

Rand Aid **review**

Tel: 011 882 2510 SEPT 2019 Fax: 011 882 4670 Email: info@randaid.co.za

‘Mr Rand Aid’ Rae Brown leaves a legacy of greatness

Rand Aid Association lost a remarkable man when CEO Rae Brown passed away on August 26, 2019, after a spell of ill health.

When Rae took the helm 14 years ago, the 116-year-old NPO was very different to the large and distinguished organisation it is today.

“Today, thanks to his stewardship, we have an institution which, without question, is the finest of its type in Southern Africa,” says John Robinson, the Chairman of the Rand Aid Association Board.

Rae was responsible for the establishment of Inyoni Creek; the reconstructing of the Wedge Gardens Complex, the Cookchill, central laundry and workshops; as well as the acquisition and renovation of the present day Thembalami Care Centre. He was looking forward to developing a new retirement village on the property recently acquired at Glendower Golf Club.

“He was also responsible for the introduction of management systems that have brought about financial strength and, ultimately, the participation of residents on the overall board of management.

“He built up a highly competent general management team and left an infrastructure that will long continue to be successful, even after his passing,” said John.

“Rae was a man amongst men, someone I will always remember with admiration and respect. He has left very big shoes to fill and extremely large footsteps in which to tread.”

Most importantly, says John, Rae has left a heritage at Rand Aid that will last forever.

FAMILY LIFE

Born in Cape Town to Beric and Evelyn, Rae had a twin brother, David, and an elder brother Peter. All three attended Bishops Diocesan College as boarders from an early age.

His father was a railway engineer who had his own train carriage which he



Rand Aid CEO Rae Brown has left behind a lasting legacy.

would hook onto the end of trains and travel extensively across Southern Africa. His mother was one of the first female architects in South Africa.

NAVAL MAN

After school, Rae did his military training at the Naval Gymnasium in Saldanha Bay. When he moved to Johannesburg, he maintained his naval ties through his citizen force service at SAS Rand for many years, and later became actively involved again, serving on the committee of the Naval Officers Association.

He completed his BCom degree and his CTA at the University of the Witwatersrand, where he met his wife, Gail.

Rae served his articles at Cooper Brothers where he qualified as a chartered accountant. It was through Coopers that Rae gained international experience when he was transferred to London for three years.

When he returned to South Africa, he continued to work as a chartered ac-

countant and was offered a partnership at Ross Spencer Rule. He was part of the team that managed the merger that eventually became BDO Spencer Steward, of which he later became managing partner.

SARS AND BACK TO SCHOOL

Next followed a position at SARS where he set up and ran the Corporate Tax Centre. One of his many contributions at SARS was to launch a court case that finally resulted in an amendment to the tax laws.

During his time at SARS, Rae returned to university, working at night and over weekends to obtain a Higher Diploma in Tax and, subsequently, a Higher Diploma in International Tax.

Following SARS, he moved to Rand Aid Association in 2005, commencing another fulfilling and happy period in his work life. His vision and determination helped transform Rand Aid into the flourishing and renowned institution that it is today.

Rae has left a heritage at Rand Aid that will last forever.

- CHAIRMAN OF THE BOARD
JOHN ROBINSON

In his personal life, Rae gave so much of himself in many ways. He served on the Rosebank Primary School committee for many years, for most of these as chairman. He served on Sea Scouts, SPCA, Quondam Village and the Naval Officers Association committees, amongst many others. Rae was often asked to join a committee when an organisation was in trouble and only resigned once it was in a stable and sound financial position.

Rae leaves behind his wife Gail and four children – Michael, Catherine, Tamara and Patrick.

TRIBUTES TO RAE - page 2

No sedate birthday tea for this 90-year-old!

While some people may celebrate their 90th birthday with tea and cake, Helga Bultemeier boarded a rather flimsy-looking, two-man open aircraft and with the wind in her face, soared over the thundering Zambezi River and majestic Victoria Falls.

The resident of Rand Aid's Thornhill Manor, who joined the nonagenarian club on July 20, 2019, said it was the most amazing experience.

The flight was a birthday gift from her son and daughter, who – along with other family members and grandchildren – joined her for an unforgettable trip to one of Africa's most scenic places. They stayed at the Royal Livingstone Victoria Falls Zambia Hotel in the Mosi-oa-Tunya

National Park, where zebra wander the grounds and sweeping views of the Zambezi River and savannah stretch out forever. The microlight flight, booked through Livingstone's Adventure, was 15-minutes long. "I would absolutely do it again, anytime," says Helga, whose late husband was a pilot who loved taking his wife for rides in similar lightweight aircraft.

