

Ron Smith Care Centre



@ Elphin Lodge

APRIL 2020 No.56



Life in the time of the coronavirus

With the Activity Centre closed in this extraordinary and unsettling time, we have stepped up activities on all six of our residential wings. OT staff are on the wings everyday, facilitating a variety of activities and simple pleasures which bring meaning and joy to residents and staff alike.

Whatever our age or physical/mental condition, during this time of lockdown, we can all take the opportunity to focus on the positive things that make us happy. We can try something new, get to know each other better, help our neighbour, beautify our environment, initiate conversations, enjoy nature, read, watch our favourite TV programmes, listen to our favourite music, have fun, practise random acts of kindness and grow.

We can use this time positively to develop into our fullest potential as an individual.

Our roving photographer caught these images of life at the care centre, in the time of the coronavirus.

COVID-19

PLEASE KNOW that we are doing everything in our power to safeguard residents and staff from the coronavirus. Staff are screened on a daily basis and all recommended hygiene practices are enforced.

We are most fortunate to be guided by our resident doctors in all we do.

Should you have any concerns, please contact:

- Avril Maltman (Matron) amaltman@randaid.co.za
- Leanie Bessinger (Sister) lbessinger@randaid.co.za
- Corlia Schutte (OT) cschutte@randaid.co.za
- Debbie Beech (social worker) dbeech@randaid.co.za

Resident

My name is **Jean Hart**. I live on River Lodge 3
Things you may not know about me: I was born on 4 August, 1937, in Port Elizabeth. I obtained a BA degree at UCT, followed by a teaching diploma. I taught English at Sasolburg High School in the mid-60s & helped out with the reading lab programme at Dunvegan Primary in Edenvale during the mid-70s. I also taught Grade 4s at St Paul's school in Orange Grove & funnily enough, my last job was teaching Latin to Greeks at Saheti High School! I met my husband Peter at university where he was studying chemical engineering. We married in 1958 & moved to England, where 2 of our children, David & Sylvia, were born. After 3 years, we moved back to SA where my 3rd child, Robert, was born. We eventually set up our family home in Edenvale. I was a regular member of the Constantia Christ Church & the Edenvale Methodist Church. My husband loved going on family holidays & he was already planning the next trip even before we had come back from the first! Peter and I were married for 59 years until his death in 2018. I moved into RSCC in August 2019 & have been very happy here.

A few of my favourite things: I loved weekend gardening, bird watching, Siamese & Burmese cats, reading non-fiction, & listening to classical & church music. I love indigenous flowers such as Proteas. My simple pleasures are a good cup of coffee or tea & being in a beautiful garden. My family, and watching my 6 grand children grow, has always brought a smile to my face. Some exciting news: I am about to become a great grandmother. What a joy this baby will bring to our family!



Employee

My name is **Pascaline Kamala**. I am a care worker on River Lodge 3.
Things you may not know about me: I was born on 5 April, 1986, in Pretoria, the youngest of 9 children, in a Pedi-speaking family. My mother passed away when I was 3 months old and so my eldest brother Maropeng and his wife, Grace, became parents to me. My husband Andrew and I married in 2005 when I was 19. We have been married for 15 years & have 2 wonderful sons, Takalane (10) & Rofhiwa (6). I was a housewife for awhile & then decided to go for care worker training at Lady of the Lamp. I started work at Rand Aid in 2017, and was assigned to River Lodge 3. I enjoy working with people living with dementia & love our residents – they are very special people. My dream is to further my studies and to become a Staff Nurse and then Sister in Charge! I have already started contributing money to my education fund! Once I have reached my career dream, I would like to help street kids by building a home for them.

A few of my favourite things: My simple pleasures are cooking traditional foods and going on outings & socialising with friends. We enjoy taking a picnic to Zoo Lake & visiting Hartbeespoort Dam and Durban. One day, I would like to visit Cape Town. I am proud and thankful that I am a good wife and mother and that we have a happy family. It gives me great joy when my husband tells me that he loves me & when he surprises me with red roses! And when my kids say: 'Mommy, I love you', it makes my heart smile. Prayer is important – we can learn many things from God.



