

Rand Aid RAND AID review

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Love all boxed up

A song of thanks from the women who benefit from Thembalami's Zamokuhle outreach programme. LEFT: Matt Flax (947 presenter) and Selina Motaung.

Residents, let your voices be heard!

Seeking active residents for Rand Aid's Village Residents' Committees.

Don't miss the opportunity to nominate residents to represent your interests on your Village Residents' Committee. Each Rand Aid retirement village has their own Village Residents' Committee, which serves a two-year term. As the current term comes to an end on 31 May, it's time to nominate and elect new committees.

Existing committee members may be nominated for another term, and new nominees are welcome.

For more information or to nominate a resident, please contact your retirement village's manager:

Inyoni Creek: Jenny Tonkin - 011 882 2510/jtonkin@randaid.co.za

Thornhill Manor: Esme Erasmus - 011 608 2480/eerasmus@randaid.co.za

Elphin Lodge: Helen Petrie - 011 882 6296/hpetrie@randaid.co.za

Tarentaal: Tammy Neilson - 011 882 2510/tneilson@randaid.co.za

Market day a blooming good show at Elphin

Elphin Lodge residents thoroughly enjoyed the village's recent craft market.

Residents enjoyed browsing the 16 tables that displayed a variety of crafts, mostly made by residents.

The Man Shed team, which makes wooden items, had many lovely items on sale; while the gardening stall – manned by the gardening club – had a selection of plants and raffles available.

Inside the hall, stalls offered tasty treats, including homemade jams, biscuits and sweets. Mosaic items, toys and handcrafts were also available.

The Sea Scouts did a roaring trade selling pancakes, which were delicious.

It was a fun morning that was enjoyed by all.



Shirley Cossar and Nan Clarke.

Unsung heroes thanked for their hard work



Dedicated Nonhlanhla Mabuza.

Nonhlanhla knocks Elphin's 'sox' off!

Elphin Lodge recently launched an innovative, motivational monthly competition to recognise its domestic workers for their hard work and dedication to the retirement village.

"The campaign urges Elphin Lodge residents to let village management know if one of the domestic workers does something extraordinary that 'Knocks your sox off'," says Elphin Lodge deputy manager Debbie Beech.

A box has been placed at reception for nominations, which are counted at the end of each month. The domestic worker with the most nominations receives a small gift as a thank you for their hard work.

Congratulations to Nonhlanhla Mabuza, who won the Knock your sox off award for February.

"It was so good for our domestics to get positive feedback and know that their efforts are appreciated by our residents," says Debbie.

Housekeeping teams dedicated to RSCC

Ron Smith Care Centre (RSCC) is rewarding its housekeeping employees for going above and beyond the call of duty!

"RSCC housekeeper Portia Ngobeni initiated the idea of implementing a Housekeeping Team of the Month award, to honour our housekeeping employees for their hard work and dedication," says Rand Aid's senior nursing manager Avril Maltman. "Congratulations to Nomusa Shabangu and Amanda Ndlovu from River Lodge 1, who were awarded in February, for their commitment and enthusiasm in practising The Eden Alternative philosophy, which revolutionises the way in which Elders are cared for."

The Eden Alternative, founded in America by a Harvard-educated physician, teaches us to see places where Elders live as habitats for human beings rather than facilities for the frail and elderly. It sees ageing as a continued stage of development and growth and not as a period of decline.

RSCC pioneered person-centred care by becoming the first organisation in Africa to achieve Milestone 2 on the Eden Alternative Registry, in April 2020.

"Nomusa and Amanda don't only do a wonderful job with their housekeeping duties, they also reach out to and care for our residents, taking time to talk to them and making them feel at home. This helps to combat one of the biggest challenges of ageing, which is loneliness. Both employees are an integral part of RSCC's care team," says Avril.



RSCC housekeepers Nomusa Shabangu and Amanda Ndlovu with Rand Aid's senior nursing manager Avril Maltman.

