

Rand Aid review

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MAR 2018

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WHO gives Rand Aid international recognition

South Africa's Rand Aid Association – based in Lyndhurst – has been recognised in a World Health Organisation (WHO) report on the development of long-term care systems in sub-Saharan Africa.

WHO's report, 'Towards long-term care systems in sub-Saharan Africa', lists Rand Aid in a section titled 'Innovative approaches for delivering organised care'. It includes Rand Aid's financial model as a possible pathway to promote sustainability, equity and accessible care. At the same time it recognises the importance of the organisation's person-centred approach to improve the dignity of care dependent older persons.

The report reads: 'Rand Aid is a registered non-profit-making organisation that serves a dual purpose: it provides a range of upscale retirement accommodation and long-term care to older people who can afford it. This generates a source of income that is used to assist other older people in need.'

'Currently, around 1 800 older people reside in Rand Aid properties, including approximately 360 who live in long-term care (frail care) facilities.'

'Units in these retirement villages are sold on the life rights concept. Residents buy the right to live in the village and they (or their estate) receive 80% of the initial purchase price when they depart. In addition, residents pay a monthly fee for services that are available to them.'

'Villages offer housing, 24-hour security, nursing care, garden and domestic services, physiotherapy and podiatry. Every effort is made to ensure that residents' needs are met. At one of Rand Aid's two long-term facilities, residents pay for their board and lodge in full. The other facility receives a small government subsidy but is funded mainly by the organisation through a cross-subsidy of a portion of the 20% of the life rights purchase price.'

'Long-term care facilities offer multi-disciplinary and personalised care to those who need help in order to maintain their functional ability. The facilities have adopted

the Eden Alternative philosophy, which aims to transform traditional, institutionalised long-term care facilities into human habitats.'

In December 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. It is thus gratifying to note that the WHO report makes particular note of the centre's care philosophy: 'Based on the principles of person-centred care, the facilities emphasise freedom of choice for all residents. Older people and their families are involved in care planning and residents are encouraged and enabled to exercise autonomy in their day-to-day lives to the maximum extent possible.'

'Integrated care teams of nurses, nursing assistants, social workers, occupational therapists, medical doctors (on call), recreation officers and volunteers provide a range of services to residents in these facilities.'

'The full-pay long-term care facility is located within one of the retirement villages, thus enabling ageing in place, if residents' care needs increase over time. This facility also features a specialised dementia unit. The subsidised long-term care facility, which is also situated in spacious grounds, accommodates 180 older people in particular need of 24-hour nursing care.'

The WHO report recognises that Rand Aid, being over 100 years old, has demonstrated financial sustainability and that the cross-subsidisation model requires careful financial balance between its income-generating activities and its charity work.

In response to Rand Aid's inclusion in the report, the CEO, Rae Brown, said that this is excellent recognition of the efforts of the organisation to provide sustainable care to older persons across the income spectrum and to ensure that the principles of dignity and respect are enhanced through a person-centred approach.

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Literacy queen

2



Caring helpers

3



With thanks

5



Yes sir!

8



South Africa's queen of literacy

Elphin Lodge resident
Edna Freinkel.



A lifetime dedicated to fighting one of the greatest societal ills – illiteracy – was recently rewarded when Edna Freinkel received a Lifetime Achiever award as one of CEO Global's 'most influential women in business and government'. Other recipients included Graca Machel, Wendy Ackerman, Carol Brown and Professor Glenda Gray.

The resident of Rand Aid's Elphin Lodge is now in her 80s and remains not only a vocal literacy advocate, but still teaches reading to as many people as she can through Readucate, a Trust registered in 1991 to 'make a difference between dreams and destitution'.

Readucate – a marriage between 'read' and 'educate' – works mainly in schools and rehabilitation centres, thus changing the lives of both children and adults. In prisons, literate inmates are trained as instructors so that they can teach illiterate offenders, which means the project has a greater reach and is more sustainable.

The methods used impart self confidence. They teach people not just to read, but to write, spell, comprehend and memorise. People are taught to study successfully and to think courageously.

"Learning must be a joy," says Edna, who gives life to a phrase she once heard from a former Unisa lecturer: 'Reading is Living'.

