

Ron Smith Care Centre



@ Elphin Lodge

NOV/DEC 2019 No.53

Heritage Day Harmony

Eden Thought

Heritage Day was a wonderful opportunity to celebrate with the care centre community, the spirit and beauty of Rand Aid's diverse cultures and to find joy in a selection of music and dances from around the world. We experienced affirmation of identity, joy, meaning and connectedness to others.

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GET TO KNOW ME

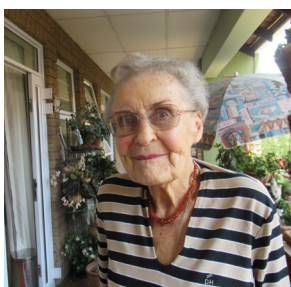
Resident

My name is **Gisela Meinck**. My home is in River Lodge 2.

Things you may not know about me: I was born in 1929 in Berlin, Germany. I was 10 when the war started and 16 when it ended. After matriculation, I attended training for Hospitality and Event Management, after which I ran a children's home and worked at the Charite University Hospital in Berlin. I met my husband Heinz at a house party and our relationship developed to the point where I followed him to South Africa in 1955, and then married him a year later in JHB. We began married life in a single room on the 2nd floor of a building at the corner of Kerk/Eloff Street. We eventually owned 2 businesses: A camera shop and a tour company. My favourite trips were the times when Heinz and I took our camper to Winkelspruit on the East Coast, where we were able to camp right by the water. We were married for almost 60 years until his death in 2015 at the age of 94.

A few of my favourite things: My great passion was horse riding which I did until the age of 75. My other loves were gardening, ballroom dancing and swimming, all things I enjoyed in my youth and well into my adult life. After falling and breaking my hip for the second time, I was really despondent and didn't want to live anymore. However, I received excellent care and encouragement from the care centre team and from my friends, which motivated me to rehabilitate myself with a daily exercise regime. I am so thankful for my recovery and that my health and zest for life have improved dramatically.

Motto: Don't give up, no matter what trials come your way.



Employee

My name is **Selinah Sheviri**. I am an ENA on RL2.

Things you may not know about me: I was born in 1970 in Limpopo, the youngest of 6 children and very spoilt! After matric, I helped out at our local clinic, cooking, cleaning and assisting with orphans and the sick. I realised that my calling was to become a nurse, so I went to Lunghile Nursing College in JHB for care worker and auxiliary nurse training. My first job was at Morningside Clinic after which I began working for Rand Aid in 2013 and became permanent in 2015. I have learnt so much working in the care centre, especially the fact that dementia is a disease of the brain and that we should all strive to see and get to know the person behind the sickness. I also strongly feel that education is needed in the local clinics, schools and churches to dispel the myth in our black culture, that people living with dementia are witches. My husband Solly and I have been married for 13 years and live in Alex with our beautiful 12-year-old twin girls, Tessa and Theresa and with my first born son, Calistro, who is now 30! Last year I was so sick and thought I was dying, but Job's story of faith in God, gave me inspiration and strength!

A few of my favourite things: I love arranging flowers, which I learnt how to do when I worked at a florist and I really enjoy helping Mrs Ria van der Westhuizen with her beautiful balcony garden. If I won the Lotto, I would build an organisation to take care of orphans. My family and I enjoy outings to Zoo Lake, and Gold Reef City, where my kids forced me to take a boat ride even though I am afraid of water. My dream is to visit Sun City and take my first airplane trip to Mauritius.



Volunteer

My name is **Jimmy Smyth**. For the past 6 months, I have been coming to play my flute every week for the residents on River Lodge 3 and hope that the beautiful music touches them in some way. **Things you may not know about me:** I was born in England in 1939, 3 months before the outbreak of World War Two! We moved to Ireland for safety. My Dad was in the army and I only met him when I was about 2 ½ years old. We stayed in Ireland until the end of the war and then moved to Scotland where I completed my schooling. I then studied at the Royal Academy of Music in London as a performance student and have since played the flute in symphony orchestras and bands, internationally and in South Africa for over 40 years. I have also taught music at Wits and the University of Pretoria. My wife Eleanor & I met in Scotland and were married for 48 years until her death in 2009. Despite my many faults, she somehow always saw the good in me and was the best thing that happened in my life! I live at Tarentaal and have 4 wonderful children and 5 grandchildren.

