

Rand Aid *review*

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JUN 2018

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'The opening of Woodlands Gardens is another great occasion in the ongoing redevelopment, renovation and expansion of the Ron Smith Care Centre' - John Robinson, Rand Aid's chairman of the board

Ron Smith Care Centre celebrated the opening of its Woodlands Garden and its facilities on 20 April.

Board members, employees, residents and village committees celebrated the opening of the lovely landscaped area which includes a beautiful new lapa, with braai facilities; a pavilion overlooking the new Astroturf croquet lawn; mini golf (putt-putt); and a jungle gym for children who visit their loved ones.

"The opening of Woodlands Gardens is another great occasion in the ongoing redevelopment, renovation and expansion of the Ron Smith Care Centre,"

said John Robinson, Rand Aid's chairman of the board.

Over the past five years the care centre has been transformed to offer even better care for elders and its redesign ensures that it is able to care for their special needs.

Robinson acknowledged that the introduction of the Eden Alternative has ensured this transformation.

"The enthusiasm, training and dedication of management and staff has contributed to making this one of the best care establishments of its type in Africa. The Ron Smith Care Centre has been recognised for its exemplary provision of care, facilities and services for the aged by the United Nations World Health Organisation," he confirmed.

Part of the opening celebration involved the unveiling of a plaque, which acknowledges a heartfelt donation from Barry and Theresa Dubb, in honour of Barry's mother Joyce Dubb, a resident at Ron Smith. When the Dubbs got married, they requested that donations be made to the care centre in lieu of wedding gifts and it is this funding which kick-started

the garden project.

The croquet lawn and putt-putt course were officially opened when residents Sylvia Laserow hit a croquet ball through a wicket and Christine Kincaid-Smith attempted a putt-putt hole-in-one! A champagne toast, in honour of the new garden and facilities, followed.

The care centre's employees concluded the event in traditional dress, singing a beautiful blessing for the garden.

Ron Smith Care Centre's complex manager Helen Petrie invited guests to view the new widened bridge over the Jukskei River (the old one was destroyed by severe storms and flooding in November 2016) and said that it can now accommodate golf carts and wheelchairs. This increased accessibility will hopefully encourage more interaction between all of Rand Aid's retirement villages.

Read about other renovations (at Thornhill Manor) and additions (at Tarentaal village) on pg 5



Grand dames turn 101 and 102

When Betty Houghton was born, World War I was raging, and stainless steel had just been invented as a way of improving the quality of gun barrels. Movies were to remain silent for another 11 years, when the first 'talkie', *The Jazz Singer*, was screened. On April 19, 2018, this well-loved resident of Ron Smith Care Centre turned 102. The management and staff of the care centre presented her with a bouquet of flowers and a special card. Born in Britain, Betty lived in South Africa for most of her adult life. She was a keen bowls and bridge player and worked for many years as secretary of Linksfield Primary School.



Ron Smith Care Centre resident Kitty Venn turned 101 on April 5, 2018. The ever-smiling birthday girl was presented with a beautiful bouquet of flowers, birthday greetings and special wishes from fellow residents and staff of the Rand Aid Association-run care centre. A tennis player until shortly before she turned 80, Kitty lived independently until she was 98 when a fall and subsequent hip replacement necessitated her move to the care centre. Born Doreen Ruby Mole in 1917 in Swakopmund, South West Africa, she was the fourth child in a family of 12 children. Kitty still enjoys frequent walks – albeit it with a walker.



Ellen turns 95

Ellen Quinn celebrated her 95th birthday on April 17. Ellen married her husband, Edmund, during the war years at the age of 19. He served in the army and air force and they met at a roller skating rink in Johannesburg! They were happily married for 47 years until his death in 1992. They had three children and three grandchildren. Ellen, a resident of Elphin Lodge for 22 years, says: "Right from the beginning, I've loved living here. I am very thankful for my own little cottage and to have my independence, but at the same time, to feel secure in knowing that I live in a place where they care for you. I feel very lucky to live in such a lovely place."



