

Rand Aid *review*

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MARCH 2022

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Community network of care

In 2017, Rand Aid Association introduced its Community Care Co-ordination Programme to ensure a continuing holistic and comprehensive service to its residents, covering the health, social, emotional, interactional and psychological aspects of ageing. The need for the programme was apparent when considering the age profile in Rand Aid's retirement villages, and the well-researched vulnerabilities that come with ageing.

According to Zabeth Zühlsdorff Rand Aid's general manager: Services and Advance Division, as older people live longer, they become more vulnerable to a multitude of stressful life situations involving loss and change on so many levels, such as unexpected health, memory and financial changes, or the devastating loss of a lifelong partner or adult child, or the emigration of children and close friends and family.

"The resultant loss of emotional and financial support; and changes in physical and/or mental health impact well-being," she says.

The Care Co-ordination Programme commenced in August 2017, when Sue Prior joined Rand Aid as a social worker.

The programme has since grown to include Debbie Beech, who joined Elphin Lodge in February 2019; and Ulricka Beukman, who joined Tarentaal in March 2019. In January 2022, Shaun Victor, who is based at Inyoni Creek, joined the team; and Erene Mitchell is the new team member at Thornhill Manor.

Basing the social workers at the villages gives them the opportunity to become part of the village network and work closely with village management, nursing staff and the residents' medical doctors. This enables them to establish trust and confidence with residents; provide a familiar, comfortable and caring place for residents to come and relive treasured memories, share concerns and explore solutions, and be received with understanding and empathy. → TO PG 2



Love at fur-st sight.

STORY PG 3

St Patrick's Day was celebrated in fine style at Tarentaal Village. Pictured are Tarentaal committee member Auriel Wittert and Ayanda Matthews, Rand Aid's general manager: Compliance and Social React. STORY PG 4.

FROM PG 1

Social workers ready to listen

The principles of dignity and respect for residents and confidentiality guide all aspects of the social workers' role, says Zabeth.

Rand Aid's social workers have been trained in the Eden Alternative, a philosophy where the core concept is about teaching us to see ageing as a natural life stage, and the places where older persons live, as habitats for continued growth, development and meaning.

One of their core functions is to anticipate, assess and address the needs resulting from life's inevitable stresses. Many hardships can be minimised or averted by frequent, open and supportive communication, says Sue, who co-ordinates the programme.

"Thus, whilst specifically determining gaps in care, the social workers focus on identifying residents' individual strengths, resources and support systems, and then utilising and adapting them as needs change, enabling residents to make informed choices," says Sue.

"One of the most important roles has been aligning closely with all village and Care Centre staff in building a supportive environment in our facilities, where residents are connected with each other and can form an internal support structure to bring joy and meaning to life," she adds.

In addition, the social workers regularly research and implement programmes on various topics, including memory care, disability, bereavement, terminal illness and work collaboratively with administrative and nursing staff to promote an integrated and holistic approach in how Rand Aid cares for residents.

Reach out to Rand Aid's social workers:

Sue Prior: Community Care Co-ordinator Head Office:

084 610 0453 / 011 882 2510.

Debbie Beech: Social Worker Elphin Lodge and Ron Smith Care Centre:

083 232 5535 / 011 882 6296.

Ulricka Beukman: Social Worker Tarentaal:

082 825 6617 / 011 882 2510.

Shaun Victor: Social Worker Inyoni Creek:

071 674 1849 / 011 430 2014.

Erene Mitchell: Social Worker Thornhill Manor:

082 690 5368 / 011 608 2480.

Welcome to the care co-ordination team

Meet Shaun and Erene, Rand Aid's new social workers:

Social worker **SHAUN VICTOR** joined Inyoni Creek in January.

After graduating from the University of Stellenbosch in 2007, Shaun worked for the Department of Social Development in Gugulethu for two years.

He then moved to Mpumalanga, where he worked for the Lowveld Association of People with Disabilities and then for the South African National Institute for Crime Prevention and the Reintegration of Offenders (NICRO) Nelspruit. In 2013, he transferred to NICRO Pretoria.

