

# Rand Aid RAND AID review

Tel: 011 882 2510 SEPT 2017 Fax: 011 882 4670 Email: info@randaid.co.za

## Deeply committed to residents' wellbeing



Rand Aid Association believes that retirement is the start of an exciting new chapter, rather than the beginning of the end.

The 114-year-old NPO recently created a new post – community care co-ordinator – to ensure that a dedicated person is on hand to identify any issues that may affect the quality of life and general well-being of residents in its retirement villages.

Filling the post is Sue Prior, a Sandton resident who has extensive experience in the field of ageing. She joined Rand Aid at the start of August 2017.

■ Turn to page 2 to read more about Sue and her role in promoting wellbeing.



Ron Smith Care Centre celebrated Women's Month by hosting two spa days at which 80 residents were pampered. Dis-chem Foundation very kindly donated nail polish, scented hand creams and other nail care supplies. On the first Spa Day, some students from St Benedict's College and Assumption Convent came to help with the day's activities - which put an extra sparkle in residents' eyes. Pictured are Marie Diesel and St Benedict's student Brandon Janse van Vuuren.



### Thornhill Manor Family Fun Day

It's all hands on deck to ensure that Thornhill Manor's Family Fun Day and Fête on Saturday, October 7, upholds the standards to which visitors have become accustomed. The village's gardening club has put together an exciting hamper that will be raffled on the day to supplement the profits of this annual fundraiser. Pictured are Jenny Brownson, the chairperson of the gardening club, and Maureen Otnes, who is responsible for selling tickets. The event offers a wide variety of stalls offering quality items, a tempting range of food and drink and entertainment for the little ones. For further information, call Esme or Jackie at 011 608 2480.

## RAND AID'S ANNUAL GOLF DAY IS JUST AROUND THE CORNER

Rand Aid Association's annual golf day takes place on Friday, October 27, at the Modderfontein Golf Club.

The popular golf day attracts a full field of players each year, and offers many networking and sponsorship opportunities for businesses.

This year's format remains unchanged: a shotgun start, fourball alliance (two scores to count), halfway house, dinner and prize-giving.

As the 114-year-old NPO's main fundraising event, the golf day helps Rand Aid continue its good work in supporting

the less fortunate frail and elderly residents in its care.

Contact Carol Steyn on 011 882 2510 to enter a fourball at R2 600 per fourball, sponsor a hole, donate fourball prizes or enquire about becoming an anchor sponsor or co-sponsor.

## New post underlines Rand Aid's commitment to residents' well-being

cont. from pg 1

Sue says that her career systematically took her in the direction of older persons' care. "After qualifying as a social worker at the University of Natal, she returned to Zimbabwe to work for the Department of Social Services."

She says that social workers in Zimbabwe did not specialise in a specific area but were exposed to all aspects of the psycho-social condition. "Some of my exceptional colleagues there became involved with the Hospice in Harare and I followed and spent five years training and working in the bereavement and palliative care space."

Sue says she inevitably became involved with HIV and Aids counselling and trauma debriefing.

"A move to South Africa, a Psychology Honours degree, and registration with the South African Council for Social Service Practitioners, led me to the world of the older person as a natural transition and after several years of management within an organisational environment, I began working in private practice."

Sue says that retirement is mostly about change and with that change often comes loss and disruption. "But while these years bring many changes for a growing number of people, this time of life should not be about withdrawal and retreat."

"There is a growing recognition in the health arenas that safeguarding of medical and psycho-social care aspects and enhancement of quality of life can provide added years of productivity and well-being, and the same principles that allow us to thrive in our daily work lives can also help us to thrive in retirement."

"One of the fundamental objectives of this paradigm shift in thinking is the promotion of social integration of residents, especially those who are isolated, to ensure residents feel safe and share in their community," explains Sue.

She says her role will include identifying areas of risk and concern and providing residents with help in coping with those life issues that arise as a result of changes in health and cognitive capacity by providing both short-term and end-of-life counselling and support.

Liaison with family members and enhancing the support system of vulnerable residents is vital and includes referring residents for specialised services and networking with service providers in the interest of residents.