Passport to fun

RSCC residents and staff enjoying their armchair travel to Germany.



German food, culture and dancing were an absolute hit at Ron Smith Care Centre's latest armchair travel series.

RSCC residents thoroughly enjoyed their armchair travel adventure on 17 and 24 March, when the care centre went all out to 'transport' them to the beautiful, scenic country that's renowned for Albert Einstein, Boris Becker, Beethoven, BMW, eisbein and bratwurst.

Lively oompah band music, usually played during Germany's Oktoberfest, greeted residents in the recreation centre, which was decorated in black, yellow and red, the colours of the German flag.

They enjoyed their kinderpunsch welcome drink – a traditional non-alcoholic German-mulled hot drink made with hibiscus tea, fruit juices, honey, cinnamon, cloves and star anise, and garnished with an orange slice – and got to taste various German sausages, including bratwurst, knockwurst and chicken.

Residents also enjoyed watching a video about the most scenic places to visit in Bavaria, learnt how to speak a few German words, and took part in a quiz which tested their

knowledge of people, places and things that Germany is renowned for, including food, drinks, cars, sports stars, science, movies and politics.

"Everyone had great fun and were proud when they were able to recall the answer to certain questions," says Debbie Christen, Rand Aid's manager of recreational programmes. "Oh man, I know this one," was heard often!

Residents also took part in a lucky draw. The resident who drew the card with the picture of a woman wearing the traditional dirndl outfit and the resident who drew the card with the picture of a man wearing lederhosen each won a prize.

The event was rounded off with tea, coffee and delicious apfelstrudel with ice cream, followed by dancing the polka and waltz, much to residents' delight.

"Many of our residents have visited Germany, so they really enjoyed reminiscing about this beautiful and culturally rich country," says Debbie.

RSCC resident Tilly Bryant agrees. "Thank you so much for a lovely morning. This event brought back happy memories for me, especially about my time in Munich," she said.



Purim celebrations

Elphin Lodge retirement village residents recently celebrated Purim, one of the most joyous festivals of the Jewish year.

The festival commemorates the miraculous turn of events in which the Jewish people were saved from a threat of annihilation in ancient Persia, as told in the Biblical book of Esther.

"The mitzvot (good deeds) of the day enhanced our celebrations," says Elphin Lodge resident Val Margolis.

The dress code was black and white, and many residents came up with original ideas.

"The food, as always, was delicious and the vibes were positive. It was an outstanding evening filled with joy, happiness and many smiles," says Val.

Elphin Lodge residents Ella Brown, Rhoda Rubin, Lucille Katz, Rhona Shain and Ruth Freeman celebrating Purim, one of the most joyous festivals of the Jewish year.

Bingo goes down a treat at Inyoni Creek

Inyoni Creek residents had tons of fun at the retirement village's first bingo evening, which was held in February. Inyoni's bingo team worked hard to organise the evening and it was a roaring success!



Gordon inducted as Thornhill Manor Probus president

Fellowship, fun and companionship were the hallmarks of the recent Thornhill Manor Probus Induction Dinner, where Thornhill Manor resident Gordon Drummond was inducted as president.

Eloquent speeches and Neil Ross' fine food were highlights of the evening where past president Bob Davies inducted Gordon.

Gordon has served as president for four of the club's 20 years, including the break during Covid-19.

After grace, by new Probud Committee member Lee Powell, Bob read Syd Goshier's remarkable and 'spot on' toast to South Africa. This was followed by new committee member and newly appointed treasurer Graham Hayward proposing the Probud toast.

Ken Warburton, the past president of Rotary Edenvale and a motivator in the establishment of Thornhill Probud, outlined some of Rotary's wonderful work helping less fortunate communities and provided excellent insight into Rotary and how much good it does.

Robbie Vermont again shone brightly as MC, enjoying his 19th year of being MC, keeping the wheels turning and telling some good, fun stories that brought much laughter and applause.

