

Rand Aid review



Tel: 011 882 2510

MAR 2016

Fax: 011 882 4670

Email: info@randaaid.co.za

CARE CENTRE BRANCHES OUT

A 1.5 metre wire baobab tree stands tall in the grounds of Ron Smith Care Centre.

The care centre has been undergoing considerable rejuvenation as it moves towards full Eden Alternative accreditation, which will see it acknowledged as part of a group of international organisations that are adopting a

new, personalised approach to people care. Known as the 'tree of life', the baobab tree was incorporated into the logo of Eden Alternative South Africa when the international philosophy was introduced to South Africa in 2011.



The Eden Way

The tree is also called the 'upside down' tree in the African culture because when bare of leaves, the spreading branches of the baobab look like roots sticking up into the air, as if it had been planted upside-down. If one aligns this thinking with the Eden Principles, it symbolises that person-directed care stems from and is driven by the needs of the residents as opposed to the usual hierarchy with the leaders at the top dictating downwards. (Principle 8 - Decision making is closer to the resident.)

According to www.krugerpark.co.za, a baobab tree can create its own ecosystem, supporting the life of countless creatures, from the largest of mammals to the thousands of tiny creatures scurrying in and out of its crevices. Birds nest in its branches; baboons devour the fruit; bush babies and fruit bats drink the nectar and pollinate the flowers.

The nurturing associated with this venerable tree is well aligned with Ron Smith's Eden Alternative journey, demonstrating the 160-bed facility's growth in recent years in providing a loving, supporting and non-institutional new home for its residents.

The wire baobab will bear the care centre's Vision and Mission statements to allow residents, their family members and staff members to give their input prior to the formal adopting of these core statements. Thereafter, it will be used as a 'Wish' and 'Gratitude' tree.

Manor residents all a-twitter over owls

Two Spotted Eagle Owls – one adult and one juvenile – caused quite a flutter in Thornhill Manor recently. The pair put in an appearance early one morning and their arrival was announced by a fanfare, courtesy of several Grey Go-away Birds and a family of Indian Mynahs.

Amanda Brown, Tony Surtees and Maureen O'Brien were among the residents aroused by the cacophony created by those trying to see off the owls.

The two birds spent the entire day in the large elm tree just outside Tony's back door.

This is not the first time that owls have caused a stir in the Manor. A year or two ago, a young specimen, believed to be a fledgling from Thornhill Estate, took up residence and patiently tolerated the parade of residents that passed by to observe the phenomenon.

According to Leah Zerbe, writing on Rodale's OrganicLife website: "The haunting, magical sound of an evening owl call isn't the only benefit of attracting these nocturnal creatures to your land. Owls dine on a smorgasbord of voles, mice, and other rodents that can pester urban or suburban homeowners, as well as large insects that can wreak havoc on your garden."



The Spotted Eagle Owl takes note of the activity below its perch.

So the message is: cease poisoning rodents and let the owls take control.

* Courtesy Robbie Vermont

Come clean with
Wedge
Gardens



3

Tarentaal tail
wags and
smiles



4

Love was in the air at care centre

A lovely Valentine's Tea took place on the lawns by the duck pond at Ron Smith Care Centre on Friday, February 12.

Gazebos were gaily decorated with pink and red hearts and tables were laid with pretty flowered tablecloths, set with all the fixings for scones: butter, grated cheese, strawberry jam and, of course, freshly whipped cream!

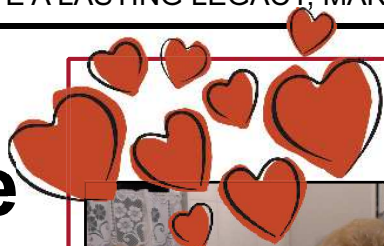
The residents so enjoyed dressing their own scones, some had butter and jam, some had butter and cheese, some had jam and cream, and some decided to have the works.

On hand were plenty of staff and volunteers, all decked out in their red and white Valentine's attire, to serve the tea and to assist where needed. The residents enjoyed the opportunity to chat and socialise while enjoying the beautiful, sunny morning outdoors with their friends and neighbours.

On Valentine's Day itself, all 150 residents were presented with a box of chocolates, lovingly prepared and packaged by the staff.



Gordon Smith tucks in.



