

Rand Aid review

Tel: 011 882 2510 DEC 2016 Fax: 011 882 4670 Email: info@randaid.co.za

Ron Smith Care Centre CELEBRATES Eden Alternative status

Ron Smith Care Centre is the first organisation in Gauteng – and the second in Africa – to become a member of Eden Alternative South Africa registry, joining over 350 international long-term care communities committed to improving the quality of life and care for the people they serve.

Founded in the USA in 1991 by Dr William Thomas, a Harvard-educated physician and Board Certified Geriatrician, the Eden Alternative is a small not-for-profit organisation already making a big difference across the world. The philosophy is based on the core belief that aging should be a continued stage of development and growth, rather than a period of decline. The core concept of the Eden Alternative is strikingly simple. It is about teaching us to see places where elders live as habitats for human beings rather than facilities for the frail and elderly. This approach supports the creation of communities which eliminate the plagues of loneliness, helplessness and boredom.

On November 24, 2016, gaily-decorated tables were set up inside a marquee in the grounds of Ron Smith Care Centre and residents, staff members, volunteers and members of the Rand Aid board and village committees gathered to witness Rayne Stroebel, the Eden Alternative Regional Co-ordinator: South Africa, present an official Eden plaque to Rae Brown, Rand Aid CEO, and Zabeth Zühlisdorff, Rand Aid GM: Services and Advance Division.

The care centre began its Eden Alternative journey in 2012, with a presentation by Rayne to the Rand Aid board, and since then, has made a number of physical and operational changes to meet Eden Alternative assessment criteria. "Ladies and gentlemen, whoever said that you cannot teach an old dog new tricks, was wrong," said Zabeth at the celebration. "Here we are, after 26 years, and the Ron Smith Care Centre has been transformed.

"In 1990, when this care centre was built, everyone still



Rayne Stroebel, the Eden Alternative Regional Co-ordinator: South Africa (centre), presents an official Eden plaque to Rae Brown, Rand Aid CEO (right), and Zabeth Zühlisdorff, Rand Aid GM: Services and Advance Division.

■ MORE PHOTOS ON PG 8 AND WWW.RANDAID.CO.ZA (LATEST NEWS) ■

thought that residential care for elders should resemble hospitals, both in structure and services."

She explained that then, excellent nursing care, good housekeeping, nutritious food and efficient administration were considered sufficient when it came to the care of older persons.

"But so much more is needed," she added. "Through our Eden Alternative journey, we realised that our mission is not simply to nurse patients. Our starting point should be to provide a real HOME for each elder who chooses to live with us. A home where each person feels

valued, has the opportunity to grow, to develop new interests, practice old and new hobbies, socialise with family and friends, contribute to the community, and have meaningful relationships with staff and other elders.

"In short, we must ensure that each elder is enabled to live life to the fullest as part of a loving and supportive family. And in surroundings that resemble home as much as possible."

Rand Aid Board Chairman John Robinson committed to working towards the roll-out of Eden principles at all Rand Aid properties. Board member Neil Garden congratulated management and staff on their achievement, saying they go about their work with great enthusiasm and compassion.

"What an honour it is to be in the presence of excellence," said Rayne. "I find it fascinating that an organisation that supports our elders should be taking the lead to show the world what service excellence is about."

Jill Jones spoke on behalf of her fellow residents, saying, "We are treated as individuals with different needs and wants. Many of our sisters and carers should be sprouting angel wings or haloes as they go about their daily tasks."

For information on the Eden Alternative South Africa, please visit their website at www.edenalt.co.za. More can be learnt about the Ron Smith Care Centre at www.randaid.co.za



Back: Cynthia Liptz (Thembalami OT), Max Green, Lara Hurwitz (Thembalami social worker) and Elize Raath (Thembalami Complex Manager). **Middle:** 90-year-old Doreen Calder and Mariaan Venter (both knitters and residents) and Diane Fine. **Front:** Heather Abrams (resident) and Mongalo Ngoasheng.

