

Independent living offers a shelter from life's storm

Rand Aid Association now offers independent living to men over the age of 50 who are able to live independently but function better in a somewhat structured environment.

The NPO recognises that people who have battled addiction issues in the past, or who have overcome other challenges, may need a more nurturing environment in which to live.

Offered on a full board and lodge basis in a secure environment, the accommodation is aimed at people who function in society and hold down a job or volunteer position, but who find it difficult to cope in a totally independent environment.

Although medical assistance exists in the case of an emergency, care facilities are not offered.

Whilst the accommodation wing is situated on the same grounds as Rand Aid's substance abuse treatment centre in Whitney Gardens, it is set some distance away and has a separate entrance. However, access control is in place to prevent alcohol or drugs from being brought onto the premises.

* 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)



Hobos take over Tarentaal Village

Residents of Rand Aid's Tarentaal Village were a motley but cheerful crew at a Hobo's Gathering hosted on January 18. "The residents were eager to dress up – or down, as it were – and some were unrecognisable even to their friends. There were prizes for the best 'hobos', a lovely meal was served and hits from the residents' younger years were played. Looking suitably disreputable is Esther Fourie.



Boerie braai sizzles despite the rain

What's a little rain between friends and their boerie rolls? Rand Aid's Elphin Lodge residents defied the threatening clouds and drizzle to follow their noses to the Lapa on Friday, March 3, when tummy-tempting braai smells filled the air. The retirement village holds a boerewors braai on the lawns once a month, giving neighbours and friends a chance to catch up and enjoy an outdoor meal. With jackets on, makeshift 'umbrellas' in hand and wide smiles on their faces are Nancy Davies and Jean Johnson.

Rand Aid shares experiences and insights with Africa

Rand Aid Association shared its knowledge on the long-term care of older persons at the second Africa region International Association of Gerontology and Geriatrics (IAGG) conference in Nairobi, Kenya, in December 2016.

The 114-year-old non-profit organisation that is based in Lyndhurst sent two members of its management team – Ayanda Matthews, GM Compliance & Social React Division; and Zabeth Zühlsdorff, GM Services and Advance Division – to present a case study on its financing model for long-term care and on the implementation of person-centred care in its long term-care facilities.

“Our presentations were on the last day of the conference, during the first session titled ‘Towards Formal Long-term Care Service Models - Practice Case Studies’. The first presentation was titled ‘Who is Rand Aid’, focusing on the development and growth of the organisation, management structures, continuum of care and the funding model. The other half was titled ‘The quest for quality in long-term care’, focusing on the culture change to a person-centred approach via the Eden Alternative model,” explains Zabeth.

QUESTIONS FIELDLED

“Several international and African attendees approached us later on to ask additional questions and share contact information. The African attendees were particularly interested in the person-centred model and the emphasis on close and warm relationships between staff and residents and forming small ‘family’ groups in a larger facility.

“Due to the cultural prejudices against institutional care and their current experiences of care facilities in their countries, the person-centred approach appears to make residential care more palatable. It was suggested by delegates from Nigeria, one who also runs a residential care facility, that we should come and do training of their staff on how to appropriately care for elders.

“They had consulted our website and were amazed at our services and the positive feedback from residents,” she says.

Ayanda adds that delegates, including from South African universities, were very interested in the Rand Aid funding model and the extent of welfare services the organisation is able to provide as a result of this.

“The North West University in particular has a strong focus on ageing research and we were approached about the possibility of providing research opportunities to post graduate students.

Continues Zabeth: “In addition, it should be noted that the conference organisers had set aside a third day of private discussions to which they had pre-invited academics and representatives of international organisations to deliberate on the conference outcomes and to determine research agendas for the future.

“The Rand Aid model (funding and quality of care) was one of the items selected for these deliberations. As was pointed



Rand Aid senior officials Zabeth Zühlsdorff, GM Services and Advance Division, and Ayanda Matthews, GM Compliance & Social React Division, with Prof Jaco Hoffman from North-West University. Prof Hoffman is a senior research fellow at Oxford University in the UK and a member of the conference organising committee.

out time and again, African countries have a growing middle and upper class which are well able to afford quality care in different forms. Our life right model of funding welfare services should therefore be of interest to them as the need for services for older persons continues to grow. The person-centred approach resonates with the need to provide loving, family-type care in a facility where home care is not possible.”

