

Ron Smith Care Centre @ Elphin Lodge



DEC 2023/JAN 2024 No. 96

2023's many blessings



JANUARY:
Bush holidays remembered at safari-themed event.



FEBRUARY:
Connectedness and caring celebrated in the month of love.



MARCH:
Armchair travel to Germany broadened horizons.

As the sun sets on 2023, we give thanks for the year's many blessings. Each month was filled with activities that celebrated our residents' rich histories and promoted continued growth, enrichment, connectedness, purpose, hope and joy. We trust that 2024 will be as fulfilling. Here is wishing the RSCC family a merry Christmas and happy Chanukah.



APRIL: Chokolade, camaradie, and goodwill: Easter at RSCC.



MAY: Life stories unfolded as memories of mothers were remembered and shared.

MEANINGFUL JUNE:
A food and blanket drive for animals and furry cuddles on Mandela Day.



JULY: Talents rediscovered in the Golden Games Special Olympics - four days of fun and glory.



AUGUST: Men were included in Women's Month events that left residents feeling cherished.



SEPTEMBER: The blessings of diverse heritages and spring renewal.



OCTOBER: Spontaneous picnic by the dam broke the routine and shook things up.



NOVEMBER:
Dancing, singing and music making with the recreational music group brought joy year round.



DECEMBER:
A month of festive cheer and jolly smiles.



Merry Christmas and happy Hanukkah, with love and blessings from the **recreation team**. Back: Evelyn Shilubane and Sanele Ndlovu. Front: Debbie Christen, new OT Simoné Botha and Lucia Ncube.



Baby love steals hearts

Residents and staff gathered at the Woodlands garden area to await the much-anticipated arrival of a group of baby animals recently. Then someone shouted: "Look, here they come!" A beautiful brown pony came trotting along, with a baby goat, sheep, lamb and calf skittering after it.

"Everyone enjoyed interacting with these adorable creatures and loved the opportunity to give the babies their milk bottles and to feed them carrots and cabbage," says Debbie Christen, Ron Smith Care Centre's manager of recreational programmes.

"They soon learnt that most of the babies turned up their noses at the cabbage and much preferred the carrots. The residents were also de-

lighted to stroke and cuddle some cute baby bunnies and just generally had a wonderful time bonding with all the farmyard animals in the morning sunshine."

Debbie says it has been well-documented that interacting with animals can be beneficial to overall health and well-being. "The physical and visual contact can be calming, soothing and relaxing and can lower blood pressure and reduce stress and anxiety."

"It was wonderful to witness the magical moments of pure joy and delight as residents interacted with these beautiful animals and smiles became even broader when the ice cream trolley was wheeled around. It was the perfect ending to a very pleasant morning."



Get to know me

FRED SHAW: RESIDENT RIVER LODGE 1

I was born in 1934 in Bloemfontein. My dad worked for the railways, so we moved around a lot (Namibia, KZN), but I eventually matriculated from St Andrews Boys School in Bloemfontein. After matric, I qualified as an electrician, but then decided I wanted to be a teacher. I completed a Unisa BSc & education qualification, followed by a Master's degree and PhD degree, with my doctoral thesis being on the assessment of examination standards in SA. I have always been passionate about education and loved all aspects of my teaching career. As a high school teacher, I taught maths, science, & computers, grades 8 – 12. I was also the first



principal of a brand-new school, Sunward Park High. At a later stage, I worked for the Department of Education, managing the assessment process & matric exam

standards. My other great love is my family. I met and married my wife, Joan, at Kensington Methodist Church. We have been married for 58 years and have 2 sons: Andrew (Pretoria) & Mark (Vienna, Austria); & daughter, Gill (Edenvale) & 8 wonderful grandchildren.

Passing thoughts:

My faith is important to me; I have attended church my whole life & have served in various capacities. My wife and I loved travelling and have visited many countries. I wish that I could still visit my son Mark in Vienna. It is such a beautiful city. I used to breed, train, and show dogs (Kerry Blue terriers), and loved gardening. I am thankful for my beautiful family, my meaningful work in education & all the wonderful places that I've been blessed to see & experience. The philosophy that I've lived by is three-fold: Make the most of each day. Work hard. Help others.

