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Registration No. 000 605 NPO

# Rand Aid *review*

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## Rooted in caring



Rand Aid's Retirement Villages and Care Centres are caring environments with many social events that give residents the opportunity to interact with each other, catching up with old friends and making new ones. In true Rand Aid style, Inyoni Creek retirement village holds a special tea each month to celebrate the birthdays of residents and staff members. Pictured at October's birthday tea are Joyce Royal, who celebrated her 91st birthday, and Village Sister Hannie Combrink.



## UPDATE ON NEW RETIREMENT VILLAGE

**A**ll going well, Rand Aid Association hopes to break ground on its new village in the first half of 2021.

The upmarket retirement village to be built on land purchased from the Glendower Golf Course will provide much-needed additional accommodation for active, healthy people aged 65 and over.

The application for township establishment and rezoning of the property was submitted to the City of Ekurhuleni Metropolitan Municipality after a long process undertaken by a professional team of architects, land surveyors, environmental specialists, engineers and lawyers. A public participation process was also undertaken.

While the metro considers the application, Rand Aid will be working with the architects and other consultants on the de-

signs and costings in order to be able to finalise the details as soon as possible after receiving the greenlight from the metro.

Since the announcement of the new village some months' ago, interest has remained high, with a large number of people adding their names to the waiting list.

Once more clarity on timeframes, detailed plans and costs are available, Rand Aid will get in touch with everyone who has expressed an interest.

If you want to put your name on the waiting list, contact Erica Woodward on weekdays before 2pm or Zabeth Zühlsdorff between 2pm and 4pm at 011 882 2510.

For further information in the village, visit <http://www.randaid.co.za/ranews/?p=6221>







**Thornhill Manor's first centenarian, Phyllis Emmett, with Village Manager Esme Erasmus.**

## THORNHILL MANOR'S FIRST CENTENARIAN

There was great cause for celebration at Thornhill Manor retirement village on Saturday, September 14, when, for the first time, a resident turned 100!

Phyllis Emmett's centenary was celebrated in the company of family and friends. The day before her birthday, the village's management team popped in to drop off a pretty pot plant, chocolates and a special birthday card.

The centenarian has two sons, a daughter, eight grandchildren and five great-grandchildren. She and husband Denzel married in 1944. They lived in Johannesburg, where Phyllis enjoyed bridge and books, before moving to Thornhill Manor in 2003. Sadly, after 64 years of marriage, Denzel passed away in 2008.

Phyllis still lives in the cottage they shared, where she is helped by her amazing carers. More often than not, she can be found enjoying a good book.

## Howzat! Bic reaches his century

**J**oseph Gabriel Stewart's 100 years have been richly lived – from soldier to businessman, husband, father, grandfather and great grandfather to Moth and stalwart bowler, his life has been characterised by family and community involvement.

Now a resident of Thembalami Care Centre in Lombardy East, Joseph, fondly known as Bic, became a centenarian on October 2, 2019.

Thembalami's Elize Raath says Bic still walks most days. She says he is sociable and a real people's person.

The care centre held a party for him on his birthday, which was organised by his family and fellow resident Brian Crosley, who was master of ceremonies.

The Lombardy East Bowling Club, of which Bic is a long-standing member, also hosted a party for him on the weekend after his birthday.

Bic actively played in fun bowls tournaments and events until recently.

He served in the South African Airforce during World War 2 and after 60 years as a Moth, remains an active member of the Tim Lukin Shellhole.

Only 18 when he joined the army, Bic became a flight engineer, serving in East, West and Central Africa as well as Egypt and Italy.

Born in the southern suburbs of Johannesburg, Bic was the oldest of five children. He enjoyed boxing, rugby – for which he received his U19 provincial colours, soccer and cricket.

After the army, he did an apprenticeship at a panel beater in Johannesburg and later bought the business, which he ran for over 25 years before switching careers and becoming an insurance assessor. He retired at age 85 and spent much time playing golf and bowls.

Bic met his wife, Audrey Clarkson, in the 50s and they had two daughters, Peggy and Patricia. Sadly, Audrey passed away some years ago. The family has expanded over the years and now includes four grandchildren and five great grandchildren.