Hard at work in the kitchen are Maureen Scholfield and Di Zylstra, who are part of Thornhill Manor's Entertainment Committee and who did all the catering for the village's Valentine's Dinner on February 10. A delightful two-course meal was served, along with refreshing glasses of punch. The village's community centre was decked out in red and white with romantic background music for all to enjoy.

A FEW HOURS IS ALL IT TAKES TO CHANGE SOMEONE'S WORLD

Volunteers bring added energy, creativity, warmth and caring that is so vital to the well being of residents in care centres.

This is the firm belief of the team at Ron Smith Care Centre, which for some time now has invited members of the public and residents of its retirement villages to volunteer their time at the Lyndhurst-based care centre, and in so doing, help enrich the lives of scores of people no longer able to live independently.

"We appreciate that our volunteers help residents keep their bodies, minds and spirits engaged and active, and that they bring a bit of laughter and good cheer to their day," says Debbie Christen, Manager: Recreational Programmes.

"We are grateful for the help and service that our volunteers give to our organisation but, more importantly, we value the precious and meaningful relationships that they build up with our sometimes very frail and aged residents. It is truly a priceless gift that is treasured by so many."

However, she says that many of Rand Aid's experienced volunteers have had to resign their services due to poor and failing health, the effects of aging, lack of time due to other commitments or because they have relocated.

No experience necessary

Community members with time and energy to spare are asked to consider volunteering at the care centre. No experience is necessary as in-house coaching takes place.

"Volunteers can help in a variety of ways. Some faithfully commit to leading programmes week after week in exercises, walking, music, singing, dancing, reading, armchair travel, library trolley, painting, card making, news group and bible study," says Debbie.

"Others regularly visit the occupational therapy department to help the residents with baking, knitting, games, puzzles, arts and crafts and music and movement. There is also a dedicated group of volunteers who provide sensory stimulation activities to our residents living with dementia on River Lodge 3.

"Finally, there is a special category of friendly volunteers who have the gift of engaging with and listening to our residents, some of whom are very lonely and long for some kind of communication and connection with another human being. These volunteers visit specific residents regularly and take the time to have a cup of tea and a chat with each one.

"Volunteers do much to brighten up days and enrich lives at Ron Smith Care Centre," adds Debbie. "Sometimes you actually see residents' eyes light up when they see a volunteer. Other times you may not get the response you hoped for. Yet I am totally convinced that that person is still somehow taking in and absorbing the fact that someone is showing love and care and trying to make a connection."

■ If you are interested in joining the volunteer group, please contact Debbie Christen at 011 882 6296.

Volunteers are true stars

Ron Smith Care Centre and Elphin Lodge thanked community members for being the shining stars they are at a champagne brunch volunteer appreciation event on November 27.

About 40 volunteers attended the event, themed 'Stars'. Prior to the breakfast, care centre residents made glittery stars in a range of colours as an occupational therapy activity, which were then used to decorate the clubhouse. There were stars everywhere – on the tables, on the windows and even on the floor, as a welcome pathway for the volunteers. The residents also made star-shaped biscuits especially for the volunteers, to thank them for all they do with and for them.

Those people who give of their time so generously on a regular basis at the Rand Aid-run care centre and retirement village were presented with certificates with personalised messages and a polished nickel star keychain engraved with the Rand Aid logo and the word 'STAR'.

BELOW: Sheryl Emmett, Dara Migliore, Raffi Migliore and Madge Ronald.



Befriend Aggie
Hatrack on Facebook
(Aggie Hatrick)



Follow Hip Op
Granny on Twitter
(@hipop_granny)



Wedge thanks volunteers

Treatment centre Wedge Gardens owes a debt of gratitude to the many volunteers who selflessly give of their time to ensure that the people passing through Wedge's doors have the best chance possibly of sustained re-integration into society. On December 4, a gratitude function was held to thank these volunteers for offering up their time and expertise. The treatment centre's volunteers fulfil specific functions and use their own resources and time to do so. Pictured are some of the volunteers.



