

# Ron Smith Care Centre

**EDEN** Registered  
home  
ALTERNATIVE®  
SOUTH AFRICA

RAND AID  
ADVANCE

@ Elphin Lodge

APRIL/MAY 2019 No.47

**Who said  
Easter egg  
hunts are for  
children?**

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## Resident

My name is **Jean Irons**, I stay in Cedar Park.

**Things you may not know about me:** I was born in Kroonstad in the Free State on 25 January, 1931, and am the product of grandparents who emigrated from England as part of the wave of British colonists who came to settle in South Africa. I had a very happy childhood. We didn't have much money but I have fond memories of growing up on a smallholding, enjoying farm life and having family picnics by the river. After being awarded my School Leaving Certificate (matric) with a first class in math and music, I had a choice between entering either the nursing or teaching profession. I chose nursing and trained at the Groote Schuur Hospital in Cape Town, followed by a midwifery course and work at the Voortrekker Hospital in Kroonstad. I then worked for the National Health Services, did some teaching at Baragwanath Hospital and created the syllabus for a Care of the Aged course at Wits University. My nursing career spanned 47 years until I retired in 1996. I moved to Elphin Lodge in 2008 and moved into the care centre in 2018.

**A few of my favourite things:** My radio is very precious to me and I enjoy listening to Classic FM. I like to read newspapers to keep me in touch with the outside world. I cherish memories of family holidays, becoming head girl in a predominantly Afrikaans high school, and my 21st birthday celebration – playing tennis with all my friends, followed by tea and cake! I am thankful for my loving family.

**My motto:** Family first under God. Hold onto His hand very tightly and never let go!



## Employee

My name is **Penelope Mthembu**, I am a care worker on Cedar Park.

**Things you may not know about me:** I like to be called Penny. I was born on 27 April, 1972, in Boksburg, the first-born of three girls, and grew up and went to school in Vosloorus. After matric, I attended St Vincent's Nursing College to train as a care worker and after completing training in 2007, was immediately employed by Rand Aid. I have enjoyed working on River Lodges 1 & 2 and now Cedar Park, as I love taking care of our Elders. My husband Teboho and I have been married for 13 years but have actually been together for a long time – 23 years! We have two beautiful children and three grandchildren. Both of my sisters tragically died when they were only 28 years old and never had a chance to see their children grow up. I am, therefore, so thankful that I have had the opportunity to love and raise my children, and that I can now also enjoy my wonderful grandchildren.

**A few of my favourite things:** I enjoy reading love stories and watching movies and detective stories. I also enjoy ballroom and Latin American dancing and watching athletics and tennis on TV. My favourite place to visit is Durban because I love the sea and good weather. Every month, I take my mom out for shopping and a nice meal. I love baking and cooking and learn much from watching the cooking channel. In fact, after watching 'The Hot Plate' I have become the best chakalaka maker! My dream is to go back to school and train as a pastry chef.

**My motto:** Life is short, so you must live it to the fullest!



## Volunteer

My name is **Jenny Holzberg**. I have been a volunteer for the past six months, assisting with the nature walks and gardening group. One of the activities I initiated was to make bird feeders out of pine cones, peanut butter and bird seeds, which the residents then hung on the trees on their nature walks.

**Things you may not know about me:** I was born on 8 June, 1955, in Johannesburg, but grew up and went to school in Durban and Potchefstroom. I was employed at Afrox Ltd for 22 years, working my way up from a credit controller to a credit manager, and recently retired in 2018. I met my second husband, Frank, at an arranged dinner date and it was love at first sight! We have now been married for 10 years. Our four children are all now married and we have five grandchildren! I love to have fun and find pleasure in the simplest of things, but I can get grumpy when I am tired or hungry! I like being a little bit crazy and would describe myself as sunshine mixed with hurricane-like tendencies!

**A few of my favourite things:** I love all shades of pink and purple, mixed coloured flowers and all animals, especially our 11-year-old black Labrador, Salvador. I enjoy doing the 5km Park Run and have so far completed 118 walks. I love chocolate, ice cream and dry white wine (not all together!). I love travelling and my best trips have taken me to Venice, New York and London. My dream is to live a long, blessed life, to see my grandchildren grow and to have special travel time with my husband.

