

Ron Smith Care Centre



@ Elphin Lodge

JUNE 2020 No.58

Surprise braai delights residents

On Friday, 22 May, the residents on each of the care centre's six residential wings were surprised with a lovely braai, which was a nice treat in this time of lockdown.

The menu included boerwors, pap and sauce, Greek salad and a delicious caramel-flavoured Eskimo Pie, which was everyone's favourite!

The tables were dressed with cheerful red and white gingham and a little posy of fresh flowers.

At one stage of the event, excited cries of delight and cheers were heard, when residents from each of the wings discovered that they were the lucky winners of various 'bum-in-the seat' prizes.

The weather was beautifully sunny and warm for those who wished to sit outdoors and all in all, the residents thoroughly enjoyed themselves.



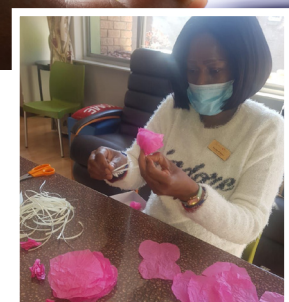
Tea-time treats whipped up

Activities such as baking, games, quizzes, movies, arts and crafts, music and bingo continue to be held on all the wings of the care centre. In everything we do, we comply with the strict social distancing and sanitation measures that are in place to keep residents and staff safe. Pictured is Joy Kloppe mixing up something sweet to eat.



Lovely Danish pastries were served at tea-time on May 15, as a special treat for all care centre residents.

DID YOU KNOW that each residential wing of the care centre has a WhatsApp group for families to stay connected during the lockdown. If you would like to join, please email Debbie at DBeech@randaid.co.za



PREPARING TO CELEBRATE: Staff and residents are busy making flower decorations for our up-and-coming Wine and Cheese Happy Hour event on 10 June to celebrate the fact that Ron Smith Care Centre is the first organisation in Africa to achieve Milestone 2 on the Eden Alternative Registry.

Resident

My name is **Doreen Woodward**, I live on Cedar Park. **Things you may not know about me:** I was born on 11 December, 1934, in Worcester, England, the eldest of 3 daughters. I cycled 2 miles to school and back everyday and was a keen athlete. My first job after matric was as a switchboard operator for the General Post Office. I met my husband, Arthur, when I went to Pitchcroft (Worcester Race Course) with a group of friends. We courted for about a year when he was called up to do army service in Germany. I eventually persuaded my very reluctant parents to allow me to visit him in Germany. I was only 18 years old & in those days, one just didn't do those things! We married in England in 1953 & returned to Germany where our daughter, Lesley, was born. Our 2 sons, Nigel & Alan, were born in England, after which Arthur was offered a job in South Africa. We set up our family home in Hurleyvale & eventually moved to a bigger house in Edenvale. We had 6 grand children & 9 great grandchildren. Arthur and I were happily married for 65 years until his peaceful death in 2018.

A few of my favourite things: I am very nature-orientated and my favourite past-time is birdwatching. We used to travel all over South Africa, trying to track down specific birds. Our special hobby was making films of wildlife and we used to bring them back to England to show the Cine Club members in Worcester. We did some lovely trips to Denmark, Norway & Sweden which I loved. I also enjoyed Germany, Holland & Brazil. These days, my simple pleasure is to feed the birds before breakfast. I am very thankful for the full life I've had.



Employee



My name is **Math van Roos**. I am a careworker on Cedar Park.

Things you may not know about me: I was born on 14 December, 1974, & grew up in Pietermaritzburg. After matric, I did a course in communication & office practices & also did a waitron course. After doing my practicals at Nando's, the manager offered me a job & I ended up working at the Sandton branch for 4 years. My next job was at Morningside Mediclinic, where I was a kitchen hostess for the orthopaedic & paediatric wards. The sister in charge encouraged me to do care worker training, and after saving enough money to attend college, I qualified in 2018. I took my first job as a careworker at Thembalami & became relief staff for Rand Aid. In December, 2019, I became permanent staff at Cedar Park. My husband Mike and I have been together for 17 years and collectively have 3 children: Marcus (26), Tamia (16) & Shireen (8). We live in Marlborough. My house is always full of kids from the neighbourhood! I am passionate about caring for people & they always come to me with their problems because I am a good listener. I would also like to further my studies one day, and qualify as a sister & maybe even matron!