From 2016 to 2020, Shaun worked as the residential social worker at Arcadia Jewish Child and Youth Care Centre. And, before joining Rand Aid Association, he worked at Epilepsy South Africa



(Gauteng) as assistant director for a year.

He has augmented his social work degree by completing a Higher Certificate in Management and a short course in employee assistance. Shaun also presented a five-day training programme in Cameroon, and an online course – to delegates from across Africa – on the IBE Advocate's Toolkit for Making Epilepsy a Priority in Africa.

"I look forward to having a positive impact on Inyoni Creek's residents and to becoming an integral part of this journey," says Shaun.

"Rand Aid offers residents a support structure that leads to a carefree retirement, and I am eager to put my experience and education to good use," he adds.

ERENE MITCHELL

recently joined Thornhill Manor as its community care co-ordinator. The new position was much-needed and has been widely welcomed by staff and residents alike.

Erene has a wealth of experience across a spectrum of social work.

Throughout her life, she has had a special link

working with senior citizens. "I can remember growing up with lots of elderly people because my mother had a special interest in caring for them," says Erene.

After obtaining her degree at Wits University, she gained a wealth of social work experience over a period of 17 years. Her first position was with the Johannesburg Care for the Aged Association. "I somehow have had good links with seniors for a long time."

Erene's career spanned the full spectrum of social work.

"I was very blessed to have worked with people struggling with their eyes, including rehabilitation work for people who were newly blinded; through to family restoration, gender-based violence, adverse childhood experiences and people dealing with traumatic incidents."

Her career included running her own practice for 11 years, with a focus on family restoration work. "This provided



exposure to needs ranging from addiction to family conflicts and other challenges of life."

It was a natural progression for her to join Thornhill Manor. "I'm thrilled to be part of such a competent team and to be among beautiful people."

Erene glows when she talks about the Eden Alternative values which have been adopted by

Rand Aid, describing them as 'magnificent and aligned to the core values of social work'. This encompasses respect for independence, through to looking at joy and meaningful activities. "It depends on what is meaningful for each individual," Erene says.

She has a clear direction and vision for her work at Thornhill: "My first challenges will be to help new residents to settle into the village and, as life happens, to assist all residents to adapt to those changes (sometimes very big and quite daunting). These include loss of family members who decide to move abroad, grief, bereavement, loss of mobility, vision or hearing that deeply affect our lives."

Erene plans to do both one-on-one and group chats. "I'm a gung-ho group worker."

She needs residents' participation to make her work meaningful. "I am reliant on residents' input and ideas concerning areas of focus," she says.



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Pam wins whopping R45 000 Joker's Jackpot

Elphin Lodge retirement village resident Pam Warman recently won the village's R45 000 Joker Jackpot!

The Joker's Jackpot is an Elphin Lodge Residents' Committee fundraising event that takes place once a month, says Elphin Lodge manager Helen Petrie.

In the Joker's Jackpot, 54 playing cards are placed face down on a locked display board. There are two jokers. Residents pay R10 for three tickets.

A draw – with a main prize of R1 000 and a chance to turn over one of the cards on the board, and two consolation prizes – is held each month. "If the main ticket holder is present, they

can turn over any card on the board – if it's a joker they win



Pam Warman and Keith Anderson, who launched the Joker's Jackpot in 2017.

the first joker turned over at the 10th draw by the late Kurt Korneau, who won R15 000.

the jackpot – if not, the prize money rolls over," explains Helen.

If the ticket holder is not present at the draw, the first available facedown card – top row, left to right – is turned over on their behalf. If it's the joker, they still win the prize.

The draws continue every month, until both jokers have been found. If there is no winner, the jackpot grows.

The pot was limited to R40 000 for a number of months and a January bonus of R5 000 was added to start the year with a bang, says Helen.

The game started in 2017, with



Olive Jew with Orion. Ellen Quinn is looking on.

Dulux dogs spread joy

Ron Smith Care Centre residents and staff fell in love with the JOY Dogs that came to visit the care centre with their owner and handler Sue Green on 17 February.

Jade, Orion and Yola (JOY) are Old English Sheepdogs. Yola (9) comes from Hungary, Orion (4) comes from Russia and Jade (1½) was born in Bronkhorstspuit.