Volleyball send-off

A practical goodbye for Wedge Garden students. After doing their practicals at Wedge Gardens Treatment Centre in 2015, Midrand Graduate Institute students said farewell to residents by challenging them to a friendly game of volleyball on the in-house court. The students, all doing their Masters degrees in Counselling Psychology, did group work three days a week with those undergoing rehabilitation for substance abuse at the centre. Each session lasted for 90 minutes. The students also donated a filter coffee machine to the staff. "This has added a touch of class to our coffee breaks," says Wedge Gardens Manager Adél Grobbelaar.

Hamper reward acknowledges that rehabilitation is no picnic

Getting clean is a reward in itself for substance abusers, but a monthly incentive scheme at Wedge Gardens Treatment Centre is helping those undergoing rehabilitation to stay the course.

The centre was given a beautiful wicker picnic basket as a donation and this is now the 'floating trophy' that is awarded each month to the resident who best complies with his treatment programme.

"We fill the basket with goodies to suit the winner's needs, be it picnic-type treats or even essentials," says Wedge Gardens Manager Adél Grobbelaar.

The 'Patient of the Month' must have attended all individual therapy sessions and worked hard in therapy; attended all lectures and group meetings; all fellowship meetings e.g. Alcoholics Anonymous and Narcotics Anonymous; and must have worked hard on his chores and gone above the call of duty.

"The January winner's hamper was filled with crisps, chocolate and biscuits. Although he cannot be named because of confidentiality issues, he has earned the nickname 'Mr Recovery' from fellow residents," says Grobbelaar.



Wedge students do final practical exams

Three final year Wits Occupational Therapy students held their final practical exams in the Occupational Therapy Room of Wedge Gardens Treatment Centre on November 12. The students have done their practicals at the rehabilitation centre in Whitney Gardens. They were examined by Professor Pat de Witt and Fasloen Adams of Wits University. The student being examined is Roxann Vangeelen. In early December, Wedge Gardens learnt that all three students had passed and are now qualified therapists. The faces of those undergoing rehab at Wedge have been blocked out for privacy reasons.

REMEMBER RAND AID IN YOUR WILL

Charitable bequests have been included in wills for centuries.

A bequest allows you to make a meaningful gift which you might otherwise not have been able to consider. If you would like to make a bequest to Rand Aid Association, please contact Carol at 011 882 2510.



Tarentaal residents on the move

Tarentaal retirement village received three new wheelchairs recently, thanks to a fundraising drive by St Dunstan's College. Tarentaal was chosen as the school's beneficiary and the wheelchairs were handed over by Sarah-Jane Cross. Pictured are Tarentaal's Sr Meriam Maime and resident Nora de Beer.

Memory boxes for a special couple

Imagine the memories that come with six decades of marriage. The family of Frank and Pat Lucas – who celebrated their 60th wedding anniversary on February 11 – did more than imagine ... they created special memory boxes for the couple.

Pat lives in her own home at Elphin Lodge retirement village while Frank lives in the River Lodge 2 wing of the Ron Smith Care Centre, situated in the same grounds.

The memory boxes were lovingly put together by family and friends and were presented to Frank and Pat on their anniversary shortly before Valentine's Day. The boxes are filled with individual memories of Frank and Pat, and the long-married, couple considers these 'gifts of treasured memories' the best gifts that anyone could give them!

Daughter-in-law Margie Lucas and her son Michael organised the memory boxes, and the family agreed to share a few of the memories contained in the box:

'I remember countless afternoon sorties to Gran and Pops. Popping in to sample Pavlova and sausage rolls. Being allowed to watch TV and playing cricket with Pops.' (Stephen)

'I remember ice-creams at the zoo with Jem, Nick and Mike and lying on our backs looking for pictures in the clouds while Gran and Pops sat on a bench nearby.' (Shelly)

'I remember the smell of sawdust and all the incredible creations that came out of Pop's garage. My Wendy house was so well kitted out. It even had a wooden washing machine that Pops made for me. I was the luckiest little girl.' (Sarah)



Frank and Pat Lucas on their 60th wedding anniversary.

Frank and Pat were very involved with the Anglican Church and met at a church function when she was about 16 and he 20. They were married at St Mary's Church in Rosettenville in 1956 and have four children, eight grandchildren and three great-grandchildren. All four generations are still in Johannesburg and were present at the celebration.

"We built a house in Bedfordview and grew wonderful fruit, nuts and vegetables that kept us healthy and well-fed. I became a director of Reunert & Lenz, supplying the railways with wheels, axles and gears," remembers Frank.

