

# Ron Smith Care Centre

@ Elphin Lodge



MAY 2021 No.67

## New dimension to dementia care

River Lodge 3, the residential wing for people living with dementia, is the happy recipient of some Snoezelen multi-sensory equipment.

The Snoezelen philosophy and concept was originally developed in the 1970s in the Netherlands and has been used all over the world to help improve the quality of life for people with disabilities and other limiting conditions.

Studies have shown that the use of such multi-sensory equipment can have a positive effect on behaviour, mood, communication and functionality and has proven to be therapeutic to staff as well, improving their relationships with the residents and experiencing increased job satisfaction.

**RIGHT:** Resident Helen Barlow-Jones and occupational therapist Corlia Schutte



**Evelyn Shilubane, resident Lynette Honigman and Corlia Schutte.**

### Relaxation and stimulation for residents

Two special areas have been created on River Lodge 3. The one area has been set up as a relaxing space, to calm the body and mind, while the other space creates the opportunity to engage residents in appropriate and stimulating activities, taking into consideration their level of functioning and interests.

The 'relaxation' area is equipped with a bubble tube, fibre optic light strands and a beautiful nature scene. The bubble tube is a tall Perspex tube filled with water. When switched on, it is illuminated with LED lights and automatically cycles through eight bright colours, with bubbles that rush to the top of the tube.

The tube vibrates gently which is comforting to touch and sets off a 'white noise', which is therapeutic. The visual effect can be very calming and soothing, yet also stimulating to the residents.

The interactive fibre optic strands provide light that residents can safely touch, handle and hold. The lights are stimulating and hold attention, but are gentle on the eyes. This can be a very comforting experience for the resident.

### Interactive displays delight residents

The 'stimulation' area is equipped with an interactive projector, which projects images on a specially made table.

As the resident moves to touch an image on the table, the projector's sensor senses the movement, which triggers a response from the projected image. For example, when a resident touches a projected image of a fish swimming in a pond, the fish may swim away or the colours may change and different images in the underwater scene may appear.

The interactive projector gives the experience of cause and effect. It can be used for stimulation, fun and reminiscence, and is being enjoyed by residents and staff.



**The re-introduced gardening group is proving good for bodies and minds. Pictured is Jo Maxted enjoying a planting session in the Lakeside gardens.**



## Get to know me

### MIKE PAPAGEORGIOU: CEDAR PARK RESIDENT

Everyone here calls me Papa-Joe. I was born on 29 July, 1930, the third of 5 children, in Pireas, Greece & grew up in difficult circumstances during World War 2. I remember stories about people eating potato peels when food became so scarce. I eventually went to college to train as a marine engineer, learning how to operate, maintain & repair all the machinery in a ship's engine room. I later qualified as a chief engineer & used to travel for 2 to 3 years at a time, working on board a ship. It was on my travels to South Africa that I met my wife, Vicky, through some relatives. We both came from fairly conservative families,



so we took our time getting to know one another. We have now been married for 55 years & have 2 children: George & Debbie and 2 grandsons: Basil & Michael. Family is

everything to me & I am very grateful that I have been able to reach this great age & see my children & grandchildren grow & develop into good, strong & beautiful human beings.

#### Passing thoughts:

I have always been a homebody & loved having family gatherings at home. Our home was always filled with our children's friends & our dogs. I used to enjoy playing backgammon, reading technical books and anything requiring mathematical calculations. I love playing golf, enjoy Greek music and watching animal programmes, documentaries & sports programmes on TV. Before coming here, I never needed to see a doctor. My remedy for colds & flu was a tot of brandy & a hot bath! My favourite foods are fish & chor-ta (a type of Greek spinach) and all kinds of fruit and vegetables. My faith has always been important to me and I enjoy observing all the religious holidays.