The JOY dogs visit to RSCC was the first time they have been action after a two-year break due to Covid-19.

"Their visit was a real Valentine's treat for our residents, warming the hearts of all who had the privilege to meet them," says Debbie Christen, Rand Aid's manager of recreational programmes.

"The dogs seemed to enjoy the spacious Woodlands' garden and recreation area and really lived up to their name, spreading love and JOY to all. Residents and staff alike were delighted to spend time with them, touch them, take photos and watch them do some tricks," she adds.

On show were some garments made from the dogs' hair, which is collected by Sue, spun on a spinning wheel and then knitted.

The dogs are the brand ambassadors for Dulux paint and are celebrities in their own right. Orion is also featured in current TV and social media adverts. The visit was Jade's first time working as a JOY Dog and she thoroughly enjoyed it.

"The therapy dogs also visited and interacted with residents who live in RSCC's dementia wing and, on their way out of the complex, were stopped and admired by residents at the coffee shop," says Debbie.

Sue is hoping the visit will prompt the community to start booking the JOY Dogs again, after such a long Covid-19 break. They love meeting people, posing for photos and generally being admired and showing off. For more information, visit www.joydogs.co.za, contact Sue at 082 455 8634 or email sue@joydogs.co.za.

Covid-19:

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Live fully, but remain careful

The last Covid-19 wave, fuelled by the Omicron variant, had a significantly reduced impact on the residents and staff of Rand Aid Association.

"Although highly transmissible, Omicron generally caused mild illness with only a few residents requiring hospitalisation," says Zabeth Zühlsdorff, general manager of Rand Aid's Services and Advance Division.

"We are very pleased that

most residents have had the booster vaccine. We temporarily re-opened our vaccination station at Elphin Lodge between 7 and 11 February to make it convenient for people to get these shots."

Zabeth says it is great that residents can start socialising again and that most of the village and care centre activities have recommenced.

Although President Cyril Ramaphosa said during his ad-

dress to the nation on 22 March that masks no longer have to be worn when out of doors, the Rand Aid community is reminded that these remain mandatory in indoor public spaces.

Social distancing of one metre is also mandatory.

"As you start to enjoy the many activities on offer at our villages and care centres, please remain cautious and adhere to the basic guidelines for disease prevention," she says.



Anne celebrates 101st birthday - Ron Smith Care Centre (Cedar Park resident Anne Brokensha celebrated her 101st birthday on 28 January, surrounded by family, friends and RSCC carers. Her life story tells of a challenging childhood that equipped her with numerous skills, wartime intrigue and, above all, a strong, nurturing personality that has been her family's guiding light. She has lived at RSCC since 2015, and survived Covid-19 in 2020.

Tarentaal goes green for St Patrick's Day!

Following two years of Covid-19 lockdown restrictions, Tarentaal retirement village residents thoroughly enjoyed celebrating St Patrick's Day on 17 March, in real Irish style!

A traditional Irish meal and sing-along Irish folksongs took residents on a trip down memory lane, while enjoying the re-opening of the pub.

Tarentaal's Residents Committee ensured a true St Patrick's Day vibe, with beautiful decorations for the hall and tables. Residents complimented the evening, dressing up in Irish colours.

"What a wonderful evening! The hall was decorated so beautifully and we really enjoyed mixing with new people," says Tarentaal resident Charlotte Duncan.

"It was an evening full of joy and happiness. Thanks to all who made it so special. It cheered all of us up with love and happiness," she adds.



Tarentaal Resident's Committee members Ros Prillwitz, Doreen Steyn, Charmain Datt and Antoinette du Plessis.

Carnival time at Ron Smith Care Centre

Ron Smith Care Centre's Woodlands' garden and recreation area was transformed into an old-fashioned carnival – complete with food and games stalls and friendly clowns on stilts – for residents to enjoy on 10 December.

The area was gaily decorated with polka dot balloons and brightly coloured bunting, and residents and staff wore bright colours and joined in on the fun.

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 handed in their tickets to receive hot dogs, popcorn, candy floss and cool drinks. They also tried their hand at the games," says Debbie Christen, Rand Aid's manager of recreational programmes.

