

# Ron Smith Care Centre

@ Elphin Lodge



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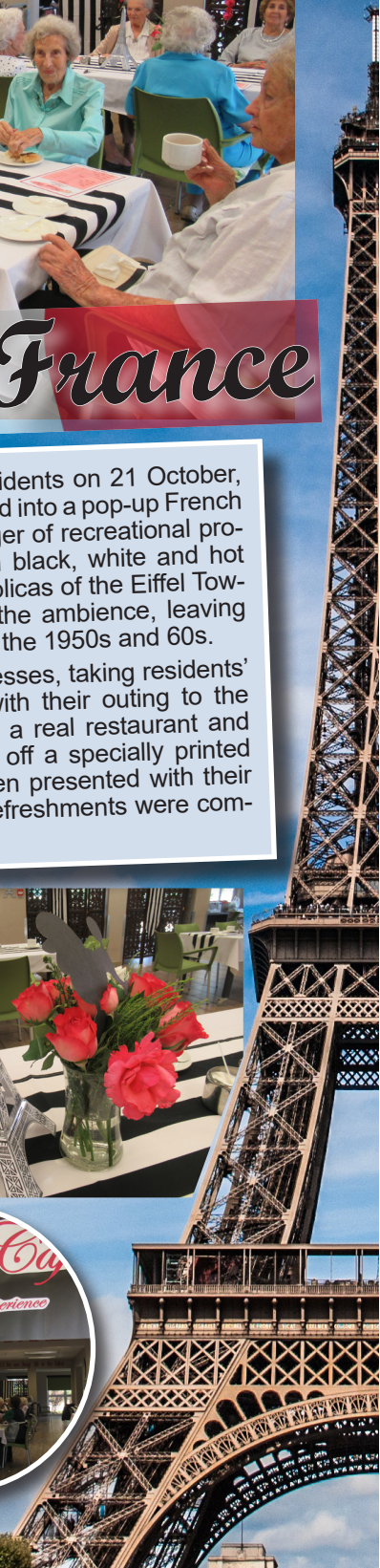
## A taste of France

A true Parisienne experience awaited residents on 21 October, when the recreation centre was transformed into a pop-up French Café. Debbie Christen, Rand Aid's manager of recreational programmes, says the French décor was in black, white and hot pink and included French poodles and replicas of the Eiffel Tower. French food and music all added to the ambience, leaving residents feeling like they were in Paris in the 1950s and 60s.

The recreation team stepped up as waitresses, taking residents' orders. "The residents were delighted with their outing to the French Café! They felt like they were in a real restaurant and were happy to order what they wanted, off a specially printed menu. They were also very pleased when presented with their guest check, and told that their French refreshments were complimentary," says Debbie.



French Café Menu	
Drinks	
Coffee .....	R25.00
Five Roses .....	R25.00
Poodles Tea .....	R25.00
Chat Tea .....	R25.00
Eats	
Croissant .....	R2.50
Mini Quiche .....	R2.50
Chocolate Eclair .....	R2.50
Lemon Sponge Cake .....	R2.50
<i>Bon Appétit!</i>	



## Get to know me

### WALTER SEREBRO: RIVER LODGE 2 RESIDENT

I was born in 1937 in JHB. I grew up in Doornfontein and my childhood was wonderful. I played in the streets, which were safe, until 9pm. Movie tickets were 5 cents (unless the usherette let me in for free). I was always telling jokes & pulling pranks & I had 4 older sisters to hit up for pocket money! After matric, I had to make a living. My first job was working for a clothing outfitter. I then spent the next 57 years in the men's clothing & shoe industry. I was involved in designing & putting together the men's clothing ranges. I met my second wife, Myra, at a wedding. When we danced passed each other, I took a look at her & thought to myself: "One day you're going to be mine!" We have now been happily married for over 30 years & she is the best thing that ever happened to



me. I would never have achieved the success I have enjoyed in my career if she had not given me the space & freedom to do the work that was my passion. I have 1 son, Robin, and 2 grandchildren: Ricky-Lee & Shane.

#### Passing thoughts:

I love music, especially opera, & movies. On weekends, Myra & I used to catch a show & then go for Italian or Chinese food. I used to love singing in the Sydenham Synagogue choir & have wonderful memories of performing in Australia. These days, I enjoy painting and would like to learn how to play Bridge. Myra & I have a beautiful flat in Umhlanga, which we renovated together. I am very thankful for my wife & combined family. I am so fortunate that Myra's children have welcomed me into their family. My motto: You will always do well in business & in life if you deal with people with integrity.

