

Ron Smith Care Centre @ Elphin Lodge



AUG 2022 No. 81

From our *hands* to your hearts

Residents and staff rediscovered the joy of giving on Mandela Day, 18 July, when they held a bake-a-thon — 140 gingerbread biscuits were baked and beautifully decorated, then donated to the children of Refilwe Legae Home & Ikemeleng Community Youth Centre in Alexandra.

The morning was spent mixing & rolling out the dough, and then using cookie cutters to create gingerbread people. In the afternoon, creativity was unleashed as the decorators set about giving each gingerbread person their unique identity.

The boy cookies were dressed in buttoned shirts or T-shirts, shorts, ties or bowties; while the girls were outfitted with lovely dresses or tops & skirts and given bright red lips, nice hair & colourful bows!

This was a wonderful project, which showed that frail older persons who need care, can still reach out and give care to others, which is one of the principles of the Eden Alternative.

The children were thrilled and excited to receive these unexpected treats & were happy to know that the gogos & grandpas at RSCC made these biscuits with love, especially for them!



Get to know me

BASHA VIDELEFSKY: RIVER LODGE 1 RESIDENT

I was born in 1936 in Krugersdorp. After I matriculated, I went to secretarial college, then worked as a secretary for a short while. I met my husband, Les, on the beach in Muizenburg, whilst we were both on separate vacations. We continued to see each other & got married in JHB in 1958. We were married for 47 wonderful years until his death in 2005. Les' family owned a farm & a wholesale/retail meat business in Delmas & we moved there after we were married, to set up a home in the town area. A year later, I had my first child, Geoffrey, & the next 5 years saw the arrival of 3 more children. I became a passionate housewife &



homemaker. I also found the time to do the bookkeeping for the family business & to do some work for charity. My son, Geoffrey is an airline pilot & over the

years, I was fortunate to get the family benefit of flying for free! In this way, I was able to enjoy overseas visits with my children & grandchildren, 2 to 3 times a year. Geoff & Joel - Boston; Hilton - London; Cynthia - Cape Town. I am closely connected to my 8 grandchildren & have always made it my priority to help raise them. It has been a joy to watch them all grow into fine young men & women!

Passing thoughts:

I have always enjoyed reading (especially love stories) & used to belong to a book club. I also used to play the piano & squash when I was younger. My daughter-in-law, Zelda, says that I am "a selfless & kind person, principled and caring, & a loyal friend devoted to family. [I am] someone who will always look out for a friend or family". My motto: Treat people well and they will treat you well in return.

ELLESEN MOTLOUTSI: ENA ON RIVER LODGE 1

I was born in 1985 in JHB. When I was 5, we moved to Polokwane to stay with my granny & this is where I grew up. I was a tomboy; I had 4 brothers & had to be as rough as them, but they also taught me how to cook, clean & do the washing & ironing. In my granny's house, there was no difference between girl's work & boy's work. After matric, I had a few temporary jobs & in 2004, I went to nursing college for care worker training. I then did home care until 2010, when I went back to college to train as an ENA. Then, over a number of years, I worked for Morningside Mediclinic, Pikitup,



TEBA mining group & Rosebank Netcare. In 2018, I was hired by Rand Aid as a relief worker & was made permanent staff in 2019. I met my boyfriend, Ray-

mond, in Alex. We have been together for 8 years! I have 3 beautiful children: Lesedi (12), Boitumelo (7) & Shimi (5) & my happy place is at home with my kids, even if they're naughty!

Passing thoughts:

I used to love sports & was a real athlete. I enjoyed netball, running & shotput. My happiest memories are of when all 15 grandchildren stayed at our granny's house. We all had to squeeze around the table to do our homework. At night, granny would tell us stories & riddles. I am thankful for my kids, my work & all the blessings God has given me. I am grateful that I could finance the building of a home for my mom, even though it took me 3 years to complete. When I start things, I make sure I finish them! My motto: I will persist until the end, in whatever I do!

SYLVIA KREE: RIVER LODGE 1 RESIDENT

I was born in 1926 in the Western Cape. Both my parents were born in London from Jewish parents who had emigrated to England from Lithuania. In later years, my faith & Jewish beliefs became an integral part of my life. Growing up, I was very self-conscious, as my spectacles had very thick lenses, but I did really well at school & matriculated at a young age. I did 1st year BSc at a college in Wellington & then transferred to UCT to study medicine, specialising in community health & infectious diseases. I practised as a medical doctor at numerous hospitals & clinics & did a fair bit of lecturing. The highlight of my career was



when I was appointed Chief Medical Officer of Health in JHB. I worked in the Dept of Virology - editing medical journals & medical reports. One of my travel

highlights, was being invited to the Queen's Garden party - what an amazing experience! I was married to Charles for 25 years until his death in 2000. I am thankful for the wonderful marriage we had.

Passing thoughts:

I am thankful that I am in relatively good physical health. I used to belong to Walk for Life, but at 96, I am content to be taken for a walk to the lake. When I was younger, I took piano lessons & played for many years. I really miss attending synagogue & connecting with the wonderful people of the community who have been so good and kind to me. My happy place is when some of my friends from the synagogue come to visit (Brenda & Tracy) or when I have the opportunity to speak/visit with my niece Beryl & nephew Eric who both live in Cape Town & with my nephew Hilton (USA).

Birthdays

RESIDENTS

1 Aug Anastasia Issaias LS (78)
2 Aug Alan Clark WL (79)
3 Aug Ethelwynne Van Eck WL (86)
3 Aug Yvonne Yardley WL (92)
11 Aug Louise Newman LS (91)
16 Aug Hazel Kalk LS (67)
27 Aug Marie Roberts RL1 (100)

STAFF

5 Aug Portia Mantome
8 Aug Nthabiseng Sebata
9 Aug Sibonokuhle Mtshali
15 Aug Jennifer Sigida
16 Aug Mamphokeng Motloutsi
17 Aug Nomasonto Malevu
20 Aug Mapula Molepo
23 Aug Ikgetheleng Kunyane
23 Aug Avril Maltman
28 Aug Nomathemba Mbulawa

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

Welcome to

Maurice Reznik RL3
Carol Beadle RL1

Fondly remembered

Francisco Dinis RL3
Denise Anstey RL2
Victor Van Eck RL2
Maria Mendonca RL1

Elphin Lodge & RSCC

Mandela Month Project

Food Drive & Knitted Teddies

for

Edenvale Care Centre Hospice

The Hospice is an NPO providing compassionate care for patients in the terminal stages of their disease. They receive a small grant from the Dept of Health, but it only covers ¼ of their needs & they haven't received anything at all for the last 10 months.

You can help in 3 ways:

1. Donate specific **FOOD** items from their Wish List
2. Provide knitted **COMFORT BEARS** for their patients
3. Donate **NEW PYJAMAS** for their female & male patients in small & medium sizes. They also need **WINTER SLIPPERS (STOKIES)**.

Donations

Can be brought to the donation boxes at Reception, Monday - Friday between 8am & 3:30pm or to Elphino's Coffee Shop on weekends. We hope to hand over all the donations to the Hospice from our Mandela Month Project on **Friday, 29th July**.

Hospice hearts warmed

Heartfelt thanks to all at Elphin Lodge and RSCC who donated food, comfort bears and pyjamas to the Edenvale Care Centre Hospice.

The centre says the 20 boxes of groceries; 4 boxes of clothes; 40 comfort bears; 47 blankets; and 4 dozen cupcakes that were delivered on 29 July were received with deep appreciation of the generosity shown.