Thembalami's 103 teddies

They are colourful, woolly and cuddly and – thanks to the goodwill of Thembalami Care Centre residents, staff, gogos who are part of the Zamokuhle outreach programme and volunteers – are destined to warm the hearts of children who are spending the festive season in hospital.

When Max Green from the Beit Emanuel Synagogue in Johannesburg approached the Rand Aid-run care centre to see if they would knit teddies for the congregation's Ubuntu Bears outreach project, he was overwhelmed by the response.

"I had no sooner walked in the door with the wool, and they were casting on," he says. On November 23, Max and fellow synagogue care committee member Diane Fine arrive to take collection of the 103 bears that the care centre had lovingly made. These, and teddies being made by other organizations, will be handed out to paediatric ward patients before Christmas.

Mongalo Ngoasheng, a social auxiliary work student at Thembalami, had never knitted before the start of the project, but after a few lessons from some patient gogos, managed to complete seven teddies!

If you would like to knit or contribute to the Ubuntu Bears project, call Max at 011 646 9636.

Thembalami's shifting shape excites residents

By the end of the first quarter of 2017, renovations costing over R11-million will be completed at Thembalami Care Centre.

Residents of the Rand Aid-run care centre are looking forward to a new lounge and dining area for functions and activities and a recreation and activities area for low-functioning residents. In addition, offices for management and staff and two duty rooms are being built.

The renovations were prompted by the merger of the Max Ordman Deaf Association (Moda) with Rand Aid in 2015.

Two wings have been gutted and are in the process of being rebuilt to create inviting spaces for the Moda residents.

Ayanda Matthews, the GM: Compliance & Social React Division, explains that Rand Aid was approached by Moda for assistance when they realised that the existence of their home was threatened by financial woes and its sustainability was in the balance. "An agreement was reached to take control of management of the home by Rand Aid and thus the move to Thembalami," she explains.

Construction got under way on July 1, 2016.

"The morale of staff and residents is high. The recreation area will be very good for sensory stimulation of the residents

and get them out of their rooms. Aesthetically, the look of Thembalami will be improved," adds Ayanda.

Within the last few months, a new entrance and guard gate have been built and work has been ongoing over the past few years to upgrade and brighten wings and corridors within the sprawling care centre. "Renovation of the rest of Thembalami will follow, once the Moda residents are comfortably accommodated in their newly refurbished rooms.

"I am very excited about the developments at Thembalami. Most of our residents are government

pensioners who do not have much to cover basic needs, let alone the luxury of having a recreation and activities room. We are thankful and welcome all the assistance we have received to see this project through," says Matthews.



What is now a construction site will soon be newly refurbished rooms and common areas.

HOW MUCH CAN YOU ENDURE FOR A GOOD CAUSE?

Thembalami Care Centre supporter Sean Wheeler undertook a grueling 1100km single stage off-road cycle race to raise funds for the home.

The extreme self-supported mountain bike race took from Bloemfontein to Cape Town. Cyclists hit the dirt trail on November 30, 2016. At the time of going to press, the outcome of the event was not known.

"This will be the toughest ride of my life," says 50 year old Sean early in November. He is no stranger to endurance events, having previously completed the East Rand to East Coast ride and by reaching St Lucia, helped raise R30 000 for Thembalami.

"The Munga is tougher than the St Lucia ride as it is on a mountain bike as opposed to a road bike. I will carry all my own gear, temperatures will be high and it is double the distance in less time," says Sean.

Sean's Dad Mike has been a resident of Thembalami for over four years, and Sean is determined to do what he can to give back to the Rand Aid Association care centre for the 'fantastic care he receives'.



Sean Wheeler with some of the Thembalami Care Centre staff and residents.



Brian Quigley is one of the Inyoni Creek residents who will welcome visitors to his garden in February as part of the Gardens of the Golden City initiative.



Inyoni Creek's beautiful gardens to go on show

An oasis of calm awaits visitors to Inyoni Creek retirement village in February 2017, when the owners of 11 lovingly-tended cottage and apartment gardens open their grounds to members of the public as part of the Gardens of the Golden City initiative.

The individual gardens vary from formal Italian style with topiary, hanging baskets and pots to English country gardens with water features and fish pond, lush rose gardens and a courtyard garden.