Tarentaal card players have a royal time

Tarentaal village's card group is serving up a few hands of camaraderie, competition and brain food. The group get together at the village hall on Mondays for Bridge – at 1:30pm; and on Thursdays for Canasta – at 1:15pm. All are welcome to come along and enjoy a few rounds of cards. Pictured are Maria Morrison, Louis Mindel, Maria Kolkenbek-Ruh and Anna Wright.



**Befriend Aggie
Hatrack on Facebook
(Aggie Hatrick)**



**Follow Hip Op
Granny on Twitter
(@hipop_granny)**



Active ageing

All lined up for snooker

Thornhill Manor's snooker club has grown to include 25 members who regularly challenge 11 other retirement villages in a snooker league. During competitions, the Thornhill Manor players don village shirts – proclaiming their patriotism to their beautiful village.

50th parkrun for family matriarch

Inyoni Creek's Val Bartram completed her 50th parkrun in May. The 76-year-old was cheered on by family as she crossed the finishing line at Gillooly's Farm, which hosts a 5km run every Saturday morning. "I was very lucky as I had all my family doing the parkrun with me, even though they are much younger and thus finished a lot sooner!" says Val.

Rand Aid Association Fun Walk

When: Friday July 20
10am to noon.

Where: Starts at Tarentaal and finishes at the Woodlands Lapa.

Additional info: Shuttle available to carry residents to the starting point. Please support this event either by joining the walk, assisting at the Lapa or watering points or baking something delicious for the finishers to enjoy. Please sign up at the office and indicate how you will help. See you there!

Argus rider is poster boy for active ageing

Selwyn Rogoff may recently have retired but that does not mean he is slowing down.

At age 72, he completed his 10th Argus/Cape Cycle Race on Sunday, March 11.

The resident of Inyoni Creek retirement village has always been active. He played social squash for 48 years and did off-road motorcycle racing and long-distance excursions. He has enjoyed cycling since he was a child and still does long distance hiking, trout fishing and enjoys camping.

The poster boy for active aging did not follow a specific training schedule for the Argus – which is a tough 190kms – but cycles most weekends and visits the gym regularly.

Selwyn was balloted into the Rand Light Infantry (RLI) in 1964. He served for 20 years and was Regimental Sergeant-Major for five of those years. He was also a provincial rifle-target shot-tist and remains involved with the RLI Association.

Selwyn and wife Adelle moved into Inyoni Creek in October 2017. "We are truly delighted to be



part of the dynamic Inyoni Creek family. We not only enjoy the benefits of the activities offered but the level of care, thoughtfulness and organisation of this amazingly well-run village," says Adelle.

Selwyn Rogoff recently completed his 10th Argus.

Volunteers needed to walk with elders

Ron Smith Care Centre is set in the beautiful, expansive grounds of the Elphin Lodge Complex.

With a dam, prolific birdlife and stunning gardens, it is the perfect place to revive your soul, and what better way to do that, than by taking a walk through the village.

Walking as a recreational activity has numerous health benefits and can increase a sense of wellbeing as one experiences the joys of being outdoors. Walking can also lessen the symptoms of arthritis, decrease anxiety and depression and improve overall heart health.

With these benefits in mind, a walking group was started for the care centre residents a few years ago and is highly dependent on the help of volunteers as some participants are in wheelchairs and need to be pushed, while others need someone to walk by their side.

Debbie Christen, Rand Aid's Manager: Recreational Programmes says, "The

Eden Alternative philosophy which we follow is based on the core belief that ageing should be a continuous stage of development, growth and pursuit of meaningful and joyful activities. To this end, we so value our volunteers, who help our elders to keep their bodies, minds and spirits engaged and active."



Volunteers and residents prepare to set off on a walk around the Elphin Lodge Complex grounds.



AGE IS JUST A NUMBER, PROVES 89-YEAR-OLD PARAGLIDER

- Edith Morley, a resident of Thornhill Manor for over decade, embraces life! In yet another remarkable feat, the 89-year-old mother, grandmother and great-grandmother completed a 350-metre tandem paraglide off Signal Hill, in Cape Town. Well done Edith, what an inspiration you are!