Even though South Africa is ranked as one of the most illiterate countries in the world, Readucate's biggest challenge remains funding. Despite this, Edna and her team have managed to train around 1 500 teachers and prisoners. It has been roughly estimated that about a million children and adults have become fully literate through being trained by these Readucate instructors.

When Edna's husband Lionel was alive, it was his wallet that was often opened to ensure Readucate's doors stayed open. "If only I was as good at fundraising as I was at teaching," laments Edna.

Literacy pioneer

In 2004, Edna received the South African Presidential Award of the Order of Baobab for her lifelong dedication to the development of specialised learning methods for the learning impaired and in 2010, she was awarded the UNISA Outstanding Educator Award.

"Really, my late mother should have been the one to receive the Order of the Baobab," says Edna.

Rebecca Ostrowiak was a literacy pioneer who developed a multi-sensory approach to learning to read. "My Mom was a teacher in the early 1920s with a special interest in the 'lame dog' struggling at the bottom of the class. She was light years ahead of her time."

Rebecca's successes drew attention and calls grew for her to share more widely her methods for transforming non-achievers into fluent readers. Edna, then a young adult doing secretarial work for the Israeli Consulate, was convinced to dedicate six months of her time to helping Rebecca capture her methods into a manual. In 1965, the 'Teach any Child or Adult to Read' series was published and remains highly relevant today.

Edna never went back to her former career and the years that followed were all about spreading the magic of reading and helping people deemed 'unteachable' to reach their potential.

"I was involved in dyslexia before it was recognised as a legitimate disability," she says.

In 1969, Rebecca and Edna established the Rebecca Ostrowiak School of Reading in Germiston, which they ran together.

Hundreds of lives changed

As principal of the school, Edna not only personally taught hundreds of children and adults to read, but also gave lectures and ran workshops for teachers in South Africa and abroad. She has also trained qualified teachers for the Rebecca Ostrowiak Diploma Course.

Although financial pressure and time constraints saw Edna eventually selling the school, Readucate continues Rebecca's legacy and the methods she forged all those years ago, still work their magic.

The principal of Ohlange High School in the Eastern Cape, which recently initiated a Readucate programme, acknowledges its impact: "We have undoubtedly seen a great improvement in terms of learner results. For the past three years, learners were performing badly. A 10% increase in the pass rate has now been secured, especially in the past preparatory examinations.

"This indicates the excellent role played by the introduction of such a magnificent programme of reading in our school. Surely if it weren't there, none of the enhanced reading skills would have been achieved by our learners."

Rebecca and Edna's passion has been passed down to Edna's daughter, Corinne Ossendryver. A qualified Rebecca Ostrowiak reading teacher, Corinne has her Masters Degree in Communication and Education through Computers and is a specialist in the use of multimedia in education. And just as Edna once helped Rebecca, in 2013, Corinne helped her mom update the 'Teach any Child or Adult to Read' series.

Edna lived in Germiston for four decades. At her family's insistence that she find a safe and secure environment in which to live, Edna moved to Elphin Lodge around five years ago – initially kicking and screaming. "But I love it here," she says. "Everyone is so friendly and the upkeep is amazing."

Despite many of Elphin Lodge's residents leisurely enjoying their golden years, Edna says she cannot retire 'while there is still one child or one adult who cannot read'.

For further
information on
Readucate, or if you
would like to assist
financially, email
freinkel.e@gmail.com



The wonderful volunteers who give so much of their time and energy to the residents of Ron Smith Care Centre.

**High
praise
for jolly
good
fellows**

Rand Aid's Ron Smith Care Centre is fortunate to have a group of dedicated volunteers who offer the gift of their time, talents and skills to touch and enrich the lives of our Elders and to add to their health and well-being.

To thank them for their services and to show them how much they are valued and appreciated, management hosted a wonderful pizza party under the willow trees by the lake on November 30.

Fortunately it was a beautiful, sunny day. The theme of the event was to honour the care centre's 'volunteer angels', so the décor included colourful paper angels made by some of the residents in the OT Activity Centre, which were hung from the trees.