Helga has always been an adventurous person. She is actively involved in village life at Thornhill Manor, happily cooking German fare and manning the stall at the annual fete. She used to love volunteering at Rand Aid's Ron Smith Care Centre where her dog, Dr Pippi, brought much joy to the residents. Thornhill Manor has been her home for over 10 years.

"We are looking forward to celebrating Mom's 100th birthday, with her maybe piloting the microlight," chuckles son Bernard Bultemeier. "Thank you for taking such great care of my mom; she absolutely loves Thornhill Manor," he added.



Helga Bultemeier and pilot Heiko.

Remembering a great man

At his funeral service at St George's Anglican Church on September 2, and at the Rand Aid memorial service the following day, family and colleagues paid tribute to Rae.

Unfortunately, space constraints prevent us from sharing them all.

"Throughout his life, when Dad set a goal, he achieved it. This is clearly seen in his work at Rand Aid. Dad was able to do this due to his ability to carry people forward with him; he understood people, he listened to everyone, he saw talents in people and drew them out even when the people themselves were unable to see these skills. He built communities involving everyone, across all lines and barriers, from different backgrounds and cultures, from the staff to the residents and all for the greater good," said son **Michael**.

"Dad's gentle nature and characteristics of decency, integrity, humility, determination, optimism and inner strength have shone through all he has done."

Wife Gail said Rae was a steadfast and marvelous husband for 51 years, always loyal, always supportive and always knowing what to do in trying circumstances.

All the tributes had a universal theme – Rae's dry humour. This anecdote – shared by **Michael** – captures that perfectly:

"When he resumed his studies as a mature adult, he visited Kew Gardens in London, where he produced both his Senior Citizens Card and his Student Card at the ticketing office and asked the lady which card would give him the better discount!"

Said **Ayanda Matthews**, Rand Aid's GM: Compliance & Social React Division: "It didn't matter what station in life you were at, Rae respected you. Thank you for the love, the support and the wisdom."

Phyllis Phillips, Elphin Lodge's Liaison Manager, said Rae was a quintessential leader.

Ann Raats, a Thornhill Manor resident who served on the Board of Management of Rand Aid Association and the Board of Trustees of the RA Welfare Development Trust, among other committees, said Rae was far sighted and thoughtful.

"His decisions were made with an empathy that built bridges with those he dealt with. This helped residents to work together with Exco and the Board to our mutual benefit. The first giant step was made when the need for our own Constitution was identified and Exco members drew up the document that allowed each village to have representation at their meetings and on the Board."

"I knew Rae as a gentle man with a dry sense of humour and quiet wisdom whose leadership has carried us forward to where we are today."



Rand Aid honours dedicated employees

Rand Aid Association paid tribute to its long-serving employees on August 22 when it held its 2019 long service awards.

"Rand Aid is fortunate to have a team of employees who show dedication, commitment, loyalty and a strong sense of belonging," said Ayanda Matthews, GM: Compliance & Social React Division.

"Your contribution is not lost on us. We are aware of the long hours you put in and thank you for your contribution to developing this organisation into what it is today."

35 YEARS

The longest-serving employee honoured on the day was **Matron Paulina Namo**

of Thembalami Care Centre and the Max Ordman Deaf Association, who received her 35-year service award from Chairman of the Rand Aid Association Board John Robinson.

"My greatest achievements were to mentor care workers and enrolled nurses at Thembalami who have been successful in pursuing their nursing careers at different provincial and private institutions. Fifteen enrolled nurse assistants (ENAs) qualified as enrolled nurses and one is presently busy with her bridging course," says Matron Paulina.

She also mentored a now qualified paramedic.

Matron Paulina has supervised and trained many care workers and ENA students from the Arwyp Training Institute and Lunghile Nursing School and some of them were even placed at Thembalami.

"I love my residents and there is never a dull moment at Thembalami. My granny was my mentor. I learned a lot from her and therefore appreciate the upbringing, life values and the wisdom of older people."

Matron Paulina is blessed to still have both her parents with her – her dad is 92 and her mom is 86. "I have a daughter and a grandson, whom I love to bits."

