

# Ron Smith Care Centre



@ Elphin Lodge

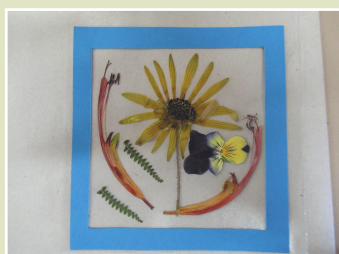
NOV/DEC 2018 No.44



## Nurture by Nature Workshop

Two workshops were presented by Alice Ashwell, an environmental educator from Dementia Connections SA who flew up from Cape Town to teach us about the importance of making nature and the outdoors a part of every day life here at the care centre. Getting a daily dose of morning sunlight is beneficial to our health; time spent in nature can help with fitness, stamina, appetite and bone health, and can strengthen our immune system and improve sleep.

Workshop participants did some craft and creative activities using nature's resources and some relaxation exercises, all of which will be shared with care centre residents in the future. The care centre's Debbie Christen comments: "This workshop helped us realise that this beautiful environment in which we are all so privileged to work and live, is not just for 'pretty' – it is a natural habitat where our souls can be calmed and nourished."





## Resident

My name is **Myer Fish**; I am a resident on River Lodge 2. **Some things you may not know about me:** I was born on 27 February 1924 in the village of Dvinsk in Latvia. My father was a POW during the First World War. Later, when Hitler was in power, conditions were terrible for the Jewish people, so he left home for South Africa. My mother, brother and I followed at a later stage and after 15 days on the ship, landed in Cape Town in 1934. I grew up in Doornfontein, JHB, and was forced to leave school and go to work, as times were tough after the war. I began my working life as an office boy and then began my life as a shopkeeper, initially managing outfitting shops at various mining concessions, and then finally running my own successful outfitting business for 17 years. I met my wonderful wife, Flora, in the Bertrams neighbourhood where we lived. We were married for 64 years until her death in 2012. We lived at Elphin Lodge for 24 years and were very happy. I was a keen gardener and won a few gardening competitions and Flo loved her flowers. We had 3 sons: Victor, Leslie and Michael; 4 grandchildren and 9 great grandchildren.

**These are a few of my favourite things:** I love history, reading, and listening to classical music. I have a large music collection and especially love the music of Tchaikovsky. I love going for walks, gardens and soccer (Manchester United).



## Employee

My name is **Forget Khoza**, I am the staff nurse on River Lodge 1.

**Some things you may not know about me:** I was born on 3 November 1992 in the village of Thulamahashe, Mpumalanga, the last born of 4 children. I have happy memories of having a care-free childhood. I have the best mom ever. She is a now a retired nurse and she is my mentor and role model. She is still helping me by looking after my beautiful 8-year-old daughter, Mapule. After matriculating, I studied nursing in Rosettenville, JHB and 2 years later, landed a job at Rand Aid in December, 2017. I worked on all the wings of the care centre and did some relief work as the Village Sister. I am now on River Lodge One. I would like to study further to become a matron and I wouldn't mind owning a Ford Ranger Double Cab!

**These are a few of my favourite things:** My favourite colour is blue. I love having family braais with meat and pap, chakalaka and red wine. Eating ice-cream when I am angry, tends to calm me down! I am a shopaholic and my daughter and I love to go shopping for food, clothes and toys. I like to relax by remaining indoors and watching action movies. I have travelled to every province in SA and particularly enjoy Durban for the beaches and Cape Town for the mountains. I love to go exploring and seeing new things.

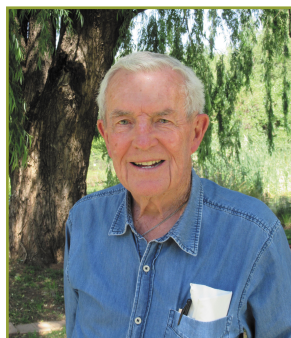


## Volunteer

My name is **Brian Quigley**, I am a volunteer who assists with the walking programme and I teach bridge to the care centre residents.

