

# Rand Aid *review*

Tel: 011 882 2510 or 010 100 3656

DEC 2021

Email: info@randaid.co.za



Many magical moments were experienced at Ron Smith Care Centre on 20 October, when a gorgeous group of farm animals paid the centre a visit. "It was wonderful to see the residents interacting with the animals, and being in the moment with them. It has been well documented that interacting with animals can be beneficial to overall well-being. The physical and visual contact can reduce stress and anxiety," says Debbie Christen, Rand Aid's manager of recreational programmes. Pictured is resident Eddie Lazer.

■ Read more on p3.

## MESSAGE FROM THE CEO, PETER QUINN:

# *A wish for health and happiness*

I am sure that you too feel the topic of Covid permeates all thinking and discussion these days. On a lighter note, with the advent of Omicron, please vaccinate. I have no desire to learn the entire Greek alphabet!

Humour aside, the message is an accurate one. The higher the vaccination rate, the less the virus can spread. As transmission slows, the virus has fewer opportunities to mutate, which can help prevent the emergence of new variants.

I welcome the shift in the Covid environment to a focus on monitoring hospital ICU occupancies and the death rate – these can both be positively reduced through improved vaccination rates in South Africa.

We are aware that the virus may be spread by the non-vaccinated and the vaccinated, and that we can be negative today and positive tomorrow. This will not change. However, our ability to reduce the effect of the virus is in our control. Which, in turn, can positively

impact the economy by limiting the need to impose higher levels of restrictions.

In real-world data, Discovery SA has reported that based on their 1.2 million vaccinated members, there is a 79% reduced risk of infection when vaccinated. Of those vaccinated and infected, 92% are less likely to be admitted to hospital and 94% less likely to die than those that have not been inoculated\*.

Please, please encourage all who you know, including family, friends and staff that you are in contact with, to vaccinate.

Currently, only 36% of the adult population is fully immunised. With regards the Omicron variant, at present there are so many varying opinions on the efficacy of the current vaccines, as well as the physical impact and transmissibility of the virus. We do know that the science is continually improving and vaccine modification time is shortening.

While little is known about Omicron, what we do know is that the most ef-

fective tools against the virus remain wearing masks and circulating fresh air through open windows. These, together with social distancing, avoiding crowded indoor spaces and regular hand washing, are simple but effective tools to keep you safe.

### May 2022 bring happiness and hope

2021 has been another rollercoaster year, but fortunately many of us have largely adapted to living in the midst of a pandemic, although some have not and have become fatigued. Many of us have also experienced the heartache of losing loved ones. My heart goes out to you all.

A new year awaits and I hope that as more and more people get vaccinated, and more becomes known about the novel coronavirus and its variants, 2022 is a year of promise for us all.

We at Rand Aid wish you all a blessed period ahead and a contented new year.

\* (Business Day, 1 Dec 2021)



Gwenda Caplan and Jackie Klein enjoy art and camaraderie.

## Inyoni painting group gets creative



Inyoni Creek's painting group recently enjoyed another creative morning.

The group, which meets at Inyoni Creek's clubhouse every Thursday from 14h30 to 17h00, is being co-ordinated by Inyoni resident and Village Committee member Mel Stamelman.

Participants supply their own materials and equipment and

painters must bring their own easel. Rand Aid supplies trestle tables, plastic chairs and sanitiser, and all Covid-19 protocols are observed.

Café on the Creek is open for refreshments.

"It's lovely to be part of a group that is mutually supportive, with a great sense of humour and with each individual creatively focused," says Mel.

## Elphin Lodge bears its good heart

The first of the three teddy bears that Rand Aid's Elphin Lodge retirement village recently donated to Tails and Whiskers, an Edenvale charity shop that sells donated sellable household items to raise money for animals in need, was 'adopted' for R500.

The beautiful bears were initially very generously donated to Elphin Lodge by one of its residents, Deidre Krull, in the hope that they would find a new home. Deidre is an avid teddy bear collector.

Tails and Whiskers posted the following on its Facebook page:

"Last weekend we were really touched by a special donation of three teddy bears from Rand Aid Association's Elphin Lodge retirement Village. Yesterday the first teddy was adopted by a very special family for R500. The R500 was donated to Warriors for Africa's Wildlife."

The money will be used to buy milk for an orphaned six-month-old rhino called Leko. Leko drinks 25-litres of milk a day. The organisation had already raised R3 900 from its raffle. This, together with the R500, will assist Warriors for Africa's Wildlife to buy three bags of milk.