She attributes her work ethic to her strict grandmother and the time she spent finishing her schooling at a convent in England.



Long-serving Rand Aid employees. Back: George Vermeulen (15), Maria MacKenzie (15), Chairman of the Rand Aid Association Board John Robinson, Zabeth Zühlendorff (20) and Matron Paulina Namo (35). Front: Solly Mayisela (20), Sr Loraine Martiny (25) and Reg Combrink (15).

The matron has a Primary Health Care Diploma from the University of Wits, which was sponsored by Rand Aid Association. "This formed the basis of my career at Rand Aid," she says.

25 YEARS

Sr Loraine Martiny, a professional nurse based at Ron Smith Care Centre, received her 25-year service award.

"Loraine is a very softly spoken and calm person. These attributes are well suited to her work on our specialised dementia wing," says Matron Avril Maltman, Senior Nursing Manager.

"She is dedicated to her residents and is respected by her colleagues. She is also our 'duck nurse' and will happily take home to her plot in Millgate any duck from our village dam that is in need a bit of nursing care."

Sr Loraine says she enjoys her work at Rand Aid: "Management is caring and the environment is beautiful."

30 YEARS

One of the organisation's most beloved team members is **Hugh Parkin**, a resident of Wedge Gardens, who has for years been Elphin Lodge's electrician.

Hugh received a remarkable 30-year long service award.

"Hugh is part of the furniture at Elphin Lodge and his knowledge of our electrics is invaluable. He knows every plug, every DB board, trip switch and sub-station in this complex and

although his health has not been great lately, he is an important part of our team and 'Squeeza' will always have a workshop to come to," says Elphin Lodge Complex Manager Helen Petrie.

20 YEARS

The GM: Services and Advance Division, **Zabeth Zühlendorff**, was honoured for 20 years of service.

Colleague Ayanda recalls when Zabeth was poached from a state position in 1999, saying that she made her mark within a very short space of time.

Zabeth was initially appointed as the complex manager of the Elphin Lodge Complex and was promoted to Head Office in 2004. She is currently

responsible for the Advance Division (life right villages and Ron Smith Care Centre) as well as the Services division, consisting of Grounds, Workshop, Main Laundry and Central Kitchen.

"I find it most rewarding to be involved in a meaningful service that makes a real difference in people's lives," says Zabeth.

A 20-year service award also went to **Solly Mayisela**, Maintenance Assistant at the Rand Aid Workshop.

"I think Solly must be the fittest person at Rand Aid – he is always striding around the villages, doing his job with keenness.

"Solly works well with the maintenance team and is always willing and eager to help. It is clear he loves his work at Rand Aid – a case in point is the fact that he has accrued 30 days leave because he knows Rand Aid would battle without him. I thank Solly for his hard work and his commitment," says John Switala, Workshops Manager.

OTHER AWARDS

Three 15-year service awards were presented, to Thembalami Care Centre Enrolled Nurse Maria MacKenzie; George Vermeulen, Rand Aid's Ground Manager; and to Special Workshops Manager Reg Combrink.

Five people received their 10-year service awards and 25 were recognised for five years of service.

**Rand Aid
remains in
good hands**

Following the passing away of CEO Rae Brown, Rand Aid remains in good hands whilst the search is on for a new CEO. Members of the Executive Management team, Wim Pieterse, Ayanda Matthews and Zabeth Zühlendorff, continue in their roles as General Managers responsible for the daily operations of the organisation. They are supported by the Board of Management, in particular by Chairman John Robinson, until a successor has been appointed.



Keep an eye on your vision as you age

Age-related Macular Degeneration (AMD) is the leading cause of severe vision loss in adults over the age 50. On May 23, residents and staff of Tarentaal retirement village heard what lifestyle changes they can make to lessen the likelihood of the condition, when fellow resident and Retina South Africa employee Karen FitzWilliam gave a talk about the condition. The first symptoms of AMD are usually visual distortion of straight lines and difficulties in reading, recognition of faces and other fine-focus visual tasks. Many AMD sufferers are also very sensitive to bright sunlight. Enjoying the interactive presentation are residents Elizabeth Andrews, Naomi de Villiers and Dee Gussenhoven.



Thornhill Manor reaches out to children with cancer

Zandile Poole (pictured) of the Rivonia CHOC Childhood Cancer Foundation SA branch was all smiles on July 16 when she collected donations amounting to R5 000 from Thornhill Manor in Modderfontein.

