

Ron Smith Care Centre



@ Elphin Lodge

JULY 2019 No.49



The members of the Rand Aid team who participated in the Growth Training Workshop.

Rand Aid team embarks on journey of growth

Rand Aid staff embarked on a two-day journey of growth in June when they participated in a training workshop on how to implement and manage change in the complex world of caring for elders.

Staff representing management, nursing services, social work, recreation and occupational therapy, housekeeping and catering were presented with a six-step growth model and learnt how to work through a logical process that applies to personal, team, and organisational transformation. The workshop participants were also taught how to gather the necessary tools and resources and how to develop an action plan, to sustain the **Eden Alternative** culture change journey.

The training workshop was presented by Magda Pienaar and Yolande Brand from Eden Alternative South Africa and was meaningful, thought-provoking, enlightening and motivating.

GREAT FEEDBACK

"Various staff have commented that this workshop promoted team building, communication and feelings of connectedness and that they feel inspired to bring this growth model into play," says Zabeth Zühlendorff, Rand Aid's GM: Services and Advance Division.

She says it was good to spend time with colleagues and to share perceived strengths and weaknesses. The workshop also reinforced the idea that all the care partners are doing a wonderful but sometimes stressful job, and that it can only be done effectively if they work as a team.

"They have begun to look at residents, staff and each other with new eyes and have started to think about how to identify and use each individual's strengths. It was good to realise that there is no pressure to change overnight, but that baby steps can be taken in the ongoing process of change and growth.

"Finally, everyone agreed that one of the best things about this workshop is that the knowledge gained cannot only be used at work, but also in one's own personal life with family and friends," says Zabeth.

UPCOMING EVENTS:

SUPPORT GROUP: The next support group for families with a loved one being affected by Dementia/Alzheimer's takes place on Tuesday, 2 July in the boardroom at 10am and Saturday, 13 July 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 group will be held on Wednesday 3 & 17 July at 10:30am in RL3 Dining Room.



LOTTO: The next Lotto Concert will be held on 10 July with entertainment by Edenvale Senior Songsters.

BOERIE BRAAI: Will be held in conjunction with the Joker Jackpot draw on 19 July 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 4 & 25 July in the OT/Activity Centre from 9:30-10:30am.

CARD MAKING: Will take place on 25 July in the OT/Activity Centre at 2pm.

HANDS & NAILS: Will be held on 3 July in the OT/Activity Centre, from 9:30-11:45am.

HYMN SINGING: Will be in recess for the month of July.

NEWS GROUP: Every Thursday, Cedar Park patio at 9:30am. All welcome.

BIBLE STUDY: Every Wednesday in the Chapel at 2pm.

HOBBY CLUB: Every Tuesday at 2pm in the OT/Activity Centre. Model building, chess, woodwork and small repairs.

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 **Richard Latilla**; I am a resident on Woodlands.

Things you may not know about me: People call me Dickie. I was born on 28 April 1946 in Springs and grew up and was educated in Rhodesia. My family has been involved in mining for generations, and I learnt everything about geology and mining from my dad who was a mining engineer. My own interest in mining actually began at the age of 5, when I started collecting stones! After matriculating from Plumtree High School, I received a bursary from Anglo American to study at the University of Salisbury, where I achieved BSc (Geology). In my second year, I was called up to join the Rhodesian Police Force to fight in the Bush War. I then worked for Anglo American in Rhodesia and was transferred to SW Africa. Following that, I had the opportunity to work for Utah International, an American company in JHB and was involved with Exploration Geology. I married my current wife, Eileen, almost 40 years ago. In 1986, we opened our own mineral exploration business. I have the honour of being the first South African to own and operate a small platinum mine in the bushveld. I am currently operating the technical side of a Limestone mine in Karaalhoek. I have 2 daughters (Harare/Cape Town), a son (JHB) and 6 grandchildren.

A few of my favourite things: Work has really been my hobby and because I have spent a lot of time in the bush, I am quite a solitary person and enjoy my own company, though I used to have a staffie, named Peggy who was fantastic company. My simple pleasure is to put my mind in neutral and soak up the sun.

My motto: Do it now!



Employee

My name is **Ikgetheleng Kunyane** but everyone calls me Kitty

Things you may not know about me: I was born on 23 August 1983 in Matatiele, Eastern Cape, close to Lesotho. I grew up with 3 brothers, so I was pretty much a tomboy. I enjoyed sports, especially running, and would like to run the Comrades one day. I was very close to my granny, who raised us, as my mother wasn't really around and I never knew my dad. My gran steered me onto the right path, instilled solid values in me and set me up for adult life. After matric, I moved to JHB to look for work so that I could help out my family financially. I did a security course and my first job was as a security officer at the JHB Stock Exchange. After 4 years in security, I did careworker training, as I have always wanted to be a nurse. I worked at Sandringham Gardens for 4 years, and then at a nursing agency for 3 years. In 2017, I started working for Rand Aid and enjoy caring for our residents on Woodlands. I feel that I have a gift for working with our elders, and take special care to try and restore their trust and dignity and to make life a little easier and more comfortable for them. I am happily single at the moment, and live with my mother, brother, and my 2 bright and beautiful children: son Nyiko (12) & daughter, Natasha (4).

