

# Rand Aid *review*

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## Alzheimer's unity walk

- Thornhill Manor retirement village, Thembalami Care
- Centre and Max Ordman Deaf Association united to
- raise awareness around Alzheimer's disease and raise funds for their occupational therapy departments. Read more on pg 3.



## *Here's to a glorious 2023*

As 2022 draws to a close, we are thankful for our many blessings.

Rand Aid Association can celebrate another year of good governance and service delivery – thanks to our Board, our dedicated management team, and our committed and caring staff.

We are equally grateful for our wonderful residents and our extended family, which includes residents' loved ones, our doctors and our various service providers, who help enrich lives through the services they offer.

Unfortunately, there were still on average 1000 active cases of Covid-19 in Gauteng in November. Fortunately, we have learnt to live with the disease, but we must not let down our guard. We must continue to practise the hygiene habits we adopted during the height of the

pandemic and ensure good ventilation of venues when we gather.

That Rand Aid Association weathered the pandemic, despite the financial toll of the emergency measures we implemented, is another blessing for which we are grateful.

We trust that 2023 will be a good year for the Rand Aid family and that we all start the new year with faith and hope, knowing that we are part of a strong, resilient and caring community.

We wish you and your loved ones a happy festive season. To our Christian residents and families, a blessed Christmas, and to our Jewish residents and families, 'Hanukkah sameach'.

May we all enjoy a new year that is filled with peace, joy and love.

# MODA celebrates International Week of Deaf People

The Max Ordman Deaf Association (MODA) held its first fun day for residents, in commemoration of International Week of Deaf People.

Situated in the grounds of Thembalami Care Centre, MODA invited its residents' family members and friends and the deaf community to celebrate International Week of Deaf People, which runs from 19 to 25 September.

The week is a celebration of the vibrant deaf community and this year's theme was 'Building Inclusive Communities for All'.

"We aimed to strengthen relationships within the deaf community and to highlight the services offered at MODA, which offers accommodation and care for the deaf," says Thembalami and MODA manager Esme van der Walt.

Hennie Jordaan, a well-known member of the community, and his team worked hard to ensure that all of the potjies were delicious. Everyone also enjoyed ice cream after their lunch.

About 80 people, including 18 residents, attended the event.

"It was wonderful to see our residents' family members and friends support this initiative and spend time with their loved ones in a relaxed and comfortable atmosphere," says Esme.

"We appreciate the donation of R3 000 from two family members who were unable to attend the function. We are also grateful to members of the community who donated vegetables and charcoal," says Esme.



Resident Bertha Smit (middle) with daughter, granddaughter and great grandchildren.



Inyoni Creek staff members let their hair down a little while celebrating Heritage Day on 23 September. A delicious braai, cooked by Inyoni social worker Shaun Victor and village sister Jana Bezuidenhout, was enjoyed with pap and *sous* and potato and pasta salad. The staff all had a hand in preparing the meal. "We enjoyed a stunning afternoon together listening to some good local music and much laughter," says Inyoni Creek manager Jenny Tonkin. Pictured are Friddah Mbedzi and Julia Lehomo in their traditional outfits.



In a drive to ensure residents' safety and generate awareness that help is only a button push away, Inyoni Creek retirement village is running a **LOLLIPOP DRIVE** to encourage residents to always carry their SOS panic button with them. When residents visit the office, if they have their panic button with them, they receive a lollipop, explains Inyoni Creek manager, Jenny Tonkin. Pictured are Inyoni Creek social worker Shaun Victor with resident Noreen Strand and Sister Jana Bezuidenhout.



Residents of the Max Ordman Deaf Association (MODA) and the 'Gogos' from Thembalami Care Centre's Zamokuhle outreach programme thoroughly enjoyed their outing to **JOHANNESBURG ZOO**, which offered free entrance to older persons in October, on 26 and 28 October, respectively. A lovely time was had by all. Pictured is MODA resident Shaun White, who had a roaring good time.