The Lucases were very prominent in their community, with Frank joining the Village Council in Bedfordview and serving as mayor. He even had a road named after him: 'Lucas Lane', and started the local Rover Boy Scouts, as well as a local Toastmasters Club. "I was instrumental in building the scout hall and also helped build the beautiful stone church in Bedfordview, St Margaret's."

Frank and Pat remember a very special family camping trip, which took them across England, France, Italy, Austria, Switzerland, Germany, Belgium and Holland. "What a wonderful time we had, swimming in the Mediterranean and seeing all the amazing sights of each country!" they remember, adding that they have lived a blessed life with many treasured memories built up over a lifetime to cherish.



Canine caring

Tails wag and mouths smile when once a month Paws for People visits Tarentaal Village. The dogs and their handlers are special guests at the village's Friendship Draw. "The residents love giving the dogs treats and interacting with the animals," says deputy complex manager Annchen Henshaw. Pictured at the last Friendship Draw of the year on November 18 is resident David Wall, who was November's winner, with the ladies and dogs from Paws for People: Sue Marrs with the gorgeous Golden Retriever Sebastian; Judith Woodward with Secret, a beautiful White Swiss Shepherd; Tricia Davis and Dora Ingold with well-behaved Border Collie Rafiki.



Oh my word, what fun!

Rand Aid Association residents and other interested players can now enjoy a game of scrabble at the retirement village's Inyoni Creek clubhouse. Pictured are Hugh Cunningham and George McTaggart battling it out. Contact Hugh at 011 346 1870 for further information.



Coffee and camaraderie

Elphin Lodge Retirement Village held its coffee morning on Wednesday, January 20. Residents not only enjoyed their coffee and snacks, but also got to make bookmarks as well. Pictured are Leah Marangao, Merle Price and the chairperson of Elphin Lodge's Residents' Committee, Jean Johnson.

Back to nature papermaking workshop

Do you know how to make paper by hand? Did you know that one of the ingredients for making paper is elephant dung?

On the afternoon of Friday, February 19, there was a buzz of excitement in the OT Activity Centre at Ron Smith Care Centre as 20 care centre staff donned their aprons and prepared to learn the art of making paper from scratch.

Sylvia Birkhead, Senior Occupational Therapist, presented this workshop to care workers, housekeeping, nursing, OT and management staff, as an Eden Alternative team-building activity, designed to link certain Eden principles with the actual art of papermaking.

The Eden Alternative is a fast growing philosophy that seeks to change the culture of today's old age homes and care facilities to embrace more personalised care.

Sylvia said that the idea was to use the Eden concepts and images of nature, trees, gardens and planting of seeds for growth, to introduce this activity which involves the use of natural materials to



Jennifer Sigida, Vivian Maphoso, Debbie Christen, Adolphina Magwete and Shirley Makwarela at the papermaking workshop.

create a product totally made from nature.

She made a small card from homemade paper into which the seed of a tree was embedded, for each participant to plant in soil to remind them of the origins of paper, and to give them the opportunity of growing and nurturing their own tree which symbolises the growth they have promoted when nurturing the residents.

The papermaking process began by creating a pulp mixture from recycled/shredded paper, plant fibres such as mealie skins, bulrushes, dandelions, elephant dung and water. Batches of differently coloured paper were made by adding onion skins, tea leaves, dyes or coloured serviettes to the pulp mixture.

"What a magical moment it was for each staff member, when a beautiful piece of handmade paper was revealed from the messy mixture of pulp. The natural transformation process from something that is seemingly unattractive and useless into something beautiful and useful is quite amazing to behold and the staff were very proud of the fact that they achieved this with their own hands," says Sylvia.

Sylvia says that the objective of the workshop was "to move the staff one step further along on their Eden journey, by reinforcing the Eden concepts of nature, nurturing, and working together on a fun activity that has no limits or rules and which brings people back to nature."

Monkeying around

The Happy Hour normally held every month at Ron Smith Care Centre, took on a different flavour this February, as the theme of the gathering was to celebrate Chinese New Year, the year of the Monkey.