On entry, a detailed map of the individual gardens with be provided, and guests will be able to enjoy a tea garden at the village.

Make sure to circle February 4 and 5 in your diaries. Gardens are open from 10am to 5pm, Saturday and Sunday.

Inyoni Creek is on the corner of Modderfontein and Wordsworth roads in Lyndhurst. For more information on Gardens of the Golden City, visit www.gardensofthegoldencity.co.za

A flood of help after rains

Rand Aid management, staff members and their families worked through the night after the recent flooding forced the evacuation of 59 residents of the Ron Smith Care Centre from their rooms. Resident Jill Jones of the Rand Aid-run care centre spoke on behalf of fellow residents, saying that they would like to thank staff and management from the bottom of their hearts for the rapid response.

"When the recent floods occurred and all the ground floor residents were evacuated to the hall, all the staff – from management downwards – were here working past midnight mopping and cleaning up.

"They made a huge effort and our rooms were spotless when they had finished, after being filled with water, mud and debris just a few hours before," says Jill.

"Everyone was amazing," says Wim Pieterse, Rand Aid's GM of Finance. "They all just climbed in.

"The footbridge over the Jukskei River between Tarentaal and Ron Smith Care Centre was washed away, and with that all our connections. Our security and computer systems were affected and we had to install wireless dishes," explains Wim.

In addition, fencing and security cameras were washed away but have since been reinstalled.

A team of Rand Aid workers spent days removing rubble and debris from the Juksei River once the more pressing work had been done.

EDEN COMMITMENT CEREMONIES

Rand Aid Association's Ron Smith Care Centre is now officially an Eden Alternative registered home!

In order to acknowledge and thank all staff and volunteers for their contribution towards this major achievement, management initiated Commitment Ceremonies on each of the residential wings and for all care centre departments.

Each person was gifted with an 'Eden Bag' which features a reminder on what it means to follow the Eden Alternative way.

"We talked about the message on the bag and then each person selected a 'pledge tag' and was asked to fill out one side of their tag with their name and work area. On the other side, they were to write their personal commitment for following the Eden way of giving person-centred care and to bring quality of life and well-being to our Elders and to each other," says Zabeth Zühlendorff, Rand Aid's GM Services and Advance Division.

"All staff - from nursing, housekeeping, maintenance, security, gardening, OT, administration and management - were then asked to hang their pledge tag on our special 'Eden Tree' so that we can all be reminded of our personal commitment to the Eden Alternative."



Golfers in a million!

Die-hards! This team of golfers has not missed a Rand Aid golf tournament since the inception of the annual fundraising event. From left it is Robert Olckers, John Switala, Johan Cronje and David Robbins. On David's lap is Ayanda Matthews, Rand Aid GM Compliance & Social React Division. The NPO's sponsors and the golfers who take part in the event each year play a significant role in allowing Rand Aid to continue its charitable works. The golf day was held on October 28 at Modderfontein course.



Cedar Park's Mathabo Matutle adds her contribution to the 'Eden Tree'.

New 'drug' alert

Do you know what your children are experimenting with? asks Wedge Gardens Treatment Centre social worker Karen Griessel.

Packaged in colourful foil under names such as K2, Spice, Joker, Chill X, Black Mamba, Kush and Kronik, the 'tobacco' used to roll herbal smokes is being sold at your local café, petrol stations and via the internet.

According to America's National Institute of Drug Abuse, the effects of these herbal smokes can be unpredictable and even life threatening in some cases.

"A package typically contains three grams of dried vegetable matter to which one or more cannabinoids have been added. Some of these blends are sprayed with flavouring agents and it is widely reported around the world that these herbal smokes pose a great threat to society and individual health," says Karen.

Wedge Gardens, the Rand Aid-run substance abuse treatment centre at which Karen works, first noticed the increased popularity of these herbal smokes in the last two months.

"The instructions on the back of the package suggest that the contents can be smoked in a rolled joint or made as an infused tea," adds Karen.

