

# Ron Smith Care Centre



@ Elphin Lodge

MARCH 2019 No.46

## A love-filled Valentine's Day

The rainy cool weather did nothing to dampen the spirit of warmth and love at the Valentine's Tea on 14 February. The tea was held in the hall which was gaily decorated with strings of red and pink hearts and pots of heart-shaped flowers which were made by staff and residents in the weeks leading up to Valentine's Day. These beautiful, hand-made decorations did much to brighten up the atmosphere, on a day without sunshine.

The hall was packed out as some 100 residents and staff, many of whom were all decked out in their red or pink and white Valentine's attire, enjoyed a sing-along of romantic tunes such as Love and Marriage – Frank Sinatra, When I Fall in Love – Nat King Cole, Can't Take My Eyes off You – Frankie Valli, and Love Me Tender – Elvis Presley.

The musical activity was organised by new volunteer Stephanie Enslin, who led the singing and played the ukulele. After enjoying the music, the residents tucked into a lovely tea which included quiche, chocolate eclairs and milk tart.

Upon returning to their homes, the residents were in for another treat as the Activities Team presented each one with home-made chocolate hearts. Miraculously, all 450 pieces of chocolate were made with patience, dedication and love by special carer, Christina van Rooyen, during a frustrating period of load-shedding!



Louise Newman & Volunteer, Helen Dix.

### UPCOMING EVENTS

**SUPPORT GROUP:** The next support group for families with a loved one being affected by dementia/Alzheimer's takes place on Tuesday, 5 March, in the boardroom at 10am and Saturday, 9 March, at 9:30am in the Card room/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:** The next group will be held on Wednesday 6 & 20 March at 10:30am under the Lapa by the croquet lawn.

**LOTTO:** Will be held on 13 March in the Elphin Hall. Get your ticket from Suzie for only R10. Entertainment by pianist Martin Lane.

**Boerie Braai** in conjunction with the **Joker Jackpot** draw will be held on the 15 March in the Quad area outside the hall. Place your order with Wanda at Elphino's coffee shop, R25-00 a Boerie roll.

**SING-ALONG:** Come sing-along to good old favourites on 14 & 28 March in the OT/Activity Centre from 9:30-10:30am.

**HANDS & NAILS:** Will be held on 26 March in the OT/Activity Centre, from 9:30-11:45am.

**HYMN SINGING:** Every Tuesday in the chapel from 2pm-2:45pm.

**NEWS GROUP:** Every Thursday, Cedar Park patio at 9:30am; all welcome.

**BRIDGE GROUP:** Want to learn how to play Bridge or play a friendly game? Join us in the cardroom at 2pm every Wednesday.

**RSCC GLITZ AND GLAM HAPPY HOUR** will be held on 27 March in the main dining hall at 5:30pm.



Gordon Ross, Charlotte Tema, Victor Van Eck.



A happy smile from Irene Watson.

**EDEN THOUGHT:**  
The tea provided a wonderful opportunity for residents, staff and volunteers to connect and socialise, enjoy delicious snacks and to remember the love that they have given and received in their lives.

## Resident

My name is **Gail Spinks**; I am a resident of River Lodge 2. **Things you may not know about me:** I was born on 18 March, 1954, in Johannesburg. My father was a banker so we moved around a lot and I went to school all over SA. I eventually attended Rhodes University and achieved a BCom degree after which I landed my first job at Anglo American, working in the field of financial planning. I met my husband, Jeffrey, a chartered accountant, when we were both working at Ernst & Whinney, now Ernst & Young. We were married in 1958. We have 3 sons, Peter, Michael and Andrew, and 4 grandchildren, who all live in JHB and happily all visit me regularly. In 2015, I was starting to have health problems which forced me to leave my tax planning job at Deloitte. I was then diagnosed with Parkinson's disease which was quite a blow. At first I asked, "Why me?" but I am receiving wonderful care and now I am just trying to make the best of it. I am generally quiet and shy, but do enjoy socialising with others and can be quite outgoing in the right company. Children and flowers bring me joy. My proudest achievement is that I brought up 3 strong boys who have had the benefit of a university education and are all gainfully employed.

**A few of my favourite things:** At my home in Olivedale, I had a wonderful flower garden with roses, azaleas and camellias. I enjoy watching cricket and rugby – I support WP. I have always enjoyed travelling and did trips all over Europe, the UK and New Zealand. My favourite place is Paris, because it never stops.

