

Ron Smith Care Centre



@ Elphin Lodge

MARCH 2020 No.55



A WEEK OF *Love*

We had a wonderful week of Valentine's activities, with the opportunity to create Valentine's decorations and gifts, listen to beautiful music, relax and enjoy the fresh air and sunshine and be spoiled with relaxing spa treat-



ments and chocolates!

Many thanks to the OT Activity Team for the craft activities and Valentine's Spa, and to our very special Walking Group volunteers for the walk, putt putt golf, ice cream and home-made muffins. Thanks also to Chantie Minaar for the music and Christy van Rooyen for the hand-made chocolates which were so appreciated.



UPCOMING EVENTS:

SUPPORT GROUP: The next support group for families with a loved one affected by Dementia/Alzheimer's takes place on 3 March in the boardroom at 10am and on 14 March 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: Wednesdays, 4 March and 18 March, at 10:30am in RL3 Dining Room.

LOTTO: 11 March at 10am with entertainment by Magda de Vries on her xylophone.

BOERIE BRAAI in conjunction with the **JOKER JACKPOT** draw will be held on 20 March 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 Thursdays in the OT/Activity Centre from 9:30-10:30am.

CARD MAKING: In the OT/Activity Centre on 19 March at 2pm.

HANDS & NAILS: 25 March in the OT/Activity Centre, and 31 March in RL3 from 9:30-11:45am.

HYMN SINGING: Every first and third Tuesday in the OT/Activity Centre from 2pm-2:45pm.

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

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

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.

Eden Thought

At the Valentine's Spa, residents accepted the invitation to take the time to love themselves and to allow others to show them some love by experiencing the simple pleasure of having all their senses revived. They enjoyed the sound of soothing music, the smell of lavender, the sight of beautiful scenes of nature, the taste of delicious snacks and the comforting feel of therapeutic touch. Thank you to each person at the care centre who brought some Valentine's joy to another person during the week. Perhaps we can all think about dishing out some love and joy to others every day, not just on Valentine's Day!

Resident

BRIAN RUSSELL

Things you may not know about me: I was born on 25 October, 1928, in Bantry Bay, Cape Town, on a piece of ground that's probably worth R100 million today! When I was 5, we moved to JHB. I met my future wife, Lynne, at the school bus stop when I was 8 and she was 6. This first meeting was the start of a 79-year friendship and wonderful marriage! We married in 1953 and were happily together for 62 years until her death in August, 2016 – the saddest day of my life. We had 3 daughters: Dale, Bev & Mandy; a son, Vaughn, and 6 grandchildren. After matriculating from Parktown Boys High, I obtained a BSc Geology and Chemistry at Wits University. I completed my official working life representing the South African Mining and Energy Industries in Washington DC for 6 years before retiring in 1993 at the age of 65. In my retirement, I undertook consulting work but now at the age of 91, I am officially retired! I built our first home in Essexwold, where we lived for 30 years. We then moved to Bedfordview where I served on the Council for 13 years; one year as Deputy Mayor and then as Mayor for another year. I was a Deacon and Parish Minister for 62 years and played a large role in building St Margaret's Anglican Church in Bedfordview.

A few of my favourite things: Reading, cricket, the Financial Mail, my computer, internet and emails, and TV programmes such as The Fix, Taking Stock and Carte Blanche. I am grateful for my wonderful life and my loving family.

If I won the Lotto, I would find a piece of land and build houses for the destitute and homeless.



Employee

LUSANI MABULELE

Things you may not know about me: I was born on 7 September, 1984, at Baragwanath Hospital. I lived in Soweto until the age of 7 and then carried on with my education in Limpopo. After matric, I studied business management and human resources, but then decided to change my career path to nursing. I attended Khanyisa Nursing College and qualified as a care worker and auxiliary nurse. My first job was working as an ENA at Peer Medical Centre, after which I came to Rand Aid in 2012. I have worked on River Lodge 3, River Lodge 1, Lakeside, and now Woodlands, which I love. When I'm off duty, I love babysitting my 2-year-old niece, Denga. As much as I love children, I'm not sure I will have kids of my own as I am still waiting for Mr Right!

