

Ron Smith Care Centre

@ Elphin Lodge



JULY 2023 No. 91

Cheers to fathers!



All the gentlemen residing at Ron Smith Care Centre received a special invitation to come celebrate Father's Day at the Recreation Centre on 15 June.

A relaxed pub-like atmosphere was created and upon arrival, the residents enjoyed drinks and bar snacks such as biltong, chips, pretzels and snack mix.

Prior to the event, residents were asked what they wanted to drink, and Heineken beer and Hunter's Gold cider were requested. They were served the non-alcoholic versions and said they couldn't tell the difference!

A Father's Day poem was read out to honour all the fathers present and this was followed by a fun quiz on famous fathers, where correct answers were rewarded with chocolates! Next, a series of BBC Wildlife video clips was shown, as this was another request by the residents. The programme ended with another poem as a tribute to all present, and all the fathers left feeling relaxed and appreciated.



Help get tails wagging this Mandela Day

Elphin Lodge retirement village and RSCC residents and staff are calling for donations to support Tails and Whiskers this Mandela Month.

Elphin Lodge and RSCC 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. Tails and Whiskers raises funds via its charity shop and Saturday markets to support several smaller animal welfare organisations in the area.

These include Hellen White, a pensioner who attends to dogs and cats in poorer areas in Johannesburg South. The organisation also assists Christopher Mynhardt, who runs Edenvale Ferals, which feeds and neuters cats.

"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.

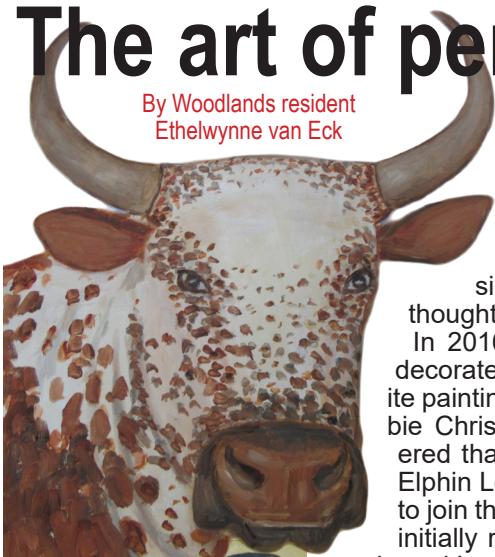
The village and care centre are now running a food and blanket drive for the dogs and cats and are also collecting items for Tails and Whiskers to sell in its charity shop.

Dog and cat food, Pep store grey blankets, fleecy blankets and goods for their charity shop (plants, jewellery, arts & crafts items, knitted/crocheted blankets & beanies, children's books, religious books, cookbooks, kitchenware and bric 'n brac) can be dropped off at Elphin's reception by 13 July. Higher value items are auctioned off.



The art of perseverance

By Woodlands resident
Ethelwynne van Eck



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

I have always been a passionate painter and art lover and have sold many oil paintings (mainly still life and flowers) in the past. Unfortunately, in 2015 I had a stroke which affected my right side and I was very upset because I thought that I would never paint again.

In 2016, RSCC became my home and I decorated my walls with many of my favourite paintings. When recreation manager Debbie Christen saw my paintings and discovered that I was an artist, she spoke to the Elphin Lodge art group who then invited me to join them as an art tutor/advisor. Although initially reluctant, I went along and met the people and I am so glad that I did, because they all welcomed me so graciously.

I didn't just want to tutor other people, however. I wanted to belong to the group as an artist and be one of them. I started attending the group every week and when I saw the others drawing and painting, I was inspired to try again. So, I brought along pencils and a sketch book 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 success with the drawing, I then decided to try painting in acrylics and watercolours.

I turned a corner of my room into my art studio and soon began painting with oils – my favourite medium. I started to notice the nursing and domestic staff around me and what struck me was their love of colour. This observation inspired me to paint figures based on their physical features and wearing the bright colours they love. I have donated several of these paintings to Woodlands.

When I was looking through my art history book, I came across cave art pictures which intrigued me, so I decided to start my *Animal and Cave Art* series, which portray cattle, horses, rhino and buffalo. The next lot of art history pictures which captured my interest, were those from Egypt, and this inspired my *Egyptian* series.

I was inspired by the unique beauty of Nguni cattle and have done several paintings of Nguni cows and bulls. My children and grandchildren love these paintings in particular, so I am busy adding more to this collection. I also recently completed my *Ladies with Fruit* series.

After seven years at RSCC, I have managed to master the art of painting with my left hand and am so grateful that my love for creating works of art has been rekindled and revitalised and that I can confidently pursue my passion once again. I

feel that I have developed and grown as an artist and it is wonderful to be fully involved once again, with the one thing that has been my life-long passion.

Birthdays

RESIDENTS

- 1 July Michael O'Toole WL (84)
- 8 July Karen Mitchell CP (76)
- 10 July Gavin Brister RL3 (71)
- 13 July Neville Branthwaite RL2 (86)
- 15 July Kay Pratt RL2 (89)
- 17 July Florence Ramsay RL1 (83)
- 19 July Douglas Morgan RL3 (79)
- 24 July Evelyn Krupke RL3 (63)
- 29 July Michael Papageorgiou CP (93)
- 30 July Dawn Smith LS (85)

STAFF

- 5 July Khodani Khuthe
 - 9 July Mokgaetji Mashaba
 - 16 July Lilly Mathebula
 - 18 July Nkone Bonoko
 - 23 July Meltah Molefe
 - 27 July Lebo Matloga
- ** Staff members must please remember to collect their birthday chocolates from reception.

Welcome to

Sydelle Morris: Cedar Park

Fondly remembered

- Janice Costigan: RL2
- Beryl Potgieter: RL3
- Magda Glibert: RL2



Emily Tshabalala, Portia Ngobeni, Leanie Bessinger, Neliswa Khoza and Emily Thabang.

You can count on them

Ron Smith Care Centre's best house-keeping team for May was awarded to River Lodge 2's domestic workers Neliswa Khoza and Emily Tshabalala, and to relief domestic worker, Emily Thabang.

Charge professional nurse Leanie Bessinger says the three women have made a significant effort to ensure cleanliness on the wing and River Lodge 2 is shining!

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

"Wherever I see Emily, it doesn't matter on which RSCC wing, she is always busy cleaning or washing something, and doing it with a big smile. She recently had a shoulder operation, but she does not let that keep her back from her work."

Well done to the winners! RSCC and our residents appreciate your hard work.