

# Rand Aid review

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## Geriatric medicine specialists

Dr Christina Eleftheriades - whose practice is based at Rand Aid's Elphin Lodge, recently obtained her Diploma in Geriatric Medicine.

This means that both she and Dr Carmella Mielke, who also holds a Diploma in Geriatric Medicine and also practises from Elphin Lodge, are well positioned to provide specialised care to the residents of Rand Aid.

Both doctors are playing a leading role in formulating Rand Aid's COVID-19 response.

## Meet Peter Quinn, Rand Aid's new CEO

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His appointment has coincided with one of the most difficult periods in South Africa's history, but Peter Quinn has hit the ground running.



## Rand Aid acts with urgency to keep residents healthy

*Rand Aid Association reacted swiftly to the news that a national state of disaster had been declared as a result of the coronavirus (COVID-19) outbreak in South Africa.*

The day after President Cyril Ramaphosa's announcement, measures already implemented were strengthened to protect the residents and staff of Rand Aid's retirement villages, care centres and substance abuse treatment centre from infection – including restricting non-essential visitor access.

"As older persons face increased risks of complications from COVID-19, it was critical for Rand Aid to respond with urgency and the seriousness required," says Rand Aid CEO Peter Quinn. "Rand Aid and its residents will be fully complying with the conditions of the national lockdown, which are, in fact, aligned with the measures we had already put in place."

"Rest assured we are committed to expertly caring for our residents and will continue to do so during the lockdown."

"Frailty, underlying medical conditions and comorbidity – which is the presence of more than one disorder in the same person, increase the risks of older persons getting critically ill from the virus," says Dr Carmella Mielke, who practises at Rand Aid's Elphin Lodge Complex.

"Anyone over 65 is considered high risk by the World Health Organisation," she adds.

"It is for these reasons that we are taking the pandemic very seriously. While some of the measures we have implemented may be restrictive and inconvenient, they are very necessary if we are to minimise the impact of the virus on the Rand Aid community," says Peter.

### TIPS FOR COPING DURING THE NATIONAL LOCKDOWN:

**Maintain a routine:** Get dressed and groomed, even if you are going nowhere.

**Stay active:** Do stretches or exercise each day.

**Connect:** Phone or WhatsApp friends and family.

**Dust off hobbies:** Do puzzles, paint, bake or knit.

**Turn off the TV:** Keep up to date but don't become obsessed with COVID-19 news.

**Hello sunshine:** Sit on your patio or balcony and enjoy the birds, butterflies and gardens.

**Stay calm:** When you feel overwhelmed, listen to uplifting music or phone a friend.



Elphin Lodge's library is a great example of community spirit. It is run by volunteers, stocked through donations and books are loaned on trust. Pictured are librarians Vera Lenthall, Susan Dickinson and Sybil van Aardt. Read more on page 6.

## Quicker internet for village residents

I nyoni Creek is joining the migration to fibre connectivity and Elphin Lodge will soon follow suit.

Fibre internet connections are becoming increasingly popular in South Africa as infrastructure continues to roll out and users migrate from ADSL and LTE lines.

"Our residents experienced the same challenges as other users of ADSL and LTE, including slow connection speeds and weather interruptions," says Inyoni Creek manager Jenny Tonkin.

"We had a number of fibre queries both from existing residents and potential purchasers.

"Fibre-optic main cables have now been laid underground in the village by SA Digital Villages and cables will be run to homes that sign up for the service," says Jenny, explaining that the telecommunications operator and

internet service provider used specialises in the installation, operation and maintenance of last mile fibre optic networks.

"We started researching the process about 18 months ago in response to requests from residents and Telkom's imminent transition from copper-based technology to wireless. We had to find a way to cater to the needs of our residents and started investigating our options.

"Unfortunately, many fibre suppliers felt that there would not be sufficient uptake in a retirement village. Eventually, one of our residents, Peter Tredre, who was helping us drive the project, approached SA Digital Villages and they agreed to meet with us.

"After a presentation by them and a survey among our residents indicating their interest in fibre, SA Digital Villag-



**Residents Dr Arnold Granville and Mike Edwards at the fibre Q&A session.**

es proceeded to go ahead with the installation in October last year," explains Jenny.

An information workshop was held by Vox for residents on February 4, at which residents were given the opportunity to sign up for fibre on the same day.