The village decided to turn its July monthly tea into a fundraiser for CHOC. Residents made monetary donations and bought raffle tickets in favour of CHOC, while donations were also made from the village fund and chapel committees. The two cuddly toys were kindly donated by Thornhill Manor's Knit & Natter group.

"The cuddly toys will be going to homes for children who are living with cancer to enjoy and bring smiles to their faces," said Thornhill Manor deputy manager Jackie Scott.

Rand Aid team embark on journey of growth

Rand Aid staff embarked on a two-day journey of growth in June when they participated in a training workshop on how to implement and manage change in the complex world of caring for elders.

Staff across all levels were presented with a six-step growth model and learnt how to work through a logical process that applies to personal, team, and organisational transformation. The participants were also taught how to gather the necessary tools and resources and how to develop an action plan, to sustain the culture change journey.

The training workshop was presented by Eden Alternative South Africa and was meaningful, thought-provoking, enlightening and motivating.

"Various staff have commented that this workshop promoted team building, communication and feelings of connectedness and that they feel inspired to bring this growth model into play," says Zabeth Zühlsdorff, Rand Aid's GM: Services and Advance Division.

New OT focuses on people's strengths rather than their weaknesses

People living with dementia need to have a sense of independence and the right level of stimulation, believes Ron Smith Care Centre's new occupational therapist, Corlia Schutte.

"I have a passion for working with people living with dementia," she says. "I have found I have the empathy and compassion needed to care for these special individuals."

A Pretoria resident, Corlia became part of the Rand Aid Association team on August 5, 2019.

She says she hopes to bring a personal touch to the occupational therapy department and intends being as hands-on as possible. She would also like to grow the therapeutic programme at Riverlodge 3, the care centre's special dementia wing.

"Sensory stimulation is very important when it comes to the care of frail elders and I would like to be involved in the training of care workers and volunteers in this regard. It is important in dementia care to ensure that a person is stimulated according to their individual and constantly evolving needs."

Corlia admires dementia-care education specialist Teepa Snow's approach, which recognises the dynamic nature of the human brain and its abilities. "She advocates that we should focus on what a person can do, rather than what they cannot," says Corlia.

A practising occupational therapist for over 20 years, Corlia studied Occupational Therapy at the University of Pretoria after matriculating at Hoërskool Randburg in 1991.

"I worked in paediatrics for many years but changed direction when I was appointed as an occupational therapist at Ons Tuis old age home. I then worked at Livewell Villages for two years, also as an OT. My time at these establishments cemented my interest in the care of elders," she says.

"Corlia will enrich our existing programmes and bring skills and talents to the care centre that will strengthen and benefit all," says Debbie Christen, Rand Aid's Manager: Recreational Programmes, who arranges wonderful social and enrichment programmes for residents of the care centre.



Corlia Schutte, Ron Smith Care Centre's new occupational therapist.

Thembalami Care Centre manager Esme van der Walt with Ayan-da Matthews, Rand Aid's GM: Compliance and Social React Division.



New Thembalami Care Centre manager is a natural-born carer

Nurturing comes naturally to new Thembalami Care Centre manager Esme van der Walt, who says she is a born carer.

She joined the Rand Aid Association family at the beginning of May 2019 and says she is impressed with the lovely, large gardens, the beautifully appointed care centre and its embracing of the Eden Alternative philosophy, which sees ageing as a new chapter in a person's life rather than a period of decline.

"Elders need to be acknowledged for their immense knowledge, the richness of their past and the value they bring to society," she says.

"They should be viewed as individuals with their own likes, dislikes and interests rather than as residents or patients.

"I admire Rand Aid's levels of care and its vision to improve the lives of the elderly."

A resident of Johannesburg South and animal lover – especially her pair of character-filled dachshunds, both rescues – Esme nursed both her parents prior to their passing away.

Having witnessed the failing health of her parents, she says she has great empathy not only for the elders who live at Thembalami, but also their family members.

Esme started nursing at age 21 after graduating from the SG Lourens Nursing College in Pretoria, where she focused on midwifery, psychiatric nursing and general and community nursing. She went on to obtain a Diploma in Intensive Nursing Science from the BJ Alexander School of Nursing in Johannesburg before working as a nurse in the public sector.