Zabeth Zühlsdorff, Rand Aid's GM: Services and Advance Division, says Sue will work closely with the village staff to assess needs and develop and implement care and growth plans.



Team Rand Aid at Walk the Talk.

## Rand Aid puts its best foot forward

The team spirit was tangible when 114-year-old non-profit organisation Rand Aid took to the streets of Johannesburg in a blaze of green for the MTN Walk the Talk with 702 on Saturday, July 23.

"All praise goes to every person who represented Rand Aid Association in the event," said Ayanda Matthews, GM Compliance and Social React Division, after the walk.

"The camaraderie, the team work and the group cohesion were unbelievable," added Ayanda.

Rand Aid participated in the event to raise awareness of its work to assist vulnerable senior citizens and people with substance abuse problems, and to provide top-class lifestyles centres for people enjoying their retirement.

The 65 participants – comprising Rand Aid staff, some family members, retirement village residents and Wayne Wilmot and staff from Sovereign Construction – not only raised awareness about Rand Aid but spread the message that active ageing promotes mental and physical wellbeing.

The walkers' lunch was sponsored by Sovereign.

## NEW MENU BRINGS STARDOM FOR ELPHINO'S COFFEE SHOP



Wanda de Groot with some of her enthusiastic staff members in the background - Vivacious Sibanda, Vincent Masilo, Thulani Khumalo and Trynios Ncube.

In 1977, the Eagles sang New Kid in Town. It's a fitting theme song for Wanda de Groot, the new manager of Elphino's coffee shop, who has crafted her menu around popular songs and movies of bygone days.

Donna Summer – Hot Stuff (warm drinks), Foreigner – Cold as Ice (cold drinks) and Deep Purple – Smoke on the Water (a range of bottled water) feature on the beverages page and should tickle the fancy of the residents of Rand Aid's retirement villages – and their visitors – who love the convenience of the coffee shop which is based in the grounds of Elphin Lodge.

"I thought these old names would resonate with my customers," says Wanda, "and provide a talking point."

She took over the Elphino's reins in early July and will be a welcome sight for customers, with her quick smile and cheerful manner.

The eatery will operate on Tuesdays to Sundays from 9am to 4pm. While the coffee shop is open to anyone, it provides a welcoming environment for older persons and their loved ones or carers.

The menu offers a full range of sweet and savoury options.

Rand Aid long service awards:

## Professional nurse has staying power

**W**ith an impressive 40 years of service, professional nurse Eunice Lakay was the star of Rand Aid's 2017 long service awards on August 24.

"Rand Aid could not exist without its staff, in particular those here today who have given so many years of service," said CEO Rae Brown at the awards function.

Since implementing its long service awards 12 years ago, the NPO has given out 987 awards, representing 9 380 years of service.

Pius Dlamini, a gardener at Wedge Gardens, received the award for the second highest number of years' service when he received his 25-year award. Tina Tufegdzcic, Thembalami Care Centre's housekeeper; and Magdeline Lebesa, a professional nurse at Thembalami, were both recognised for 20 years of service. Marinda Looyen, the deputy manager at Inyoni Creek; and Morky Mongwe, a chef at Cookchill, Rand Aid's catering division, received awards for 15 years' service.

Thirty people received 10-year awards and seven received five-year awards. The tokens of appreciation were handed out by the chairman of Rand Aid's board, John Robinson.

Two people who found sheltered employment at Wedge



Long service awards went to Rand Aid stalwarts Pius Dlamini (25), Tina Tufegdzcic (20), Eunice Lakay (40) and Morky Mongwe (15).

Gardens were also recognised for the contribution they have made to Rand Aid: Dave Pellow for 20 years and Johan Labuschagne for 15 years of service.

Eunice, with her 40 years of service, is in good company. Mercia Sekgarametso has been at Rand Aid for 36 years, Jubilee Boikanyo has just retired after 41 years and Frans Mpete, with 42 years of service, is Rand Aid's longest serving employee.

## JUBILEE RETIRES AFTER FOUR DECADES OF SERVICE

After a whopping 41 years of service, Jubilee Boikanyo retired from Rand Aid Association on June 30.

Her last position was as supervisor in the NPO's centralised laundry, where around eight tons of laundry are washed and ironed each month.