## Rand Aid appoints strategic yet creative CEO

Strategic management expert and skilled corporate executive Peter Quinn (63) became the new CEO of 117-year-old NPO Rand Aid Association on March 1, 2020.

The position was vacant following the death in August 2019 of Rae Brown, who had been at the helm of Rand Aid for 14 years.

With its head office in Lyndhurst, Rand Aid has three life-rights retirement villages, a retirement village that offers rental accommodation, two frail care centres and a substance abuse treatment centre.

"The alignment of my culture and values – most notably integrity and empathy – with those of Rand Aid, makes this amazing organisation a good fit for me. I look forward to my role as CEO and will seek to leave a meaningful legacy, as other CEOs before me have done.

"My time here must ensure the ongoing success of Rand Aid and further entrench its commitment to assisting the elderly and those with substance abuse challenges," says Peter.

He brings to Rand Aid the unique ability of being able to apply a creative approach to structured financial and governance processes, and vice versa.

Peter describes his management style as participative. "I keep an open door and believe in listening to my team," he says.



**Rand Aid's new CEO, Peter Quinn.**

"My approach is strategic and focused; analytical yet creative. Rand Aid has a solid management team in place and together, we will continue to provide solid governance support to the Board and be action and delivery orientated," he says.

He adds that as CEO, he has the responsibility of leading the organisation in protecting its investments and that of its life-rights residents.

Peter has many years of experience in business at CEO level.

He possesses financial acumen and extensive knowledge of and experience in many functional areas.

A resident of Magaliesig near Fourways, one of Peter's passions is 'long distance riding across South Africa on my touring Harley.'

He reads extensively – mainly non-fiction – and says that because of his enquiring mind, Google is his BFF and educator.

"Rand Aid has an amazing culture of caring and a passion for the elderly. Since joining the organisation, I have been impressed by the absolute commitment of all staff members and the loyalty they show to the organisation and the people in their care.

"The well-maintained facilities and beautiful gardens highlight Rand Aid's continued commitment to professionalism and efficiency."

## An interesting career

Peter obtained a Bachelor of Business Science (Finance) from the University of Cape Town, qualifying as both a chartered accountant and later a Fellow of the Chartered Institute of Management Accountants.

On successfully completing the Higher Diploma in Marketing Management, Peter became a member of the Institute of Marketing Management and was subsequently amongst the first to qualify as a chartered marketer in South Africa. He furthered his management studies by completing the Stanford Executive Programme at Stanford University, California.

Peter started his working life as an audit clerk, moving up various corporate structures to become CEO of Fedics Food Services, a position he assumed in January 1997 and which saw him overseeing over 10 000 staff members.

In January 1999, he was appointed Group Chief Executive Officer of Fedics Group Ltd, a listed company. He led the group through a delisting, leverage buy-out and BEE deal, which necessitated a complete re-strategising and focus exercise, requiring extensive negotiation.

In 2004, he left the corporate world to pursue various entrepreneurial endeavours, which included using his considerable experience to work as a strategic management consultant.

Peter has been involved in a number of organisations, including serving as the CEO of the South African Israel Chamber of Commerce (2014-2015), being a member of the Young Presidents' Organisation and past chairman of the Africa Gateway Chapter. He has also served on a number of boards, including the Board of Protea Hotels.



# No more hot sun woes for RSCC golfers

**T**he wonderful Woodlands Garden area at Ron Smith Care Centre has become even more inviting with the addition of a shade sail over the putt golf green and croquet lawn.

"These sails not only complete the aesthetics of the area but provide much-needed protection and shade from the sun for our residents and staff, enabling greater usage of the area by our care centre community," says Debbie Christen, Rand Aid Manager: Recreational Programmes.

The lovely landscaped area includes a beautiful lapa with braai facilities, a jungle gym for children visiting their loved ones and a pavilion overlooking the Astroturf. Croquet and putt-putt golf can be played in the Garden.

A short stroll from the Garden is the wheelchair-friendly bridge that crosses the Jukskei River and leads to sister Rand Aid villages Tarentaal and Inyoni Creek.



**RIGHT: Residents delight in the shade sail over the putt golf green and croquet lawn.**

## New retirement village on the Glendower Golf Course

Scores of people have put their names on the waiting list for the new retirement village Rand Aid Association plans to build on land purchased from the Glendower Golf Course.

