

Ron Smith Care Centre

@ Elphin Lodge



NOV 2023 No. 95



SUNSHINY FUN

On Fridays, we usually have baking on the Recreation Programme, but Friday, October 20, was a beautiful sunny morning, so we spontaneously decided that it would be a good day for a picnic by the duck pond.

The Recreation Team went around to all the residential wings and personally invited residents and staff to the picnic.

The residents were welcomed and seated underneath the cool shade of the trees and appreciated the colourful balloon decorations which added to the festive atmosphere.

Everyone enjoyed a refreshing glass of juice and a bowl of mixed snacks, followed by a gourmet vanilla ice cream cone topped with chocolate! According to the residents, there is nothing nicer than ice cream on a hot day and the chocolate topping was a bonus!

Our recreational Music Group led by Annelet, has brought much joy and happiness to the care centre. The music sessions involve a little bit of singing, a little bit of dancing, and making music with various instruments.



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Get to know me

RL3 RESIDENT ELENE BOHNENKAMP-BLAENSDORF

I like to be called Helen. I was born in 1932 in Springs to Greek parents. I was academic & received school colours in tennis & athletics. After matriculating from Springs Girls' High, I became one of the first women to study inorganic chemistry in SA & eventually qualified as an inorganic chemist! I then worked in the laboratory of a mining company, researching & experimenting with metals. I met my husband, Karl, at my mother's coffee shop in Springs. He was an Olympic swimmer & swam in the 1952 Helsinki Olympics for Germany. We lived in Greece for one year, in Germany for another year and in Cape Town for 20 years, before



moving to JHB & creating a beautiful family home in Morningside. While living abroad, we explored Europe. We were happily married for 48 wonderful years until his death in

2001. We had 2 daughters: Annemarie who lives in Cape Town & Tina, who sadly passed away earlier this year. I have 4 grandchildren and 3 great grandchildren.

Passing thoughts:

Good food (both Greek and German) played a big role in our family and brought us together. I used to love gardening and homemaking and found simple pleasure in reading, doing crossword puzzles, knitting and embroidery. I loved reading autobiographies & one of my favourites was on Maria Callas, the Greek soprano. I like listening to classical music but here at RSCC, I enjoy singing and dancing in music therapy sessions. Dancing to lively music at our events brings me much joy! I like pastel colours, roses, perfume, dogs, drinking tea and watching tennis, rugby, and athletics on TV. I am so thankful for the marriage I had, my children and grandchildren.

RIVER LODGE 3 RESIDENT: GAVIN BRISTER

I was born in JHB in 1952. My parents divorced when I was young & my maternal granny became the boss of our little family. I was going through a stage of bunking school so my granny decided to send me to St Georges Home for Boys in Bedfordview. They soon put me right! I completed Standard 8 at Malvern High School and then took up a 5-year apprenticeship for fitter & turner in Malvern. During my apprenticeship, I was called up for basic training in the army. After training, we were sent to the border, the Caprivi Strip, which was a part of South West Africa (Namibia) & bordered Angola & Zambia. In my army days, I learnt how to be disciplined & stand on my own feet. After the army, I worked at Pan-African Industries Soilmasters for about



10 years. I then worked for Road Talk, where I drove all over SA, working at power stations and water works. I enjoyed experiencing new places. I married Angela in 1972 and we had 2 children: Steven, who tragically died in a motorcycle accident in 2022, and Eleanor, who lives in Edenvale & has such a kind heart. I have 5 beautiful grandchildren.

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Passing thoughts:

I used to love Louis L'Amour's novels & western movies. I have always loved music, mostly Frank Sinatra & rock n' roll. I am a soccer fan (Man United) & enjoy rugby. I have a wonderful memory of attending the Rugby World Cup final in 1995. I have always taken pride in a job well done – my motto is: Do it right the first time! My dream is to see the upliftment of the poor in this country.

RIVER LODGE 3 ENA: KHODANI KHUTHE

I was born in 1989 in Tembisa, the 5th of 6 children. I had a happy childhood growing up & going to school in Venda. After matric, I attended Police Training College in JHB for one year. The physical training was very tough. I failed my first exam but did not give up; I kept trying until I succeeded. I didn't really want to be a policewoman, however, (too scary & dangerous), so I decided to apply for a learnership course with Checkers, learning about how to run a small business. After completing this training, I attended nursing college & qualified as an ENA. My first job was at the Tembisa Old Age Home. I worked there for 2 years until they had to close because of Covid. In July 2020, I started working for Rand Aid & became permanent staff in December 2022. River Lodge 3 is



my happy place. I love caring for our residents living with dementia & I enjoy learning about their needs & how best to approach them. My colleagues are like my sisters. I live in Tembisa with my beautiful 2-year-old daughter, Misiyothe; my 14-year-old son, Wanganga, stays with my mom in Venda.

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Passing thoughts:

Every month, my little girl & I treat ourselves to a nice lunch at Chicken Licken or McDonalds. I like listening to Gospel and dancing to Kwaito. Every day, I look forward to waking up & having my prayer time, followed by a bath and a coffee! I enjoy watching rugby & soccer & support the Pirates. I am thankful for my job & am proud that as a single mother, I can support my children. My dream is to one day buy a car & build my own home & live with my children as a family.

Birthdays

RESIDENTS

13 Nov: Ada Zidel RL3 (82)
15 Nov: Elene Bohnenkamp-Blaensdorf RL3 (91)
17 Nov: Gillian Holliman CP (75)
22 Nov: Ria Van Der Westhuizen RL2 (76)
29 Nov: Lorna Topp LS (86)
29 Nov: Maureen Wollenschlaeger RL2 (71)

STAFF

03 November Forget Khoza
07 November Vukatimune Shiviri
09 November Debbie Christen
14 November Marlene Sirchia
17 November Eunice Mkhosi
18 November Phumudzo Nephiphidi
22 November Dimakatso Sengoeneng
24 November Maditaba Nyelele
25 November Leigh Kotze
27 November Lerato Masoga
28 November Sibongile Mohale
30 November Moleboheng Mashale
* Staff members must please remember to collect their birthday chocolate from reception.

Welcome to

Irene Simon	CP
Salome Chinman	RL2
Russel Beeton	WL
Joan Beeton	WL
Irving Clive Aremband	RL1
Vera Meyer	RL2

Fondly remembered

Angela Brister RL1



Two of the best

Ron Smith Care Centre has singled out Pinky Tshayisa and Nandipha Ngesi for their excellent work. The care centre's Sr Leanie Bessinger says: "We chose Pinky and Nandipha, who work on the Woodlands wing, because they put in the most effort this month. I could not find any fault when I did my inspection. Everything was shining and in tip-top condition." Pictured are Pinky and Nandipha with their supervisor, Portia Ngobeni.

Summer health tip

On hot days, remember to drink water often so that you do not dehydrate. Signs of dehydration include low blood pressure, weakness and dizziness.