A few of my favourite things: I enjoy gardening and like working in my vegetable garden at home. If I won the Lotto, I would build a house, pay for the best education for my children and buy a big Cherokee Jeep (silver).

My motto: Do unto others as you would have them do to you.



Volunteer

My name is **Marina Smith**,

I have been a volunteer at the care centre for 2 years, visiting with residents on a 1:1 basis and sharing treats with them from time to time. It gives me great joy to see the sparkle in their eyes after spending time with them.

Things you may not know about me: I was born on 27 August 1960 in JHB to an Italian father and Portuguese mother and grew up and went to school in the Northcliff/Roosevelt Park area. I have happy childhood memories of going to the drive-in with my dad and cooking and baking with him every Saturday. I received my first set of pots when I was 8! I have held a number of jobs as a pharmacy and furniture shop assistant, day mother, and have worked at the Sunday Times. But I have always been interested in cooking and baking, and for 17 years, supplied two shops in Edenvale with baked goods and worked for a party service. I also owned and ran a pizza shop with my husband and have been involved in the Fresh-to-you Market. Currently, my family and I have just launched a new coffee shop in Edenvale called Unique Beans, which is very exciting. I met my husband Trevor on a blind date and we have now been married for 36 years. He is my best friend. We have 4 beautiful children, 1 of whom now lives in the UK.

A few of my favourite things: My faith is important to me: I belong to the New Covenant Christian Church and enjoy Christian books and music. I also like reading biographies and listening to the pan flute. I love waking up to the birds singing outside my bedroom window! My big dream is to travel to Tuscany to see where my Dad was born and to explore my roots.

My Motto: Treat everybody with dignity.



Birthdays

RESIDENTS

3 July, Marie Diesel, RL3 (82)
4 July, Ron Adcock, WL (78)
5 July, Jovita Medonca, LS (83)
8 July, Karen Mitchell, CP (72)
13 July, Leon Shuker, CP (88)
14 July, Beryl Backhouse, LS (82)
19 July, Douglas Morgan, RL3 (75)
19 July, Peggy Town, WL (88)
19 July, Halina Malujo, RL2 (90)
21 July, Janice Costigan, RL2 (74)
26 July, Victor Daniel, LS (95)
27 July, Ems Horn, RL2 (66)
31 July, Rosina Pretorius, RL2 (88)

VOLUNTEERS

7 July, Jean Johnson
16 July, Denise McGee
29 July, Sherill Singh

STAFF

5 July, Zabeth Zühlsdorff (Head Office)
6 July, Hugh Parkin (Maintenance)
7 July, Fikile Ndabazitha (Day Care Special)
11 July, Jabu Simelani (Housekeeping)
13 July, Eunice Lakay (Cedar Park)
15 July, Grace Tshikalange (Woodlands)
16 July, Lilly Mathebula (Woodlands)
18 July, Constance Bonoko (Kitchen)
19 July, Loraine Martiny (RL3)
19 July, Dorothy Mashaba (RL3)
22 July, Mary Kekana (Housekeeping)
22 July, Chrestina Nzeru (Security)
23 July, Melta Molefe (RL3)
25 July, Peter Letsoalo (Elfie Driver)
26 July, Peggy Plaatjie (Cedar Park)

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

FONDLY REMEMBERED

Rae Hurwitz, River Lodge 2 (7.06.2019)
Bertha Hennings, River Lodge 3 (8.06.2019)
Barbara Wapnick, River Lodge 3 (12.06.2019)

WELCOME TO

Hester Cabrita (River Lodge 2)

STAFF NEWS

Congratulations and well done to our new Eden Associates:

Johannes Mojela (Security)
ENA Brenda Ratema
ENA Juliet Malatji
ENA Merium Netshifhefhe
ENA Martha Mabuyela.

Rand Aid to build new village

Rand Aid Association, through its development arm, the RA Welfare Development Trust, has acquired a magnificent 81 000m² piece of land at Glendower Golf Club for the development of a 120-unit secure lifestyle retirement village. The Glendower property is in close proximity to Dowerglen, Dunvegan, Bedfordview, Linksfield and Senderwood and will offer a range of accommodation to suit a variety of needs.