

Rand Aid *review*

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Notice this, says Man Cave

Thornhill Manor's Man Cave members have again stepped up to the plate, this time to construct and erect a new noticeboard for the Modderfontein Conservation Society (MCS) at the Fish Eagle Dam in the Modderfontein Reserve.

The initiative's project manager, resident Peter Olive, co-ordinated the design, construction and manufacture of the board, which was built by residents Johnny van Leeuwen, Keith Williams, who did the design, and Andy Tasker.

Recycled plastic waste was used for the main frame and roof tiles, which provide protection from the elements and finish off the design.

The project was financed by the MCS, which paid for the materials and made a donation to the Man Cave. A second noticeboard is planned for the entrance to the reserve at the Taroko Farm gate.



Peter Olive by the noticeboard. Image credit: Robbie Vermont.



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Stalwart retires after 38 years



pg 2

Tribute to amazing Evelyn



Evelyn's 10 richly lived decades

Elphin Lodge retirement village resident Evelyn Anderson sadly passed away on 27 June, less than two months after celebrating her 100th birthday on 4 May.

Born in Johannesburg in 1923 to Scottish parents, Evelyn was an accomplished highland dancer who attended Saint Rose Convent in Rosettenville.

Between 1939 and 1946, she was a war services volunteer, helping soldiers who returned from duty to find accommodation and suitable healthcare, if needed. As a result, in 1948, she received the South African Medal for War Service.

She met and fell in love with Douglas at a social event, and they were married in Johannesburg on 20 January 1945. They were happily married until his death in 2011.

Evelyn and Douglas had three children – Kevin, Janet and Shirley – and Evelyn stayed home to raise her children. She



Evelyn Anderson.

later returned to work as a bookkeeper for several banks and lawyers in Johannesburg. The couple lived in various

locations around Johannesburg, before settling in Dunvegan, where they raised their family.

In the early 1970s, they moved to the United States for five years, when Douglas took up a post as the South African Airways' representative overseeing the production of Boeing aircraft which were purchased by the airline to expand its commercial fleet.

They also travelled extensively, visiting family and friends in Scotland, England, Wales, France, Portugal, Italy, Greece, Denmark, Malaysia and Hong Kong.

They retired in 1982 and soon afterwards moved to Elphin Lodge retirement village. "Our beautiful mother was amazing and well loved. She was an excellent cook and a skilled seamstress and knitter. She had a keen sense of humour and was always smartly dressed," says Shirley.

Frans says farewell after 48 years of loyal service

When Frans Mpete started working at Rand Aid Association, he was an energetic 20 year old. Forty-eight years later, after working tirelessly for the non-profit organisation, he has retired.

A resident of Lombardy East, just a short distance from Rand Aid's head office in Lyndhurst, Frans joined the organisation in 1975 as a gardener. Two years later, he was promoted to supervisor and five years after that, took responsibility for the mail and other deliveries. In those days, Rand Aid did not have a vehicle so Frans did all his deliveries by bicycle.

In 1989, when Frans was in his early 30s, Rand Aid was instrumental in him obtaining his driver's licence and he became a driver for the organisation.

"Frans was a responsible and reliable worker who, in the time we worked together, never had a bad driving report, was not late for work and never let me down," says his supervisor, Erica Woodward.

She says she watched him grow as a person. From applying to write his matric at 60 years of age to buying himself a new car and undertaking computer lessons, Frans never stopped learning and achieving his goals. The RAA family will sorely miss Frans, who dedicated his career to the organisation.



A very happy birthday to Inyoni Creek resident Billie Sacks, who celebrated her 99th birthday on 9 June. Billie, Inyoni Creek's oldest resident, is pictured enjoying her birthday tea with Inyoni Creek social worker Shaun Victor, receptionist Kelsey Hauptfleisch, deputy manager Marinda Looyen, manager Jenny Tonkin and nursing sister Jana Bezuidenhout.

Veteran Elphin resident turns 100

Ron Smith Care Centre (RSCC) resident Ellen Quinn celebrated her 100th birthday on 17 April.

She celebrated this milestone at a birthday party, held at RSCC's Woodlands lapa on 15 April, with her son, Richard, from East London, and her grandson, Simon, from Cape Town. Her daughters-in-law, other family members and friends also joined the party.

According to Richard, Ellen was born in Rhodesia and moved to Johannesburg when she was a child. She had one sister.

