

Rand Aid review

Tel: 011 882 2510

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Fax: 011 882 4670

Email: info@randaid.co.za

A serving of skills

Since 1943, Wedge Gardens Treatment Centre, which operates under the auspices of Rand Aid Association, has been helping people with addiction problems retake their rightful place in society.

Today, Wedge continues to ensure that its residents receive holistic care, which includes a strong focus on occupational therapy. This ensures that once the addiction itself is under control, people have the necessary skills to help them cope 'out there'.

Fired up and full of new ideas is the centre's new occupational therapist Zainab Badat, who joined Wedge's counselling team in January.

Adél Grobbelaar, the head of Wedge Gardens, believes that occupational therapy should really be called functional therapy. According to her, the goal of occupational therapy is to make sure an individual is as functional as possible to engage as fully as possible in their lives.



The Wedge café. **INSET:** Wedge Gardens' new occupational therapist Zainab Badat with fourth-year Wits OT students Amy Grose and Victoria Johnstone.

al training and create a fun, interactive platform for this. The residents who take part in this initiative are on Level 2 of Wedge Gardens' full circle programme. Level 1 residents are those undergoing detoxification while Level 3 are nearly ready to reintegrate with society and thus their OT concentrates more on preparing them for the world of work, including CV and job interview preparation skills.

Various skills are imparted to Level 2 residents through the Wedge café initiative, from marketing (getting customers and orders), organisational (menu planning and grocery list) and interpersonal skills (waiting tables and dealing with customers) to time management and goals (meal preparation).

In addition, residents are graded through the Just Right Approach, which ensures that each person is able to play a part in the café that caters to their strengths. Grading assists residents to track their own growth and development.

Residents of nearby Thembalami care centre, which is also Rand Aid run and caters for vulnerable senior citizens, also enjoy the café. Thembalami manager Elize Raath says that being invited to Wedge Gardens for tea is uplifting to her residents. "They all come back in high spirits," she says.

Before joining Rand Aid, Badat worked in the Acute Psychiatric Ward at the Steve Biko Academic Hospital. She did her community service at the Charlotte Maxeke Johannesburg Academic Hospital and completed her studies at Wits.

■ For more information, contact the Wedge Gardens Treatment Centre on 011 430 0320 / 071 690 4942 or visit Wedge Gardens on Facebook at www.facebook.com/WedgeGardensTreatmentCentre or follow them on Twitter @WedgeGardens.

ANNUAL GOLF DAY

Five fourballs have already been booked ahead of Rand Aid's annual golf day, which this year takes place on Friday, October 28, at the Modderfontein Golf Club.

The popular golf day attracts a full field each year, and offers many sponsorship opportunities for corporates. In addition, by entering a fourball, local businesses can enjoy a morning of networking on the greens.

With a shotgun start, fourball alliance (two scores to count), halfway house, dinner and prize-giving, the event is not only entertaining, but helps the 113-year-old NPO continue its good work in supporting its less fortunate frail and elderly residents.

Contact Carol Steyn at 011 882 2510 to book a fourball or enquire about becoming an anchor sponsor, co-sponsor or sponsoring a hole or prizes.

Change

3

is in the air

JOSEPH GERARD HOME OF PEACE APPEALS FOR OFFICE FURNITURE

Non-profit organisation Rand Aid Association provides much-needed assistance to the Joseph Gerard Foundation, a Catholic establishment that provides care for the elderly and pre-school services to the community of Alexandra.

The Foundation is in urgent need of office furniture for the newly-appointed manager at Joseph Gerard and appeals for donations of filing cabinets, credenzas and bookshelves.

Rand Aid has been assisting the Foundation for the past 20 years by managing the payroll for its 24 employees, bulk buying to realise a cost saving, assisting with the financials, administrative management and the daily supply of well-balanced meals for the elderly.

A total of 150 pre-school children between the ages of three and six years and 36 frail and elderly persons are cared for by the Foundation.

If you are able to assist, contact Carol on 011 882 2510.

Young teenager spoils Ron Smith Care Centre residents

Moira Dowds, who resides at Rand Aid's Tarentaal retirement village and who has been a long-time volunteer at the Ron Smith Care Centre, has a wonderful 13-year-old great granddaughter named Sharn Drysdale, who lives in Alberton.