## Resident of 21 years turns 100

Long-time Elphin Lodge resident Isobel Kohll celebrated her 100th birthday on 13 November and enjoyed a lovely birthday tea arranged by her sons, Malcolm and Jeffrey, on 12 November.

Born in Boksburg North in 1922, she has lived through a century of change and seen more of life than most people ever will. Isobel had three brothers – Julius, Alex and Harold – and a sister, Joyce.

She met her husband, Raymond, through Alex, and they were married in 1947.

Shortly after Isobel met Raymond, her sister met Raymond's brother Edgar and they too were married.



Isobel and Raymond emigrated to Zimbabwe in 1962 and, after many years, returned to Johannesburg where they lived in Hillbrow until Raymond passed away in 2001.

Isobel then moved to Rand Aid's Elphin Lodge retirement village, where she has been living for the past 21 years.

"The most important things in life are tolerance, understanding, sympathy and developing an interest in people," says Isobel, who advises the younger generations to always be kind and understanding and to find the good in people.

"I couldn't have chosen a better place to live than Elphin Lodge. I didn't know this part of the world at all when I moved here. The staff, without exception, are always kind and understanding. They always have a smile and we have a good old to-do," she says.

As Isobel always wanted to travel, she worked at a travel agency to benefit from discounted tickets and travelled to many places around the world.

She was also an actress and dancer and taught speech and drama to hundreds of young men and women across the East Rand. And her legacy lives on, with former pupils still speaking fondly of her.

"Mom has lived through astounding changes, but has remained the loving, generous and lively mother, grandmother and great-grandmother she has always been," says Jeffrey.

Malcolm describes his mom as a fixture, a presence, a somebody that everybody knows. And for all the right reasons.

"They say of some people that they light up a room when they enter, and mom certainly did that... As she has moved through life to become the matriarch of the family, she continues to bring that stability and support that she always has. She's like the Queen, without the Corgis," adds Malcolm.

Isobel took up painting in her 90s and still plays a mean game of Scrabble. "She loves music and dance and theatre, and it's heartening to see those passions that inflamed the young girl from Boksburg North are now, 100 years later, still present," says Malcolm.



**TARENDAAL ART GROUP SHOWS OFF ITS TALENT** - Tarentaal retirement village resident Susan Cronje's (pictured) art group is going from strength to strength! Susan started the group at the beginning of 2022 and members have created some really stunning artwork! If you are interested in joining the group, contact Susan at 072 234 0631.

## Alzheimer's fun walk raises funds for OT

Thornhill Manor retirement village, Thembalami Care Centre and Max Ordman Deaf Association (MODA) joined forces to generate awareness around Alzheimer's disease and raise funds for their occupational therapy departments at a fun walk held at Thornhill on 22 September.

The walk was very well supported, with 85 people gathering in recognition of World Alzheimer's Day, which takes place annually on 21 September, to raise awareness of the disease, dementia, common symptoms and risk factors.

Residents were encouraged to take part and get their friends and family to sponsor them for the walk. Thanks to everyone's support, the target of raising R10 000 was easily reached, with over R20 000 being raised.

"Our fun walk was a huge success and the residents had an absolute ball. Spirits were high and laughter abounded," says Karen Griessel, Thornhill Manor's care coordinator.

"There were three distances to choose from – 0.65km, 0.82km and 1.05km – to ensure that walkers of all abilities – including those who have a wheelchair or walker – could take part," she adds.

Thembalami and MODA manager Esme van der Walt says the residents thoroughly enjoyed the walk and expressed her appreciation to everyone who raised funds for the occupational therapy departments.

"We will be purchasing much-needed occupational therapy equipment for our residents and spicing up our occupational therapy department by getting new curtains," she says.

"Thank you to Thornhill Manor resident Vicky Keenan who runs our occupational therapy department for her initiative and organising the event, and to our Happy Chatty Walkers, who were an inspiration on the day," says Esme Erasmus, manager of Thornhill Manor.



Ron Smith Care Centre's Heritage Day dancers.

## Heritage Day and spring bring joy to RSCC

A celebration of culture, heritage and spring saw Ron Smith Care Centre's (RSCC) residents and staff gather in traditional dress or bright spring colours under a beautiful blue sky on 23 September.