She married Edmund Quinn during the Second World War. Edmund was in the air force and served in North Africa and Europe, while Ellen worked in Johannesburg as a hairdresser.

After the war, the couple started their

family. They lived in Edenvale and then Bedfordview, before moving to Potchefstroom. They had three sons and were happily married until Edmund's death over 30 years ago, when Ellen moved to Rand Aid's Elphin Lodge retirement village.

She lived at Elphin Lodge for 28 years, before moving to Ron Smith Care Centre in 2020.

"My brothers and I were educated in Potchefstroom, where my mother was the chairperson of the PTA of Potch Boys High and famous for attending and catering for sporting events. She was an accomplished gardener, who won prizes, and loved embroidery and knitting," says Richard.

Ellen has two grandchildren and two great-grandchildren.

Managing depression

'Depression is being colourblind and constantly told how colourful the world is' - Atticus Poetry.

A mood disorder that is not a natural part of ageing, depression is marked by varying degrees of sadness, despair and loneliness, says Karen Griessel, the social worker at Rand Aid's Thornhill Manor retirement village.

"It is typically accompanied by inactivity, guilt, loss of concentration, social withdrawal, sleep disturbances and sometimes suicidal tendencies," she explains, in shedding light on the condition.

If you experience some of the following signs and symptoms of depression nearly every day, for at least two weeks, you may be living with depression: sadness, hopelessness, loss of pleasure in activities, irritability, tiredness, appetite changes and thoughts of death.

"Depression is a treatable mental health condition with several treatment options available.

"During a depressive episode, it can feel like things are hopeless – take comfort in knowing there's hope. Treatment and management strategies may involve clinical approaches, like medication and therapy, or natural approaches, like exercise and journaling," says Karen.

If you think that you are suffering from depression, speak to a healthcare professional regarding a treatment plan.



IMMUNITY STRENGTHENED: Inyoni Creek residents recently got their flu jabs to keep the winter germs away. Residents Thelma and Ben Matthee and Mike and Mary Edwards received lollipops after their jabs. With them is Sister Jana Bezuidenhout.

Tarentaal celebrates its 35th anniversary

A joyous celebration marked Rand Aid's Tarentaal retirement village's 35th birthday on 1 June.

Residents gathered to hear all about the village and its history and enjoyed a lovely service of thanks conducted by a local minister. During her speech at the birthday celebration, Ayanda Matthews, Rand Aid's GM Compliance and Social React Division, explained that Rand Aid's mission is to provide comprehensive and affordable care and support and to be responsive to the needs of

the ageing community.

This is exactly what Tarentaal has been able to do for its residents over the past 35 years. Set in spacious and secure grounds, with generous garden areas, Tarentaal retirement village offers many opportunities for safe walking and enjoying nature and the extensive birdlife.

Tarentaal offers one-bedroom and studio apartments, on a rental basis, to elders aged 60 and over.

For more information about Tarentaal, visit <https://randaid.co.za>

Report elder abuse and protect our seniors

World Elder Abuse Day, commemorated on 15 June, provides an opportunity for communities around the world to generate awareness about the abuse and neglect of older persons.

This is according to Lara Swanepoel, a social worker at Rand Aid's Thembalami Care Centre which cares for elders in need.

World Elder Abuse Day was officially recognised by the United Nations General Assembly in December 2011, following a request by the International Network for the Prevention of Elder Abuse which held its first commemoration of the day in June 2006.

This year's theme is Closing the Circle: Addressing Gender-based Violence in Older Age Policy, Law and Evidence-based Responses.

Swanepoel says elder abuse is an intentional act or failure to act that causes or creates a risk of harm to a person older than 60. "This abuse usually occurs at the hands of a caregiver or person the elder trusts. The prevalence of abuse in institutional settings tends to be higher, with up to 64.2% of staff com-

mitting elder abuse," she says.

Elder abuse takes many forms, including physical, sexual, financial and psychological, and neglect.

According to Swanepoel, physical abuse is any act or threat of physical violence towards an older person, including anything from pinching to restraining and beating.

Sexual abuse, defined as forced or non-consensual sexual contact of any kind, is a lot more common than many people realise, says Swanepoel.

