1 October, Maureen Poulter, 89 (Day Care)  
 4 October, Cecily Ryder 89 (WL)  
 4 October, Jane Hart Davis 98 (LS)  
 5 October, Rosalind Benjamin 84 (WL)  
 9 October, Nicoletta De Bellis 86 (RL3)  
 10 October, Joseph Rosen 91 (WL)  
 10 October, Katrina Diedricks 83 (RL3)  
 19 October, Lilian Christie 98 (RL2)  
 23 October, Isaac Poulton 87 (RL3)  
 25 October, Brian Russell 90 (WL)  
 30 October, Dolly (Alvine) Luke 93 (RL1)  
 30 October, James Taylor 88 (RL2)

### VOLUNTEERS

19 October, Sheryl Emmett  
 23 October, Helen Dix  
 27 October, Bertha Segal

### STAFF

1 October, Pauline Ncube (Security)  
 3 October, Mapula Morudi (Cedar Park)  
 3 October, Lindiwe Hlope (RL1)  
 5 October, Shirley Makwarela (Cedar Park)  
 6 October, Leanie Bessinger (RL1)  
 8 October, Siziwe Manyamala (Lakeside)  
 9 October, Virginia Mdolo (Lakeside)  
 10 October, Rebecca Ledwaba (RL3)  
 13 October, Beverly Maodi (RL2)  
 13 October, Elliot Masina (Maintenance)  
 17 October, Priscilla Nkosi (RL3)  
 22 October, Rosina Bodila (RL3)  
 24 October, Prudence Mokoena (RL1)  
 25 Oct, Kedibone Madibane (Housekeeping)  
 26 October, Joyce Seholo (Kitchen)  
 26 Oct, Mary Steeneveldt (Woodlands)  
 27 October, Simon Moagi (Security)  
 28 October, Rose Shai (RL2)  
 28 October, Agnes Ntshakala (Cedar Park)  
 28 October, Thamsanqa Ningi (Security)  
 28 October, Fulufhelo Mukwevho (RL2)  
 28 October, David Sekia (Security)

\* Staff members must remember to pop in at reception to receive a small birthday surprise!

### FONDLY REMEMBERED

■ Frieda Le Sueur (2.09.2018)

\* We extend our condolences to their families and loved ones.

### WELCOME TO

■ Mary Nilius, River Lodge 1  
 ■ Etheen Lowry, River Lodge 2  
 ■ Clara Webb, Cedar Park  
 ■ Beryl Backhouse, Lakeside  
 ■ Megan Weeks, Lakeside

# Ron Smith Care Centre: Rooted in heritage

On Friday, September 21, the community at Ron Smith Care Centre embraced their culture by dressing up in traditional outfits and participating in a wonderful Heritage Day celebration.

Part of the preparations for the day involved a 'get to know your heritage' exercise, whereby care centre staff engaged with the elders to discover their cultural background. They then helped to create a hat for each of the 150 residents, with the residents' name, country and flag of his/her origin incorporated into the design.

It was discovered that although most of the residents were born in South Africa, many come from diverse backgrounds and have roots in Italy, Portugal, Germany, France, Poland, Netherlands, Lithuania, Latvia, Indonesia, England, Scotland, Ireland, Isle of Man, China, Canada, Israel, Namibia, Egypt, Zimbabwe or Zambia, giving the whole event a universal feel. In addition, colourful flags from all over the world were made in the OT Activity Centre. They were used as centrepieces for the gaily decorated tables, and as bunting to decorate the lapas and gazebos in the beautiful Woodlands



**Kicking high.**

garden where the event was held.

The residents and staff gathered in their numbers to celebrate the richness and diversity of cultures represented at the care centre. The celebrations began with a riot of colour as various staff from housekeeping, nursing, kitchen and garden services presented a programme of traditional dances representing the Zulu, Xhosa, Venda, Tsonga, and Shangaan tribes. The staff also performed an Israeli folk dance called Nigun Atik and a Scarf Dance to a Strauss Viennese Waltz. At a certain point in the programme, the dancers scattered into the audience and moved joyously to

the music with the elders, which brought smiles of delight and laughter.

After enjoying the outdoor entertainment, and with the smell of braaied meat in the air, everyone had managed to work up a hearty appetite! The famous 'Naked Chefs' from Rand Aid's In-yoni Creek had very kindly come along to braai hamburgers for some 300 plus people (residents and staff), and these were hungrily enjoyed by all. A variety of condiments were available to 'build your own burger', which was quite fun. Eskimo Pies rounded off the delicious alfresco meal.

## EDEN THOUGHT

Music, dance and movement have a way of bringing people together and the whole day was filled with fun, joy, warmth, connection, and a wonderful feeling of unity and harmony in diversity. This day of celebration was about embracing and sharing one's cultural heritage and identity and was thoroughly enjoyed by all.