In addition, Zabeth Zühlsdorff from Rand Aid's head office and Helen Petrie, complex manager, presented each volunteer with a hand-made candle that was decorated with a beaded angel. The attached personalised card conveyed 'thanks for brightening up our world, touching lives and making a difference at RSCC'.

Debbie Christen, Manager: Recreational Programmes, thanked the volunteers for building relationships; for taking the time to try and connect with the residents and for simply caring and listening. In the day-to-day care of older people, it is often easy to focus on giving them physical care and to neglect their psycho-social, emotional and spiritual care.

In the midst of a busy day when there are staff shortages

and older people with high level care needs, it is often the physical/medical needs that receive priority. But since embarking on an Eden Alternative journey, the care centre is committed to providing its residents with a more holistic and person-centred care, in which residents' physical, social, creative, psychological, emotional and spiritual needs are recognised and addressed.

And this is where the volunteers really make a difference and fill in the gaps.

Debbie thanked them for coming along with their smiles, their hugs, their humour, their many acts of kindness and compassion and for taking the time to try and connect, care and listen. With these gifts, it is possible to change somebody's world in an instant!

A volunteer may end up being the world to one person and may never know the profound effect that they may have had on a person's life. A kind word, a gentle touch, a caring heart or a listening ear can mean so much to someone who is bored, lonely, sick, or living with dementia.

Debbie reminded them that, "no act of kindness, no matter how small, is ever wasted" and concluded with the saying that, "volunteers are not paid because they are worthless, but because they are priceless!"

The appreciation event was a huge success and served to unite the volunteer corps with a common purpose. All of the volunteers expressed their delight, gratitude and appreciation for being recognised in such a special way.

Fabric painters add colour to their lives

Some fabric, bright pots of paint and creative minds is all it takes to create a little magic at Rand Aid's Ron Smith Care Centre.

Over the past months, residents have enjoyed regular fabric paintings sessions under the guidance of instructor Jacqueline Cloete. Jacqueline says that they have made tremendous progress since they first started and they are now keen to learn more and to learn new techniques.

Before joining the class, they were used to doing, what Jacqueline calls, 'colouring-in painting' but over the past several months, they have been learning how to use the technique of shading, to give shape and form to their paintings and to make the subjects look more real.

They have created hand-painted cushions, shopping bags, placemats, tray cloths and even tablecloths. Some of the residents have enjoyed giving away their creations to their children, and were delighted to paint Christmas-themed gifts for their families and friends.

Resident Mariana Duvenage says that she had never painted before in her life, and now, as she heads towards her eighth decade, she has found a hobby that she loves and which brings her so much joy.

She is grateful that she has been given the opportunity to learn and to pursue her new passion at the Ron Smith Care Centre.



**Befriend Aggie
Hatrack on Facebook
(Aggie Hatrick)**





Ken Cokayne, Dorothea Bekker and Lou Mer.

Instead of a traditional Valentine's Day function, Rand Aid's Inyoni Creek retirement village held a **friendship breakfast** on February 14. Organised by resident Dugald Paterson and the functions committee, the event was a fun morning out for the nearly 100 residents who attended.

"There was a great atmosphere. The residents loved it if their comments are anything to go by – 'What's on the menu for tomorrow?' and 'When is the next function?' Well done to our functions committee for putting on such a good spread," says Inyoni Creek manager Jenny Tonkin. Pictured are Sue Brazier and Dugald Paterson behind the scenes frying eggs.

Maisie Walters (left) and Maria Gsnaidtner were among the 125 residents of Rand Aid's Thornhill Manor who attend the village's annual **Valentine's Dinner**. Held in the newly renovated hall, it was a lovely evening enjoyed by all. Rand Aid's in-house catering division, Cookchill, served up a delicious meal and Serena and Daniel of Acts Church in Midrand provided the entertainment with a Waltz Tango.



Spreading the love at the care centre

The residents and staff at Rand Aid's Ron Smith Care Centre had not one but two days of celebration for the season of love!

On Valentine's Day, they spent the morning listening to the beautiful piano music of Martin Lane, who came appropriately dressed in a red fedora and red braces. He played many of their favourite evergreen songs which they thoroughly enjoyed. Then just before lunch, they were surprised by the care centre's Activities Team, who went from room to room dishing out Valentine's greetings, chocolates and hugs to all 150 residents.