**My motto:** Find the positive in everything!



## May Birthdays

### RESIDENTS

6 May, Dan Oi Loo, CP (99)  
7 May, Bob Greenwood, RL3 (81)  
9 May, Shirley Abrams, RL3 (84)  
14 May, Ginny Lorge, RL1 (94)  
17 May, Mary Nilius, RL1 (93)  
18 May, Donald Rose, CP (85)  
19 May, Shelagh Hawes, LS (89)  
21 May, Jean Tuckett, RL3 (82)  
24 May, Patricia Dale, WL (82)  
25 May, Jacobus Sosef, LS (92)  
26 May, Beryl Moll, CP (88)

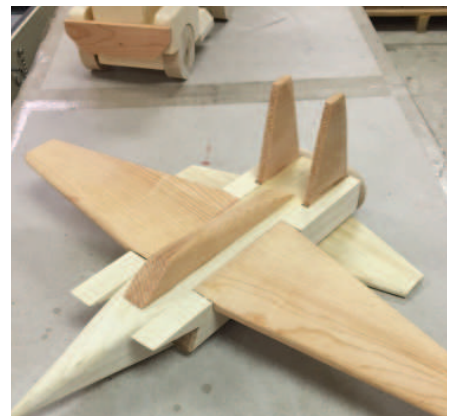
### VOLUNTEERS

8 May, Clair Harding  
15 May, Joan Abbott  
26 May, Herb Scheiber

### STAFF

4 May, Nandipha Ngesi (Housekeeping)  
6 May, Rosemary Khoza (River Lodge 1)  
9 May, Tando Ncube (Lakeside)  
15 May, Tinyiko Nkwini (River Lodge 3)

\*Staff members must remember to pop in at reception to receive a small birthday surprise!



The **MEN'S HOBBY CLUB** meets on Tuesdays at 2pm in the OT/Activity Centre. The first session was held on 9 April and one of the hobbies enjoyed was building wooden model planes. All interested are welcomed to join in the fun and camaraderie.

### WELCOME TO

Norman Woolf (River Lodge 2)  
Helen Goldmann (River Lodge 2)  
Maria Horn (River Lodge 2)  
Dorothy Thomas (River Lodge 2)  
Dan Oi Loo (Cedar Park)  
Linden Millard (River Lodge 2)

### FONDLY REMEMBERED

Thelma Radmore, River Lodge 3 (10.03.2019)  
Ronald Merton, River Lodge 2 (29.03.2019)  
Arthur Nathan, River Lodge 2 (01.04.2019)  
Anna Gray, River Lodge 2 (02.04.2019)  
Lynette Saville, River Lodge 3 (16.04.2019)  
Dorothy de Bruyn, River Lodge 1 (22.04.2019)





## A serving of glitz and glamour for residents

On 27 March, the residents and staff of Ron Smith Care Centre dressed up in their glittering finery to attend a Glitz and Glam-themed happy hour, hosted by the staff of the very special River Lodge 3 dementia wing.

Debbie Christen, Rand Aid's Manager: Recreational Programmes explains: "In planning this event, we wanted to create excitement, anticipation and memories around those times when our residents and staff dressed up in their festive finery for a special occasion, party, celebration or event – a time when they pulled out all the stops to look their best.

*"In choosing this theme, we wanted to give everyone the opportunity to come out of the ordinariness and routine of daily life and to experience the joy, fun and excitement of a dress-up function. We recognised the fact that there was a time in our residents' lives when many of them enjoyed planning their festive attire and looked forward to parties and social gatherings."*

Preparations began months in advance, with residents and staff working on the sparkly decorations in the Activity Centre, practising dance routines to entertain the guests, and planning outfits and the food and beverages menu. On the day, the OT Activity Centre was transformed into a beauty salon for glittery make-up to be applied, for those who wanted to be extra sparkly! There was excitement in the air as staff helped their residents dress for the occasion, with last-minute borrowing of jewellery and bits of bling taking place.

The best dressed lady, gentleman and staff member of the evening were voted for, and the winners were cheered and applauded as they happily accepted their prizes. The guests particularly enjoyed a bit of an impromptu fashion parade, as the staff finalists showed off their sartorial splendour!

Champagne (including the non-alcoholic version), wine and fruit punch were the beverages on offer, with guests also enjoying snack platters consisting of green, red, and black grapes, cheddar cheese, cream cheese with sweet chili sauce, an assortment of crackers, cocktail-sized quiche, sausage rolls and chocolate eclairs. The evening's entertainment concluded with the host staff performing some lively dances and ending off with residents and staff dancing and moving to the Macarena. Resident Ria Standing acknowledged that she "very much appreciates events like this, because it lifts our spirits and gives us a real boost".