Residents from all six wings of the care centre were invited to the Cedar Park wing, which was brightly decorated with Chinese dragons, flower motifs and banners with Chinese calligraphy, proclaiming best wishes for long life and good fortune for the coming year.

Fortune cookies were offered round, and residents curiously broke open their cookies in anticipation of finding news of impending good fortune! They also had fun trying to work out their Chinese horoscope sign.

The residents enjoyed calling out their answers to a quiz on Chinese culture and traditions and then sampled

some litchi juice along with a variety of Chinese snacks: spring rolls, dumplings, meatballs, bow ties, sesame rice cakes and candies, guava confectionaries and dried plums. Some even chopsticks!



Denny Hancox in her daughter's silk and satin Chinese jacket.



Pool Party fun and games

Fun in the summer sun was the order of the day at the Pool Party held on Friday, December 4, for Ron Smith Care Centre residents. "Residents of Ron Smith Care Centre donned their 'beach wear' and came out to enjoy a lovely morning by the pool on a beautiful sunny Friday," says Debbie Christen, Rand Aid Association's Manager: Recreational Programmes. "Strawberry smoothies, watermelon, chips, ice cream cones and other pool-side snacks were on offer and music played merrily in the background. The activities team was first to jump into the pool and residents enjoyed watching them splash and play. A few residents then decided to roll up their trousers and dip their feet into the lovely cool water," says Debbie. "We could be in Mauritius!" remarked Joy Smith, a resident of the care centre's Cedar Park wing. Pictured is Betty Hood enjoying the cool water.

Minnie is a **MIGHTY** centenarian

One definition of the word 'sterling' is conforming to the highest standard. Sterling is also the surname of an Elphin Lodge resident who turned 100 on January 25, and the description of her surname certainly suits Minnie.

An Elphin Lodge resident for 15 years, Minnie has a mighty attitude to life. Born in 1916 in Johannesburg – slap bang in the middle of the First World War, she spent her childhood in Harrismith with her parents and two brothers.

She matriculated in 1933 and six years later married Louis. They lived in Brakpan for 17 years, before moving to Klerksdorp in 1956. The town became Minnie's home for the next 44 years, and she had a very busy life raising children, working, playing tennis, bowls and bridge, attending International Toastmistress Club meetings and yoga classes. Minnie did yoga regularly until the age of 95 and she firmly believes that the benefits of yoga have contrib-

uted to her longevity.

This grand lady has three daughters, six grandchildren, 15 great grandchildren and one great, great grandchild.

In 1992, after 53 years of marriage, Minnie's husband died after a long illness. Eight years later, in 2000, Minnie wanted to be closer to family so she moved into Elphin Lodge, where she still lives independently.

"She has had 15 happy years here, with wonderful neighbours and friends. My Mom still plays bridge and attends art classes," says daughter Sandra Sterling. "She thinks that Elphin Lodge is a very good place to stay and she appreciates all the good things that Helen [Petrie, the Elphin Lodge Complex Manager] and her team do. She is still very active and well informed and she believes that good health and exercise are vital components of a well managed life."

Minnie is living proof that it is not how old you are but how you are old!



A long-time resident of Elphin Lodge retirement village, Minnie Sterling is congratulated on her 100th birthday by Zabeth Zühlsdorff, Rand Aid's GM: Services and Advance Division.



Angels celebrate Thembalami birthdays

Thembalami Care Centre held its first birthday bash of 2016 on January 20. The Inyoni Angels, from nearby Rand Aid Association retirement village Inyoni Creek, once again sourced and donated delicious snacks and treats for residents and a birthday present for each resident who celebrated their birthday in January. Inyoni Angel Val Bartram with Marianne Venter and Piet Marais, two Thembalami Care Centre residents who turned 70 in January. Whilst Marianne has been a resident of Thembalami for 11 years, Piet has been a resident for 12 years.

Celebrating half a century together

Inyoni Creek residents David (81) and Felicity (75) Borland celebrated their 50th wedding anniversary on January 15 and renewed their wedding vows in a meaningful ceremony at St Theresa's Catholic Church in Edenvale on January 16.

The couple met at their friends' wedding in Pietermaritzburg in 1965. Felicity was a bridesmaid and David the best man. Three months later, the same friends invited them to spend the weekend with them hiking in the Magaliesburg. "I made my decision then, when I saw this young blonde carrying the heaviest pack," laughs David. "The next day I wrote a letter to my Dad and told him that I had met the girl that I wanted to marry!"

