

Rand Aid RAND AID review

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Thembalami nurtures through nature

Research is increasingly showing that a walk a day keeps the doctor away. Just a small 'dose' of nature every day will benefit people's mood, self-esteem and mental health, a new study by the University of Essex has shown.

Finding a pretty spot to enjoy the outdoors could not be easier for residents of the Thembalami Care Centre and Max Ordman Deaf Association complex in Lombardy East. Sections of the Rand Aid-run complex's extensive grounds have been beautifully landscaped, and an inviting lapa and other seating spots encourage residents to venture outside.

The complex also has a large fruit, vegetable and herb garden that allows residents to watch as seeds send up shoots, then stems, leaves and flowers, before bearing fruit or vegetables. Biologist Edward Wilson's biophilia hypothesis suggests that humans possess an innate tendency to seek connections with nature and other forms of life because we want to feel part of the web of life.

On September 28, residents and staff of the Thembalami complex did just that, when they took part in a nature walk. The event was organised by the occupational therapy department and gave participants a chance to interact with nature. While ambling through the grounds and on to the veggie garden, participants were asked to identify and name certain trees and plants along the route.

Towards the end, grounds assistant Amon Maluleke had set up a table of freshly-picked vegetables and herbs grown at Thembalami. The residents were given the opportunity to feel, smell and identify the produce.

"The walk finished at the new lapa where tea and biscuits were served. Pastor John Nel gave a beautiful sermon to end off a very pleasant morning of sunshine and fresh air," says Thembalami social worker Lara Hurwitz.



Matron Paulina Hlatshwako encourages resident Anette Mather to engage all her senses on the nature walk.



**Coming
up roses
at Rand Aid**

2



**A serving
of love and
goodwill**

3



**Bumper
fun days
hosted**

5

Peter and Madge's rose-coloured world

*When love came first to earth, the Spring
Spread rose-beds to receive him.*

This quote by Thomas Campbell sums up how many people feel about this exquisite flower and Peter Ronald of Elphin Lodge retirement village in Lyndhurst is no different.

He and wife Madge always had roses in their garden and both their daughter and granddaughter, Dorrie Ronald and Dominique Jacquet, have inherited their love of this ancient flower.

"When Pete retired 13 years ago, at the age of 65, we decided that he would need a hobby to keep active. He'd always grown roses and we decided that he should develop this interest," says Madge.

A few years later, Peter entered a massive rose competition at the Coca-Cola Dome. "Pete casually picked some candelabra roses and that little bunch won him first prize," recalls Madge.

Since then, the Ronalds' life has been rose coloured, rose scented and rose strewn with both Peter and Madge increasingly involved in local societies and active in competitions. Ludwig's Roses became their second home.

Meanwhile, Madge says she is 'Pete's hands'. "He does the calculations of when to do what, and I help with spraying, etc," she says.

On October 12, 2018, Peter, ably assisted by Madge and Dorrie, enjoyed much success at the Gold Reef Rose Society's Rose Competition held at the Morning-side Shopping Centre.

Competition rules state that entries must have been grown in your own garden and must have been planted at least six months before the show. Accredited judges judge the best blooms.

Last year a retirement village section was included in the Gold Reef Rose Society's Rose Competition and three entries to this new section were received. This year, Madge was tasked with dropping information off at the nine retirement villages within the society's region and this year the number of entries rose to 11.

Among them were Rand Aid's Elphin Lodge, Ron Smith Care Centre and Rand Aid itself, all of which took podium positions. Ron Smith Care Centre's bowl of roses won first prize, Rand Aid took second place and Elphin Lodge third. Their prizes – a lavender plant and two 'Mandela' roses – were planted in prime positions in the village's garden by Servest supervisor Bennett Mahlangu and his team, who look after all Rand Aid complexes' gardens and give much TLC to the abundance of roses that beautify the Elphin Lodge complex.

Elphin Lodge resident Anthea Steyn, a fellow flower fan, helped Madge with the arrangements of the entries.

Of course, Peter and Dorrie both fared well in the competition, with Peter winning a gold award and taking the Queen of the Show – Overall Winner award. Dorrie took the Second Princess of the Show award.

