

# Rand Aid **review**

RAND AID

review

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Thembalami Care Centre held a head-turning Women's Day celebration on 18 August. The event was organised by the occupational therapy department and management, under the theme 'Doek on fleek' ('on fleek' is informal for 'stylish'). Residents and staff dressed in white and denim and wore stylish head wraps. Two motivational speakers from the care centre's nursing team encouraged unity, self-love, compassion towards others, and teamwork. Pictured are Shirley Sibeko, Doreen Calder, and Fortune Makhuvale.



## Fetes ahead

There's great excitement in the air as preparations for Thornhill Manor retirement village and Thembalami Care Centre's annual fetes are in full swing.

**Thornhill Manor's** fete will be held on 14 October from 9am to 1pm.

There will be many bargains to be had and a wide selection of food and refreshments, including baked goods, pickles, preserves, boerewors rolls, egg and bacon rolls, German foods, pancakes, curry and rice, deli items and a tea garden; live music and raffles.

All funds raised go directly to the retirement village fund and are spent on a project decided on by the residents.

**Thembalami Care Centre and Max Ordman Deaf Association's (MODA)** fete takes place on 28 October.

Thembalami cares for senior citizens who cannot live independently, while MODA is home to older people with hearing challenges. Some residents receive little more than a government subsidy, and the annual fete raises funds to hire entertainers for events, for Christmas treats, and other niceties.

On offer will be a variety of food and other stalls, a tea garden, and Thembalami's legendary white elephant table – where visitors are bound to find a bargain or two.

Members of the public can support the care centre by donating any unwanted items that are in good condition.

If you would like to have a stall, donate goods, or make a cash donation, call Elize Raath or Esme van der Walt at 010 534 8771.

## Stronger together

Thornhill Manor retirement village's Happy Chatters occupational therapy (OT) group recently had the opportunity to interact and socialise with Ron Smith Care Centre's (RSCC) residents during their daycare OT activities.

The Happy Chatters and their caregivers, along with one of the resident's spouses, enjoyed RSCC's OT daycare programme, run by OT Marlé Gräbe, and took part in various activities, including chair exercises.

They then had a lovely walk in Elphin Lodge's grounds, down to the lake, where they enjoyed interacting with each other and some delightful snacks. A lovely lunch was enjoyed afterwards at Elphino's coffee shop. "These outings are good for morale overall.

Socialising and interaction increase confidence and improve one's outlook on life, as chemicals are released in the brain that improve mood and happiness," says Thornhill Manor's social worker Karen Griessel.

"In addition, moving and stimulating the body strengthens muscles and bones and can improve balance and coordination, which keeps the joints flexible and could decrease the risk of falling," she adds.

Fostering relationships between its retirement village residents and RSCC forms part of Rand Aid's pioneering of the Eden Alternative, which ensures that residents not only receive the highest level of physical care, but also enjoy a loving and caring environment that ensures their holistic well-being.



Thornhill Manor social worker Karen Griessel with RSCC resident Marie Roberts, who **turned 101** on 27 August. Born near Zeerust in 1922, Marie moved to RSCC 10 years ago. She loves watching the news and sport, wildlife programmes and going to watch the birds at RSCC's dam, says her niece, Magriet Herr. "She is an inspiration to all of us and we all love visiting her. She is always lovely company," says Magriet.

## Bequest from former resident makes sensory room possible

Thembalami Care Centre recently installed Snoezelen multi-sensory equipment to create a relaxing space for its residents with dementia or Alzheimer's and those who require counselling.

Centre manager Esme van der Walt says the equipment was installed in a dedicated room at the care centre to create a relaxing space that helps to reduce agitation and anxiety, engage and delight residents and encourage communication.

The Snoezelen philosophy and concept was originally developed in the 1970s in the Netherlands and has been used all over the world to help improve the quality of life for people with disabilities and other limiting conditions.

Studies have shown that the use of such multi-sensory equipment can have a positive effect on behaviour, mood, communication and functionality. The equipment will also be therapeutic for staff, as it improves their relationships with residents and increases job satisfaction.

One year in the making, Thembalami's Snoezelen room

was made possible by former Rand Aid Inyoni Creek resident Sully O'Sullivan, who left money to the care centre in his will, and donations from the Inyoni Angels, a group of Inyoni Creek residents who consistently support the care centre.