"The response from members of the public highlights the need that exists for additional accommodation for active, healthy people aged 65 and over," says Zabeth Zühlendorff, Rand Aid's GM Services and Advance Division.

Rand Aid has been hard at work meeting the many statutory requirements associated with a new residential development.

In addition, a team of architects and other consultants have been giving life to Rand Aid's vision of an attractive, inviting and environmentally-conscious lifestyle estate for people who want to live in a secure, low-maintenance green environment.

Once more clarity on timeframes, detailed plans and costs are available, Rand Aid will contact all interested parties. To put your name on the waiting list, contact Erica Woodward on weekdays before 2pm or Zabeth Zühlendorff between 2pm and 4pm at 011 882 2510.

## Rental accommodation available at Tarentaal

Cosy bedsitters are available to rent in Tarentaal village.

A few of these are available for people in need of sponsored accommodation and who cannot afford the full rental amount. A rigorous financial assessment will be done to determine who qualifies and how much they can in fact afford to pay.

The village has lovely gardens, play equipment for visiting grandchildren, a library, laundrette, e-media centre, interdenominational chapel and podiatrist. Transport is provided to shops and other amenities in close proximity.

It is situated on the corner of Modderfontein and Wordsworth roads in Lyndhurst.

For more information, contact Laetitia Goosen at 011 882 2510 or email [lgoosen@randaid.co.za](mailto:lgoosen@randaid.co.za). Visit the Rand Aid website to learn more about Tarentaal: [www.randaid.co.za](http://www.randaid.co.za).



## Toys hand-crafted, with love

A wonderful selection of hand-made wooden toys - all crafted with love - could be found at the Inyoni Creek Market Day on November 7.

The toys were lovingly crafted by Rand Aid residents who make use of the workshop that was established for them early in 2019.

The workshop means that these handy men and women can carry on with their artisan hobbies without annoying their spouses or neighbours.

Once the lockdown is lifted, residents who want to become part of the workshop can pop on down to the Rand Aid central workshop and ask for Reg Combrink or contact him at 011 882 2510.

**Mike Tudhope, Stephen Sherwood, Gordon Roberts and George Green (all Inyoni Creek residents) with some of the items made in what is fondly called 'The Men's Shed'.**



## New-look for Tarentaal clinic

When Sister Jana Bezuidenhout started work at Tarentaal Retirement Village in 2019, she said the on-site clinic's look and feel did not match the rest of the charming village.

It was dark and unwelcoming, she says. A little TLC, some furniture re-arranging, new desks and a coffee station – initiated and funded by Sr Jana – created a more open and inviting space, with residents saying the clinic has never been as comfortable to visit.

Sr Jana says the staff also feel uplifted by their improved working environment.

■ The village clinic is open from 8am to 10am, Mondays to Fridays, and offers the following services: BP monitoring, weight monitoring, basic dressings, screening for diabetes and cholesterol, basic blood tests, general health advice and home visits.



**Auxiliary nurse Mercia Sekgarametso, who has nearly 40 years of service with Rand Aid Association, takes the blood pressure of resident Anna Haarhoff.**



## Therapeutic art turned into unique quilt

Eighty-one-year-old Hilary Sidelsky is a resident on River Lodge 2, at Rand Aid's Ron Smith Care Centre. She loves the weekly fabric painting session which she attends at the Occupational Therapy Activity Centre and says that it brings her much joy and contentment. Towards the end of last year, she showed her daughter, Stacey, all the paintings she had created, and together they decided to make a quilt with all the artwork. The quilt now has pride of place on Hilary's bed and is a lovely reminder of the special joy that comes from creating something beautiful with your own hands. Pictured is Hilary (right) with her painting instructor, Jacqueline Cloete.



**The Elphin Lodge Entertainment Committee. Back: Dee Friedrichs, Anthea Steyn, Kathy Theron and Barbara Marr. Front: Crystal Smart and Madge Venter. Absent: Lilly Picker and Peter Heim.**

## Elphin's expert organisers

Seven women and one man have kept Elphin Lodge's social calendar full over the past year.

The Rand Aid retirement village has always had an Entertainment Committee. This sub-committee of the Residents' Committee assists village management to meet the social and interactional needs of residents. It encourages and contributes to active village life by arranging church services, activities, functions and outings.

