

# Ron Smith Care Centre



@ Elphin Lodge

APRIL 2018 No.37

## Care centre's jazzy Happy Hour



The hosts of the Sophiatown-themed Happy Hour – Ron Smith Care Centre River Lodge One staff and residents.

The residents and staff were treated to a wonderful Happy Hour event on March 27. The designated hosts of the evening were the staff and residents of River Lodge One, and they planned, plotted and prepared for the Happy Hour with the intention of celebrating the music, dance, food and culture of Sophiatown in the 50s.

Everyone was invited to dress in the fashion of the 50s, so many of the ladies wore smart dresses, hats, gloves, handbags and jewellery, whilst some of the female staff dressed according to the male dress code of the era: shirts, ties, braces, and trousers, topped with a jaunty fedora on their head. Still others opted for a jacket and tie, topped with a tweed poor boy cap. Everyone showed a lot of creativity with their fashion and when prizes were presented to the best and most authentically dressed, the recipients were wildly applauded."

Creative décor, delicious eats, wonderful entertainment and dancing made for a memorable event that was thoroughly enjoyed by all.

"Congratulations and thanks to everyone who had a hand in this – the joy it brought to all who attended was evident," says Zabeth Zühlsdorff, Rand Aid's GM: Advanced Division.

## UPCOMING EVENTS

**SUPPORT GROUP:** The next support group for families with a loved one being affected by Dementia/Alzheimer's takes place on Tuesday, 3 April, in the boardroom at 10am and Saturday, 14 April, at 9:30am in the card room. Please contact Lorna Quinn if you are interested in joining the support group on 082 456 5692 or email lornaq49@gmail.com

**LOTTO CONCERT:** Will be held on 11 April in the hall at 10am with entertainment by Kristel Birkholtz. Should you wish to enter the lotto draw, get your ticket from Suzie for only R10.

**SING-A-LONG:** Come sing-a-long to good old favourites in the OT/Activity Centre from 9:30-10:30am on 5 and 19 April.

**GARDENING GROUP:** Will be held on Wednesday, 4 and 18 April, in RL3 at 10:30am.

**CARD MAKING GROUP:** will be held on Thursday, 19 April, in the OT/Activity Centre at 2pm.

**HANDS & NAILS:** Tuesday, 24 April, in the OT/Activity Centre, from 9:30-11:45am.

**HYMN SINGING:** Every Tuesday in the chapel from 2pm-2:45pm.

**BIBLE STUDY:** Every Wednesday in the chapel from 2pm-3pm.

**NEWS GROUP:** Every Thursday, Cedar Park patio, at 9:30am, all welcome.



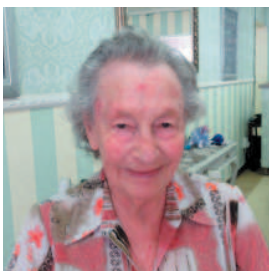
Phumudzo Nephithidi, Adolphina Magwete, Cleo Makhanya, Doli Ncube, Shirley Makwarela and Thizwi Ramavhoya.



LEFT: Rand Aid's Salina Mtshali, Zabeth Zühlsdorff, Debbie Christen and Bianca Richards.

## Resident

My name is **Heather Zipp**; I stay on RL3.  
**Things you may not know about me:** I was born on 7 September 1933 and grew up in the JHB suburb of Victory Park. I remember the fun we had riding horses and caring for our rabbits, guinea pigs and bantams. After matriculating from Parktown High, I spent a year at Rhodes University, studying History, which has been a life-long interest of mine. My first job was doing general administration work for a firm of lawyers who handled property conveyancing. I met my husband, Dennis, through a friend and we were married for 27 years. We set up our home in Bedfordview and created a beautiful garden. I also bred Persian cats and bred and showed St Bernard's and miniature Dachshunds. We had five children and four grandchildren. I am thankful for the love and support of my children. My special wish is that they all get on well and that they are happy and comfortable. A few of my favourite things: I particularly enjoy historical novels. I enjoy red roses, classical music and watching comedy and crime shows. In my youth, I was a runner. At one time my family was involved with horses, so the Durban July was always an exciting time. My favourite meal is roast chicken with veggies. I have a sweet tooth and enjoy lemon meringue pie. I love coming to Elphinos coffee shop for tea and cake.  
**Motto:** We have all experienced the ups and downs of life. Therefore my motto is: Never give up.