A team from Rand Aid will be taking part in Walk the Talk to raise awareness about the work done by Rand Aid and to promote active ageing.

READ MORE ON PG 8

Rand Aid is Walking the Talk
to promote active ageing and to raise funds for Tarentaal retirement village

Founded in 1993, Rand Aid manages four retirement villages, two frail care centres, a treatment centre for people with substance abuse problems and a home for the deaf

Raffle tickets of R10 each for sale at all Rand Aid centres until July 31st. Proceeds to Tarentaal. Raffle draw on 31st July. Prizes to be won. Please take note: your ticket is valid for the whole day and not just for the draw.

Visit our website www.randaid.co.za
Contact Debbie on 011 882 6296 or Email dchristen@randaid.co.za

The Walking Programme takes place on Mondays from 11am and Thursdays from 10:30am. If you are able to volunteer your time, please contact Debbie on 011 882 6296 or email her on dchristen@randaid.co.za

Comings and goings



Au revoir Auriel

A few weeks short of her 82nd birthday, Auriel Wittert retired from what was a very demanding full-time job.

As the voice and face of Elphin Lodge and Ron Smith Care Centre Complex, Auriel projected professionalism and efficiency. Smartly turned out and beautifully spoken, she manned her reception desk very much like a captain steering a tight ship.

Before starting with Rand Aid in 2009, Auriel was living at Elphin Lodge but working in Linbro Park. It was during the construction of the Gautrain and the commute was tedious. "It took one-and-a-half hours to drive 12kms," she remembers.

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. A year later, the full-time receptionist retired and Auriel accepted a promotion and started working a full day.

"I can tell you that I'm going to miss the staff and residents very, very much," said Auriel before the mega farewell bash organised to bid her farewell.

She won't be sitting idle at home, however. "I'm doing voluntary work two afternoons a week at a gift shop in Durham Street, Sydenham, run by Yad Aharon, one of the Jewish charities.

"Once a week I'm going to water aerobics and I've already made two bookings to go to ballet performances. I also have a wish list of day tours I have always wanted to do," says Auriel.

Then there is gardening – which she loves, cake icing – a hobby of hers, and a host of books and movies she has been wanting to get through.

Nursing veteran joins Wedge Gardens team

With two decades of experience in the healthcare field, Wedge Garden's new deputy manager and professional charge nurse brings to the table a wealth of knowledge that complements the substance abuse treatment centre's dedicated professional team.

Kempton Park resident Estelle Raath joined Wedge Gardens on February 1, 2018.

"As part of Wedge Garden's multi-disciplinary team, I am hoping to add the experience gained in many disciplines to Wedge Gardens and to the patients," she says.

One of her past positions was at another Gauteng-based rehabilitation centre. "I gained lots of experience in the field of addiction and found that I have an affinity for it."

Estelle completed her B.Cur degree in 1995 through Potchefstroom University and registered as a nursing sister (general, community, midwifery and psychiatry).

During her training, she worked at various hospitals including Potchefstroom Hospital, Klerksdorp Hospital, Witrand Rehabilitation Centre, Sterkfontein Psychiatric Hospital, Tara Moross Psychiatric Hospital and various community nursing clinics.