One day, on a recent visit to her great grandmother, Sharn asked, "What happens with all the grannies at the frail care centre over Easter? Do you think that maybe some of them don't have any family or friends to come visit and bring them treats?"

When Moira replied that she thought that some might not, Sharn decided to take some of her birthday money and buy Easter chocolates for some of the residents. She made up 25 little gift packages, complete with a loving Easter message contained in each one and asked her great grandmother to deliver them for her.

On March 24, the day before Good Friday, Moira came to Ron Smith Care Centre and with Debbie Christen, Rand Aid's Manager Recreational Programmes, dished out the Easter treats to residents in River Lodge 1. They were absolutely delighted to be remembered in this way and touched by this young lady's kindness and caring heart.



Volunteer Moira Dowds giving Dorothy de Bruyn an Easter treat from her great granddaughter Sharn Drysdale.



Lilian Christie holds up a colourful lantern.



ABOVE, RIGHT: Ria van der Westhuizen (right) says: "What is joy? Sharing a delicious Chinese meal with my sister, Val!" (left).

Chinese lunch on the lawns of care centre

One day last year, some of the residents from Ron Smith Care Centre's Cedar Park wing were participating in one of their 'Who Am I ---Get to know me' chat sessions. The topic of 'favourite foods', a very popular subject, came up for discussion, and it was discovered that quite a few people loved Chinese food!

The conversation continued... "What specific Chinese dishes did they enjoy?" They responded: "Sweet and sour pork, chicken with cashew nuts, beef chow mein." The list grew and grew, as each resident remembered (and salivated over) what they used to order and enjoy, when they went out for Chinese food or ordered takeaway.

The more everyone talked, the hungrier they got, and it was decided to host a Chinese lunch.

The morning of Saturday, April 23, dawned and staff and volunteers of the Rand Aid care centre got busy setting up for the lunch. Chinese music and golden oldie tunes played in the background and colourful Chinese lanterns and fans that the residents and volunteers had made in OT were strung up around the gazebos. Volunteer Eve Higgs provided lovely flowers for the tables, which were set and readied for the 118 guests (from all six wings of the Ron Smith Care Centre).

Then, the much-anticipated Chinese food arrived. Some of the residents even showed proficiency at using their chopsticks, while others good naturedly tried using, with a giggle or two, the unwieldy sticks. Aside from the food that each resident, family member, staff and volunteer had ordered for him/herself, there were also spring rolls, bowties and ice cream on offer. And finally, to round off the delicious lunch, a nice cup of fragrant Jasmine tea! This was such a wonderful day of family, friends, food and fellowship.

Resident Jill Jones expressed grateful thanks for a wonderful Chinese lunch. "We were all so appreciative of the tremendous amount of thought, attention to detail, organisation and hard work which went into making this event so successful."

HAPPY RESIDENTS

Frank and Karen Mitchell said it was a lovely lunch and a great day, and all the Cedar Park residents (whose fondness for Chinese food set the lunch in motion) signed a thank you card saying, "It was a wonderful outing -we loved it! The food, décor, everything was all so good."

Lakeside resident Peter Barker summed it all up by saying, "I have just got back to my room after a happy experience eating Chinese grub! I must express my thanks before I do anything else. The time and trouble given by so many people to put meaning into so many lives is beyond praise."



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New way of doing things for care centre managers

Person-directed care is not just a new buzzword in long-term care. It stems from the world-wide realisation that care facilities for elders are not hospitals and that the management of the medical conditions related to ageing is not enough to promote the wellbeing of residents.

As the medical model has been followed for so long, a culture change is required to make care facilities a better place for elders to be – to turn them into homes where elders want to be, families enjoy visiting and staff enjoy doing the work they love. Such a culture change requires new ways of thinking about long-term care, new values, new attitudes and new ways of doing things in order to move from 'institution' to warm, loving and caring 'home'.

Eleven staff members of Rand Aid Association were fortunate to participate in a two-day coaching workshop by international Eden educator and mentor Carol Ende. Carol is a former CEO of the Eden Alternative in America and currently works across the globe as a consultant and educator for culture change associated with elderhood.

