

Ron Smith Care Centre

@ Elphin Lodge



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Doc duo boosts *level of care*

Dr Christina Eleftheriades, a resident doctor at Rand Aid Association, was invited to speak at the South African Geriatric Society's geriatric conference in August. She shared insights into the management of Covid-19 in a care home facility, based on her experience working with residents at Ron Smith Care Centre.

Dr Eleftheriades wrote an article about the profound impact of Covid-19 on elderly patients and the need for adequate treatment plans. The article, which was published by the South African Journal of Family Practice, provided recommendations for the supportive care and treatment of residents in long-term care facilities. The article drew the attention of the conference organisers and Dr Eleftheriades was asked to be a guest speaker.

Ron Smith Care Centre's medical and care Covid-19 protocols were formulated by Dr Eleftheriades and fellow Rand Aid-based doctor Carmella Mielke, who closely liaised with a team of sub-specialist geriatricians. Both Rand Aid doctors hold Diplomas in Geriatric Medicine.

RSCC's efforts acknowledged

"The South African Geriatric Society acknowledged our work and requested I present my findings formally at the conference. The conference was held over a month, every Thursday night in August, and I presented on 19 August," says Dr Eleftheriades.

There were approximately 600 delegates, comprising of specialists, general practitioners, physios, occupational therapists, speech therapists, dietitians and healthcare workers interested in learning about geriatrics.

"The scope of the conference extended internationally," says Dr Eleftheriades. "The feedback was positive and I have had doctors approach me, wanting to come and see Ron Smith Care Centre and the work we do in caring for our residents. Many colleagues cannot believe the longevity of our residents," says Dr Eleftheriades.

"Rand Aid is extremely grateful to have Dr Eleftheriades and Dr Mielke based onsite," says Zabeth Zühlendorff, Rand Aid's general manager: services and advance division. "Their Covid-19 management approach was excellently planned and executed and Rand Aid, all of our residents and their families are extremely grateful to have such admirable skills on hand," she adds.

IRENE CELEBRATES HER CENTENARY!

Resident Irene Watson celebrated her centenary on 8 September, with her daughter Fiona. Irene was born in 1921 in County Durham, England. Her father Richard was a farmer, while her mother Harriet assisted the local midwife.

"I attended catholic junior school and was one of only five students awarded a scholarship at a private senior catholic school in Darlington," says Irene.

"My first job was in the counting house of a huge department store.

"To transfer money, we put it into a tube and into a special shoot, where it would go whooshing through to its destination," she adds.

Irene continued with office work during the war. "I met my husband Reginald at a dance in Darlington and we married soon after the war was over in 1945. He eventually signed up with an engineering company in Bulawayo and travelled ahead to Rhodesia to set up what would become our new home," says Irene.

Irene enjoys doing crossword puzzles every morning after breakfast, and also likes to listen to light music on the radio.

"I like to read novels, magazines and the newspaper and watch BBC News and quiz shows on TV. I enjoy going for walks and enjoying the lake, trees, flowers, gardens, birds and ducks; the sing-a-longs and chair exercises in the activity centre and playing bingo," says Irene.

Her simple pleasure is to have coffee with Fiona at Elphino's Coffee Shop.

"My proudest achievement is to have raised two wonderful, understanding children," she says.



Appreciation extended to healthcare workers

Allison van Staden, Mirinda Godden and a group of their friends started an initiative to write letters to healthcare workers to thank them for their service. They recently visited Ron Smith Care Centre and handed out thank you letters to the staff, to show their appreciation for how the care centre looks after its residents. Pictured are Mirinda, RSCC enrolled nursing assistant Catherine Mphahlele, Allison van Staden and careworker Lebo Mashale.

What's on at RSCC this month?

23 September: RSCC will celebrate Heritage Day, which takes place on 24 September, a day earlier on 23 September. As with our Spring Day celebration, each wing will decorate their own table and staff can dress up in traditional wear or any colourful casual clothes. Food will be provided for residents and staff. Remember to plan your table decorations in advance! There will be prizes for the Best Decorated Table, Resident with the Prettiest Outfit and Employee with the Prettiest Outfit.

20 October: As we are all aware, pet therapy for people living with dementia is instrumental when it comes to quality of life. RSCC has thus arranged for baby farm animals to visit the care centre so that our residents can interact with and feed them!