In celebration of Heritage Day and spring, RSCC's Woodlands' garden and outdoor recreation area was awash with flags from around the world and tables decorated in the colours of the South African flag. Beautiful centrepieces – made from hessian-covered pots filled with greenery, flowers and

international flags – added to the ambience.

While the ladies were presented with a pretty flower headband for their hair, the gentlemen were given a headband in the colours of the South African flag.

As RSCC has a tradition of celebrating Heritage Day with music, dancing and good food, the programme opened with the staff Heritage Day dancers presenting various cultural and folk dances from around the world, including the Waka Waka, Zemer Atik (Israel), Jerusalem, Hakkatoon (Netherlands), Achy Breaky Heart (USA) and Zorba's Dance (Greece).

Several staff members from the Pedi, Tsonga, Zulu, Venda and Xhosa cultures also demonstrated their traditional dances.

Everyone enjoyed a traditional South African braai after the festivities, prepared by Rand Aid's Cookchill, which included marinated chicken, pap tart, pumpkin tart, mixed salad and fresh rolls, and a delicious Peppermint Crisp tart rounded off the tasty meal.

"The event was a wonderful opportunity to celebrate the ethnic and cultural diversity that makes South Africa a Rainbow Nation," says Debbie Christen, RSCC's head of recreational programmes.

"The wonderful weather and beautiful gardens that were alive with colour after a long, cold winter ensured that the day was thoroughly enjoyed by all," she adds.

**Marie Volskenk, Caroline Mucheka and Isobel Peddie (100).**



One of the gardens that was on show.

## Elphin open gardens a sight to behold!

Elphin Lodge retirement village was buzzing with visitors at its open gardens on 1 and 2 October.

The event, organised by Gardens of the Golden City in conjunction with Elphin Lodge's Garden Club, included 15 gardens that were on show in the village.

"All proceeds from the event will be donated to Park Care and Earth Centre," says Pam Heller, an Elphin Lodge resident who coordinated the event.

"Elphin Lodge residents and the public truly enjoyed the wonderful gardens and friendly and relaxed atmosphere in the village," she adds.

Everyone also enjoyed the lovely tea garden, delicious coffee served by a barista and yummy eats, which were mostly made by Elphin Lodge residents.

"This was all served on the clubhouse's veranda, overlooking the beautiful dams that are surrounded by reeds and willow trees," says Pam.



## Thornhill fete a hit!

Thornhill Manor retirement village's first fete since the lifting of Covid-19 restrictions was a roaring success, with all food stalls selling out of their goods!

"It was a spectacular sunny day and our residents were enthusiastic and positive that the fete was going to be great," says Thornhill Manor deputy manager Jackie Scott.

All of the food stalls sold out. There were 30 external stalls and 13 Thornhill ones.

"A large number of our residents contributed to making the fete the success that it was," says Jackie.

"All the funds raised go directly into our village fund to purchase much-needed equipment and for projects chosen by the residents," she adds.

**Thornhill Manor resident Brenda Bromfield at her stall with Thornhill receptionist Shirley Whitehead.**



Excitement abounded at Thembalami Care Centre when resident Jo-Anne Weyermans Noble recently started hosting **FABRIC PAINTING LESSONS** for other residents at the care centre twice a week. The residents are loving their fabric painting and enjoy being creative again! Thank you for this lovely initiative, Jo-Anne! Pictured is Caroline Schneider with her beautiful flowers.



**JIVING OCTOBER BIRTHDAY CELEBRATIONS** - Thembalami Care Centre's October birthday bash saw volunteers from Pfizer giving the afternoon away, after spending quality time and doing various activities with residents. One of the Pfizer volunteers even offered to DJ, which brought residents to their feet for a lovely afternoon of fun. Once again the Inyoni Angels were out in full force, spoiling our residents and spending some precious time with them. Pictured dancing are Doreen Calder and Shirley Sibeko (lifestyle co-ordinator).

### Leader in elder care

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. Become part of our caring, dynamic, connected community.