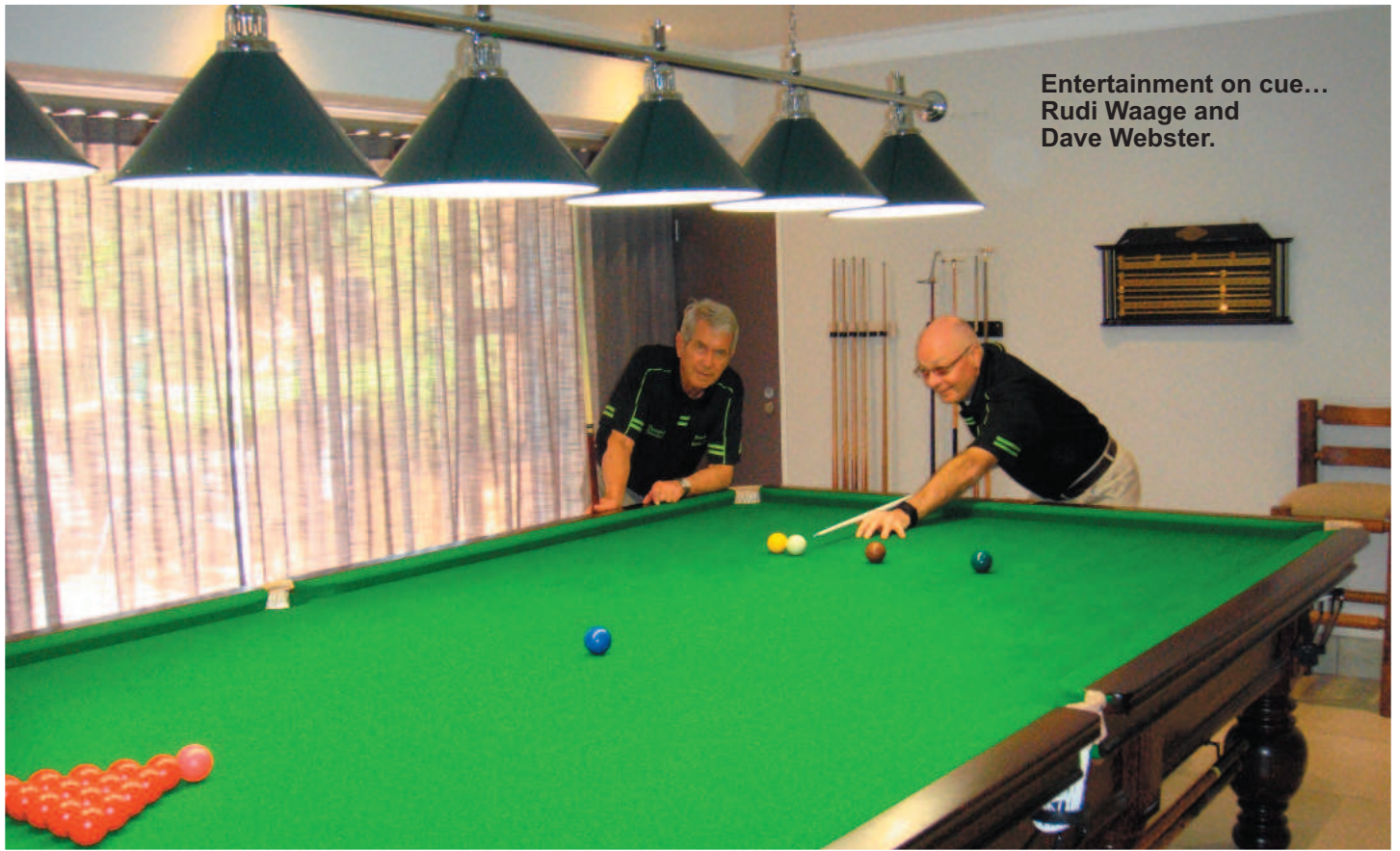
Before joining Wedge Gardens, she was unit manager medical ward: Life Dalview Hospital. Before that she was nursing service manager: Elim Clinic. Estelle has vast experience in occupational health, as a maternity and labour ward sister and as a theatre sister. She also did a stint in Saudi Arabia.

A fan of evolving with the times, Estelle has completed a number of short courses.

'Since starting at Wedge Gardens, everyone has welcomed me and made me feel as if I am an old colleague. Team members and all patients at Wedge are amazing and I am truly blessed to be working here' – Estelle Raath



Pictured with the new Wedge Gardens deputy manager Estelle Raath is Sr Margaret Phungula (left) and EN Lydia Maseko.



Entertainment on cue...
Rudi Waage and
Dave Webster.

Bigger, better functions ahead for Thornhill

Thornhill Manor had reason to celebrate on April 26 – and they had the perfect place in which to hold the celebration too!