The workshop was arranged by Eden South Africa and targeted local leaders committed to implementing person-directed care in South Africa. Three workshops were held, in the Cape, Kwa-Zulu-Natal and Gauteng. The Gauteng workshop took place on April 19 and 20, 2016, at Rand Aid's Inyoni Creek Clubhouse – a most appropriate physical setting in line with Eden values of



Sylvia Birkhead - consultant occupational therapist at Rand Aid, **Bianca Richards** – occupational therapist at Rand Aid, **Sr Tando Ncube** - the charge sister on Lakeside at Ron Smith Care Centre, and **Charlene van Zyl** – ex-Rand Aid occupational therapist who joined the training while on a visit to South Africa.

warmth and comfort!

The workshop focused on teaching new skills and techniques to build relationships between staff and residents, to promote team work between all care partners and to create a sense of community in our care centres. It was practical and interactive, using examples from everyday working life to practise skills, solve problems and develop a better understanding of the needs and abilities of elders.

"Carol emphasised that the transformation towards person-directed care is not a programme, it is an ongoing jour-

ney that requires conscious leadership ensuring all care partners become and remain involved and committed towards creating a better life for our elders," says Rand Aid's Zabeth Zühlisdröff, GM Services and Advance Division.

Helen Petrie, the Manager of Elphin Complex, which includes the Ron Smith Care Centre, said that the workshop made the leadership role required of her as a team leader easy to understand. "The logic required to lead culture change in our home was explained to us so clearly that we are all better armed for the task ahead," she said.

Rand Aid Association volunteers learn about dementia

A brand new group of volunteers began their volunteer work at Ron Smith Care Centre at the beginning of the year.

They were invited to attend an Orientation and Training Session in March, where they were given an introduction to dementia, including Alzheimer's disease, by consultant occupational therapist, Sylvia Birkhead. About 28 volunteers, old and new, attended the

training. "We felt that it was necessary to introduce our new volunteers to dementia, and to give them a basic understanding of the disease in order to assist them with their ability to work with, engage, communicate and connect with our residents, many of whom have Alzheimer's or other forms of dementia," explains Debbie Christen, Rand Aid's Manager Recreational Programmes and Volunteer Co-ordinator for Ron Smith Care Centre.

"Although not all volunteers work directly in River Lodge 3, our special dementia wing, they will at some stage most likely encounter residents who are mildly or moderately affected by Alzheimer's, and so the more knowledge and understanding they have about the disease, the more empowered they will be to make a valuable contribution."

"It is a fallacy that persons affected by dementia are not able to do anything. The memory may go, but the feelings

are still there. We need to learn how to tap into what is there within the person and to try and connect with what brings him/her joy and meaning."

To quote Rayne Stroebel, Regional Co-ordinator of Eden Alternative South Africa, as he shared an experience he had with the Elders of a Care Home:

"I cannot quite figure out why the past six days have moved me so deeply. The only thing I can think of is that I have learnt what it means to be truly present. And in that presence my soul was profoundly touched. I became one with the deepest soul of every resident. I connected with them and through them, with the divine in each of them. I realised and felt it deeply in my being that dementia is a disease that attacks the brain and not the soul... if you are prepared to make yourself vulnerable; to be open to seeing the person, and not the disease and to remain in that presence, something will change forever."



Some of the newly-inducted volunteers at Ron Smith Care Centre, who attended the Volunteer Training Session on dementia: Hazel Spearpoint (Hazel, now retired, used to be the charge sister who ran one of the care centre's wings), Caroline Booysen, Priscilla Bowden, Carroll Prigge and Noelene Puntis.



Ninety-year-old dances on!

Elphin Lodge resident Silvia Kree is an inspiring ambassador for older persons who aspire to stay fit and active. Despite turning 90 on March 11, she still regularly does line dancing and power walking. A tea party was arranged on March 15 by her line dancing class to celebrate this milestone. After lessons ended, the dancers toasted this remarkable nonagenarian. Silvia is pictured with Line Dancing Teacher Ann Had-dow (right).



Sacred sighting

Residents of Elphin Lodge and Ron Smith Care Centre are privileged to enjoy a prolific number of feathered visitors who frequent the dam of the Rand Aid village and enjoy its many established gardens and trees. On May 12, this flock of Sacred Ibis was enjoyed by many a resident who took up vigil on the benches that dot the bank of the dam.



What a hoot!

A Spotted Eagle Owl was spotted at Tarentaal village on Saturday, May 28. The loeries and smaller birds created a huge racket which drew the attention of residents to the owl. He (or she) was totally unperturbed by the stress he had created around him and remained in the same position for at least six hours before flying away.