## Father-daughter duo delights residents

Father and daughter duo Adrian and Emma-Jean Galliard wowed Rand Aid's Elphin Lodge and Ron Smith Care Centre (RSCC) residents at their performance at the retirement village on 11 October.

The Johannesburg-based duo, who sing a variety of cover and original songs, rose to internet fame in 2020 after a video of them singing the Céline Dion and Andrea Bocelli hit, The Prayer, went viral. The video was such a hit that they were mistaken for the son and granddaughter of Bocelli.

The residents of Elphin Lodge and RSCC thoroughly enjoyed watching the two talented singers perform.

"Thank you so much for having us! We really enjoyed performing for your residents. It was great performing for such an engaged and appreciative audience and we'd be happy to come back anytime," said the duo!



**FRUIT AND ICE CREAM A HIT AT SUMMER PICNIC** - Summer fruit and sunshine was the name of the game at Rand Aid's Ron Smith Care Centre on 17 November when residents enjoyed a picnic at the dam. Debbie Christen, Rand Aid's manager of recreational programmes, says gazebos were set up all along the dam and gaily decorated with red, white and green balloons and red and white checked tablecloths. Everyone gathered at the main dining room and enjoyed a short walk to the dam. Vanilla ice cream cones and a lovely fresh fruit salad made with watermelon, spanspek, pineapple, kiwi, strawberries, nectarines, apples, pawpaw, bananas, gooseberries, sweet melon and blackberries were on the picnic menu and thoroughly enjoyed by all. "It was a lovely morning. Everyone enjoyed the beautiful outdoor setting and watching the ducks and goslings in the water," she adds. Pictured are Esme Frenkel, Josephine Kew and Carol Beadle in the front. Back: Ivon Ngwenya, Precious Dube, Lizzy Ratema, Morongwa Masalesa, Lebo Mashale, Elles en Motloutsi and Cynthia Dlangamandla.

Entertainers  
Adrian and  
Emma-Jean  
Galliard.



## GOLF group goes back in time with antique papers and medals

Inyoni Creek's Gentlemen Only Ladies Forbidden (GOLF) group enjoyed their latest meeting in November, where Fred Oppenheimer was the speaker.

Born in Johannesburg, Fred worked at his own accounting practice from 1981. He now combines accountancy with antique map documents and war medal dealing. "I collect these and antique guns, swords and general collectables," he says.

Fred mounted a diverse and very interesting display of antique documents, certificates, indentures, military medals and seals. He spoke about each item, some of which are over 700 years old and have varying values.

He has been a collector for over 50 years and buys items locally and internationally. The audience was given the op-

portunity to inspect the items after his presentation and long discussions took place. Fred wove some of his personal history into the story, demonstrating how important and valuable a birth certificate could be.

Fred says he also enjoys horse vaulting, which involves riding without a saddle and doing various moves on the horse at a walk and canter.

"I have two children. Mark is an advocate specialising in hate speech cases; and Pammi Joy lives in Cape Town and works in the hospitality industry," he says.

It was a most enjoyable, enlightening and educational afternoon, which was enjoyed by the 21 residents who attended.



Inyoni Creek's residents enjoyed their **BRING-AND-SHARE BRAAI** at the clubhouse on Sunday, 18 September. About 30 residents and their families gathered together to enjoy good company, good food and the lovely spring weather. Pictured are Willmene Brauns, Sally Lamb, Iris Clark, Loraine Pintusewitz, Sue Benjamin, Shelly Sherwood and Brian Stevens.

# Music therapy helps residents hit high notes

Ron Smith Care Centre (RSCC) residents are loving their new weekly music therapy sessions.

According to the South African Network for Arts Therapies Organisation, music therapy uses music as a therapeutic intervention to address emotional, cognitive, physical and transpersonal needs, among others. It aims to develop potential and improve quality of life through prevention, treatment or rehabilitation.

“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, RSCC’s head of recreational programmes.

RSCC pioneered person-centred care by becoming the first

organisation in Africa to achieve Milestone 2 on the Eden Alternative Registry in April 2020.