**Some things you may not know about me:** I was born on 29 June, 1935 in Mafeking, which at that time was the administrative capital of what is now Botswana. I was the only child of an accountant father and registered nurse mother, and grew up there until, at the age of 10, I moved to boarding school at King Edward VII School. There, I matriculated and went on to graduate from Wits University as a Chartered Accountant. After qualifying, I began my career in the auditing profession and moved into financial and general management in commerce and industry. My wife Gennifer and I were happily married for 52 years until her death in 2015. I have 2 children, Trevor and Carilyn, and 5 grandchildren, 2 of whom live in London. In 2009, Gennifer and I were shown around Inyoni Creek and were blown away. We decided then and there to move in!

**These are a few of my favourite things:** I enjoy the great outdoors, particularly my garden at Inyoni – I call it paradise! I am a very keen gardener and especially enjoy my roses because my wife loved them so much. I love to paint in watercolours and paint mainly botanicals and landscapes. I exhibited a few times at Kirstenbosch Botanical Gardens



## FOR THE LOVE OF SHIPS!

River Lodge 2 resident Myer Fish has been fascinated with ships his whole life. He has built 13 model ships in 22 years and is currently working on number 14, as a gift for his son's friend (lucky friend!).

Pictured is a model of the Spanish galleon ship: The San Francisco 2, which according to one source, was one of the most outstanding of its age.

A galleon was a heavy square-rigged sailing ship of the 16th to early 18th centuries used for war or commerce, especially by the Spanish. They were the fastest ships built in the 16th century.

This ship was part of the Spanish Armada, a Spanish fleet of 130 ships that sailed from Spain to escort an army to invade England in 1588. Spain was defeated and most of the ships were sailed home.

The San Francisco 2, however, apparently sank off the coast of Portugal in 1589.

### EDEN THOUGHT

Each person has different interests that make us unique. Building model ships, painting, playing cards, gardening, and spending time in nature are just a few examples of activities that add meaning and joy to an individual's life. Engagement in these activities or simple pleasures can add value to the day and make life worth living. We should all try and pursue our simple pleasures everyday!

## WELCOME TO

Louis Garb, River Lodge 2  
Richard Latilla, Woodlands



# Birthdays

## RESIDENTS

### NOVEMBER

1 November, Louis Garb, 82 (RL2)  
 15 November, Ria Standing, 96 (RL2)  
 16 November, Erika Behla, 94 (RL3)  
 16 November, Julia Williams, 69 (RL2)  
 17 November, Gillian Holliman, 70 (CP)  
 18 November, Monica Beuthin, 87 (RL2)  
 19 November, Arthur Nathan, 88 (CP)  
 21 November, Gertie Dansky, 97 (RL2)  
 22 November, Ria vd Westhuizen, 71 (RL2)  
 25 November, Marie Theron, 84 (RL1)  
 27 November, Trevor Edwards, 84 (WL)  
 29 November, Lorna Topp, 81 (RL3)

## VOLUNTEERS

### NOVEMBER

3 November, Philipina Deppe  
 4 November, Busi Sishi  
 8 November, Kathy Sen  
 10 November, Dorothea Bekker  
 10 November, Jannette Kocks

## STAFF

### NOVEMBER

5 November, Angelina Mbulawa (RL2)  
 6 November, Lee-Ann Ramathibela (OT)  
 7 November, Selina Shiviri (RL2)  
 9 November, Debbie Christen (OT)  
 11 November, Lindiwe Matimela (RL2)  
 11 November, Merium Netshifhefhe (WL)  
 12 Nov, Sdududzile Skhosana (Security)  
 14 November, Marlene Sirchia (Reception)  
 14 November, John Mashishi (Security)  
 16 November, Floyd Ngobeni (Security)  
 18 November, Phumudzo Nephithidi (CP)  
 22 November, Prudence Sengoeneng (RL1)  
 24 November, Lettia Nyelele (RL1)  
 24 November, Odette Matamba (RL2)  
 25 November, Audrey Dipitso (LS)  
 28 November, Rejoice Tshabalala (Security)  
 28 November, Beauty Mohale (CP)  
 30 November, Moleboheng Mashale (RL1)

