

# Ron Smith Care Centre

@ Elphin Lodge



February 2021 No.65

## Lovely lazy days

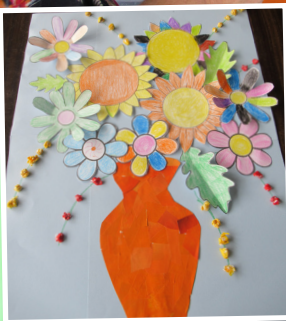
**These residents were all spotted enjoying various activities.**

Delyse, Stella, Maria and Linden were amongst the residents who enjoyed the Ice-cream Festival on River Lodge 2, with their choice of milkshakes (strawberry or chocolate), soda floats or vanilla ice-cream cones. Some residents enjoyed it so much they had a milkshake and an ice-cream cone!

Doreen is pictured filling up the bird-feeder that she made; Lorraine is busy arranging flowers that were picked from the garden; Margaret is knitting a jersey; Clem joined the exercise group on Cedar Park and a group of artists on River Lodge 1 created a beautiful flower picture, which was a real team effort. Some created the flowers, whilst others worked on making the vase. Then all the pieces were put together in the lovely design pictured.



The artists: Sandra Khumalo, Sylvia Kree, Zukiswa Mbela, Maureen Morrow and Alison Whittaker (ABOVE) and their design (LEFT).



Lorraine Lowden.



Doreen Woodward.



ABOVE: Clem Lilley.



RIGHT: Margaret Sinnett.



Delyse Burgess.



Linden Millard.



Maria Dal Lago.



Stella Thomas.

## Get to know me

### BETH ROBERTS STORY: RESIDENT RIVER LODGE 3

I was born in 1937 in Bromyard, County Herefordshire, England, and have lovely memories of my father's garden, which was filled with strawberries, raspberries, blueberries, apples and pears; family picnics and walks in the Malvern Hills. I trained as a teacher and taught English at various schools in England and was a Teacher Trainer for Development & Outreach at the READ organisation in SA. During my time with READ, I was very proud to meet President Mandela, who was quite interested in our reading programmes.

My daughters say that I was a very accomplished public speaker & trainer. An unforgettable experience was when I went to Australia & New Zealand to train other teachers. I met my husband, Clive, in London. He was a South African working as



a Sous Chef in London. We were married for 54 years. I have 2 daughters: Julie who lives in JHB & Vanessa who lives in the USA, and 4 beautiful grandchildren.

#### Passing thoughts:

I love the outdoors and enjoy walking & admiring the flower gardens and bird-life. I am quite a social person and enjoy chatting, visiting and sharing a meal together. My favourite meal is breakfast – I love a good old fashioned English breakfast with bacon & eggs and toast with marmalade! I used to love ballroom dancing to live bands & orchestras. I also enjoyed performing as an amateur actress in various dramas and plays. I am very thankful for my wonderful family & watching my grandchildren grow up. One of my dreams is to visit my youngest daughter again in the USA.

**Motto:** Remember to take time to pray!

### HELEN BARLOW-JONES STORY: RESIDENT RL3

I was born in Glasgow, Scotland, in 1930 & came across to South Africa by ship with my parents when I was 6 years old. I attended school in Benoni. My mother worked at Cuthbert's Shoes and my father was a chauffeur for one of the mine managers until his untimely death at 39. I completed matric at 15 & since my mother and I were now on our own, went straight to work. I met my husband, Ernest, when our paths crossed doing voluntary work for the SA Red Cross Society. We were married in 1951, shortly after I turned 21. We were married for 65 years until his death in 2016. After moving to now Zambia in 1953,



I worked for Athol Plastics, working my way up the ladder to become MD. We moved back to SA in 1968, with Ernest being self-employed and me running the

company. I have been partially sighted from macular degeneration since the age of 53, but I've never let it get me down. I am thankful that at 90, my body is strong and healthy.

#### Passing thoughts:

I have 2 wonderful children, Malcolm & Janet; 4 grandchildren and 6 great grandchildren. My simple pleasures are a daily walk and a nice cup of coffee. I love music, anything that gets your toes tapping. My husband and I loved Scottish Highland Dancing, which we did well into our 80s. I've had dogs & parrots as pets – too many to name & in fact my happy place is spending time with my family & the fur babies! My wish for us all is that COVID-19 will be controlled so that we can all see our families again!

**Motto:** If at first you don't succeed, try, try again!

### ESMERALDA RUSIKE STORY: SR IN CHARGE, RL3

I was born in 1978 in Kheya, Botswana. I was raised by my grandparents in Zimbabwe, who, along with my parents, had such a profound & lasting influence on my life. They instilled beliefs & values which have guided me throughout my life. My amazing paternal grandfather, who is turning 102, wrote a book last year entitled, *My Life's Walk in a Century!* After completing my Advanced Levels in High School, I did 3 years of nursing training at the United Bulawayo Hospitals. I have always said that I didn't choose nursing; it chose me! Growing up with 4 boys in the family & having lost both our parents when I was 20, turned me into a



mother, sister, nurse & carer. After moving to JHB in 2009, I worked at Sandringham Gardens & Nazareth House before coming to Rand Aid in July 2020. I

have now been married to my high school sweetheart, Simphiwe, for 20 years. We have 3 great children: Nobukhosi (21), Bhekizenzo (16) & Thandumuzi (11).

#### Passing thoughts:

I love spending time with my kids, playing soccer, Monopoly and Scrabble. I also love listening to Gospel music (anything, as long as it touches my soul). I have a lovely garden & enjoy my plants. I don't remember the last time I cooked; my daughter does all the cooking & when I get home, a plate of food is always waiting for me. My dad was an academic who strongly believed in education & empowering women to be independent. I have applied these values to my own life & am proud of the person I've become.

**Motto:** You get out of life what you put in. If you give your best, you get the best.

## Birthdays

### RESIDENTS

01 February, Edna Schley, RL1 (92)  
03 February, Olive Jew, LS (97)  
08 February, Gisela Meinck, RL2 (92)  
08 February, Dorothy Stella Thomas, RL2 (90)  
13 February, Pamela Mintz, WL (90)  
14 February, Norman Cox RL3 (82)  
21 February, Etienne Geyser, RL3 (88)  
27 February, Patricia Graham, RL3 (80)

### VOLUNTEERS

2 February, Solange Irakoze  
3 February, Janine Tuson  
11 February, Edel Froschauer  
13 February, Marisa Sabato

### STAFF

2 February, Pamela Martins (Porter)  
3 February, Beatrice Nzimande (RL3, Special)  
6 February, David Rasidumelo (Maintenance)  
8 February, Ninette Nottbusch (Hairdresser)  
17 February, Rebecca Moilakgomo (RL2)  
22 February, Johanna Mokwele (CP)

### Fondly remembered

Morris Kretzmer (RL3)      Alan Clemens (RL2)

### Welcome to

Delyse Burgess (RL2)  
Basha Videlefsky (RL1)  
James Turner (RL3)  
Evelyn Krupke (RL3)



Anne Brokensha turned a spectacular 100 on January 28. A resident of the care centre for over five years, she lives on the Cedar Park wing. Her big day was celebrated with a specially arranged brief visit with her family in the morning, followed by a lovely tea in the afternoon with fellow residents at Cedar Park. After residents and staff sang a rousing chorus of Happy Birthday, birthday candles were extinguished, congratulations were offered, and tea and cake was enjoyed by all. \* Find the story of Anne's interesting life on [www.randaid.co.za](http://www.randaid.co.za) (News).