## Kitty turns 102!

Resident Kitty Venn celebrated yet another milestone on April 5, 2019, when she turned 102. Residents and staff of the care centre's Lakeside wing joined Kitty's daughter Carol Cunningham and Kitty's youngest sister, Merle Price, for a tea and scrumptious carrot cake. Merle also lives in Lakeside. Kitty moved into Rand Aid Association's Elphin Lodge in 2000 after her husband died and 15 years later, in her late 90s, moved to the care centre set in the grounds of Elphin Lodge. She puts her longevity down to a life of happiness, eating everything in moderation, exercise (she played tennis well into her 80s), playing bridge and being blessed with a loving family.

## Betty turns 103!

Resident Betty Haughton celebrated her 103rd birthday on April 19, 2019. Born in England, Betty has spent most of her adult life in South Africa. Betty worked for many years as the secretary of Linksfield Primary School. She celebrated her birthday with her loved ones and River Lodge 1 staff. Two weeks before Betty's birthday, fellow Ron Smith Care Centre resident Kitty Venn celebrated her 102nd birthday.



**LEFT:** Kitty Venn's birthday celebration.

**BELOW LEFT:** Kitty at her birthday tea.

**BELOW RIGHT:** Ron Smith Care Centre's oldest resident, Betty Haughton, turned 103 recently. This photo of her was taken at one of the care centre's Valentine's Teas.



## UPCOMING EVENTS

**SUPPORT GROUP:** The next support group for families with a loved one affected by Dementia/Alzheimer's takes place on Tuesday, 7 May in the boardroom at 10am and Saturday, 11 May, at 9:30am in the Cardroom/Clubhouse. Please contact Lorna Quinn if you are interested in joining the group on 082 456 5692 or email lornaq49@gmail.com

**GARDENING GROUP:** The next group will be held on Wednesday, 15 and 29 May, at 10:30am in the lapa by the croquet lawn or in RL3, depending on the weather.

**LOTTO:** There will be no Lotto Concert this month due to the Elections. The next Lotto Concert will be held on 12 June with entertainment by SASFA Dancers.

**BOERIE BRAAI:** This will be held in conjunction with the Joker Jackpot draw on 17 May in the quad area outside the hall. Place your order with Wanda at Elphino's -- R25 a boerie roll.

**SING-ALONG:** Come sing-along to good old favourites on 9 and 23 May in the OT/Activity Centre from 9:30-10:30am.

**HANDS & NAILS:** Will be held on 28 May in the OT/Activity Centre, from 9:30-11:45am.

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

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

**BRIDGE GROUP:** Want to learn how to play Bridge or even play a friendly game? Join us in the cardroom at 2pm every Wednesday.

**BIBLE STUDY:** Every Wednesday at 2pm in the Chapel

## STAFF NEWS

**Farewell** to Sr Mary Steeneveldt, the night duty sister on Woodlands and Cedar Park, who retired after more than 16 years of service to RAA. We also bid Suzie Webber farewell; she leaves the accounts department after 10 years of service. We would like to wish them all the best on their new journeys.

**A warm welcome** to Sister Florah Tshonisa who is the new sister on River Lodge 1 and to Neeri Stroebel, who is working in the accounts department.

## Easter egg hunt for residents

Who says that going on an Easter egg hunt is just for children? It's definitely for 'big children' as well, as the residents and staff of Ron Smith Care Centre proved.

Tuesday, April 16, dawned sunny and bright and was the perfect weather for the residents to go hunting for Easter eggs.

Assisted by various staff and volunteers, the residents were taken on a mad dash around the garden courtyard area to search high and low for the coveted marshmallow eggs. In addition, there were three other special eggs to be found. The golden egg would net first prize, the pink egg was worth second prize, and the purple egg would win third prize.

Motivated by the thought of all that chocolate, residents and staff made sure that they covered every nook and cranny of the specified area for the hunt! And after all the fun and excitement, it was time for tea and hot cross buns back at the hall, followed by a spot of dancing to some very lively music. It was a wonderful morning, enjoyed by all.



Peggy Roberts and Ans van Schie.