

# Ron Smith Care Centre



@ Elphin Lodge

JAN/FEB 2019 No.45



## Resident

My name is **Sylvia Lasarow**, I am a resident on Lakeside. **Things you may not know about me:** I was born on 14 April, 1928, in Plymouth, England. We grew up during World War 2 and Plymouth being a naval base, our family evacuated to the moors in Torquay, where we escaped the bombing. I remember that we had to go through gas mask drills everyday, whilst in school. After all these years, I have kept in touch with a gang of five girlfriends from that time. At the age of 20, I met my husband, Peter. Soon afterwards, we immigrated to Northern Rhodesia where I was the receptionist for Peter's Optician practice. We moved back to England after 20 years, because of the political instability of the country. Sadly, my husband took ill and tragically died at the young age of 43. I moved to JHB in 1972 to start life again with my daughters, Pippin and Candice, who subsequently gave me five grandchildren and seven great grandchildren. I became passionately involved with Stroke Aid as a volunteer for 19 years. I was also delighted to work with underprivileged children and with slow learners at an Early Learning Centre. Eventually, I moved to Inyoni Creek and have now been at the care centre for three years. **A few of my favourite things:** I am mad about roses. My simple pleasure is to play Solo Scrabble every day to keep my mind going. I used to play golf, bowls and bridge and have done a fair bit of travelling. I don't have a favourite place – each place has its own special character and charm, although I did find Iceland quite fascinating. I am thankful for the life I've had.



## Employee

My name is **Jennifer Sigida**, I am a care worker on Lakeside. **Things you may not know about me:** I was born on 15 August, 1965 in Alex to a Sotho-speaking family, but grew up and went to school in Bloemfontein. It was my granny who taught us that we should treat everyone with respect and that we should love ourselves, so others could love us. I met my husband, Steven, in Alex when we were both teenagers on school holidays. I married him when I was 19 and we have now been married for 35 years and have five children and four grandchildren. We started our married life in Venda, but moved to JHB when Steven was transferred to the Norwood police station. He is now an inspector and has been with the police for 30 years. I first found work as a cleaner at the Michelangelo Hotel in Sandton and was then promoted to Housekeeping Supervisor. After awhile I became ill, and spent many years at home being a housewife until 2015, when I was hired by Rand Aid as a porter. When I was growing up, I loved the idea of becoming a nurse, so when an opportunity came up to go for care worker training, I took it. **A few of my favourite things:** My simple pleasure is cleaning and washing; I love a clean house! I don't like cooking, but I do like eating. Our favourite holiday place is Durban because of the beautiful beaches. If I won the Lotto, I would buy myself a car. I am so thankful for God's grace and a blessed life. When I wake up each morning, I say: "Thank you, Lord, for giving me another beautiful day."



## Volunteer

My name is **Sherill Singh**, I have been assisting with the Nature Walks for about seven months and enjoy it very much. **Things you may not know about me:** I was born on 29 July at St Mary's Mission in Mariannhill, KZN, and follow the culture, faith and traditions of Hinduism, which totally grounds me. I grew up loving the sea and enjoying the rolling hills. It was an awesome place and beautiful lifestyle. The whole community rallied together in good times and bad, everyone knew your family, and people showed genuine love, care, tolerance and unity. After matriculating from high school I studied at Computek and Unisa and then worked for Mass Discounters for 15 years, followed by a job managing the processing of credits for about 150 000 reps at Avon Justine! One of my proudest achievements was when I finished first as the only woman in a Management Programme, was presented with a trophy and then immediately promoted to a Manager position by the CEO. I am currently doing catering for the Lombardy Bowling Club. I married my husband, Sagren, in a traditional Hindu ceremony. We've been married for 14 years and live in Lombardy East. We have a seven year-old-son, Keshav, whom I love spending time with. **A few of my favourite things:** My simple pleasures are cooking and spending time with my family, but I also enjoy walking, swimming and crossword puzzles. I believe that we can all learn something everyday, no matter how big or small. I am thankful for life: my family, relationships, and all the love that I have received. My dream and wish for everyone is that we can all wake up every morning, feeling at peace.



## Christmas joy for care centre staff and residents

Residents and staff of Ron Smith Care Centre took a moment to count their blessings when they gathered on December 20 for a festive Christmas lunch. The highlight of the day was when the staff performed their version of Charles Dickens' 'A Christmas Carol', which was followed by a delicious lunch in the main dining room.

Resident Jill Jones wrote a thank you letter shortly after the event, in which she praised Debbie Christen, Rand Aid's manager: recreational programmes, and the rest of the team:

"These words alone cannot fully express how full of admiration I am at the play you conceived and produced today, after much hard work with the staff. It was an imaginative, clever and succinct version of the story, which told the tale vividly and with impact.

"Very well done, particularly to you, but also to the cast, who thoroughly enjoyed it, and brought to the fore talents which I don't think they were aware of. They had such fun performing and felt so good afterwards. What memories to keep for them.