**Bic Stewart with loved ones at a party to celebrate his 100th birthday.**

## Dorris raises a glass to 90 rich years

A long and happy marriage, an exciting career and mothering three beautiful children were among the blessings Dorris Ferri counted on October 6, 2019, when she celebrated her 90th birthday.

A resident of Inyoni Creek for 12 years, Dorris was married to Massimo Ferri for 61 fulfilling years. Sadly, he passed away four years ago.

Born in Koblenz in Germany, Dorris spent much of her adult life living in Morningside, Johannesburg. She worked for the airline

Lufthansa in the tours department, which helped nurture her love of travel.

Reading, swimming and aqua aerobics are among Dorris's hobbies.

She has three children – Anita, Claudio and Anthony, and six grandchildren.

Living at Inyoni Creek and having the support of the village and its residents is another of Dorris's blessings. "I love everything about Inyoni Creek. The ample security, beautiful gardens, tranquility and the people."



**Cheers! Dorris Ferri at her 90th birthday party.**





Caitlynn's idea to knit items for those in need was inspired by Elphin Lodge resident David Hughes.

## Caring Caitlynn spreads cheer the Scouts way

**S**couts South Africa encourages its members to initiate service projects within their communities so they can be useful and help others. The Messenger of Peace Badge allows scouts to complete community service projects.

Elma Park resident Caitlynn Switala (15) from 3rd Kensington Sea Scouts acquired an idea for her community project from Rand Aid Elphin Lodge resident David Hughes. David was scout master of 1st Edenvale Boy Scouts for 16 years. He has lived at Elphin Lodge retirement village since 2001. When he is not attending the wonderful functions at Elphin Lodge, David knits beanies for cancer patients.

Caitlynn jumped at the chance to put this idea into action. Invitations were sent out to the knitters at Elphin Lodge asking for their help. Soon piles of beanies, toys and blankets began to flow in.

Caitlynn delivered premature baby-sized beanies, blankets and toys to Professor Bolton Keith from the Rahima Moosa Mother and Child Hospital. Forty-five children-sized beanies were delivered to a teacher at Jeppe Girls High School who has a connection with Cupcakes of Hope and 74 beanies were delivered to Stephanie Malan who will deliver them to the Joburg General Hospital Oncology Ward.

Caitlynn held a knitting circle tea on October 5 in the OT Activity Centre at the Ron Smith Care Centre to thank the residents for all their help. The residents were delighted to attend and finish up the last of their contributions while enjoying tea, cake and a wonderful chat with friends.

Elphin Lodge residents who assisted with the project are Krystyna Geyser, Barbara Mullan, Jennifer Sella, David Hughes, Adrienne Reid, Vera Lenthall, Helga Giesecke, Kathy Theron and Vivien Petersen.

## Top award for Elphin Lodge's Edna

Only a few years away from her 90th birthday, Edna Freinkel is still working. South Africa's queen of literacy says she cannot retire while so many South Africans are still unable to read or write.

A resident of Elphin Lodge, Edna won the Absa Jewish Achiever Awards' Europcar Women In Leadership Award 2019 on Sunday, September 7. There were over 920 guests at the awards ceremony, amongst whom were many high-profile personalities including cabinet ministers, parliamentarians, community leaders and business moguls.

"How proud we are of Edna. There were a number of amazing and powerful women nominated in this category yet one of our own, 87-year-old Edna, was deemed the worthiest recipient of this prize," says Phyllis Phillips, Elphin Lodge's Liaison Manager.

Edna has dedicated her life to fighting one of the greatest societal ills – illiteracy – and has received numerous accolades over the years.

In 2017, she received a Lifetime Achiever award as one of CEO Global's 'most influential women in business and government'. Other recipients included Graca Machel, Wendy Ackerman, Carol Brown and Professor Glenda Gray.



Edna Freinkel.

In 2004, Edna received the South African Presidential Award of the Order of Baobab for her lifelong dedication to the development of specialised learning methods for the learning impaired and in 2010, she was awarded the UNISA Outstanding Educator Award.

However, Edna is driven by her pas-

sion to make a difference in the lives of illiterate people and not by public recognition.

Much of her work has been done through Readucate, a Trust registered in 1991 to 'make a difference between dreams and destitution'.