After all, they were toasting their newly renovated village hall, which is now a wonderful venue to hold functions.

A serving kitchen was added, the existing kitchen was extended, storerooms were built on, and the ablutions were given a fresh new look.

“Loads of planning, designing and involvement of the village chairman, Dave Webster, went into the project,” says Thornhill Manor manager Esme Erasmus. “Dave consulted widely with stakeholders to establish exactly what renovations were needed.”

“The transformation has been very well received,” adds Esme. “Some wondered how we coped before the renovations. The two monthly Sundowner meals have now moved to the hall and are better attended than ever before.

“The kitchen was not user friendly; Christmas functions were difficult to arrange in terms of the décor, entertainment, serving of meals and the clearing away of dishes. Storage was also a huge problem.”

During the renovations, extra ablutions and a snooker room were also built.

The retirement village has introduced a snooker league and tournaments are held every two weeks.

The final touches to the renovations were new curtains that were proudly hung in both the hall and village chapel.

Sunshine and fresh air for Tarentaal residents

More family time and more outdoor fun! That is the legacy the outgoing committee of Rand Aid's Tarentaal village leaves behind. Committee members Cecille Tamine, Maryna van Zyl and Jackie Murdoch's last project before ending their two-year term of office was the creation of an outdoor recreation spot with picnic tables and children's play equipment. “The picnic area will bring hours of enjoyment to both residents and their families,” says Tarentaal manager Tammy Neilson. The committee also purchased benches for the area, all of which were happily occupied on May 18 when the village had a spit braai to celebrate the completion of the project. Pictured is resident Judi Pearse getting into the swing of things.





With gratitude

Thank you to all the staff at Rand Aid's Thembalami Care Centre for all your assistance with my gran over the past few days.

From the driver taking and collecting gran to the matron and sisters all being so caring and putting up with all my phone calls. Gugu has been an absolute star. She sat with my gran and kept us updated during long hospital visits.

We are truly grateful and know that she will receive extra special care thanks to your very competent staff.

Regards

Megan Roberts

Granddaughter of Mrs Renee Kellow, who turns 100 in December.

Thembalami has much to celebrate

March's monthly Birthday Bash at Thembalami Care Centre was extra special! It marked the ninth anniversary of the Inyoni Angel's involvement in Thembalami and was also the birthday of Wayne Wilmont of Sovereign Construction who is a staunch supporter of Rand Aid and its complexes.

Wayne, who provided the entertainment on the day, was given a cake to mark his special day. The Inyoni Angels were also presented with a cake, baked especially for them, and each of these 'earth angels' was given a candle to blow out. "They were very touched," says Thembalami manager Elize Raath.

Five residents' birthdays were celebrated. Lily Eales took centre-stage as the oldest of the celebrants – she turned 93 on March 25! The youngest resident whose birthday falls in March was Brian Penny, who turned 70 on the 23rd.



Inyoni Angel Val Bartram with the cake especially baked for the Angels.



Hats off to Vicky for her winning bonnet

Thornhill Manor's annual Easter Bonnet Parade was a colourful and fun affair. Held in the village's community centre, around 50 residents gathered to enjoy a morning tea and the creative bonnets of those residents who chose to participate in the parade. The winners – as chosen by the residents – were: First was Vicky Keenan (right), who cut out and designed her entire hat from paper cardboard; second was Bonny Gosher (centre); and taking the third prize was Barbara Wiggill (left).

Celebrating 63 years of married life

Long-time residents of Elphin Lodge, Roy and Audrey Jamieson celebrated their 63rd wedding anniversary on May 21.

Roy and Audrey met in 1948 whilst they were both holidaying at The Nest hotel in the Drakensberg at the same time – Audrey with her parents, and Roy with a friend. Audrey says that in those days, the holiday hotels were wonderful as they had all sorts of dances, tennis and social activities on the holiday programme, so it was easy to meet people and everyone tended to mix in. But Roy had his eye on Audrey and seemingly won her mother's heart first, as her mother told her: "That's the chap you're going to marry."