Neglect happens when a caregiver fails to protect an elder from harm, resulting in injuries or illnesses. "Many cases of elder and nursing home neglect are not accidents, but the result of carelessness or a lack of regard for an older person's health." A common form of financial abuse is when a family member takes control of the older person's South African Social Security Agency grant or other income. "There are also loan sharks who prey on the elderly, lending them money and charging exorbitant interest rates which they

can't pay back," says Swanepoel.

Psychological abuse is any act which causes emotional or mental suffering, including ignoring, insults, humiliation, isolation, and being called names or sworn at. "The elder withdraws completely and often suffers from anxiety and/or depression as a result."

Thembalami Care Centre educates its staff, residents and the community about elder abuse through its awareness programmes and empowers them to come forward and report it.

"Sadly, many elders do not report abuse due to fear of what the abuser will do to them, or because the abuser is a family member they want to protect. This is especially the case with financial abuse," says Swanepoel.

She encourages the community to report elder abuse at any police station or to any social worker, who is obligated to report it to the Department of Social Development. "We must work together to curb elderly abuse and give our elders the dignity they deserve," she says.

Many elders do not report their abuse

Nadine has elderly care at heart

Elphin Lodge and Ron Smith Care Centre (RSCC) social worker Nadine Radford enjoys her everyday interaction with residents, and listening to their life stories.

"Being trusted by residents and them knowing that they are listened to and have people they can count on means a lot to me," she says.

Nadine, who joined Elphin Lodge retirement village and RSCC as a social worker in July 2022, worked at Sandringham Gardens as a social worker from September 2019. Prior to that, she worked at Residentia Moria in Krugersdorp from May 2014 to August 2019.

In 2011, she joined the Department of Social Development in Roodepoort, where she worked in foster care until April 2014.

"I had a scholarship and, as part of that, had to work this time back.

It wasn't ideal, as I was working in foster care, which was not the reason I studied to become a social worker. I wasn't happy. It was only when I applied and got the position at Residentia Moria that I realised my passion for elderly care," says Nadine.

In her honour's year at university in 2010, Nadine completed her practical at Hospice Wits. There, she met a man who had been diagnosed with cancer and was living at Elphin Lodge at

the time. She went to visit him before he passed. "That's when I knew I wanted to work for an organisation like Rand Aid. I am extremely grateful that, after 13 years as a qualified social worker, I achieved one of my goals – to be a part of Rand Aid's team which has incorporated the Eden Alternative philosophy for caring for elders," says Nadine.

The Eden Alternative revolutionises the way in which elders are cared for. The core concept is about teaching us to see places where elders live as comfortable, homely places, rather than institutional facilities for the frail and elderly.

At the end of 2016, after a process of physical, cultural, organisational and personal transformation, RSCC met the criteria for the Eden Alternative's Milestone One and became only the second in Africa to

achieve Eden Registry membership. In 2020, it achieved Milestone Two, becoming the first organisation in Africa to do so.

"I try to assist our residents to embrace their golden years and to enable them to live healthy and fulfilled lives within their individual abilities," says Nadine.

"In my eight years in elderly care, I have learnt that life is short and that one never knows what tomorrow holds. It's thus important to live each day to its fullest," she adds.



Nadine Radford.

YOUNG AND OLD HAVE FUN TOGETHER

Thembalami Care Centre residents recently returned to Willowbrook Montessori Preschool in Buuraland to spend time with the children.

The care centre and school teamed up last year to initiate an intergenerational project between elders and the younger generation. "Our residents and the children look forward to spending time with each other," says Thembalami manager Esme van der Walt. "It's so good for their well-being."

The elders and children had tons of fun playing and baking!



Tony Peters has fun assisting during a baking session.



Trish Llewellyn cuddles a newly rescued kitten which is still too young to be adopted.

Tail-wagging Mandela Day

Elphin Lodge and Ron Smith Care Centre kicked off their Mandela Month project on 7 June, when Sharon Blackwell, the founder of Tails and Whiskers, and her team, visited the village and care centre with some of their animals and spoke about the non-profit organisation's animal welfare and rescue work in various communities.

Tails and Whiskers raises funds, via its charity shop and Saturday markets in Edenvale, to help and support several smaller animal welfare organisations in the area.

These include Helen White, a pensioner who attends to dogs and cats in poorer areas in Johannesburg South. Helen goes from house to house, feeding more than 200 dogs and cats. She also helps with medical bills, sterilisation and vaccinations for sick and needy animals, and distributes kennels and blankets for pets without shelter.

