

Ron Smith Care Centre



Registered
home

RAND AID
ADVANCE

@ Elphin Lodge

May/June 2018 No.38



Care centre ups its game

Ron Smith Care Centre celebrated the opening of our Woodlands Garden and its facilities on 20 April.

Board members, employees, residents and village committees celebrated the opening of the lovely landscaped area. It was designed by Anthony Schäffler from Schäffler's Nursery and includes a beautiful new lapa, with braai facilities; a pavilion overlooking the new Astro turf croquet lawn; mini golf (putt-putt); and a jungle gym for children who visit their loved ones.

"The opening of Woodlands Gardens is another great occasion in the ongoing redevelopment, renovation and expansion of the Ron Smith Care Centre," said John Robinson, Rand Aid's chairman of the board. Over the past five years, our care centre has been transformed to offer even better care for the elders.

John acknowledged that the introduction of the Eden Alternative has ensured this transformation. "The enthusiasm, training and dedication of management and staff has contributed to making this one of the best care establishments of its type in Africa.

"The Ron Smith Care Centre has been recognised for its exemplary provision of care, facilities and services for older persons by the United Nations' World Health



Organisation," he confirmed.

Part of the opening celebration involved the unveiling of a plaque, which acknowledges a heartfelt donation from Barry and Theresa Dubb, in honour of Barry's mother Joyce Dubb, a resident at Ron Smith. When the Dubbs got married, they requested that donations be made to the care centre in lieu of wedding gifts and it is this funding that kick-started the garden project.

The croquet lawn and putt-putt course were officially opened when residents Sylvia Laserow hit a croquet ball through a wicket and Christine Kincaid-Smith attempted a putt-putt hole-in-one! A champagne toast, in honour of the new garden and facilities, followed.

Our employees concluded the event in traditional African dress, singing a beautiful blessing for the garden. Complex manager Helen Petrie invited guests to view the new widened bridge over the Jukskei River (the old one was destroyed by severe storms and flooding in November 2016) and said that it can now accommodate golf carts and wheelchairs. This increased accessibility will hopefully encourage more interaction between Rand Aid's retirement villages.

Resident

My name is **Gladys Rosenberg**. I stay in Lakeside.

Things you may not know about me: I was born on 4 August 1926 and grew up in the Berea area of JHB. I am of Jewish faith and used to belong to the Sydenham – Highlands North shul. I had a happy childhood and did well at school. After matriculating from Barnato Park High School I went to Business College and then began secretarial work in the city. I met my husband, Harold, through a friend, after he returned from serving in the army and we were married for 60 years, until his tragic death seven years ago. I still miss him very much; he was such a wonderful husband and father and his grandchildren adored him. I have three children: daughter, Joyce, who lives in Killarney; and sons, Milton and Larry, who both live in Toronto, Canada. I have nine grandchildren and 12 great grandchildren, who all call me Gugga.

A few of my favourite things: My favourite colours are pink and blue. I enjoy reading and particularly like books by Danielle Steele. I watch a fair bit of TV. I love flowers, particularly roses and gladiolas. I used to do quite a bit of cooking and I am a sociable person. I love playing Ka-lookie, Bingo and Scrabble. I am generally a happy, positive person. I was driving up to the age of 90 when I had a fall. And now, a recent accident with my foot has immobilised me, so my biggest wish at the moment is to be able to walk again.



Employee

My name is **Ivonne Moguru**. I am a care worker on Lakeside

Things you may not know about me: I was born on 2 October 1992 and grew up and went to school in Sekhukhunene, Limpopo. I am the first born of seven children. I live in Tembisa with my aunt and uncle and I have a little girl named Kagiso who is four. She lives with her grandparents in Limpopo, and I try to spend as much time with her as possible. In 2011, I did care worker and auxiliary nurse training in Pretoria; in 2015, I was hired by TRS and started working on Cedar Park; in 2017, I was hired by Rand Aid, and first worked on Woodlands and am now on Lakeside. In my spare time, I sell Justine beauty products. My father taught me that you have to work hard for what you want in life, because things don't come easily.