Two days later, it was time for the Valentine's Tea held in the hall which was gaily decorated with strings of red and pink hearts and pots of heart-shaped flowers which were made by staff and residents in the weeks leading up to Valentine's Day.

Volunteer Dara Migliore generously treated everyone to a wonderful selection of delicious cakes: red velvet, Bar One, Peppermint Crisp and carrot cake. And even after the cake, the residents still had space for the scones and donuts also on offer!

It was a very 'sweet' day, filled with lots of love and laughter.

Heart-warming Christmas celebrations

On December 19, there was a flurry of activity at the Ron Smith Care Centre as final preparations were made for the Christmas party to be held the following day.

The care centre staff, all dressed in red and white and wearing Santa hats, began the celebrations with a procession into the hall, singing Silent Night. They continued with the carols: Once in Royal David's City, Away in a Manger, Jingle Bells, Mary's Boy Child and a rousing Joy to the World. Then it was the residents' turn to sing along to lovely piano music by volunteer, Jean Johnson.

Following the singing, there was a special performance by staff, who acted out the lyrics to The 12 Days of Christmas.

Next was a surprise visit by Santa Claus (aka volunteer Dave Stewart), whose arrival was heralded with the jingle of sleigh bells and a very loud, "Ho Ho Ho – Merry Christmas". He handed out Sweetie Pies to all the residents, with the help of his two elves. The Christmas programme wrapped up with staff and residents singing to Feliz Navidad, with the staff dancing around the hall, wishing everyone a Merry Christmas.

The residents then moved across to the dining room for a lovely Christmas lunch. Care centre resident Gordon Ross summed up the celebration by saying: "I don't think that I have ever attended anything before, where people enjoyed themselves like that... to be a part of this was very heart-warming."



Santa Claus exchanges a friendly greeting with Kay Rowe.

Christmas fare, friends and fun

A Christmas party with all the trimmings was enjoyed by residents of Rand Aid's Thornhill Manor on December 4.

The venue was the village's newly renovated hall – which now boasts a serving kitchen. This came in handy in plating a three-course traditional Christmas dinner, which residents then worked off with some lively dancing. Musician Rudi van Niekerk played a selection of old-time favourites that residents found hard to resist.

A Nutcracker theme made for some spectacular decorations. "The attention to detail for the décor, done by Penny Perrow and her faithful ladies, was exceptional. The 'wow factor' was definitely evident," says deputy complex manager Jackie Scott.



ABOVE: Full of Christmas cheer... Maureen and Paddy O'Brien with their daughter Pamela Schreuder.

RIGHT: Families of residents had a wonderful time at Woodlands' tea (see letter top, right).

Sister Gwen conceived the excellent idea of a Christmas family tea for the residents of Woodlands, to be held on Sunday afternoon 3rd December.

A residents meeting was called and the idea discussed and agreed upon with enthusiasm, about 2 1/2 weeks before the due date.

The function was to be held in front of Woodlands on the verandah and lawn, with chairs, tables and umbrellas used where necessary.

Residents were invited to submit names and numbers of family members, or friends, who would like to attend, and invitations were sent out, one per family. Each family was asked to bring a plate of eats, and anything else they would like to drink, apart from tea, coffee or juice, which would be provided here.

Staff formed a choir to sing carols, and a Boney M CD was found with Christmas carols on it as a guide and background support.

Rehearsals began immediately.

Sunday was a perfect day, and Sr Gwen and the nurses worked so hard setting up tables and umbrellas. Christmas decorations on the tables as well as red swathed cloths on green and white cloths and overlays gave the whole area a very festive atmosphere.

The hugely successful event began at 2pm and the last guests left after 4 pm. The carols had been sung, and a surprise piper arrived and piped a few tunes, including Scotland the Brave, and Amazing Grace.

After the guests had departed the great clean up began, and most was done by supper time.

We all enjoyed the afternoon immensely, residents and visitors alike, and all our grateful thanks go to Sr Gwen for being the driving force behind it all and working so hard.

She really cares for us and always has our interests and welfare at heart. She is so appreciated.