"Leko is a curious and playful boy who loves to run around and explore the new grass shoots in the boma. We wish Leko a long and happy life and we know Panda (still to be named) has found the right home where she will be loved, cuddled and offer some comfort after a hard day's work in our concrete jungle," said Tails and Whiskers.

The other two bears will be 'adopted out' by Tails and Whiskers for R500



each, to raise funds for a cat and dog to be sterilised.

"Thank you again so much, we are really grateful and so excited about the adoption," said Tails and Whiskers.

### Animals supported

Tails and Whiskers supports various animal causes, including Edenvale Ferals, which feeds, neuters and returns feral cats; Hellen White, a retiree who helps to look after and feed 200 dogs and cats in the community of Johannesburg South; Warriors for Africa's Wildlife, a craft group which assists various wildlife organisations; and Boxer Rescue South Africa.

All of its beneficiaries are registered

non-profit organisations. Funds raised are paid directly into its beneficiaries' vets' bank accounts at the end of each month.

The charity shop sells various donated items, from books, DVDs and CDs, to clothing, ornaments, pictures, kitchenware and toys. It also has markets throughout the year, in its memorial garden behind the charity shop.

Don't miss Charlie's Charity Christmas Market on 11 December, when the community comes together to support the animals, and underprivileged children receive a small gift from Santa!

■ For more information about Tails and Whiskers, visit its Facebook page: <https://www.facebook.com/charityTailsandWhiskers/>





## Nature, the great nurturer

Rand Aid's Elphin Lodge retirement village is excited to welcome its 'new residents' at the dam! Amy, the resident Pekin, has been joined by Harry and Sally and a pair of Muscovy ducks named Lauren and Bobby. The residents love watching and feeding them, while relaxing in the beautiful gardens.

**Pre-plan your retirement:** People considering their retirement living options have likely started researching retirement villages and what they offer, to find one that suits their current and future needs and offers independent, carefree, safe and secure living. They may not realise, however, that most retirement villages have waiting lists and you can't just pack up and move straight into one. For more information about Rand Aid, its various independent living retirement villages and its frail care centres, visit [www.randaid.co.za](http://www.randaid.co.za). To stay up to date with Rand Aid's news, like its Facebook page: @RandAidAssociation.

## THE POWER OF TOUCH

The healing power of touch was demonstrated at Ron Smith Care Centre on 20 October, when residents enjoyed heart-warming moments interacting with farm animals.

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 care centre's 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 cuddly and also had fun feeding the animals carrots and lettuce and giving the babies their milk bottles," says Debbie Christen, Rand Aid's manager of recreational programmes.

"It was wonderful to see the elderly residents gazing at, holding, stroking and snuggling with the animals. The residents were delighted with this special morning."



ABOVE: Ria Milburn is all smiles as she feeds a four-legged baby its bottle.

LEFT: Sannie Wucherpfennig nose to nose with a bunny.



# Back in the art of things

Elphin Lodge's Art Group is back in the swing of things now that Covid-19 lockdown restrictions have eased.

"The group is happily creating its own 'works of art'. We have new members, some of whom are new residents. Well done all of you for joining in," says Elphin Lodge resident Jenny Sella.

"There are always helping hands when it comes to setting out the tables, taking temperatures, filling in the necessary charts for the office and, the best part of all, enjoying the tea/coffee with biscuits and delicious goodies, brought in by our 'arties', in the fresh air outside our clubhouse," she adds.

**Here are some thoughts from the artists about the happy group:**

**Rhoda:** "Being at the art class on a Tuesday morning is the best thing ever. The group running the class is very good at it... They are lovely, very helpful and generous with their advice."

**Ian:** "The beauty here, is that there is always something to learn – even if it means you are not so marvellous – everything counts somewhere!"

**Barry:** "Coming to the art group every Tuesday has been a very happy and marvellous new and exciting experience, something I have not had for nearly 70 years!"

**Evvy:** "I enjoy the class so much! I look



**Back: Ian Peterson, Denise Friedrichs, Rhoda Rubin, Isabel Kohll, Shirley Cosser, David Wynne, Celia Taft and Claude D'Agnel. Front: Jenny Sella, Barry Tedder, June Branthwaite and Evroula Nathaniel.**

forward to every Tuesday. The group consists of such lovely people and they are all very helpful."

