

Ron Smith Care Centre



@ Elphin Lodge

August 2020 No.60

Condolences



Sadly, there have been many families at the care centre who lost loved ones in July. To each and every family, we send our heartfelt condolences and pray for strength, comfort and peace for you all.

River Lodge 3 in particular, has been affected by the Covid-19 virus and the families who have lost their precious ones have used their WhatsApp Group to communicate and to express love, support, comfort and encouragement to all. Here are some of their thoughts and messages:

- ✿ To everyone who is mourning the loss of your loved one, we are so sad that so many have passed on at almost the same time, but we can take comfort that they are forever in our hearts ...
- ✿ We would like to thank everyone for the support and care they gave my mom over the past 7 years. All the staff were absolutely amazing and couldn't have done anything better.
- ✿ Thanks to all the staff for the love, kindness and gentle care they gave to Mom. Thank you for walks, gardening, singing and dancing with her and loving her to the end.
- ✿ This group has united us at a time when we all need encouragement & love. One day when we can, we will gather to meet in the Care Centre gardens to celebrate these precious lives.

And this message from a family from River Lodge 1:

- ✿ Our hearts are filled with gratitude that the staff and management had given my Mom a safe haven in her last years. We have no words to express our respect and appreciation. You all do God's work. It was a long and difficult road and at last she is at peace.

May love be what you remember most



In loving memory

Those we love
don't go away
They walk beside us
every day
Unseen, unheard
but always near
Still loved, still missed
and very dear.



Other messages of gratitude and hope

From River Lodge 2:

- ✿ There are not enough words to express our appreciation...whilst this news [of infected residents] is disturbing and heart-breaking, we have to try and remain positive and pray that they all recover well. These are worrying times, but we know our families are in good hands.

From Cedar Park:

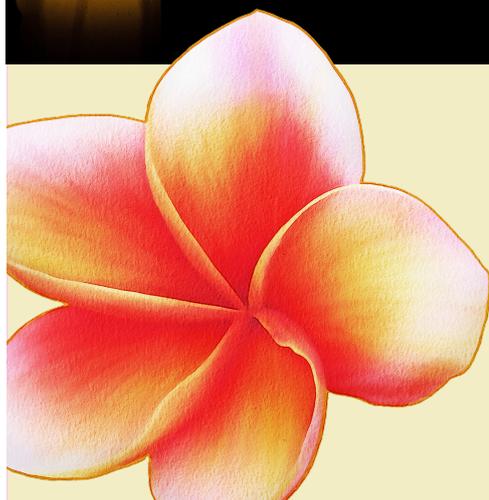
- ✿ Thanks so much for coming up with the great idea [of sending care/gift packs to our families] and arranging everything. It makes such a difference to us all.

From Lakeside:

- ✿ Thank you all for your generosity and kindness in caring for our precious loved ones. The videos and pictures that are shared on the WhatsApp group are a great comfort and are really appreciated.
- ✿ Thank you for spoiling our loved ones with small and wonderful little gifts. We miss them so and appreciate all the trouble that you go to and the efforts that you have made, to make this lockdown easier to bear.

From Woodlands:

- ✿ Thank you to all the staff and management of Rand Aid for your ongoing sterling work in the face of this invisible enemy. You are doing an amazing job of caring for the most vulnerable. Please thank the staff for their courage in coming to work every day...I wish I could lead a marching band [to honour] Rand Aid staff!



Everyday Covid heroes receive lovely surprise

All 300 of the Care Centre's residents and staff were treated to a lovely surprise when they were each presented with a Lindt chocolate bunny, compliments of friends of Rand Aid.

Rae Hurwitz was a long-time resident of Elphin Lodge and RSCC, where she passed away last year. In memory of Rae, her family donated the chocolate treats, which brought happy smiles to residents and staff alike.

Chocolate is always a winner, especially during this extended lockdown when little treats go a long way to lift spirits and to acknowledge the courage, hard work and dedication of care centre staff.

TOP RIGHT: Some of the housekeeping and kitchen staff delighted to receive their gift.

RIGHT: Beryl Backhouse with her bunny.



GET TO KNOW ME:

Dr Christina Eleftheriades

I am a GP with a special interest in geriatrics and am also involved with the Wits medical school where I teach fifth-year medical students about geriatrics. My qualifications are: MBChB (Medicinae Baccalaureus, Baccalaureus Chirurgiae) (WITS) (2008); Diploma in Geriatrics; Honorary lecturer Wits Department of Family Medicine.