A few of my favourite things: I enjoy listening to Shangaan music on the Venda radio station, Phala Phala FM. I am a very social person and love to talk and visit with people. Sometimes I am called the naughty one, because I talk so much! I really enjoy domestic life and fixing up my home. When I have money, I smile and go shopping! I love all household things like bedding, linen, towels and small kitchen appliances. I also enjoy cooking and baking. I made a special sweet and sour salad dish for our Woodlands Christmas celebration and everyone loved it. I love cooking so much that one of my dreams is to train at a culinary college and have my own catering company. I am grateful for my job and the life I have.

My motto: Don't seek revenge when people hurt you. Forgive and move on.



Volunteer

STEPHANIE ENSLIN

I have enjoyed volunteering in the OT Activity Centre for a year now, playing guitar and leading a sing-along group.

Things you may not know about me: I was born on 16 January, 1984, in JHB. My favourite childhood memories are playing with the neighbourhood kids in our giant Oak tree and caravanning around SA with my mom, dad and 2 sisters. I have always been a very logical perfectionist, so maths was my favourite subject in school and I went on to receive my PhD in Geophysics at Wits University in 2016. I have had an association with the university since 2002 and am currently lecturing at the Wits School of Geosciences. Although I work in the field of geology and science, my passion is actually music and music therapy. I met my husband Scott at a jazz club through a mutual friend and we proceeded to 'talk music' throughout the evening! I play the violin, cello, piano, guitar and ukulele and he plays the piano, guitar and drums. We are hoping that our 3-year-old daughter Beth will be able to experience the joy and freedom of performing and creating music rather than just doing music for exams and eisteddfods.

A few of my favourite things: I love the colour pink; our Jack Russells – Wynton and Miles, and cat, Satchmo; Formula 1 motor racing; my gran's meringues, green tea latte, classic jazz, modern rock and classical music; Asian Lilies and the movie: The Sound of Music.

If I won the Lotto, I would fund an orphanage which would be filled with love and reverberate with music!

My motto: You can do anything, but you can't do everything!



Birthdays

RESIDENTS

09 March, Ursula Northern, Cedar Park (91)
11 March, Helen Goldman, River Lodge 1 (93)
11 March, Sylvia Kree, Woodlands (94)
18 March, Gail Spinks, River Lodge (66)
20 March, Lynette Honigman, River Lodge (69)
20 March, Dorothy Lawrence, Cedar Park (82)
23 March, Aletha De Klerk, Day Care, (81)
23 March, Betty Hood, River Lodge 3 (95)
27 March, Merle Uys, Woodlands (84)
30 March, Aurelia Fanucchi, Woodlands (93)
31 March, Clement Lilley, Cedar Park (75)
31 March, Gwen M'Crystal, River Lodge 2 (87)

VOLUNTEERS

22 March, Estelle Holtzhausen

STAFF

3 March, Kedibone Shongoane (LS)
3 March, Julia Molotsi (RL3)
6 March, Florah Mothogoane (WL)
6 March, Cynthia Dlangamandla (Special, RL1)
6 March, Siphokazi Mzana (RL3)
8 March, Anele Ndlovu (LS)
15 March, China Matsane (WL)
16 March, Emily Thabang (Housekeeping)
18 March, Sharon Lesufi (Porter)
20 March, Portia Ngobeni (Housekeeping)
24 March, Randy Matsaung (RL2)
24 March, Trynos Ncube (Elphino's)
29 March, Thabisile Ndobe (LS)

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

Miniature Gardening for Elders - Gardening activities can increase well-being and have a positive impact on cognitive abilities, communication and engagement. Even those who are frail can enjoy creating a miniature garden. Caring for the plants allows them to focus on the needs of something other than themselves and fosters creativity and a connection with nature. During a recent gardening session, residents Josephine Kew and Peggy Roberts completed the first phase of their miniature garden, much to their delight.



WELCOME TO

Joan Gelman: From Inyoni to CP RM17
Cathy Basterfield: From Elphin to LS RM 16
Phyllis Glass: From Daycare to RL1 RM4A

FONDLY REMEMBERED

Bob Greenwood (RL3) Date: 06.02.2020
Charlene Terespolsky (RL2) Date: 12.02.2020
Dan Oi Loo (CP) Date: 19.02.2020