

Ron Smith Care Centre @ Elphin Lodge



OCT 2022 No. 83



RSCC residents and staff gathered in their numbers on 23 September to participate in a double celebration of heritage and the arrival of spring.

Beautiful blue, sunny skies and staff and residents dressed in either traditional attire or bright spring colours, provided a lovely backdrop for the celebratory event. The Woodlands garden and outdoor recreational area was awash with flags from around the world.

On arrival, the ladies were given flower headbands for their hair and the gentlemen were given a headband in the colours of the SA flag. RSCC has a tradition of celebrating Heritage Day with music, dancing and good food, and this year was no different, meaning a great time was had by all!



A celebration of

SPRING & HERITAGE





Dept of Health to do free eye screenings on 13 October

In commemoration of World Sight Day on 13 October, the Johannesburg Health District Sub Directorate, Non-Communicable Diseases and Geriatrics and Eye Care will visit RSCC to raise awareness of eye health and to do eye screenings for all residents and staff who need their eyes tested. There will be no charge for this service.

A team of optometrists and final-year students from the University of Johannesburg will be doing screenings from 9am.



Get to know me

IVOR COHEN: LAKESIDE RESIDENT

I was born in 1940 in JHB, the eldest of 3 boys. I went to the Orange Grove Primary School and Highlands North Boys High School. I excelled at rugby & swimming & qualified as a life guard. My first job was with L. Feldman Ltd - a fancy goods, tobacco & cigarette company. I then formed a company called Hemdon Enterprises - wholesalers of watches & accessories. After that, I became involved with the perfume industry - creating copies of famous brands at affordable prices. The last step in my career path was entering the steel industry. I worked for many years at MacSteel & formed strong and meaningful



relationships with both my colleagues & customers. I met my wife, Angie, at a Jewish Youth Club when I was 18. We were married at the Sydenham High-

lands North Shul in 1963 & have now been married for 59 wonderful years. We have 3 sons: Farrell (JHB), Gavin (JHB) & Steven (USA) & 10 beautiful grandchildren. My happy place is being the proud head of my family. They are everything to me.

Passing thoughts:

When I was younger, I dabbled in pottery and made decorative pottery clocks. I enjoyed playing chess, golf, and reading National Geographic magazines & encyclopaedias. I love listening to music (Andrea Bocelli, Josh Grobin, Celine Dion). I was a very sociable, fun-loving, affectionate & caring person and particularly enjoyed attending family and friend's celebratory functions. Over the years, I have found that you can learn something from everyone you encounter. I hope that all my dear family and friends will always be safe, well, happy and successful.

BRIDGET BAHERA: PROFESSIONAL NURSE, LAKESIDE

I was born in 1969, the 3rd of 7 children & grew up in Masvingo, Zimbabwe. I attended a Catholic Missionary boarding school. The headmistress was quite strict. Every morning, she forced us to finish a big pot of porridge which I detested & she checked that we did our own laundry properly. We didn't have irons so we put our clothes under our mattresses to straighten them out! This strict upbringing taught us responsibility, independence & high standards. I was a good athlete. After matric, I did nursing & midwifery training. In 2006, I achieved a BSc degree from Africa Univer-



sity. My first job was nurse-in-charge at a health centre in Mashonaland. I met my husband Misheck, at work. He was the senior technician in charge of post & tele-

communications. We've now been married for 28 years & have 4 beautiful children: Sally (26); Matthew (20); Nomsa (18); Lungile (16). My dream is for them all to finish varsity, to be able to stand on their own two feet & to give us some grandchildren!

Passing thoughts:

I enjoy reading magazines, listening to Gospel music & watching the news. My simple pleasures are cleaning & making & selling perfume. My youngest daughter does the cooking & by the time I get home from work, the evening meal is ready! My happy place is church. I thank God for giving me life, family, work, church, relationships & my profession. I am also thankful that my parents are still healthy. My Motto: See, Judge & Act. If you see something is not right, you must act on it.

ISOBEL PEDDIE: LAKESIDE RESIDENT

I was born in 1928 in Wolmaransstad in the Free State, the second to last of 8 children! My father died when I was 5, so my mother raised us on her own. She used to sit at her sewing machine day & night, making clothes to sell to keep food on the table. She was an amazing woman. I grew up in Kenilworth in JHB. I was 11 when the war broke out & my 3 brothers joined the army. At the age of 15, I was forced to leave school & find a job to help support our family. I met my husband, Pieter, when I worked for the Coca Cola Company. He worked in finances & used to send me messages on blank deposit slips! We were married in 1948 & were together for 50 happy years until his death in 1998. We had 2 daughters: Lynda & Renée, who both live in JHB & son, Peter, who lives in France.



I have 2 grand children & 3 great grandchildren. I met my second husband, Keith Peddie, at the Aldersgate Methodist Church. We lived at Elphin Lodge & were married for 10 years until his death in 2013.

Passing thoughts:

I like reading, listening to music and doing crossword puzzles to keep my mind sharp. I love wildlife & birdwatching. The Honeyguide Tented Safari Camp was one of my favourite places to holiday. I also loved visiting my son in Lagrasse, France. I did a memorable trip to Israel with my church group; we received communion in the Garden of Gethsemane. It was difficult moving from my Elphin cottage to the care centre, but I am happy in my new home. I'm thankful for the good life I've had. I have been blessed with a wonderful family & it brings me deep joy when we spend time together.

Birthdays

RESIDENTS

01 October	Maria Dal Lago RL2 (97)
04 October	Schalk Grobler RL3 (84)
04 October	Cecily Ryder WL (93)
06 October	Dorothea Ferri WL (93)
06 October	Walter Serebro RL2 (85)
10 October	Joseph Rosen RL3 (95)
11 October	Isobel Peddie LS (94)
15 October	David Scott RL3 (79)
17 October	Megan Weeks LS (92)
19 October	Harold Baker RL3 (81)
20 October	Barbara Welsh RL3 (85)
22 October	Delyse Burgess RL2 (81)
23 October	James Wight CP (80)
25 October	Joyce Royal CP (94)
25 October	Brian Russell WL (94)
27 October	Vernon Mitchell RL3 (82)
31 October	Pearl Porter WL (90)

STAFF

01 October	Sindiso Ncube
02 October	Ivonne Mogoru
03 October	Lindiwe Hlophe
03 October	Mapula Morudi
03 October	Marle Eloff
05 October	Lehlogonolo Manaka
06 October	Leanie Bessinger
07 October	Phindile Radebe
08 October	Siziwe Manyamalala
08 October	Nomagugu Ncube
09 October	Nontobeka Mdolo
10 October	Etrinah Ndlovu
10 October	Raisibe Ledwaba
13 October	Kedisaletse Maodi
13 October	Esmeralda Rusike
13 October	Phindile Radebe
13 October	Elliot Masina
21 October	Mkhacani Mbungele
22 October	Raisibe Bodila
24 October	Prudence Mokoena
25 October	Madibere Madibane
26 October	Motsebore Sehloha
26 October	Debbie Beech
27 October	Moretsi Moagi
28 October	Mokgothi Shai
28 October	Fulufhelo Mukwevho
28 October	Obuiseng Sekia
29 October	Emily Tshabalala
29 October	Mamoipone Maluka

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

Fondly remembered

Maria Nobrega RL3

Welcome to

Esme Joyce Frenkel RL1
John Stuart Thompson RL1
Maureen Grimley RL2
Anthony Marks RL3

World Arthritis Day

WHEN: 12 October.

Research shows that regular exercise eases arthritic pain and stiffness. Chat to your healthcare provider or doctor to develop an activity programme that is suitable for you.