### MYRA SEREBRO: RIVER LODGE 2 RESIDENT

I was born in 1936 in JHB & grew up with the kids in the neighbourhood in the suburb of Bellevue. We all walked to school together & when it rained, we took our shoes & socks off & splashed around. After matric, I attended secretarial college. I would actually have loved to train as a florist, but in those days, parents told you what you must do – they didn't ask! My first job was working as a receptionist for a cosmetics company. I was married to my first husband, Isaac, for 28 years. We had 4 children: Trevor, who lives in Canada; and Evette, Lee & Alan who all live in JHB. I have



10 wonderful grandchildren & a beautiful great grandchild named Tommy. After initially meeting my second husband, Walter, many years passed before he

phoned me. When he finally did phone, my first thought was, "Uh-oh, here comes trouble!" Nevertheless, we have been happy together for over 30 years.

#### Passing thoughts:

I loved gardening, light reading, movies, gardening & cookery shows & sports on TV - my family is soccer-mad. I have fond memories of my late brother, Alec, who was Mayor of JHB in 1965. He had a very fancy car & a special box at the theatre to which we were invited. I have lovely memories of my Italian holiday. We took a boat trip trying to spot George Clooney & Richard Branson's homes on Lake Como! My happy place is a candle-lit bath with a liqueur in hand! I am thankful for health, happiness, precious family time &, of course, the biggest blessing – my adorable great grandchild, Tommy!

### ENA WINNIE MORERO: RIVER LODGE 2

I was born in 1994 in Mokopane, Limpopo, the 6th child of 9 children! We all went to school & church together, helped each other with our homework & attended family gatherings, where large amounts of food were cooked. My parents own their own business, selling bricks & construction materials. My dad is also a pastor & guided me to grow my faith in God. After matric, I attended nursing college & qualified as an ENA. I also did additional course work in HIV & Aids, TB & gender-based violence. In 2017, I came to work for Rand Aid, going first to River Lodge 3. I particularly loved working with the residents living with dementia and



Alzheimer's as they really needed extra care & I love to help those in need. I have a beautiful 6-year-old daughter named Mpho, who stays with my mom in Limpopo.

The first thing we do together when I see her, is go shopping! We buy things for school & toys and then I will treat her to her favourite KFC burger because Gogo does not usually allow her to have takeaway food.

#### Passing thoughts:

I like singing in the church choir, gospel music & Christian books. I like watching soapies such as *Skeem Saam*, because they dramatise real issues that you can relate to. As a child, I used to help my mom sell flowers & I have loved all flowers ever since. In school, I was a striker for our soccer team & scored a lot of goals! I still love watching soccer. I enjoy travelling to visit friends and family and going to Spur. My dream is to visit London; I want to experience new places & new things. My happy place is being with my family - they are always there when I need them. My motto: It is better to give than to receive.

## Birthdays

### RESIDENTS

11 November	Maureen Grimley RL2 (71)
13 November	Ada Zidel RL3 (80)
17 November	Gill Holliman CP (73)
22 November	Ria vd Westhuizen RL2 (74)
29 November	Lorna Topp LS (84)

### STAFF

03 November	Forget Khoza
07 November	Vukatimune Shiviri
09 November	Debbie Christen
14 November	Marlene Sirchia
17 November	Eunice Mkhosi
18 November	Phumudzo Nephiphidi
22 November	Dimakatso Sengoengeng
24 November	Maditaba Nyelele
25 November	Leigh Kotze
28 November	Simangele Tshabalala
28 November	Sibongile Mohale
30 November	Moleboheng Mashale

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

### Fondly remembered

Edmund John.....	RL2
Bruce Richardson.....	RL2

### Welcome to

Robert Davidson.....	RL2
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Residents are loving their new weekly **MUSIC THERAPY** sessions. "Music therapy fits in well with the Eden Alternative practised at RSCC, which is revolutionising the way in which Elders are cared for," says Debbie Christen, Rand Aid's head of recreational programmes. Registered music therapist Annelet Prinsloo started music therapy sessions on RSCC's River Lodge 2 and 3 in October. "The sessions involve listening to music; remembering and enjoying songs from the past; singing along to well-known songs; music and movement; rhythmical activities with various percussion instruments; and gentle movement and relaxation. Our residents and staff are loving it," says Debbie. Pictured are Esmaralda Rusike and Schalk Grobler, moving happily to the music.