The organisation also assists Christopher Mynhardt, who runs Edenvale Ferals, which feeds 800 cats. Edenvale Ferals has set up feeding stations throughout Edenvale and, to date, has trapped, neutered and released 359 feral cats back into their colonies.

"After Tails and Whiskers' presentation, residents and staff had a lovely time cuddling and interacting with the dogs and cats. For many, the time spent with these animals brought back precious memories of all the wonderful pets they have had in their lives," says Debbie Christen, Rand Aid's manager of recreational programmes.

The village and care centre ran a food and blanket drive for the dogs and cats and collected items for Tails and Whiskers to sell in its charity shop. Donations had to be dropped off at Elphin's reception by 13 July.

Artist triumphs after stroke

Having a stroke which paralysed the right side of her body didn't stop Rand Aid Ron Smith Care Centre resident Ethelwynne van Eck from painting, she simply taught herself to paint with her left hand instead.

Ethelwynne has always been a passionate painter and art lover and has sold many oil paintings, mainly still lifes and flowers. In 2015, she had a stroke which affected the right side of her body. "I was very upset because I thought I would never paint again," says Ethelwynne. She moved to RSCC in 2016 and decorated her walls with her favourite paintings. When Rand Aid's recreation manager Debbie Christen saw them and discovered she was an artist, she spoke to Rand Aid Elphin Lodge retirement village's art group, which invited Ethelwynne to join them as an art tutor and advisor.

"Although initially reluctant, I went along and met the people. They welcomed me so graciously. "However, I didn't just want to tutor other people. I wanted to belong to the group as an artist and be one of them," says Ethelwynne.

"I took pencils and a sketchbook and started training myself to draw with my left hand. I began by sketching simple shapes and, within weeks, found that I could draw again! Encouraged by my drawing success, I decided to try painting in acrylics and watercolours," says Ethelwynne.

"I have already decided where they should be displayed."

"After seven years at RSCC, I have mastered the art of painting with my left hand and am so grateful that my love of and talent for creating works of art has been revitalised. I can confidently pursue my passion once again. I feel I have developed and grown as an artist and it is wonderful to be fully involved again, with the one thing that has been my lifelong passion," says Ethelwynne.

"I have already decided where they should be displayed."



Jennifer Sigida, Ethelwynne van Eck and Ronewa Tshingadzo holding three of the paintings that Ethelwynne donated to RSCC's Woodlands wing.

favourite medium.

"I started to notice the nursing and domestic staff around me and what struck me was their love of colour. This inspired me to paint figures based on their physical features and wearing the bright colours they love," says Ethelwynne, who recently donated some of these paintings to RSCC's Woodlands wing.

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Elvis provides relaxation for residents

Relaxation therapy is being enjoyed by Thembalami Care Centre and Max Ordman Deaf Association residents three Fridays a month.

Elvis Edemba runs group sessions for residents who are feeling agitated or anxious and individual sessions, during occupational therapy, for those suffering from severe anxiety.

"Our residents are really benefiting from the relaxation therapy, which is helping them to feel calmer," says Thembalami and MODA manager, Esme van der Walt.

Elvis offers group and individual relaxation therapy and hypnotherapy in and around Edenvale and Sandton.



RESIDENTS' COMMITTEES WELCOMED

ABOVE, LEFT: Thornhill Manor's new Village Residents' Committee members, who will serve until 2025, are: Back: Bob Davies, Trevor Corin (heading up fibre), Rick John (Deputy Chairman), Steve Walker and Jenny Brownson. Front: Dale Cherrington (Secretary), Esme Erasmus (village Manager), Keith Fraser (Chairman), Carol Gaynham and Maureen Stewart. The Rand Aid representatives are Keith Fraser and Carol Gaynham.

ABOVE, RIGHT: Congratulations to these Inyoni Creek residents who have been voted in to serve on the Village Residents' Committee until 2025. Back: Mel Stamelman, Douglas Garner, Peter Moore and Ernie Muller (Deputy Chairman). Front: Inyoni Creek manager Jenny Tonkin, Graham Brokenshire (Chairman), Helen Parkinson, Steve Foster and Jackie Klein. Absent: Mike Edwards.

■ Tarentaal and Elphin Lodge committees will be featured in the next newsletter.

Any bunny for fun?

Thornhill Manor retirement village's Easter Bonnet Parade was hotly contested, with 15 residents going all out to take top honours.