### DECEMBER

3 December, Thelma Radmore, RL3 (90)  
 8 December, Chris Badenhorst, WL (78)  
 14 December, Gerrie Snyman, RL2 (83)  
 15 December, Alison Bell, RL3 (82)  
 15 December, Janet Gray, RL2 (85)  
 18 December, Margaret Richardson, LS (88)  
 22 December, Alfred Tromp, RL3 (82)  
 24 December, Noel Tilney, RL3 (96)  
 24 December, Mary Nkanza, RL3 (71)  
 27 December, Sarah Richards, WL (89)  
 28 December, Brian Sher, LS (73)  
 30 December, Willie Hopley, RL3 (58)  
 31 December, Annastasia Thula, CP (83)

12 November, Madge Ronald

29 November, Susan van der Neut

### DECEMBER

4 December, Martie Strong  
 26 December, Hazel Spearpoint

### DECEMBER

4 December, Susan Esbend (WL)  
 6 December, Catherine Mpe (RL1)  
 6 December, Mpho Nekhalale (RL2)  
 9 December, Florah Lekau (CP)  
 9 December, Noluvuyo Mlandu (RL3)  
 11 December, Tondani Mudau (LS)  
 14 December, Lucky Maluleke (Security)  
 17 December, Shakandinnyi Ralukake (WL)  
 19 December, Hilda Mabaso (Housekeeping)  
 16 December, Evelyn Shilubane (RL3)  
 21 December, Thilivhali Sibiya (RL1)  
 23 December, Christine Kasanda (WL)  
 25 December, Grace Tema (Kitchen)  
 29 December, Mpho Pitso (Housekeeping)  
 28 December, Bridget Maja (RL1)  
 30 December, Gwen Coutinho (WL)  
 \*Staff members must remember to pop in at reception for a small birthday surprise!

## Camping weekend bonds colleagues

*Sr Leanie Bessinger, the charge sister at Ron Smith Care Centre's River Lodge 1, shares details of a camping trip taken by the staff to promote bonding:*

After months of saving money and planning our camping trip, the day finally arrived.

On the morning of 28 September we all woke up at the crack of dawn to get ready for our departure to Weavers Roost in the Hekpoort Area.

On arrival at Weavers Roost, we checked out our camping sites and decided where to pitch our tents and gazebo. The nurses had never camped before, but quickly learned how to pitch a tent after I showed them what to do.

On our first day, it started raining and we all took cover under the gazebo, chatting and laughing when we had to run in the rain to get to the ablution facilities. Despite the rain, we managed to have a braai, complete with mielie pap, for dinner. Everyone was exhausted and went to bed early on Friday night.

Most of us were up early on Saturday morning, eager to explore. After breakfast we went for a hike and explored the mountain. After that everybody went swimming to cool off a bit. The brave ones went up to the mountain a second time on Saturday afternoon while the rest of us had snooze or helped prepare the chicken potjie and freshly made pot bread we were to tuck into that night. It was a busy but exciting Saturday.

Sunday we all woke up with heavy hearts as we realised our getaway was coming to an end.

### What this meant to each person:

We connected with each other on a level other than just work. This weekend created a sense of belonging in each of us, that we are part of a family. It created trust in each other. We were all just happy friends having a good time together. It gave us time to catch our breath and enjoy the beauty of nature. We learned new life skills (pitching tents) and came back feeling refreshed and positive. We are already planning next year's camping trip.



River Lodge 1 Care Partners: Happy staff equals happy residents.

## Turning the pages on Eth's life

On 26 October, family, friends and fellow residents of Ethelwynne van Eck from the Woodlands wing, as well as various members of staff, gathered together for a celebration tea in the Woodlands garden.

The tea was held in honour of Ethelwynne and to present her with her story booklet which was written as part of Rand Aid's Eden Alternative 'My Story' initiative, in which the wonderful life stories of village and care centre residents are captured, thereby affirming and validating the personhood of each individual.