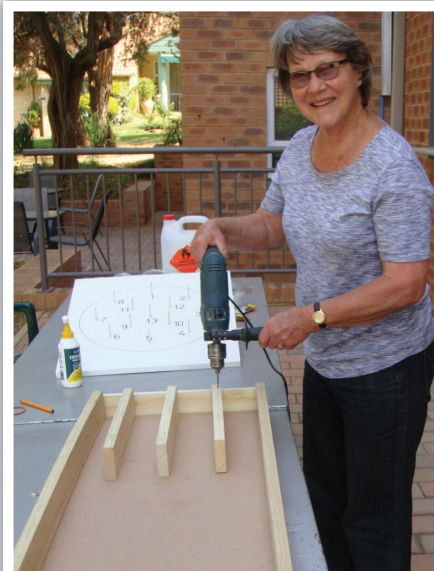
"One of the finest things we have ever done in our life is to move into Elphin Lodge; the lifestyle there sustains our interest in roses. Our fellow residents are always encouraging and keen to stop for a chat and to enjoy the smell and sight of our roses," says Madge.



Ronald Family contestants: Madge, Peter and Dorrie.

As passionate as Peter and Madge are about roses, they happily got involved in helping the Elphin Lodge Complex gardeners learn as much as possible about the care of roses and the result was blooming spectacular – as confirmed in the recent competition.

● Pete
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Vicky Keenan drills in the message that activity and interaction are good for body and soul.

Thornhill Manor's drill sergeant gets residents up and at 'em

Vicky Keenan is undoubtedly Thornhill Manor's most crafty resident. The innovative woman has rounded up a group of residents to help make games for the newly-introduced Monday Activity Mornings.

And best of all, the games are being crafted at woodworking classes that fit nicely into the Monday programme. The end result is that residents are being taught a new skill – woodworking, while expanding the village's available stock of games.

Monday Activity Mornings were introduced a few weeks ago to encourage a more active lifestyle and offer a chance for greater social interaction. The initiative is aligned with the Eden Alternative philosophy of combatting loneliness, helplessness and boredom among elders.

Each Monday starts off with a walk through the pretty village. Residents with mobility challenges are pushed either by a friend or their careworker. Afterwards, participants gather at the community centre for refreshments and a few rounds of games that stimulate both body and mind.

"Vicky has come up with loads of ideas to make games, some therapeutic and others that focus purely on fun. She is so enthusiastic," says deputy manager Jackie Scott. "More and more residents are starting to participate. It is wonderful to watch how they interact with one another and how the careworkers are being stimulated and encouraged to do more with the residents they are caring for."

The first woodworking session was held on September 25.



Colourful heritage embraced

Inyoni Creek retirement village celebrated South Africa's rich heritage on September 21 by hosting a traditional braai at the village's pool centre for all staff members. The occasion was a colourful one, with the ladies going all out to do their culture proud. In front is Inyoni Creek manager Jenny Tonkin with deputy manager Marinda Looyen on the far left.

Lashings of love served with tea and scones

Somehow tea and scones always call to mind friends gathered around a table for a good old natter.

And that is exactly what happened at Inyoni Creek retirement village on October 24, when long-time resident Dugald Paterson hosted a tea party on the deck of the village clubhouse, which overlooks a pretty dam.

His aim was to encourage residents to socialise with each other and staff members. "We were overwhelmed at the response," says village manager Jenny Tonkin. About 70 residents responded to Dugald's invitation.

With October being Breast Cancer Awareness Month, it was decided to decorate the scones with pink bows and residents were encouraged to wear pink, which is the colour that has become synonymous with breast cancer awareness. A donation box was available for people wanting to make a donation towards Hospice, which does much to support cancer patients and R1 702 was raised.

Dugald is a beloved member of the Inyoni Creek community, best known for his role as the executive chef of the Naked Chefs, who have been hosting a monthly social luncheon for residents from Rand Aid retirement villages Elphin Lodge, Inyoni Creek and Tarentaal for the past nine years.

These monthly get-togethers were started because Dugald and other Chefs were concerned that some of their fellow residents were isolated and did not get out much.

"There are so many lonely people in the villages," he said not long after the initiative kicked off. "Many of these have lost their spouse and their children may live far away."

The tea and scones gathering served an equally valuable purpose in terms of social interaction; bringing joy, meaning and meaningful relationships to all involved.

Hat's off to Dugald and Beryl O'Donnell who worked hard to ensure a consistent supply of warm scones on the day.

Soccer comes to Thornhill Manor

A ground-breaking soccer match took place at Thornhill Manor on Friday when a team from Thornhill Manor took on and beat a combined Elphin Lodge-Inyoni Creek team 2 -1.

This was the second match to be played in a challenge series between Servest gardeners from the Rand Aid retirement villages.

Management at Thornhill Manor were deeply involved in getting the challenge off the ground and were delighted with the result.