The pair agrees that it was a very interesting conference during which they met a number of professionals from the World Health Organisation, HelpAge International, Common-Age, Global Social Initiative on Ageing, UN Focal Point on Ageing, International Red Cross and London School of Economics, amongst others.

“These will be valuable contacts for information on ageing, service delivery models, monitoring tools and training resources,” says Zabeth.

The mission of IAGG is to promote the highest levels of achievement in gerontological research and training worldwide with a view to enhancing the highest quality of life and well being of all people as they experience ageing at individual and societal levels.

Ayanda explains that the conference was motivated by Africa’s steadily increasing aged population. Developments in the last century have caused Africa to face the same problems of ageing that have and are being experienced globally, including a rapid increase in the number of older persons, an increasing trend of very old persons with chronic diseases and functional impairments, a rapid increase in medical and care expenses for older persons and rapid changes in the family structure and functions supporting older persons.

“In addition, the African situation is complicated by the traditional reliance on family care and a lack of formal systems to support older persons.”

Hard love

Sean Wheeler raised R20 000 for Thembalai Care Centre when he completed the Munga 1 100km single stage off-road cycle race at 3:45am on December 5.

Eighty-five riders set off on November 30, 2016, but only 38 finished the gruelling event. Sean came 30th.

“It was the hardest thing I have ever done; it took me four days and 16 hours. I cycled into a headwind, soft sand, heat, corrugations, over mountains and through the desert, mostly on my own. If I wasn’t riding for a cause, I would have thrown in the towel at 500km.”



Get cutting for care centre

In 2015, thanks to wonderful volunteers from the community, Thembalami Care Centre was able to make dozens of new single-bed sheets and this year, they are hoping to again receive the same amazing support.

Run by non-profit organisation Rand Aid Association, the Lombardy-East care centre looks after men and women who are physically and financially vulnerable.

The care centre often receives condemned double-bed linen from various hotel groups. Although the linen has either a tear or mark on it, it is otherwise very serviceable, and makes wonderful single bed sheets.

The care centre plans to hold a sewing marathon later this year but first needs help cutting the linen to size.

"We have approximately 40 boxes of condemned linen that needs to be cut and appeal to community members who have a sharp pair of scissors and some time to spare to lend us a hand. For control purposes, the cutting will take place at Thembalami," says Elize Raath, the care centre's manager.

■ If you are interested in assisting, please contact Elize Raath at 011 882 4434 / 011 882 4728, or via email at eraath@randaid.co.za

Board comings and goings

WELCOME CHRISTIAAN

Advocate Christiaan Bester is a busy man. Despite his pressured career, however, he has carved aside time to serve on the board of Rand Aid Association.

"In today's time, people are inward looking and profit driven. They tend to forget the greater public good," says Christiaan of the decline in structured community participation.

He joined the board of the 114-year-old NPO towards the end of last year but has for some time provided legal counsel to the organisation.

"A well functioning board is crucial to any organisation. If the board is sound, then the organisation is sound. It is a critical function from a corporate governance point of view," he says.

"Everyone who sits on a board brings a particular skill set to the table, but they also gain immense satisfaction in knowing that they are making a contribution to that organisation's success by providing an oversight role.



"Any organisation has to evolve and seek new opportunities. It has an obligation to constantly look at itself critically to see what it can improve or where it can expand.

"Fortunately, Rand Aid has a culture of adapting to changing times and expanding on its core offerings," he says.

A Northcliff resident who has his chambers in Sandton, Christiaan enjoys travel, bird watching and hiking. He has a BA (Law) and LLB from the Rand Afrikaans University, LLM

from the University of the Witwatersrand, Certificate in Intellectual Property Law from the Mandela Institute of the University of the Witwatersrand, and an LLM from the University of Texas School of Law.