**Dee:** "I have been doing art for four years and have learnt so much from others who are willing to help and advise. I love it so much. I look so forward to the lovely Tuesday each week."

**David:** "Tuesday morning is always something to look forward to. The art group means we do what we want; we

experiment with from week to week. We learn from each other."

"Thank you to Elphin Lodge for giving us the opportunity to do different things, even though we are retired."

"Being retired certainly does not mean that we are no longer able to do things, make new friends, and experience new things."

"This is our home now, and it is a happy and safe place to be," says Jenny.

## Greek gaiety at Ron Smith Care Centre

It was a sunny and bright day, perfect for an outdoor celebration, when Rand Aid's Ron Smith Care Centre residents and staff gathered for some Greek gaiety.

In attendance at the Woodlands garden and recreational area were residents and staff from the residential wings of Woodlands, Cedar Park and Lakeside. The garden was gaily decorated in the blue and white colours of the Greek flag, and these colours were reflected in people's dress.

"Some staff members looked very authentic in their Greek togas, while another looked like a real Greek goddess!" says Debbie Christen, Rand Aid's manager of recreational programmes.

Everyone enjoyed the morning programme of lively Greek music, a quiz game to test their knowledge of Greece and a language session, in which they all learnt how to speak a few phrases in Greek.



**Ethelwynne van Eck and Henriette Oosthuizen enjoy the Greek festivities!**

The quiz topics covered the Greek flag, finding Greece on a map and naming the capital city and surrounding coun-

tries and seas. It also covered the Parthenon on the Acropolis, the Olympic Games, Greek philosophers, Greek mythology, famous Greek personalities and Greek food and drink.

**Staff entertains residents**

The staff performed Zorba's Dance and a lively flag dance, after which it was tea time. Delicious homemade spanakopita (spinach pie) and baklava were enjoyed.

Many of the residents had travelled to Greece in their younger days and this celebration of the Greek culture brought back fond memories of happy travels.

"It was wonderful to experience the joy, good vibes and uplifting of spirits that was generated by this event, especially as the care centre slowly emerges from the hard restrictions and confinement of lockdown. It was truly a happy occasion," says Debbie.

The event was repeated on 12 November for River Lodge 1, 2 and 3 wings.



# New bus for Thembalami

Thembalami Care Centre and the Max Ordman Deaf Association (located in Thembalami's grounds) had reason to celebrate on Friday, 12 November, when it received a new Volkswagen Crafter 17-seater bus, with a wheelchair lift, from the Department of Social Development (DSD).

Thembalami's manager Esme van der Walt celebrated her birthday the same day, adding to the festive vibe at the care centre.

In celebration of receiving the new bus, Thembalami's residents were spoilt with some tasty vetkoek and ice-cream cones, and the birthday girl added in cake for everyone for good measure.

Some of the residents were then treated to a 'test drive' in the bus, which also has space for two wheelchairs and is fully airconditioned.

"The residents loved it! We really appreciate this donation from the DSD," says Esme.

"It will be used for hospital trips, unexpected medical emergencies, shopping trips, special functions and outings, and picking up small donations from members of the community, among other things," she adds.

The bus will also be used in Thembalami's Zamokuhle outreach programme, which assists elders in need from nearby Alexandra so that they can remain within their own community for as long as possible.

"We used to collect our 'gogos', as they are fondly called, from Alex three mornings a week. While we have not been able to do this due to Covid-19 lockdown restrictions, we hope we are able to continue with the programme soon," says Esme.

For more information about Thembalami, visit [www.randaaid.co.za](http://www.randaaid.co.za)



**Thembalami resident Cecilia Lombard boards the bus, which is proudly driven by Jacob Bahumi.**



**New residents Sylvia and Brian Greenblatt are welcomed to the village.**



**Welcome Hilary Saks and Jill Baigent.**

## Elphin Lodge welcomes new residents

As Covid-19 lockdown restrictions eased, Rand Aid's Elphin Lodge retirement village was able to host its first coffee morning since November 2019.

The coffee morning is an opportunity for the Elphin Lodge Residents Committee to welcome new residents to the village, provide an opportunity for tea/coffee and a chat with neighbours and to listen to a speaker talk about interesting and relevant things. The speaker on this occasion was from CAP, Elphin Lodge's armed response provider, and the talk was about security awareness.

## Jose's 95th birthday celebration

Ron Smith Care Centre resident Jose Poultny celebrated her 95th birthday on 14 September.