Jubilee joined Rand Aid at Bramley House in 1976 and worked in the laundry, kitchen and housekeeping areas. She was later promoted to Housekeeper at Ron Smith Care Centre and Elphin Lodge where she was responsible for all aspects of the cleaning service and control over the linen.

"Thanks to her excellent management, I cannot remember one day when the stock in the linen room was short," says Zabeth Zühlisdrorf, Rand Aid's GM: Services and Advance Division.

Due to her health she was transferred to the main laundry in 2009 where she again provided sterling service. "She was always a diligent worker; she was never late and took great pride in her work. Her work ethic was excellent," says Zabeth.



Jubilee Boikanyo (in white jacket) at her retirement function. On the far right is Zabeth Zühlisdrorf, Rand Aid's GM: Services and Advance Division and next to her is John Robinson, chairman of the board.

## HELP SEW BEDDING FOR THEMBALAMI CARE CENTRE

Men and women with a sewing machine and some time to spare are invited to take part in Thembalami Care Centre's sewing marathon on Saturday, September 30.

Material donated by Bidvest has been cut to size and sewers will be making single bed sheets and pillowcases. Thread

will be supplied and a light lunch served.

Come along at 8am for 8:30am. Thembalami is in Victoria Road, Lombardy East.

If you would prefer to do some sewing at home, or if you need further info, contact Elize Raath at 011 882 4434.

# With biokinetics, age is just a number

**B**iokinetics is giving many a resident of Rand Aid's retirement villages a new lease on life.

Hannah Raath, a biokineticist who has a special interest in elders, and her team regularly put the residents of Inyoni Creek, Elphin Lodge, Thornhill Manor and Tarentaal through their paces.

"Due to enhanced medical care, people are living a lot longer. If an older adult participates in regular exercise, they will be a lot more functional and able to move in their golden years," says Hannah.

Rand Aid resident Lorraine Lynn says that biokinetics has worked wonders in every part of her body. "I have terrible osteoarthritis in my spine and used to cry with pain, but after starting biokinetics in February this year, I am able to move much more easy, with no pain."

Hannah, who has an MSc (Med) Biokinetics, has a keen interest in fall prevention as well as motor learning in patients who have suffered a neural injury or stroke. Her Masters research was focused on assessing what exercises are most effective in reducing falls in older persons.

She explains that biokinetics enhances life through rehabilitative movement designed specifically for each individual's needs. Programmes can assist with orthopaedic injury treatment, cardiac rehabilitation, management of chronic diseases and health promotion and wellness.

"The process of ageing is complex and involves many variables – including genetics, lifestyle factors and chronic diseases – that interact with each other, determining the manner in which we age. Regular physical activity produces a number of favourable responses that contribute to healthy ageing, and people who exercise will find that they will have a lot more physical function and ability in their golden years, compared to sedentary individuals where frailty is more likely.

"Older adults who regularly participate in endurance training benefit from lowered blood pressure; this effect is more pronounced in individuals with hypertension," she says.

Sarcopenia, which is the loss of muscle mass with age, is a major component of normal ageing that causes a reduction in muscle strength. Between the ages of 50-70 years, it is generally found that there is a 30% reduction in strength (15% per decade), and from 70 years onwards, strength decreases by 30% each decade thereafter.

"In addition, the older adults often



Rand Aid residents participating in a mobility and balance training exercise class with Hannah Raath.

lose their ability to balance, and this can lead to falling. Therefore, improving mobility and stability through exercise enhances the body's response to balance and this leads directly to reduction of fall risk in older adults."

Lastly, she explains, ageing affects structures that make up joints, which may reduce their range and the function. Improving flexibility enhances muscle or connective tissue properties, and this causes a reduction in joint pain and a change in muscle recruitment patterns. "This contributes to improving an individual's ability to perform the activities of daily living."

Hannah believes that all adults should avoid inactivity, explaining that some exercise is better than none, with even small amounts of activity proving to be beneficial.

"Various guidelines emphasise that older adults should aim to achieve 150 minutes per week of moderate intensity aerobic exercise. If this is not achievable due to chronic conditions, older adults should be as physically active as their limitations allow."