"It was good to see, especially the men, winding up to throw a ball into the clown's mouth! The fishpond stall was very popular and, just like in the olden days, guaranteed a prize for every 'fisherman'," she adds.

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

"The happy and carefree carnival experience in a beautiful outdoor setting was much appreciated and enjoyed by all. It also brought back fond memories of the fun and joy of carnivals past," says Debbie.



Rhona Burnham in a carnival spirit.



Inyoni Creek held a special **Valentine's Birthday Tea** on 3 February, which was thoroughly enjoyed by all! Pictured are resident Karyne Brokenshire, Sue Prior (Head Office community care co-ordinator), Shaun Victor (Inyoni social worker) and resident Helen Parkinson.

Ron Smith welcomes Marlé as new OT

Ron Smith Care Centre welcomes Marlé Gräbe as its new occupational therapist.

Marlé, who started on 3 January, will be helping Ron Smith's recreation department plan daily activities for residents, introduce new activities and help with the organisation of the care centre's events.

A Kempton Park resident, Marlé studied occupational therapy at the University of Pretoria, completing her degree in 2020. She then completed her community service at Dr George Mukhari Hospital in 2021. Her post at Ron Smith Care Centre will be her first position as an independent practitioner.

"I hope to introduce a wider variety of activities, increase participation in the programme and improve our residents' quality of life through meaningful activities and fun," she adds.

Marlé, whose ultimate aim is to inspire positive change and growth in the recreation department, wants to bring even more hope and joy to the residents. "I aim to advocate for the importance of a variety of opportunities for participation in

meaningful activities for the elderly and frail in our care," she says.

"The staff at Rand Aid are all so welcoming and friendly, and made me feel at home from day one. The facility is beautiful, and a lovely environment to work and live in. I can see the dedication the staff and organisation have towards the residents and their well-being. I am very thankful for the opportunity I have been given, and look forward to the years ahead," says Marlé.

She invites volunteers who would like to get involved in Ron Smith's recreation programme – whether weekly, monthly or annually – to contact Debbie Christen at 011 882 6296 or email dchristen@randaid.co.za for more information.



Marlé Gräbe.



New receptionist for Inyoni Creek - Inyoni Creek retirement village welcomes new receptionist Kelsey Hauptfleisch (31) to the team. Kelsey joined Inyoni Creek on 10 January. For the past nine years Kelsey worked at the Holy Trinity Catholic Church in Braamfontein Johannesburg, where her main function was administrator to the priest, carrying out all frontline administrative functions. Kelsey, the youngest of three siblings, matriculated at St Dominic's in Boksburg. While she has not met the man of her dreams, she says she has two nephews who keep her entertained. In her spare time, she enjoys long walks, hiking, spending time with family and friends and making people happy.



Congratulations to Inyoni Creek's **Merlin Thape**, who recently acquired her Code 10 driver's licence. Merlin is a domestic worker based at Inyoni Creek's clubhouse. She also drives residents to the doctor at Elphin Lodge, and delivers meals for us to residents, says Inyoni Creek manager Jenny Tonkin.



The Happy Chatty Walkers. Seated: Margaret Dempster and Anna Ramsay. Standing: Juliet Muksasa, Margot Tavener-Smith, Vicky Keenan and Prisca Dlamini. Standing far right: Angela Webster.



New beautician at Inyoni Creek - Beautician Christina Musasa started at Inyoni Creek in February, offering her services at the boutique – which is based at the Pool Centre – on a Thursday and Friday from 8am to 4pm. She also works at Thornhill Manor, and has been with them for eight years. "The residents are loving having her at the village, as there has not been any permanent arrangement since lockdown," says Jenny Tonkin, Inyoni Creek's manager. To make a booking, contact Christina at 079 092 9959. Pictured are Christina Musasa with Inyoni resident Jean Hegardt.

Happy Chatty Walkers share the love this Valentine's Day

Thornhill Manor's Happy Chatty Walkers had tons of fun creating a 'tree of love' for Valentine's Day on 14 February.

After their weekly walk, Thornhill Manor's volunteer occupational therapist Vicky Keenan got to work teaching the Happy Chatty Walkers how to make their own 'tree of love' for Valentine's Day, while enjoying tea and juice and cupcakes.