Volunteer

My name is **Crystal Smart** I have lived at Elphin Lodge for 10 years and help out with sing-alongs & hymn singing in the OT Activity Centre.
Things you may not know about me: I was born on 23 August in Nigel, Transvaal. I attended a commercial school to Standard 8 but was forced to leave at the age of 16 to find work, as my father was involved in a mining accident & was in hospital for more than a year. Consequently, my dream of attending university was shattered. My first job lasted exactly ½ hour, as my new employer put his hand on my knee! I bopped him on the head with my shorthand notebook & walked out! After that, I went on to work as a shorthand typist for 2 companies & was eventually promoted to PA to the company chairman & managing director. For the last 35 years of my working life, I was a bookkeeper for a small office equipment company. I met my husband, Reg when we were both in the Central Methodist Church Choir. He had the most beautiful singing voice. I think I fell in love with his voice before I did with him! Reg and I enjoyed 42 years of marriage until his death in 2006. We had one son, Allan, who lives in JHB, and a grandson, Cameron.

A few of my favourite things: My simple pleasures are waking to the sound of birds singing, going to bed with the sound of rain on the roof & gazing at the beauty of a full moon. I enjoy classical music, attending live theatre and concerts, reading, choir singing, embroidery and making toys. I have had 3 amazing trips overseas: unforgettable Israel; Croatia/Turkey/Venice & a visit to Oberammergau to see the magnificent Passion Play; and finally, a wonderful trip to Scotland.



Birthdays

RESIDENTS

03 April, Gordon Ross, RL2 (88)
 05 April, Doreen Venn, LS, (103)
 06 April, Jill Jones, WL, (77)
 09 April, Bella Tworetzky, RL3, (90)
 14 April, Sylvia Lasarow, LS, (92)
 14 April, Noreen Ogilvie, RL2, (86)
 14 April, Gail Harmer, RL2, (83)
 16 April, Petro Gray, WL, (78)
 16 April, Malcolm Shalekoff, RL3, (80)
 21 April, Lorraine Lowdon, RL1, (80)
 23 April, Elaine Cohen, CP, (91)
 23 April, Beile Rollnick, RL3, (94)
 24 April, Sue Bohmke, RL2, (82)
 30 April, Irene Green, RL2 (94)

VOLUNTEERS

01 April, Jim Powell
 03 April, Yvonne Butts
 04 April, Elaine Ho
 06 April, Ronnie Cumming
 08 April, Maria Moreira
 27 April, Fatima De Nobrega

STAFF

1 April, Knowledge Mabunda (LS)
 4 April, Helen Makwaeba (WL)
 5 April, Dineo Tshukutswane (RL2, Special)
 5 April, Pascaline Kamela (RL3)
 5 April, Nelly Motshoene (LS)
 6 April, Victoria Nkuna (RL3)
 6 April, Phylis Ntimane (Housekeeping)
 17 April, Helena Bezuidenhout (Cottage Sr)
 17 April, Nonhlanhla Mabusa
 17 April, Jobson Nkuna (Security)
 18 April, Charlotte Tema (RL2)
 24 April, Joyce Mabowa (WL, Special)
 27 April, Penelope Mthembu (CP)
 28 April, Anna Matlala (Kitchen)

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

WELCOME TO

Jennifer Munroe- CP Elaine Cohen- CP
 Mary Elliseou- RL2 Hymie Cohen- CP



Betty turns 95 - Resident Betty Hood turned 95 on March 23. As a result of the coronavirus lockdown, her son Robert was unable to be with his mom in person on her big day. However, he organised lovely eats for everyone on River Lodge 3, the care centre provided a cake and some beautiful flowers for Betty, and a special birthday tea was held to celebrate her momentous day. She is pictured with Staff Nurse Laurentia Jooste.