## WHAT RESIDENTS HAVE TO SAY:

Shelagh Hawes: "I've been coming to biokinetics for about three years. The pain in my knee has gone, my balance has improved and I have gained more confidence in my walking."

Hannah comments: "Shelagh has managed to strengthen her legs very well and her balance and mobility are much improved."

Other residents have equally positive stories to share. Hazel Murray

says that after breaking her hip for the second time, her balance was bad and her legs needed strengthening. "Biokinetics has helped tremendously with both."

Inyoni Creek resident Sue Benjamin says she has arthritis in her joints. "After having treatment on and off since 2015, I have discovered that it is important to keep moving, despite the stiffness. Biokinetics has helped me to loosen my joints and has given me more movement, strength and balance."

Lorraine Pintusewitz says that after both hip and knee replacements, she is now walking much better, thanks to regular biokinetics.

Both individual supervised exercise treatment sessions and group classes are offered at three Rand Aid villages. Individual sessions are designed for people who have a specific injury, medical condition or physical challenge that may require a higher level of supervision while group classes are for people who have progressed from individual sessions, or for people who have no specific physical complaint but want to keep fit and improve their balance and mobility.

Hannah made a recent guest appearance on Carte Blanche. The programme showcased a few amazing older adults who were exceptionally fit and agile. "The main message that we were trying to get across is that older adults, regardless of their ability, need to try and keep moving."

For further information, visit [www.randaid.co.za](http://www.randaid.co.za) and [www.hrbiokinetics.co.za](http://www.hrbiokinetics.co.za)

## Inyoni Creek lives up to its name yet again!

**Y**et another uncommon resident bird species of Southern Africa recently arrived at the Inyoni Creek and Tarentaal dams. The sight of the huge Goliath Heron, which is 140cm tall, sparked great excitement among residents of the Rand Aid retirement villages.

The Goliath Heron is the largest of all Southern African herons, says Inyoni Creek resident and environmentalist Ria Milburn. It is a water-associated bird that occurs singly or in pairs alongside rivers, dams and lakes, she explains.

The identifying features are the large, grey bill, the long grey legs, the grey upperparts and the rufous (chestnut) underparts. In flight, the slow wingbeats with the down-curved wings and dangling legs are also typical identifying features of this majestic bird.

The diet of the Goliath Heron is quite varied. It includes fish, crustaceans, reptiles, frogs, small mammals and sometimes carrion.

"In South Africa, the Goliath Heron breeds from June to January. The nest is a large platform of sticks, built on the ground, on rocks, in trees and shrubs. Both parents incubate the eggs and feed the nestlings," says Ria.

With Inyoni Creek taking its name from the Zulu word for 'bird', the sighting of the majestic heron was fitting indeed!



### Rand Aid's great square handover

A pleasing 3 012 squares were handed to Kevin Friedman of 67 Blankets for Mandela Day on July 24, following Rand Aid's inter-complex Mandela Day Knit-a-thon. The squares will be sewn into blankets and distributed to those in need. Pictured are Jean Johnson (Elphin Lodge), Priscilla Randall (Thornhill Manor), Joan Hepburn (chairlady of Thornhill knitting club), Marinda Looyen (Inyoni Creek deputy manager, who initiated the project), Kevin Friedman (67 Blankets for Mandela Day), Maisie Walters (Thornhill Manor) and Kate Rivers (67 Blankets for Mandela Day). The Thornhill Manor ladies won the knitting challenge fair and square!.

### New MD at Elphin Lodge practice

Based at Rand Aid's Elphin Lodge retirement village, Dr Carmella Mielke is a general practitioner with a special interest in geriatric medicine.

She took over the practice in May 2017 from Dr Aviva Ruch. Although based at Elphin Lodge, Dr Mielke sees patients from all the Rand Aid complexes and also has a number of outside patients.

She completed both her Master's and Doctor of Medicine degrees at the University of the Witwatersrand and is completing a Diploma in Geriatric Medicine through the College of Medicine.

Although she initially intended to operate in the research field, she changed her speciality to medicine with an interest in internal medicine.