And Audrey, being the good girl she was, listened to her mother!

Rand Aid charity shop shelves need restocking

Rand Aid Association asks community members to please keep its charity shop in mind when they want to get rid of goods no longer needed.

The non-profit organisation looks after financially and physically vulnerable senior citizens.

The charity shop sells clothing, books, bric-a-brac, kitchen utensils, appliances, furniture, ornaments and games that are in good condition.

If you are able to assist in any way, please contact Erica Woodward at 011 882 2510.

Sanca happily settled at Wedge Gardens

After relocating last year, the South African National Council on Alcoholism and Drug Dependence (Sanca) is settled in at Wedge Gardens treatment centre in Whitney Gardens, Lyndhurst, just outside of Johannesburg.

Both the Sanca National Office and the Sanca National Academy of Learning are based at Wedge Gardens, which is situated in extensive grounds easily accessible from Johannesburg, Pretoria and Ekurhuleni.

Wedge Gardens officially become a member of the Sanca family in 2016 after going through the approval process with Sanca's National Management Board.

"With the Sanca head office on the premises of Wedge Gardens, a closer working relationship has been established. Numerous clients have been referred for treatment through the website and WhatsApp helpline. In addition, other stakeholders visiting the National Sanca Office get to know about Wedge Gardens," says Sanca spokesperson Adrie Vermeulen.

"Wedge Gardens offers a safe, secure and welcoming environment. We feel at home and have received excellent support from the maintenance and gardening services," she adds.

"The management of Wedge Gardens, Ayanda Matthews and Adel Grobbelaar, has been wonderful and helped us set-

tle in. It is a mutually supportive and beneficial relationship.

"As one of the oldest rehabilitation centres in the country, Wedge Gardens is one of the flagships of the type of services which should ideally be provided to treat substance use disorders in South Africa," says Adrie.

Established in 1956, Sanca has a proud history of contributing to the prevention and treatment of alcohol and drug dependence. It has evolved over the years to meet modern challenges and today boasts an Academy of Learning that offers Health and Welfare Sector Education and Training Authority-accredited courses for those who have a passion for working with people.

"We offer a basic counselling course and online courses," says Adrie.

Sanca has a presence in eight of the country's nine provinces. Wedge Gardens is one of 30 Sanca treatment centres.

"We are proud to be part of this hard-working and effective non-profit organisation," says Ayanda.

■ For further information on Sanca or to enrol for one of the courses offered, visit their website www.sancanational.info. You can also use their WhatsApp helpline: 076 535 170.

■ Wedge Gardens can be reached at 011 430 0320 or visit their website: www.wedgegardens.co.za

Wedge Garden's kings and their queen beat boredom

Things are a lot more black and white at Wedge Gardens treatment centre these days.

The long-anticipated giant outdoor chessboard has been completed and is being enjoyed by the gentlemen at Wedge Gardens.

"A special mention needs to be made of those individuals who made yet another occupational therapy department (OT) project possible," says Kendra Neethling, who heads up the OT department and played a big role in the project.

"Our thanks go to Rand Aid CEO Rae Brown and the Rand Aid Association, groundsman George Vermeulen and his team, as well as the patients at Wedge Gardens."

Leisure boredom – or unproductive free time – is considered a precipitating factor in addiction and substance use. The OT department at Wedge Garden strives to instil balance within the lives of the patients at the rehabilitation facility by stressing that through meaningful occupational engagement, an individual is better able to cope with life stressors, feel a sense of worth and meaning within society and find enjoyment in healthy and constructive activity participation.

"Not only is the chessboard a space for the gentlemen to learn to use their time in a productive manner, but it is an area at Wedge Gardens where they can learn social and

cognitive skills," says Kendra.

It is a known fact that substance abuse negatively impacts cognitive health. "A chessboard is a fantastic mechanism to

promote cognitive skills such as concentration and attention, memory, problem solving, judgement and executive tasks. Furthermore, as the game requires at least two players, the patients at Wedge are exposed to social interaction, which aids communication and conflict management skills," says Kendra.

