

Ron Smith Care Centre



@ Elphin Lodge

JUNE 2019 No.48

MEANINGFUL *activities*



Volunteer Yvonne Butts assisting Helen Goldmann in a game of golf.



Heather Zipp having a cup of tea with her son Roger.



Norman Woolf with his completed aircraft model.



David Wynne with David Wall repairing waffle machines.

Eden thought:
Spending special time with family and friends, as well as enjoying meaningful hobbies and activities adds to our quality of life and well-being.



Brian Russell and Moshe Goldberg playing a game of chess.

UPCOMING EVENTS:

Support Group: The next support groups for families with a loved one being affected by Dementia/Alzheimer's take place on Tuesday, 4 June in the boardroom at 10am and Saturday, 8 June at 9:30am in the cardroom/clubhouse. Please contact Lorna Quinn if you are interested in joining the support group on 082 456 5692 or email lornaq49@gmail.com

Gardening Group: The next groups will be held on Wednesdays 5 & 19 June at 10:30am in the RL3 dining room.

Lotto: The next Lotto Concert will be held on 12 June with entertainment by SASFA Dancers.

Boerie Braai: This will be held in conjunction with the Joker Jackpot draw on 21 June in the quad outside the hall. Place your order with Wanda at Elphino's Coffee shop: R25 a Boerie roll.

Sing-a-long: Come sing-a-long to good old favourites on 13 & 27 June in the OT/Activity Centre from 9:30-10:30am.

Card-making: Will take place on 20 June in the OT/Activity Centre at 2pm.

Hands & Nails: Will be held on 25 June in the OT/Activity Centre, from 9:30-11:45am.

Hymn Singing: Every Tuesday in the chapel from 2-2:45pm.

News Group: Every Thursday, Cedar Park patio at 9:30am. All welcome.

Bible Study: Every Wednesday in the Chapel at 2pm.

Men's Hobby Club: Every Tuesday at 2pm in the OT/Activity Centre.

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

Resident

My name is **Irene Watson**. I stay in River Lodge 1.

Things you may not know about me: I was born on 8 September, 1921, in County Durham, England. My father was a farmer and mother assisted the local midwife. I attended Catholic junior school and was one of only five students awarded a scholarship at a private senior Catholic school in Darlington. My first job was in the counting house of a huge department store. I met my husband, Reginald, at a dance in Darlington and we married soon after the war was over in 1945. He eventually signed up with an engineering company in Bulawayo and travelled ahead to Rhodesia to set up what would become our new home. I joined him some time later. This involved travelling by ship for 15 days from England to Cape Town with our two young children, Trevor and Fiona, and then by train for two days to Bulawayo, Rhodesia! I loved living in Rhodesia, with its wonderful weather, the beauty of Victoria Falls and the Falls district, and all the wildlife. I have a lovely granddaughter named Sarah who lives in Dallas, Texas.

A few of my favourite things: Some of my favourite things to do at the care centre are going for nature walks and enjoying the lake, the trees, the flowers, the gardens, birds and ducks; the sing-a-longs and chair exercises in the activity centre and playing bingo. My simple pleasure is to have coffee with my daughter, Fiona, at Elphino's Coffee Shop and sometimes after lunch, I stay behind in the dining room to chat with the other ladies. My proudest achievement is to have raised two wonderful, understanding children. If I won the Lotto, I would give a sum to my family and donate the rest to a charity.



Employee

My name is **Germinah Baloyi**; I am a careworker on River Lodge 1.

Things you may not know about me: I was born on 11 September, 1984 in Mokopane, Limpopo, the eldest of four children. My mother was very young when she gave birth to me, so my grandparents raised me along with their children and extended family. There were so many people (16) to cook for everyday that we had to use a size 4 cooking pot! I grew up happy and free and was a shepherd, looking after the goats and cows. We enjoyed fresh milk everyday. After passing matric, I went home to look after my siblings. When I was 23, I met my husband, Maxwell, at a friend's 21st birthday party and moved to JHB to be with him. Two years later I was working for Rand Aid as a cleaner and remained in that position for seven years. I then decided that I did not always want to be a cleaner and underwent careworker training in 2016, after which I began working as a careworker on Lakeside and am now on River Lodge 1. I am proud of the fact that in the midst of my situation, I was able to plan for a better future and take steps to better myself. Maxwell and I have three beautiful children: Palesa (11), Nhlamulo (5) and Toby (2).