A few of my favourite things: I enjoy historical and war novels and classical music (Brahms, Bach, Beethoven), jazz, Irish, Scottish and pop music of the 60s and 70s. I like going to the movies, sometimes with my 19-year-old grandson, Nicholas. My love for Indian and Chinese food developed when I was at one time based in Singapore, and had the opportunity to travel and explore Thailand, Nepal, India, Vietnam and Malaysia. I am thankful for the life I've had, for my loving wife and family and for my sobriety.

My Motto: If you give your word, keep it!



Birthdays

RESIDENTS

4 Nov, Merle Price, Lakeside (96)
5 Nov, Phillip Silverman, Day Care (81)
9 Nov, Annie van Schie, River Lodge (78)
15 Nov, Ria Standing, River Lodge 2 (97)
16 Nov, Julia Williams, River Lodge 2 (70)
16 Nov, Erika Behla, River Lodge 3 (95)
17 Nov, Gillian Holliman, Cedar Park (71)
17 Nov, David Smith, River Lodge 3 (85)
18 Nov, Monica Beuthin, River Lodge 2 (88)
22 Nov, Ria vd Westhuizen, RL2 (72)
25 Nov, Anna Theron, River Lodge 1 (85)
29 Nov, Lorna Topp, Lakeside (82)

VOLUNTEERS

3 November, Philipina Deppe
5 November, Patrick Moore
8 November, Kathy Sen
10 November, Dorothea Bekker
12 November, Madge Ronald
29 November, Sue van der Neut

STAFF

2 Nov, Eddie Muchindu (Day Care, Special)
5 Nov, Angelina Mbulawa (RL2)
6 Nov, Lee-Ann Ramathibela (OT)
7 Nov, Selina Shiviri (RL2)
9 Nov, Debbie Christen (OT)
11 Nov, Merium Netshifhefhe (RL2)
14 Nov, Marlene Sirchia (Reception)
14 Nov, John Mashishi (Security)
16 Nov, Floyd Ngobeni (Security)
18 Nov, Phumudzo Nephiphidi (CP)
22 Nov, Prudence Sengoengeng (RL1)
24 Nov, Letitia Nyelele (RL1)
24 Nov, Odette Matamba (RL2)
28 Nov, Rejoice Tshabalala (Security)
28 Nov, Beauty Mohale (CP)
30 Nov, Moleboheng Mashale (RL1)
*Staff members must remember to pop in at reception to receive a small birthday surprise!

WELCOME TO

Evelyn Johnstone from Tarentaal. She now stays in River Lodge 2, RM15.

Accolades for gorgeous roses

Residents of Rand Aid's Elphin Lodge, Madge and Peter Ronald, once again entered the village and Ron Smith Care Centre into Gold Reef Rose Society's Annual Rose Show.

Madge used roses from the village and care centre's gardens to create beautiful arrangements which caught the judges' attention and earned podium places (the village won silver and the care centre gold) in the retirement village category.

The certificates add to those earned at last year's show: a gold for Ron Smith Care Centre, silver for Rand Aid and bronze for Elphin Lodge.

The 2019 rose show was held at Morningside Shopping Centre on October 4 and 5.

Well done Madge!

Birthdays

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RESIDENTS

5 Dec, Kingsley Fuller, River Lodge 3 (80)
8 Dec, Chris Badenhorst, Woodlands (79)
11 Dec, Doreen Woodward, Cedar Park (85)
15 Dec, Alison Bell, River Lodge 3 (83)
16 Dec, Margaret Sinnett, Cedar Park (77)
18 Dec, Margaret Richardson, LS (89)
21 Dec, Margaret Archer, RL2 (77)
22 Dec, Johan Tromp, River Lodge 3 (83)
24 Dec, Noel Tilney, River Lodge 3 (97)
24 Dec, Mary Lweedo, River Lodge 3 (72)
27 Dec, Sarah Richards, RL2 (90)
28 Dec, Brian Sher, Lakeside (74)
30 Dec, Willie Hopley, RL3 (59)
31 Dec, Annastasia Thula, Cedar Park (84)