"My late grandfather was the most amazing man, despite being sickly. He had to see a host of doctors for various ailments and received chronic medications from a number of different specialists.

"His treatment regime fascinating me and I found myself thinking how much more sense it would make if he had one doctor, holistically caring for his various ailments," she says, explaining what inspired her interest in geriatric medicine.

Of interest to her is polypharmacy, which is when multiple medications are taken concurrently to manage coexisting health problems, such as diabetes and hypertension. "Often, patients are prescribed too many medications by multiple healthcare professionals. These professionals usually work independently of each other, and there is the risk of negative drug interactions," she says, adding that polypharmacy is often problematic in older patients.



### New at RSCC: Croquet anyone?

A few residents at Ron Smith Care Centre recently decided that they would like to re-engage in a certain past-time of their more youthful days – croquet!

So out came the wickets, mallets and balls which all needed a good dusting off, as it had been some time since they had been in use.

The first croquet session with care centre residents took place on June 2 and as all the participants were a bit rusty, they had to first re-learn and polish up their ball skills. In addition, there were a number of people (residents and staff) who needed to be taught what to do,

as the game of croquet was totally new to them. The players were very diverse in their physical abilities and whilst some residents were mobile enough to move around the croquet course, others gamely attempted the sport seated, or from their wheelchairs.

Croquet is now a firm favourite among residents and at the second session, one could already see improved ability and confidence.



Debbie Christen gives Sylvia Laserow a few pointers.



Inyoni Creek residents give their village's next 10 years a colourful send-off.

## Inyoni Creek celebrates its 10th birthday in grand style

A flotilla of colourful balloons floated up into the blue winter sky over Inyoni Creek on Tuesday, July 11, to mark the village's 10th birthday.

Residents lined the wooden walkway over the village dam to release their balloons en masse and give thanks for the beautiful village they call home.

A surprise guest at the event was reigning Miss South Africa Demi-Leigh Nel-Peters, whose 'adopted grandfather' Claude Pearce is an Inyoni Creek resident. Demi-Leigh has been visiting the village since Claude, who is part of her extended family, moved in to the newly-built complex 10 years ago.

South African pianist Rocco de Villiers' hands flew over the keys as he showed why the title of his album, *Beautiful Beautiful Hymns*, is so suited to his music. In between playing classic melodies, he had the audience laughing out loud with his quick wit and funny anecdotes.

A three-course meal was enjoyed and despite a divine apple crumble, residents found room for the specially-baked birthday cupcakes afterwards.

The very first residents of the village, Graham and Dawn Kemp, were present and were reminded of a time when Inyoni Creek had little grass and few plants but the residents all had more hair.

"It is a little piece of heaven amongst the turmoil of South Africa," said MC Peter Moore. The village has put together a desk calendar in commemoration of its anniversary. It includes photos taken over the years by Inyoni Creek residents.

## Basketball court for Wedge Gardens

Thanks to Monica Smith, a student social worker currently in her fourth and final year of studies, Wedge Gardens treatment centre now has a basketball court.

Monica completed her community work project at Wedge Gardens, interviewing 100 people at the treatment centre to determine the needs within the community. "The most reoccurring need was the need for more sporting activities which is why I proposed implementing basketball into the current programme. The aim of this activity is to enhance participation, to create cohesion between patients and it emphasises the importance of teamwork within the treatment centre," she says.

Darryl Smith, owner of ALK Locksmith and Dees Maintenance, offered his services and expertise by designing the basketball court at no extra cost to Wedge Gardens.

"Therapy doesn't work magic immediately; often people with substance abuse problems manipulate and deny their shortcomings. Drugs offer immediate gratification but we are trying to combat this and teach other coping methods through our holistic programme," says Adèl Grobbelaar, the manager of Wedge Gardens.

\* 'Like' Wedge Gardens on Facebook ([www.facebook.com/WedgeGardensTreatmentCentre](http://www.facebook.com/WedgeGardensTreatmentCentre)) or follow them on Twitter (@WedgeGardens)



## Seven decades of intertwined lives for twins

Twinnies Lyn Hood and Lawvel Wall may be 70 years old but they are so bubbly and so definitely a pair, that the term 'the girls' fits as snugly as their intertwined hands.