Chicks delight

Ron Smith Care Centre is a safe haven not just for people, but for a few pet birds and cats, a host of aquatic birds who visit the village dam and geese, ducks and chickens. On May 12, some recently hatched chicks were brought into the care centre to the delight of those residents who battle to make the journey to the chicken enclosure. Here, Rosalind Benjamin 'oohs' over a fluffy, yellow chick. With her is volunteer Marisa Sabato.



Arthur takes over as Probud President

On April 21, the Probud Club of Inyoni Creek had their Induction Dinner. It was very well supported as always, with about 100 people there to witness Peter Philip hand over the reins of the club to Arthur Hadden. Pictured are Pam and Arthur Hadden and their daughter Dallas Burg.



Super efficient Auriel proves that 80 is the new 60

Auriel Wittert is a receptionist whose professionalism strikes the right chord with visitors to Elphin Lodge Complex. She is well groomed, bright eyed and beautifully spoken. She also turned 80 on April 19. Auriel is among a new breed of people who might be senior citizens according to traditionally accepted definitions, but who certainly are not elderly. Working a demanding, busy full day, she says what she most loves about her job is interacting with people. Once a resident herself of Elphin Lodge retirement village, she was working in Linbro Park and found the commute to work too tedious during the Gautrain's construction. "It took one-and-a-half hours to drive 12kms." With her late husband then being cared for at Ron Smith Care Centre on the grounds of Elphin Lodge, getting home in time to visit him was becoming increasingly difficult. Then a snippet in the village's weekly bulletin caught her eye. An assistant was sought to work in the village shop. She applied but did not get the job. What she was offered instead, was a part-time receptionist position. "We felt that Auriel would be better utilised at our reception and that has proved true. Auriel is incredibly efficient and feisty. She is a most presentable lady who firmly manages the reception with colleague Tanya Switala," says Helen Petrie, Elphin Lodge Complex Manager. Auriel started in 2009, and when the full-time receptionist retired five years ago, she started working a full day.

Tea and talk with Kate

Elphin Lodge and Ron Smith Care Centre residents filled the hall to capacity on Tuesday, March 15, to listen to dynamic guest speaker Kate Turkington.

A vibrant and colourful personality, Kate has lost none of her ability to charm and captivate an audience. She has been a popular talk show host on BBC Television in Britain and also on TV and radio in South Africa. Over the years, she has interviewed and met hundreds of people, many seriously famous – the Royal Family, the Beatles, the Burtons, the British Prime Minister and the Dalai Lama among many others. She is well remembered for hosting the three hour call-in programme 'Believe It Or Not' on Radio 702.

Kate is still today an author, broadcaster and travel writer and also shares her expertise in training a host of mainly younger entrepreneurs on the skills required in being interviewed. She continues to travel to a variety of unusual places and regaled the audience with several stories of her magical journeys. Only 10 days before her scheduled talk, she fell off a quad bike in the Namib Desert, breaking four ribs, but still did not let the village residents down with her promised visit.

Kate spoke of her adventurous mother setting her an example of experiencing the exciting world regardless of age or lack of means. She also mentioned that her four children and nine grandchildren all live successfully right here in Johannesburg. She believes that South Africa has so much to offer and is the best place for tourism. She says that South Africa is virtually the only country in our sub-continent that can boast of freedom of the press and media.

Prior to her talk, Kate enjoyed a cappuccino at the delightful Elphino's Coffee Shop at Elphin Lodge and also briefly viewed some of the on-site facilities at the Rand Aid Association village. She commented on the warmth and wonderful atmosphere she experienced here.



Phyllis Phillips, Liaison Manager at Elphin Lodge Retirement Village (left), with author, broadcaster and travel writer, Kate Turkington (right). They have been good friends for more than 30 years since Kate spoke at the Eastern Transvaal Wits Alumni Club in Witbank. Kate was then a lecturer and the head of the Wits University television department.