Held on 6 April, the annual parade had its best turnout yet, says the retirement village's deputy manager Jackie Scott.

The competition was judged

by residents, who watched the contestants strut their stuff on the 'stage' and model their creative and spectacular designs.

Congratulations to Lynda Hopkins (prettiest design), Vicky Keenan (most appropriate) and Brenda Goodhall (funniest hat), who all won a lovely prize donated by residents.



RIGHT: Lynda Hopkins (prettiest design), Vicky Keenan (most appropriate) and Brenda Goodhall (funniest hat).



River Lodge 1 staff congratulate Marie Roberts, who won a chocolate bunny.

Egg-static Easter at care centre

Fun and happiness were the result of week-long Easter fun at Ron Smith Care Centre (RSCC).

Debbie Christen, RSCC's manager of recreational programmes, says the care centre's Easter programme was chock-a-block with activities for the residents to enjoy, including painting, baking, word searches, quizzes and arts and crafts.

Residents had the opportunity to make Easter bunnies from knitted squares, decorate cupcakes with speckled eggs in a nest of icing, paint or colour in images of Easter, and take part in a quiz.

The much-anticipated Easter egg hunt took place April 6, which was a joyous event for all of the chocoholics, says Debbie.

Residents also enjoyed the lucky draw on Good Friday. Those who drew a 'Happy Easter' card won half a chocolate egg filled with chocolates and truffles.

On Easter Sunday, residents enjoyed hot cross buns for tea, followed by a lovely roast chicken lunch. They could also enjoy church and shul services over Easter and Passover.

Thembalami bids a sad farewell to Zamokhule gogos

Thembalami Care Centre recently bid a very sad farewell to the gogos who were part of its Zamokhule outreach programme for the past 14 years.

At a farewell function for the gogos, held on 31 May, Thembalami's deputy manager Elize Raath – who was instrumental in getting the programme off the ground in 2009, with funding from the Department of Social Development – explained that the programme was started to assist elders in need in nearby Alexandra, River Park and East Bank.

Run from Thembalami three mornings a week, the programme assisted pen-

sioners so that they could remain within their own community for as long as possible.

It provided a platform for them to socialise with other members of the community; enabled the transfer of skills; provided breakfast and lunch; empowered participants about elders' rights, via a monthly abuse awareness programme; and provided spiritual upliftment.

At the farewell function, Elize urged the gogos to continue with their service centre in Alexandra.

To thank the care centre, the gogos

wrote and sang a song which expressed their love for Thembalami.

Gogos sang their appreciation

The gogos enjoyed a delicious lunch of chicken biryani and malva pudding, prepared by Lee-Ann Sass, the daughter of one of Thembalami's residents.

The programme has been stopped due to its budget being cut by the Department of Social Development.

The gogos were the beneficiaries of many donations during their time at Thembalami, with the last being a pair of slippers each from Tupperware.



Zamokhule gogos at the farewell function at Thembalami Care Centre.

Moms and dads toasted at Tarentaal

Tarentaal retirement village's residents thoroughly enjoyed their Mother's and Father's Day tea on 6 June, hosted by the village's residents' committee.

Congratulations to Dora Karla, who won a bottle of wine and happily shared it with the residents at her table.

Thank you to village resident John Donohue, who runs the Tarentaal pub, who donated wine.



Tarentaal resident Dora Karla won a bottle of wine at the retirement village's recent Mother's and Father's Day tea.



Taking some time out for a relaxing manicure is resident Jennifer Becker.

Pampering for Mother's Day

The Gregg Mitchley Foundation again reached out to Thembalami Care Centre and Max Ordman Deaf Association (MODA) residents, this time for Mother's Day.

Greg arranged for eight women – Sue Gratz, Tracey Lee Perry, Tracey Owgan, Elizabeth Sebilwena, Chantelle Wessels, Doris Pheeha, Michelle Shuda and Gizzelle Uys – to visit the care centre on 12 May, to spend time with residents and treat them to a manicure.

Each resident also received a sweet pack and Greg donated snacks for everyone to enjoy.

"Our residents loved being pampered! Thank

you to Greg and the foundation for making them feel special this Mother's Day," says Esme Van der Walt, Thembalami and MODA manager.

Residents and 'Gogos' from the Zamokhule outreach programme were also treated to a lovely tea, and encouraging message and prayer; while the Gogos sang a beautiful song for the residents.