Sully's sons, David and Gerald, as well as other Thembalami donors attended the official opening.

"David shared that his eldest son is autistic and makes use of a Snoezelen room at school and that his father would be proud that his generous donation to Thembalami was used in this way," says Esme.

All the guests got to engage with and experience the equipment in the room, which stimulates the senses with coloured lights, soothing music, calming aromas, interesting textures and gentle movement.

"The room will also be used for residents and their family members who require counselling, as it is a calming, private space," says Esme.



Thembalami Care Centre's July family fun day was an absolute hit, with live band TM Squared getting some of the residents up and jiving! The band members are the sons of Thembalami resident Jeanette Wessels. Tea and coffee with cake and mince curry and rice, kindly made by a resident's daughter with ingredients provided by Thembalami, were sold. Family days are held regularly to encourage interaction between residents and their loved ones. Pictured are Maureen Hoecg, Colleen McInerney (friends of resident Jeanette Wessels), Jeanette Wessels and her granddaughter, Candice Samson.



Inyoni Creek's July birthday tea was an absolute smash, with a Wimbledon theme creating much fun and laughter. In true British style, residents enjoyed cucumber sandwiches and an array of other snacks with their tea and coffee. Pictured are deputy manager Marinda Looyen with resident Pam Hadden, who won the prize for the best dressed.

## Inyoni residents back the Boks at energetic birthday tea

Inyoni Creek Retirement Village came alive on 7 September with a spirited celebration that combined September birthdays with the excitement of the Rugby World Cup kick-off, all under the lively Springbok theme.

To kick things off, staff members made a grand entrance by singing *Hier kom die Bokke*, setting the tone for an energetic and cheerful celebration.

Residents proudly displayed their team spirit by donning Springbok rugby jerseys, and staff members enthusiastically joined in on the fun, wearing rugby-themed attire.

The highlight of the day was a rugby-themed quiz, expertly hosted by village manager Jenny Tonkin. Social worker Shaun Victor and the ever-enthusiastic village sister, Jana Bezuidenhout, acted as linesmen for the quiz, adding their own flair to the event.



Inyoni Creek resident Mary Roberts.



Thembalami Care Centre said farewell to winter and welcomed the season of regeneration in fine style on 1 September. Residents and staff blew bubbles, played guess-the-items and don't-spill-the-water challenges, and apple bobbing, before enjoying boerewors rolls and ice cream for dessert. The fun was held out of doors, in the large garden, and cheerful music filled the air. "Residents enjoyed time out and interacting with each other. They participated well in all activities, and enjoyed the camaraderie," says social worker Lara Hurwitz. Pictured are Esther Fourie and Jo-Anne Weyermans-Noble.



A beautiful spring day helped make Tarental's annual fete on 2 September a wonderful day out for residents, their loved ones and members of the public. The village was gaily decorated with flag bunting and the tables were set under trees in the spacious garden. Braai smoke filled the air as people moved between stalls, or enjoyed a bite to eat and a cup or glass of something to drink at the picnic tables. Serving a customer are Anita Erasmus and Pam Moodley.

## Substance abuse workplace intervention

Employees of a Joburg company caught using dagga on work premises recently underwent what is hoped to be a life-changing event.

Imani PsychoSocial Solutions in Midrand was employed by the company to find a therapeutic solution to what could spiral into a workplace nightmare if left unchecked. Imani in turn contracted Sanca Wedge Gardens Treatment Centre.

Based in Whitney Gardens outside Johannesburg, Wedge Gardens offers in-patient rehabilitation programmes and runs substance abuse awareness programmes and interventions at workplaces and schools.

Wedge Gardens programme co-ordinator Hlumela Anderson, who holds an Honours degree in psychology and is studying towards her Honours degree in psychological counselling, presented an interactive six-week course for the seven employees.

Topics covered included an introduction to substance abuse, addiction, intervention processes, the consequences of substance abuse, how it affects an addict's brain, and dealing with cravings.

"I found it interesting to see guys gaining insight into their substance use issues. On day one, most of them insisted they had control over their substance use and the employer was fussing over nothing. But, as the weeks went by, I could see that they had introspection and the lectures provided them with valuable information that made them realise they needed to change their ways.

"On the last day of the course, they showed appreciation to their employer for sending them on the course," says Hlumela.