Although they are separated by an ocean, the girls' bond is unmistakable and their oneness as strong as when they shared the same womb. Lyn lives at Inyoni Creek village and Lawvel in Australia.

They were re-united for their 70th birthday, on July 21, 2017, when Lawvel arrived to spend a month with Lyn. With their penchant for dressing the same, sporting the same hairstyles and wearing similar accessories, the girls draw attention wherever they go. Despite the obviousness of the answer, they don't get tired of the repeatedly asked question: 'Are you twins?' Instead, they answer 'yes' with sparkly eyes and wide smiles. These girls love their twinship!

**Read more about their special bond on Rand Aid's website:  
Go to [randaid.co.za](http://randaid.co.za) and click on Latest News.**

RIGHT: Identical twins Lyn Hood and Lawvel Wall shortly before their 70th birthdays, which were spent at a game reserve in the Waterberg Mountains with their families.



# MODA moves in

Thembalami Care Centre in Lombardy East has welcomed residents of the Colonel Rowland Home for Aged Deaf and Deafblind who moved into two beautifully renovated wings in mid-2017, following the 2016 merger of the Max Ordman Deaf Association (MODA) with Rand Aid. The wings offer en-suite double rooms for couples and single rooms, with two single rooms sharing an inter-leading bathroom. Downstairs rooms open on to beautiful gardens while upstairs rooms open on to a veranda. A huge lounge with clusters of seating options, televisions and jam-packed bookcases as well as an outside lapa with built-in braai and landscaped gardens encourage visits with families and friends. Contact Elize Raath at 011 882 4434 or email eraath@randaid.co.za

## Beautiful spaces for MODA and Thembalami residents

More fresh air and sunshine are on the cards for residents of Thembalami after the Rand Aid-run care centre in Lombardy East had its grounds extensively landscaped.

The 114-year-old NPO contracted Schäffler's Garden Nursery and Landscaping to design six themed gardens, complete with seating areas and paved walkways. Water features, two ponds and other eye-catching elements beckon residents outdoors.

Each of the six landscaped areas can be accessed via a number of doors leading from the care centre, which looks after physically and financially-vulnerable senior citizens and incorporates the Max Ordman Deaf Association (MODA).

In addition to the beautiful gardens, a large new lapa with built-in braai and colourful chairs and tables was constructed and the parking area out front now boasts beautiful gardens too.

It is hoped that the investment will encourage residents to enjoy the expansive grounds and will offer residents' families and friends comfortable outside areas to spend leisure time with their loved ones.



The Tarentaal knitters with all their beanies and scarves. In the centre, with a beanie on her head, is Ayanda Matthews, Rand Aid's GM Compliance and Social React Division.

## Tarentaal knitters show their spunk

The spunky Tarentaal Knitters eagerly tackled the second huge challenge of 2017 with gumption.

Itumeleng Choabi Foundation, a non-profit organisation focusing on abused elderly citizens, approached the Tarentaal Knitting Circle and requested their expertise in knitting beanies and scarves.

Wool was donated by Carlson Wagonlit Travel. The company's Desiree Reveley had a challenging time meeting the knitters' weekly demand for wool and Tarentaal resident Duncan Prillwitz, did double time as the distributor, ensuring the knitters always had a supply of wool waiting for them at the village office.

"The ladies only had two months for this project but they accepted the challenge with enthusiasm and commitment," says deputy complex manager Laetitia Goosen. "The official handover was done on July 31 and exceeded all expectations. A total of 98 full set of beanies and scarves was handed to Itumeleng's Save our Seniors initiative.

Extra loose beanies and scarves were also handed over.

## Thornhill Manor turns sweet 16

Thornhill Manor celebrated its 16th anniversary in the village hall on August 3.

"Over 100 residents attended this lovely celebration of gratitude and thanks," says complex manager Esme Erasmus. "Mark Goodfellow from Church on the Way conducted the chapel service and also attended the brunch.

"The catering was done by Steve Burton of Rand Aid's in-house catering division, Cookchill, and the food was thoroughly enjoyed by all, especially the amazing cinnamon buns. The champagne and orange juice also went down a treat."