## Spring Tea a cheery affair, thanks to talented little visitors

On September 4, residents and staff welcomed spring with a lovely tea and delicious sweet treats. There was a wonderful selection of red velvet cake, banana loaf, Bar One cake and donuts.

Also on offer were the muffins which the residents had made in the OT Activity Centre, as their contribution to the tea.

The highlight of the morning was the very special entertainment provided by the children from the Arrows Home School: Amber, Benjamin and Jasmine Banks; Shayna Berry; Ruth and Thomas Hicken; Aryc Holgate; Isabella and Jayden Strauss; and Nathan and Samuel Vrey.



**Residents Ria Standing, Jill Jones, Coleen Blowe and Eleanor Motsepe with children from Arrows Home School.**

They recited poetry, sang songs, told jokes, did some dancing and performed in a musical play entitled,

'A World is Washed', which was based on the story of Noah's Ark.

The residents and staff were delighted by the young children, who ranged in age from three to nine years, and everyone remarked how cute, happy and joyful they were.

All at the care centre would like to thank each and everyone one of them, their mothers who coached them and brought them along and the dads who worked behind the scenes, for the joy they brought to all. And special thanks to

Susanna Banks – the 'head mom' and creator and director of the entertainment programme. Bravo!



## Happy Hour celebrates great women

Women's Month was joyously celebrated on 30 August at a Happy Hour event, with the theme of honouring inspirational women from the past and present.

The hosts of the evening were the residents and staff who live and work on the Cedar Park wing of the care centre. Wine, sherry, fruit punch and an assortment of delicious sweet and savoury snacks, including the cheese straws that the residents and staff had made earlier in the afternoon, were enjoyed by all and then it was time for the quiz contest.

Earlier in the month, residents and staff were asked to make a list of women whom they admired and whom inspired them. Fifteen of these women were selected to have their pictures displayed on each team's table at Happy Hour. The residents and staff were divided into teams and then participated in a quiz contest where they had to recognize and identify each of the inspirational women. Team Lisa's 18-member group were the winners as they speedily came up with all the correct answers, although 'Anne Frank' and 'Helen Suzman' gave them a bit of a challenge!

The Cedar Park hosts then announced that they were going to present a little skit and dance. Although there are many women, past and present, who have made a contribution to society, the woman they wished to honour and celebrate was, Florence Nightingale, as most of the staff are involved in nursing care.

Florence was known for saving the lives of thousands of people and for being the founder of modern nursing. In 1854, the Crimean War broke out and Florence rounded up a team of 38 nurses to work in the field hospital in Crimea, to look after the soldiers who were dying from battle wounds, cold, hunger and disease. She improved the filthy hospital conditions and provided clean water, fresh food and quality care. She was committed to the principle that 'Every patient deserves a good nurse'. More than 100 years later, her birthday is still celebrated around the world as International Nurses Day.

This Women's Day event was enjoyed by the whole care centre and had meaning for all. It gave everyone the opportunity to think about the strengths, abilities, and determination of women who have taken on leadership roles in society because of their compassion and caring for other people.



ABOVE: The Cedar Park staff cast of the Florence Nightingale skit with Debbie Christen (Rand Aid's recreation manager).

LEFT: Shirley Makwarela helps Christine Kincaid-Smith make the flower decorations for the event.

## UPCOMING EVENTS

**Support Group:** The next support group for families with a loved one being affected by Dementia/Alzheimer's takes place on Saturday, 13 October at 9:30am in the Card room/Clubhouse. Please contact Lorna Quinn if you are interested in joining the support group on 082 456 5692 or email [lornaq49@gmail.com](mailto:lornaq49@gmail.com)

**Boerie Braai:** Will be held on 12 October in the Quad area outside the hall. Place your order with Wanda at Elphino's Coffee shop. R25 a boerie roll.

**Gardening Group:** Will be held at 10:30am on 24 October in RL3.

**Sing-a-long:** Come sing-a-long to good old favourites on 25 October in the OT/Activity Centre from 9:30-10:30am.

**Card-making group:** Will be held on Thursday, 18 October, in the OT/Activity Centre at 2pm.

**Hands & Nails:** 18 October in the OT/Activity Centre, from 9:30-11:45am.

**Hymn Singing:** Every Tuesday in the chapel from 2pm-2:45pm.

**Bible Study:** Will take place every Wednesday in the Chapel. All welcome.

**News Group:** Every Thursday, Cedar Park patio, at 9:30am. All welcome.

**Bridge Group:** Want to learn how to play bridge or even play a friendly game? Join us in the cardroom at 2pm every Wednesday afternoon.

## STAFF NEWS:

**DEEPEST SYMPATHY** and condolences to the families and loved ones of two of our staff members who have sadly passed away:



**Thembi Dube**  
(Cedar Park).



**Margaret Pheleu**  
(Kitchen).

We **WELCOME TO THE FAMILY** our new resident RSCC doctor, Dr Christina Eleftheriades, who joins Dr Carmella Mielke:

