

Ron Smith Care Centre



@ Elphin Lodge

SEPT 2019 No.51

Volunteers become Dementia Friends



A group of warm-hearted people have become Dementia Friends, spending time enriching the lives of people living with dementia at Ron Smith Care Centre.

Some of the regular volunteers at the care centre recently indicated that they would like to learn more about dementia and Alzheimer's disease. In response to that request, Rand Aid social worker Debbie Beech conducted two 'Dementia Friends' sessions for about 20 volunteers in August.

Dementia Friends is an initiative that was started in the UK to raise awareness and change the way people think, act and talk about dementia.

The sessions were warmly received and volunteers came away feeling much more enlightened about the disease. They committed to joining the initiative and becoming a Dementia Friend.

There are plans to offer more Dementia Friends sessions to care workers and residents in the near future.

Volunteers at the Ron Smith Care Centre assist in a number of ways, from helping with the walking, music, games, baking and arts and crafts activities, to visiting lonely residents and brightening their day. Volunteers work with all residents and not just those living with dementia.



VOLUNTEER NEEDED TO TEACH COMPUTER SKILLS

Ron Smith Care Centre is in need of a volunteer to teach computer skills. If you think you may be able to assist, please contact Debbie Christen by email at dchristen@randaid.co.za

Key Dementia Friends messages:

- Dementia is not a natural part of ageing.
- Dementia is caused by diseases of the brain.
- Dementia is not just about losing your memory – it can affect thinking, communicating and doing everyday tasks.
- It is possible to live well with dementia.
- There's more to the person than the dementia.

UPCOMING EVENTS:

Support Group: The next support group for families with a loved one being affected by Dementia/Alzheimer's takes place on Tuesday, 3 September in the boardroom at 10am and Saturday, 14 September 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 group will be held on Wednesday the 4th and 18th of September at 10:30am in RL3 Dining Room.

Lotto: The next Lotto Concert will be held on 11 September with entertainment by Holy Rosary Junior Choir.

Boerie Braai in conjunction with the **Joker Jackpot** draw will be held on 20 September in the Quad area outside the hall. Place your order with Wanda at Elphino's Coffee shop: R25 a Boerie roll.

Sing-a-long: Come sing-a-long to good old favourites in the OT/Activity Centre from 9:30-10:30am on the 12th & 26th of September.

Card Making: Will take place in the OT/Activity Centre on 19 September at 2pm.

Hands & Nails: Will be held on 23 September 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 at 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 Centre at 2pm every Wednesday afternoon.

The mission of Eden Alternative SA is to improve the well-being of Elders and their care partners by transforming the communities in which they live and work. One of the positive changes taking place is the introduction of colourful new staff uniforms. Pictured here are the housekeeping staff, who are all so happy with their new uniforms, which foster pride and joy in looking and feeling good on the job! They each received a red, blue and green shirt and the red one seems to be a firm favourite!

THIS MONTH'S EDEN THOUGHT



Resident

My name is **Olive Jew**. I live on the Lakeside wing.

Things you may not know about me: I was born on 3 February 1924 in JHB and grew up in Benoni and Krugersdorp. My father was a mines secretary and we lived in a beautiful house right on the mines. Every 5 years, the mine workers and their families were entitled to an overseas holiday, so when I was 9, we took a 6-month long holiday in England, which took 3 weeks to get to by ship! It was wonderful! I attended St Mary's School (Jeppe & Waverley) and after matric, took a job as a shorthand typist. I then worked for the municipality in Krugersdorp. We were living in a time of war and every Saturday night, we used to attend dances that were held to raise funds for our soldiers. I met my future husband, Harold, at one of these dances. He walked up to me and simply took my hand. We married in 1946 and built our home in Benoni. We were married for almost 50 years until his death in 1995, after which I moved into Elphin Lodge. We had 2 daughters: Carol-Ann, who lives in Houston, Texas and Liz, who lives in JHB and visits every day; 4 beautiful grandchildren and 1 great grandchild.

A few of my favourite things: Flowers (especially roses), people, friends and family bring joy to my life. I used to paint in watercolours and started the Elphin Art Club 22 years ago. I used to enjoy ballroom dancing (especially the waltz), dressmaking, gardening, and tennis. I feel blessed for being alive and healthy (as a young adult, I had polio), for having had a happy childhood and marriage, and for now being so well cared for at RSCC.

My motto: Always look on the bright side.



Employee

My name is **Shakandinny Mahlangu** and I am an enrolled nurse working on Lakeside.

Things you may not know about me: People call me Shaka. I was born on 17 December 1991 in Halambani, Venda. I was a happy child and enjoyed the freedom of playing with my friends and receiving lots of love from my family. After matric, I spent 3 years at Khanyisa Nursing College in JHB and studied to be a careworker, then auxiliary nurse and finally enrolled nurse. My first job was at Tswelopele Frail Care Centre in Hillbrow. I then started working for Rand Aid in 2017 where I gained experience on all the wings. I enjoy my work because I love being around people and giving and receiving love. Our residents are also so much fun to be with! I am newly married! Lucas and I were engaged and then married in a beautiful white wedding ceremony in Venda in February 2019. He is a Protection Officer and possesses all the human qualities that I value: respectful, kind, understanding, good communicator and fun!