"They absolutely loved the activity and got to take their own 'tree of love' home with them," says Jackie Scott, Thornhill Manor's deputy manager.

Elphin Lodge 'lights a spark' for children in need

Elphin Lodge retirement village residents are knitting and donating teddies to non-profit organisation Light A Sparke, which donates them to children who are experiencing trauma and need a 'teddy hug'.

"Elphin Lodge reached out to our residents after seeing a Light A Sparke advert requesting people to knit teddies for children who have been in an accident or are victims of gender-based violence, to help comfort the child during the alarm phase of their trauma," says Elphin Lodge manager Helen Petrie.

Elphin Lodge residents Jenny Sella and Deidre Krull immediately offered their support and got to work knitting teddies for the children.

"Their first batch of 11 teddies were handed over to Light A Sparke on 22 January and are already being given to children who need support," says Helen.

"Caring gestures like these may not seem significant to many, but they make the world of difference for the children who have something to hold onto during difficult times," she adds.

Light A Sparke, which has ambassadors all over the country, was started when its founder Janene Machin's daughter was doing her internship at Baragwaneth Hospital.

"She would come home and say, 'Mom we need beanies as there are not enough incubators for the babies' or 'We have a woman who has covered herself in plastic sheeting because she's cold, we need blankets'. The demand and requests for many different and much-needed items grew," says Janine.

"Each time we have a request, we start an initiative. Our latest initiative is for teddies and soft toys, which can be knitted, crocheted, sewn or even bought and donated," she adds.

Light A Sparke donates the teddies to various causes, namely police stations for traumatised children, the Smile Foundation, Childhood Cancer Foundation South Africa, and malnourished children.

If you are able to assist Elphin Lodge to knit some teddies for Light A Sparke, please contact Neeri Stroebel at Elphin Lodge at 011 882 6296 or send her an email at nstroebel@randaid.co.za.

For more information about Light A Sparke, visit <https://lightasparke.co.za>



Julie and Dave Rigby.

An explosion of red and white at Thornhill Manor

Thornhill Manor retirement village held its Valentine's sundowner dinner in the hall on 9 February, with 120 residents attending the function.

The hall was decorated in red and white by the village's décor team, and many guests arrived in the traditional Valentine's colours too.

Residents raved about the food, which was cooked and served by Café Manor's staff and Neil Ross.

Lovely red foil-covered chocolates were donated by Helen Furman from Smash It, who assists the village annually with delicious chocolate donations for its events.

Random kindness shown to Thembalami care centre

The Dis-Chem Foundation and 947 made a huge difference for Thembalami Care Centre and its residents through the Random Acts of Kindness campaign, which donated R120 000 to the frail care centre.

Thembalami caters for 114 elderly residents who require 24-hour nursing care. Sadly, these residents receive a government grant and subsidies, a small pension and little to no family support or finance to cover their basic needs, and the pandemic made it increasingly difficult for the care centre to purchase the necessary equipment and products that residents require.

The care centre offers the elders a holistic care approach, which includes accommodation, 24-hour nursing care with a nurse-call system, a full-time social worker, a doctor on call, a podiatrist, laundry services and an occupational therapy programme.

In addition, the centre which is situated on spacious grounds tries to create a homely atmosphere to comfort residents as well as facilities, including an interdenominational chapel, a library, a hair-dresser, a superette, a dining room seating area, a recreational activities area and transport to shops and amenities.

In recognition of the incredible care that the Thembalami Care Centre has provided for frail residents, the Dis-Chem Foundation donated a store account of R10,000 per month which equates to R120,000 worth of store credit that can be used to purchase the products required to care for the special needs of the elders.

Dis-Chem Foundation's representative, Sherry Saltzman believes that the Thembalami Care Centre is a special home that gives its residents the chance to find new hope and meaning in a caring environment.



The gorgeous teddies - with the Elphin Lodge Complex dam in the background.

Substance use disorder in the workplace

Substance use is on the rise in South Africa and is even more prevalent than HIV/Aids.

This is according to Adèl Grobbelaar, the manager of Johannesburg-based SANCA Wedge Gardens, a substance use treatment centre.

"The latest crime statistics reflect that 170 people died daily from alcohol-related incidents and illnesses," says Adèl.