## Employee

My name is **Noluvuyo Mlandu**. I am a **care worker** on River Lodge 3.  
**Things you may not know about me:** I was born on 9 December 1976 in Mt Frere, Eastern Cape. I had a happy childhood, surrounded by the love of close family, but tragically lost my Dad when I was only 13 and my Mom when I was 17. I completed my matric at the Ntabankulu Senior Secondary School and shortly afterwards moved to JHB to stay with my Aunt Piliiso. After working in food services for 13 years, my aunt told me that I don't belong in the kitchen and that I should be working with people because I am a kind, caring and understanding person. She enrolled me at Emakhendeni Health Institute and generously paid all my fees. In 2013, I was hired by TRS and worked at RSCC and also at Thembalami. In 2014, I was hired as permanent Rand Aid staff and since then have enjoyed working on River Lodge 3. My partner of 20 years and I have two sons and a grand-daughter, Avela (five months).  
**A few of my favourite things:** I enjoy reading newspapers and short stories. I was a ballroom dancer. Phlisani does most of the cooking at home and makes a lot of the food he cooked as a chef in restaurants, but my favourite is still traditionally cooked samp and chicken.  
**Motto:** Do for others what you would want them to do for you.



## Volunteer

My name is **Kathy Theron**. My husband Arnold and I have happily resided at Elphin Lodge for 4½ years and I have been a volunteer at the care centre since 2015, assisting with singing activities.  
**Things you may not know about me:** I was born in Sheffield, England, on 20 August, 1947. We emigrated to South Africa in 1963. I matriculated from Benoni High School after which I attended nurses training college in JHB. My 43-year nursing career began at Johannesburg Hospital and included training in midwifery, paediatrics and intensive care. I worked in Paediatric/Neonatal ICU for 34 years before becoming a matron for the last few years of my career. I met my husband, Arnold, in the late 70s through a friend and we married many years later. He worked for 38 years as a radio journalist for SABC. I am very proud of my long and successful nursing career and all the babies and children's lives I've helped to save. I am deeply touched by the gratitude that they have shown to me as adults.  
**A few of my favourite things:** I enjoy watching musicals, knitting, sewing, tapestry, baking, reading (novels, biographies and Christian literature), listening to classical and golden oldies music, and watching romantic and historical movies. My favourite trips are those that take us to the mountains (Drakensberg) or walking in the country.  
**Motto:** Whatever you undertake, do it to the best of your ability.



## Birthdays

### RESIDENTS

2 April, Joan Gilbert 97 (CP)  
 3 April, Gordon Ross 86 (RL2)  
 5 April, Kitty Venn 101 (LS)  
 5 April, Ellen Prinsloo 88 (RL2)  
 6 April, Elaine Van Heerden 89 (CP)  
 6 April, Jill Jones 75 (WL)  
 9 April, Richard Hague 97 (LS)  
 12 April, Beile Rollnick 92 (LS)  
 14 April, Sylvia Lasarow 90 (LS)  
 14 April, Gail Harmer 81 (RL2)  
 16 April, Bunny Marks 99 (RL2)  
 16 April, Petronella Gray 76 (WL)  
 19 April, Betty Haughton 102 (WL)  
 21 April, Lorraine Lowdon 78 (RL1)  
 23 April, Jimmy Giannoccaro 84 (RL3)  
 24 April, Suzanne Bohmke 80 (RL2)  
 29 April, Winsome Green 82 (RL3)  
 30 April, Irene Green 92 (RL2)

### VOLUNTEER BIRTHDAYS

1 April, Jim Powell  
 4 April, Elaine Ho  
 6 April, Ronnie Cumming  
 24 April, Gloria Maddison  
 27 April, Fatima de Nobrega  
 30 April, Hannie Roex

### STAFF BIRTHDAYS

1 April, Knowledge Ngobeni (LS)  
 1 April, Ronald Mashala (Security)  
 4 April, Helen Makwaeba (WL)  
 5 April, Pascaline Kamela (RL3)  
 6 April, Victoria Nkuna (RL3)  
 9 April, Christina Zondane (RL3)  
 17 April, Helena Bezuidenhout (Cottage Sister)  
 18 April, Francina Mawasha (RL1)  
 18 April, Charlotte Tema (RL2)  
 24 April, Joyce Mabowa (Porter)  
 27 April, Penelope Mthembu (CP)  
 28 April, Anna Matlala (Catering)

\*Staff members must remember to collect their small birthday surprise from reception.

### FONDLY REMEMBERED

Kathleen Rowe, River Lodge 2 (5.03.2018)  
 Eileen Westley, River Lodge 2 (7.03.2018)  
 Wendy Morris, River Lodge 3 (9.03.2018)  
 Stephen Gertenbach, River Lodge 3 (18.03.2018)

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

### WELCOME TO

Helen Barlow-Jones, River Lodge 2  
 Peter Kempster, River Lodge 3  
 Robert Wratten, River Lodge 3  
 Petronella Gray, Woodlands

**We trust our residents had a happy Easter and Passover**