Sincerely,

Jill Jones, Resident of Ron Smith Care Centre's Woodlands wing



THEMBALAMI'S CHRISTMAS ANGELS: The Inyoni Angels, comprising residents of Inyoni Creek Retirement Village, have been shining their light on sister Rand Aid complex Thembalami Care Centre for eight years and their passion for helping remains undiminished. On November 23, the Angels, assisted by Thembalami manager Elize Raath and colleague Lerato Semenya, packed the 120 gifts that were handed out at the care centre's Christmas lunch on November 29. "As usual, everybody was in good spirits and the packing went like a well oiled machine. Within half an hour, all 120 gifts were packed," says Elize, adding that the Inyoni Angels went all out to treat residents with the nicest goodies, as per usual.

Labyrinth smooths rehab's rocky road

Wedge Gardens treatment centre's occupational therapy (OT) department has stepped to it and completed is walking labyrinth.

"The aim was to provide an additional space for mindfulness practices at the Wedge Gardens to fuel and support the dialectical behaviour therapy (DBT) and mindfulness-based stress-reduction programmes that the OT department run every weekday morning," says Kendra Neethling, who heads up the department.

Mindfulness and emotion regulation, which are skills of DBT, have been recognised as key components towards any recovery process. Fuelled by the desire to motivate and engage the patients at Wedge Gardens in mindfulness, Kendra began the process of collecting donations for the rocks needed to form the borders of the walking labyrinth.

"A huge thank you to Pebbles for Africa for their help in reducing the costs of two truckloads of rocks. Gratitude is also extended to all individuals (whose names are recorded around the labyrinth) for their contribution towards raising funds for the OT project, as well as to Rand Aid for its continued support."

Kendra says the construction of the labyrinth was a rewarding process for all involved. "The patients were taught to take initiative during the construction process and as such were encouraged to work collaboratively – utilising communication and problem-solving skills, as well as frustration tolerance, in the formation of ideas and the implementation of action."

"The pride I have in my patients is huge. Not only have they shown investment in their recovery process by actively engaging in all elements of this project, but they have created a



Some of the Wedge Gardens patients in the labyrinth with occupational therapist Kendra Neethling.

space that can be used for years to come by future recovering addicts and alcoholics. Mindfulness is an exceptionally powerful medium in developing skills that combat anxiety, depression and rumination as well as emotion regulation, self-compassion and awareness."

Occupational therapists work through activities to help with awareness of self, skill development and the creation of functional, meaningful and goal-directed lives. Every project initiated by the OT department at Wedge Gardens is centred around optimal patient care and treatment.

"It is a fantastic experience seeing the change that occurs in an individual when they engage in something that stimulates passion, creativity and enthusiasm – and even more so when it promotes change in behaviour."

The ugly truth about depression and substance abuse

Research indicates a connection between mood disorders like depression and substance abuse, says social worker Karen Griessel, who has helped dozens of people kick addiction through Wedge Gardens' professional treatment programme.

Sanca-affiliated Wedge Gardens has developed a holistic treatment programme based on multi-disciplinary interventions that focus on assessment, behaviour change, family and community integration and recovery care within the life cycle of addiction, from onset to the later years.

"People diagnosed with a mood disorder are twice as likely to abuse substances and one-third of people with depression have an alcohol problem. People who are depressed may drink or abuse drugs to lift their mood or escape from feelings of guilt or despair. But substances like alcohol, which is a depressant, can increase feelings of sadness or fatigue," says Karen.

She explains that people can experience depression after the effects of drugs wear off or as they struggle to cope with how the addiction has impacted their life. "A drink or two or a line of cocaine might temporarily relieve some symptoms, but the backlash when the chemical leaves the body brings the depression to new lows. This withdrawal depression happens each time chemicals leave the body. This can trigger the use of more alcohol or drugs because they will help get rid of the bad feelings."

Those who suffer from depression are combating more than just occasional sadness. Many times, the symptoms of depression manifest physically as well as mentally. Some of the symptoms include the following: aches and pains, sleep-

lessness, hopelessness, anxiety, weight issues, sleeping too much, no energy, crying, worthlessness, irritability, suicide and general loss of interest in life. Some roots of depression include brain functioning, environment and childhood experiences, genetics, situational factors and chemical imbalances in the brain.