"Taking the statistics into consideration, it is possible that a significant number of people and/or their loved ones may encounter substance use-related problems that can impact their productivity in the workplace," she adds.

As employees are a company's greatest asset, effectively dealing with substance use in the workplace is essential.

"Dismissal of the employee, which many employers consider as their first course of action, could result in the company losing trained and valuable staff and increasing its costs, as new employees would have to be hired and trained," says Adèl.

"SANCA Wedge Gardens Treatment Centre can assist companies with these

employees and help them deal with the substance use problem as efficiently and effectively as possible," she adds.

The early warning signs of substance use that employers should look out for include poor time management (missing deadlines / lateness); ineffective decision making; excessive use of sick and annual leave; extended lunch hours and leaving work early without permission; changes in appearance; being involved in accidents or having near misses and making errors; changes in behaviour and attitude (mood swings, anxiety, depression, aggression, being oversensitive, agitated, volatile and a loss of interest); smelling alcohol or dagga on an employee's breath; signs of intoxication, including dilated or constricted pupils, poor fine or gross motor skills and red eyes; and theft and deviance.

"When dealing with substance use in the workplace, an employer should gather facts with regard to the above-mentioned signs of substance use so that they can confront and discuss the matter with the employee," says Adèl.

"SANCA Wedge Gardens conducts

drug testing and can provide an assessment of the employee to determine the severity of the substance use disorder. We also offer substance use detection training for management, so that managers are able to detect problems early; and we participate in wellness days to create awareness around substance use disorder," she adds.

When dealing with an employee who has a substance use disorder, employers can involve unions and start a disciplinary procedure against the employee.

"Assisting an employee with rehabilitation should be considered if the person does not endanger lives at work. Once given the option, if an employee does not comply with the full treatment (in-patient or out-patient and aftercare) they can be fired. However, dismissal should only be an option when an intervention has been conducted by the employer."

For more information about SANCA Wedge Gardens' Full Circle Recovery Programme, employers can contact Adèl at 011 430 0320 or visit www.wedgegardens.co.za.



Thornhill Manor celebrates St Patrick's Day - St Patrick's Day was celebrated in style at Thornhill Manor retirement village on 16 March, with 120 residents donning traditional green at the annual dinner. The décor and entertainment committees assisted in decorating the tables in lovely greens, and Irish jokes were a plenty! Irish music played in the background, while residents received their meal, buffet style from the serving kitchen. The delicious meal was catered by Neil Ross, who runs Café Manor at the village, and was thoroughly enjoyed by all. Pictured are Janet and Keith Fraser (Thornhill Manor Committee Chairman) enjoying the St Patrick's Day celebration.

How to become a techno-savvy senior

While many seniors are intimidated by constantly evolving technology – from computers and laptops to smartphones and tablets, apps, social media and the internet – it enables a much easier and convenient way of living and keeping in touch with loved ones and friends.

According to an article in *Forbes* magazine, seniors and retirement villages, in general, have grown more receptive to technology since the onset of Covid-19. Overall, the pandemic spurred greater tech adoption among seniors, even those resistant or hesitant to use it. In America, for example, tech spending increased by nearly 200% in 2020 among older adults and across all device categories, according to AARP research.

For seniors who have not yet embraced technology, deciding to become a bit more techno savvy will open up a whole new world. You will know from interacting with your grandchildren that

youngsters are wizards when it comes to ever-changing technology. More often than not, they are only too happy to take you under their wing and share some tips and tricks that can make your life much easier. If you are a resident of a retirement village, you may also be able to access help from other residents.

When considering a retirement village, always ask if fibre is available, as it offers a faster and more reliable internet connection ensuring that you will be able to view and download anything you want to enjoy.

Some techno tips:

- * Ensure careful management of any passwords you use. Always use a unique password that only you know and never disclose your passwords in emails or any online channel.

- * Never share your ID number, contact

details or physical address with strangers online.

- * Never disclose your banking profile and password details even when a caller says they are from your bank or an email appears to be from your bank.

- * Using antivirus software on your computer or laptop can prevent viruses and security threats.

