

Ron Smith Care Centre @ Elphin Lodge



December/January 2020/2021 No.64

Nursing legend retires

After 43 years of service to Rand Aid, Sr Eunice Lakay spent her last Christmas as Sister in Charge on the Cedar Park wing of the care centre.

At her Farewell luncheon, she was thanked for her tremendous dedication and devotion to consistently giving the finest care to her residents over so many years.

She was also thanked for the teaching role that she played and it was noted that her knowledge and experience will be missed by her staff and colleagues.

We wish Sr Eunice everything of the best for a healthy, happy and contented retirement.

LEFT: Matron Avril Maltman, Sr Eunice Lakay and Zabeth Zühlsdorff, GM: Services and Advance Division.



Festive fun

Unlike so many of the special celebrations and events on the care centre calendar, Christmas was not cancelled or postponed this year due to COVID-19! As humans, we are all wired for connection, socialising and laughing together so on Friday, December 18, residents and staff on all 6 wings enjoyed a lovely Happy Hour party to celebrate getting through a hard year of dealing with COVID and also to find joy in the coming of Christmas. Party guests were invited to shake off their uniforms and everyday clothes and to dress up and rock their best Christmas party look!

The beverage menu consisted of white wine, sherry and juice for the residents, whilst staff were supplied with cooldrinks. A variety of delicious cocktail snacks were enjoyed by all. Lively music, including some favourite Christmas tunes, played throughout the party and staff and residents needed little encouragement to sing and dance the afternoon away!

After much chatter and consultation, party outfits were judged and prizes were awarded to the best dressed lady, gentleman and staff member on each wing.

LOOKING GOOD!

There was much fun as residents and staff alike went through the judging process, and much cheering as the winners were jubilantly declared:

River Lodge 1: Maureen Morrow, Cecilia Lombard and Juliet Malatji.

River Lodge 2: Gisela Meinck, Eddie Lazer and Tshepo Malatjie.

River Lodge 3: Bella Tworetzky, Alfred Tromp and Lufuno Nemutanzhela.

Lakeside: Shelagh Hawes, Erzebet Tamasi and Ivonne Moguru.

Cedar Park: Lee Morawitz, Papa Joe Papageorgiou and Florah Tshonisa.

Woodlands: Yvonne Yardley, Brian Russell and Lusani Mabulele.



Maureen Morrow (RL1) receives her prize from Carol-Ann McKenzie.

■ MORE PICS OVERLEAF.



Shelagh Hawes was voted the best dressed lady on Lakeside.



A happy trio of winners on Woodlands (left to right): Lusani Mabulele, Brian Russell, Yvonne Yardley.

Festive fun



Bella Tworetzky was the best dressed lady on River Lodge 3, seen here with her carer, Pat Mhlanga.



Best-dressed gentleman award on River Lodge 2: Eddie Lazer beams his famous smile.



River Lodge 1 residents being happy at happy hour!



Tshepo Malatjie takes home the best dressed staff prize on River Lodge 2.



Carol-Ann McKenzie presents Cecilia Lombard's prize.

RIGHT: Iketeleng Kunyane, Jo Rosen and Joyce Mabowa enjoy the festivities on Woodlands during the Christmas-themed Happy Hour.



The best dressed people on Lakeside: Shelagh Hawes, Ivonne Moguru and Erzebet Tamasi.



Juliet Malatji (ENA RL1) happily accepts her prize.



Leon Shuker (CP) with Phumudzo Nephphidi.



Alfred Tromp (middle) was voted the best dressed gentleman on River Lodge 3 & is seen here with his carer, Nomsa Buthelezi (left).



The best dressed on Cedar Park (left to right): Lee Morawitz, Florah Tshonisa and Papa Joe Pa-pageorgiou with Phumudzo Nephphidi (back).



Sr Leigh Kotze serves some sherry to Gisela Meinck – best dressed lady on River Lodge 2!

Ho-ho-ho

The residents had a wonderful time decorating Christmas stockings to hang on their doors. We managed to hang stockings on every residential door, just in time for Christmas with the hope that Santa would pay a visit to the care centre!