Di Zystra, Maise Brown and Carol Gaynham enjoy a glass of champers.



Landscaped gardens encourage outdoor living



## Nine decades celebrated

Elphin Lodge resident Molly Kalk celebrated her 90th birthday on August 31, 2017.

Born and raised in Witbank, Molly married Arnold Kalk in 1948. They settled in Springs, where Arnold had a long career as a land surveyor and town planner, and where they raised their three children: Marilyn, Melanie and Anthony.

Molly is dedicated to her family and is proud of her nine grandchildren and 14 great-grandchildren. The latest addition to the family, a little girl, was born one week before Molly became a nonagenarian.

She lists her greatest achievement as 'raising beautiful children' but was also a keen gardener and bridge player.

"Our Granny has the highest level of unconditional love for us all, and is always involved in every aspect of all of our lives. We have grown up encapsulated with the knowledge that no matter what, our Granny Molly is always thinking, worrying and praying for us in every detail of our daily lives. We have been blessed to have been brought up in her bubble of love," says granddaughter Ilanit Gerson.



Molly Kalk with great-granddaughter Devora.

## GOLDEN SOUNDTRACK TO 90-YEAR-OLD GOLDA'S LIFE

Golda Britany has always marched to her own rhythm. When the qualified music teacher turned 90 on June 15, 2017, she looked back on a life filled with highs.

Johannesburg-born Golda taught from home for about 28 years. She comes from a musical family; her dad was a bass player for the SABC, one cousin was a light opera singer and another – Hilda Bor – gave Prince Charles and Princess Anne piano lessons at Buckingham Palace.

Travel was another highlight of Golda's life. "I had wonderful experiences travelling to the Far East and going on a magical cruise to Mauritius," she shares.

Today, Golda enjoys jigsaw puzzles, playing bridge and reading. She and Mike have been married for 65 years and moved to Inyoni Creek eight years ago. "It was the best move we ever made," says Golda. "The people here make this a very special place to live."

The couple met at a wedding and that very night, Mike declared that he would one day make Golda his wife. Three years later, he slipped a ring on to her finger and they have been side by side every since. They have two children, six grandchildren and five great grandchildren. Mike says he always has the last say in their relationship, which is 'yes dear'.

The Britanys ran one of the first of five Mica stores in Gauteng for 30 years, and have operated another two businesses as well.

Golda celebrated her birthday at the Inyoni Creek Clubhouse with old and new friends and her family. The 70 people enjoyed a traditional South Africa braai which was followed by hearty Malva pudding and custard.

**RIGHT:** Golda and Mike Britany.



Ninety-year-old Harry Voerman with one of his paintings.

## Inyoni Creek artist turns 90

Inyoni Creek's Harry Voerman celebrated nine decades on July 11, 2017.

His village's sunny apartment is filled with his paintings, which can be found on display across the world.

Born in Schiedam, Holland, Harry was convinced to follow a practical career and qualified as a mechanical engineer despite loving art from a young age. He attended technical school for two years and then continued his studies at the Academy of Art and Technical Science in Rotterdam from 1946 to 1949.

In 1959, he, wife Roely and their three children moved to South Africa and Harry continued his engineering career, holding a number of high-level positions. Their fourth child was born in this country.

In 1969, at the age of 42, he could no longer suppress his artistic side and tackled his first serious painting – a still life.

"He paints the abstract style and his paintings make a strong visual impression. His vibrant, dynamic canvases are a reflection of the man himself," reads his bio on the Ferreira Art Gallery website.

Harry loves South Africa and says it was a photo from his brother-in-law, who was already living in South Africa, of a Jacaranda-filled Pretoria, that prompted the family's move from Holland. This was against the backdrop of the acute housing shortage in the Netherlands following World War II after the Germans destroyed over 95 000 homes.

In 1972, Harry partly shrugged off his old career to help his wife run an art, framing and gift centre – initially in Dunvegan and today situated in Van Riebeeck Ave, Edenvale, next to the windmill. In 1977, Roely sadly passed away. Harry and later son Rob continued to run the business until about a decade ago when it was sold.



**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](http://www.randaid.co.za) or phone Carol Steyn at 011 882 2510.

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