VOLUNTEERS

19 December, Trevor Blake
26 December, Hazel Spearpoint
29 December, Luisa Engoue

STAFF

3 Dec, Neeri Stroebe (Accounts)
6 Dec, Catherine Mphahlele (RL1)
8 Dec, Martha Mabuyela (RL3)
9 Dec, Noluvuyo Mlandu (RL3)
12 Dec, Phylis Mbatha (Housekeeping)
14 Dec, Lucky Maluleke (Security)
17 Dec, Shakandinnyi Mahlangu (RL2)
19 Dec, Hilda Mabaso (Housekeeping)
16 Dec, Evelyn Shilubane (RL3)
21 Dec, Thilivhali Sibiya (RL1)
23 Dec, Christine Kasanda (WL)
25 Dec, Grace Tema (Kitchen)
29 Dec, Mpho Pitso (Housekeeping)
28 Dec, Bridget Maja (RL1)
30 Dec, Gwen Coutinho (WL)
30 Dec, Moses Molomo (Housekeeping)

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

Open Hearts Open Minds Staff Training

On 23 October, one shift of staff from Housekeeping, Kitchen and OT, gathered together for Eden training, facilitated by Debbie Christen, Manager: Recreational Programmes.

They spent the day opening up their minds and learning to see and understand the Eden Alternative philosophy with their hearts.

The training consisted of a number of activities, information-giving and feedback sessions designed to allow staff to get to know each other better, build relationships, and to understand the importance of learning to see the whole person, not just the illness or medical condition.

In essence, they learnt ways to treat Elders with understanding, care and respect and how to contribute to the well-being of everyone in the care centre community.

Some of the staff feedback:

- I appreciated that this training was cheerful and fun and that we were given time to express our feelings and to connect with each other.
- We need to treat our residents with patience, kindness, love, care and respect and we should all help them to feel at home.
- We need to bring joy to them every day!



Staff members who underwent Eden Alternative training with Rand Aid's Debbie Christen.

Heritage Day happiness at Ron Smith Care Centre

Over 150 residents and staff of the Ron Smith Care Centre gathered at the centre's beautiful Woodlands Lapa and Garden area to celebrate Heritage Day on September 26.

Preparations for the event began weeks in advance with the residents and staff creating special Heritage Day hats and hand-crafted Proteas for table decorations in the OT activity centre, whilst the staff dancers learnt some new international dances to entertain the crowd.

The day was awash with brilliant colours as staff were dressed in their bright and beautiful traditional attire. The dance programme began with staff representing the Venda, Pedi, Zulu and Tsonga tribes, performing their traditional dances. This was followed by an American Line Dance (Hillbilly Rock), an Israeli Folk Dance (Nigun Atik), a Latin American Cha (Chilly Cha Cha) and an American round dance (Salty Dog Rag). The programme ended with a lone Scottish piper who played Scotland the Brave.

After thoroughly enjoying the entertainment, residents were by now ravenous and more than ready for the braai. 'Build your own burgers' were on the menu and the Naked Chefs from Rand Aid's Inyoni Creek were the braai masters. Delicious, juicy hamburgers were served, which could be embellished with cheese, tomatoes and/or onions. Coleslaw, bean salad and pap & sauce were also on offer and the alfresco meal ended off with everyone's

favourite – Eskimo Pies!

Debbie Christen, Manager: Recreational Programmes commented: "The day was a wonderful opportunity to celebrate with the care centre community, the spirit and beauty of Rand Aid's diverse cultures and to find joy in a selection of music and dances from around the world. The perfectly grilled burgers were also a treat!"