■ If you would like Wedge Gardens to do a presentation at your business or school, call Adel Grobbelaar at 011 430 0320 or email her at [agrobbelaar@randaid.co.za](mailto:agrobbelaar@randaid.co.za)

# Sheddie lives on in hearts of fellow woodworkers

The Rand Aid men's shed has been renamed to honour one of the founding members and former chairperson George Green, who passed away in May 2022.

Now called the George Green Men's Shed, it was established in January 2019, following months of planning.

George was a resident of Inyoni Creek Retirement Village and a member of the Witwatersrand Woodworkers Association, which makes toys for distribution to orphanages.

He explained at the launch nearly five years ago that men's sheds are community organisations that provide a space for social interaction, and the hobbies and DIY projects that are usually done in home garages or workshops. The founders said at the time that the concept was well aligned with the Eden Alternative philosophy, to which Rand Aid subscribes. The core belief of Eden Alternative is that ageing is a continued stage of development and growth, rather than a period of decline.

"George was a passionate woodworker who had visited men's sheds in the UK and was determined to set up an equivalent – or better – shed within Rand Aid. Under his guidance, our men's shed has developed into an awesome facility," says the secretary of the George Green Men's Shed and Elphin Lodge resident Diego Sella.

The shed occupies a comfortably sized 200m<sup>2</sup> at the corner of the Rand Aid maintenance/warehouse complex at Wedge Gardens Treatment Centre in Whitney Gardens, Johannesburg.

"In common with the majority of men's sheds worldwide, the facility is made available to us rent-free. However, our use of the facility is subject to certain conditions, namely, that it is for the exclusive use of Rand Aid village residents, and that all work performed be for personal needs or the needs of fellow village residents," says Diego.

There are currently 16 active members. The shed is normally open on Monday, Wednesday and Friday mornings from 8:30am to noon. Strict safety rules are enforced.

"We welcome anyone from any Rand Aid village who may wish to join us for a small membership fee. Our focus is on manufacturing and repairing wooden furniture for ourselves and our fellow village residents, but we also make flower pot holders, TV remote holders, wooden toys, etc. While the focus of the shed is on woodworking, we also offer repairs to small electrical appliances," says Diego.

Proceeds from the work go towards the purchase of necessary tools, machine maintenance and consumables.

"We are equipped with a range of woodworking machinery and equipment, a couple of which we inherited from Rand Aid, others donated by members, and a couple bought and/or fabricated by our members."

The shed has a social corner where members sit and have tea or coffee and exchange news and general chatter. "We all have enormous fun!"

■ The men's shed's two office bearers are Gordon Roberts, (treasurer, 082 992 8218, [fixform@vodamail.co.za](mailto:fixform@vodamail.co.za)) and Diego Sella (secretary, 082 652 5311, [dsella@iafrica.com](mailto:dsella@iafrica.com)). Contact either of them should you wish to join.



The members of the George Green Men's Shed with late chairperson George Green's widow, Shelagh.

# Happy chatting for five years

Since 2018, people impacted by age-related ailments have been given an outlet to creatively express themselves, interact socially, and enjoy activities that boost cognitive ability.

The Thornhill Manor retirement village's Happy Chatters occupational therapy (OT) group was started by occupational therapist and Thornhill Manor resident Vicky Keenan.

"The group continues to be a massive asset and we are blessed to have this resource available for those residents who need the additional care," says village social worker Karen Griessel.

OT interventions may improve the quality of life in older adults, especial-

ly those with dementia, she explains.

The group focuses on recreational activities, such as playing indoor games, storytelling and socialising, and physical activities that include cognitive stimulation.

"The residents and their caregivers are left stimulated and have a break from the day-to-day living, which is good for morale.

"Spouses and friends join our group more these days, which is wonderful for residents. There truly is something for everyone to enjoy and we have lots of laughs and fun," says Griessel.

On 4 September, a birthday party was held to commemorate the group's fifth anniversary.



Thornhill Manor's Happy Chatters at their fifth-anniversary party.

## Wits students get hands on at Wedge Gardens

Four third-year Wits occupational therapy (OT) students have just completed five weeks of training at SANCA Wedge Gardens.

The students – Erin Mildenhall, Chloe Masters, Jodi Benjamin and Kayla Kotzen – were introduced to psychiatric OT, specifically relating to addiction.

"They each had two clients that they treated daily," says Caryn Berman, SANCA Wedge Gardens' OT.