Readucate – a marriage between 'read' and 'educate' – works mainly in schools and rehabilitation centres, thus changing the lives of both children and adults. In prisons, literate inmates are trained as instructors so that they can teach illiterate offenders, which means the project has a greater reach and is more sustainable.

Edna's mother, Rebecca Ostrowiak, was a literacy pioneer who developed a multi-sensory approach to learning to read. In 1969, Rebecca and Edna established the Rebecca Ostrowiak School of Reading in Germiston, which they ran together.

Although financial pressure and time constraints saw Edna eventually selling the school, Readucate continues Rebecca's legacy.

Funding remains Edna's biggest obstacle, but she forges on regardless.

For further information on Readucate, email freinkel.e@gmail.com





**Inyoni Creek management with the staff members who benefitted from free eye tests: Monica Ndaba, Sylvia Tsebe, Shelly Sherwood ( Lioness Club and Inyoni Creek resident), Daphne Phungo, Marinda Looyen (Inyoni Creek Deputy Manager), Sr Hannie Combrink (village sister), Margaret Machaba, Carol Garnett (receptionist), Khanyisile Shelembe, Friddah Mbedzi, Julia Lehomo and Johanna Lebisi.**

## Eye tests for staff, thanks to Lionesses

The Edenvale Lionesses see the necessity of good vision. Shelly Sherwood, who is the Treasurer of the Lioness Club of Edenvale District 410B and a resident of Rand Aid's Inyoni Creek, arranged free eye tests for the staff of the retirement village over the past few months. The service organisation has long been known for its efforts to supply glasses to those who cannot afford them. The club's other outreach projects include supplying blankets, food, clothing and toys to specific organisations within the community. To thank Shelly and the Edenvale Lionesses for their efforts, Inyoni Creek management and staff recently presented Shelly with flowers and a card to express their gratitude.



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## THE SIGNS OF DEMENTIA VS NORMAL AGEING

Do I have early onset dementia or is my memory loss the result of normal ageing?

Many older persons – and their loved ones – grapple with this question. With September being World Alzheimer's Month, Rand Aid Association social worker Debbie Beech gave a talk on the topic at Elphin Lodge retirement village on September 12.

World Alzheimer's Month was initiated by Alzheimer's Disease International and this year's theme is 'Let's talk about dementia and reduce the stigma'.

Debbie explained that the term dementia is an umbrella term for a series of signs and symptoms and that there are many types of dementia, with Alzheimer's being the most common.

"With normal ageing, people complain about memory loss, while people living with dementia complain about memory problems only if specifically asked," said Debbie.

Dementia causes a general lack of interest due to reasoning ability being affected but people with memory loss due to normal ageing remain keen to initiate outings, social contact and other happenings.

"As you age, you might forget parts of an incident but will recall them when reminded. With dementia, however, the entire incident may be forgotten and the person will be unable to

recall it when prompted.

"Often, when it comes to dementia, close family members are more concerned about incidents of memory loss than the individual, while with normal ageing, the opposite is true.

"As people get older, they may forget the names of people rarely seen and might occasionally battle to find the correct word, but with dementia, people may forget the names of people close to them and may have difficulty finding words.

"They will battle to follow a storyline on TV and might get lost in familiar territory," said Debbie.

### Early signs of dementia include:

- Poor short-term memory,
- General forgetfulness,
- Losing the thread of conversations,
- Easily distracted,
- Repeating things recently said, and
- Lack of coherence when describing something.

If you think you or a loved one may be living with dementia, contact Alzheimer's South Africa at 0860 102 681 or visit their website at [www.alzheimers.org.za](http://www.alzheimers.org.za)

The Gauteng office of Alzheimer's South Africa is based at Elphin Lodge and can be reached at 011 346 2757.

## ST CHAD HOSTS TEA FOR MODA RESIDENTS

Hands flew and smiles flowed at a special tea hosted for residents of the Max Ordman Deaf Association (MODA) on Saturday, 12 October.

MODA is incorporated into Rand Aid's Thembalami Care Centre in Lombardy East, where elderly people living with deafness have their own wing.

The centre's activity lounge was filled to capacity when around 30 women from St Chad's Anglican Women's Fellowship in Edenvale hosted the special fundraising tea. Raffle tickets were sold and all money raised from the event was donated to MODA.

