

# Ron Smith Care Centre

@ Elphin Lodge



SEPT 2023 No. 93



## Spa day, flowers & music

Women's Day was celebrated over a week with several special activities. On the Tuesday of Women's Week, all RSCC residents were invited to a Spa Day in the Rec Centre where hand massages, manicures and a foot spa were on offer.

On the Thursday, residents and staff went on a Flower Walk, enjoying the outdoors as they gathered pretty flowers and leaves to make some lovely bookmarks. The grand finale to Women's Week was a lively tea

dance party. Roy Edwards got the party going, singing and playing various songs from the 50s–80s, including country rock, rock 'n roll and even a bit of sakkie-sakkie! The music inspired people to get up and dance, sway to the music, or just listen and enjoy. Delicious chicken wings, sausage rolls, quiche, vetkoek with mince, laming-ton, milk tarts and cream puffs were enjoyed. This event uplifted spirits and brought happiness, joy, and warmth to people's hearts.





## Get to know me

### CEDAR PARK RESIDENT: SYDELLE MORRIS

I was born in 1933 in Cape Town, the middle child of 3 children. My father was a soldier in the army and was transferred to JHB when I was 9. I went to school in Orange Grove, which I loved, and later a convent boarding school in Durban, which I hated. When my dad was transferred back to JHB, I attended secretarial college. I then went to work for a lawyer as a typist/telephonist. When I was 19, I went to a party where I started chatting to Edel, the man who would become my husband. He was studying medicine at Wits. We were married for 64 years until his death in 2018. Edel was my rock. He eventually



became a trauma surgeon at Linksfield and Milpark hospitals. We had 4 children: Glenda, Cheryl, Clive, and Marissa; 10 grandchildren and 5 great grandchildren.

Home was always my happy place, but now it is anywhere my family are. I am so grateful to have such a loving, supportive family who always show how much they care.

#### Passing thoughts:

I have always been creative and loved sewing, knitting, flower arranging, painting, and porcelain doll-making. I used to sew costumes for local plays. I also enjoyed learning how to make porcelain dolls & made some for my grandchildren and for a Rotary Club auction. The nuns at convent school taught me how to paint & I still have a painting I made for my mother when I was 11. After that, I never touched a paintbrush again until some 70 years later when I took art classes at Inyoni! I used to love going on long walks in beautiful places. One of my simple pleasures is to sit in the sun and read a good book.

### CEDAR PARK ENA: THEMBI KEKANE

I was born in 1982 in Limpopo, the first born of 3 children. I grew up in the small Ndebele village of Gamadiba. When I was 8, my mom & dad separated & I went to live with my granny. When I was 15, my mom passed away from TB. After matric, I moved to Soweto to live with my dad & then moved again to Thembisa. I did a course at Birnam Business College which qualified me to work in a bank, but I couldn't find a job. I then applied to be a traffic officer, but failed the running test, so then decided to attend nursing college & eventually qualified as an ENA. It was difficult to find a



nursing job, so I ended up working at OR Tambo airport in passenger handling for 4 years. Eventually, I got a job at a retirement village in Randburg, but many of our resi-

dents died from Covid and I was retrenched. In 2022, I joined Rand Aid. I love nursing & being able to help people. It is my calling and my passion. I have been with my partner, Petrus, for 18 years. Petrus is a warrant officer for SAPS Thembisa & has been a police officer for over 20 years. We live with our 2 beautiful children Sharon (16) and Junior (5). Petrus started paying lobola in 2017 & we are planning our traditional wedding for next year.

#### Passing thoughts:

My happy place is in nature. This is where I think about my mother; she always demanded that I do things properly, rather than rush to get the job done. On my days off, I love to play R&B and Gospel and sing and dance. A lesson learnt from my aunt is that I should have a vision for my life: Work hard and not depend on anyone else for my future.

### CEDAR PARK RESIDENT: CAROL MURPHY

I was born in 1945 in JHB, the middle child of 3 children. My dad died in his 50s of lung disease from inhaling coal mining dust over many years. My mom was a talented seamstress who made all our clothes. We lived in Parkhurst, where everybody knew each other, and children played safely in the streets until late. I first attended a convent school where the nuns were very strict & then went to Parktown Girls High School. I left school early to study at a secretarial college and then did a 4-year hairdresser apprenticeship with Maison Champagne in town. My boss was a



difficult taskmaster so as soon as I qualified, I left to work for another salon. In the meantime, I met my husband-to-be, Willy, at a party. We were married for 17 years

& had 2 children: Mark, who died tragically at an early age of leukaemia; and Megan, who lives in a house that I designed in Greenstone. My best job was when I worked in the office and as a sales rep for a housing contractor. I learnt how to read and draw up house plans and how to design houses.

#### Passing thoughts:

One of my best childhood memories is of the weekly book mobile that came to our school. I think I read every book that Enid Blyton wrote! I went to gym regularly, sometimes taking over the exercise classes when my teacher asked me to. I used to belong to a Singles Club; every Friday we would dance the night away. I have fond memories of travelling to Switzerland in 1968 to take part in the Gymnastrada as a member of the SA team.

## Birthdays

### RESIDENTS

04 Sept Annabelle Lucas RL2 (89)  
05 Sept Josephine Kew RL1 (92)  
05 Sept Carol Murphy CP (78)  
08 Sept Irene Watson RL1 (102)  
08 Sept Joy Smith RL2 (91)  
11 Sept Marge Trinder LS (93)  
16 Sept Cathy Basterfield LS (98)  
16 Sept Mariana Duvenage RL1 (84)  
18 Sept Ivor Cohen LS (83)  
18 Sept Nanna Roberts RL3 (86)  
21 Sept Joan Gelman CP (88)  
24 Sept Fred Shaw RL1 (89)  
25 Sept Christine Kincaid-Smith RL3 (81)  
26 Sept Mona Knodell RL2 (98)  
27 Sept Maria Macedo RL2 (87)  
28 Sept Esme Joubert RL1 (86)

### STAFF

02 Sept Masegata Mamabolo  
06 Sept Ntombikhona Maphasa  
07 Sept Lusani Mabulele  
09 Sept Amanda Ndlovu  
11 Sept Makgabo Baloyi  
11 Sept Lungile Mhlongo  
13 Sept Nhlalala Mavunda  
14 Sept Siyakubonga Nazo  
14 Sept Iris Radebe  
17 Sept Nomizana Pili  
17 Sept Thivhonali Rananga  
22 Sept Refilwe Ratema  
25 Sept Sedyala Malatji  
26 Sept Martha Tsolo  
26 Sept Carol-Ann Mckenzie  
26 Sept Mmamose Maphoso  
27 Sept Nicky Ponco  
29 Sept Lufuno Ratshilume  
30 Sept Mmathapelo Magwete

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

### Fondly remembered

Aileen White Pat Hussey  
Arthur Nortje Ugo Gaiti  
Patricia Dale  
Nambenathan Govender

### Welcome to

Nambenathan Govender RL3  
Willem Meyer RL2  
Elene Bohnenkamp-Blaensdorff RL3



Thabisile Ndlovu (left) and Lebo Matloga (right) from Cedar Park won the accolade of **best house-keeping team** for July. They are pictured with Sr Leanie Bessinger. Their positive attitude resulted in a much-improved Cedar Park wing.