In practice since October 2006, Christiaan specialises in a wide range of commercial litigation, including intellectual property law, telecommunications law, competition law, media law and defamation, insurance law, labour law, administrative law, company law, insolvency law and Equality Court litigation.

FAREWELL PETER

After serving on the board of Rand Aid Association for 17 years, Peter Clucas has resigned.

"He brought a wealth of financial acumen and knowledge to the board and his presence will be missed," said Rand Aid Association CEO Rae Brown.

Originally a mining engineering student, Peter swapped to accounting after becoming convinced that with fixed gold prices, the mining industry faced an uncertain future.

The Sunninghill resident did his articles at Peat, Marwick, Mitchell & Co, which later became KPMG and worked at Investec and Ferguson Bros Hall Stewart before co-founding ClucasGray in September 2005.

The privately owned investment management boutique has grown exponentially since then, and today looks after investments equalling over R8-billion.



Good governance is critical to Rand Aid's success story. The 114-year-old registered non-profit organisation's services are governed by an independent non-executive Board of Management, comprising interested persons from the community.

"We are fortunate to attract individuals with great expertise and a high level of integrity, overseeing and guiding our full-time staff in their daily operations," says Rae.

"I am a great believer in what Rand Aid does and am certain that it will continue to go from strength to strength. The organisation has both an impressive management team and a diverse board of trustees," concludes Peter, who is cutting back on his daily schedule.

ClucasGray's Paul Carter, who joined the Rand Aid board in 2015, will retain his seat. He and other board members bade Peter a sincere thank you when he attended his last board meeting on December 14, 2016.

KENDRA READY TO MAKE A DIFFERENCE

Johannesburg resident Kendra Neethling is inspired to help people with substance abuse issues reclaim their lives. The St Stithians Girls College matriculant and University of Cape Town Honours student (BSC Occupational Therapy) says she has a huge passion for psychiatry and finds addiction 'exceptionally complex and multifaceted'.



Wedge Gardens' new occupational therapist Kendra Neethling.

The new occupational therapist at Rand Aid's Wedge Gardens treatment centre in Whitney Gardens, Kendra says substance abuse influences many areas of a person's life.

"As such, occupational therapy (OT) is pivotal in any intervention, providing key skills and resources to help the person prepare to retake their place in society, and bringing meaningful, healthy and satisfying engagement back into their lives.

"Wedge's OT department will this year focus on the mastery of skills. Plans include a garden project (to promote the healthy use of leisure time, mindfulness skills, industry and initiative and prevocational skills) and the continuation of the Wedge Café (social skills, prevocational and management skills and survival skills)."

She says they hope to expand the Wedge Café offering from predominantly food-based products to handmade items.

"Activities that promote deinstitutionalisation, such as treasure hunts, braais and picnics, will also be hosted, to help ensure a smooth transition back into society."



Wedge Gardens shares the love

Valentine's Day was a sweet affair at Wedge Gardens treatment centre. The first Wedge Café for 2017 was held on February 14 and was Valentine's Day themed. "It was a great success! After baking 72 cupcakes and 80 brownies, we could look back on a job well done," says Wedge Gardens occupational therapist Kendra Neethling. "The residents – all male – participated in baking, decorating and packaging the produce. In so doing, they learnt skills ranging from pre-vocational to social skills and team work. In addition, they learnt constructive new activities to fill their time as an alternative to leisure-boredom and substance use. "This is imperative to building and improving self-esteem," says Kendra, adding that equally important is the fact the residents enjoyed some good old-style fun.



Heidi Tucker, the President of the Rotary Club of Benoni Aurora, with Val and Ron Bartram.

'Nothing is too big or too small for her to do'

Paul Harris recognition for Inyoni Angel Val

Inyoni Creek's Val Bartram has been given a Paul Harris award for her ongoing efforts to help enrich the lives of the residents of Thembalami Care Care.

The award was made by the Rotary Club of Benoni Aurora on February 26.