"This is a new initiative in our Eden Alternative programme," explains assistant manager Jackie Scott. "The Eden programme seeks to generate team spirit within our retirement villages, to encourage residents of the villages to see advancing years as an opportunity to grow rather than wither, and to advance the participation and involvement of our own and contract staff in village matters."

"Several Thornhill Manor residents came out to support their team," concludes Jackie, "but we would like to see more cheering their team on in the future."



LEFT: Cancer survivors Beryl O'Donnell (resident), Jenny Tonkin (complex manager) and Helen Parkinson (resident committee member).

BELOW: Having a great time are Ann and John Hooper, Dugald Paterson, Lyn and Rob Hood, Jenny Tonkin, and Arthur and Pam Hadden.



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A new tune for Tarentaal residents

Rand Aid's Tarentaal retirement village's newly-introduced sing-a-longs got off to a rousing start on Sunday, September 16, with well-known Maureen Donne leading the singing. In her day, Maureen sang with the Ray Ellington quartet in England, as well as with Woody Herman in America. Master of ceremony on the day was Tarentaal resident John Harvey, with Bernie and Shirley Schweitzer responsible for the music and songs. In his younger years, Bernie was a semi-professional pianist and Shirley was his vocalist. They have been married for 66 years. "It proved to be an afternoon of song and laughter and we hope to have many more in the future," says John.

Merry Christmas
Happy Hanukkah
Joyous Diwali
Happy New Year
...to all our residents,
staff members
and supporters



Jennifer du Preez's 78th birthday coincided with Family Day, which meant that her big day was extra special.

Happy families enjoy quality time outdoors

The beautifully-landscaped grounds and new lapa at Thembalami Care Centre and the Max Ordman Deaf Association (MODA) in Lombardy East was enjoyed to the fullest at the monthly Family Day on September 29.

Boerewors rolls, tea, coffee and cake were on sale and table and chair groupings allowed residents and their visitors to relax and enjoy some spring sunshine.

"This month was the biggest turn-out so far, allowing our residents a chance to catch up with loved ones and giving Thembalami staff members an opportunity to meet the various family members," says Lara Hurwitz, the social worker at the Rand Aid-run complex.

Resident Jennifer du Preez, who happened to be celebrating her 78th birthday on the day, was happy to share the two huge cakes brought along by her family with fellow residents and staff members.

A lovely touch on the day was the taking and printing of photographs of family groups, which gave participants a special memory of their time together. "Deon Haak, who is friends with Thembalami resident Dennis Jacoby, kindly made this wonderful add-on happen," says Lara, adding that he also donated the breadrolls.

MODA residents Barry Waldeck and Johan Du Plessis wielded the braai tongs with expertise.



Resident Josephine Sithole (far right) with her family members and fellow resident resident Tony Surtees (left).

Villages pull out all the stops!



Robin Winslow and Peter Tredre hosted a number of fun activities for the little ones, including a sandpit with buried treasures, my mateys!

Inyoni Creek retirement village was bursting at the seams when its Summer Fest exploded on Saturday, November 3.

Highlights of the day included a fun walk/wheelchair ride through the beautiful village; a host of stalls selling unique, hand-made items; plenty to eat and drink and a pipe band that delighted listeners.

"It was a fantastic day, with the weather playing its part," says Inyoni Creek manager Jenny Tonkin.

"The atmosphere was very festive and the feedback from visitors and residents was wonderfully positive. These events are not just about raising funds for the village but creating a community of caring and a sense belonging."

Summer Fest creates community of caring



Margaret Tredre, June Dunk and Isobelle Hamilton assisted with the games that enchanted the village's young visitors.



Dawn Kemp, Marge Garden and Iris Clark tempted visitors with boerewors rolls and curry and rice.

All manners of fun at the Manor

Thornhill Manor's annual Family Fun Day and Fete on Saturday, October 6, 2018, was blessed with beautiful, sunny weather.

When the doors to the hall opened at 9am sharp, long lines had formed, with visitors eager to have first pickings at the white elephant, books, cakes and sewing stalls. Outside in the village's park area, stalls were set up under the trees. In addition to the stalls run by residents of the Rand Aid retirement village, there were over 30 outside stalls.

"Live and commercial music by Janis Redde added to the festive mood and many a person commented that this was a lovely touch for the day and added so much atmosphere," says Thornhill Manor deputy manager Jackie Scott.

CLOCKWISE: Marion Falconer, Eunice Harris and Edna Magua (sewing/knitting stall).

● Jackie Scott and Esme Erasmus, management of the village, breakfast rolls.

● Eunice de Jager and John and Joyce van Leeuwen sold crafts and calendars.