Esme spent some time working abroad but returned to care for her father when he got very ill.

She soon obtained a position with the Chevrah Kadisha Group, a well-established Johannesburg

Jewish organisation, and began a journey with them that would last nearly 17 years. She progressed through the ranks, moving from nursing services manager to the general manager of Sandringham Gardens, which is home to around 400 elders.

In her time there, she gained valuable insights into the needs of elders from a medical, nursing, rehabilitation, social and psychosocial perspective.

In January, Esme decided it was time for a change and after tendering her resignation, she took a well-deserved break. Her hiatus was cut short, however, when Rand Aid decided she was the ideal person to take over the management of Thembalami Care Centre, which incorporates the Max Ordman Deaf Association.

One of her priorities will be steering the centre towards Eden Alternative registration. In 2016, Rand Aid's Ron Smith Care Centre became the first organisation in Gauteng – and the second in Africa – to become a member of Eden Alternative South Africa registry and the 116-year-old NPO is now rolling out the philosophy to its four retirement villages and to Thembalami, which it hopes will achieve registration towards the end of 2019.

"The Eden Alternative philosophy resonates with me. I want elders to be respected, loved, cared for and given their rightful place in society. I do not see age but rather life stage and purpose," she says, explaining that she believes working with older persons is her calling.

Esme says she is a great believer of the power of teamwork. "No matter your job level, we are united by a common goal and all have something to contribute when it comes to addressing the challenges faced by the elders in our care, including loneliness, isolation, boredom and the loss of independence."

Friendship is brewing between village sister and Tarentaal residents

Sr Jana Bezuidenhout, Tarentaal village's new sister, has been warmly welcomed by residents, who feel at ease and comfortable with the empathetic, caring professional.

She joined the Rand Aid Association retirement village in May and has since become part of the Tarentaal family.

"I love my job and have huge respect of older persons, who have so much to contribute to society. They are the keepers of tradition and hold immense wisdom from the many life lessons they have learnt," says Sr Jana. "Building relationships with the residents is essential because by knowing our elders – their needs and concerns – we get to improve their ageing process."

Sr Jana completed a four-year diploma (General Nursing, Community, Psychiatry and Midwifery) at Ann Latsky Nursing College in 2004. She did her experiential training at Johannesburg General. Prior to joining Rand Aid, she was the charge sister at Medicross Roodepoort, Edenvale and, lastly, Boksburg.

COFFEE STATION

Sr Jana has gone out of her way to make residents feel welcome in her consulting rooms. One of the first things she did, was set up a coffee station to create an atmosphere of home.

"Our coffee machine at home was just gathering dust so I brought it to work and set it up in the front room of my office. Even though they were not asked to contribute, two residents happily donated coffee, milk, sugar and tea and became the first to residents to join me for a cuppa."



Tarentaal village sister Jana Bezuidenhout offers patients a quick smile and warm welcome.



Like us on Facebook
Rand Aid Association (Aggie Hattrick)

Follow Hip Op
Granny on Twitter (@hipop_granny)



Mandela Day Knitathon: Busy hands and caring hearts

Three Rand Aid villages knitted up a storm on Mandela Day.

Elphin Lodge Complex was proud to hand over 76 blankets, knitted throughout the year, to Meals on Wheels. Meals on Wheels representatives joined residents and staff of both Elphin Lodge and Ron Smith Care Centre for tea and bit of knitting fun - a challenge held to see who could knit or crochet a square in 67 minutes.

The results were as follows:

Knitting:

1st place: Barbara Malan – Elphin Lodge.

2nd place: Greer James– Elphin Lodge.

3rd place: Avril Maltman – RSCC, Matron.

Crocheting:

1st place: Denise Stewart – RSCC, Volunteer.

2nd place (tie): Sarah Richards and Ronelle Gray – RSCC.

Inyoni Creek joins Mandela Day movement

The nationwide initiative 67 Blankets for Nelson Mandela Day was delighted to receive a donation of knitted squares from **Inyoni Creek**.

Residents gathered around the fireplace in the clubhouse, hot chocolate and muffins at hand, and knitting and crochet needles a blur of movement.

Later that afternoon, 67 Blankets' Kevin Friedman and Judith Clare popped in to collect the 900 squares that were produced. These will be crocheted together to make blankets for the needy.