"Thank you also to Eleni Giannakopoulos and Dr Kramer from Ampath, for privately donating lovely care packs to our residents. This made their day even more special," says Esme.



Dads celebrated in style at RSCC - A pub-like atmosphere greeted Ron Smith Care Centre's male residents in celebration of Father's Day on 15 June. Residents were served a non-alcoholic beverage of their choice and bar snacks, such as biltong, chips, pretzels and snack mix. Highlights included a Father's Day poem, read out to honour fathers and father figures and a fun quiz on famous fathers. Pictured are Taffy Thompson, Ronnie Cumming and Irvine Sinnett.



Moshe Singer visits RSCC for Mother's Day - Ron Smith Care Centre's residents thoroughly enjoyed the golden oldie tunes played by Moshe Singer, who came to entertain them at their Mother's Day tea at the care centre on 12 May. Pictured are Myra Serebro, Sihle Mashai, Ria Milburn, Moshe Singer, Caroline Mucheka, Carol Murphy and Trudi Thijs.

Miss Deaf SA finalist visits MODA residents

Max Ordman Deaf Association residents were thrilled to receive a visit from Miss Deaf South Africa 2023 finalist Monequ Edwards on 18 April. "It was an honour to visit the residents and I had a wonderful experience... We talked and had a good time together and, even though we were only there for a short time, we made some lasting connections. It was genuinely heartwarming," says Monequ.

"It's amazing how small acts of kindness can make a big difference in people's lives. I'm grateful that I took this opportunity to visit the care centre... I loved to see those who signed 'thank you' when I served them my homemade treats – I made cupcakes and milk tart, which were from my late grandmother's recipes," she adds.

The Miss Deaf SA 2023 finals take place in Cape Town in September.



Miss Deaf South Africa 2023 finalist Monequ Edwards with MODA residents.



OT plays vital role in rehabilitation

SANCA Wedge Gardens substance use treatment centre's clients continue to benefit from occupational therapy (OT) as part of their recovery process.

"OT makes a significant difference during the recovery process, as it includes various practical activities, interactions and discussions around various topics.

"Our clients are changing their lives by confronting their past and building new skills to develop meaningful futures. They are true heroes," says Caryn Berman, SANCA Wedge Gardens' occupational therapist.

The treatment centre recently celebrated Mother's and Father's Day and used the opportunity for its clients to identify heroes in their lives – those people in whose footsteps they would like to follow. Each client wrote down who their hero was and why.

"Mothers were a recurring theme and, in many cases, parents are role models. To celebrate the special women in their lives, we made delicious chocolates and beautiful beadwork and wooden crafts for them," says Caryn.

Youth Day was celebrated by discussing various aspects of youth, including advice our clients would give to their younger selves and what can be learnt from today's youth.

"While many of our younger clients were not aware of the significance of Youth Day, our older clients shared some valuable and interesting stories."

PICTURED, TOP: The SA flag made using coffee pods.

New social worker joins Wedge team

Substance use rehab centre SANCA Wedge Gardens recently welcomed three new employees to its fold.

"Philani Khumalo, our new social worker, has fitted into our rehab centre like a hand in a glove," says SANCA Wedge Gardens manager Adèl Grobbelaar.

Philani previously worked in the field of addiction and has seamlessly integrated into the rehab centre.

"We also welcome Kgotso Mapheto who has been employed as a domestic worker and is helping with linen changes; and Emily Labopa, who is handling medical aid authorisations and admissions," says Adèl.

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



Philani Khumalo.

■ Elphin Lodge and Ron Smith Care Centre reward their **best housekeepers and domestic** workers each month.

Elphin: Congratulations to Kedibone Madibane who won the Knock Your Sox Off award in May and Nonhlanhla Mabuza, who won the award in Febru-

ary, March and April; and to Kedibone Madibane, Mary Kekana and Sharon Lesufi, who were April's runners-up.

RSCC: Best housekeeping team for May was awarded to River Lodge 2's domestic workers Neliswa Khoza and Emily Tshabalala, and to relief domestic

worker, Emily Thabang. Emily Thabang was also selected as she is one of RSCC's longest-serving domestics.

March winners: River Lodge 3's Iris Radebe and Lerato Masoga. April winners: Portia Tshayisa and Phyllis Ntimana of the Lakeside wing.