

# Ron Smith Care Centre

## @ Elphin Lodge



NOV 2021 No.72

## Love is... farmyard animals

Many magical moments were experienced at RSCC on 20 October, when a gorgeous group of farm animals paid the centre a visit. First to arrive at the Woodlands garden and recreational area was Stephanie the pony. Then came a calf, goat and baby goat, a lamb, sheep and seven bunnies, the latter of which needed to be counted on departure because so many of the residents wanted to take them home!

The residents and staff enjoyed the opportunity to

interact and bond with these gentle creatures in the morning sunshine. They found the baby animals especially adorable and had fun giving them their milk bottles!

It has been well documented that interacting with animals can be beneficial to overall health and well-being. The physical and visual contact can reduce stress and anxiety. The residents were delighted with this special morning.



1. Joyce Royal.
2. Gordon Ross.
3. Joy Smith.
4. Eddie Lazer.
5. Sannie Wucherpfennig.
6. Maureen Morrow.
7. Lorraine Lowden.
8. Ann Learner.
9. Ria Milburn.
10. Beth Roberts.

## Getting to know me



**Anastasia Issaias**  
Lakeside



**Caroline Mucheka**  
Prof Nurse L/S



**Rhona Burnham**  
Lakeside

### Anastasia

**CHILDHOOD:** I was born in 1944, in Kambos village, Cyprus. Cyprus was then a British colony, and I experienced anxiety when the Cypriots began fighting for independence. Our movements were restricted and the village was filled with the freedom fighters. They came down from the mountains and I remember my mother giving them food. I attended high school run by American missionaries.

**ADULTHOOD:** After working for a telecommunications company, I came to South Africa for a visit in 1974 and met my husband Joseph. We lived in Cyrildene, and I was involved with the Greek Orthodox church. At one stage, I tutored primary school children. I also helped immigrant children with their English.

**PASSING THOUGHTS:** I love roses, reading my Bible, watching cooking shows, tennis, cricket and soccer. I used to do a lot of baking. I also used to knit and do embroidery. My best holidays have always been back to my home country, and visiting the Greek islands.

### Caroline

**CHILDHOOD:** I was born in 1983 in Zimbabwe. My father died when I was young, so I was raised by my amazing mom. She was not educated but worked hard to provide for us all. Despite not having much, I had a happy childhood.

**ADULTHOOD:** I attended nursing college, qualified as a professional nurse and trained at the Harare Central Hospital. Unrest in Zim forced me to leave for JHB in 2007, where I worked with older people at various establishments and realised I love this field. I was hired by Rand Aid in September, after doing relief work on several of the wings. I love the residents and appreciate their unique characters. My other passion is my family! I married my high school sweetheart, Lawrence, in 2009.

**PASSING THOUGHTS:** I like the colour purple and orchids. My happy place is to spend quality time with my family. We love to play games and go on outings to appreciate nature. My favourite 'me-time' activity is an action or adventure movie and then ice cream! My husband runs the Comrades and encouraged me to take up running too. I don't know where I would be without my Christian faith.

### Rhona

**CHILDHOOD:** I was born in 1931 in Bloem, but moved to JHB at a young age. We lived in Kensington. I attended Leicester Road School and then Jeppe Girls High. I have a lovely memory of when the British Royals visited JHB in 1947.

**ADULTHOOD:** I attended nursing college but did not complete the course because I married my husband, Bruce. He was such a gentle, kind man. We lived in Edenvale, and were happily married for almost 49 years, until his death in 2000.

**PASSING THOUGHTS:** I enjoy the simple pleasure of sitting outside on one of my new chairs and knitting or embroidering while listening to the birds! I used to make all my own clothes and at one time worked in a wool shop, advising people and teaching them to knit and sew. I belonged to a book club for 50 years with all my school chums. I am especially grateful for the wonderful care that I've received from both Tarentaal and RSCC, and for my loving family who mean the world to me.

**FAMILY:** We had four children: Peter (Gordon's Bay), David (North Carolina), Ian (California), and Melissa (South Carolina). I have six grandchildren and five great grandchildren. I used to visit the family in America every year until Covid hit us.

## Birthdays

### RESIDENTS

17 November: Gillian Holliman, CP, 73  
22 November: Ria vd Westhuizen, RL2, 74  
29 November: Lorna Topp, LS, 84

### VOLUNTEERS

03 November: Philippina Deppe  
05 November: Patrick Moore  
08 November: Kathy Sen  
10 November: Dorothea Bekker  
29 November: Susan van der Neut

### STAFF

03 November: Forget Khoza  
07 November: Vumatimune Shiviri  
09 November: Debbie Christen  
09 November: Maphakwane Ramathibela  
17 November: Eunice Mkhosi  
18 November: Phumundzo Nephiphidi  
22 November: Dimakatso Sengoengeng  
24 November: Madithaba Nyelele  
24 November: Mpunga Matamba  
25 November: Leigh Kotze  
28 November: Sibongile Mohale  
30 November: Moleboheng Mashale

### Welcome to

Ann Learner, RL1  
Maria Jose' Macedo, RL2  
Maria Volskenk, LS  
Schalk Grobler, WL  
Geetha Hiraman, RL3

### Fondly remembered

01 October - Albertina Dias  
08 October - Dolly Luke  
17 October - Gordon Smith  
17 October - Dr Michael Lifshitz



RSCC celebrated **Heritage Day** under the theme *ubuntu*. The care centre was decorated with various pictures, flags and other items that represented the different cultures and traditions. Each wing decorated their own table and staff dressed up in traditional dress or colourful casual clothes. Pictured are careworker Mary Azwindini, Karen Mitchell, and sister Florah Tshonisa.