Ethelwynne's neighbour, Jill Jones, spent many hours with her, recording and writing up her story from her earliest years to the present day. From family struggles during the war and post war days, through university successes and work as a teacher, to her marriage and a good life with exciting travels and joyous occasions. She tells of funny experiences in bringing up four children all of whom are now graduates with successful careers and how she became a talented and very successful artist.

The charmed good life, however, suddenly came to a halt in August 2015 when she suffered a stroke, leaving her right side paralysed. She was devastated as she had to rely on others and, worst of all, she could no longer paint, which had been her life's passion. She moved to the Ron Smith Care Centre and eventually was introduced to the Tuesday morning art group at Elphin Lodge.

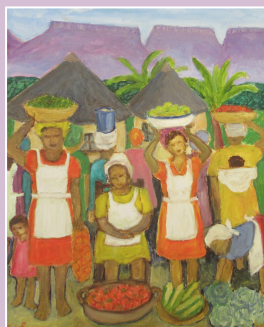
It was here that she started training herself to draw with her left hand and gradually she started to paint again. She has set up her room as her art studio and spends hours doing what she loves most – painting in oils. Her friend Jill commented: "Eth's fortitude in the face of frustrating circumstances is something I admire greatly. She deserves all praise for learning how to use her left hand and being able to paint so beautifully again."

Her son Victor spoke about his mother being initially reluctant to move from her beautiful home into the care centre, but today she tells him how happy she is and how she would not like to live anywhere else. She feels that she is well cared for and her life is full, with her friends, her art, her iPad and continuing interest in the news and world around her. She is content.



**ABOVE:** Back: Zabeth Zühlsdorff (Rand Aid management), Victor van Eck (son), Nathalie van Eck (daughter-in-law), Ivan van Eck (son) and Phyllis Phillips (Ron Smith's liaison manager). Front: Jill Jones and Ethelwynne van Eck.

**RIGHT:** An example of the work Ethelwynne is producing using her left hand.



## UPCOMING EVENTS

### NOVEMBER

**Support Group:** The next support group for families with a loved one being affected by Dementia/Alzheimer's takes place on Tuesday, 6 November in the boardroom at 10am and Saturday, 10 November at 9:30am in the cardroom/clubhouse. Please contact Lorna Quinn if you are interested in joining the support group on 082 456 5692 or email lornaq49@gmail.com

**Lotto Concert:** Will be held on 14 November in the hall at 10am. Should you wish to enter the lotto draw, get your ticket from Suzie for only R10. Entertainment will be provided by pianist Lizelle Roberts.

**Boerie Braai:** 9 November in the quad area outside the hall. Place your order with Wanda at Elphino's Coffee shop, R25 a boerie roll.

**Gardening Group:**  
Wednesdays 7 & 21  
November in RL3 at  
10:30am.



**Sing-along:** Come sing-along to good old favourites on 8 & 22 November in the OT/Activity Centre from 9:30-10:30am.

**Hands & Nails:** 29 November in the OT/Activity Centre, from 9:30-11:45am.

**Hymn Singing:** Every Tuesday in the chapel from 2pm-2:45pm.

**Bible Study:** Every Wednesday in the Chapel, all welcome.

**News Group:** Every Thursday at Cedar Park patio at 9:30am, all welcome.

**Bridge Group:** Want to learn how to play Bridge or even play a friendly game? Join us in the cardroom at 2pm every Wednesday afternoon.

### DECEMBER

**Support Group:** The next support group for families with a loved one being affected by Dementia/Alzheimer's takes place on Tuesday, 4 December in the boardroom at 10am and Saturday, 8 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:** Will be held on Wednesday, 5 December, in RL3 at 10:30am.

**Sing-along:** Join us in singing Christmas carols on 13 December in the OT/Activity Centre from 9:30-10:30am.

**Hands & Nails:** In the OT/Activity Centre, from 9:30-11:45am.

**RSCC Christmas Lunch:** 20 December in the main dining room at 12:30pm.