A few of my favourite things: My favourite colour is navy blue. I love gospel music, especially by artists Joyous Celebration, Winnie Mashaba and Sifiso Ncwane. I enjoy watching soccer and my favourite team is Sundowns. My simple pleasure is to get together with friends. I enjoy listening to other people's views and feel it is important to take the time to get to know people, so I never judge a book by its cover. My dream is to grow in business, so that I can build a house and buy a car.

Motto: Don't waste time on unimportant things which will not help you to grow; go after what you want.



Volunteer

My name is **Sue van der Neut** and I am a resident at Inyoni Creek. I have been a volunteer at RSCC for almost four years and assist with the baking activity.

Things you may not know about me: I was born in Johannesburg on 29 November and grew up in Norwood. I enjoyed growing up as part of a large family of eight children. My mother was my role model - she inspired me with her strength; she never gave up no matter how difficult times were in our youth.

I am married to Alex. We both worked for First National Bank and met at a banking function. I worked for FNB for 30 years and started off as a clerk, then became a teller. Finally, I worked in personnel and assisted the staff with personal, home and car loans. I have two children, Rory (JHB) and Lana (Brisbane, Australia), and three grandchildren.

A few of my favourite things: I like the colour red, 60s and 70s music, romantic comedies, carnations, pasta and malva pudding. I enjoy knitting, crocheting, line dancing, card making and caring for the elderly. Alex and I have been privileged to visit the UK, Germany, France, Spain, Portugal, Holland, Norway, Turkey, and Greece and have taken cruises to Mauritius, Reunion, Madagascar, St Helena and the west coast of Africa. We are planning to take a five-week trip to Peru in September.

My motto: If you have nothing good to say about someone, say nothing at all.



Birthdays

RESIDENTS

May

7 May, Bob Greenwood, RL3 (80)
9 May, Shirley Abrams, RL3 (83)
9 May, Joan Bellew, WL (97)
12 May, Hentie Benson, WL (88)
14 May, Ginny Lorge, RL1 (93)
18 May, Donald Rose, CP (84)
20 May, Ronald Merton, RL2 (91)
21 May, Jean Tuckett, RL3 (81)
24 May, Patricia Dale, WL (81)
25 May, Jacobus Sosef, LS (91)
26 May, Beryl Moll, CP (87)

June

1 June, Gwen Jennings, RL3 (80)
6 June, Joan Patton, RL2 (80)
8 June, Alison Whittaker, RL1 (74)
24 June, Anna Gray, RL2 (95)
25 June, Irene Droste, CP (88)
28 June, Corrie Wolhuter, RL3 (84)

VOLUNTEERS

May

2 May, Mavis Knight
3 May, Noelene Puntis
8 May, Clair Harding

June

3 June, Leung Ho
3 June, Tina Key
3 June, Celia Fish
5 June, Maxine Fine
20 June, Margaret June
29 June, Brian Quigley

STAFF

May

4 May, Nandipha Ngesi (Housekeeping)
6 May, Rosemary Khoza (River Lodge 1)
9 May, Tando Ncube (Lakeside)
15 May, Tinyiko Nkwini (River Lodge 3)
24 May, Lydia Khumalo (Lakeside)

June

1 June, Phumzile Shabangu (Security)
5 June, Asnath Muthakhi (RL2)
5 June, Petunia Moleoa (RL1)
6 June, Salina Mtshali (OT)
6 June, Johannes Darkie (Maintenance)
6 June, Jane Ngobeni (Kitchen)
7 June, Stella Dlotella (Housekeeping)
7 June, Nomusa Shabangu (RL1)
13 June, Emily Nonjiko (CP)
20 June, Eunice Siben (LS)
20 June, Faniswa Filana (Housekeeping)
26 June, Johannes Mojela (Security)
30 June, Portia Tshayisa (Housekeeping)