Rand Aid Association is a well-established and successful non-profit organisation offering accommodation in a variety of independent-living retirement villages and frail care centres. With us you will find a well-appointed retirement home and a support structure that offers a carefree retirement, in beautiful grounds with well-maintained buildings.

Our unique business model enables us to also sustainably care for Elders and others in need. For more information about Rand Aid Association, visit www.randaid.co.za or 'like' us on Facebook.

How to adapt to anything life throws at you

SANCA Wedge Gardens treatment centre recently held an 'adaptability' workshop for its clients, to help them cope with the ever-changing reality of life.

To adapt to a new situation means to change yourself to it and change your ideas and behaviour to deal with it successfully, says SANCA Wedge Gardens manager Adèl Grobelaar.

"People resist change because they think they are going to lose something of value and they are going to be unable to adapt to new ways. If it is a significant change to a daily routine it becomes emotional because it threatens safety and security and takes people out of their comfort zone," she explains.

The ability to adapt to change is a soft life skill and can be learnt, depending on a person's openness to the challenge.

"Sometimes these evaluations or reinventions are done by choice and sometimes they're forced upon you – asking you to become adaptable," says Adèl.

At other times, changes may feel small and insignificant.

"Either way, people's ability to adapt to these situations and become comfortable with the ever-changing circumstances in their life will influence their happiness, health, stress and well-being," says Adèl.

Why is adaptability so important?

In a world that is constantly evolving, people's ability to adapt can increase their chance of being successful in their career, relationships, health and more.

Adaptability showcases their ability to be resourceful, display leadership skills, display analytical skills, be determined and so much more.

"In life, we will always experience unpleasant and uncomfortable things. Some of these things are within our control, while others are not," says Adèl.

For more information about SANCA Wedge Gardens, visit www.wedgengardens.co.za

Some of them may be significant and difficult, such as:

- Getting married
- Having kids
- Starting your own business
- Overhauling your nutritional habits
- Ending a relationship
- Losing a loved one
- Starting college
- Moving provinces and starting fresh.

Some ways how to adapt include:

- Trying to find the humour in a situation.
- Talking about the problems around it, not the feelings.
- Don't stress about stressing about it.
- Focus on values instead of fears.
- Accept the past and fight for the future.
- Don't expect stability.
- Let go of 'that's the way it was always done'.
- Force yourself to take some risks.
- Encourage others to be open minded.
- Embrace learning.
- Initially brainstorm and then organise your thoughts.
- Stay positive and get a fresh perspective.
- Focus on what you are able to do.
- Set new goals.
- Stay connected to people.

STAY STRONG
STAY FOCUSED
DON'T BE AFRAID OF CHANGE
EMBRACE YOUR NEW LIFE
YOUR HAPPINESS IS NOT WORTH
GOING BACK TO YOUR OLD LIFE

After attending the workshop, Wedge Gardens asked its clients

to write a motivational letter to others who are battling substance addiction. This is what they had to say:

"Don't let your past influence your future."

"Everything you want is on the other side of fear."

"Your whole life can and will change."

"You gave up everything for one thing. Now give up one thing for everything!"

"Be who you are. Change your situation by changing the world. Recover and live a life of blessings."

"What I survived might kill you!"

"Stay strong. Stay focused. Don't be afraid of change. Embrace your new life. Losing your happiness is not worth going back to your old life."

"Embrace the change. It's easier than trying to resist."

"Stay strong. Have heart. Be free!"



Molly celebrates her ninth decade

Rand Aid Tarentaal retirement village resident Molly Cross celebrated her 90th birthday on 10 February, at a lovely party organised by her caring neighbours.

Born in England 1932, Molly moved to Johannesburg at the age of seven. She met her late husband Ken, in Rhodesia, and they got married on 12 September 1969. They then lived in Salisbury for approximately 12 years, and moved to South Africa in 1980.

Ken started working at Rand Aid Association in 1981, in the accounts department, and the couple moved to Tarentaal when Ken retired in June 1996. Sadly, Ken passed away in 2014, on his 84th birthday. The couple was married for 45 years.

Molly, a Tarentaal resident for almost 26 years, says she enjoyed gardening in her younger years. "I now love watching sport on TV, especially cricket, golf and tennis," she says.