



# Carnival

## time

On 10 December, the Woodlands garden & recreational area was transformed into an old-fashioned carnival site, complete with food & game stalls and a friendly clown on stilts.

The area was gaily decorated with polka-dotted balloons & brightly coloured bunting & the residents & staff also wore bright colours.

One of the highlights was the funny clown-on-stilts who entertained all with his bag of tricks. The food stalls did a roaring trade as residents turned in their tickets to receive hot dogs, popcorn, candy floss and cool drinks. They also tried their hand at the games & it was good to see them, especially the men, winding up to throw a ball into the clown's mouth! The Fish Pond stall was very popular and just like in the olden days, guaranteed a prize for every fisherman.

For those residents who found it easier to play from where they were seated, the games were brought to them. In the end, everyone who participated received a prize just for trying, much to the delight of all!

With the whole care centre community having been recently put into lockdown once again, the happy & carefree carnival experience in a beautiful outdoor setting was much appreciated & enjoyed by all. It also brought back fond memories of the fun and joy of carnivals past.



Molly Matroos, Grace Ratisani and Ellen Quinn.



1. Primrose Kom & Maria Nobrega.
2. Kate Phungula & Karen Mitchell.
3. Elaine Cohen.
4. Olive Jew.
5. Chris Badenhorst.
6. Ria van der Westhuizen.



1. Gail Harmer
2. Doreen Woodward & Clem Lilley.
3. Penelope Mthembu, Sihle Mashai, Christine Maluka & Morongwa Masalesa.
4. Marge Trinder & Sylvia Lasarow.
5. Dorothea Ferri.
6. Tina Smith.
7. Paddy Lowe.
8. Herman Brosck.
9. Sarah Goldberg.
10. Rhona Burnham.
11. Johanna Jennings.
12. Clown capers.

## Get to know me

### Esme Joubert: River Lodge 1 resident

I was born in Cape Town in September, 1937, the elder of two daughters. My parents were both teachers, which inspired me to also become a teacher. I was quite a studious child and loved music & playing the piano. After matriculating, I studied at the University of Stellenbosch & after three years received my Bachelor of Music degree. I then taught music at a school in rural Moorreesburg in the Western Cape. I met my husband, Andre, when he was studying electrical engineering at Stellenbosch. We were married 4 years later and had 3 children: Carl (JHB), Daniel (Melbourne) & Mariette, who sadly passed away. I have 3 beautiful grandchildren. I am thankful that I had a happy 23-year marriage & for my wonderful sons



& grandchildren.

My motto: Make the most of wherever you are & whatever you are doing.

#### Passing thoughts:

Music and my family have been my whole life. I have loved playing the piano, teaching music & giving piano lessons, listening to classical music & enjoying my favourite composer, Johan Sebastian Bach. I also loved singing, as I took voice lessons when I was in varsity. One of my proudest moments was when I sang in a few operas. I have also enjoyed going to the theatre & attending musicals and concerts. Since I have been at RSCC, I have taken pleasure in all the musical & dance events, such as those that take place in the Armchair Travel sessions. My favourites were when we 'travelled' to the Netherlands and Greece!

### Carol-Ann McKenzie: Enrolled Nurse River Lodge 1

I was born & raised in the small town of Upington in the Northern Cape in September 1991. I loved growing up there because everyone knew each other & we could safely play in the streets. All the neighbourhood kids gathered at our house & my mom was everybody's mom. She was kind-hearted & very much a people person, who enjoyed helping & taking care of people. I take after her in this respect. My dad passed away when I was 12, but he had played a big part in my life. He taught me to be my own person & to be independent. After matriculating, I went to nursing college in JHB & qualified as an enrolled nurse. My first job was at Steve Biko Academic Hospital in Pretoria where I worked in the Paediatric ICU for 4 years. I then worked at the Eastland Lifestyle Estate in Kempton Park where I was introduced to frail care,



dementia & the Eden Alternative.

I began working for Rand Aid in September 2019 & am enjoying my time on River Lodge 1, especially working in Recuperative Care. I met my boyfriend, Tumelo, through my sister. We clicked straight away & are now in a loving long-distance relationship (he lives in Oudtshoorn).

#### Passing thoughts:

I relax by listening to my favourite music (old-school R&B and soul), binge-watching Netflix series (medical dramas) and movies or gaming on my phone. My best holidays involve beaches, scenery, water & beautiful views. My happy place is my 2-bedroom flat in Boksburg, which I recently bought. I love having my own place. My dream is to further my studies & then to either specialise in paediatric nursing or in caring for those living with dementia. My faith plays a big part in my life. God is the driving force for everything.

## Greek gaiety, dance and delights for residents and staff

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," says Debbie Christen, Rand Aid's manager of recreational programmes.

Everyone enjoyed the morning pro-

gramme 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.

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.

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

## Birthdays

### RESIDENTS

16 January Erzebet Tamasi, CP (87)  
20 January Joan Symons, LS (79)  
21 January Maria Milburn, WL (78)  
23 January Bela Nadori, RL2 (91)  
26 January Molly Matroos, LS (50)  
27 January Graziella Verster, RL3 (80)  
28 January Anne Brokensha, CP (101)  
29 January Trudi Thijs, RL2 (90)

### VOLUNTEERS

16 January Steph Enslin

### STAFF

01 January Matevju Nethononda  
01 January Lucy Kgafela  
03 January Rose LebJane  
03 January Makau Nkadameng  
06 January Helen Petrie  
09 January Hlayisani Nkuna  
12 January Silungile Dube  
14 January Rudzani Nengudza  
15 January Madikana Matshaba  
21 January Pulane Malatji  
22 January Tshupo Malatji  
25 January Laurentia Jooste  
29 January Vuyokazi Mkhwambi

### Fondly remembered

Josephine Poultney RL2  
Gladys Rosenberg LS  
Heather Attwood RL2

### Welcome to

Maria Jose' Macedo, RL2  
Maria Volskenk, LS  
Schalk Grobler, WL  
Geetha Hiranman, RL3  
Maria da Silva, WL



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