

Ron Smith Care Centre

@ Elphin Lodge



March 2021 No.66

All aboard!

Ron Smith Care Centre is enjoying an explosion of all things Dutch, with residents and staff of each wing enjoying the care centre's Armchair Travel trips to the Netherlands'.

The travel sessions are an opportunity to learn more about Holland – the land of tulip fields, flower gardens, gabled houses, windmills, canals, wooden clogs, bicycles, Van Gogh, Delft, Gouda cheese and herring.

The programmes involve music from the residents' favourite musician, Andre Rieu, who was born in Maastricht in the Netherlands, a whirlwind tour through the highlights of Holland and a learn-to-speak Dutch session.

The staff performed a Dutch folk dance called Hakkatoon and the traditional koekhappen competition, in which participants had to eat a donut which hung from a stick without using their hands, was cause for much fun! Stroopwafels, Dutch raisin bread and speculaas were served at teatime, some of which were kindly sponsored by Mark Verhoogt from De Backery in Edenvale.

These photos feature the Armchair Travel session which took place on River Lodge 1. Photos from the other wings can be seen on Rand Aid's website, under the NEWS tab (click on Ron Smith Care Centre).

1. Basha Videlefsky. 2. Sylvia Kree looks like a real Dutch lady wearing traditional Dutch attire.
3. The happy tour group, many wearing the Dutch national colour – orange. They all had a wonderful time visiting The Netherlands!
4. Irene Watson. 5. Cecilia Lombard.
6. A display of Dutch items. 7. Maureen Morrow.
8. Staff Folk Dancers dance around a giant clog.
9. Josephine Kew.



Get to know me

ELAINE COHEN STORY: RESIDENT WOODLANDS

I was born on 23 April 1929 in Grahamstown. After matric, I worked in a legal office for a year but when Grahamstown became too quiet for me, moved to Port Elizabeth, to work as a legal secretary by day & learn ballroom & Latin American dancing by night. I did several dance exams through the National Association of Teachers of Dancing and became an Associate Member & fully qualified dance instructor. Everyday after work, I would teach at the dance studio until 10pm & then go night-clubbing! I met my husband Hymie at my best friend's engagement party. We moved to Bethal, a farming town in Mpumalanga, had 3 daughters:

Susan, Diane & Kathleen; 5 grandchildren & 5 great-grandchildren. Hymie was an attorney & champion show-jumper & we



HENRIETTE OOSTHUIZEN: RESIDENT WOODLANDS

I was born near Lichtenberg on 6 March 1932, the 4th of 6 girls. We grew up in difficult circumstances during & after the war. After my dad died at age 45 of a heart attack, my mother was left with 6 girls to feed, clothe & educate. She was a strong woman & ensured that we were all properly educated. I loved school & discovered the joy of reading at the travelling library. Although our family was Afrikaans-speaking, I was fluent in English by the time I entered primary school. After matric, I went to Teachers' Training College in Pretoria & thus began a teaching career spanning some 40 years, with experiences ranging from

having 66 little ones in my class, to teaching in a farm school environment, to teaching in schools where the families were desperately poor. My husband Eben



THILI SIBIYA: PROF CHARGE NURSE WOODLANDS

I was born on 21 December 1980 in Venda, where you are everyone's child & you learn discipline & respect. After matriculating, I attended Pretoria Technicon to study Animal Production & Agriculture, but after 3 years decided it wasn't for me & enrolled at Khanyisa Nursing School in JHB, first qualifying as an enrolled nurse & then later as a professional nurse. I worked at Sandringham Gardens for 4½ years before joining Rand Aid in 2016. I have grown so much in the 5 years I have worked at the care centre. The Eden Alternative principles have guided me through the ups & downs of my work & personal life.

When faced with challenges, such as Covid, we can draw on our Eden education for strength.

I have 3 wonderful children: Phophi (16), Wanga (12) &

were married for 68 wonderful years until his death in September, 2020.

In Bethal, we lived on a 3-acre plot with horses, a beautiful garden & Toffee, our wonderful Welsh Corgi.

Passing thoughts:

I enjoy writing poetry about true events & many of my poems have been published & won awards. I also enjoy knitting for premie babies, listening to music, dancing & playing my keyboard every morning. One of my most memorable experiences was in 1981, when my son-in-law arranged for our family to be seated in the Royal Enclosure at the Royal Ascot in London. With my husband & I being so involved in the world of horses, it was thrilling to be sitting with the British Royals! I am very much a people person.

Motto: Be loyal in your friendships! If you are my friend, you are my friend for life.

Passing thoughts:

I read absolutely everything from Shakespeare to Eugene Marais. Barry Ronge was a special role model of mine. He taught Advanced English during teacher training & his knowledge was so vast that he could lecture for 4 hours straight without once referring to notes. I enjoy light classical music, watching nature shows & following current events. My happy place is anytime I can spend with my children & grandchildren. I am so proud of them all. We are a family of business owners, psychologists, artists, mathematicians, teachers & linguists, so we have a brilliant time when we spend time together!

Passing thoughts:

I love motivational talks, action & romance movies, orchids & all genres of music. I have quite a sense of humour and love comedy. My simple pleasure is solitude, being alone with my thoughts and binging on Netflix! I've got many things on my bucket list but basically, I want to find happiness & success in living an independent, fulfilled life.

Life is not all smooth sailing! You must take the rough with the smooth, not worry about things beyond your control and learn from your mistakes. If you can do that, you will emerge a stronger, wiser, better person, with peace in your heart.



Birthdays

RESIDENTS

06 March, Henriette Oosthuizen, WL (89)
09 March, Maureen Ruckebier, LS (69)
09 March, Ursula Northern, CP (92)
11 March, Sylvia Kree, RL1 (95)
18 March, Gail Spinks, RL2 (67)
20 March, Lynette Honigman, RL3 (70)
21 March, Anna Veltman, CP (79)
23 March, Elaine Cohen, WL (91)
26 March, Eric Roediger, RL2 (84)
27 March, Merle Uys, WL (85)
31 March, Clem Lilley, CP (76)
31 March, Gwen M'Crystal, RL2 (88)

VOLUNTEERS

22 March, Estelle Holtzhausen
10th March Claudette Theunissen

STAFF

3 March, Kedibone Shongoane (LS)
3 March, Julia Molotsi (RL3)
6 March, Florah Mothogoane (WL)
6 March, Cynthia Dlangamandla (Special, RL1)
6 March, Siphokazi Mzana (RL3)
15 March, China Matsane (WL)
16 March, Emily Thabang (Housekeeping)
18 March, Sharon Lesufi (Housekeeping)
20 March Portia Ngobeni (Housekeeping)
24 March, Randy Matsaung (RL2)
24 March, Trynos Ncube (Elphino's)
29 March, Thabisile Ndobe (LS)

Fondly remembered

Theophile Lutz (CP)

Welcome to

Androulla Avraamidou (RL2)
Arthur Nortje (CP)
Anna Veltman (CP)



Marie Roberts so enjoys coming to the lake to feed the ducks. She says that they all know her & come waddling over in excitement, knowing that she has some special treats for them!