Spring Day fun at RSCC

Ron Smith Care Centre held a Spring Day braai for residents, with each wing decorating their own tables and prizes for the best decorated table and the prettiest dressed employees and residents.

The best dressed residents were Linden Millard, from River Lodge 2, and Josephine Maxted, from Lakeside.

All six wings won the best decorated table, as the judges couldn't single out a specific wing.

All staff got cake for tea, for their beautiful decorating skills.

Everyone enjoyed the braai and the beautiful, sunny day.

RIGHT: Olive Jew from Lakeside.



Congratulations

Florah Tshonisa (left), who joined Ron Smith Care Centre as a professional nurse in 2019, has been promoted to the position of charge professional nurse on the care centre's Cedar Park wing. "My mom battled dementia from 2009 to 2015, but I knew very little about it at that time and didn't understand it. RSCC sent me on a training course about dementia, which really helped me to understand more about it and how to better help the residents," she adds. Florah started in her new position on 1 September.

Caroline Mucheka (middle) officially joined RSCC as a permanent employee on 1 September. Over the past year, Caroline has been working as relief professional nurse at RSCC, Elphin Lodge and Thornhill Manor retirement villages. She qualified as a professional nurse in 2006, while working at Harare Central Hospital in Zim.

Enrolled nursing assistant **Evelyn Shilubane** (right) has been seconded to the Recreation Department due to her passion for the Eden Alternative philosophy and her experience working with residents living with dementia. "I am enjoying spending more time with our residents, getting to know them in a different way and understanding their needs. We want to make sure that our residents feel at home and are comfortable."

Happy 90th birthday Josephine!

Josephine Kew celebrated her 90th birthday on 5 September, with her sons Gabriel and Nicholas.

Born in Johannesburg, Josephine refers to herself as 'South African Chinese'. "My father was from China and my mother from Mozambique – my home language is Cantonese. We lived in Sophiatown and this was one of the happiest times of my life."

Josephine met her husband Leslie through friends and they were married for 57 years, until his death in 2015.



Josephine Kew.

Birthdays

RESIDENTS

01 October, Maria Dal Lago, RL2
01 October, Jessie Pickard, WL
04 October, Cecily Ryder, WL
06 October, Dorothea Sofia Ferri, WL
10 October, Joseph Rosen, RL3
15 October, David Francis Scott, RL3
17 October, Megan Weeks, LS
22 October, Delyse Burgess, RL2
23 October, James Christopher Wight, CP
25 October, Joyce Royal, CP
25 October, Brian Russell, WL
26 October, Linden Millard, RL2
27 October, Vernon Mitchell, RL3
30 October, Alvine Lillas Luke, RL1
31 October, Pearl Rosemary Porter, WL

VOLUNTEERS

4 October, Vera Lenthall
5 October, Margaret Kennedy
19 October, Sheryl Emmett
23 October, Helen Dix

STAFF

01 October, Sindiso Ncube
02 October, Ivonne Mogoru
03 October, Lindiwe Hlope
03 October, Mapula Morudi
05 October, Lehlogonolo Manaka
06 October, Leanie Bessinger
07 October, Phindile Radebe
08 October, Nomagugu Ncube
08 October, Siziwe Manyamala
09 October, Nontobeka Mdolo
10 October, Etrinah Ndlovu
10 October, Raisibe Ledwaba
13 October, Elliot Masina
13 October, Esmeralda Rusike
13 October, Kedisaletse Maodi
22 October, Raisibe Bodila
24 October, Prudence Mokoena
26 October, Debbie Beech (social worker)
26 October, Motsebore Sehloa
28 October, Fulufhelo Mukwevho
28 October, Mokgothi Shai
28 October, Obuiseng Sekia (EL security)
29 October, Emily Tshabalala
29 October, Mamoipone Maluka

Welcome to

Ivor Joel Cohen, LS Leon Yates, RL2
Hedda Newman, WL Mona Knodell RL2
Sylvia Bietz, RL1



Angel Mmako (20) and Ashleigh Marshall (21) are two of the 3rd-year **Wits students** who undertook their occupational therapy practical blocks at RSCC for four weeks, in August and September. They said they gained great experience.