

Ron Smith Care Centre @ Elphin Lodge



FEB 2022 No. 74

Karen Mitchell – the joy of dancing!



Lorraine Lowden & Ellen Quinn – the joy of baking!



NEW OT FOR RSCC

Welcome to Marlé Gräbe (23) who began working with the rest of the Recreation Team (Debbie Christen, Salina Mtshali & Evelyn Shilubane) on January 3.

Since then, she has been busy getting to know our residents and planning and implementing daily activities that bring meaning, joy and fun to individuals. We look forward to benefiting from her skills as an occupational therapist (OT) and to the fresh ideas that she will bring in building up our Recreation Programme.

Marlé studied OT at the University of Pretoria, completing her degree in 2020. Her decision to become an OT was inspired by her enjoyment of trying new activities. She is passionate about creating and has a wide range of hobbies, including painting, beading, dancing, reading, gardening and baking. These hobbies are vital to her well-being and she hopes to encourage others

Simple joys in daily life



Kedibone Shongoane & Lorna Topp – the joy of relaxing by the lake!

RSCC is Covid free!
All residents and staff infected with Covid-19 have recovered and are doing well. To further protect our residents from the virus, our vaccination site re-opens on 7 February for the Pfizer booster shots.

to find those activities and simple pleasures which increase their quality of life and make life worth living.

Get to know me

DORIS FERRI: WOODLANDS RESIDENT

I was born in October 1929 in Trier, Germany, and grew up during the difficult war years. After matriculating, I attended secretarial school & managed to find secretarial work, but life was still difficult after the war & many people were looking for opportunities for a better life overseas. Some friends encouraged me to secure a job contract in South Africa & at the age of 22, I made the very brave decision to move overseas. It was a long journey by boat from Southampton, England, to Cape Town, Durban & finally JHB. I met my husband, Massimo, at a New Year's party I attended soon after my arrival. We set up our family home in Glenhazel and raised three children: Claudio (Zimbali), Anthony (Nelspruit), & Anita (JHB). Massimo



& I were married for 61 years until his death in 2015. After the children were grown, I worked for Lufthansa Airlines in passenger services for 16 years. We also travelled a lot during this time.

Passing thoughts:

I enjoy peace & quiet, listening to light classical music & watching the news to keep up with world events. I learnt how to cook very good Italian dishes from my mother-in-law. I have fond memories of keeping the German Christmas traditions alive with candles on the tree, nice food (including Stollen) and the family all together. As time goes on, I seem to be going back more and more to my roots & am fortunate to be able to stay in touch with old friends. I am also thankful for my wonderful, intelligent, good-looking, professional children & that my 6 grandchildren have studied & are also doing so well.

RIA MILBURN: WOODLANDS RESIDENT

I was born in January, 1944, in East London and have a twin sister, Cecelia, & younger sister, Daleen. I grew up on a wine farm in the Cape & at the age of 10, moved to JHB. I obtained a BA degree from the University of Pretoria, but also studied chemistry. I then worked as a lab technician in the metallurgical lab at Haggie Rand. I met my husband John at work (he eventually became the MD). When I met him, he was alone in SA as his family was in England. My mother took pity on him & invited him for Sunday dinner. She absolutely adored him, as did I, & we were happily married for 56 years until his death. We had a son, Steven, who tragically passed away when he was only in his 20s. As difficult as that time was, I believe it's best not to dwell on painful things that you can-



not change, but to look on the bright side of life & make the best of your situation.

Passing thoughts:

I have always been interested in game & took courses to learn about animals. I ran the bush camp at Marakele National Park in Thabazimbi & became head of the Field Guide Association of SA. I was the first woman to specialise in dangerous animals. One of my proudest achievements was starting a training school for field guides & game rangers, to empower locals living on the borders of the park. Training, animals, the environment & wildlife photography have been my passion. I was an avid sportsperson & won several Women's Golf championships & played 1st league tennis. I have also done a lot of mountaineering. I am thankful for my health, my home & being surrounded by nature, & the caring people who look after me so well.

ETHEL MATLALA: ENA WOODLANDS

I was born in Soweto in April 1975. I was an only child and often lonely, but my mom became my best friend. I left school for a short period, but went back to get matric. I really enjoyed school. I attended nursing college, qualified as a care worker & than an ENA. I worked at various clinics & care homes in JHB & did work through a nursing agency. In July, I became permanent Rand Aid staff & am happy as an ENA on Woodlands. I met my husband, Philemon, when I was still living at home with my mom in Soweto. He had seen me walking around & decided that he wanted to marry me! I wasn't ready to get married at that time, but I liked him, so we started dating. We had a traditional wedding in May 2009 & have now been married for 12.5 years. Philemon



is a sub-editor of The Citizen newspaper. We live in Kibler Park & have 2 beautiful daughters: Tintswalo (16) & Tinyiko (13). I have 3 older children from a previous marriage: Blessing (29), Thomas (25) & Pretty (21).

Passing thoughts:

I like reading magazines & newspapers, & listening to music and dancing. My husband & I have a lovely garden and a cute sausage dog named Mia. I love to cook, bake and clean. My favourite foods to make are samp, mogudu & dumplings. My simple pleasure is when all 5 of my children, my husband & myself are together outdoors, playing music & braaiing. These days, children can easily go astray & forget the values they have been taught, so I am especially thankful that I have 2 wonderful sons who don't smoke or do drugs. God has blessed me with a beautiful family who blend happily together.

Birthdays

RESIDENTS

3 February Olive Jew LS (98)
4 February Geetha Hiran RL3 (60)
6 February Maria Volschenk LS (85)
8 February Gisela Meinck RL2 RL2 (93)
8 February Dorothy Thomas RL2 (91)
13 February Pamela Mintz WL (91)
21 February Etienne Geyser RL3 (89)
25 February Arthur Nortje CP (84)
27 February Patricia Graham RL3 (81)
28 February Romano Ceretto-Giannone RL1 (82)

VOLUNTEERS

02 February Solange Irakoze
10 February Beulah Ganesh
11 February Edel Froschhauer
13 February Marisa Sabato

STAFF

17 February Motsatsi Moilakgomo
23 February Caroline Muchheka

Fondly remembered

Heather Attwood: RL2
Graham Ross: RL3
Irene Fikkert: RL2
Sandy Fine: RL2
Norman Cox: RL3

Welcome to

Walter Serebro: RL2
Myra Serebro: RL2
Beryl O'Donnell: WL
Bernice Jarwitz: WL



Harry's back with his feathered friends

Harry the Duck is hopping happily around, thanks to some TLC. An inhabitant of the RSCC/Elphin Lodge dam, Harry recently injured his leg, but was nursed back to health. He was 'discharged' from his hospital pen and is able to walk again, with just a slight limp.