Felicity accepted David's proposal on August 15, 1965. The couple were married by David's cousin, Fr Phillip Erasmé, at St Mary's Church in Pietermaritzburg. After their marriage, David, as an engineer, was transferred a number of times and the family moved around the country.

They have three children, David, Mark and Jessica, who spent their teenage years on a six acre plot in Glenferness, where the family experienced the freedom and joy of country life. They then moved to a lovely home in Bryanston, which was constantly filled with interesting young people.

"Our children, six grandchildren and extended family have brought joy and meaning to our lives and we thank God for each and every one of them," says David.

David and Felicity, who now live with their two treasured eight-year-old dogs, moved to Inyoni Creek in 2009. "It was a good and timely move. We are blessed to live in such lovely surroundings where we have made good and caring friends."

David obtained his BSc Eng at Wits and was awarded a scholarship to attend Birmingham University in the UK where he obtained a Master's degree in Highway Engineering. He was one of only a few in South Africa to have this qualification at the time. Felicity studied teaching at Natal Training College and taught in KwaZulu-Natal, London and Johannesburg.

A magical time during their marriage was 15 years ago when they moved to India for a year. David was the team leader designing the upgrading of 223km of a section of the National Road system.

"When I met Felicity 51 years ago, I saw a happy, strong, positive, caring and smiling person. To me she is still beautiful and I thank God each day that she agreed to be my wife," says David. An important aspect that strengthened their marriage is faith. "Life presented us with times of deep sadness, but our steadfast belief in God drew us closer in faith, love and compassion," says Felicity.

* The full article is on the Rand Aid website.



David and Felicity Borland.

Happy memories of Christmas past

A cracker of a celebration at Thembalami

A scrumptious three-course meal and gifts from Santa made Thembalami Care Centre's Christmas party extra special.

Thembalami cares for physically and financially vulnerable senior citizens and a host of people came together to ensure that residents were touched by the magic of Christmas on December 4.

Staff members and their family members prepared a feast for residents and a group of kind-hearted residents from Inyoni Creek, another Rand Aid complex, ensured that everyone received a gift and some one-on-one attention. Aptly named the Inyoni Angels, these special folk have adopted Thembalami and host a number of functions for residents each year.

Just before 1pm, Father Christmas father – aka Inyoni Angel Arthur Haddon – arrived and handed out gift packs consisting of toiletries, coffee creamer, coffee, tea and sugar, as well as sweets, biscuits, popcorn, dried fruit and nuts. Lynn Hartman, another Inyoni Creek resident, baked each resident a cup cake and bought them each a lunch bar.

"We not only catered for our 131 residents, but also for our 30 gogos – those ladies from nearby Alexandra who visit the care centre each week as part of the Zamokuhle outreach programme, and 12 residents and three staff members from the Max Ordman Deaf Association, who will soon be accommodated in a purpose-built centre on Thembalami's grounds, following a merger between Rand Aid and the association.

"Afterwards there was enough food to share with the Inyoni Angels and staff. It was a successful day and enjoyed by all," says Thembalami Manager Elize Raath.

In addition, four staff members from the Independent Regulatory Board for Auditors (IRBA) came to visit the Zamokuhle gogos and provided each lady with a food hamper, which was pre-packed and delivered by Makro. "The gogos were so impressed that they sang and danced for the visitors, and when Santa arrived, they queued up to sit on his lap!" says Elize.



Zamokuhle outreach beneficiary Victoria Smith with Santa.



Thornhill Manor Carols by Candlelight

Minister Brian Hutton of the Hillside Methodist Community Church with his wife Lara and their two lovely daughters joined residents of Thornhill Manor retirement village for a spectacular Carols by Candlelight evening on December 13. "The Huttons sang, played the guitar and assisted Lynn Peters and Enid Dixon of the village's Chapel Committee to give Thornhill Manor residents the most delightful carols evening," says Thornhill Manager Esme Erasmus, adding that after the carols, everyone enjoyed tea and mince pies together.