Gordon paid tribute to all the committee members who work so hard to keep Thornhill Probud running smoothly, not least Janet Davies, the secretary: "Who is my boss," he said. Probudians are all familiar with Janet's efficiency!

Truck of Love visits Thembalami

The gogos assisted by Thembalami Care Centre's Zamokuhle outreach programme were recent recipients of 947 and SPAR Truck of Love's Spread the Love initiative.

The Truck of Love recently visited Rand Aid's Thembalami Care Centre and donated R25 000 worth of parcels to the gogos.

"A special thank you to 947 and SPAR Truck of Love for their very generous support of our gogos and for making their festive season so much brighter," says Thembalami manager Esme van der Walt!

Thembalami resident Marion Oliphant with occupational therapist Shirley Sibeko.



Play therapy alliance

Thornhill Manor retirement village and Thembalami Care Centre joined forces on 8 February to play some occupational therapy games with residents.

The event was organised by Thornhill resident Vicky Keenan, a retired occupational therapist who volunteers her time to Rand Aid.

"It was so nice to see how much everyone enjoyed playing the games. Some residents started off saying that they would not manage due to their limitations however, with some encouragement, they were able to participate and were so excited. We all had a most enjoyable morning," says Vicky.

"It's wonderful to build a relationship between Thornhill Manor and Thembalami and share ideas. We hope to take turns hosting future games mornings," she adds.

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.

Plan now for your retirement home

Those considering their retirement living options have likely started researching retirement villages and what they offer, to find one that suits their current and future needs and offers independent, carefree, safe and secure living.

They may not realise, however, that most retirement villages have very long waiting lists and you can't just pack up and move straight into one.

Planning ahead and making sure that everything is in place will enable you to live life to the fullest during your retirement years.

One of the challenges of planning for retirement is that it's hard to foresee when you will be ready to move to a retirement community, and which services you may need as you age.

By putting your name down early, you can be at the top of the list when you are ready to move. While most retirement villages require a deposit to add your name to the waiting list, it is usually refundable if you change your mind or decide on another retirement village. It's advisable to always ask the

retirement village about their waiting list policy.

Rand Aid Association offers accommodation in a variety of independent-living retirement villages – Elphin Lodge, Thornhill Manor, Inyoni Creek and Tarentaal – all of which offer residents a quality lifestyle in a carefree and secure environment, in beautiful grounds with abundant birdlife, dams and opportunities for tranquil and safe walking and enjoying nature.

These retirement villages, based in Edenvale and Modderfontein in Gauteng, all have waiting lists. You don't have to move in immediately, when your name reaches the top of the list. You can keep your top spot until you are ready.

Taking this step provides you with a level of security, knowing that your retirement needs will be met. Once you have made the major life decision to plan for your future, you will likely feel that a tremendous load has been lifted.

For more information about Rand Aid, its various independent living retirement villages and its frail care centres, visit www.randaid.co.za. To stay up to date with Rand Aid's news, like its Facebook page: @RandAidAssociation.



Thornhill Manor residents enjoyed an evening of love and laughter at the retirement village's Valentine's sundowner dinner on 15 February. Neil, the Café manager, did the catering and the meal was thoroughly enjoyed by all, says Thornhill Manor deputy manager Jackie Scott. "He was also requested to judge the best-dressed lady and gent, who each received a bottle of wine and a chocolate," she adds. It was a wonderful evening organised by Thornhill's Entertainment Committee, and the décor was stunning! PICTURED, LEFT: New Thornhill Manor residents Chris and Pam Gross attending their first function. RIGHT: Andy and Barbara Tasker.

Rehab centre generates addiction awareness

SANCA Wedge Gardens was out in full force at Sefako Makgatho Health Sciences University's wellness event, generating awareness around the dangers of substance use and the benefits of being admitted to the centre for rehab.