YEAR-END MESSAGE

2020 has been a rollercoaster year. I still clearly remember the shock of the first resident at Ron Smith Care Centre (RSCC) testing positive for COVID-19 and how this reality hit home. Despite our best precautions, we could not keep the virus away. It brought major challenges and changes to everything we normally take for granted and which are embedded in our daily routines.

RSCC staff had a demanding time with practical matters, such as sourcing personal protective equipment, establishing and running an isolation ward, practising additional infection control measures and finding new ways to foster communication between staff, residents and loved ones.

I commend each and every staff member for how they coped during this very difficult time and how they all worked together to achieve a common goal. The most difficult aspect has been dealing with the loss of a resident due to COVID-19. Notwithstanding the most intensive and dedicated care that was given, we could not save everyone. Our staff mourned the death of each resident, alongside their loved ones, and so wished that it could have been different.

Despite the sadness, there were also times of great joy and celebration. Who will forget the relief when a group of residents were all successfully treated and discharged from the isolation section; when Kitty Venn, who is 103 years old, survived COVID-19 and returned to her beloved room on Lakeside; the pride when specialist medical professionals wrote to commend our medical doctors and nursing staff for their amazing results in caring for a very vulnerable population group; and the joy when the care centre was awarded Milestone 2 recognition on the Eden Alternative registry, the first centre in South Africa to attain this feat.

However, all of the above would have meant very little if it were not underpinned by the unwavering support and understanding of the families and friends of our residents and of our residents themselves. This made a world of difference to each and every staff member – to know that you trust and believe in us to do the best we can and co-operated so well with all the restrictions in place.

We thank you for being by our side, despite your own anxieties, fears and the lack of face-to-face contact with your dearest.

COVID-19 is unfortunately not over and the staff at RSCC will continue to take stringent measures to keep it at bay. We bank on your continued support and understanding of the protocols we need to follow to keep residents as safe as possible. Our actions are always based on official regulations pertaining to care centres, as well as the medical advice of our team of medical doctors.

The year has indeed been hectic. As we look forward to a more peaceful 2021, it is time to reflect on those things that contribute to ageing well. These include:

- a positive attitude
- a life with purpose and meaning
- to be respected and to act respectfully to others
- to be connected to family and friends
- to experience happiness and contentment
- to be assured of personal safety and security
- to have easy access to services for optimal health.

The above resonates well with our commitment to the Eden Alternative philosophy of care – where we are committed to ensure a **life worth living**. During 2021, we will continue our Eden journey and trust that each and every one of our residents will experience true **Well-Being**.

We have celebrated Hanukkah and Christmas is nearly here. May you be blessed with peace, love, joy and good health that will last throughout the New Year.

Zabeth Zühlsdorff, GM: Services and Advance Division

Birthdays

RESIDENTS

13 January, Gordon Smith, CP (91)
 16 January, Erzebet Tamasi, LS (86)
 17 January, Malcolm Barlow-Jones, RL3 (68)
 23 January, Bela Nadori, RL2 (90)
 26 January, Molly Matroos, LS (49)
 27 January, Grace Verster, RL3 (79)
 28 January, Dorothy Brokensha, CP (100)
 29 January, Christine Turnbull, RL1 (70)
 29 January, Margaretha Trudie Thijs, RL2 (89)

STAFF

1 January, Lucy Kgafela (CP)
 3 January, Glenda Nkadineng (RL3)
 4 January, Rudzani Nengudza (Housekeeping)
 6 January, Helen Petrie (Management)
 15 January, Patrick Matshaba (Maintenance)
 22 January, Tshepo Malatjie (RL2)
 23 January, Christina Eleftheriades (Doctor)
 25 January, Laurentia Jooste (RL3)
 25 January, Wanda Marshall (Elphino's)

Fondly remembered

Joan Bennett and Irene Green.



Newly-qualified Mosimo Moses Molomo.

Congratulations to careworker Moses!

Dedicated employee Mosimo Moses Molomo started working for Rand Aid Association in November 2017 as a domestic worker.

Moses would often be found on River Lodge 3 in his lunchtime, assisting residents to the dining room, helping them with their meals.

With the assistance of Rand Aid Association, Moses started a careworker course in 2020.

Despite the adversity of 2020 Moses successfully completed the course in December 2020.

A future of love, hope, health and happiness we wish to you. Happy New Year!