A few of my favourite things: I love flowers, especially roses, and enjoy potting flowers and plants and working in my garden. I love listening to Gospel and house music, watching local talk shows and movies about the local South African scene. I enjoy spending time at church. My husband and I do almost everything together, from the cooking, cleaning and shopping to travelling to our homes in Venda and Mpumalanga. My dream is to study further and eventually become a paediatrician. I would love to have four children.

My motto: Nothing is impossible with God.



Volunteer

My name is **Yvonne Butts**. I've been a volunteer for the past 7 months and find joy in being able to brighten someone's day; to turn someone's tears into a smile.

Things you may not know about me: I was born on 3 April 1948 in JHB and grew up and went to school in the Malvern/Kensington area. I had a happy, carefree childhood. My first job was with Liberty Life as an admin clerk. I then worked as a PA to Jack Webster, CEO of Fruehauf Trailers and the last job I had was with Birkenmayer, performing admin, secretarial, sales and marketing functions. I retired in August 2018 after 52 years in the workforce and am happily living in my beautiful flat at Tarentaal, with its sunny balcony, my 'pet' loeries whom I've 'adopted'. I love the fact that I can walk around all 3 Rand Aid villages in peace & safety and I can get to each place without having to get into my car! I have 3 children whom I managed to raise and support mostly single-handedly and 4 beautiful grandchildren (their hugs will make my day)! As a family, we love to get together for a typical SA braai.

A few of my favourite things: Sweet peas, daisies and most flowers, the colour turquoise, live musicals, theatre and good old sing-along numbers such as music by Abba. I adore eating out. I enjoy knitting for charity, crosswords, walking and church duties. My top priority is to remain healthy in body and mind, so that I can fulfil my big dream to travel. My favourite holidays thus far have been to Zanzibar, Australia and locally to Wyndford Farm which is my happy place.

I am thankful to have the opportunity to give back to the residents of the care centre; to be able to add to their lives and give purpose to my own.



Birthdays

RESIDENTS

2 September, Dawn Hazzard, RL3 (90)
3 September, Peter Kempster, RL3 (88)
4 September, Sannie Wucherpfennig, RL1 (87)
4 September, Victor van Eck, RL2 (85)
5 September, Josephine, Kew RL1 (88)
7 September, Heather Zipp, RL3 (86)
8 September, Joy Smith, CP (87)
8 September, Eleanor Motsepe, DC (76)
8 September, Irene Watson, RL1 (98)
9 September, Norman Woolf, RL2 (89)
14 September, Wald Salwyn, RL2 (87)
16 September, Mariana Duvenage, RL1 (80)
17 September, Hymie Kalish, RSLs (89)
20 September, Maureen Lang, DC (81)
20 September, Robert Murray, RL3 (90)
23 September, Hilary Sidelsky, RL2 (81)
25 September, Paddy Marsicano, CP (90)
25 Sept, Christine Kincaid-Smith RSLs (77)
25 September, Olimpia D'Ascenzo, RL3 (85)
26 September, Erica Penney, RSRL (97)
26 September, Peggy Roberts, RL1 (85)
27 September, Winifred Wood, RL2 (92)

VOLUNTEERS

03 September, Denise Stewart
24 September, Marieta Ignatova

STAFF

6 September, Ntombi Mapasa (RL1)
7 September, Lusani Mabulele (Lakeside)
7 Sept, Dorothy Mashaba (Housekeeping)
11 Sept, Lungile Mhlongo (Lakeside)
11 September, Germinah Baloyi (RL1)
14 September, Siyakubonga Nazo (Kitchen)
14 September, Iris Radebe (Housekeeping)
15 September, Singathwa Siboto (RL1)
17 September, Felicity Rananga (RL2)
17 September, Mavis Pili (Cedar Park)
17 Sept, Mado Ndelela (Day Care, Special)
20 Sept, Nikiwe Thengwayo (Housekeeping)
21 September, Gloria Bengu (RL1)
21 Sept, Amanda Ndlovu (Housekeeping)
21 September, Vivacious Sibanda (Elphino's)
22 September, Brenda Ratema (RL1)
23 Sept, Phyllis Phillips (Liaison Manager)
23 September, Frans Masalesa (Driver)
25 Sept, Jane Ngwenya (Housekeeping)
26 September, Vivian Maphoso (Kitchen)
27 September, Nicky Ponco (LS)
30 September, Adolphina Mangwete (LS)

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

STAFF NEWS

We are happy to welcome our new OT, Corlia Schutte, to our team at the Ron Smith Care Centre. We hope to grow together in caring for our residents and improving their quality of life.

Congratulations to all the staff who received long service awards last month. Fourteen staff members reached the 5 year milestone. Phyllis Phillips, Portia Ngobeni and Hilda Mabaso were recognised for 10 years of service; Sr Loraine Martiny for 25 years and Hugh Parkin for 30 years.

FONDLY REMEMBERED

■ Vernon Schultz. ■ Donald Rose.