Thornhill Manor's Wellness Wagon

Sister Teresa Beyers is a beloved sight in Thornhill Manor. She putters around the streets of the retirement village in a newly-acquired golf cart, which proudly sports a name plate proclaiming it to be called the Wellness Wagon. Transferred from Elphin Lodge a year ago, Sr Teresa loves her new village. She says she is able to care for them more efficiently now, thanks to the Wellness Wagon which allows her to move around the village more speedily, doing post-op, post-hospital and frail care visits in the residents' homes. "I also do cycle visits and it is amazing how much I am able to pick up by just popping in for a while." The golf cart was named by resident Gretha Pecararo who won an internal competition to name the new acquisition.



Knitters keep prem babies warm

The Elphin Lodge Knitting Club hosted a tea and talk by Professor Keith Bolton, retired Chief Paediatrician at Rahima Moosa Maternity Hospital on May 31, 2016. Over many years, the ladies in the club have knitted hundreds of blankets, beanies, booties and vests for the premature babies at the hospital. These tiny garments have played a big part in keeping the babies warm and snug and have been crucial in contributing to their overall well-being. Prof Bolton received the club's latest donation of knitted items on behalf of the hospital and thanked the ladies for their faithful support over the years. The club would appreciate donations of baby wool to help them continue with the knitting. If you can help, contact Adrienne Reid at 011 264 0464 or Isabel Peddie at 011 443 8877. Pictured are Isabel Peddie, Prof Keith Bolton and Adrienne Reid.

Wedge Gardens now Sanca accredited

Wedge Gardens Treatment Centre in Whitney Gardens is now accredited by the South African National Council on Alcoholism and Drug Dependency (Sanca).

This means that the Rand Aid Association rehabilitation centre will now have access to Sanca's ongoing research, in addition to the statistics and analysis generated in-house.

Established in 1943, Wedge Gardens has pioneered work towards rehabilitation based on an holistic approach with great emphasis placed on reintegration into the community.

Its Full Circle Recovery Programme has long since complied with national and international standards and was well received when presented at an American Academy of Addiction Psychiatry symposium.

For further information, contact Adél Grobbelaar at 011 430 0320 or email wedgegardens@randaid.co.za

Veteran teacher turns 95

Joan Bellow, a resident of Ron Smith Care Centre, turned 95 on May 9.

Hers has been a rich life of imparting knowledge to generations of children. She and late husband Phil – who met when they were students at Rhodes – worked for decades in education, both in Zimbabwe and South Africa.

The only girl of five children, Joan was born in Pretoria. As a married woman, she lived in many parts of Zimbabwe and South Africa – wherever worthwhile teaching or school inspector posts piqued her and Phil's interest.

After retiring, they worked for a decade helping pre-schoolers in an informal settlement in Gonubie near East London, giving structure to the little ones' otherwise aimless days and ensuring that they were fed and safe while their parents were at work.

Joan and Phil lived in Zimbabwe from 1955 until 1977 when they returned to South Africa. Their next long-term home was Gonubie, just outside of East London, where they stayed for 20 years.

They had three children - Anne, Louise and John.

After 59 years of marriage, Phil passed away and after staying on in their Gonubie cottage for another six years, Joan relocated to Gauteng to be closer to her son.

"It is hard to think that God still wants me here, perhaps to do some good work? I shall try my best to be a good person, as an example to my children, grandchildren and great grandchildren," says Joan.

Her birthday was celebrated at a well-attended party, with family and friends – many of whom are fellow Ron Smith Care Centre residents, wishing the bright-eyed birthday girl well.

Joan's birthday co-incided with the care centre's Sister Tando Ncube's birthday and she was present to share in the fun.

"My wonderful daughter in-law Heather brought cakes, savouries and drinks – unfortunately, no champagne! – and I was so pleased that so many people came to wish me happy birthday, including my driver, Lucas Mosoma, who has been with me for seven years."



Independent. Positive. Inspirational. That is how 100-year-old Betty Haughton is often described by friends and loved ones.

A happy resident of Rand Aid's Ron Smith Care Centre, Betty celebrated her centenary on April 19. A tea party was held on the Saturday before her birthday, and was attended by many family members and friends. She was presented with 100 pink roses to mark the occasion.

One of Betty's fondest memories is flying from England to South Africa after her husband, Norman Atkins, who was a major in the army, accepted a position here with an insurance company. They had four weeks to sell everything before they left to fly south in a chartered Dakota DC-3... with a four-week-old baby in tow. Betty remembers that the journey took five days and four nights and they had to stop every four hours or so to refuel.