"It was therapeutic and fun and the clients were sad to see them leave. The partnership between the university and Wedge Gardens really assists the students, who get a glimpse into working in the challenging field of psychiatric OT," she adds.

Quilling, sewing and baking are



Erin Mildenhall, Chloe Masters, SANCA Wedge Gardens OT Caryn Berman, Jodi Benjamin and Kayla Kotzen.

among the many activities that clients get involved in during their OT sessions.

"They sewed a small bag, that can hold a few items, such as glasses or a cellphone," says Caryn.

"In our next session, we will

make bigger bags to carry a laptop," she adds.

"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," says Caryn.

For more information about SANCA Wedge Gardens, visit [www.wedgegardens.co.za](http://www.wedgegardens.co.za)



Back: Ian Stanley, Ian Christie, Don Beattie, and Hans Fikkert. Front: Ozzie Kuhn and Keith Anderson.

## Snooker victory in the pocket for Elphin Elite

Cue the drum roll... Elphin Lodge Retirement Village's snooker team is on the ball. The sharp-eyed men recently won what they say was the 'very satisfying' 2023 Rand Aid Snooker League by a healthy seven points.

The annual competition is made up of six alliteration-loving teams, five from Thornhill Manor (Alan's Aces, Don's Devils, Graham's Gorillas, Jimmy's Jammers, and Terry's Top Dogs) and one from Elphin Manor, the Elphin Elite. The action takes place over seven months.

Each team comprises a minimum of four players. The format is four singles games and two doubles, with no person playing more than one game in each discipline in a match.

Elphin Elite played each opposing team four times on a home and away basis, so in total played 20 matches of six games each.

At the end of the competition, Elphin had won 79 games, giving them a commendable average of four wins per match, which indicates a high level of consistency amongst all the players.

"All the members are to be congratulated on their achievement and dedication. Our thanks to all those at Thornhill who played against us. Some memorable tussles took place and new friends have been made," says Elphin Elite player Ian Christie.

The Elphin team comprised the following regulars: Ozzie Kuhn, Keith Anderson, Ian Stanley, Hans Fikkert, Don Beattie and Ian.

The average age of the team is 80, says Ian, so age is no reason for not being able to play snooker.

Ian says snooker gives them a lot of pleasure, laughs, companionship and satisfaction.

### Come play

Elphin snooker extends an invitation to anyone who would like to play. There is no requirement to play league – social snooker can be arranged. "We encourage novices to try the game; we will be happy to teach you how," says Ian.

Contact Ian at 081 019 2483 or visit him at cottage 302.

# From the roaring 1920s to the information age

From the invention of penicillin to ChatGPT, Irene has seen it all in her 102 years.

Not many people have witnessed the transformations that Irene Watson has – after all, she was born just after the end of World War I.

That was before penicillin, bubble gum, nylon, and aerosol cans were invented. When she turned 102 on September 8, the resident of Rand Aid’s Ron Smith Care Centre in Edenvale could say she had just lived through the mass introduction of artificial intelligence applications, like ChatGPT.

Despite the many technological breakthroughs unfolding around her, Irene enjoyed an old-fashioned celebration – a birthday cake and tea enjoyed in the company of loved ones, fellow residents and staff.

Irene was born in Darlington, England, in 1921. On completing her education at the Catholic Immaculate Conception School, she started work at Binns Departmental Store in

the accounts department.

She married Reg Watson in 1944 and had two children, Trevor and Fiona. In 1957, the family emigrated to Southern Rhodesia and settled in Bulawayo.

Irene’s daughter Fiona Martin says her parents decided to emigrate to South Africa in 1982 to be nearer their children. They initially lived in Kempton Park, then moved to Port Elizabeth, before moving into Tarantaal Retirement Village, where they were among the first village residents.

“My mom was an avid reader, loved doing crossword puzzles and joined the Toast Mistress’s Club in Kempton Park.”

Sadly, Reg passed away in 2001 and son Trevor in 2016.

Irene continued to live independently in her Tarantaal home until 2016, when she moved to Ron Smith Care Centre.

“She is given the best care and attention,” says Fiona.



