

# Ron Smith Care Centre @ Elphin Lodge



AUG 2023 No. 92

Bumper  
4-page  
Golden  
Games  
edition



## Blaze of orange victory for Cedar Park

The Golden Games Special Olympics held in July ignited a wonderful sense of spirit and friendly competitiveness among the residents and staff of Ron Smith Care Centre. After four days of fun and glory, Cedar Park won the Champion Team Award, but there were plenty of other prizes to go around. ■ See more on pages 2-4.





# Golden Games Special Olympics

The residents and staff of Ron Smith Care Centre had a spectacular week of fun and games, as each of the six residential wings dressed up in their team colours and competed in the Golden Games Special Olympics.

From the 10th to the 14th of July, the six teams of residents and staff competed in four events: Noodle Wars, Fingerboard, Beanbag Knockdown, and the Skyscraper Building Challenge.

Preparations for the Games began in mid-June, as RSCC staff kicked off the team-building process by participating in fun dance practices that were designed to build unity and team spirit. Staff were taught a cheer dance to the 'Shake it off' song by Taylor Swift and attended scheduled practice sessions. Twelve dance groups representing all six wings then danced at the Games, where they were judged and awarded points for their performance.

The Dance Champions of 2023 were the dynamic A Group from the Lakeside residential wing.

The four-day event culminated in a glorious Awards Ceremony, at which Cedar Park was pronounced the winner of the Golden Games grand championship and individual members were crowned and presented with medals. Special awards were presented to the residents for Champion Golden Gamer, Best Over 90 Competitor, Champion Skyscraper Builder, Best Sportsman, Most Spirited, and Best Effort Made. Awards presented to staff were for Best Team Leader, Best Encourager, Most Supportive of Residents, Most Improved Dancer and Best Male Cheerleader.

The determination and friendly competitiveness were thrilling to witness. It was particularly heartwarming to see the joy that the week's events brought, and also the wonderful spirit and positive energy that came from supporting others – whether they were on your team or not.

Some residents who don't normally participate in recreational activities came alive during the competitions. Others, who thought they wouldn't be able to manage some of the events, were encouraged to give it a try anyway and were delighted at the results.

Staff commented that it was great for the wings to have fun together and that participating in the Golden Games lifted their spirits. One of the family members sent a WhatsApp message: "I was fortunate enough to arrive today whilst everyone was getting ready. The positive energy, enthusiasm and team spirit was great to see. Well done, all! I am sure this event will go a long way to brighten up the days for all that stay there."



# Birthdays

## RESIDENTS

- 01 Aug Anastasia Issaias LS (79)
- 02 Aug Alan Clark WL (80)
- 03 Aug Thelma Levitan RL3 (90)
- 03 Aug Ethelwynne Van Eck WL (87)
- 03 Aug Yvonne Yardley WL (93)
- 12 Aug David Mtshali RL3 (88)
- 20 Aug Irvine Sinnett WL (90)
- 27 Aug Marie Roberts RL1 (101)

## STAFF

- 05 Aug Portia Mantome
- 08 Aug Nthabiseng Sebata
- 09 Aug Sibonokuhle Mtshali
- 15 Aug Jennifer Sigida
- 16 Aug Mamphokeng Motloutsi
- 16 Aug Neliswa Khoza
- 17 Aug Nomasonto Malevu
- 20 Aug Mapula Molepo
- 20 Aug Precious Mlimo
- 23 Aug Ikgetheleng Kunyane
- 23 Aug Avril Maltman
- 25 Aug Tanya Switala
- 28 Aug Nomathemba Mbulawa

\* Staff members must please remember to collect their birthday chocolates from reception.

## Fondly remembered

- Gail Spinks
- Bela Nadori
- Stella Thomas
- Malcolm Shalekoff

## Welcome to...

- |                     |     |
|---------------------|-----|
| Guerino Morgia      | RL3 |
| Henryk Komar        | RL2 |
| Aileen White        | RL2 |
| Gunda Schutte       | RL2 |
| Pieter Van der Neut | RL3 |



# And the winners are...

1. GOLDEN GAMES GRAND CHAMPIONSHIP AWARD – Cedar Park. ■ See photos on front page.
2. GOLDEN GAMER – Drienie Horlacher – Lakeside
3. DANCE CHAMPIONS – Lakeside A Group, captained by Nelly Motshoene

### Special residents awards

4. BEST OVER-90 COMPETITOR – Marie Roberts – River Lodge 1
5. CHAMPION SKYSCRAPER BUILDERS – Carol Murphy and Clem Lilley – Cedar Park. ■ See photo on front page, bottom right.
6. BEST SPORTSMAN – Neville Branthwaite (right in pic) – River Lodge 2
7. MOST SPIRITED – Maureen Wollenschlaeger – River Lodge 2
8. BEST EFFORT MADE – Irvine Sinnett – Woodlands

### Special staff awards

09. BEST TEAM LEADER – Esmeralda Rusike – River Lodge 3
10. MOST SUPPORTIVE OF RESIDENTS – Prudence Mokoena – River Lodge 3
11. BEST ENCOURAGER – Tshepo Malatjie (left on pic) – River Lodge 2
12. MOST IMPROVED DANCER – Germinah Baloyi – River Lodge 1
13. BEST MALE CHEERDANCER – Mzwakhe Mokubung – Student on River Lodge 3

