

Ron Smith Care Centre



@ Elphin Lodge

FEB 2020 No.54



Calm haven for anxious minds



PUTT PUTT GOLF UNDER SHADE SAILS

The wonderful Woodlands Garden area at Ron Smith Care Centre has become even more inviting with the addition of a shade sail over the putt golf green and croquet lawn.

"These sails not only complete the aesthetics of the area but provide much needed protection and shade from the sun for our residents and staff, enabling greater usage of the area by our care centre community," says Debbie Christen, Rand Aid Manager: Recreational Programmes.

A safe place away from the busy world is often just what is needed to regain balance in life. This is even more necessary in the day of a resident living with dementia. Dementia changes the brain's ability to perceive the surroundings through the senses. Sensory rooms are very effective in allowing for a person's brain to calm down and re-focus. River Lodge 3 has taken the first step in offering this facility to our residents by creating a sensory corner. A beautiful nature scene, a comfortable rocking chair, music and gentle light makes for a place of relaxation and rest. This is not just therapeutic for the resident's brain, but also for the emotional distress the resident experiences daily. Feeling balanced and calm is a gift all our residents deserve. We aim to please!

Eden Thought
Security and safety are important domains of well-being. In managing the well-being of a person living with dementia, countering anxiety and agitation is vital. Having a place like a sensory corner assists with these challenges.

UPCOMING EVENTS:

SUPPORT GROUP: The next support group for families with a loved one being affected by Dementia/Alzheimer's takes place on 4 February in the boardroom at 10am and on 8 February at 9:30am in the Cardroom/Clubhouse. 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, 5 February, and 19 February at 10:30am in RL3 Dining Room.

LOTTO: The next Lotto Concert will be at 10am on 12 February in the Hall. Pianist Chantie Minnaar will be playing Valentine's music.



BOERIE BRAAI: Held in conjunction with the Joker Jackpot draw on 21 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 every Thursday in the OT/Activity Centre from 9:30-10:30am.

CARD MAKING: Will take place in the OT/Activity Centre on Thursday, 20 February at 2pm.

HANDS & NAILS: Will be held on the in the OT/Activity Centre on 26 of February and in River Lodge 3 on 25 February, from 9:30-11:45am.

HYMN SINGING: Every 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 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 Centre at 2pm every Wednesday.

Resident

Valerie Klopper

Things you may not know about me: I was born on 3 May, 1929, in Springs and spent the first months of my life in a shoe box, as I was only one and a half pounds at birth! I wasn't expected to live very long but surprised everyone by not only surviving, but living to my current age of 90! I was nicknamed Joy because it was a joy for me to be given the gift of life. After matric, I attended Business College & my first job was working as a secretary for a large architectural firm. I was a very active young lady and enjoyed tap dancing, ballet and sports. I met my husband Jacobus when we were both living in the Mayfair area and were both involved in ballroom dancing. We loved to dance together & were married for 45 happy years until his death. We first lived in Florida, then moved to Northern Rhodesia (now Zambia) and then finally to Bedfordview. I used to play championship bowls and was President of the Southern Transvaal Bowling Association & served on the executive for many years. I have 2 children, Lewis, who lives in JHB, and Charmaine, who lives in Italy; 2 grandchildren and 4 great grandchildren.

A few of my favourite things: My life used to revolve around my garden and gardening, my dogs and cats, knitting, dressmaking, tennis and bowls, but now age and arthritis have caught up with me, so I content myself with listening to beautiful music, watching family dramas, rugby and soccer on TV and enjoying the company of the lovely people here at the care centre.

My favourite hymn is: Nearer my God to Thee. I am thankful to Him who gives us everything we need.