Both Inyoni Creek and Thembalami are owned by Rand Aid Association, but while the residents of the retirement village are generally comfortably off, many of those cared for at Thembalami receive only a government grant.

Eight years ago, Val visited Thembalami for the first time and was so moved by what she saw, that she decided to get involved at the care centre in some small way.

But Val does not do small! Soon she had rallied fellow Inyoni Creek residents and their family members into helping, and the Inyoni Angels were born. In the years since, the Angels have hosted annual events for the Thembalami residents to mark special day such as Easter, Christmas, Mother's and Father's days. In addition, monthly birthday bashes are hosted, with a gift for each resident who celebrated their birthday that month.

The Angels have helped with renovations at the care centre and Val in particular has taken the time to get to know the residents, offering them her care, friendship and time.

She has over the years co-ordinated many projects at Thembalami which involved other community groups and businesses who were inspired to give the care centre a helping hand.

When Val and her husband Ron moved to Inyoni Creek over nine years ago, he predicted that her love of people would see her becoming 'a sunshine lady' visiting the elderly in order to bring some joy into their lives.

His prophecy certainly came true. Today, Val is loved and respected by Thembalami and Inyoni Creek residents alike.

Thembalami Care Centre manager Elize Raath says that Val is remarkable. "Nothing is too big or too small for her to do. She is involved and supportive everywhere and anywhere. She is reliable, trustworthy and honest and what I admire the most is her passion, love, genuine care and concern for the residents and staff of Thembalami."

Val grew up in Modderfontein. Married at the age of 20, she and Ron had two children but Val still found plenty of time to work, improve her studies and go on to open a branch for Allenby Campus in Pretoria.

A sports enthusiast, Val saw the importance of young people balancing their sport and academic lives, and was instrumental in helping introducing South Africa's first golf diploma, which was later accredited by the SA Professional Golfers Association as well as the British and Irish golf associations.

Of her Paul Harris recognition, she says, "I could not have done it alone."

Care centre is in need of volunteers

Do you enjoy spending time with older people? Have you got a few hours a week to spare? Then you may just be what is needed to help spread warmth and goodwill at a Lyndhurst care centre. Rand Aid's Ron Smith Care Centre offers loving and quality care to 160 elderly and frail residents in pleasant surroundings, enhanced by flowers, trees, gardens and a dam with bird life. There is also a specialised dementia unit for people living with Alzheimer's disease. The care centre is the second home in South Africa to qualify as a registered Eden Alternative home. As a member of the Eden register, Ron Smith Care Centre is committed to an approach which puts the person benefitting from the care, first. The caregivers aim to create a warm, vibrant, life-affirming care environment, where each person mat-

ters and everyone has an opportunity for personal growth and to participate in activities which bring them meaning, joy and fun to their lives, regardless of their age or abilities.

The care centre's volunteers play a huge role in helping to create this life-affirming, caring environment and add significantly to the quality of life and general well-being of residents.

"Recently, our volunteer complement has decreased due to poor health and other personal issues, and are currently in need of a number of volunteer tasks to be filled," says Debbie Christen, Rand Aid's Manager: Recreational Programmes.

If you would like to volunteer your time, contact Debbie Christen at 011 882 6296 or email: dchristen@randaid.co.za. Ron Smith Care Centre is at 222 Modderfontein Road, Lyndhurst.

Volunteers are needed:

- To assist with various occupational therapy activities such as the walking programme and movement and music group in the morning.
- To assist with soap making and bingo in the afternoon.
- To bring the book trolley around regularly to all the residents on the wings.
- To assist with High Tea every second month and with other special events.
- To assist with the sensory stimulation programme for residents living with dementia (Alzheimer's).
- To build relationships and get to know individuals by visiting specific residents regularly on a one-on-one basis.



Volunteers Edel Froschhauer and Gerda Kowalski have a lovely sing-along with resident Beryl Moll and her careworker Johanna Lebuya.

'The care centre's volunteers play a huge role'

GREG PUTS A DANCE IN SENIORS' STEP

The welcome is on the mat at the Ron Smith Care Centre.