"I just looked at the glowing faces as they took their bows. Lovely to see."

Debbie says that the staff really embraced the story of the transformation of mean, grumpy old Scrooge, who hated Christmas and was only interested in making money, into a kind, caring and generous man who finally understood the message and spirit of Christmas. "The staff brought so much love, joy and laughter to the residents, who were clearly delighted with the Christmas performance," she says.

On the lunch menu was: An avocado starter; roast lamb, gammon, carrots, pumpkin fritters, roast potatoes; and peppermint mousse for dessert.

Jill summed up the impact of the Christmas lunch and concert: "There were happy repercussions on so many levels. The impact of the play and the Christmas message, the opening of windows of opportunity for the staff, the team building, the happy memories of the fun enjoyed, and the building of self-esteem of the participants."

### FONDLY REMEMBERED

Kagan Shulamit, Woodlands (6.12.2018)  
Trevor Edwards, Woodlands (8.12.2018)  
Joan Patton, River Lodge 2 (15.12.2018)  
Cara Webb, Cedar Park (15.12.2018)  
Hentie Benson, Woodlands (24.12.2018)  
Peter Berry, River Lodge 1 (7.01.2019)  
Meyer Manushewitz, RL2 (14.01.2019)  
Sonja Dikken, Lakeside (15.01.2019)  
Cora Steyn, Woodlands (29.01.2019)  
Stanley Bloch, River Lodge 1 (30.01.2019)

# On our Eden Alternative journey

Congratulations and well done to our newly certified Eden Associates!

At the end of 2016, Rand Aid's Ron Smith Care Centre became the first organisation in Gauteng – and the second in Africa – to become a member of Eden Alternative South Africa registry, following years of hard work to transform the care centre from an institutional place of nursing into a nurturing, enabling home.

The Eden Alternative is a small not-for-profit organisation already making a big difference across the world. The philosophy is based on the core belief that aging should be a continued stage of development and growth, rather than a period of decline. Eden Alternative homes offer more than excellent nursing care, good house-keeping, nutritious food and efficient administration.

They create homes where each person feels valued, has the opportunity to grow, to develop new interests, practice old and new hobbies, socialise with family and friends, contribute to the community, and have meaningful relationships with staff and other elders.

Rand Aid Association is committed to the Eden Alternative Philosophy and therefore ensures regular staff training to allow the philosophy to spread to every staff member.

A new group of employees have recently become Eden Associate after completing the relevant training.

Becoming an Associate is the first step in the Eden Alternative journey. Associates have successfully completed a class focused on the principles and practices of The Eden Alternative.

## EDEN THOUGHT:

Resident Jill Jones summed up the impact of the Christmas lunch and concert: "There were happy repercussions on so many levels. The impact of the play and the Christmas message, the opening of windows of opportunity for the staff, the team building, the happy memories of the fun enjoyed, and the building of self-esteem of the participants." In addition, the concert brought MEANING & JOY to all, and GROWTH and CONNECTEDNESS amongst the staff.



Selina Shiviri, Tinyiko Nkwini-ka, Shakandinyi Ralukake and Forget Khoza.



Olgah Tshisikule.



Phyllis Phillips.



Cathrine Mphe, Grace Tshikalange, Alice Molepo, Knowledge Ngobeni and Nomasonto Malevu.



Lucy Kgafela.



Avhashoni Ravhura.

## Birthdays

### RESIDENTS

11 February, Barbara Wapnick (84) RL3  
13 February, Pamela Mintz (88) WL  
21 February, Etienne Geyser (86) RL3  
22 February, Bernice Goldman (94) RL3  
27 February, Patricia Graham (78) RL2  
27 February, Myer Fish (95) RL2

### VOLUNTEERS

6 February, Brenda Salomo  
11 February, Edel Froschhauer  
13 February, Marisa Sabato

### STAFF

2 February, Lucky Mthethwa (Security)  
2 February, Pamela Martins (Porter)  
6 February, David Rasidumelo (maintenance)  
17 February, Rebecca Moilakgomo (RL2)  
22 February, Johanna Mokwele (CP)

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

## List of Eden Associates:

Selina Shiviri	Grace Tshikalange
Tinyiko Nkwini-ka	Lucy Kgafela
Nomasonto Malevu	Knowledge Ngobeni
Forget Khoza	Shakandinyi Ralukake
Phyllis Phillips	Avhashoni Ravhura
Alice Molepo	Olgah Tshisikule
Cathrine Mpe	

## CEDAR PARK STAFF BOND IN FINE STYLE

One day in December, Sister Eunice Lakay and her team of care workers at Rand Aid's Ron Smith Care Centre got together to discuss what they could do for a relaxing team-building day. What they came up with was a 'Me Time' spoil at Sorbet: a lovely spa treatment, followed by a delicious lunch at Greenstone Mall.

What better way to use some of their Christmas bonus than to indulge in a little de-stressing and relaxation, followed by eating delicious food and sharing their goals and aspirations for 2019. According to the staff, "It was a great day. We had a chance to get together away from work and talk about our personal lives. It was wonderful to be able to get to know each other on a more personal level, outside our work roles!"