Employee

Florah Tshonisa

Things you may not know about me: I was born on 2 March, 1967, into a Southern Sotho family and lived & grew up in Nigel. I was the 5th of 6 children. When I was 16, I moved to Soweto & completed matric there. My stepfather was a priest and being raised in a spiritual home gave my faith roots and grounded me for life. From ages 11 to 21, I entered beauty pageants and won many titles. Being interested in clothes and fashion, I also modelled part-time as a teenager & eventually worked for Truworths whilst studying for a Diploma in Admin. My husband Robert and I were married on 14 February, 1998. I even managed to win the Star's Bride of the Month competition! Robert is now a school principal in Daveyton and we have been married for 22 years. It was Robert who encouraged me to go back to school to train as a nurse when I was in my 40s, and I proudly qualified as a nursing sister when I was 50! I began working for Rand Aid in March 2019.

A few of my favourite things: I enjoy cooking and baking, reading spiritual books & fashion magazines. I love listening to music (Barry White, Percy Sledge, Brook Benton) and watching Indian movies! I enjoy spending quality time with my husband. We travel a lot – my favourite places are Durban, Kruger National Park and Magaliesburg. My greatest joy is to bring a smile to someone's face.

My motto comes from my mother: Do not envy others; be satisfied with what you have.



Volunteer

Janine Tuson

I have been a volunteer at the care centre for the last 6 months, assisting with the nature walks & visiting residents.

Things you may not know about me: I was born on 3 February, 1965, in Johannesburg. I was the baby in our family & was always surrounded by a lot of boys (my 5 brothers who were very protective of me & their friends). I was a real tom-boy – always outdoors, hanging out with the guys, playing cricket, going fishing and meeting the gang at The Doll's House on Louis Botha. I wasn't very studious, so I didn't do too well at school, but eventually went to secretarial college and started working at the age of 16. I worked for Anglo American for many years on various mining projects as PA Executive Secretary. Whenever possible, I indulged my passion for travel and especially loved Thailand, India, Turkey, Botswana, Zimbabwe and the Garden Route. Eventually I ended up in Cape Town where I developed my art skills, got involved in pottery and leather-making and opened a small shop. I am currently dedicating my time to caring for my 91-year-old mom and volunteering at RSCC and Alzheimer's SA.

A few of my favourite things: Road trips, exploring out-of-the way places, camping and sharing camp-fire stories with friends; taking my mom to see the ducks at Emmarentia Dam and seeing her smile – these things make me happy. My proudest achievements are completing the Cape Argus Cycle Tour 6 times & running a 10 km road race in under an hour.

My Motto: Where the spirit of the Lord is, there is freedom. Love never fails.



Birthdays

RESIDENTS

01 February, Edna Schley, RL1 (91)
03 February, Olive Jew, LS (96)
08 February, Gisela Meinck, RL2 (91)
08 February, Dorothy Stella Thomas, RL2 (89)
13 February, Pamela Mintz, WL (89)
21 February, Etienne Geyser, RL3 (87)
22 February, Bernice Goldman, RL3 (95)
27 February, Myer Fish, RL2 (96)
27 February, Patricia Graham, RL3 (79)

VOLUNTEERS

2 February, Solange Irakoze
3 February, Janine Tuson
11 February, Edel Froschauer
13 February, Marisa Sabato

STAFF

2 February, Pamela Martins (Porter)
3 February, Beatrice Nzimande (RL3, Special)
6 February, David Rasidumelo (Maintenance)
8 February, Ninette Nottbusch (Hairdresser)
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!



Therapeutic art turned into pretty unique quilt

Eighty-one-year-old Hilary Sidelsky is a resident on River Lodge 2. She loves the weekly fabric painting session which she attends at the Occupational Therapy Activity Centre and says that it brings her much joy and contentment. Towards the end of last year, she showed her daughter, Stacey, all the paintings she had created, and together they decided to make a quilt with all the artwork. The quilt now has pride of place on Hilary's bed and is a lovely reminder of the special joy that comes from creating something beautiful with your own hands. **Pictured** is Hilary (right) with her painting instructor, Jacqueline Cloete.

FONDLY REMEMBERED

Victor Daniel
Richard Latilla

Joan Gilbert
Patricia Marsicano