In seven decades that she has lived in South Africa, Betty says she has never been homesick, although she has returned three times to visit family in England.

London-born and raised Betty, who has two sons and a brood of grandchildren and great grandchildren, was the youngest of six children.

She lost her first husband, Norman, in 1993, and later married Leslie Haughton.

A keen bowls and bridge player in her younger days, Betty now attends occupational therapy at the care centre, enjoying a range of arts and crafts that keep her mind and fingers nimble.

"She the custodian of family tales and will often correct me when I get my facts wrong," shares niece Sheila Tebbit, remembering that when she attended St Mary's, her aunt was always at school events to support her and her widowed mother.

"She worked for many years as secretary of Linksfield Primary School," says Sheila, "and when I recall her home, I think of classical music and encyclopaedias."



Tarentaal welcomes new villagers

Pleased to meet you! New residents of Rand Aid Association-run retirement village Tarentaal were welcomed to the village on March 18 at an event organised by the Village Committee. All of the newcomers have moved in in the past six months. Back, from left: Mrs A Lester, Mrs E Westley, Mrs M Murdoch, Mrs B Keel, Mrs J Rose, Mrs B Webb and Mrs M Andresen. Front: Mrs M Portnoy, Mrs G Jacobs, Mrs I Carr, Mrs H Kraitzick, Mr J Lazar, Mrs I Moore and Mrs R Zwaneveld.



Morning market

It was morning market time at Inyoni Creek retirement village on April 8. Twenty-one stalls were very well supported. Working hard behind the scenes serving scrumptious scones with jam and cream and toasted sandwiches were Irene Dickson, Marge Garden, Dawn Kemp, Shirley Moore and Dugald Paterson.

MEMORIES OF GOOD TIMES AND VINTAGE CARS

I met 97-year-old Ron Smith Care Centre resident Bunny Marks in the course of my volunteer work at the OT Activity Centre.

One day we got talking about what he enjoyed most in his colourful life, which led him to show me all the lovely car trophies and pictures of veteran cars which he had restored, including Buicks, Pontiacs and MBGs. The walls of his room told the story of these cars which are so close to his heart, and about which he is so passionate! I mentioned the Piston Ring Club which meets every month in Modderfontein, only to discover that he was a long-standing member!

On hearing this news, I made a promise to myself that I would take him to a club meeting so that he could rekindle all his memories of this particular passion of his. The day after his 97th birthday, which was on April 17, his daughter Maureen, her friend, and my husband Dave and I surprised Bunny with an outing and visit to the "Ford Day" at the Piston Ring Club. There, we were able to view the many beautifully restored vintage and veteran cars on display.

Bunny had the opportunity to meet up with some of his old acquaintances, and they spent time chatting about the old days and all the happy times they had, restoring all these wonderful vehicles of the past. He so enjoyed the day, talking to his friends and sharing their enthusiasm and love for vintage cars.

What an amazing outing for us all; we made a promise that we would return soon to remember and re-capture the past in all its glory!

* Volunteer Denise Stewart



Heart-of-gold Kitty turns 99

Ron Smith Care Centre resident Kitty Venn, aged 99, is still enjoying life to the fullest!

Kitty was born Doreen Ruby Mole on April 5, 1917, in Swakopmund, South West Africa.

The fourth of 12 children born to Alice and Alfred Mole, her father was a magistrate and the family eventually grew up in Hamilton Street, Pretoria. As there was a tennis court at their home, she was a good tennis player who only gave up playing tennis just before she turned 80.

After completing her schooling at Pretoria Girls High, Kitty worked for Barclays Bank as a secretary.

After the war she married Oliver Claude Venn, a quantity surveyor who was a pilot during the war, and they moved to Sandringham, which was a suburb developed for ex-servicemen.

Kitty moved into Elphin Lodge in 2000 after her husband died. Her cottage was delightful and she had an amazing 'spring garden' including huge flowering azaleas.

Last year, after a fall and hip replacement, she gave up her cottage and now lives at in the Lakeside section of Elphin Lodge's care centre. Furnished with her own furniture, Kitty's room opens onto the garden and she is a happy resident who still attends 'gym' at the Hall on Mondays.

