

Ron Smith Care Centre



@ Elphin Lodge

MAY 2020 No.57

Congratulations

Ron Smith pioneers personalised care

Whoops of joy rang out when Ron Smith Care Centre (RSCC) became the first organisation in Africa to achieve Milestone 2 on the Eden Alternative® Registry.

Four milestones have to be reached in order to fully master the Eden Alternative philosophy. RSCC began its Eden Alternative journey in 2012, when a presentation was made to the Rand Aid board. At the end of 2016, after a process of physical, cultural, organisational and personal transformation, the criteria for Milestone One was reached and the care centre became only the second in Africa to achieve Eden Registry membership.

In 2018, it achieved registry renewal, which is required every two years. Currently, only four other South African organisations have achieved Milestone One.

The awarding of Milestone Two happened at a video conference because of the coronavirus lockdown in

Revolutionising the care of elders

Founded in America, the Eden Alternative is revolutionising the way in which elders are cared for.

The core concept is about teaching us to see places where elders live as habitats for human beings rather than facilities for the frail and elderly.

Eden Alternative thus sees aging as a continued stage of development and growth and not as a period of decline.

South Africa. Taking part were Rayne Stroebel, the Eden Alternative Regional Co-ordinator: South Africa; Magda Pienaar, the Executive Director; Yolande Brand, Certified Eden Educator, and RSCC management and staff. The conference ended in jubilation when Rayne announced that the care centre had met all the criteria for Milestone Two.

"This is a momentous event," said Rayne, referring to RSCC as an Eden Alternative pioneer.

"Not many other homes globally have sunk their teeth into the milestones the way RSCC has," he said. "It has been remarkable to witness the growth over the years. I have huge gratitude for the wise leadership that comes from every one of you."

He said that the Eden Alternative philosophy has filtered into the very fibre of Rand Aid.

Zabeth Zühlisdorff, Rand Aid GM: Services and Advance Division, thanked the Eden Alternative South Africa team for the 'richness you have brought to us'.

"We have all experienced deep joy and fulfilment in doing things differently. We have seen the difference the Eden Alternative philosophy has made to the lives of our residents and to our lives; it has given us a new sense of purpose and has made our work so much more rewarding," she said at the end of the meeting.



Rayne Stroebel, the Eden Alternative Regional Co-ordinator: South Africa with Zabeth Zühlisdorff, Rand Aid GM: Services and Advance Division at a ceremony in 2016 when Ron Smith Care Centre became the second organisation in Africa to become a member of Eden Alternative South Africa Registry. As a result of the coronavirus lockdown, a public celebration of the Milestone Two recognition could not be held.

CONTINUED ON PG 4

Resident

Cathy Basterfield

Things you may not know about me: I was born on 16 September, 1925. My father worked for the Modderfontein Dynamite Factory. After receiving a First Class Matric, I went off to secretarial college, followed by my first job as a shorthand typist at Samuel Osborne Engineering Co. I married my boss, Bud, after becoming his secretary, and we were together for 33 years until his death in 1975. We had 2 children: Joanne (JHB) and Geoffrey (Hoedspruit); 4 grandchildren and 4 great-grandchildren (Australia). I was married to my second husband, Parker, for 9 years until his death. We were happy together, doing the things we most enjoyed; we travelled the world & had wonderful overseas holidays in Australia, New Zealand & North America. An important part of my life was the walking and hiking trips that we took with the Continuity Club & I was so proud to have walked all across England, Greece & Turkey.

A few of my favourite things:

I was a very social person and loved to go out everyday, either to the shops, to play bridge or have a cup of tea with a friend. I loved gardening and flowers, the outdoors, and going out for a meal. One of my favourite places to have a meal is 'Under the Trees at Schaffer's Garden Nursery. I also enjoy a nice braai with my family. I love animals and used to have Scottish terriers. I enjoy a variety of foods, with my favourite being a nice pudding or dessert. I used to enjoy a glass of whiskey every evening. I am so fortunate that, at the age of 94, I can still walk and enjoy my surroundings. I am grateful that I have had a full and rich life, filled with family, friends & many good things.