"The current committee has done a sterling job," says village manager Helen Petrie. Chaired by Kathy Theron, the committee consists of Anthea Steyn, Barbara Marr, Crystal Smart, Marjorie Venter, Lilly Picker, Denise Friederichs and Peter Heim.

"The Entertainment Committee has made a big difference in the village. It helps bring residents together socially and encourages participation while giving everyone a chance to interact with fellow residents," says Helen.

"Enthusiasm on the part of the committee made 2019 a particularly good year," she adds. "A large variety of events have been organised and residents from the village, the Ron Smith Care Centre and the other villages as well as outside guests have all supported the arranged events."

She says that the most memorable occasions include a supper with pianist Neil Bennett in March, regular coffee mornings, the Joffe Duo in July, the Spanish dance display in August, the Hot Dog Jol and the Silhouettes organised by the Jewish Cultural Club in August, light music presentations with Alan Garlick in August and October and Jonathan Roxmouth and Neil Bennett concerts in November.

**DID YOU KNOW** that Daniel Fargher Corlett, after whom Corlett Drive in Johannesburg is named, once served as a Rand Aid Association board member?



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## Wedge Gardens cares for its caregivers

**V**alentine's Day at Wedge Gardens treatment centre was all about showing the staff that they are cherished for the important work they do in combating substance abuse.

"Each staff member was responsible for decorating the office door of a colleague, with a draw being done to determine who decorated each door.

"The theme was obviously 'love' and the results were creative, colourful and uplifted everyone's spirits," says Adél Grobbelaar, the manager of

Wedge Gardens.

Each staff member also received a breakfast pack in a bright red box, containing a yoghurt, single-serving packet of muesli, a coffee sachet and a chocolate.

"We used this opportunity to care for our caregivers and to show staff members how much they are valued," says Adél.

**RIGHT:** Wedge Gardens team members Merios Maluleke and Margaret Phungola.



## Valentine's Week at the Ron Smith Care Centre

For the residents at Ron Smith Care Centre, Valentine's Day activities took place over the whole week!

Things kicked off in the OT Activity Centre on Monday and Tuesday, with residents creating paper heart decorations and special bath salts in various colours. On Wednesday, the residents gathered in the hall for the monthly Lotto Concert, where pianist Chantie Minaar played the beautiful music of love!

On Thursday, taking advantage of the lovely sunshine, the residents took a walk to the Woodlands Garden and croquet lawn and had fun cheering on those who were enjoying the putt golf. They were also treated to home-made muffins and ice cream – all provided by our very special volunteers who assist with the care centre's walking group.

Then on Friday, February 14, the residents were surprised as they entered the OT Activity Room, which was transformed into a Day Spa. The mood was set with dimmed lights, candles lit, soothing music playing in the background, a continuous slide show of beautiful nature scenes running silently, and the scent of lavender wafting through the air. Tables were decorated with red and white overlays and a sprinkling of rose petals.

A welcome drink was offered to the residents on arrival. They had a choice between a punch of mixed berries or apricot/peach, both served with fresh blueberries. Delicious home-made snacks were then served: cheese and tomato puffs, chicken wings, mini-scones and s'mores. After enjoying the refreshments, the residents settled in for a relaxing time with

hand massages and manicures with nail polish. But there were still treats to come! The OT activity team went around to each of the six care centre wings and presented hand-made chocolates to each of the 140 residents. The chocolates were received with much joy and appreciation!

All in all it was a wonderful Valentine's Week, with the opportunity to relax and enjoy the fresh air and sunshine, get creative with Valentine's decorations and be spoiled with relaxing spa treatments and chocolates.

The care centre residents accepted the invitation to take the time to love themselves and to allow others to show them some Valentine's love.



## Tarentaal village's Valentine's love story

Tarentaal village residents Andreas and Maria Ferencz, who have been married for 28 years, baked delicious and beautifully iced heart-shaped biscuits that were handed to residents as a gift at the Rand Aid retirement village's Valentine's tea on February 13. "They are a lovely couple who set an example of true love," says Tarentaal's deputy manager Laetitia Goosen. The event included live entertainment that had residents singing and dancing along to songs from across the ages. Delicious eats and tea and coffee were also served.