Eth's interesting story shared

Ron Smith Care Centre and Elphin Lodge believe that if a resident has a good story to tell, it should be shared.

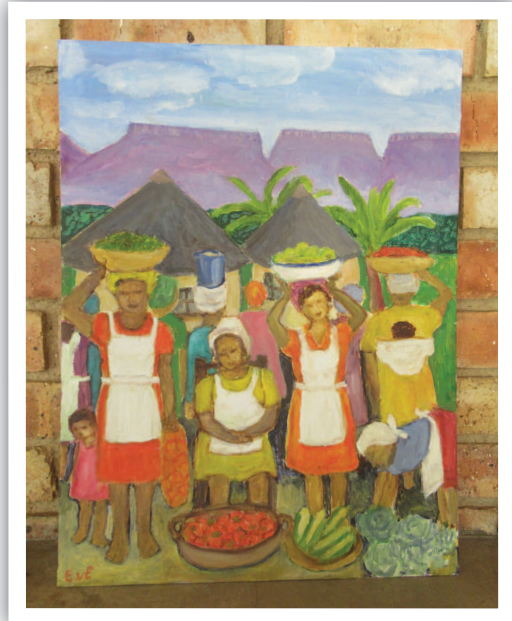
The staff love creating platforms for residents and staff to get to know each other a little better. One of the ways this is achieved is through the Eden Alternative 'My Story' initiative, in which the wonderful life stories of village and care centre residents are captured in booklet form, thereby affirming and validating the personhood of each individual.

On October 26, family, friends and fellow residents of Ethelwynne van Eck from the Woodlands wing of Ron Smith Care Centre, as well as various members of staff, gathered for a celebration tea at which Ethelwynne was presented with her newly-printed booklet.

Ethelwynne's neighbour, Jill Jones, spent many hours with her, recording and writing up her story from her earliest years to the present day. From family struggles during the war and post-war days, through university successes and work as a teacher, to her marriage and a good life with exciting travels and many joyous occasions.

She tells of funny experiences in bringing up four children, all of whom are now graduates with successful careers, and how she became a talented and very successful artist.

The charmed good life, however, suddenly came to a halt in August 2015 when she suffered a stroke which left her right side paralysed. She was devastated as she now had to rely on others and, worst of all, she could no longer paint.



An example of the work Eth is managing to produce with her left hand.

She moved to the Ron Smith Care Centre and eventually was introduced to the Tuesday morning art group at Elphin Lodge. It was here that she started training herself to draw with her left hand and gradually she started to paint again. She has set up her room as her art studio and it is there that she spends hours doing what she loves most – painting in oils.

Her friend, Jill, commented: "Eth's fortitude in the face of frustrating circumstances is something I admire greatly. She deserves all praise for learning how to use her left hand and being able to paint so beautifully again."

Her son Victor spoke about his mother being initially reluctant to move from her beautiful home into the care centre but today, he said, she tells him how happy she is now and how she would not like to live anywhere else.

She feels that she is well cared for and her life is full, with her friends, her art, her iPad and continuing interest in the news and world around her. She is content.



Brian Russell with Inyoni Creek manager Jenny Tonkin.

Former Bedford mayor turns 90

Former Bedfordview mayor Brian Russell was guest of honour at a surprise party hosted by his calisthenics class on October 26.

The long-time Rand Aid resident – first happily occupying a cottage with wife Lynne in Inyoni Creek, and more recently a resident of the Ron Smith Care Centre – regularly does calisthenics to keep fit and agile.

Brian met his wife in 1936 when they both lived in Parktown West and attended Parkview Junior and Senior Schools. They were married in January 1955 and celebrated their 60th wedding anniversary in 2015. Sadly Lynne has passed away.

Apart from serving as mayor, Brian was a Bedfordview councillor for over 10 years. He also served as a representative of South Africa's minerals and energy sector in the United States and the couple lived in Washington DC for six years.

Brian served as a parish minister at St Margaret's Anglican Church for over 60 years before retiring a few years back.

His actual birthday was on October 25 and his family arrived en masse on Saturday, October 27, to celebrate the achievement of nine decades well lived.



Back row: Zabeth Zühlisdorff (Rand Aid management), Victor van Eck (son), Nathalie van Eck (daughter-in-law), Ivan van Eck (son) and Phyllis Phillips (Ron Smith's liaison manager). Front row: Jill Jones and Ethelwynne van Eck.