The wellness event, held on 28 and 29 March, enabled SANCA Wedge Gardens' employees to interact with medical students and the university's employees and provide them with information about addiction and how its Full Circle Recovery Programme can assist substance users to beat their addictions.

"We also created an interactive 'drunk buster' educational

game to give participants a realistic experience of how one's vision and motor skills become impaired when intoxicated," says Adèl Grobbelaar, SANCA Wedge Gardens' manager.

"Many family members and friends of substance users often feel helpless and don't know how to help their loved ones who are suffering from addiction. The expo also gave us the opportunity to interact with and guide them," she adds.

For more information about SANCA Wedge Gardens and the Full Circle Recovery Programme, visit www.wedgegardens.co.za or follow the rehab centre on Facebook @SANCAWedgeGardens.

Tech-savvy Maria celebrates her centenary

Elphin Lodge resident Maria Gaiti celebrated her 100th birthday on 23 January, with a surprise cake, gifts and champagne organised by Elphin committee member Jenny Sella. She also enjoyed a family celebration on 27 January.

Born in Brescia, Northern Italy, in 1923, Maria was the third of five children and has three brothers and a sister.

Her father owned a general store and the family was held in high regard by the community. Maria had a happy childhood, helping in the family business, and she loved the three-month summer holidays in the nearby mountains.

Maria went to school at the local convent and, after primary school, studied commerce and accounting. While at the convent, she also studied English.

World War 2 started when Maria was a teenager and, at age 19, she started working as a secretary at the Società Elettrica Bresciana (Brescia Electricity Board) near the railway station. When the area became dangerous due to bombardments, the office moved to a nearby hill.

After the war, Italy was very poor and Maria's older brother emigrated to Kenya in search of a better life. His younger brothers soon followed and Maria joined her brothers in Kenya in 1955, where she enjoyed a 'good and adventurous life'.

She met Ugo in Kenya and they were married on 20 December 1959.

They planned to spend their honeymoon in Cape Town, which turned into quite an adventure.

Maria says her youngest brother Paolo, who owned and flew a light aircraft, offered to fly them to Dar Es Salaam to board the MV Africa from Trieste, bound for Cape Town. However, just before reaching Dar Es Salaam, the aircraft developed engine trouble and they were forced to land in a sisal farm field. They were made welcome by the owner and offered transport to Dar Es Salaam



Maria Gaiti turned 100 recently.

where they boarded the ship the next day.

The couple reached Cape Town safely and were captivated by the New Year carnival festivities, visits to wine farms and other attractions. On the return trip to Kenya, the ship encountered rough seas at the confluence of the Atlantic and Indian oceans, and their cabin, which was situated below sea level, was flooded when a bulkhead door blew open.

They eventually reached Mombasa safely where they got off the ship and travelled to Nairobi by train, via Nanyuki (situated at an altitude of 2000 metres on the Equator), which was another adventure.

Maria and Ugo have two children. Gabriella, born in 1961; and Alberto, born in 1963. They have two grandchildren, Stefano and Sabrina, and one

great-grandchild, Michele.

After the birth of her children, Maria's parents joined them in Kenya. She was still working full-time at the family business while running a home and raising her children.

In 1966, the family was offered a chance to move to Somalia to manage one of Maria's brother's manufacturing companies. They remained in Somalia until 1970 when they returned to Italy for a while.

In 1974, Ugo submitted an application for the family to emigrate to Adelaide, Australia, but the family decided to come to South Africa instead. They stayed in a flat in Eastleigh and then bought a house in Edenvale in 1976.

Maria worked for Pick n Pay at its head office in Bedfordview for nine years, until 1989. She was in charge of the fruit and veg department and was responsible for making a weekly profit-and-loss account of all the stores in the Southern Transvaal area. Ugo worked for Murray and Roberts for 17 years.

After a five-year wait, Maria and Ugo moved into Elphin Lodge in 2008 where they have been very happy.

Maria says that their cottage is in a great location, looking out over the dams, gardens, birds, ducks and geese. "Help is always available when we need it," says Maria.