## WELCOME TO

Rae Hurwitz (River Lodge 2)  
David Smith (River Lodge 3)

## Care Centre blessed with wonderful volunteers

On December 5, the management and staff of Rand Aid's Ron Smith Care Centre hosted a Volunteer Appreciation party.

"It was a wonderful opportunity to thank each and every one of our 45 volunteers and to tell them how much we appreciate the giving of their love, time and talents to brighten up and enrich the lives of our residents," said Debbie Christen, Rand Aid's Manager: Recreation Programmes.

The care centre's volunteers are very rarely all together in one place at the same time, so they all had a great time meeting people they didn't know. To help break the ice, each volunteer drew the name of another volunteer, then had to find that person and ask them a few 'who are you' questions. Everyone then introduced their 'new friend' to the rest of the group amidst much merriment and fun. By the time all the introductions were made, it seemed like many people had a new buddy!

In a short address, Debbie acknowledged that each volunteer contributes to the lives of the care centre residents in their own unique way. Some run programmes, some assist with activities, some visit elders on a one-on-one basis, while still others work especially with residents living with dementia. But the most important contribution that the volunteers make is the energy, warmth and caring that they bring to the care centre, and the connections they make with the residents who are elderly and frail.

She went on to say that according to certain sources, we, as a society, are apparently lonelier than we ever have been. And at the care centre, there are many residents who are at that stage in life where their friends and spouses are no longer with them and their children/grandchildren may live overseas, which sometimes creates a lonely and isolating situation.

There are so many older people who long for deep and engaging communication and connection with another human being. And that's where the care centre's volunteers come in. When they take the time to give someone their full attention; when they exchange life stories and try to get to know who the individual is as a person, they are adding something that is so precious and vital to the well-being of the resident.

With speeches over and each volunteer having been recognised and thanked, it was time for lunch. Following an Indian theme, volunteer Sherill Singh catered for the event and served two kinds of samosas for starters; followed by two kinds of chicken curry and rice with chutney and cucumber raita; vegetable biryani; and a green salad and carrot salad. The spicy richness of the curries was then cooled down with a dessert of Cornetto Classic ice creams!

The lunch was declared delicious and all the volunteers expressed their appreciation for a wonderful gathering and for the opportunity to connect, have fun and meet new people.

A toast was proclaimed: "To each and every one of our star volunteers both present & absent, Rand Aid toasts you and wishes you good health, strength and ability to continue being a friend to our residents. May the love and joy that you give out, be returned to you many times over!"

For more information on the volunteer programme at Rand Aid: email Debbie Christen at [dchristen@randaid.co.za](mailto:dchristen@randaid.co.za)



## UPCOMING EVENTS

**Support Group:** The next support group for families with a loved one being affected by Dementia/Alzheimer's takes place on Saturday, 9 February, 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](mailto:lornaq49@gmail.com).

**Gardening Group:** Will be held on Wednesday, 20 February, in RL3 at 10:30am.

**Lotto:** The first Lotto concert for the year will be held on 13 February in the Elphin Hall. Get your ticket from Suzie for only R10. Entertainment by violinist Kristel Birkholtz.

**Love is in the Air!** It's the time of year to spread the love! A Valentine's Day tea will be held on Thursday, 14 February on the lawn area between the chapel and reception for residents residing at RSCC, starting at 10am.

**Boerie Braai:** 15 February in the quad area outside the hall. Place your order with Wanda at Elphino's Coffee shop. R25 a boerie roll.

**Sing-along:** Come sing-along to good old favourites on 28 February in the OT/Activity Centre from 9:30-10:30am.

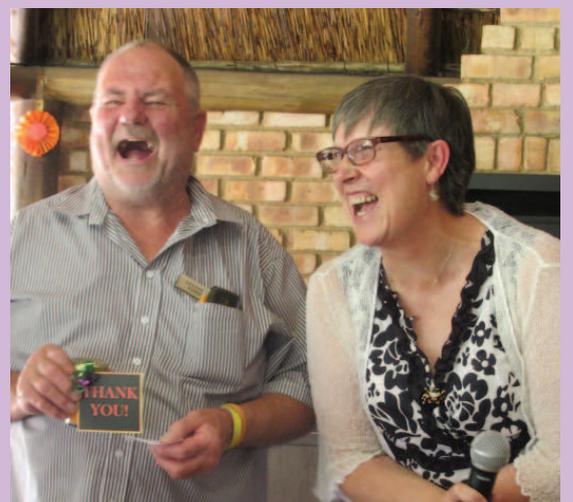
**Hands & Nails:** Will be held on 26 February in the OT/Activity Centre from 9:30-11:45am.

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

**Bible Study:** In recess until further notice.

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

**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.



ABOVE: Volunteers Ronnie Cumming and Sue van der Neut.

LEFT: The kind-hearted people who volunteer at the Ron Smith Care Centre.