Ds Jaco van Wyk, who holds services for the Effata-for-the-Deaf congregation and who is also Chairman of MODA's Residents Committee, gave a talk on the background of the association. Thereafter, it was time for the day's entertainment, which was provided by the Tanglefoot Line Dancers, led by Linda Lewis.

"There was so much to eat that many MODA residents decided to skip supper that night. It was a great afternoon.

"Even Thembalami residents who popped in to see what was going on, were invited to join in the fun," says Thembalami's Elize Raath.



# Seeing care through the eyes of an elder

**T**he Housekeeping and Kitchen staff of Rand Aid's Ron Smith Care Centre who participated in the Eden Alternative Open Hearts Open Minds training in October, were honoured at an Awards Ceremony on November 8.

Some of the feedback on the training, which was presented by Debbie Christen, Rand Aid's Manager: Recreational Programmes, indicated that the staff were happy to be recognised and affirmed as individuals beyond their job titles, and to learn that the Rand Aid organisation valued them as domestic and service staff who make important contributions to the wellbeing of the centre's elders.

They learnt that the Ron Smith Care Centre is not a hospital, but the residents' home. They also learnt that wellbeing is health in body, mind and spirit and that it is important to see the whole person, not just the medical condition. They received the message that all have a role to play in bringing loving care, kindness, respect, meaning, joy, fun and simple pleasures into the lives of all who live and work in the care centre community.

Zabeth Zühlisdorff, GM Services and Advance Division, said in her address to the staff that in the 116-year-old history of Rand Aid, one of the most important highlights in the growth of the organisation, has been the adoption of the Eden Alternative philosophy.

"Eden has revolutionised our care centre. It has changed from an institution to a home where people receive tender loving care during their last years when they need help, assistance and nursing care. Eden has shown us how important it is to see care through the eyes of a resident and to understand the person we care for.

"It also teaches and reminds us every day to treat each per-



**The staff members who underwent the Open Hearts Open Minds Eden training.**

son, resident and staff alike, with respect, dignity and love. The housekeeping, kitchen, maintenance and gardening staff all have a huge role to play in creating a caring environment – a place that residents want to call 'home'.

"How you treat residents, how you interact with them, and how well you do your job is so very important in reaching our Eden goals."

Ron Smith Care Centre staff were each presented with a Certificate of Achievement, followed by an ice-cream party to celebrate the learning, connection and fun that was experienced in the Open Hearts Open Minds Eden training.



**HENNIE TAKES THE AUDIENCE DOWN MEMORY LANE:** On September 9, residents and staff of Rand Aid's Elphin Lodge and Ron Smith Care Centre were entertained by TV personality Hennie Smit (of Egoli and Sewende Laan fame). He opened his performance by greeting Elphin resident Molly Waddington, who was celebrating her 99th birthday that day. Everyone sang happy birthday to her and Hennie wished her well. He then had the audience rocking with laughter at his trademark gentle humour, followed by a time of nostalgia as they swayed to the beautiful music of the golden oldie days. Pictured are Molly Waddington, Hennie Smit and Roy Edwards.



**COMING UP ROSES:** Elphin Lodge resident Madge (pictured) and Peter Ronald, once again entered the village and its Ron Smith Care Centre into Gold Reef Rose Society's Annual Rose Show. Madge used roses from the village and care centre's gardens to create beautiful arrangements which caught the judges' attention and earned podium places (the village won silver and the care centre gold) in the retirement village category. The certificates add to those earned at last year's show: a gold for Ron Smith Care Centre, silver for Rand Aid and bronze for Elphin Lodge. The rose show was held at Morningside Shopping Centre on October 4 and 5.



## Pam's goodwill blooms abundantly

A woman who goes the extra mile to ensure that residents of the retirement village in which she lives feel special on their birthdays, was the recipient of much love when she herself celebrated her birthday recently.

Pam Hadden is on the care committee of Rand Aid's Inyoni Creek. Whenever a new resident moves in, Pam pops over with a tray of tea and biscuits and general information about the village. In addition, this warm-hearted woman presents each of the 250-plus residents of the village with a hand-picked rose on their birthday. This complements the specially-selected card that the care committee chooses and personally delivers for each birthday celebrant.