"It's not clear which comes first – addiction or depression. Some people develop alcoholism or drug addiction first while others develop depression first. Because drug-use symptoms can imitate the symptoms of depression, it can be difficult to diagnose depression when a person is actively using."

Treatment for depression and substance abuse generally includes the use of both medications and therapy. Antidepressants may be used to stabilise mood, and various medications may be used as needed to moderate withdrawal from substances of abuse. Therapy makes up the backbone of treatment, addressing issues related to both disorders. A rehab programme that addresses both depression and addiction may help to stop the progression of both disorders.

"Someone who had depression before they began to abuse substances will most likely need treatment, including medication intervention, for a longer time than someone whose depression was caused by the cycle of addiction."

"Depression is a chronic, progressive illness that may get worse without treatment."

"The only way to treat this serious disorder effectively is through professional therapeutic interventions, such as behavioural modification, support groups, motivational therapy and antidepressant medications."

RECOVERING ADDICT IS NOW DRUG ACTIVIST AND AUTHOR

Thando Bam is proof that you can turn your life around.

Not too long ago he was a drug addict tottering on the edge of a dark, crime-filled precipice. Today, in his early 30s, he is a published author and anti-abuse activist. Thando had a happy childhood. His mom, Francis, although raising him as a single parent, created a stable, nurturing environment for her son. A creative person who juggled study, work and motherhood, she sent Thando to a good Model C school and planted a love of reading and writing deep within him.

Then tragedy struck. When he was just 10 years old, Thando's mom died after being involved in a car accident. Thando was in the car at the time, and the image of her fighting for her life on the roadside is one he cannot forget.

He stayed for a while in Margate with family members but says he was a troublesome and unruly youth and when he was 15, he was sent to Johannesburg to live with his older brother.

Books helped dull the pain and transport him to magical worlds but in high school, he was introduced to dagga and found another way to forget his 'sad reality'. He became addicted to alcohol and marijuana and dropped out of high school.

Despite his addiction, Thando managed to maintain the facade of normalcy, studying photography and then working as a photojournalist. Drugs are demanding companions, however, and expensive to keep. As a working professional, he had more money to feed his bad habits and soon, the course of his life was being dictated by his addiction. By then, he was hooked on methcathinone, which is commonly known as cat.

"I quit working and went on various self-finding paths and trying to get clean on my own. After committing a crime, I realised that I needed professional help if I was to turn my life around.

"I was tired of not being able to trust myself, tired of apolo-gising and not being in control. I could not live without drugs but they no longer gave me a high. I had no happiness, only ruined relationships and mounting debt."

In February 2017, he arrived at Wedge Gardens treatment

centre in Whitney Gardens, outside of Johannesburg.

"Their holistic approach worked for me," he says, explaining that Wedge Gardens did not only treat the root causes of his addiction, but armed him with the skills needed to deal with relapse triggers and helped him strengthen his life skills.

"Mental wellness is essential when it comes to beating addiction. Often, rehab centres focus on the physical effects and neglect the emotional scars.

"We must remember that drug addiction and substance abuse are a symptom of a problem. They are a mental health issue of which little awareness is raised, while there is also limited access and visibility of mental health wellness facilities in our communities."

In July, he and another recovering addict registered the Bam-Francis Foundation, a non-profit company that seeks to provide creative solutions to address alcoholism and drug dependence.

Their catchphrase is 'pioneering change' and that is what Thando seeks to do every time he gives a motivational talk. He hopes too that his newly-published book will give tangible proof that there is life after addiction.

"I started the book, which is a collection of poetry, before I went to Wedge Gardens but because I was in active addiction, I could never get it finished. My mom was a poet and poetry

was my way of reaching out to her so finishing the book was a priority when I left Wedge Gardens."

Uno Flatu: In one Breath was published by the foundation, which Thando says aims to publish the work of other recovering addicts and to produce additional resource material in the future. The book was launched at Wedge Gardens on December 7.

The Troyeville resident has this advice for recovering addicts: "Put as much effort into your recovery as you did your addiction."