A few of my favourite things: Serving God by helping others in need is an important part of my faith. I love to read spiritual books (Joyce Meyer and Kenneth Copeland) and listen to Gospel music. My dream is to further my studies and end up as a Sister in charge in a large hospital. I also dream of living in a large suburb like Sandton, as I grew up in a rural area. My grandfather taught me that 'it is possible to move from here to there!'



Volunteer

My name is **Patrick Moore** and I started volunteering with the Men's Hobby Club in April. I also read to one of the residents at Elphin Lodge and we discuss current affairs and a range of topics.

Things you may not know about me: I was born on 5 November 1953 in Bristol, England, and currently live in Bedfordview with my wife Moira. I am proud that we managed to raise three well-balanced children: Robert who lives in JHB, Michael (England) and Marianne (Canada). I grew up in Rhodesia (where life was too easy) and completed my education in Cape Town, JHB, and Leicester, obtaining a BA (Hons) and MA (Archaeology). I also earned a Graduate Certificate in Museum Studies, a Diploma in Marketing and qualified as a practitioner in the Financial Services Industry. My first job was as a geological assistant; I was an archaeologist from 1982 – 1986 and from 1990, I built up a financial advisory practice with which I am still involved. My wife and I have been married for 39 years and I am grateful for her steadfast love. I am also thankful for my mentor, John Novetta, for recognising my potential and training me so well, for my health, family, friends and clients.

A few of my favourite things: I enjoy reading historical novels, adventure motorcycling, driving, cycling, photography, wild flowers, travel and appreciating beautiful scenery. My best place to go is to Zambia because the people are honest, respectful and helpful. I also love to use our great hospitality network in SA, travelling on dirt roads all around the country, meeting interesting people and learning new things.

My motto: Never put your wishbone where your back-bone should be.



Birthdays

RESIDENTS

1 June, Gwen Jennings, RL3 (81)
8 June, Alison Whittaker, RL1 (75)
25 June, Irene Droste, CP (89)
26 June, David Wall, CP (90)
28 June, Corrie Wolhuter, RL3 (85)
29 June, Sarah Goldberg, WL (90)

VOLUNTEERS

3 June, Leung Ho
3 June, Celia Fish
8 June, Jenny Holzberg
15 June, Jimmy Smyth
17 June, Heather Djunga
29 June, Brian Quigley

STAFF

1 June, Phumzile Shabangu (Security)
5 June, Asnath Muthakhi (RL2)
5 June, Mosima Mojela (Housekeeping)
5 June, Petunia Moleoa (RL1)
6 June, Salina Mtshali (OT)
6 June, Johannes Darkie (Maintenance)
6 June, Jane Ngobeni (Kitchen)
7 June, Stella Dlotella (Housekeeping)
7 June, Nomusa Shabangu (RL1)
11 June, Lerato Pebane (Housekeeping)
13 June, Emily Nonjiko (CP)
16 June, Constance Ndelela (Kitchen)
20 June, Eunice Siben (RL3)
26 June, Johannes Mojela (Security)
30 June, Portia Tshayisa (Housekeeping)
*Staff members must remember to pop in at reception for a small birthday surprise!

FONDLY REMEMBERED

Susan (Janet) Gray, River Lodge 2 (11.05.2019)
Theresa Richards, River Lodge 3 (27.05.2019)

WELCOME TO

Hymie Kalish (Lakeside)
Winifred Wood (River Lodge 2)
David Wall (Cedar Park)
Sarah Goldberg (Woodlands)
Valerie Klopper (River Lodge 1)
Gisela Meinck (River Lodge 2)

STAFF NEWS

■ Welcome to newly-appointed enrolled nurse Lelo Manaka, who will be joining Rand Aid from 1 June.
■ PN Ravarhu has chosen to advance her studies full-time and we wish her well in her endeavours.
■ Laurentia Jooste, the staff nurse on River Lodge 3, the special dementia wing, recently organised a team-building activity with her team of care workers. As she is a member of the Lombardy East Bowling Club, she asked her staff if they would like to learn how to play bowls and the answer was a resounding 'Yes'. Sister Tando Ncube and some of her staff from Lakeside were also invited and everyone had great fun out on the greens, with plenty of time for socialising too.