Christmas Market

Convenient and unique last-minute gift shopping was on the cards when Thornhill Manor held its Christmas Market on December 9 in the village community centre. There were seven vendors, all residents of Thornhill Manor, who sold their own hand-made goodies. There were loads to see and buy and for the weary or thirsty, tea and cake was available. Pictured is Erna Lloyd purchasing some goodies from Ruth Meredith.



Cheers to a good year

After a year of hard work, Tarentaal retirement village's residents' committee enjoyed a social Christmas Lunch on December 2 at 33 High Street. The day ended on a high note with beer tasting at the Oakes Brew House. Pictured is committee member Maryna van Zyl with brewery staff members Dennis Msiska (left) and Philip Chinanai (right).

MORE CHRISTMAS MEMORIES ON PG 8

Staff spread joy

By 7am on Friday, December 18, the kitchen, main dining room, hall and outdoor courtyard at Ron Smith Care Centre were a hive of activity as staff from all departments prepared for a Christmas Show and Braai for 350 residents and staff.

About 25 house-keeping and care staff joined together to present a show of traditional and contemporary Christmas Carols interspersed with dance numbers to Mambo #5 and Vulindela. The show team also danced with the residents in the audience to a Kenny Rogers and Dolly Parton Christmas song and ended up wishing everyone a Merry Christmas with a lively rendition of Feliz Navidad.

"I'm very proud of the show staff," says Debbie Christen, Manager: Recreational Programmes for Rand Aid, who conceived and planned the show with Hilda Mabaso, House-keeping Supervisor at Ron Smith Care Centre.

"We wanted to bring the story, spirit and joy of Christmas and present it with love, and I think that's what we did," Debbie says.

Cedar Park resident Jill Jones comments, "Every item presented was so enthusiastically received and appreciated by the audience. At one stage, members of the Dancing Team, scattered into the audience and danced with the residents and when the melody 'Vulindela' was played, everyone was invited to dance, whether to sway in a wheelchair, keep time, or go onto the floor with a carer or member of the Dancing Team. This interaction was enthusiastically received and greatly enjoyed. Memories of our dancing youth were revived and came quickly to the fore. Laughter and smiles were on everyone's faces."



Nomsa Shabangu dances with resident Beryl Armitage.



Tarentaal gets festive

The air was warm with festive cheer on November 27 when Tarentaal held its Christmas Dinner. Residents enjoyed a three-course meal, lovingly prepared by Steve Burton from Rand Aid's main kitchen, before dancing the night away. Pictured are Muriel Kennerley, Petronella Grove, Valerie Young and Renee Kellow.

Dickens visits Thornhill Manor

Thornhill Manor held its Residents' Christmas Dinner Dance in the village hall on December 8. The theme was Dickens and featured beautiful snow and mirrors hanging from the ceiling, black painted candle lamp posts on the wall and song sheets as place mats. Ribbon and clove-decorated oranges graced the tables. All the décor was thanks to a group of ladies led by Penny Perrow. "What a superb job. And the meal was wonderfully cooked and served by Steve Burton, the Food & Beverage Manager of Rand Aid's Cookchill; while Rudi van Niekerk handled the entertainment, treating residents to an evening of song and music. The residents danced the night away. Sandy Scott was the lucky lady to win the Christmas raffle," says Jackie Scott, the Deputy Complex Manager.



Random act of kindness

Once a month, the Hillside Community Methodist Church involves its young congregants in a random act of kindness and on December 8, Ron Smith Care Centre residents were touched by this special brand of caring when hand-made Christmas crackers were handed out. The residents were enjoying a picnic at the time, which had to be moved indoors because of rainy weather and the pulling of the crackers added some extra festivity to the gathering.



Tarentaal village residents enjoyed their Christmas Tea on December 14, tucking into an array of eats. Making the most of the gathering are Kenneth and Margaret Denny and Arthur and Ruth Hartzenberg.

*The best thing about
memories
...is making them*



Santa Claus is coming to town.... The residents of the Ron Smith Care Centre had a merry time on December 14 when Father Christmas paid them a visit. Playing Santa was Mike Holder from Collinge & Co. Funeral Directors, who was joined by colleague Jessica Foley. "Collinge has over the past few years arrived to wish our residents well over the festive season and to hand out candy canes. Over the Easter period, they will bring our residents eggs to enjoy," says Avril Maltman, Senior Nursing Manager.