Heritage Day celebration at care centre

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

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

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

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

After enjoying the outdoor entertainment, and with the smell of braai meat wafting through the air, everyone had managed to work up a hearty appetite! The famous 'Naked Chefs' from Rand Aid's Inyoni Creek had very kindly come along to braai hamburgers for some 300 plus people (residents and staff), and these were hungrily enjoyed by all. A variety of condiments were available to 'build your own burger', which was quite fun. Pap and gravy, Greek salad and carrot and pineapple salad were also on offer, with Eskimo Pies rounding off the delicious alfresco meal.

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



Nicky Ponco and Helen Barlow-Jones enjoy a dance.



ABOVE: Christine Kincaid-Smith and Lorna Topp having a good time!

The residents and staff gathered in their numbers to celebrate the richness and diversity of cultures represented at RSCC.

RIGHT: Josephine Kew, Forget Khoza and Siyaku-bonga Nazo.





Don and Carol Gaynham, Probud President Bob Davies, Des and Dawn Lindberg and Janet Davies.

Lindbergs wow the Manor

A cash injection for the Naledi Theatre Awards was the result of legendary entertainers Des and Dawn Lindberg's very special guest appearance at Thornhill Manor Probud Club's monthly meeting in October.

The Lindbergs were pleased to be able to share many of their experiences over the past 50-or-so years with the 110 people present – most of whom were their contemporaries.

They did this in a novel and highly entertaining fashion, including amusing anecdotes interspersed with songs written especially for the occasion, as well as some older ones that brought nostalgia dripping down the cheeks of many of those present.

It was a rousing, fun-filled evening described by many as the best entertainment ever at the Manor.

The Thornhill Probud Club presented the Lindbergs with a donation towards the Naledi Theatre Awards and a further cash donation was raised by passing a collection box around the audience.

The Naledi Theatre Awards were founded by Des and Dawn 11 years ago and are recognised as the Premier Awards event on the Gauteng theatre calendar. Its mission is to recognise and reward excellence in the performing arts, to raise the profile of live theatre and to create awareness of the abundant talent alive and well on our SA stages.

Camping turns colleagues into family

Sr Leanie Bessinger, the charge sister at Ron Smith Care Centre's River Lodge 1, shares details of a camping trip taken by the staff to promote bonding:

After months of saving money and planning our camping trip, the day finally arrived.

On the morning of 28 September we all woke up at the crack of dawn to get ready for our departure to Weavers Roost in the Hekpoort area. Everybody was anxious to get into the cars and start the weekend.

On arrival at Weavers Roost, we checked out our camping sites and decided where to pitch our tents and gazebo.

On our first day, it started raining and we all took cover under the gazebo, chatting and laughing when we had to run in the rain to get to the ablution facilities. Despite the rain, we managed to have a braai, complete with mielie pap, for dinner. Everyone was exhausted from all the hard work pitching their tents and went to bed early on Friday night.

Most of us were up early on Saturday morning, eager to explore. After breakfast we went for a hike and explored the mountain. After that everybody went swimming to cool off a bit. The brave ones went up to the mountain a second time on Saturday afternoon while the rest of us had a snooze or helped prepare the chicken potjie and freshly-made pot bread we were to tuck into that night. We even braaied marshmallows on the fire and made smores. It was a busy but exciting Saturday.

On Sunday we all woke up with heavy hearts as we realised our little getaway was coming to an end. We indulged in some wishful thinking by imagining phoning our mentor and to telling her we were sick and unable to be at work the next day.

What this meant to each person:

We connected with each other on a level other than just work. This weekend created a sense of belonging in each of us, that we are part of a family. It created trust in each other. We were all just happy friends having a good time together. It gave us time to catch our breath and enjoy the beauty of nature. We learned new life skills (pitching tents) and came back feeling refreshed and positive. We are already planning next year's camping trip.

Happy staff members mean happy residents.



River Lodge 1 Care Partners.



Another parkrun 50th for Inyoni Creek:

There are a handful of parkrunners who live or work at Inyoni Creek, and three of these have completed their 50th runs in the past few months. The latest is deputy complex manager Marinda Looyen who achieved this great milestone on October 20. Two residents of the retirement village beat her to it, with Neil Munro completing his 50th parkrun on September 1 – despite having had both knees replaced, and Val Bartram – who is in her 70s – achieving her 50th in May. Marinda has been a parkrunner since 2011. "It took me a long time to achieve my 50th, but I finally got there!" she says, saying that she mainly walks the course briskly, with her best time for the 5km course being 25min and 28sec. "The atmosphere is so amazing. All shapes, sizes and ages compete and there is generally a large turnout."

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.randaaid.co.za or phone Erica Woodward at 011 882 2510.

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