Thornhill Manor's 67-minutes Mandela Day Square Challenge was a great success, with 23 ladies gathering to either knit or crochet a square.

Other residents made their squares beforehand and added them to the pile on the day. The wool was donated by the village's Knit & Natter group, which also kindly made knitting needles available.

"The knitted squares were once again donated to the 67 Blankets for Nelson Mandela Day organisation," says Thornhill Manor's deputy manager Jackie Scott.

The residents also did a stationery collection for Nobel Primary School in Modderfontein and some cash and beanies were also sent to the school.



Thornhill Manor ladies happily knitted or crocheted squares on Mandela Day.

Inyoni Creek's Vicki Arderne and Lorraine Pintusewitz.



Val Kirschner (left) and Colin Cormack (middle) from Meals on Wheels receive the blankets from Elphin resident Kryz Geyser (right).

Blankets give cheer and warmth

With Johannesburg in the grip of a cold spell on July 19, the donation of blankets to Thembalami Care Centre by Broll Auctions and Sales could not have come at a better time.

The company's Martine Saus, Kunal Nagar and Hermione de Jongh visited the care centre – which incorporates the Max Ordman Deaf Association (MODA) – and personally handed over blankets to those in need of a little extra warmth.

One of the recipients was a 94-year-old man who was taken to the care centre that morning by the Department of Social Development. The frail man, who is blind, was staying alone in a flat in Joburg South, but was due to be evicted.

"Our residents are at an age when they are always cold and the donation of the 50 bright, warm blankets will bring them considerable comfort," says Thembalami's Elize Raath.

"We are so happy to be able to share our warmth and love with the Thembalami and MODA residents," said Broll's Martine after the hand-over.



Seated: Barry Waldeck and Hansie Griessel (MODA). Standing: Thembalami's Elize Raath with Broll Auctions and Sales' Martine Saus, Kunal Nagar and Hermione de Jongh.



Pictured at the Thornhill Manor Arbor Week celebration are Thornhill Manor Garden Club chairwoman Wendy Hunt (far right, in front), Vicky Keenan (holding the spade) and Charles Power (in front, on the left, wearing a white cap and navy jersey), with fellow residents and Servest team members.

Trees planted for Arbor Day

Olive trees generously donated by Servest Garden Services were ceremoniously planted at Rand Aid's complexes on 29 August.

Servest looks after Rand Aid's gardens and each year donates a tree to each village and assists with digging the hole and planting the tree, in celebration of Arbor Week.

The Thornhill Manor event was attended by residents and members of the village garden club, whose chairwoman, Wendy Hunt, made all the arrangements. Resident Charles Power gave a relevant reading and prayer, before each attendee shovelled a spade of dirt into the hole for the tree to flourish. Tea and cake, catered for by village residents, was enjoyed afterwards.

Jewish history brought to life for Elphin Lodge residents

Elphin Lodge residents enjoyed a talk by Bill Bergman, a resident of sister Rand Aid retirement village Inyoni Creek in mid-July.

Entitled 'The Jewish Contribution to South African Military History and other Interesting Facts', Bill's talk was both a humorous and serious look at the Jewish contribution to the country's military history over the past 350 years, from the time of Van Riebeeck until 2000.

The event was organised by Elphin Lodge resident Lilly Picker, who arranges many varied events for the Elphin Jewish Cultural Group and is a member of the hard-working Elphin Entertainment Committee.



Present at the Bill Bergman talk were (back): Lucille Katz, Bill Bergman (speaker), Auriel Wittert and Alan Garlick. Front: Ella Brown, Liebe Meyer and Lilly Picker.

Cowgirls and boys cavort at Ron Smith Care Centre

Residents and staff at the Ron Smith Care Centre enjoyed a boot-scootin' good old time on 27 August at the country and western-themed party hosted by the River Lodge 2 wing of the care centre.

The dining room tables were transformed with red and white checkered overlays and clever decorations from the wild west and farm life. Guests were welcomed with happy hour drinks and snacks, including sausage rolls, biltong and tortilla chips; those with a sweet tooth were satisfied with vanilla cupcakes and chocolates!

The country music of Dolly Parton, Kenny Rogers, Johnny Cash and Willie Nelson, amongst others, played in the background and created the country and western vibe which everyone so enjoyed.