* Wedge Gardens can be reached at 011 430 0320. You can also 'like' Wedge Gardens on Facebook (www.facebook.com/WedgeGardensTreatmentCentre) or follow them on Twitter (@WedgeGardens)

* The Bam-Francis Foundation can be found on Facebook: [bamfrancisfoundation](https://www.facebook.com/bamfrancisfoundation)



Author and drug activist Thando Bam.

Rand Aid charity shop shelves need restocking

Rand Aid Association asks community members to please keep its charity shop in mind when they want to get rid of goods no longer needed.

The non-profit organisation looks after financially and physically vulnerable senior citizens.

The charity shop sells clothing, books, bric-a-brac, kitchen utensils, appliances, furniture, ornaments and games that are in good condition.

If you are able to assist in any way, please contact Carol Steyn at 011 882 2510.

Howzat! Teacher and pupil now neighbours and friends

Some boys might not relish the thought of their ever-vigilant teacher living around the corner from them. This is not the case with Arthur Hadden, however, whose cricket master Hugh Cunningham not only lives nearby, but moves in the same social circle. But then, perhaps Arthur does not constantly feel the need to pull up his socks because he is 77 and Hugh turned 92 in January.

In the 1950s, Arthur was a pupil at Jeppe High School for Boys and Hugh was a teacher. Those were the days when trams trundled on their tracks down the middle of the Kensington roads, shops such as Ansteys, John Orr's and Stuttards did brisk trade and school masters wore spiffy suits.

And an integral part of it all was Jeppe High, Johannesburg's oldest public school, having been established in 1890.

Arthur had been living at Rand Aid's Inyoni Creek retirement village for some time when he heard Hugh would be moving in and was quick to make him feel welcome by issuing a dinner invitation.

That is the way of Inyoni Creek. It has a strong sense of community. "My wife Pam and I have never lived better," says Arthur. "The support shown to fellow residents is amazing. We are like one big family."

There was not that much to catch up on over dinner, though, because the two had rubbed shoulders over the years at Jeppe Old Boys gatherings. Hugh once served as secretary at Old Boys and when he resigned, Arthur filled his shoes.

Arthur remembers Hugh as a very precise teacher, while Hugh remembers a polite, quiet boy.

At a recent Old Boys breakfast, 11 of the 40 people present remembered Hugh teaching them back in the day. He initially spent 11 years at the school, before moving to Dawnview school in Germiston. When he retired, he found sitting at home was not for him and so he returned to Jeppe. During his two stints at the schools, he taught Latin, junior history and later, after obtaining a further qualification, matric maths.

Trim, ramrod-straight and still an imposing figure, Hugh was the organist at the Turffontein Congregation Church for most of his adult life – bar an interruption imposed by World War II. He played his last note in the church two years ago. However, Hugh remains active, playing Scrabble, enjoying the village quiz evenings and he is currently being taught Bridge by another 90-something-year-old resident of Inyoni Creek.



Hugh Cunningham with former pupil Arthur Hadden.



Thembalami residents savour dining hall make-over

Sandton-based Infinitude Design has once again worked a little magic at Rand Aid's Thembalami Care Centre.

The company has done make-overs of various parts of the care centre over the past few years. Situated in Lombardy East, Thembalami looks after vulnerable senior citizens and aged deaf and deafblind people.

This time around, it was the dining room that was given a new look. The large room was transformed into a vibrant space. Wallpaper was put on three walls, splashes of colour added through paint and artwork, new curtains put up and tiles laid. In addition, the steel windows and doors were replaced with aluminium ones.

"In the one corner of the hall they created a cosy lounge area with a TV set against the wall. They took a three- and two-seater couch and two wingback chairs and re-upholstered them with fabric that was donated by one of their suppliers. This is a beautiful space where the residents can sit and enjoy drinking coffee or tea whilst watching the morning news," says Elize Raath, the head of Thembalami.

She adds that Infinitude Design had 110 cushions made for the chairs in the dining hall. "One of their suppliers made the cushions at cost price. They are covered in navy blue and brown fake leather, which is easy to wash but has made the chairs nice and soft," says Elize.

Each table now sports a steel condiment holder with a small succulent plant in it, and laminated place mats were designed for each resident.

"The transformation is amazing. The dining hall looks warm, homely and creates an atmosphere of serenity," says Elize.