Employee

Vutivi Mabunda

Things you may not know about me: My Tsonga name 'Vutivi' means Knowledge, which is what most people call me. I was born on 1 April, 1988, in Elim, Limpopo. My granny raised me & my sister, as she felt my own mother was too young & inexperienced to teach us the life skills we needed to learn. I have always loved cooking and dreamed of becoming a chef, so after matric, I studied for a Food & Beverage diploma. My first job was working as a waitress at Emperor's Palace, where I discovered that the shifts are long and hard in the hospitality industry, so I decided to change my career path. I did Auxiliary Nurse training at Ring-Mash Nursing College in Pretoria and started working for Rand Aid in 2011. I was first assigned to Woodlands & I have been on Lakeside since 2013. I especially love to help those of our residents who can not do anything for themselves. I also love to do hair & run a small beauty salon from home. I live in Alex with my husband, Charles, & belong to the ZCC church in Alex.

A few of my favourite things:

My simple pleasure is eating pap! If I don't get my pap every morning, I feel that something is not right & my day will not go well! I love to put on my Xibelani (traditional Tsonga attire), and jive to Tsonga music. My favourite person is my husband, Charles. We met in 2008 while travelling in a taxi; he was on his way home after shopping. We exchanged cell numbers & started seeing each other. Six months after we met, he had paid lobola in full and we married on Valentine's Day, 2017. He cares for me so much and loves to bring me roses.



Volunteer

Claudette Theunissen

I was assisting nursing staff with computer skills training for the last few months before lockdown.

Things you may not know about me:

I was born on 3 October, 1973, in JHB & of Dutch ancestry. I attended an agricultural boarding school in high school, but my family could not afford any further education, so I started working right after matric. I have been involved in training in one way or another since my first job as a clerk for an insurance company and then went on to become support staff for a large IT company. I ended up working at an emergency services call centre & created standard operating procedure manuals for each department. I currently live in Bramley Gardens with my husband, Leon & 3 children. Leon and I met at our local swimming pool when I was 15 & he was 17. Shortly after, however, he went off to the army and I to boarding school, so we were only able to write to each other for many years. We have now been married for 23 years. I tend to be a very creative person, both when looking for solutions to work/life problems and when doing crafts. I love making things out of nothing and find art very therapeutic.

A few of my favourite things:

I love making my kids laugh, helping people, and growing things. I love the ocean, forests & exploring caves. I enjoy tending my veggie patch, origami, crocheting my own clothes and accessories, making toys, sculpting with clay and cement, brewing ginger and pineapple beer, making toothpaste and herbal salves and lotions. One of my proudest achievements is bungee jumping the world's highest commercial bridge at a drop of 216 m!



Birthdays

RESIDENTS

03 May, Valerie Klopper, RL1 (91)
05 May, Eve Johnston, RL2 (79)
09 May, Shirley Abrams, RL3 (85)
12 May, Sydney Phillips, RL2 (89)
14 May, Ginny Lorge, RL1 (95)
19 May, Shelach Hawes, LS (90)
24 May, Patricia Dale, WL (83)
25 May, Jacobus Sosef, LS (93)
26 May, Beryl Moll, CP (89)

VOLUNTEERS

26 May, Herb Scheiber

STAFF

4 May, Nandipha Ngesi (Housekeeping)
4 May, Grace Ratisani (Housekeeping)
5 May, Siphiwe Njilo (RL3)
6 May, Rosemary Khoza (RL1)
9 May, Tando Ncube (Lakeside)
14 May, Corlia Schutte (OT)
15 May, Tinyiko Nkwini (RL3)
24 May, Loshan Naidoo (Admin)

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

FONDLY REMEMBERED

Noreen Ogilvie, RL1
James Taylor, RL2
Colleen Blowe, CP
Olimpia D'Ascenzo, RL3
Merle Price, LS
Hymie Kalish, LS



LOOKING GOOD DURING LOCKDOWN

A spa day was held in April to keep residents looking and feeling their best. Hair and nails were done. Pictured is Josephine Kew enjoyed some pampering from Carol Ann McKenzie.

Hearts and Hands for the Homeless

Ron Smith Care Centre has used this time of lockdown to launch our Hearts and Hands for the Homeless project on the residential wings.

Residents and staff are busy turning plastic bags into yarn (plarn) which will then be used to crochet sleeping mats for the homeless.

"Our participants are pleased to have an opportunity to make a contribution towards improving the quality of life and wellbeing of another person," says Debbie Christen, Rand Aid's Manager: Recreational Programmes. "They have a focused sense of purpose in working on this meaningful project. It is also a good time to relax with a cup of tea and chat to fellow plarn-makers!"