**Irene Watson (102) with Ron Smith Care Centre employees Bianca Dlo-mo and Lindiwe Hlope.**



**Esme Frenkel.**



**Inyoni Creek resident Peter Moore reached out to the retirement village’s residents for assistance after reading in the *Bedfordview and Edenvale News* that Hospice needed funding. Peter approached Dugald Patterson, who is renowned for his delicious scones, and a charity tea and scones event was held. Peter’s wife Shirley donated teddies that she knits for charity, and sold them at the tea to raise additional funds. Pictured are residents Barbara Muller, Adelle Rogoff and Jenny Cubitt enjoying their scones at the Hospice tea.**

## Outdoor walk and flower bookmarks

With spring just around the corner, Ron Smith Care Centre’s residents and employees celebrated National Women’s Day with a variety of exciting activities, one of which was a refreshing walk around Elphin Lodge’s beautiful, landscaped gardens.

“It was a lovely sunny day on 10 August, the ideal weather for our residents to enjoy some time outdoors searching for flowers and leaves to make bookmarks for Women’s Day,” says Debbie Christen, Ron Smith Care Centre manager of recreational programmes.

After a lovely walk, everyone went back to the Recreation Centre where they made their own bookmarks.

“Everyone’s creation was unique and the residents were happy that they were able to create something beautiful,” says Debbie.



**Meet Elphin Lodge’s new Village Residents’ Committee. Front: Gerald Mills (treasurer), Barry Tedder (chairman), Debbie Beech (deputy manager), and Danny Nussbaum. Back: Joan Marshall, Jenny Sella (secretary), Shirley Cosser, Helen Petrie (village manager), Gerron Elferink, Howard Evans and Abe Kramer.**

## Better together... The power of youth and wisdom

Thembalami Care Centre's and SANCA Wedge Gardens' occupational therapy departments joined forces and went all out on Mandela Day to ensure that residents from the care centre and clients from the substance use treatment centre spent some quality time together.

Preparations started on 17 July, when several Wedge Gardens' clients started baking cakes and biscuits for Thembalami's residents. Thembalami also took cake to Wedge Gardens, in celebration.

"On the morning of Mandela Day, our clients were up bright and early, cleaning, tidying and setting up beautiful, artistically decorated tables to host our guests," says Caryn Berman, SANCA

Wedge Gardens' occupational therapist.

Everyone enjoyed tea and coffee while enjoying their time and interaction with each other.

As it was a lovely sunny day, the tables were moved outside where some people played board games, including the fiercely competitive Rummikub.

Thembalami resident Joanne Weyerman Noble, a talented fabric painter, took her paints and brushes and inspired some of the residents and clients to paint and develop their talents.

Thembalami's occupational therapist Tshakani Shihlomule, who initiated the event, says it was wonderful to build re-

lationships between the two centres.

To give back to the community, in honour of Madiba, everyone also packed small gift packs which included soap, shampoo and body cream.

"There were 134 packets which were sealed with a picture of Madiba. When we ran out of packets, the packers simply wrapped the items with tape, to ensure that more people could benefit. The packets are being handed out to people on the street and others in need," says Caryn.

"Mandela Day will be remembered as a day when younger people connected with and learnt from their elders, and giving back to others," she adds.



**Inyoni Creek retirement village residents have again broken their own record for the number of squares knitted to support NPO 67 Blankets for Nelson Mandela Day. Last year, the dedicated knitters donated 1 966 squares to the organisation to make blankets for those in need. This year, they managed an impressive 2 375 squares! Pictured are village deputy manager Marinda Looyen with residents Ethne Koff and Jenny Cubitt counting the squares.**



**For the past 12 years, Thornhill Manor retirement village residents have celebrated Mandela Day by knitting squares – in all colours to celebrate our rainbow nation – which are sewn together by 67 Blankets for Nelson Mandela Day and distributed to those most in need. This year, the residents gathered in Thornhill Manor's community centre on 17 July, armed with their knitting needles and balls of wool. Between them, almost 500 squares were knitted. Pictured are residents Evelyn Neuhaus, Joan Miller, Bernadette Hunkeler, Barbara Damstra, Luiza Tsakos, Marion Falconer, Audrey Blewitt, Angela Webster, Elaine Weldon and Lorna Turner.**

## Madiba minutes spent on furry friends

Cats and dogs assisted by Tails and Whiskers and the smaller animal rescue organisations it supports received love and support from Elphin Lodge retirement village and Ron Smith Care Centre (RSCC) in celebration of Nelson Mandela Month.