**Linden Millard shows off the Valentine's hearts and bath salts that were made in the OT Activity Centre.**

## INYONI CREEK FRIENDSHIP TEA

On Friday, February 14, in true Inyoni Creek style, the village's Functions Committee and its Naked Chefs joined forces to serve breakfast 'made with love' to residents. The village hosts a friendship breakfast on Valentine's Day each year. Both single people and those with a significant other are invited to attend.

The Naked Chefs are a group of men who decided some years ago to host village socials to encourage interaction between residents. They cook and serve

hearty pub lunches on a regular basis and also happily step in to help with the catering at other functions, as they did when they assisted the Functions Committee on Valentine's Day.

"The atmosphere was great, with about 80 residents attending," says Inyoni Creek manager Jenny Tonkin. "After breakfast, many residents stayed on to catch up with fellow residents. It was a great success and once again, hat's off to the team," says Jenny.



**Fransie du Toit and Ann Hooper (Functions Committee).**



# Tildy inspires nearly a decade of song at Inyoni Creek

In July 2011, a small group of Inyoni Creek residents met at the Inyoni Creek Clubhouse to enjoy an hour of singing together. The driving force behind the initiative was resident Tildy Eberhard.

A selection of popular songs were chosen and Sue Benjamin and Tildy produced the group's first song book.

The group used the upright piano that was tucked away in a corner of the clubhouse, which was somewhat of a challenge because the pianist faced the wall rather than the singers.

After a few months, Tildy and Sue suggested that the group put on a show and so the Inyoni Singers was born. The group's motto is 'We sing for fun'. Soon after, a digital Yamaha keyboard was acquired for the Clubhouse.

Since 2011, the Inyoni Singers have produced four or five Sunday afternoon shows using a variety of music from the 50s and 60s, including favourites from musicals such as *My Fair Lady* and *The Sound of Music*. These shows have been



**The Inyoni Singers, which consists of residents from both Inyoni Creek and Tarentaal Village.**

great fun, with the audience being encouraged to join in and sing some of the songs.

Tildy and Sue ensured that the words displayed were on a big screen and these were accompanied by beautiful, colourful pictures that added that extra something!

Over the years, the Inyoni Singers have appealed for donations from people attending the various performances and, in this way, have managed to provide teaching aids and learning materials for a nursery and pre-school in Alexandra.

The money donated at the last two Christmas celebrations hosted by the Inyoni Singers was donated to Hospice, Edenvale.

The singers have enriched many hearts with their love of singing and sense of fun and their concert in December 2019 was no exception – with a wonderful show culminating in a grand tea.

Special thanks to everyone who gives of their time and expertise to make each musical presentation run smoothly.



**STAFF CELEBRATION:** As part of Inyoni Creek's Eden Alternative philosophy, staff members celebrating their birthdays in a given month enjoy a celebratory tea and are presented with a small gift by management. Pictured are staff members with colleagues Busi Mtetandaba and Victoria Setlale who celebrated their birthdays in December.



**IRISH BLARNEY:** A wee bit of a fun time was had by all at Thornhill Manor's St Patrick's Day celebration on March 17, 2020. A meal that was proclaimed to be 'absolutely delicious' was prepared by Cook-chill, which is the catering division of Rand Aid Association, the NPO that runs the Modderfontein retirement village. Saving the best for last was the village's entertainment committee that served up a delightful dessert. Members of the committee were also responsible for the décor, which enlivened the venue with shades of shamrock green and glittering gold. Many residents wore themed outfits, which kept the blarney flowing. Pictured are Al Zylstra, Maria and Jaap Mol, Charles Power, Dawn and Brian Burls, Joanne Jourdan, Terry Hart, Alison Andrew and Di Zylstra.

## A new chapter in the life of Elphin Lodge's library

Elphin Lodge's donation library is a book lover's delight.

Recently renovated, the Rand Aid retirement village's library boasts hundreds of books which line new, purpose-built shelves that wrap around the walls of two interleading rooms. The renovations included the new shelving, in a pleasing antique crackle finish; and a move into two large rooms linked by a wide entryway.

The books are well categorised and the library has a growing non-fiction section to complement its huge collection of fiction. Dotted around are neatly typed lists suggesting popular authors in various genres.

It resembles a well-run municipal library except here, books are loaned on trust. The library is accessible all day and is not manned. Residents take out and return books without so much as even signing a register.