"As we need thousands of bags, we are appealing for donations of clean plastic bags (supermarket carrier bags or coloured rubbish bags).

"One bag, one person can start a wave of kindness."



PHOTOS, CLOCKWISE FROM TOP RIGHT, SHOWING THE PRODUCTION PROCESS:

Work Group ... many hands make light work.

Jessie Pickard.

Rosina Pretorius.

Doreen Woodward.

Ems Horn.

The finished products... sleeping mats.



The Eden Alternative: A visible difference

"The Eden Alternative initiative is truly excellent for Rand Aid and very necessary to ensure we bring the highest level of care and wellbeing to our residents," says Rand Aid CEO Peter Quinn.

"I would like to thank each and every staff member at every job level and in every position, who collectively made an important contribution to ensuring our residents' wellbeing. Each one is of equal importance and all are highly valued."

Explaining the care centre's success, Magda says that RSCC offers personalised care to their residents, which takes into account their holistic wellbeing and not just their physical care.

The care partners are aware of what holds meaning for individual residents, even in simple, everyday things. RSCC's care partners are committed; they work well together as a team and value relationships. They give recognition and celebrate achievements, says Magda.

She says she is inspired by the growth and development of individual employees over the years. RSCC acknowledges and empowers the contribution of all its employees, regardless of their level. "It is a privilege to work with this team of passionate individuals and to see the difference they make in the lives of elders and their families," she adds.

Zabeth says the care centre's Eden Alternative journey has been transformational. "Quality care has always been measured against objective criteria and standards that equate homes for older persons with hospitals or nursing homes, with a primary focus on nursing care.

"With such a narrow focus, it is easy to concentrate only on the requirements of a person's illness, age or disability and to overlook the social, emotional, spiritual and growth needs of the person. Often, their personal needs, preferences and dreams are not considered.

"The Eden Alternative philosophy has enabled us to see the person and not the patient. Each person who comes to live with us has a history, has memories, dreams, aspirations and a need to be acknowledged for who they are.

"Our home is now their home and we need to create a warm, loving and caring environment where each person can experience a life worth living. Our residents are not here to be treated and discharged; they are here to live in their new home.

"They must feel loved, secure, experience joy, feel they belong, must be able to participate in meaningful activities and make choices on what affects them most," she says.

Thanks to Eden Alternative, RSCC has a more relaxed atmosphere, she says. "Families are free to visit any time; warm relationships between residents, families and staff prevail as well as a general spirit of optimism and hope. The care centre is a place where residents and staff can have fun, where life can be enjoyed and where achievements are celebrated and losses acknowledged and shared. It has become a human habitat," says Zabeth.

For information on the Eden Alternative South Africa, please visit their website at www.edenalt.co.za. More can be learnt about RSCC at www.randaid.co.za



RSCC's residents and staff share strong bonds and occasions like birthdays are always warmly celebrated, as was the case when resident Betty Hood recently turned 95. A special birthday tea was held to celebrate her momentous day and there was no shortage of well wishers. Staff Nurse Laurentia Jooste was first in line to wish Betty a very happy birthday.

Finding joy and purpose

Debbie Christen, Rand Aid's Manager: Recreational Programmes, who is involved in driving RSCC's Eden Alternative journey, says it has been a privilege to engage with residents and staff and to help them find meaning, joy and purpose in their lives.

"There is an increased awareness amongst our **ELDERS** that even at this later stage in their lives, they can still contribute to their community and share a lifetime of experience, wisdom and knowledge. They can still be useful; they can still learn, grow and achieve. They can still have the capacity to appreciate beauty, simple pleasures, acts of kindness and their beautiful surroundings. There has been increased gratitude for the loving care they receive and the connections they have made with each other and with their care partners.

"Training of **STAFF** has brought about the realisation that no matter what their position is in the organisation, they are known, recognised, affirmed and valued by Rand Aid. All levels of staff have an important role to play in creating well-being for all in the community. The staff on each wing continue to develop their own rituals, traditions, practices and experiences with their residents," she says.

On a **PERSONAL** level, Debbie says she has experienced growth and change. "It has become second nature to apply the Eden Alternative principles, practices and domains of wellbeing, not only in my work life, but in my personal life as well."



Volunteer Jenny Holzberg (middle) with Joy Smith (left) and Gladys Rosenberg (right) enjoying the outdoors & croquet event.