The project, which ran from 7 June to 18 July, was launched when Sharon Blackwell, the founder of the Tails and Whiskers, and her team, visited the village and care centre with some of the organisation's animals to speak to residents about its animal welfare and rescue work in various communities.

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, Ron Smith Care Centre's manager of recreational programmes.

The village and care centre then ran a food and blanket drive for the organisation and collected items for it to sell in its charity shop. On Mandela Day, some of RSCC's residents spent their 67 minutes making dog biscuits to donate to Tails and Whiskers. The biscuits were delivered to the organisation by RSCC's recreation team, along with packaged beaded jewellery that was made by staff and residents. A final load of dog and cat food, blankets and items for the charity shop, all donated by residents, was also dropped off.



**RSCC residents Ria Milburn, Pearl Porter, Bernie Jawitz, Marion Simmonds and Brian Russell.**

## Tarentaal squeaky clean, thanks to Crossroads

Two truckfuls of basic hygiene products, including toilet paper, soap, sanitiser and masks, were recently donated by Crossroads Distribution, a logistics company based in Midrand, to Rand Aid's Tarentaal Retirement Village. "We will be able to utilise the donated goods in so many different areas to the benefit of our residents," says Tarentaal deputy manager Latitia Goosen.



Warm soup and breadrolls went down a treat.

## Mandela magic warms hearts

Delicious soup and rolls were the order of the day at Thembalami Care Centre and the Max Ordman Deaf Association (MODA), following a visit to the centre by employees and students from Boston City Campus in Orange Grove.

The campus donated soup and rolls (donated by Checkers) and fleece blankets to the residents as part of their 67 minutes for Mandela Day.

Thembalami manager Esme van der Walt spent time with the visitors, sharing information about the centre and what it offers residents.

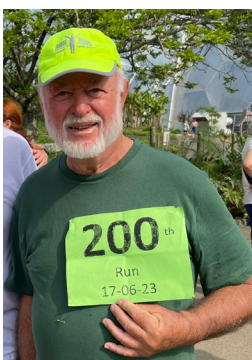
“Our residents enjoyed their soup and roll for supper that night,” says Elize Raath, Thembalami deputy manager.

■ Six employees from the Insurance Sector Education and Training Authority visited Thembalami and MODA on 17 July, as part of their 67 minutes for Mandela Day.

The employees enjoyed a tour of the facilities and donated various food items, including rice, samp, flour, Oros, tea, coffee and creamer to the care centre.

“We are grateful for these items as they can be used during our family days and birthday bashes, saving the care centre precious funds. We have already cooked some delicious samp for our residents and staff,” says Elize Raath, the deputy manager of Thembalami.

## Neil and Marinda’s parkrun milestones



Neil Munro.

Retirement often invites thoughts of relaxation and enjoying the simpler things in life. However, for resident Neil Munro (pictured), retirement at Inyoni Creek has transformed into a platform for extraordinary accomplishments and light-hearted competition – the latter with the village deputy manager Marinda Looyen. Neil recently celebrated a truly remarkable milestone – completing an impressive 200 parkruns! Not to be overshadowed, Marinda achieved her own significant feat by completing her 150th parkrun.



Masha Hackel, a beloved member of the Inyoni Creek community, turned 97 on 11 September. Masha has been a resident since 2014. Pictured with her are, back: Marinda Looyen (deputy manager), Debbie Kotze (receptionist), and Jenny Tonkin (manager). Front: Sr Jana Bezuidenhout (village sister), Masha and Shaun Victor (social worker).

## Goodwill drummed up at Thembalami and MODA

The Sibikwa Dance Academy recently enthralled Thembalami Care Centre and Max Ordman Deaf Association residents with their lively, vibrant dancing and drumming.

Seventeen youths from the academy recently visited the care centre to engage with and perform for the residents.

“One of our residents enjoyed it so much that she started dancing with them to the delight of the dance group. The dancers used drums to create a fantastic rhythm during their performances and the residents thoroughly enjoyed it,” says Elize Raath, Thembalami’s deputy manager.

“After their performance, the dancers helped residents to play the drums, which was a wonderful experience for them. Music and dance always make them happy,” she adds.



Patricia Maki enjoying her drumming.