"Everyone is most helpful, caring and friendly and Mom has made new friends but still has her old friends (including the Bridge girls) from the Elphin Lodge cottages. She is fortunate to have a sister, Merle Price, and a sister-in-law, Benita Mole, living at Elphin Lodge as well. Many thanks to everyone and all the Staff at Elphin Lodge Complex," says daughter Carol Cunningham.

Kitty has four children, 17 grandchildren and 25 great grandchildren scattered across South Africa and around the world, with whom she is in frequent contact.

"Named Kitty for her beautiful, long, straight black hair, my Mom is a generous, kind, loving and amazing lady with a heart of gold," says Carol.



Nothing says I love you like rock roses

Servest's Alton Rens (pictured) and his team of 17 gardeners have won the praise of the residents of Inyoni Creek. For four years, site supervisor Rens has been working his magic on the gardens of the retirement complexes, and when Inyoni Creek manager Jenny Tonkin asked him to do something to create a 'wow' factor at the village's dam-side clubhouse and the gardens outside the office, he did not disappoint. After consulting extensively with his team, they chose succulents and water wise plants in greys, greens and vivid reds, with the centrepiece being the words 'Inyoni Creek' spelling out in rock roses in two different sites. He intends to turn his attention to the village pool garden next.



Thembalami Care Centre staff learn sign language

Staff members of Thembalami Care Centre, already proficient in a number of languages, are now learning sign language too.

The Rand Aid Association-owned care centre will be accommodating residents from the Colonel Rowland Home for the Deaf and Deafblind within the next year, following the merger of the Max Ordman Deaf Association and Rand Aid.

Both welfare organisations have a long history of serving the community, with the Max Ordman association 90 years old and Rand Aid over 110 years old. The former was facing a long-term funding crisis, as is the case with many welfare organisations in South Africa.



Tutor Rose Wookey (front right) with students Lara Hurwitz (front left), Elize Raath (back left) and Maria McKenzie.

After talks it was decided that Rand Aid will now manage the Colonel Rowland Home on its present premises, while renovations to Thembalami are undertaken, to comfortably accommodate the new residents.

Meanwhile, Thembalami's staff members are attending night classes to learn how to effectively communicate with their new charges.

Thembalami offers frail care to physically and financially vulnerable residents. For more information, call 011 882 4434.



Derek Koegelenberg, Craig Rowan, Michael Holland and Brett Williams man the braais.

Family, fires and sizzling fun

Weekends are for family, friends and, in South Africa, possibly a good old braai and thanks to its Family Day initiatives, residents of the Thembalami Care Centre are not denied this simple pleasure.

On March 12, friends of Thembalami Derek Koegelenberg, Craig Rowan, Michael Holland and Brett Williams arrived with their own braais, heaps of wors and rolls and soon the all-familiar smell of sizzling meat filled the air.

While the men braaied, their families prepared salads and buttered rolls, and their children handed out Easter eggs to the residents which had been purchased by another Thembalami friend, Mark Bartram.

Although not present, Mark did attend the Family Day braai in November, along with Derek, Craig, Michael and Brett.

Joyous atmosphere

"There was so much food that some of the residents had two boerewors rolls and there was enough for the staff to tuck in too. Our visitors created such a joyous atmosphere and the residents obviously loved it to bits because it was not part of their routine and they got to spend time outdoors with their loved ones," says Thembalami's Elize Raath.

SR HANNIE'S A REAL HONEY

Sister Hannie Combrink from Inyoni Creek always goes the extra mile for residents. Acknowledging the integral role she plays in keeping residents happy and healthy, Inyoni Creek manager Jenny Tonkin and deputy manager Marinda Looyen presented her with a certificate on May 12, World Nurses Day, to thank her for being the star that she is.



A beautiful surprise for Tarentaal resident

Tarentaal resident Maryann Engelbrecht was the lucky winner of the Revlon hamper which consists of a beautiful handbag, perfume and loads of other cosmetics. Pictured with her is her husband Lukas, who purchased the raffle tickets without his wife's knowledge. Tarentaal Village, which is Rand Aid Association run, is raising funds for a new bus and all the money raised through this raffle went towards the bus fund.

Our mission: To provide the best possible care on an holistic basis to all people accommodated in our facilities — focusing primarily on less advantaged senior citizens, both ambulant and frail, as well as men suffering from substance abuse. Visit www.randaid.co.za or phone Carol Steyn at 011 882 2510.

RAND AID
assist. alleviate. accompany.