Ecstatic cheering, whistling and applauding took place when the best-dressed men and women were announced: Gisela Meinck from River Lodge 2 won the Best-dressed Lady prize; Leon Shuker from Cedar Park won the Best-dressed Gentleman prize; and Nellie Motshoene from Lake-side won the Best-dressed Staff prize.

More clapping, hooting, whistling and cheering took place when the River Lodge 2 Country and Western Line Dancers performed three dances: Salty Dog Rag, Hillbilly Rock and Achy Breaky Heart.

All the cowboys and cowgirls had a great time, judging from the happy smiles and laughter, with many of the residents saying that this was the best Happy Hour function they've had. It was also a wonderful way to say goodbye to winter and to joyfully welcome the coming of spring!



River Lodge 2 hosts of the Country and Western Happy Hour.

New retirement village at Glendower

Rand Aid was overwhelmed by the interest shown in the new retirement village to be built on the land purchased from the Glendower Golf Course.

This supported the findings of Rand Aid's market research, which indicated that there is a great need for additional retirement village accommodation in the area.

A professional team of town planners, architects, land surveyors, environmental specialists, engineers and lawyers have been appointed and are working hard on the studies and documentation required for the town planning processes.

If you are interested in putting your name on the waiting list, contact Erica Woodward on weekdays before 2pm or Zabeth Zühlisdorff between 2pm and 4pm at 011 882 2510.

Time for tea and a natter

Freshly baked scones slathered with strawberry jam and topped with cream are a definite drawcard at the Inyoni Creek village social held every six weeks, but the real crowd-puller is the chance to chat with friends and meet neighbours.

Dugald Paterson, a long-time resident of Inyoni Creek, last year added the event to the village calendar.

"The invitation by Dugald to residents to come down to the clubhouse for tea and scones is his way of getting people out of their cottages and socialising with each other. It is very well supported, with an average of 50 residents attending," said Inyoni Creek manager Jenny Tonkin after the latest event, held on August 7.

Dugald dons an apron and with some assistance from other residents and a staff member or two, whips up generous batches of scones.

The initiative complements the Naked Chefs project which sees Dugald and a handful of other men from the village, cooking and serving a pub lunch each month to residents and invited guests from Rand Aid sister villages.



Big smiles from Ali Pepper and Roger and Merle Matthews.



A toast to good old village life

The beauty of living in a retirement village is that while you have your privacy, you also have ample opportunity to make and meet with friends. The socialness of village life was enjoyed by a group of residents from Tarentaal retirement village when they got together for an informal braai in mid-August. And afterwards, the guests could simply stroll on home with none of the stress involved in having to negotiate traffic.



Egg-cited over support from colleagues

Rand Aid Association head office personnel are good eggs! When Ayanda Matthews, GM: Compliance and Social React Division, heard that Tarentaal retirement village was in need of eggs to bake batches of fresh cakes, she appealed for donation from her head office colleagues. The response was heartwarming and Tarentaal residents will be hard at work this week making a range of different cakes to be sold at the village fete's cake stall that was held on September 7.

Hypnotherapy relaxes residents and staff

Residents and staff members of Thembalami Care Centre have discovered how deeply relaxing hypnotherapy can be, thanks to occupational therapist Emily Raubenheimer.

She organised that hypnotherapist Elvis Ademba offer a few sessions to those interested in experiencing this ancient form of healing. Hypnotherapy uses mild hypnosis to put you into a trance-like state in which your body is totally relaxed but your mind is active.

Feedback included: "Absolutely super." "I lost myself." "It made my hands feel relaxed, they're usually in pain." "I'm so relieved and relaxed."

The initiative formed part of a mental health awareness campaign run by the occupational therapy department in July.



Residents and staff of Thembalami Care Centre in a state of deep relaxation during a hypnotherapy session presented by Elvis Ademba.

DO YOU HAVE WOOL TO SPARE?

Tarentaal retirement village is in need of donations of wool for an initiative started by a resident to knit teddy bears for people living with dementia at nearby Ron Smith Care Centre. Both the village and care centre are run by 116-year-old NPO Rand Aid. If you would like to donate wool, please contact the Tarentaal office at 011 882 2510.

Our mission: To provide the best possible care on a holistic basis to all people accommodated in our facilities — focusing primarily on less advantaged senior citizens, both ambulant and frail, as well as men suffering from substance abuse.

Visit www.randaid.co.za or phone Erica Woodward at 011 882 2510.

RAND AID
assist. alleviate. accompany.