I joined Rand Aid in October 2017. Before that, I had been working in a GP practice doing general GP work when Dr Carmella asked me to assist at Elphin Lodge/RSCC. She and I have been friends since we were 19 years old and both at medical school. She is the whole reason why I came here and I am forever grateful for her help, support and encouragement.

BACKGROUND

I am of Cypriot and Greek descent, but have lived in Johannesburg my whole life. My mom was born in Egypt and my dad in Cyprus and they met here in JHB. I am the eldest of three children and have two younger brothers. We grew up in Cyrildene and Linksfield and went to Saheti School.

My mom is a specialist psychiatrist and my dad had a PhD in chemical engineering. My gran brought us up speaking Greek, English and French and cooked the most delicious meals – my favourites being her spinach pie and pasta with Napolitana Sauce. Most of my memories are a kaleidoscope of food and laughter! My be-

loved gran had dementia and died about four years ago. I do believe it is she who led me to come work here.

The most traumatic thing for me was losing my dad in 2014. He had metastatic prostate cancer and was gone within a year. I miss him terribly as he had always been my role model and inspiration. My mom is the pillar of our household; she loves to sing 'The Hills are Alive' ('The Sound of Music') each morning -- a great way to start the day!

In 2016, I had a little boy; his name is Nicolas and is the light of my life. When I am 'off duty', I love to go walking with him and visiting the ducks at the park. We love building box houses and baking, although this last thing has become a very sticky situation since he came into my life!

I have such a good time listening to the way he sees the world. My other hobbies are reading, doing crosswords and posting interesting articles on geriatrics on my Twitter page. I also enjoy lying on the couch with my four dogs, coffee and chocolate! My favourite TV show is 'Father Brown'.

I thank God every day for my beautiful family and for guiding me to Rand Aid and the world of geriatrics. Elphin Lodge/RSCC is a wonderful home for our elders and I wish that more people could see that growing old is not a disease.

The residents here are an inspiration and absolutely fabulous for their age!



Birthdays

RESIDENTS

01 August, Helen Barlow-Jones, RL2 (89)
02 August, Alan Clark, WL (76)
03 August, Ethelwynne van Eck, WL (83)
04 August, Gladys Rosenberg, LS (93)
09 August, Denise Anstey, RL2 (91)
11 August, Louise Newman, LS (88)
16 August, Hazel Kalk, LS (64)
27 August, Maria Roberts, RL1 (97)

VOLUNTEERS

04 August, Dugald Paterson
20 August, Kathy Theron
20 August, Gloria Jones
27 August, Marina Smith
31 August, Felicite Horn

STAFF

5 August, Portia Mantome (WL)
8 August, Nkhensani Shibiti (Housekeeping)
8 August, Nthabiseng Sebata (LS)
9 August, Lisa Mtshali (CP)
15 August, Jennifer Sigida (RL3)
15 August, Sandile Ngubane (Elphino's)
20 August, Alice Molepo (RL2)
21 August, Thulani Khumalo (Elphino's)
22 August, Vincent Masilo (Elphino's)
23 August, Avril Maltman (Matron/ Mentor)
25 August, Tanya Switala (Admin)
27 August, Peter Quinn (CEO)

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

WELCOME TO

- Bela Nadori (River Lodge 3)
- Christine Turnbull (River Lodge 1)

FONDLY REMEMBERED

Sadly, there have been many families at the care centre who lost loved ones in July due to both COVID and natural causes. Our heartfelt condolences go out to them.

- Dawn Hazzard (RL3)
- Katrina Diedericks (RL3)
- Beile Rollnick (RL3)
- Mary Elliseou (RL3)
- Erika Behla (RL3)
- Willie Hopley (RL3)
- Nicci De Bellis (RL3)
- Aurelia Fannucchi (WL)
- Corrie Wolhuter (RL3)
- David Smith (RL3)
- Isaac Poulton (RL3)
- Maria Theron (RL1)
- Alison Bell (RL3)
- Edna Janse van Rensburg (RL3)
- Ria Standing (RL2)
- Sydney Phillips (RL2)
- Beryl Moll (RL3)
- Ginny Lorge (RL1)
- Peggy Roberts (RL1)
- Bernice Goldman (RL3)

FROM MATRON AVRIL MALTMAN TO ALL CARE CENTRE STAFF:

We all find ourselves working in very stressful times and under extreme pressure yet the staff are giving such wonderful care to our residents. I am extremely proud of all of you and thank you for all your hard work.