The Lyndhurst-based care centre for elders in need of full-time or recuperative care loves having visitors. Its doors are always open to family members and friends, and there are around 40 volunteers who dedicate their time to enriching the lives of the people who call Ron Smith Care Centre home.

One of the care centre's regular volunteers is Greg Scholtz who first came into contact with Rand Aid Association four years ago, and has now almost become one of the family.

Sovereign Construction Synergy was hired four years ago to renovate the chapel at Rand Aid's Tarentaal retirement village, and Greg and company founder Wayne Wilmot soon found that Rand Aid and its residents had crept under their skin.

Apart from doing a number of construction jobs for Rand Aid since then, Greg willingly DJs at many a Rand Aid event,

Sovereign has been a sponsor of many an event, and the two men two years ago started hosting monthly dance evenings at Ron Smith Care Centre. Greg proudly continues this tradition.

These events are open not only to residents of all Rand Aid complexes, but also members of the public, which is good for community relations. The music is mainly ballroom, Latin American, country and other genres. "Anything except heavy metal, actually," chuckles Greg.

In addition, the dance lessons Greg gives as a volunteer at the care centre have become a firm favourite with residents and visitors to Ron Smith's day care centre and Greg says he loves seeing the spark he lights in their eyes.

The dance-mad Kensington resident has bronze, silver, gold, gold bar (advanced master's) and gold star (examiner's certificate) teaching certificates. In 1997 he won three trophies at the Diamond Star Latin American and Ballroom

Dance Championships, for Top Ballroom Professional, Top Latin American Professional and Top Dance Studio.

In October 2016, at the Gauteng Ballroom and Latin American Dance Challenge, he and partner Pam Kollnick won two gold medals in the Senior Age Group and took first place in Ballroom, dancing the Slow Waltz and Quickstep, and first place in Latin American, dancing the Cha Cha and Jive.

For more information on the Saturday night dance evenings, call Greg at 076 821 2304.



Greg Scholtz with fellow volunteer Margaret Lenart.

Rand Aid rolls out Eden Alternative philosophy

Staff members from a number of Rand Aid Association complexes enjoyed a mindset change, thanks to a three-day Eden Alternative training course they attended in the second week of February.

The Rand Aid team joined 25 other people from various homes, nursing and care facilities in Gauteng at Retire@Midstream, which hosted the training session.

At the end of 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, following years of hard work to transform the care centre from an institutional place of nursing into a nurturing, enabling home.

The Eden Alternative is a small not-for-profit organisation already making a big difference across the world. The philosophy is based on the core belief that aging should be a continued stage of development and growth, rather than a period of decline. Eden Alternative homes offer more than excellent nursing care, good housekeeping, nutritious food and efficient administration. They create homes where each person feels valued, has the opportunity to grow, to develop new interests, practice old and new hobbies, socialise with family and friends, contribute to the community, and have meaningful relationships with staff and other elders.

Rand Aid is committed to rolling out the Eden Alternative principles at all Rand Aid properties, which cater for various income means and includes four retirement villages – Inyoni Creek, Thornhill Manor, Elphin Lodge and Tarentaal; two care centres – Ron Smith Care Centre and Thembalami; and a substance abuse treatment centre – Wedge Gardens.



Laetitia Goosen (Deputy Manager, Tarentaal Village), Helena Bezuidenhout (Village Sister, Elphin Lodge), Marinda Looyen (Deputy Manager, Inyoni Creek), Sister Thili Sibiya (Ron Smith Care Centre) and Sister Paulina Mashodi (Thembalami Care Centre). Front: Sister Khetiwe Nkomo (Thembalami Care Centre), Enrolled Nurse Tondani Mudau (Ron Smith Care Centre) and Jackie Scott (Deputy Manager, Thornhill Manor).

"It was the most enjoyable experience and amazing to see the enthusiasm of all who participated," says Jackie Scott, Thornhill Manor's deputy manager, who was one of the course attendees.

"Watching the paradigm shift of those attending was inspiring. We all left the course feeling excited to share our experience and implement the tools we had just been given."