The local price for a three-gram packet that is approximately 5cm by 3cm in size is R60. Wedge Gardens sent an anonymous source to a corner café in Lyndhurst and managed to buy a package without raising questions.

"The problem with chemicals such as those used in this product is that if one is banned, only a little tweaking is needed to create a chemically different but effectively similar compound."

This dangerous drug was created in the 1970s but has now become popular.

"It is called herbs or incense so that it can bypass laws because it has not yet been approved by the relevant authorities. However, it is reported by users as having psychotropic effects; which means it affects mental activity, behaviour or perception. It is thus a mood-altering substance. These are classified as new psychoactive substances and are unregulated. They act on the same brain cell receptors as other drugs such as natural cannabis," says Karen.

She adds that it is not the herbs themselves that are dangerous but the chemicals called cannabinoids that are added to create the high. "These chemicals are made in laboratories and the danger lies in the fact that none of these chemicals have had safety testing. They often have negative symptoms such as heart palpitations, vomiting, dizziness, seizures, kidney failure, fainting, intense fear, irrational behaviour, panic attacks and psychosis.

"Another worry is that each batch gets made with different chemicals. This makes pinpointing data challenging. Little is known about the pharmacology or toxicology and few formal human studies have been published. These chemicals are both physically and psychologically addictive which, ultimately, will lead to withdrawals which will require detox.

"One user who sought assistance at Wedge Gardens said that it was not like a marijuana high but more like a mini acid trip that made him vomit, violent and have suicidal thoughts," says Karen.

Apart from looking out for physical signs such as shaking, being pale, not recognising you and not making sense, Karen urges parents to be proactive by talking to their children about this drug so that they know the risks and are empowered with knowledge.

* Wedge Gardens can be reached at 011 430 0320.



WEDGE'S LOSS IS TARENTAAL'S GAIN

After 16 years at Wedge Gardens Treatment Centre – many of which were spent as deputy manager, Laetitia Goosen has moved to Tarentaal retirement village, where she will hold the same position.

Wedge Gardens is a substance abuse treatment centre in Whitney Gardens that offers holistic care, while Tarentaal provides subsidised accommodation to senior citizens. Both are owned by Rand Aid Association.

"There has been many a patient who has benefited from Laetitia's guidance over the years. They have been fortunate enough to experience Laetitia's soothing and nurturing nature; she was a 'mother figure' to many," says Wedge Gardens manager Adél Grobelaar.

Laetitia started at Wedge Gardens as a part-time therapist before being appointed full time and eventually being promoted to deputy manager. She played an integral part in the development and implementation of the 'Full Circle' therapeutic treatment programme at Wedge Gardens, and helped the transition from Wedge admitting only men over the age of 28 with alcohol abuse issues, to men 18 years and older suffering from various substance addictions.

"In addition to her duties, Laetitia facilitated groups of students from various academic institutions who did their practical experience at Wedge Gardens. Her input and participation will be missed. Wedge staff and residents wish her all of the best for her future and the new challenges she will face as deputy at Tarentaal Village," says Adél.

Laetitia replaces Annchen Henshaw as Tarentaal's second in command.



Laetitia Goosen has left Wedge Gardens to take up the position of deputy manager at Tarentaal Village.

The horror of drugs revealed

Gustav Preller Primary School pupils enjoyed an interactive visit from Wedge Gardens Treatment Centre on Tuesday, September 27.

The West Rand school invited the rehabilitation centre to do a drug information talk with the Grade Seven students.

"We showed them a video on the different drugs and what they can do to you and then we divided the learners into small groups so that interactive talk sessions could be held.

"We have found that with smaller groups, counsellors can more easily target the shyer children and afford them an opportunity to ask questions," says Adél Grobelaar, the head of the treatment centre.

Santa's little helpers hard at work

An assembly line of goodwill saw 131 Christmas packages boxed and tagged in less time than it takes Santa to rein up his reindeer. Inyoni Creek retirement village maintains a caring relationship with sister Rand Aid Association complex Thembalami Care Centre.