A few of my favourite things: My simple pleasure is a cappuccino or the new Nescafe coffee flavour: Salted caramel. I love cooking – my favourites are chicken biryani and beef stew with dumplings. When I am bored, I knit! My favourite places to visit are Zimbabwe and Swaziland, but I would love to travel to the USA. I am thankful for all God's blessings: My life, my health, my job and my family.

Employee

My name is **Sue Prior**. I am a social worker at Rand Aid Association. **Things you may not know about me:** I was born in Bulawayo, Rhodesia. Growing up in Rhodesia was idyllic. My dad was a pilot in WW2 & became a commercial pilot after the war.

I pursued a degree in Social Work at the University of Natal and because I have a great deal of difficulty accepting injustice of any kind and I think I can be a bit of a social activist, social work serves me quite well. I met my husband Graham when we were both working as social workers for the Dept of Social Services in Salisbury. We married in 1976 & were happily married for 41 years until his tragic death in 2018. We have 2 terrific children: Rhys (UK) & Lauren (JHB). At one stage, Graham was offered a coaching post (squash) for 1 year in Canada & I adored our time there, despite the fact that it was minus 30 degrees most of the time! It was good to escape from the intense state of war in Rhodesia at the time. Bereavement, trauma work & palliative care became my professional speciality until we moved to JHB in 2003 when life started coming apart in Zimbabwe. I obtained an Honours degree in Psychology through UNISA & after registering with the SACSSP, I worked in the field of aged services for 9 years before coming to Rand Aid in August 2017.

A few of my favourite things: I adore animals of all kinds, especially my 2 pocket Yorkies, Max & Cassie. I am 'addicted' to tea, like listening to 60s – 80s music, love sweetpeas & enjoy reading thrillers. I enjoy travelling & my dream is to explore the Cape and eventually spend the rest of my life living by the sea.



Birthdays

RESIDENTS

08 June, Alison Whittaker, RL1 (76)
22 June, John O'Sullivan, WL (87)
25 June, Irene Droste, CP (90)
26 June, David Wall, RL2 (91)
28 June, Corrie Wolhuter, RL3 (86)
29 June, Sarah Goldberg, WL (91)

VOLUNTEERS

3 June, Leung Ho
4 June, Jackie Hall
8 June, Jenny Holzberg
9 June, Cookie Pillay
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, Petunia Moleoa (RL1)
5 June, Elizabeth Petersen (LS)
5 June, Lufuno Nemutanzhela (RL3)
6 June, Salina Mtshali (OT)
6 June, Johannes Darkie (Maintenance)
6 June, Jane Ngobeni (Kitchen)
6 June, Dimakatjo Mojaepelo (Housekeeping)
7 June, Stella Dibotella (Housekeeping)
7 June, Nomusa Shabangu (RL1)
9 June, Violet Mpheroane (RL2, Special)
11 June, Lerato Pebane (Housekeeping)
13 June, Emily Nonjiko (CP)
15 June, Mosima Mojela (Housekeeping)
16 June, Constance Ndelela (Kitchen)
20 June, Eunice Sibeni (RL3) MKOSI
26 June, Johannes Mojela (Security)
30 June, Portia Tshayisa (Housekeeping)

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

WELCOME TO

Denise Anstey, River Lodge 2
Erzabet Tamasi, River Lodge 3
David Clemens, River Lodge 3
Eddie Lazer, River Lodge 2

Coronavirus: A poem

By E Lane

Some of us confined to our rooms do not know,
That it is forbidden to get up in order to go
Outside the premises because of lockdown.
And that one is unable now to walk around town.

It is a law that one now has to abide
But we have become used to remain sitting inside.

We do miss visits from our family
And friends, whom we no longer can see,
But our lives carry on as they did before,
We're becoming used to adapting more and more.

(Poem by resident Elaine Cohen from Cedar Park)