Born in Benoni, Jose says she spent many years in Springs, before moving to Bryanston. "I then lived at Rand Aid's Thornhill Manor retirement village for 18 years."

Jose was married to Hilton Poultny, who sadly died at the age of 54. She never remarried. "I have two sons, Clive who lives in Pretoria, and Denis, who lives in the United Kingdom. I also have five grandchildren and four great grandchildren," says Jose.

"I was a very good sportswoman and played provincial hockey. I also played softball in my youth and tennis into my 80s," she adds.

## Meet Elphin Lodge's new Residents' Committee

**Congratulations to Elphin Lodge's new Residents' Committee. Back row: Jenny Sella (Secretary), Helen Petrie (Village Manager), Joan Marshall (Chairperson), Keith Reid and Shirley Cosser. Front row: Gerald Mills (Treasurer), Barry Tedder, Danny Nussbaum and John Cowen. Absent: Felicity Kanichowsky.**







Wendy Hunt, in front of many Thornhill Manor residents and garden club members. In the middle of the back row, in blue, is Thornhill Manor deputy manager Jackie Scott.

*The best time to plant a tree was 20 years ago. The second best time is now*

*Chinese proverb*

## Arbor Day

**Thornhill Manor retirement village** recently celebrated Arbor Month and Arbor Day by planting a wild olive tree, which was kindly donated by Servest.

Wendy Hunt, the village's Garden Club Chairperson, gave a short speech before all who attended had their turn put soil on the tree.

Wendy arranged tea and cake, which was enjoyed after the planting.

"Forests and trees play a crucial role in reducing the accumulation of greenhouse gases in the atmosphere, absorbing the equivalent of roughly two billion tons of carbon dioxide each year," says Jackie Scott, Thornhill Manor's deputy manager.

"President Cyril Ramaphosa has called for the planting of 10 million trees in South Africa, over the next five years. This means we should aim for at least two million trees every year. The target is not only for the Department of Forestry, but the public in general. Let's do our bit to save our planet and preserve it for generations to come," she adds.



**Inyoni Creek retirement village** celebrated Arbor Week in early September.

"Servest kindly donated a tree to each of Rand Aid's retirement villages.

"We planted our Olea (wild olive) tree among the other wild olives near the clubhouse. We now refer to it as Olive Grove," says Inyoni Creek's manager Jenny Tonkin.

**Pictured planting the tree are:** Tshephang Mphahlele from Servest; Inyoni Creek's deputy manager Marinda Looyen; Asaf Motsomane from Servest; Gwenda Kaplan and Veronica Feldman, both Inyoni Creek residents; and Dion Chauke from Servest.

## Quiz queen Lynne gets the grey matter going

In November, entertainment was put back in the picture at Thornhill Manor after a long Covid-enforced dry spell.

On 5 November, residents got their grey matter working when quiz queen Lynne Wardle and entertainment committee chairperson Janet Colville presented a picture quiz.

"Our entertainment committee is determined that residents enjoy the slight relaxation of Covid restrictions in the village,

while maintaining Covid safety protocols," says Thornhill Manor deputy manager Jackie Scott.

Jackie says residents look forward to Lynne's quizzes as they are fun filled and stimulating. Attendees brought their own finger snacks and enjoyed the evening very much.

Syd Goshier's team was victorious, and took home donated Spur vouchers.





**ABOVE:** Thembalami Care Centre staff members Shirley Sibeko and Pretty Malope, with resident Michiel Lombard.



**LEFT:** RSCC careworker Mary Azwindini, Karen Mitchell and sister Florah Tshonisa.

**Thembalami Care Centre:** Heritage Day was celebrated over two days, on 23 and 24 September.

The frail care centre's staff formed groups, according to their culture, and each group prepared a dish that all employees enjoyed together.

"The staff went all out. The groups prepared pap, chicken feet, mopani worms, chicken curry and dumplings, to name a few, and our residents enjoyed milk tart, cake and malva pudding with their tea," says Thembalami's Elize Raath.

"The staff entertained our residents, dancing the afternoon away. One of the residents was visited by two family members, who took a video of the celebration to send abroad to show other family members what was happening," she adds.

**Ron Smith Care Centre:** Heritage Day celebrations were started the week before, under the theme 'ubuntu'. The care centre was decorated with various pictures, flags and other items that represented the residents' different cultures and traditions.

The actual day was celebrated the day before the public holiday, on 23 September.