GOOD TIMES SPROUT, THANKS TO INYONI'S GREEN-FINGERED GANG

Inyoni Creek residents pulled together to showcase their beautiful village and gracious hospitality to members of the surrounding community in the first week of February.

Ten of the gardens at the Rand Aid retirement village were opened to members of the public, as part of the Gardens of the Golden City initiative held on February 4 and 5.

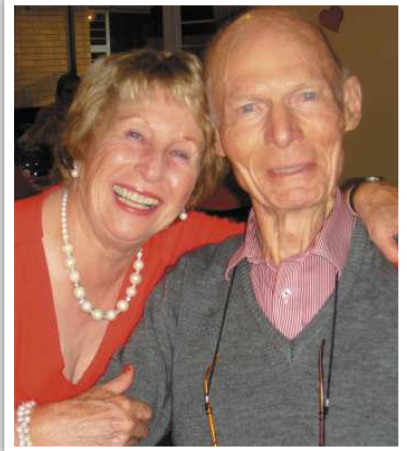
"It was a wonderful weekend with approximately 350 people visiting our gardens. We received many compliments," says Complex Manager Jenny Tonkin.

"Members of our Functions Committee, who regularly host supper evenings for fellow residents, and Dugald Paterson, a founding member of The Naked Chefs, together with many other volunteers from Inyoni Creek, got together to provide a most enjoyable day for our visitors. In addition to a craft market showcasing the talents of residents, there was a tea garden serving delicious home-made scones with cream, and hot dogs."



Anna and Eddie Nicholas were happy to invite Gardens of the Golden City visitors to their Inyoni Creek garden.

Bloomin' beautiful



Thornhill Manor coloured pink

You could almost hear the violin strings in Thornhill Manor's community centre on Valentine's Day. The retirement village held a Valentine's dinner for 80 residents who enjoyed a meal that was lovingly-made by ladies of the village's entertainment committee. "All decorations were made by them too. The centre looked absolutely beautiful," says deputy manager Jackie Scott. "A good time was had by all with much excitement in the air when a lucky draw for a delectable box of chocolates took place." Pictured are Janet and Peter Colville, who were married in the village just over a year ago.

YOU ARE NOT ALONE

DEMENTIA IS A SLOW DETERIORATION IN MEMORY, THINKING & REASONING ABILITY

The most common form of Dementia is Alzheimer's disease, a condition that results in a gradual loss of brain cells & disruption & deterioration in daily functioning.

The affected person may show signs of confusion about time & place, problems with words, personality & mood changes, social withdrawal, decline in problem-solving abilities & planning, and

have difficulties understanding visual images.

When Dementia is suspected or diagnosed within a family, it is often met with various responses such as distress, sadness, denial, unreasonable hope, anger, fear & confusion.

At this stage, family members may not know where to turn for help & support.

LORNA QUINN -- COUNSELLOR

Lorna Quinn (BA, BA Hons (Psych), MTh – Unisa) is a qualified counsellor registered with the Health Professions Council of South Africa, who has many years experience in facilitating support groups for the families & caregivers of those affected by Dementia. She currently runs a support group at Elphin Lodge, and will be offering a second support group in April.



SUPPORT GROUPS

GROUP ONE – will continue to meet on the second Saturday of every month at 9H30 in either the Elphin Clubhouse or Card room.

GROUP TWO – this is a brand new support group which has its first meeting on TUESDAY, 4TH APRIL at 10H00 in the Elphin Boardroom.

Because we care **RAND AID** ADVANCE



Rand Aid Association sponsors these Support Groups as a service to the families & caregivers of their residents, and therefore there is no cost to the participants.

Dementia Support Group

Joining a support group can become a vital resource to families and caregivers.

YOU WILL:

- Gain new knowledge & information about Alzheimer's & learn new skills for adjusting and coping.
- Gain a better understanding of the behavior of those with memory & cognitive impairment and how they experience life.
- Share and have social contact with others who are "in the same boat" and be supported in a non-judgmental way.
- Receive referrals to medical experts & others for the effective treatment and care of those living with Dementia.
- Be given support & care as you go through each stage of Dementia with your loved one.