Maria believes that life is a great university. "I learnt to not just trust everyone and to avoid people who are insincere and manipulative," says Maria, who advises younger generations to do the same.

"Never give up, even if you are 100 years old," says Maria, who still uses a computer for all of her all correspondence and to manage her finances. She has also kept up-to-date with technology and speaks to her daughter regularly via WhatsApp video call.

Family birthday girl's biggest blessing

Sydelle Morris enjoyed a lovely dinner party at 'The Pier' at Inyoni Creek's clubhouse in celebration of her 90th birthday.

A resident of Inyoni Creek since 2014, Sydelle turned 90 on 5 January and celebrated with family on 12 January.

"It was such a lovely evening at 'The Pier' and the food was amazing. Family came from all over the world to celebrate my very special birthday," says Sydelle.

Sydelle, who says she is blessed with four children, nine grandchildren and five great-grandchildren, enjoys walking, reading, and watching quiz shows, tennis and cricket on TV.

"I love each and every family gathering and am so blessed to visit with my amazing family regularly. I love the feeling of safety at Inyoni Creek. The people are friendly and there is such a sense of belonging. I walk every day and meet many people along the way," she says.



RIGHT: Sydelle with her children and their spouses.



Love abounds at RSCC

The month of love was celebrated at Ron Smith Care Centre (RSCC) with singer Roy Edwards and delicious Valentine's treats. Residents and staff felt the love on 15 February when they celebrated Valentine's Day all dressed up in pink and white. The main dining hall welcomed them with a lovely archway of red, white and pink balloons, and the tables were decorated with iced, heart-shaped cookies sporting various Valentine's messages. Balloons added a festive touch. A delicious strawberry cheesecake, 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 swayed to the music. Many residents were having such a great time that they had to get up and dance," says Debbie Christen, Rand Aid's manager of recreational programmes.

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

RSCC residents feeling the love at the care centre's Valentine's celebration.



Inyoni Creek's receptionist Kelsey Hauptfleisch and social worker Shaun Victor at the Joker Jackpot.

Joker Jackpot fun

Much fun was had by all at the recent Inyoni Creek Joker Jackpot draw, despite the joker not being found.

"As the joker wasn't found this month, someone could win R13 000 in the next round," says Jenny Tonkin, manager of Inyoni Creek.

She explains that, in the Joker Jackpot, 54 playing cards are placed face down in a locked display board. There are two jokers. A draw – with a main prize of R1 000 and a chance to turn over one of the cards on the board, and two consolation prizes – is held each month.

If the main ticket holder is present, they can turn over any card on the board – if it's a joker they win the jackpot – if not, the prize money rolls over. If the ticket holder is not present at the draw, the first available facedown card – top row, left to right – is turned over on their behalf. If it's the joker, they still win the prize, says Jenny.

The draws continue every month until both jokers have been found. If there is no winner, the jackpot grows.

"Thanks to Jeff from the Pier for serving the boerie rolls at the draw, they were delicious," says Jenny.

Awesome Anne celebrates 102 blessed years

Ron Smith Care Centre resident Anne Brokensha celebrated her 102nd birthday on 28 January. Anne's daughter Sue Byrne, who came to spend the day with her, along with other family members, 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 Ron Smith Care Centre," says Sue.

As a result, she is dear to everyone around her



Anne Brokensha at her 100th birthday two years ago.

and RSCC's carers turned out in their gorgeous best for her birthday and gave her a rousing, very special party.

"We have been so blessed to have had 102 years (and still going) of this wonderful mom. This kind, gentle, loving woman has been our beloved rock for so long," says Sue.

"Our special thanks go to our American sister Anne for her generosity and all she and her family have done to keep mom at RSCC and enabling her to have Thubelihle with her. We are blown away by Thube's level of love, tenderness and attention to detail, and by the caring staff at RSCC's Cedar Park wing who have loved and cared for our mom as if she were their own. We are certainly a privileged family," she adds.