Each year, the residents of Inyoni Creek host a variety of activities to warm the hearts of those living at Thembalami. November 23 saw a handful of Inyoni Creek residents put together the care packages for not only the Thembalami residents, but also those from the Max Ordman Deaf Association, which has merged with Rand Aid Association, and some residents of Wedge Gardens treatment centre who are always willing to go the extra mile to assist Thembalami. Wedge Gardens is also Rand Aid run.

In December, the Inyoni Angels – as this compassionate group calls itself – will join in the fun at Thembalami's Christmas party, with one of their members donning a Santa suit and handing the gifts out.



The Inyoni Angels with Inyoni Creek and Thembalami Care Centre management at the packing party.



Rand Aid Association wishes its residents, staff, volunteers and supporters a blessed and safe holiday period

Fun night for Thornhill Manor ladies



Thornhill Manor's single ladies dressed up for a fun night out on September 15. Each lady was asked to bring a photograph of themselves from when they were a child. Guests then had great fun trying to identify each tot. Erna Lloyd was able to guess eight of the 16 correct and won a prize for her effort. Other spot prizes were won by Ann Raats and Evelyn Neuhaus. A delicious meal of Chicken a la King, rice and garlic bread was catered by Elphino's, the coffee shop at Rand Aid's Ron Smith Care Centre. Resident Sandy Scott made the scrumptious dessert which was enjoyed by all. Pictured in the front row are Helene Huvers, Maisie Walters, Yvonne Ciapparelli and Maureen Otnes. Middle: Erna Lloyd, Jean Quirk, Inge Kinzig, Joy Blain, Sandy Scott and Ann Raats. Standing: Frayne Mathijs, Jenny Brownson, Enid Dixon, Yvonne Yates, Vera Reiser, Evelyn Neuhaus, Elizabeth Cook and Eunice Harris.



Thornhill Manor line dancers and singers.

■ Thea leads line dancing classes every Monday and Thursday evening in the main hall at Thornhill Manor between 4pm and 6pm. Anyone wishing to join in is welcome to contact her on 011 608 4727.

Song and dance wow Thornhill audience

Over 120 people packed the main hall at Thornhill Manor Retirement Village for both the evening and matinee performances of the eighth annual Line Dance concert when 21 well-drilled and disciplined line dancers and singers entertained residents, friends and family recently.

The entertainers comprised residents of the Rand Aid village as well as ladies from Thornhill Estate and Lakeside Village.

The concert was devised, produced and directed by Thea van Tongeren (dances), a resident of Thornhill Manor and line-dance teacher and Linda Lewis (singers), a member of the well-known Yaboos entertainment group.

The highly appreciative audience clapped their hands and stomped their feet to the beat of the carefully chosen music.

The hall was decorated in a western theme including cardboard cut-out cowboys and cowgirls, horses and hay bales, chequered table overlays, themed backdrops and posters with cacti and succulents decorating the tables.

As the event took place just before the American elections, the 'grand finale' was done to a medley of American music.

The cast had been preparing for the event for months. Their hard work and diligence paid off as they basked in the glory of massive applause.

Written by Robbie Vermont



Zamokuhle participants Florence Dubazana, Maggie Matatoka and Victoria Smith cut the anniversary cake.

Zamokuhle celebrates love and friendship

Seven years of caring and friendship were celebrated on October 7 when women from Alexandra and surrounding areas gave thanks to Thembalami Care Centre for its Zamokuhle outreach programme.

The care centre started the outreach initiative in 2009. Zamokuhle focuses on giving older persons from nearby Alexandra and River Park the chance to get out of the house three times a week and enjoy the company of their peers. Beneficiaries are taught a variety of hand-crafts, like knitting and crocheting, enjoy morning tea and lunch, and benefit from health and social awareness initiatives.

The anniversary celebration marked not only Zamokuhle's seven years of existence, but also the Week of Older Persons: September 26 – October 2, International Day of Older Persons: October 1, and Grandparents Day: October 2.

The Zamokuhle 'Gogos' – as they are fondly known – raised almost R4 000 on their own in order to host the thanksgiving event. "They spent two days cooking the lunch that they served. It included samp, pap, rice, vegetables, salad, chicken and juice," says Thembalami social worker Lara Hurwitz, who, along with Thembalami, sponsored cake and ice cream for dessert.