"Trust begets trust," says Elphin Lodge manager Helen Petrie.

For a donation library, the books are all in good condition and the selection cannot be faulted.

Volunteer librarians who are all village residents are responsible for keeping the library in good nick. They are Susan Dickinson, a former librarian; Vera Lenthall, a former teacher; and Sybil van Aardt, a former nursing sister.

In front of a large window is a puzzle table which holds a jigsaw in various stages of completion. Residents are invited to sit a while and fit a piece or two.





**Thembalami deputy manager Elize Raath and manager Esme van der Walt with the cheque they received from the Balwin Foundation.**

## Thembalami benefits from Balwin charity walk

**T**hembalami Care Centre received a R100 000 donation from the Balwin Foundation after the JSE-listed property company's Charity Hat Walk on December 1. In 2018, Thembalami – which incorporates the Max Ordman Deaf Association (MODA) – was also one of the beneficiaries of the charity walk.

The care centre had a stall at Jeppe Quondam Sports Club on the day and sold fresh produce from its food garden, including spinach, tomatoes, green peppers, mint, coriander and thyme, as well as eggs from its free-range chickens.

"On behalf of the management and residents of Thembalami Care Centre, MODA and our Zamokuhle Service Centre, we would like to express our sincere gratitude and appreciation to the Balwin Foundation for our magnificent donation," says Thembalami manager Esme van der Walt.

"We are going to utilise this money to purchase and install air conditioners in the main dining hall, the occupational therapy department and our chapel," she says.

## Elders experience flight for the first time

Residents of Thembalami and the Max Ordman Deaf Association (MODA) were on a high on November 30 when they took to the skies for the first time in their lives.

An annual event, the Elders Flight, which is the brainchild of pilot Felix Goshier, gives elders the opportunity to go flying and to enjoy the day in the company of others.

The Thembalami and MODA residents arrived at Rand Airport in Germiston bright and early and enjoyed a day filled to capacity. Although the highlight was the chance to go up in an aircraft, they enjoyed many other treats, including a champagne breakfast, entertainment by the Trinity House Marimba Choir, Jeppe Boys bagpipers and an aerobatics display by the Flying Lions and aerobatics champion Nigel Hopkins.

Guest of honour ex-Mirage F1 fighter pilot Arthur Piercy shared his inspirational story with the Elders. Arthur is wheelchair bound following an accident in 1987, when the tail of his Mirage F1CZ was badly damaged in a dogfight with a Cuban pilot.

Championing the MODA residents on the day was Polly van Aardt, who is also deaf. A teacher at St Vincent School for the Deaf, she is a founder of Deaf Volunteers and InnovSight, and also a committee member of DeafFusion NPC.

"Deaf Volunteers contributes to the deaf community, including deaf children and Elders, especially MODA residents," she says.

Her husband Kevin van Aardt is always happy to step in as a volunteer interpreter.

Elize Raath of Thembalami Care Centre says each Elder



**Elders Flight founder Felix Goshier (yellow safety vest) with deaf Elders Heidi McCartney, Shaun White, Jean Truter, Elizabeth Forster, David Mansell, Estelle Mansell, Angela Swarts, Annette Verskin, Felix Goshier and Jane Schwikkard.**

also received a beautiful blue T-shirt, a cap and a goodie bag.

"Twelve MODA residents, six residents from Thembalami and six members of our Zamokuhle Service Centre went along on the day. They were joined by our Matron Paulina Namo, staff member Tina Tufegdzic and social auxiliary worker Makgati Legodi.

"Everyone had a marvelous time and came back in high spirits," says Elize.

MODA was incorporated into Rand Aid's Thembalami Care Centre, which looks after vulnerable Elders, some years ago. The MODA residents live in a beautiful, purpose-built wing at the Lombardy East care centre.

## WEDGE GARDENS PAYS TRIBUTE TO VOLUNTEERS

Volunteers who give of their time to help Wedge Gardens rehab centre patients reclaim their place in society are owed a huge debt of gratitude.

This is according to Adèl Grobbelaar, the manager of the Rand Aid-run treatment centre in Johannesburg.

Wedge Gardens hosted a thank you function on December 6 at which tribute was paid to the centre's dedicated volunteers.

"Our volunteers make a huge differ-

ence. Their generosity has had a profound and lasting impact on our services.