Family's important role in addiction recovery

According to Newton's third law, for every action (force) in nature, there's an equal and opposite reaction. This is also the case on an emotional level, says SANCA Wedge Gardens substance use treatment centre, explaining that people always react to others' actions.

According to Adèl Grobbelaar, the manager of Johannesburg-based SANCA Wedge Gardens substance use treatment centre, if a person is suffering from a substance use disorder (addiction), all family members will be affected and will react in one way or another. "Some family members react by isolating themselves because they feel ashamed of what is happening," says Adèl.

"They often wonder if something they did caused their loved one to use substances, or they blame themselves for incidents that happened in the family. Unfortunately, the person suffering from substance use disorder will likely blame family members for their behaviour, making them feel more guilty. Family members should know, however, that they did not cause the addiction and cannot control it."

Beware of enabling behaviour

If someone you love is suffering from substance use disorder, you should gather as much information as possible about substance use and treatment so that you can make an informed decision.

"Substance use disorder is more than just using substances. It is a behaviour caused by underlying emotional issues, a chemical imbalance or other disorders that cause a person to act in a certain way or to self-medicate," Adèl explains.

She urges family members to analyse their own behaviour – actions and reactions – to try and establish if they can do anything to help the person out of their destructive behaviour.

For example, sometimes a family allows the person to live with them rent-free or gives them money for essentials.

"This could be enabling behaviour, as it gives them more money to spend on substances. Once enabling behaviour has been identified, family members can set boundaries by not giving the substance user money. The enforcement of these boundaries is extremely important. Families need to be realistic, serious and willing to follow through on their decisions," says Adèl.

Recovery and healing are not only important for the individual, but for family members too, as emotions and behaviours run deep in the family when substance use disorder is present.

"It can swallow the family's energy, time and resources. Remember, you are not responsible for your loved one's substance use. You can only do your best under the circumstances."

"Substance use disorder is a disease that requires professional counselling and help. Even though families sometimes feel they need to walk away from the person, the person still needs support, encouragement and love to aid their recovery process," she adds.

Movement towards treatment can be prompted by the family by investigating the kind of help and resources that are available in their area. However, if the person suffering from substance use disorder does not want to undergo treatment, the chances of success are greatly reduced.

"Denial complicates recovery. Often the family ends up paying for expensive treatments with no positive results. The family should rather enforce boundaries and make it more difficult for the person to continue their disruptive behaviour."

She adds that while some people believe in tough love, there's more than one way to solve a problem. "The correct encouragement and support can go a long way and helps to restore trust in the relationships."

Even though substance use disorder cannot be caused or controlled by the family, the family plays a significant role in rehabilitation. Relationships, trust and boundaries need to be addressed during the recovery process and during aftercare, as they play a significant positive role moving forward.

In some instances, if an individual suffering from substance use disorder refuses treatment, intervention can start with the family first. This can, in time, bring the substance user from a point of denial to one of realising that they need help and accepting treatment.

Substance use disorder seldom develops overnight and recovery is also a process. "Everyone involved needs to stay committed to recovery, despite setbacks. It's important to keep trying and not give up," says Adèl.

For more info about SANCA Wedge Gardens and the Full Circle Recovery Programme, visit www.wedgegardens.co.za



St Paddy celebrated at Thornhill Manor

Thornhill Manor retirement village's residents came out in full force to celebrate the patron saint of Ireland, St Patrick, at a festive dinner on 15 March. Donned in Saint Patrick's Day green, 130 Thornhill Manor residents thoroughly enjoyed a delicious Irish meal, prepared by Neil from Café Manor.

The village hall was beautifully and traditionally decorated by Thornhill's entertainment committee, with four-leaf clovers and Saint Patrick's placemats, and the jokes and music ensured that it was a truly authentic Irish evening.

LEFT: Joanne Jourdan with Maria and Jaap Mol.