These gestures help strengthen the sense of community that is already prevalent in the village.

"Pam is a very bubbly personality who loves living at Inyoni Creek. She is probably one of our best ambassadors," said village manager Jenny Tonkin. "I remember one of our new residents being absolutely blown away at receiving a card and a rose for his birthday.

"When I asked Pam why she does it, she said that she learnt from her grandmother and her mother to always give and she has passed this on to her daughter Dallas."

Pam turned 80 on October 16 and true to her character, she hosted an open house, inviting residents, friends and family to come and have a cup of tea with her and husband Arthur.

Always so quick to give herself, Pam was inundated with calls and visitors bearing cards and gifts.



**Pam Hadden was the recipient of much caring on her birthday.**



**The Cedar Park team in red: Lucy Kgafela, Noma Malevu, Penelope Mthembu, and Christina Maluka. The Woodlands team in blue and white: Busi Nxumalo, China Matsane, Florah Mothogoane, Grace Tshikalange and Gwen Coutinho.**

## A ball of a time had by nursing teams

**O**n September 10, the nursing staff of the Woodlands and Cedar Park wings of Rand Aid's Ron Smith Care Centre held a team-building event at the Woodlands Lapa and croquet lawn.

Weeks before, the two teams had a training and practice session with Recreation Manager Debbie Christen, who taught them the game of croquet and also how to have a golf putting competition.

On the day of the event, both teams pitted their game skills, techniques and strategies against each other, determined to come out tops! At the end of the day, the Woodlands group were the first to complete the croquet course and the Cedar Park team won the golf competition – so both teams were very happy and had so much fun building their team spirit and getting a good dose of fresh air and sunshine in the process.

Both teams had much to celebrate, so drinks and snacks under the lapa rounded off a wonderful day of fun spent with colleagues.

## Annual Thornhill Manor fete did not disappoint

Thornhill Manor's Family Fun Day and Fete on Saturday, 12 October, lived up to expectations.

"The day was perfect for a fete, with the sun shining. As usual, the public attendance was great," says village manager Esme Erasmus.

"There was a lovely atmosphere, with vibey music being played.

"Residents, their family members and friends browsed around the many beautiful stalls, tucked into lunch or enjoyed a glass of something to keep them cool."



**Unusual and beautifully crafted items were on sale at Thornhill Manor's annual Family Fun Day and Fete, such as this gorgeous romper displayed by resident Jenny Schoeman. Jenny also doubles as the village's photographer and is always happy to take photos at the various social events.**



## Inyoni Creek Cuppa for Cansa

Cups were filled for a good cause on October 31, when Rand Aid's Inyoni Creek retirement village hosted a Cuppa for Cansa.

Well-known pianist and composer Bernardt James provided the entertainment and the 60 residents who attended were served tea and cake. Special cupcakes beautifully decorated with pink Cansa ribbons by Inyoni Creek's deputy manager Marinda Looyen were especially enjoyed.

Enjoying the tea are Ron Bartram, Sue van der Neut and Pennie Howie.



## Rand Aid and the Dis-Chem Foundation help residents in need

**R**and Aid Association's Social React Division strives day in and day out to better the lives of its vulnerable residents.

A percentage of the people who live at the non-profit organisation's Thembalami Care Centre and Tarentaal retirement village receive only a state grant or small private pension.

In July 2018, Rand Aid asked the Dis-Chem Foundation if it could assist in the purchase of essential toiletries for those residents whose income does not stretch beyond the basics.

"They came to our aid in a wonderful way, granting a Dis-Chem store account to the value of R24 000, to be used over the year. This helped ensure the most financially strained residents of Thembalami and Tarentaal received toiletries, blankets before winter and nutritious breakfast cereals," says Rand Aid's Ayanda Matthews, GM: Compliance and Social React Division.

Recently, a further R24 000 was granted for the 2019/2020

year and it has been decided that the money will this year benefit Tarentaal's most vulnerable citizens.

This was after Rand Aid social workers, through individual risk assessments, discovered that some Tarentaal residents were battling to meet their nutritional requirements.

While Thembalami, as a care centre for people in need of nursing care, provides three balanced meals a day, Tarentaal is a retirement village for older persons healthy enough to live an independent life. All units are thus self-catering and meals are not provided.

