

Ron Smith Care Centre @ Elphin Lodge



November 2020 No.63



A new **Armchair Travel** series recently kicked off with a 'trip' to China. The idea behind the travel series is that it will take our residents and staff to faraway places in the comfort of their home and will provide an opportunity to learn about the people, food, culture, history, music, language, customs and landmarks of various countries.

Exploring what makes each country so unique and special can be so much fun and can also bring back fond memories of personal travels in the past, when elders were young and fit enough to have active travel adventures. So far, the residential wings of River Lodges 1 & 2, Woodlands and Lakeside have enjoyed 'travelling' to China, with Cedar Park and River Lodge 3 still to make the 'trip'.

■ Visit our blog:

<https://www.makingmemorieslast.blogspot.com/>
for more photos and news about these special Armchair Travel occasions. Most of our activities are shared on our blog, so be sure to log in regularly.



Get to know me

JOAN BENNETT STORY: RESIDENT RIVER LODGE 2

I was born on 22 June, 1925, in Cape Town and grew up under difficult circumstances during the war. I attended Loreto Convent School in Seapoint, but left after Standard 8 to go to work for the Civil Service. I became a Comptometer (forerunner of the modern day computer!) operator. My husband Bob and I were married for almost 51 happy years until his death in 2002. One beautiful memory I have, is of a big dance floor in Camps Bay, with the orchestra playing Strauss waltzes & my husband



and I gliding across the floor. Other happy memories are of when we retired to Denysville at the Vaal Dam, where we built

a little matchbox house and enjoyed time on the water in our boat. We had 4 wonderful children, 9 grandchildren & 1 great grandchild.

Passing thoughts:

Sometimes when I am missing my family or struggling to breathe properly, I remind myself of how blessed I am to be so wonderfully cared for at the care centre & that I can still experience peace, joy and happiness at the grand old age of 95!

One verse from the Bible, which I turn to all the time, is from Psalm 91, which basically states that God's faithfulness will protect and defend us.

Michelle, my granddaughter once wrote a tribute to me & said: "You are everything God hoped love would be on this earth."

JOHN HARVEY STORY: RESIDENT RIVER LODGE 2

I was born in JHB on 18 October, 1935. My father was away in North Africa for 6 years during the war & my mother raised my brother Michael & myself on her own. She was an Air Raid warden, whose job it was to make sure that the windows in the neighbourhood were blackened & the lights were out.

I matriculated from Parktown Boys' High & because I loved animals so much, I attended Potch Agricultural College & eventually held positions in farm management, pump & spray irrigation and property development.



My wife Marion and I were married for almost

50 wonderful years until her death in 2017. I thank the Lord for her and our 2 lovely children, Kevin & Sharon, & my 4 grandsons.

Passing thoughts:

One of the most meaningful activities in my life has been my involvement with the Boy Scouts. I was Scoutmaster of various troops and have a certificate signed by Queen Elizabeth acknowledging that I was the first Queen's Scout of South Africa. I have very fond memories of travelling to Greece with 200 Boy Scouts for a Jamboree, involving scouts from all over the world.

I am thankful for the caring staff at RSCC and for all the friends I've made along the way.

LEIGH KOTZE STORY: CHARGE PROF NURSE, RL2

I was born on 25 November, 1974, in Durban, but grew up in Zululand. I have very fond memories of mango trees, eating maas and phutu pap in the helpers' quarters and small village life. I became obsessed with first aid when I was in high school, and after matriculating from Springs Girls' High, I decided to study nursing at JHB Gen.

A year after qualifying, I met and married Shane in 1998. I grew to love him so much & was devastated when he died from leukaemia in 2006. We were only married for 7 years. I am a single mother of 2 wonderful children: Megan (21) who is doing



a BCom in Business Management & Kevin (19), who is currently attending Swiss Hotel School. They both spoil me rotten!

Passing thoughts:

I am animal-crazy! I love my 3 dogs. My favourite part of my day is coming home to my dogs & when they jump around & greet me. I also have an African grey named Birdie,

I am proud of the fact that I managed to raise such amazing kids as a single parent, and am so thankful to have them in my life.

I am also grateful to be working at RSCC. Everyone is so happy and cheerful all the time!

My motto: Always look on the bright side.

Birthdays

RESIDENTS

16 November, Julia Williams, RL2 (71)
17 November, Gillian Holliman, CP (72)
22 November, Ria vd Westhuizen, RL2 (73)
29 November, Lorna Topp, LS (83)

VOLUNTEERS

3 November, Philipina Deppe
5 November, Patrick Moore
8 November, Kathy Sen
10 November, Dorothea Bekker
12 November, Madge Ronald
29 November, Sue van der Neut

STAFF

5 November, Angelina Mbulawa (RL2)
6 November, Lee-Ann Ramathibela (OT)
7 November, Selina Shiviri (RL2)
9 November, Debbie Christen (OT)
11 November, Merium Netshifhefhe (RL2)
14 November, Marlene Sirchia (Reception)
14 November, John Mashishi (Security)
18 November, Phumudzo Nephithidi (CP)
22 November, Prudence Sengoeneng (RL1)
24 November, Lettia Nyelele (RL1)
24 November, Odette Matamba (RL2)
25 November, Leigh Kotze (RL2)
28 November, Rejoice Tshabalala (Security)
28 November, Beauty Mohale (CP)

Fondly remembered

Nancy de Villiers, Shirley Brachmayer and Diarmid John O'Sullivan.

Welcome to

Josephine Maxted, Theophile Lutz, Argentina Smith, Vernon Mitchell, Esme Joubert, Graziella Verster, Sonia Genn, Cecilia Lombard, Maureen Anne Ruckebier, Margaret Elizabeth Cairney and Michael Papageorgiou.

Hearts and Hands project



Ems Horn has been crocheting up a storm, using the 'plarn' (yarn made from plastic bags) that other care centre residents have been preparing. This is part of our Hearts and Hands project which was on hold during lockdown & which has started up again. The aim of the project is to crochet sleeping mats for the needy, and to provide a bit of comfort to those who do not have the luxury of sleeping in a bed with a roof over their heads.

■ Anyone who wishes to join or contribute to this project in any way, can contact Debbie Christen: 011 882 6296 or email: dchristen@randaid.co.za