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



Resident

My name is **Halina Malujlo**. I stay in River Lodge 2
Things you may not know about me: I was born on 19 July 1929 in Wilno, Poland, which later came under Russian occupation. Ten years later, World War II broke out and I remember the terrifying noise of dropping bombs and that there was nothing to eat. I was an only child and born to wealthy and clever parents. My father was a judge and my mother a professor of history. Because they were professional people and always very busy with their work, I was brought up by my nurse/nanny, Kasia, and my grandmother, who always had time for me. As the war progressed, we managed to escape to Austria, then to France, and finally when I was about 15 years old, we moved to England. When I was 17, I met my husband, Ted, through mutual friends. He was a pilot in the Polish Air Force. He was offered a job involving crop-spraying in Africa and we moved to Northern Rhodesia where we set up home and started a family. I have three sons: Adam, Mark and Christopher and five grandchildren.

A few of my favourite things: My favourite colour is blue. I enjoy romantic novels, light classical music and playing cards. I love roses, ice-cream and Polish food, especially pierogis (dumplings).

My motto: Be kind to one another and tolerant of people who have a cultural and racial background different to you.



Employee

My name is **Charlotte Tema**, I am a care worker on RL2.

Things you may not know about me: I was born on 18 April 1993 in Mphahlele, Limpopo. After finishing school I moved to Johannesburg and did care worker training at Lady with the Lamp nursing school. I was then employed at Rand Aid's Wedge Gardens in the laundry department and then went to work as a domestic at Tarentaal. I have been a care worker at Ron Smith Care Centre, River Lodge 2, since 2016. I enjoy looking after the elders because I love communicating with people – laughing with them and making jokes. In 2015, I met my boyfriend, Mark, at a taxi rank and we are planning to get married. He wants to see me in a white wedding dress and to go to Cape Town for our honeymoon! I have two beautiful sons: Boikago (5) and Selelo (2); they both stay with their granny in Limpopo. My dream is to be able to build a big house in Limpopo, so that we can all live together as a family.

A few of my favourite things: My favourite colour is purple. I enjoy poetry and real life stories, gospel music and action and crime shows. I represented my school in athletics at provincial level, from the age of nine to 16, and always came first. Unfortunately, there was no money to train further. I am thankful for all the good things in my life, for my children and a loving fiancé.

My motto: Be kind and help those who need help.



Volunteers

Meet **Gardening Group** volunteers **Leung and Elaine Ho**, the husband and wife team that started the Gardening Therapy group a year ago at River Lodge 3.

Leung has a Baccalaureus Technologiae degree in Horticulture from UNISA and is a qualified horticulturalist. They both have enjoyed seeing how the Gardening Therapy activities have reminded our residents of the joy of gardening and how it has helped to improve their physical, mental and emotional well-being.

Some things you may not know about them: **Leung** was born on 3 June 1958, and grew up in Hong Kong. There he attended high school and Hong Kong Polytech and was employed as a civil engineering lab technician. He immigrated to South Africa in 1992.

Elaine was born on 4 April 1953, in Johannesburg and attended St Rose's Convent and Wits Technical College. After qualifying as a pharmacist, she worked at the Johannesburg Hospital and thereafter, in industry, as a Registration and Regulatory Affairs pharmacist.

Leung and Elaine met at church in 1992, the same year that Leung came to South Africa! They have now been married for 21 years and live in Edenvale. They are both perfectionists, with Elaine being the friendly extrovert and Leung being a bit quieter and more introverted. They both find great joy in being able to motivate, encourage and empower people and are thankful for every God-given opportunity to be able to help someone and make a positive difference in their lives.

They both enjoy travelling, with Europe and Canada at the top of their list. Leung especially enjoys the botanical gardens and the Royal Ontario Museum in Toronto, and would love to qualify as a Horticultural Therapist with the Canadian Horticultural Therapy Association. One of his proudest achievements is the planning and implementation of a large-scale organic composting initiative at the Johannesburg Zoo which resulted in creating jobs for the unemployed and unskilled. Elaine, meanwhile, is proud of her work with an orphanage and of creating a presentation for her church's 42nd year anniversary. She dreams of visiting Norway and Alaska, studying journalism, writing a book, and playing piano by ear!

