

Ron Smith Care Centre

@ Elphin Lodge



JUNE 2022 No. 79



GOLDEN GAMES

SPECIAL OLYMPICS

Ron Smith Care Centre is gearing up for its Golden Games 'Special Olympics' event to be held from 6 to 9 June. Residents and staff from all six wings will compete in four events over the four days.

Monday – Balloon volleyball

Tuesday – Paper plane race

Wednesday – Bean bag toss

Thursday – Skyscraper building challenge.

Friday, 10 June

AWARDS CEREMONY AND TEA

The Champion Team will be crowned and awarded medals and the winners of individual prizes will be announced.

Bean bags go flying as residents aim for various targets!



Marry Matheba and Karen Mitchell.

Balloon volleyball on River Lodge 1.

Residents and staff have been training and gearing up for the big competition! It's going to be a fierce battle to win the championship!



Cedar Park and their skyscraper.



We ask families to bring something for your loved one to wear in his or her team colour:

RL 1 – **Blue**

RL 2 – **Green**

RL 3 – **Red**

LS – **Purple**

CP – **Orange**

WL – **Yellow**

Let's all get into the spirit of things and support and cheer on all the Golden Gamers!

Get to know me

HILDA LACY: CEDAR PARK RESIDENT

I was born in 1929 in the mill town of Blackburn in England. My mother worked as a cotton weaver. I was an only child & had a pleasant childhood. After matriculating, I found a job as a general secretary for a paint company and ended up working there for 10 years. I met my beloved husband, Jack, at our Church of England Youth Club when we were both in our late teens. He was attending Durham University at the time. We courted for 5 years so that he could focus on his studies & obtain his BSc degree. We married in 1953 & 4 months later left for South Africa! He was offered a job at African Explosives and Chemical Industries in



Modderfontein as a Research Chemist & ended up working there for over 40 years until his retirement. We lived in Sandringham for 34 years and had 2

sons: Clive (JHB) & Kevin (UK) and 5 beautiful grandchildren. Jack and I were married for almost 69 years until his recent death in January. He was just a gorgeous man: Extraordinarily kind & always gave his best & expected the best. I miss him terribly.

Passing thoughts:

I love music, theatre & opera. I had singing lessons and used to sing in musicals and act in amateur dramatics. One of my fondest memories is when I was cast in the main role of the 1940's comedy *Blithe Spirit*. My husband and I loved to go walking in the mountains & enjoyed the seaside. We also enjoyed dancing. I have been a life-long Christian & believe that everyone needs a faith you can hold on to, come what may. I have lived by this passage from the Bible: Trust in the Lord with all thine heart; and lean not unto thine own understanding (Proverbs 3:5-6).

JAMES WIGHT: CEDAR PARK RESIDENT

I was born in 1942 in Weybridge, England. After the war, there wasn't any work in Britain, so when I was 5, we emigrated to SA. My dad got a job at African Explosives & Chemical Industries & I attended the Modderfontein Dynamite Factory school. When I was 10, we moved to Northern Rhodesia & I finished my schooling there. After serving a 5-year boilermaker apprenticeship, I took 2 years off to go travelling in Europe and North America. My most memorable trip was when my friend John & I flew to Quebec, Canada, then hitchhiked west to Vancouver, crossed the border



into the United States and travelled down the west coast to Mexico. I met my first wife, Jean, in London when she was working at the Overseas Visitor's Club. We

married in 1970 in SA & had 2 daughters: Laura (SA) and Leigh (UK). My second wife, Sue, & I were together for 20 years until her death in 2006. I worked as a boilermaker for several construction companies until I was promoted to Production Planner for BP Thermal. I did this work until I retired in 2006.

Passing thoughts:

When I was younger, I played rugby, soccer, cricket and squash. I was very fit & received my black belt in karate & taught for several years. I did learn to cook & used to follow the recipes to a T so I didn't mess up! At one stage, I was providing meals for our Book Club & they seemed to enjoy my cooking. I am diabetic and sadly lost my leg last year. I am hoping to strengthen my body so that I can be fitted with a prosthetic leg and visit my daughter in the UK.

DIPUO LEDWABA, CEDAR PARK CARE WORKER

I was born in 1979 in Gamatlala, Limpopo. We were very poor and my mother had to work hard as the sole provider for 7. After I matriculated, I wanted to study nursing, but there wasn't any money, so I decided to be trained as a cleaner. I then did a security course and received a certificate. Life improved when our family moved to Pretoria and I was able to obtain work as a security officer. In 2000, I moved to JHB and became a supervisor at Servest Cleaning where I worked for 11 years. After all this time on the job, however, nursing was still in my heart & so I used the money I had saved and signed up for care worker



training at Lady of the Lamp. After qualifying, I began doing relief work for Rand Aid and in 2019, I became a permanent staff member. I am the single parent of

2 beautiful sons: Vusi (26) and Tshepo (16). They are my pride and joy and help me with everything at home. My dream is for them to be well educated, so that they can be independent & productive.

Passing thoughts:

I love jokes and dancing! My proudest achievement was saving enough money to build my own 3-bedroom home in Hamman-skril. From start to finish, it only took me a year to build. Building this home has given me such freedom and joy! It has made me feel like I can now begin to enjoy life, after a time of suffering and hardship when I was young. My brother Thabo and I have supported each other through many ups and downs & I am thankful to have him in my life. Even when life is difficult & things seem hopeless, I can put my hope in God because he loves me.

Birthdays

RESIDENTS

03 June... Berenice Jawitz (WL) 85
08 June... Alison Whittaker (RL1) 78
19 June... Adrienne Rumboll (RL3) 85
22 June... Johanna Jennings (RL2) 98
25 June... Irene Droste (RL3) 92
29 June... Sarah Goldberg (WL) 93

STAFF

01 June..... Phumzile Shabangu
04 June..... Ramaisela Ngobeni
05 June..... Pertunia Moleoa
05 June..... Lufuno Nemutanzhela
05 June..... Rudzani Muthakhi
06 June..... Dipuo Ledwaba
06 June..... Salina Mtshali
07 June..... Nomusa Shabangu
07 June..... Stella Dibotelo
09 June..... Kgadi Mabapa
11 June..... Rirhandzu Pebane
12 June..... Talifhani Marageni
15 June..... Mosima Mojela
15 June..... Mpipo More
16 June..... Nombuso Ndlela
26 June..... Matsobane Mojela
30 June..... Noluthando Tshayisa

Staff members must please remember to collect their birthday chocolate from reception.

Welcome to

Edmund JohnRL2
Isabel PeddieLS
Dulcie GribbleRL3
Anna OberholzerRL3



Ron Smith Care Centre residents enjoyed a lovely **MOTHER'S DAY TEA** on 6 May. The venue was decorated in a pink and white floral theme, with beautiful roses from the care centre's gardens. Golden oldies music resulted in some spontaneous moving to music and lively hand-clapping and dancing. Residents also enjoyed an array of sweet and savoury treats, sponsored by Avbob. Debbie Christen, Rand Aid's manager of recreational programmes, says the residents love social events and the opportunity to enjoy themselves in the company of their friends and neighbours. Pictured on the day are Tilly Bryant and Gail Harmer.