HOW TO JOIN

Contact Lorna Quinn 082 4565692
lornaquinn@telkomsa.net



Staying power ... Vernon and Connie Schultz have been married for six-and-a-half decades.

65 years of wedded bliss

Showing the youngsters a thing or two are Vernon and Connie Schultz, who celebrated their 65th wedding anniversary on Thursday, January 12, 2017.

The Inyoni Creek retirement village residents met at Daggafontein Mine in Springs 68 years ago and were married three years later.

Parents to Kevin and Annette and the grandparents of four, Vernon and Connie devoted much of their life to community service. They were long-time members of the Rotary Club of Bedfordview and in 2014 were given a lifetime membership to the Inyoni Creek Probus Club.

When their children were grown, the couple enjoyed travelling to interesting destinations and their decision to move to Rand Aid-run Inyoni Creek in their golden years was a good one, with the village extending their social life and interests.

Their anniversary was celebrated at an event organised by 'our loving family' and held on Saturday, January 14, at the Inyoni Creek Clubhouse, in the company of family and friends.

Ninety years of tennis, travel and family

John Newman turned 90 on St Patrick's Day – March 17, 2017.

The resident of Elphin Lodge retirement village was born and raised in London where he qualified as a mechanical engineer. In 1949, he came to South Africa on a three-year contract to AECL in Modderfontein.

Being a keen sportsman, he enjoyed playing hockey, tennis and swimming in the local dam - before it became polluted, he adds. He was also a keen member of the camera club.

At the end of his contract, he returned to the

UK on a Union Castle ship via the East Coast, which in those days took about six weeks. On board he met his wife Moira. It is said that ship romances don't last long but John and Moira put paid to this myth when they celebrated their 63rd wedding anniversary last year.

Before returning to South Africa, he and a pal toured Europe for three months on bicycles, camping and staying in many youth hostels. "It was a real adventure exploring the countries post-war," he says.

After a short time with AECL, he joined Afrox where he held various technical and managerial positions, which often involved overseas travel. After retiring, he was asked to stay on, eventually retiring for the second time at age 70, after a 40-year career at Afrox.

He was then free to indulge in his hobby of travelling. He and Moira toured many parts of the world, and John continued to play league tennis and later took up bowls.

He has always been a family man, taking a great interest in the lives of their two children and grandchildren. The Newmans are happy Elphin Lodge residents. "We have made lots of new friends," he says.



John and Moira Newman. John turned 90 on St Patrick's Day.

FROM WOBBLY START TO A STEADY 55 YEARS



George and Shirley McTaggart celebrate love and life.

When George and Shirley McTaggart celebrated their 55th wedding anniversary on March 3, 1917, they agreed that 'life is good!'

Married in 1962, the McTaggarts say their retirement years have been very good.

"Especially the past eight years at Elphin Lodge. We have a lovely view of the village from our veranda. Every time we drive through the village gates, we say, 'Isn't it good to come home to Elphin Lodge. Life is good.'"

George and Shirley have travelled extensively as retirees, visiting Australia and many wonderful domestic destinations.

Shirley was born in the UK and George in Bloemfontein. After school, George went into the printing industry and Shirley – who moved to South Africa in 1948 – into office work.

After being introduced by a mutual friend, they went on their first date – to a skating rink, which got their relationship off to a wobbly start because George was a natural skater and Shirley not very co-ordinated.

Just before their second wedding anniversary, they moved from their flat to a home in Norwood, where they lived for the next 34 years.

The McTaggarts have two sons, Andrew and Stephen, who both live in Johannesburg; four granddaughters, two grandsons and a great grandson.

Our mission: To provide the best possible care on an holistic basis to all people accommodated in our facilities — focusing primarily on less advantaged senior citizens, both ambulant and frail, as well as men suffering from substance abuse. Visit www.randaid.co.za or phone Carol Steyn at 011 882 2510.

RAND AID
assist. alleviate. accompany.