

Ron Smith Care Centre @ Elphin Lodge



MARCH 2023 No. 87



A little *love* went a long way

The month of love was celebrated at RSCC on 15 February.

Residents and staff dressed in red, pink or white, while the main dining hall featured an archway of red, white and pink balloons, and the tables were decorated with iced, heart-shaped cookies sporting various Valentine's messages. Strawberry cheese-cake, tea and coffee were enjoyed by all, while singer Roy Edwards got the party going with music from the 50s, 60s and 70s.

"Residents and staff enjoyed all the golden oldie tunes. While some were content to just sit and listen, others kept time to the music or danced," says Debbie Christen, Rand Aid's manager of recreational programmes.

"The event brought joy to our hearts; music to our souls; and warmth and laughter to our day," she adds.

The week's themed activities included:

- Instead of traditional bingo, love-themed cards and pictures (instead of numbers) were used.
- A fun, interactive game involving matching love-themed pictures was played.
- Residents painted love-themed pictures or cards at the weekly painting activity.
- On Friday, the residents helped bake and decorate mini Valentine's cupcakes.



Get to know me

ANGELA BRISTER: RIVER LODGE 1 RESIDENT

I was born in 1954 in Kempton Park, the middle child of 3 children. My dad was a fitter and turner & mom was a nursing sister. My dad died at the age of 39, I had to leave school at 16 because we could not afford the school fees. I worked part-time at OK Bazaars & a doughnut shop & then went to help my mom at the hospital. When I was 18, I met my husband, Gavin, at a social event at one of the hotels. He was serving an apprenticeship as a fitter and turner. He was Catholic & I was Methodist. I converted to Catholicism and in 1972 we were married at a Roman Catholic Church in Malvern East. After we married, I



worked for Computicket & we used to get free tickets to various shows. I remember that the Neil Diamond concert was particularly enjoyable. We had

2 children: Steven, who tragically died in a motorcycle accident last February, and my wonderful daughter, Eleanor, who does such a lot for me and makes me so proud because of the success she has made of her life. I also have 5 beautiful grandchildren

Passing thoughts:

I enjoy 60s and 70s music and used to like modern dancing, gardening, knitting & sewing. Gavin & I used to go often to St Lucia, where he would fish. I love dogs – I have a cute Yorkie named Ella. My happy place is when my daughter takes me home for a visit & I get to spend time with my 10-year-old grandson, Chase. He is very clever; I call him my little genius! My friend Avril is an inspiration to me; she motivates me to follow Christian ways. One of my favourite Bible verses comes from Psalm 91: God is my strength and refuge and I will put my trust in Him.

ESME FRENKEL: RIVER LODGE 1 RESIDENT

I was born in 1929 in JHB. When I was 11, I was sent to boarding school in Grahamstown, as my parents wanted the best education for me. After matric, I wanted to study law but my mother advised me to work in a law office to see if that's the career path I wanted to follow. I worked for a firm of attorneys for 3 years & then decided that I wanted to go to university, but got married instead! Bertie and I were married in 1950. We divorced years later but remained close friends. We had 2 wonderful children: Laurie, who lives in Texas, and Sydney, who lives in Canada. I have 5 grandchildren and 2 great grandchildren. I used to travel to Canada & the USA at least once a year to visit my family & they came visit me several times a year. I married Leslie



Frenkel in 1971 & we were together until his death in 1978. We had a house in Spain and loved exploring Europe. We even had drinks with Engelbert Humperdinck in his hotel suite!

Passing thoughts:

We used to do a lot of entertaining at home. Fortunately, I had excellent household staff who would organise all the catering. I loved to go dancing & meet up with friends for coffee or lunch. I enjoy playing cards, and watching tennis on TV. I never used to like cats that much, but I now have a cat named Tiggy, & I love her to bits. I enjoy music from the 50s and 60s and my favourite singer is Julio Iglesias. After my husband died, I lived in a lovely garden cottage in Melrose. I am so thankful for all the opportunities I've had in my life, for my wonderful children & that at my age, I still have all my 'marbles'!

PETUNIA MOLOEA: RIVER LODGE 1 CARE WORKER

I was born in 1991 and grew up in Lefiso, Mpumalanga. I enjoyed indoor activities and also liked school, especially economics. I was the last born of 4 children and was, and still am, very close to my siblings, especially to my sister, Sophie. After matric, I wanted to go into the army, but later changed my mind as I thought the training would be too tough for me. I then decided to do careworker training and after qualifying, I was interviewed by Rand Aid. I started working at RSCC in May 2015, & was first assigned to Cedar Park, then Lakeside, River Lodge 2 and River Lodge 3. I am now on River Lodge 1, which I really enjoy because in recuperative care there are new & different challenges to deal with every day. My boyfriend Kagiso and I met when I was coming home from the shops



one day, and he noticed me! He asked for my phone number and that was the start of our relationship! I live in Alex with my 2 beautiful daughters: Botshelo (10) & Oamogetswe (4).

Passing thoughts:

I enjoy cooking & people have complimented me on my dishes. I am a soccer fan & support Pirates. Kagiso supports Sundowns so he prefers to watch soccer with his friends, not with me! My simple pleasures are cleaning the house, window shopping and spending time with my kids. My eldest daughter is great at sports, while my youngest loves to draw & colour-in. My happy place is at home in Mpumalanga. In 2016, I lost my dad & in 2019, my mom passed away after a short illness. I was devastated, but we handled the situation as a family, and through this experience, I became stronger. My motto: Keep going; never give up!

Birthdays

RESIDENTS

02 March	Rhona Burnham LS (92)
09 March	Maureen Ruckebier RL3 (71)
09 March	Ursula Northern CP (94)
10 March	Herman Broschk RL3 (86)
11 March	Sylvia Kree RL1 (97)
18 March	Gail Spinks RL2 (69)
20 March	Lynette Honigman RL3 (72)
21 March	Anna Veltman CP (81)
31 March	Clement Lilley CP (78)
31 March	Anne Susan Mackinnon RL2 (87)

STAFF

02 March	Litsietsi Tshonisa
03 March	Kedibone Shongoane
03 March	Gcinile Simelane
03 March	Julia Molotsi
06 March	Siphokazi Mzana
06 March	Moipone Mthogoane
15 March	Tinyiko Nkwinika
15 March	Mmakosha Matsane
16 March	Thibambane Thabang
17 March	Mashaphu Khwinana
18 March	Busisiwe Nxumalo
18 March	Ramadumetsa Lesufi
20 March	Portia Ngobeni
24 March	Randy Matsaung
29 March	Thabisile Ndobe

Fondly remembered

Romano Ceretto-Giannone - RL1

Welcome to

Annabelle Lucas - LS
George William - CP
Brian Leathley - RL3
Hendrina Hurlacher - LS

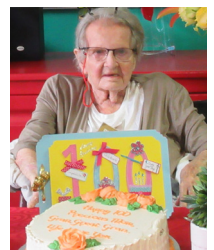
Anne celebrates 102 blessed years

Resident Anne Brokensha celebrated her 102nd birthday on 28 January.

Her daughter Sue Byrne says Anne has outlived all the relatives of her generation and most of her friends.

"In so doing, she has given us daughters – Peggy, Sue, Gil, Sheila and Anne – and our families and in-laws and her grandchildren and great-grandchildren so much inspiration.

"No matter how old, tired or sick she has been, including two bouts of Covid-19, she has always had a smile for us, her roommate Ursula and all the lovely women who have cared for her at RSCC," says Sue. As a result, she is dear to everyone around her.



Anne Brokensha at her 100th birthday two years ago.