"Dis-Chem is helping Rand Aid ensure that despite a resident's financial situation, healthy eating is not compromised," says Ayanda.

"The elderly are amongst the most vulnerable when it comes to nutritional deficiencies, which leads to a longer recovery period from illnesses."

If you would like to make a donation to either Thembalami or Tarentaal, call Erica Woodward at 011 882 2510 (mornings only).



## Elphino's: The perfect place to catch up with family and friends

Elphino's is an inviting coffee shop with indoor and outdoor seating that caters for the residents of all Rand Aid retirement villages and care centres, as well as their loved ones.

On Friday, October 11, friends Sylvia Goldberg, who recently moved from Inyoni Creek to Ron Smith Care Centre's Woodlands wing, and Beryl Baskind, an Inyoni Creek resident, met at Elphino's for their weekly lunch and catch-up.

The coffee shop offers delicious light meals and a selection of beverages, served in a beautifully decorated space. It provides a convenient and welcoming venue for Rand Aid residents and their community of friends. See you there!

**LEFT:** Sylvia Goldberg and Beryl Baskind enjoy a chin wag at Elphino's coffee shop.





To celebrate the group's first birthday, a special tea was held, complete with cake, candles and party goodies. Pictured in the back are Vicky Keenan, Jackie Scott (Deputy Manager), Inge Kinzig, Esme Erasmus (Village Manager), Margaret Dempster and Anna Ramsay. Seated: Zenith Moya, Margo Tavner-Smith, Valry Tyrtos, Prisca Dlamini and Angela Webster.

## Vicky's walkers celebrate a year's worth of steps

**M**embers of Thornhill Manor's Happy Chatty Walkers Club have taken countless steps since the group's establishment one year ago.

Participants meet each Monday at 9am at the village community centre for a fun walk around the beautiful grounds. The group includes those who walk independently, those in wheelchairs, those who use a walker and even those who bring along their carers.

Tea and biscuits are served, along with a good natter and some soothing music. Then Vicky Keenan, who is both a res-

ident and occupational therapist, hosts a number of games which have been designed to improve residents' co-ordination and movement range. "Many of these games have been designed and made by Vicky herself," says Thornhill Manor Deputy Manager Jackie Scott.

"The amount of laughter that comes from the centre is contagious and the group's membership is growing slowly each month.

"Vicky's dedication and enthusiasm are amazing and we are so very thankful to have her in our village."



Ron Smith Care Centre's Heritage Day fun.

**Heritage Day  
happiness  
at Ron  
Smith Care  
Centre**



Olimpia D'Ascenzo and Ziyanda Vellem.

Over 150 residents and staff of Rand Aid's Ron Smith Care Centre gathered at the centre's beautiful Woodlands Lapa and Garden area to celebrate Heritage Day on September 26.

Preparations for the event began weeks in advance with the residents and staff creating special Heritage Day hats and hand-crafted Proteas for table decorations in the OT activity centre, whilst the staff dancers learnt some new international dances to entertain the crowd.

The day was awash with brilliant colours as staff were dressed in their bright and beautiful traditional attire. The dance programme began with staff representing the Venda, Pedi, Zulu and Tsonga tribes, performing their traditional dances. This was followed by an American Line Dance (Hillbilly Rock), an Israeli Folk Dance (Nigun Atik), a Latin American Cha (Chilly Cha Cha) and an American round dance (Salty Dog Rag).

The programme ended with a lone Scottish piper who played Scotland the Brave.

After thoroughly enjoying the entertainment, residents were by now ravenous and more than ready for the braai. 'Build your own burgers' was on the menu and the Naked Chefs from Rand Aid's Inyoni Creek were the braai masters. Delicious, juicy hamburgers were served, which could be embellished with cheese, tomatoes and/or onions. Coleslaw, bean salad and pap & sauce were also on offer and the alfresco meal ended off with everyone's favourite – Eskimo Pies!

Debbie Christen, Manager: Recreational Programmes commented: "The day was a wonderful opportunity to celebrate with the care centre community, the spirit and beauty of Rand Aid's diverse cultures and to find joy in a selection of music and dances from around the world. The perfectly grilled burgers were also a treat!"

**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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