The OT department believes that through the

creation and completion of projects such as the chessboard, the patients at Wedge Gardens learn numerous skills on an ongoing basis.

As such, they were involved in the planning and construction of the project and the procurement of donations. "A sense of altruism is instilled in the patients because when they end their treatment programme, they leave having been a part of a project that can be used by future patients.

"I am exceptionally proud of my patients and the work they have done to complete another OT project. Through encouraging proactive use of the facilities at Wedge Gardens, we are equipping our patients with skills for the re-integration into society, which is fundamental to any recovery programme."



Wedge Gardens' giant chessboard.

Walk the Talk charity Rand Aid to stride with pride

Rand Aid Association's incredible history and longevity is being highlighted as part of the organisation's Walk the Talk campaign. The organisers intend making the public aware that the organisation was founded as far back as 1903, which is the same year in which the Wright Brothers made their historic flight.

Already over 60 people will be walking for Rand Aid Association in this year's MTN Walk the Talk with 702 on Sunday, July 22.

The NPO, founded in 1903, took part in Africa's biggest mass participation sports event for the first time last year. Rand Aid employee and walk co-ordinator Neeri Stroebel says their aim is twofold: to increase awareness over a larger geographical area of Rand Aid and the work it does and to raise funds for Tarentaal care centre.

Tarentaal provides affordable accommodation for elders in a well-maintained retirement village. It is one of four retirement villages owned by Rand Aid – and the only one to offer subsidised accommodation. Rand Aid also has two care centres, one of which incorporates the Max Ordman Deaf Association and a substance abuse rehabilitation centre. All the complexes are situated in and around the Lyndhurst area, just outside of Johannesburg.

Neeri hopes members of the public will donate to the Tarentaal Toiletry Fund to supplement the funds generated through a lucky draw. Members of the public are invited to purchase tickets at R10 each. All money raised will be used to buy toiletries for those residents who battle to make ends meet.

Raffle tickets can be purchased at all Rand Aid complexes until July 23. A mystery box sponsored by Master Chip is up for grabs.

The Rand Aid team will be walking the 5km distance and the NPO will have a Power Zone area along the route to allow Rand Aid ambassadors to interact with participants and communicate Rand Aid's vision and mission statements.

Rand Aid employees of all levels will be walking, including housekeeping and security personnel, office staff and management, as well as a few residents.

For further information on Rand Aid or to locate one of its complexes should you wish to purchase raffle tickets, visit www.randaid.co.za. Winnie or Erica can be contacted at 011 882 2510 should you wish to donate cash or toiletries.



*They flew. We were founded.
They came down after 12 seconds.
We're still flying
after 115 years.*

**Rand Aid - The
'Wright' Stuff**



Aggie Hattrick will be at Rand Aid's Power Zone to meet walkers and help raise awareness of the meaningful work done by the non-profit organisation.

**Rand Aid is
Walking the Talk**

to promote active ageing and to raise funds for Tarentaal retirement village



Founded in 1903, Rand Aid manages four retirement villages, two frail care centres, a treatment centre for people with substance abuse problems and a home for the deaf

Raffle tickets at R10 each for sale at all Rand Aid complexes until July 23. Proceeds to Toiletry Fund. Mystery box sponsored by Master Chip is up for grabs.

Power Zone meet-and-greet area along the way. Stop and chat to us!

Visit our website:
www.randaid.co.za
Contact Winnie or Erica for info:
011 882 2510



**RAND AID
HISTORY**
(updated October 2012)

*...ly accommodates and cares for some 1 700 people...
...we have achieved, but constantly strive to improve...
...accommodate the ever increasing numbers of needy...*

"HELPING THE OLD GROW OLD WITH DIGNITY"

Established through the amalgamation of the "Present Help League" (est. 1893) and the "Refugee Committee" (est. 1902) with Lord A... being the first President.

MEN'S HOME -

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 Erica Woodward at 011 882 2510.