These are a few of their favourite things: **Leung** - I like gardening and craft activities, dogs, reading about theology, archaeology, herbal medicine, plants, and landscaping, listening to instrumentals and swing music, watching cowboy movies, Medical Detectives, Gardener's World, NCIS, CSI, Love your Garden and The Forensic Lab. I love all plants especially lavender. My favourite foods are bananas, nuts, cake and biscuits, ice-cream. I like watching cricket.

Motto: Don't worry, be happy!

Elaine - I love reading Christian, motivational and leadership books, listening to Radio 702, craft activities, listening to light classics and Christian music, watching reality shows, the colours pink and navy blue, orchids, the smell of jasmine, Chinese food, ice-cream, ice skating, and rabbits.

Motto: If you have a pulse, you have a purpose!





MOTHER'S DAY TEA

Staff and volunteers spent a beautiful sunny Friday morning setting up for our Mother's Day tea, held on 11 May on the grass area between the Chapel and reception. Beautiful paper rose flowers and holders, made by residents in the Activity Centre, were used as table decor. Along with their morning tea, the residents were treated to scrumptious scones filled with jam and cream and carrot cake muffins with cream cheese icing. Each resident was then spoilt with a small packet of home-made chocolates on Mother's Day morning. The residents thoroughly enjoyed themselves. **Pictured:** Theresa Richards, who joined our family in May, enjoys a cup of tea with her daughter, Devan Murphy.



CELEBRATING MILESTONE BIRTHDAYS! Kitty Venn (101) with Matron Avril Maltman and Sn Tondani Modau and Betty Haughton (102) with her son Tommy Haughton.

GARDENING THERAPY VOLUNTEER Leung Ho believes that plants, gardening activities and the innate closeness we all feel towards nature, can be used as a vehicle to bring certain therapeutic benefits to our residents. Seen here are residents, staff and volunteers who are all smiles after having planted violas and pansies for Mothers' Day. The lovely ceramic shopping bag pots were designed and made by Leung. The care centre has plants for sale at Elphino's, the proceeds of which are used for operating the gardening programme.

UPCOMING EVENTS

Support Group: The next support group for families with a loved one being affected by Dementia/Alzheimer's takes place on Tuesday, 5 June, in the boardroom at 10am and Saturday, 9 June, 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.

Lotto Concert: Will be held on 13 June in the hall at 10am with entertainment by Edenvale Senior Songsters. Should you wish to enter the lotto draw, get your ticket from Suzie for only R10.

Sing-a-long: Come sing-a-long to good old favourites in the OT/ Activity Centre from 9:30-10:30am on 14 & 28 June.

Gardening Group: Will be held on Wednesday, 6 & 20 June, in RL3 at 10:30am.

Card-making Group: Will be held on Thursday, 21 June, in the OT/Activity Centre at 2pm.

Hands & Nails: Thursday, 21 June, 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 from 2pm-3pm.

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

WELCOME TO

Thelma Radmore, River Lodge 3
Maria Dal Lago, River Lodge 2
Brian Sher, River Lodge 1
Theresa Richards, River Lodge 3
Monica Beuthin, River Lodge 2
Maria Kondaris, River Lodge 2
Meyer Manushewitz, River Lodge 2

FONDLY REMEMBERED

Bunny Marks, River Lodge 2 (11.04.2018)
Grace Snook, River Lodge 2 (12.04.2018)
Enzo Merolla, River Lodge 1 (20.04.2018)
Richard Hague, Lakeside (3.05.2018)
Jimmy Giannoccaro, River Lodge 3 (8.05.18)
Rita Harvey, Cedar Park (15.05.2018)
Elaine van Heerden, Cedar Park (19.05.18)
Ken Cokayne, River Lodge 2 (20.05.2018)
Frank Mitchell, Woodlands (21.05.2018)

* We extend our condolences to their families and loved ones.