"Their willingness to share both their time and talent says a lot about each of them as a human being and their willingness to give selflessly to help others speaks both to their strength and the quality of their character," said Adèl on the day.

"A volunteer makes a commitment to share the most precious of their re-

sources – their time – to make life better for those in need. Volunteers choose to render services without any expectation of reward or recognition."

Each volunteer was presented with a pretty sugar spoon bearing the following tagline – 'They don't necessarily have the time; they just have the heart. Thank you!'

After the formalities, volunteers and staff enjoyed a delicious tea and a chance to catch up.





**MODA resident Chris Dormehl receives a manicure.**

## Pamper session for Thembalami, MODA residents

**T**hembalami Care Centre residents looked good and felt good after a handful of Good Samaritans turned the occupational therapy department into a beauty parlour.

Gregg Mitchley, whose dad Darryl was a resident of Thembalami from 2015 until his death in 2017, has become a friend of the care centre and does what he can to assist when a little extra help is needed.

After deciding that a personal grooming session would make the residents feel special ahead of Christmas, Gregg did a Facebook appeal, asking for people willing to donate their time to cut and style hair, trim moustaches and beards, apply make-up to the ladies and do manicures and pedicures.

Fourteen people answered Gregg's call and on Monday, December 9, they arrived and spent time pampering residents of both Thembalami and the Max Ordman Deaf Association.

"The residents were queuing to have their hair, nails and feet done and felt absolutely special," says Elize Raath, Thembalami's deputy manager.

## Wellness Day hosted by Thembalami Care Centre

Thembalami Care Centre successfully hosted its first Wellness Day on February 13, in partnership with Antoinette van Niekerk from Retire at Home.

The Rand Aid care centre, which incorporates the Max Ordman Deaf Association, decided to host the event to empower their residents to take charge of their health, by providing a platform for the exchange of knowledge and to raise awareness of the health services and aids that are available.

"Good health is crucial to a person's quality of life and we want our residents to know what services and products are available to meet their health challenges," says Thembalami manager Esme van der Walt.

Invited healthcare partners gave short talks and had the opportunity to showcase their products and services.



**Thembalami Care Centre hosted its first Wellness Day on February 13.**

Among the participants were Alzheimer's SA, Ability Assist, Kind 2 Hearing, Lombaard and Partners, Martin's Funerals and Critical Care Society of South Africa.

Nursing staff from Pick n Pay Pharmacies were on hand to do blood sugar and blood pressure tests and Kind 2 Hearing offered free hearing tests.



**The jerseys that were knitted and donated by Thornhill Manor's Knit and Natter group, which consists of around 25 residents.**

## Knit and Natter's heart-warming donation

Thornhill Manor's Knit and Natter group recently handed over 38 button-up and pullover jerseys to the Nederduitsch Hervormde Gemeente Hartebeeshoek church in Akasia.

The church assists a number of charities. Their good work impacts the hungry, neglected children, older persons in need, disadvantaged school children and people living with disabilities.

"Our resident, Eunice Harris, has been assisting the church for years and the ladies of our Knit and Natter group lend a hand when they can. They always seem to come to the party in times of need. A very big thank you to our ladies for always 'paying it forward'," says Thornhill Manor's deputy manager Jackie Scott.

The group not only knitted the jerseys but donated the wool too.

## Friends scoot happily along

After battling to get around for some time now, Inyoni Creek resident Tildy Eberhard is leaving her neighbours in the dust!

Tildy's mobility was compromised by health challenges and tired of battling to get around, she decided to purchase a mobility scooter. Long-time friend and housemate Sue Benjamin jokes that she couldn't run after Tildy as she zoomed around on her scooter so she too decided to buy one. Soon they became a familiar sight as they scooted around the village.

Tildy and Sue have been friends since the 1970s. They first shared a home when Tildy came to care for Sue's late mom. In the succeeding year, both continued to work in Joburg and on planning their retirement, they decided to invest in a property at Inyoni Creek.

That they were able to take their dogs along was the decision maker and Tildy and Sue were among the first group of residents to move into the retirement village when it opened in 2007.



**Ready, steady, go... Tildy Eberhard and housemate Sue Benjamin.**

**Our mission: To provide the best possible care on a 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.randaid.co.za](http://www.randaid.co.za) or phone Erica Woodward at 011 882 2510.**

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