“The Eden Alternative initiative ensures that we bring the highest level of care and well-being to our residents and takes into account their holistic well-being, not just their physical care,” says Debbie.

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.



**ABOVE: Moving to the music... Esmeralda Rusike and Schalk Grobler.**

**LEFT: A smile from resident Johanna Jennings as she beats out a tune.**



**Selina Motaung with Ayanda Matthews, Rand Aid’s GM Compliance & Social React Division.**

## Zamokuhle Gogos celebrate Heritage Day at Thembalami

Thembalami Care Centre celebrated Heritage Day with the ‘Gogos’ from its Zamokuhle outreach programme on 23 September.

The outreach programme assists elders in nearby Alexandra, River Park, East Bank and Lombardy East.

Run from Thembalami, in Lombardy East, three mornings a week, the programme assists pensioners so that they can remain within their own community for as long as possible.

It provides a platform for them to meet and socialise with other members of the community; allows for the transfer of skills; provides breakfast and lunch, which enables participants to further socialise, while meeting their nutritional needs; empowers participants about elders’ rights; and provides education about ageing, chronic diseases faced by the elderly, dementia, Alzheimer’s and Parkinson’s disease, amongst others.

“The Gogos celebrated Heritage Day at Thembalami, dressed in their cultural attire and making cultural food. They provided all the ingredients and cooked the meal, while Thembalami provided spinach and pap and ice cream and the use of the kitchen,” says Thembalami manager Esme van der Walt.

“It was wonderful to see the Gogos have so much fun and celebrate the day in style,” she adds.

## Care centre residents enjoy a taste of France

A true Parisienne experience awaited residents of Ron Smith Care Centre (RSCC) on 21 October, when the recreation centre was transformed into a pop-up French Café.

Debbie Christen, RSCC's manager of recreational programmes, says signage was erected at the recreation centre's entrance; black, white and hot pink French décor was put in place; and the tables were set with crisp white tablecloths, with black and white table runners, hot pink roses, black paper French poodles and replicas of the Eiffel Tower.

French music from *Midnight in Paris*, Yves Montand and his *Songs of Paris* and Édith Piaf's *La Vie en Rose* album all added to the ambience, leaving residents feeling like they were in Paris in the 1950s and 60s.

Residents were presented with a French Café menu and could order various beverages, including coffee and Five Roses, Rooibos and Chai tea; as well as a variety of delicious food, including croissants with butter and cheese; mini quiches; chocolate éclairs and lemon sponge cake. The delicious cake and French pastries were displayed on cake stands and three-tier dessert stands.

The recreation team stepped up as waitresses, taking each resident's order on an old-fashioned guest check and promptly serving them their refreshments.

"The residents were delighted with their outing to the French Café! They felt like they were in a real restaurant and were so happy to order what they wanted. They were also very pleased when presented with their guest check, and told that their French refreshments were complimentary," says Debbie.

"When leaving the café, the residents said how much they enjoyed their French experience and thanked the waitresses for the food and service. *Merci beaucoup et au revoir!*"



Hilda Lacy, Evelyn Shilubane and Doreen Woodward.



RSCC's recreation team waitresses Lucia Nkuna, Evelyn Shilubane, Debbie Christen and Marlé Eloff.

## Thornhill Heritage Day braai draws a crowd



Thornhill Manor retirement village's Heritage Day bring and braai saw 100 residents head to the park for a fun-filled afternoon on 24 September.

While residents brought their own tablecloths, cutlery, crockery, drinks, salads and meat to braai, Thornhill Manor supplied the tables, chairs, charcoal and blitz.

The Tsakos family kindly lit the fires and residents cooked their own meat.

"This was a record turnout and we are so pleased that so many residents, especially the new ones, came along and joined in the celebration," says Thornhill Manor manager Esme Erasmus.

"Many residents also sported their South African rugby jerseys, while some wore traditional dress. Fun was had by all," she adds.

**Thornhill Manor residents Ann Raats (middle) and Robbie Vermont (right) with Anne's family members.**