"The party went on from 10am to 3pm and everyone really enjoyed it. Credit must go to Zamokuhle co-ordinator Makgati Legodi who has empowered the gogos to take ownership of their lives and wellbeing, as well as student social auxiliary worker Mongalo Ngoasheng, who worked hard to put the event together," says Lara, who herself spends many hours a week working with the Zamokuhle participants.

Members of the community who may wish to donate materials for arts and craft activities - including wool, paint, beads, glue, paper and crayons - or tea, coffee, sugar, milk, cake and biscuits, are asked to contact Lara at Thembalami on 011 882 4434.

Probus' fun side is not retired!

The Inyoni Creek Probus Club proved once again that you do not have to be young to have fun. The club celebrated its seventh year with a three-course meal at an event themed 'A Children's Birthday Party'. And what a party it was!

Members walked into the village's clubhouse to a room festooned with polka dot balloons, tables decorated with streamers, polka dot hats, party favours and eye-catching menus that would make a Michelin Star restaurant proud.

The meeting, held on October 20, opened with President Arthur Hadden welcoming the special guests, Heidi Tucker, President of the Benoni Aurora Rotary Club, and her husband Mark; Honorary Life Members and Inyoni Creek residents Vernon and Connie Schultz; Honorary Auditor Brian Quigly; Jenny Tonkin, the Manager of Inyoni Creek, and her husband Gavin.

"We are in for a Fun/Pun Evening," said Arthur, and what a Punny evening it was indeed! A children's party would not be complete without a game or two and those gathered played 'Pass the Parcel'. "To see our members gaily passing three parcels around the room to the tune of 'Celebrations' allowed us to re-capture, even for a moment, a little bit of our childhood," says Arthur.

Then came the Quiz, Twenty Questions – multiple choice answers led by Quiz Master Ann Foster.

The winning team, with 18 correct answers, had a retired headmaster on its side! After dessert of jelly and ice cream (what else!), the meeting was closed with a heartfelt thank you to every person who contributed to such a joyous evening and members were seen taking home balloons and party favours for their grandchildren.



Party girls... Eve Gishen, Ruth Sandler, Marie van der Merwe.



Jolly good fete for Tarentaal

Rand Aid's Tarentaal retirement village made over R50 000 profit for the village coffers at its annual fete held on September 3, 2016. "It was a huge success," says Tarentaal Manager Tammy Neilson. Pictured at the beer garden are Ryan Townsend, Kyle Glass, Joshua Jankowich, Beverley Webb, Ian Gilliland and Ian Brumby.



Residents Sandy Scott and Dawn Burls happily welcomed visitors to the curry and rice stall.

Thornhill Manor's fete a grand affair

Thornhill Manor's Fete and Family Day on Saturday, October 1, was a resounding success.

With 40 outside stallholders selling their wares and 14 stalls held by residents of the Rand Aid retirement village, there was plenty to keep visitors busy.

"The weather was perfect for a day out and throngs of people came, making the months of planning worthwhile," says Thornhill Manor Complex Manager Esme Erasmus. "Many thanks for the amazing work and donations from the residents. Appreciation also goes to Pick n Pay, Food Lovers Market, Spar, Garden and Builders Express," says Esme. "Also, a very big thank you to all the staff for all their support and assistance."

Learners of the Holy Rosary School gave three performances, which – says Esme – were a huge treat for all who attended. "Many thanks to marketing manager Kenda Knowles for organising the performances."

Eagles in the sky over Rand Aid

The Rand Aid retirement villages are not just sanctuaries where older folk are housed. These villages also provide safety, comfort, companionship and various forms of entertainment for the residents!

This year, several residents witnessed the amazing early morning spectacle of Long-crested Eagles (*Lophotus occipitalis*) soaring in the sky above the villages of Elphin Lodge, Tarentaal and Inyoni Creek. The eagles have also been spotted, perched in the tall bluegum trees alongside the Jukskei River. In the late afternoon before sunset, the distinctive, shrill, drawn-out 'keehee' call of the eagles is often heard. Sometimes, they call whilst soaring in the sky above.