### MARGARET SINNETT: CEDAR PARK RESIDENT

I was born on 16 December, 1942, in JHB. I was fortunate to grow up in a neighbourhood full of children & where we had the freedom to play in the streets until late. My lifelong love for reading started when the mobile library used to come to Malvern & by the age of 12, I was devouring all the English classics by Jane Austen, Charles Dickens & even poetry by Edgar Allan Poe! After matriculating, I worked for the JHB City Council in the computer department, using punch cards for data processing. My next job was with the company, Caterpillar, where I worked my way through every department for 25 years until I retired. My first



husband, Ruben and I married in 1962 & were happily married for 34 years until his tragic death in 1996. We had 2 boys: Kurt & Vaughn, & 4 grandchildren. I met my

second husband, Irvine, at Thornhill Manor. We were together for 6 years but divorced because our personalities were so opposite to one another! These days, however, we are the best of friends!

#### Passing thoughts:

I am a solitary person & enjoy crocheting blankets for my family, knitting, sewing & doing tapestry. Reading has opened up the world to me & has inspired my love for travel. I have travelled to every continent except Asia & my favourite city is Venice. I love dogs; we used to have Pomeranians & miniature Dobermans. Sometimes I crave homemade mac & cheese and pancakes. My favourite Bible verse is: 'But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint (Isaiah 40:31).

### LELO MANAKA: CEDAR PARK ENROLLED NURSE

I was born in Thembisa on 5 October, 1991, the last born of 5 children in a Sepedi family. I am very happy living at home in Thembisa with my parents. My 2 nephews and niece also stay with us & they are the little brothers & sister I always wanted.

After matric, I did a PR course at Boston Campus, but decided it was not for me & subsequently did nursing training, qualifying first as an auxiliary nurse & then as an enrolled nurse. I started working for Rand Aid in 2019 & have worked on every wing in the Care Centre. I love the residents & staff on Cedar Park & the loving, caring attitude that surrounds us on this wing. One of my dreams is to study further to become a professional nursing sister.



I am a person who enjoys my own company & my happy

place is at home in my room where I enjoy being alone with my thoughts & writing in my journal. My faith is from where I draw my strength. Favourite Bible verse: Be still, and know that I am God (Psalm 46:10).

#### Passing thoughts:

I start and end each day with prayer & a grateful heart. I enjoy reading biographies (the last one was about Chris Hani) & I like the author Zakes Mda. I am a real foodie & love trying out new restaurants. I love the oxtail & risotto at Kream restaurant and the special Turkish delight drink at Tasha's. One of the best holiday breaks I've had was camping at a place called Mountain Sanctuary Park in the North-West. My friends and I enjoyed hiking, game drives, drinks around the camp fire and cooking potjiekos. I've booked for a glamping (glamorous camping) trip to the Drakensburg in June.

## Birthdays

### RESIDENTS

03 May, Valerie Klopper, RL1 (92)  
04 May, Cecilia Lombard, RL1 (88)  
09 May, Shirley Abrams, RL3 (86)  
15 May, Joan Abbott, WL (86)  
19 May, Shelach Hawes, LS (91)  
24 May, Patricia Dale, WL (84)  
25 May, Jacobus Sosef, LS (94)

### VOLUNTEERS

26 May, Herb Scheiber

### STAFF

4 May, Nandipha Ngesi (Housekeeping)  
4 May, Grace Ratisani (Housekeeping)  
5 May, Siphwe Njilo (RL3)  
6 May, Rosemary Khoza (RL1)  
9 May, Tando Ncube (Lakeside)  
14 May, Corlia Schutte (OT)  
15 May, Tinyiko Nkwini (RL 3)  
24 May, Loshan Naidoo (Admin)

\*Staff members must remember to pop in at reception to receive a small birthday surprise!

### Fondly remembered

Robert Murray  
Wendy Brazier  
Kitty Venn

John Harvey  
Merle Uys

### Welcome to

Jenny Botha  
Herman Brosch  
Shirley Kowalsky

Maria Nobrega  
Norman Chilvers  
Michael Lifshitz



**Congratulations to Connie Ndlela (Catering). She was awarded a certificate after successfully completing a Auxiliary Health Care Worker course.**



**The Care Centre's fabric painting sessions are a hit with residents. Pictured above is Delyse Burgess carefully filling in a leaf and on the right is her completed and beautiful painting of daffodils.**