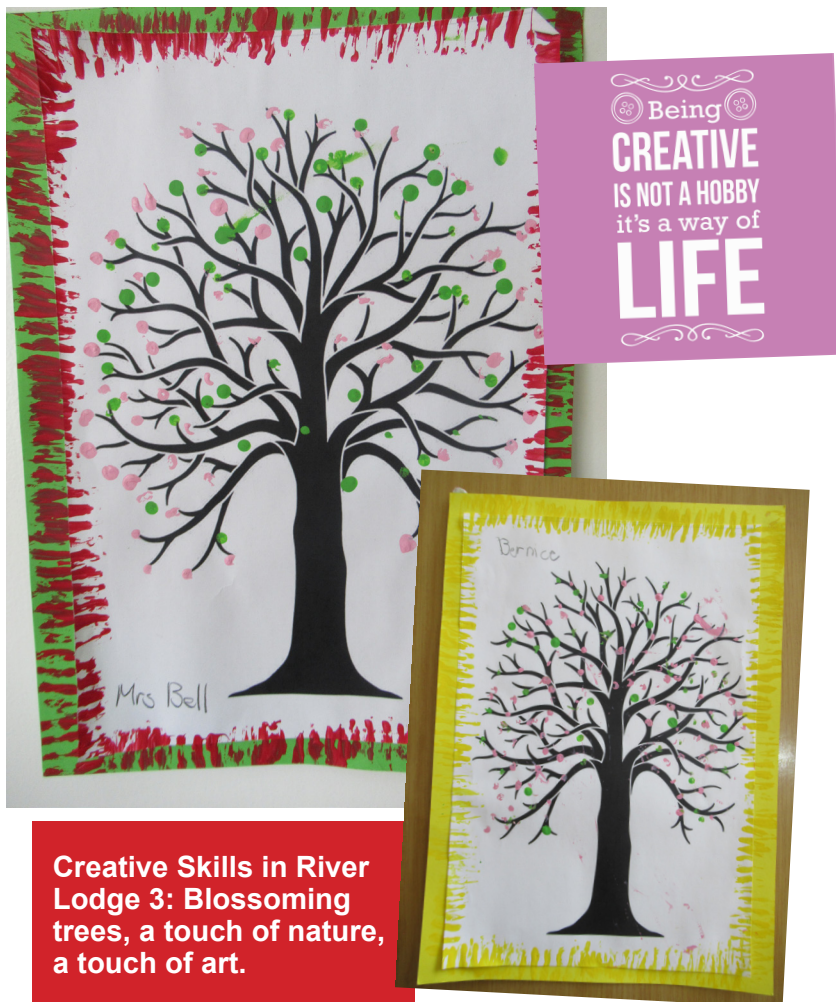


Olimpia D'Ascenzo and Ziyanda Vellem.



Christmas decor, hand-made, with love

Creating something new and beautiful has many therapeutic benefits. When our product can serve a purpose, even better! Our residents are always ready to take on the challenge, and found a lot of enjoyment in making terrariums with miniature succulents and layers of stone and soil. We are very proud of our little pots and had the upcoming festive season in mind when we made them. Enough were made for us to have them for sale as handmade gifts. They are available at reception for R25 each. Feel free to have a look at our variety of little succulents, planted with love.



Creative Skills in River Lodge 3: Blossoming trees, a touch of nature, a touch of art.

Being
CREATIVE
IS NOT A HOBBY
it's a way of
LIFE

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 November and Tuesday, 3 December in the boardroom at 10am. Also on Saturday, 9 November and Saturday, 14 December 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

GARDENING GROUP: The next groups will be held on Wednesdays, 6 and 20 November, at 10:30am in RL3 Dining Room.

LOTTO: The next Lotto Concert will be held on 13 November with entertainment by Monty Craub, pianist.

SING-A-LONG: Come sing-a-long to good old favourites on 14 and 28 November in the OT/ Activity Centre from 9:30-10:30am.

BOERIE BRAAI in conjunction with the **JOKER JACKPOT** draw will be held on 22 November in the Quad area outside the hall. Place your order with Wanda at Elphino's Coffee shop. R25 a boerie roll.

CARD MAKING: Will take place in the OT/ Activity Centre on 21 November at 2pm.

HANDS & NAILS: Will be held in the OT/Activity Centre on 26 November and 19 December, from 9:30-11:45am. In RL3, it will take place on 21 November and 17 December.

JOKER JACKPOT will take place on 10 December in conjunction with the Elphin Lodge Christmas Dinner.



Ron Smith Care Centre's **CHRISTMAS LUNCH** will take place on Wednesday, 18 December.

Come join in the festivities, enjoy the Christmas meal and sit back and take in the entertainment that has been lined up.

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

NEWS GROUP: Every Thursday on the 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.

BRIDGE GROUP: Want to learn how to play Bridge or even play a friendly game? Join us in the OT/Activity room at 2pm every Wednesday afternoon.