Inyoni Creek resident and well known environmentalist Ria Milburn says the Long-crested Eagle (Langkuifar-end) is a bird of Southern Africa. It belongs to the family of Accipitridae that includes Raptors, Old World Vultures and the Osprey. ('Old World' being the continents of Europe, Asia and Africa.)

"In the open veld surrounding the Sizwe Hospital area, these eagles hunt for rodents, snakes and terrestrial birds, etc. They also attack other birds in the air and they are known to eat the eggs of other birds. The powerful bill and strong claws are useful weapons when killing prey," says Ria.

The Long-crested Eagle's large, platform nest is built high up in tree canopies where the branches and the leaves protect and conceal the nest. The female usually

lays one or sometimes two eggs, which are whitish in colour.

Like many large birds of prey, the Long-crested Eagle is monogamous. It has only one partner and they mate for life!

"How fortunate and what a privilege to see an eagle fly and to share the taste of freedom, balance and beauty!" says Ria.



Environmentalist Ria Milburn.

INFINITUDE CYCLES FOR THEMBALAMI CARE CENTRE

Thembalami Care Centre is to again be blessed by Infinitude Design's goodwill.

The care centre in Lombardy East has enjoyed wonderful support from the Sandton-based company for the past six years, and this year is no exception.

Infinitude's Samantha Peck did her fifth 947 Cycle Challenge on Sunday, November 20, and as usual, she and her colleagues rode for a purpose – raising funds for Thembalami Care Centre.

Over the past years, Infinitude cyclists have raised in excess of R30 000 a year. "Thembalami is a Rand Aid associated non-profit organisation. It provides frail care with 24-hour nursing to elderly members of the community. Thembalami means 'My hope', which is a true reflection of the opportunities of new hope and meaning offered to its residents.

Samantha achieved her goal of doing the race in under four hours.

"All funds raised over the past five years have been well assigned to assist with designing and revamping certain portions of the interior areas at the care centre in order to further provide both the staff and residents with a renewed sense of 'hope'," explains Samantha, adding that this year, the care centre's two main dining rooms will be given a new look.



Samantha Peck with her team of supporters.

Ron Smith Care Centre celebrates its new status



Celebrating cultural diversity at RSCC

On Friday, September 23, the community at Ron Smith Care Centre gathered outdoors in their numbers to celebrate, through music and dance, the richness and diversity of cultures represented at the care centre.

Seated under the lovely shade of gazebos and umbrellas, residents and visitors were treated to a cultural dance spectacle performed by various staff from housekeeping, nursing, gardening and occupational therapy. Everyone was beautifully attired in their various national dress and many of the residents wore hats decorated with South African flags and an indication of where they were born or their cultural roots.

The dance programme included traditional dances from the various tribes of our rich and colourful rainbow nation: the BaPedi, Zulu, Xhosa, BaVenda, BaTshonga, and Indian. The traditional African dances were followed by the whole group performing a Latin American line dance and Israeli folk dance. Then it was on to Austria, where the staff scattered into the audience and danced with the seated residents to a beautiful Viennese waltz. The show ended with the whole care centre community being invited to join in the last dance to music by the well-known group, Malaika.

The cultural dance show was followed by a traditional South African braai which included boerewors, chicken, salads, pap and gravy, and was nicely finished off with an Eskimo Pie, which was thoroughly enjoyed by all.

Many of the residents remarked that it was a joyous celebration and that they all benefited from this event in that they discovered a newly-found appreciation for the diversity of cultures in South Africa and learned more about the cultural identities of their neighbours.



Florah Lekau and resident Cedric Hicks thoroughly enjoy the Cultural Dance Show.

Tarentaal celebrates Heritage Month



Colourful roots ... Rand Aid's Tarentaal retirement village's housekeeping staff were a bright and cheerful sight on Friday, September 23, when they came to work in traditional attire, in support of Heritage Day. Pictured with some of the staff members is resident Maria Ferencz who was proud to show off her Hungarian roots.