St Benedict’s Cubs, under the leadership of Allison Odgers, visited Thembalami Care Centre and Max Ordman Deaf Association as part of their 67 minutes for Mandela Day. They brought board games, cake and snacks for the residents to enjoy with their afternoon tea. Allison’s son Connor and his friend Charlton Chung, from the St Benedict’s College, joined the cubs for two hours of community service, as part of their school curriculum. Pictured are Antonio Bonifacio with Elizabeth Andrews.



As always, Servest – which looks after the gardens at Rand Aid villages and care centres – generously donated a tree to each village for Arbor Month. Thornhill Manor retirement village planted its buddleia saligna, or false olive tree, on Spring Day. Servest assisted with the digging of the hole, compost, fertiliser, and planting and the Thornhill Manor Garden Club arranged for tea and cake to be served afterwards, and there were beautiful cuttings of crab apple displayed to bring a spring feel to the day. Pictured, standing in the back, are Mike Verburg, Jean Landsberg, Amanda Brown, Jenny Hannon, Ligia Kuzela, Jackie Scott (complex deputy manager), Janet Davies, Shirley Whitehead (complex receptionist), John Cruickshank, Helga Bultemeier, Val Tyrteos, and Peter and Janet Colville. Standing in the front are Erna Lloyd, Wendy Hunt (Garden Club Chairlady), Jen Cruickshank, and Jenny Brownson, Seated: Nicolas Sebaya (Servest), Arthur Mlangeni (grounds and driver) and S Gumede (Servest).

## Flowers spread light and love at care centre

Love Light Care shone a light of hope at Thembalami Care Centre's family day on 26 August, when representatives from the organisation visited the residents and gave the ladies all a bunch of flowers.

Founded by Michelle Singh, the non-profit organisation focuses on women and youth empowerment, and supports over 600 orphaned and abandoned babies in 400 informal settlements. The organisation also assists the elderly and differently challenged individuals.

"Our residents loved interacting with Michelle and Love Light Care's brand ambassador Lee-Ann Naidoo," says Elize Raath, Thembalami's deputy manager. "It was a wonderful surprise and gesture for Women's Month that made our residents so happy."



**Betty Ross with Lee-Ann Naidoo and Michelle Singh.**

Thornhill Manor held a food market on 18 August in the build-up to World Alzheimer's Day, at which personnel from the Sandringham Police Station chatted to residents to raise awareness around elders' needs and care. Pictured are Ruth Meredith, Milena Palmer and Yvonne Ciapparelli.



# Dementia awareness on Rand Aid's agenda

Two in three people think that dementia is linked to normal ageing when, in fact, it is a chronic neurodegenerative disease that interferes with a person's ability to function and do everyday activities.

Dementia expert Debbie Beech – who once headed Alzheimer's SA's Gauteng branch and is currently the deputy manager of Rand Aid's Elphin Lodge retirement village in Edenvale, Gauteng – says that this myth prevents people from getting help.

Debbie presented a talk on dementia at the Inyoni Creek clubhouse on World Alzheimer's day on 21 September at 10am. Dementia Friends information sessions were also held on 13 and 29 September at the Elphin Lodge clubhouse.

Another Rand Aid village, Thornhill Manor, hosted a dementia awareness tea ahead of World Alzheimer's Day, at which resident and pianist Gretha Pecoraro gave a beautiful recital and Karen Griesel, Thornhill Manor's social worker, shared some key facts and statistics about dementia.

Thornhill Manor's build-up to World Alzheimer's Day also included a food market for residents on 18 August.

"With the number of people living with dementia set to almost triple by 2050, it's so important to recognise the risk factors associated with dementia and take proactive steps towards risk reduction," says Karen.

This year's theme for World Alzheimer's Month, 'Never too early, never too late', centred on the key risk factors and risk reduction to emphasise their crucial role in delaying and potentially preventing the onset of dementia.

■ Rand Aid's Ron Smith Care Centre, which has a specialised dementia wing, is situated on the grounds of Elphin Lodge. It offers full-time and respite care. Contact 011 882 6296 or 010 534 6595.



**Charles and Yvonne Kennedy (front) with Brenda and Gordon Drummand, Bonnie Goshier, Marisa Grippa and Enid Dixon.**



Singer Roy Edwards ensured that Ron Smith Care Centre's Women's Day high tea on 11 August was a hit. "By the way our residents responded to the music, it was obvious that the event uplifted spirits and brought happiness, joy and warmth to their hearts," she adds. Pictured is resident Carol Beadle.