Each wing decorated their own table and staff dressed up in traditional dress or colourful casual clothes. There were prizes for the best decorated table, resident with the best traditional outfit and staff member with the best traditional outfit.



**Tarentaal Care Centre:** The Residents' Committee hosted a braai for residents to celebrate Heritage Day on 23 September. Pictured are residents (front) Ros Prillwitz, Nan Haslehurst and Auriel Wittert; and (back) Doreen Steyn, David Bull and Judy Pearse.

## Residents become Dementia Friends

Rand Aid Association social worker Debbie Beech recently held two talks for Elphin Lodge retirement village and Ron Smith Care Centre about Dementia Friends.

"Dementia Friends is an international initiative that was started in the United Kingdom. It is a social action movement that aims to change people's perceptions about dementia and reduce stigma around this illness," says Debbie.

"The Dementia Friends session lasts 45 minutes and has five key messages that educate people

about dementia and the ability to live well with this illness. A commitment is then made to take certain actions to create awareness," she adds.

After the session, which was also attended by some members of the public, people had the opportunity to register as a Dementia Friend on the local and international register.

Introduced in South Africa in 2019 and coordinated by Alzheimer's SA, there are already 888 Dementia Friends in the country.

For more info, contact Debbie at 083 232 5535.



## Happy 90th birthday, John

Thornhill Manor retirement village resident John Paulson celebrated his 90th birthday on 3 December with his family in Cape Town.

Born in Belgravia, in Johannesburg, John lived in Elma Park in Edenvale before moving to Thornhill Manor 19 years ago.

John married his late wife Ruth in 1955, at the Troyeville Baptist Church. A highlight of their life together was a trip overseas.

"My wife and I travelled to the United Kingdom, accompanied by her brother and family, and visited England, Scotland, Wales and Ireland. We also visited Belgium, Denmark, Germany, Spain and Italy. A highlight was a visit to the Vatican City," says John.

John and Ruth had two children, Sandy, who lives in Canada, and Alan, who lives in Australia. "I have five grandchildren and a great granddaughter," says John.

While his favourite hobby is photography, John says he was a keen golfer for numerous years. "I also enjoy watching sport on TV," he says.

During his working life, John was a draughtsman, employed at Stewarts and Lloyds Piping Manufacturers and Eskom's engineering section.

His words of wisdom for younger generations is: "Love your neighbour as yourself and be kind to all living creatures."

"I would like to thank Thornhill Manor's management and staff and the many villagers in the complex for the friendship and generosity. I love you all," he says.



**Long-time Thornhill resident John Paulson turns 90.**

## Bartrams celebrate 60th anniversary

Inyoni Creek residents Ron and Val Bartram celebrated their 60th wedding anniversary on 4 November.

The couple met while playing badminton at the Modderfontein Badminton Club. At the time, Ron was 18 and Val was 15.

"It was very safe in those years to swim in Modderfontein Dam. We always got together with our friends to go swim," says Val.

They were married at St Francis in the Wood Anglican Church in Modderfontein.

As for their secret to their long and happy marriage: "The rule

always was never to go to bed angry," says Val. "We are both very giving and caring. While I was involved in all kinds of sports, Val kept it all together for our family," adds Ron.

The couple was blessed with two amazing boys, Mark and Robert, and they have four grandchildren and one-and-a-half grandchildren (a three-year-old boy and little girl due to be born in April).

They moved to Inyoni Creek on 19 August 2007, over 14 years ago. "We love everything about Inyoni Creek. This is a place of love and friendship," says Val.



**Ron and Val Bartram pictured on their 60th wedding anniversary at St Francis in the Wood Anglican Church in Modderfontein, where they were married.**



**Back: Lee Schierenberg, Edwina Makua, Vicky Keenan, Julia Masaka and Val Tyreos (who assists Vicky). Front: Angela Webster, Inge Kinzig, Margo Tavner-Smith and Margaret Dempster.**

## Happy Chatty Walkers celebrate third anniversary

Thornhill Manor retirement village's Happy Chatty Walkers, run by Vicky Keenan every Monday morning at 9am, recently celebrated its third birthday!

After their Monday walk, the group takes part in various activities, as part of the Eden Alternative philosophy, to stimulate growth and well-being.

The Happy Chatty Walkers celebrated their third birthday with beautiful cakes, cooldrinks and sweets, and each member got a remembrance card from Vicky, making them feel truly special.