**Motto:** Don't worry about the small things in life or the things you can't change. Work on the things you can change.



## Employee

My name is **Alice Molepo**, I am a care worker on River Lodge 2. **Things you may not know about me:** I was born on 20 August, 1964, into a Sotho-speaking family in Alex, but grew up in Limpopo. After matric, I completed a computer literacy course at the University of Limpopo and then moved to JHB. I did my care worker training at Empilweni nursing college and after qualifying, worked for Rand Aid for 5 years. I then went for ENA training at the Ukwazi School of Nursing and came back to work for Rand Aid after being certified. In 2015, I went back to school again for staff nurse training and graduated in May 2016. I currently work on River Lodge 2 and am waiting to fulfil my dream position of staff nurse at the care centre. I have been married to Dikobe, who has his own engineering company, for 10 years. We have 3 wonderful sons who are so good to me. I belong to the African Methodist Church in Alex. God has been good to me. He has helped me through sickness and given me opportunities to be educated, to find work and purpose and to prosper.

**A few of my favourite things:** I have a certificate in landscaping and love working in my garden, which I designed myself. When I've finished all my home and garden work, I love playing computer games because it stimulates my mind and relaxes me at the same time. My simple pleasure is to drive my Mitsubishi Pajero 4 x 4! I support the Kaizer Chiefs, but my husband likes the Pirates! I am proud of what I have achieved and am thankful for the opportunities that Rand Aid has given me.

**Motto:** Diligence is the source of success!



## Volunteer

My name is **Beulah Ganesh**, I have been a volunteer at RSCC for 1½ years. I visit various residents and like to pamper them with beauty treatments and home-made tea-time snacks.

**Things you may not know about me:** I was born in Durban on 10 February, 1946, the youngest of four girls. My parents were Hindu but converted to Christianity and so we all grew up in the church. My Christian imprint is so strong, that my greatest desire today is to share the gospel with others. Not having any funds for higher education, I went to work after matric. My first job was as a radio assembler and this was followed by several clerical jobs in credit control. My mother was my role model. She could not read or write but her faith was strong and she ran a large household with not very much money. I met my husband, Krish, when we were teenagers and he lived across the road from us. We lived within the confines of a very strict Indian culture, so there was no dating as such! We married in December 1967 in a Hindu ceremony in the morning and a Christian white wedding in the evening and will celebrate our 52nd wedding anniversary this year! We have 2 children, Deborah and Sean, and 2 grandsons.

**A few of my favourite things:** I am a bright and bubbly person who loves bling. I love reading and am an avid follower of the news on TV and in the newspapers. I love entertaining (hospitality is my middle name). I have travelled extensively (Europe, UK, Australia, America, India and the Far East) and am looking forward to a 15-day cruise in May. I am so thankful for this life that God has given to me and for my amazing children and grandchildren.



# Birthdays

### RESIDENTS

4 March, Vernon Schultz, WL (94)  
 9 March, Lynette Saville, RL3 (74)  
 11 March, Sylvia Kree, WL (93)  
 18 March, Gail Spinks, RL2 (65)  
 20 March, Lynette Honigman, RL3 (68)  
 23 March, Betty Hood, RL3 (94)  
 23 March, Aletha De Klerk, Day Care (80)  
 27 March, Merle Uys, WL (83)  
 30 March, Aurelia Fannuchi, WL (92)  
 31 March, Clem Lilley, CP (74)  
 31 March, Gwen M'Crystal, RL2 (86)

### VOLUNTEERS

9 March, Lorna Turner  
 10 March, Tania Sabato  
 22 March, Estelle Holtzhausen

### STAFF

3 March, Kedibone Shongoane (LS)  
 3 March, Julia Molotsi (Housekeeping)  
 6 March, Florah Mthogoane (WL)  
 9 March, Suzie Webber (Admin)  
 10 March, Bianca Richards (OT)  
 15 March, China Matsane (WL)  
 16 March, Emily Thabang (Housekeeping)  
 20 March, Portia Ngobeni (Housekeeping)  
 24 March, Randy Matsaung (RL2)  
 29 March, Thabisile Ndobe (LS)  
 30 March, Rae Brown (Head Office)  
 31 March, Ndifelani Mavhila (RL3)  
 \*Staff members must remember to pop in at reception to receive a small birthday surprise!

### FONDLY REMEMBERED

- Velma Pardini, Lakeside (2.02.2019)
- Louis Garb, River Lodge 2 (13.02.2019)
- Kenneth Broderick-Clarke, Cedar Park (20.02.2019)

### WELCOME TO

- Douglas Morgan (River Lodge 3)
- Merle Price (Lakeside)
- Peggy Town (Woodlands)
- Sylvia Kree (Woodlands)
- Ron Adcock (Woodlands)
- Annie Van Schie (River Lodge 2)



Resident Rae Hurwitz enjoys one of her simple pleasures at the gardening group held last month.