MOLEBOHENG MASHALE: RL1 CARE WORKER

I was born in Lesotho in 1978. After matric, I completed a 2-year diploma course in business management but could not find a job in my field, so I moved to Soweto & found a job at a restaurant. I started off as a bar lady & was promoted to supervisor. I was with the restaurant for 10 years until they closed in 2014. Soon after, I worked in the kitchen at Elphino's coffee shop, where I became aware of the seniors around me, and I realised that I wanted to help care for them. So, I went to nursing college to train as a care worker & in 2016, was hired by Rand Aid. I love the people I work with on River



Lodge 1 – they are like family. My boyfriend Mokwena, first noticed me when he kept passing by my house in Lenasia South & became interested in this busy lady who was always

planting & tending to her vegetables, & cleaning her yard! We've now been together for 5 years. I have 2 beautiful children: My son, Lehlohonolo (24) & daughter, Palesa (22), who lives with me.

Passing thoughts:

My favourite memory is of a teambuilding event for RL1 staff in Magaliesburg, where Sr Leanie introduced us to camping. I grew up going to church & having faith in God. I like to read magazines for advice on self-improvement, relationships & living a better life. My late father was my role model. He was patient, caring & full of wisdom. My dream is to further my studies in nursing, have my own house & car & to experience my first plane trip - that cares & is there for me no matter what, and for a job that I love.

MYRA FORFAR: RESIDENT RIVER LODGE 3

I was born in 1944 in Scotland and grew up in Clydebank (just outside of Glasgow). I attended secretarial college & worked as a secretary for several companies. I first laid eyes on my husband, Fred, when we were in primary school, but we only began dating after finishing school. He played bass in a local band called the Boleros. When I was 25, we married in Clydebank and a few years later, emigrated to JHB. Fred was an electrical engineer & worked for a Swiss company called Wild. I worked for a publishing company aimed at the construction industry. My job was to check the articles and reports, for both grammar & technical details.



We lived in Edenvale & had 2 sons: Iain (UK) & Alasdair (SA) and 2 wonderful grandsons, Rhys, and Spencer (England). My husband Fred had a lovely sense of humour and

was also very practical – always fixing things around the house. We were married for 49 years until his death in 2017. I am thankful that we had such a long and happy marriage.

Passing thoughts:

I have wonderful memories of travel. In my last year of school, I had the opportunity to visit France & Russia. I love Spain because it was a trip that Fred and I took with our best friends before we were all married. Oh, the freedom & joy! I also loved our family holidays to Umhlanga & Kruger Park. I have always loved reading and introduced my sons to the joy of reading. I have always been a highly sociable person & like to laugh. I am proud of the fact that I was with the Brownies & Girl Guides for 37 years, eventually becoming Regional Commissioner. My motto: "It's a great life if one doesn't weaken."

Birthdays

RESIDENTS

05 January	Sydelle Morris CP (91)
16 January	Erzebet Tamasi LS (89)
19 January	Beryl O'Donnell WL (94)
20 January	Joan Symons CP (81)
21 January	Ria Milburn WL (80)
21 January	Marlene Rimmer RL2 (87)
26 January	Molly Matroos LS (52)
28 January	Anne Brokensha CP (103)
29 January	Trudi Thijs RL2 (92)

STAFF

01 January	Lucy Kgafela
01 January	Matevhu Nethononda
03 January	Rose Lebjane
03 January	Makau Nkadameng
06 January	Helen Petrie
09 January	Lucia Nkuna
12 January	Silungile Dube
15 January	Madikana Matshaba
21 January	Pulane Malatji
22 January	Tshepo Malatjie
25 January	Laurentia Jooste
29 January	Vuyokazi Mkhwambi



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

Fondly remembered

Annabelle Lucas	RL2
Ansie Oberholzer	RL3

Welcome to

Elizabeth Marshall	RL1
Heather Carstensen	RL2
Barbara Tasker	RL3
Vittoria Linda	RL3
Marlene Rimmer	RL2
Amy Wright	RL1



River Lodge 3 has won the award for Best Housekeeping team of the month for the fourth time. The team consisted of Iris Radebe and Lerato Masoga for the first two wins, and thereafter Iris and Susan Zongo. Sr Leanie Bessinger says: "No matter when you walk into River Lodge 3, it is clean and fresh." A special award was given to Amanda Ndllovu, who does relief work on all the care centre wings. Sr Leanie says that wherever Amanda works, everything is always perfectly clean. Pictured: Iris, Leanie, Susan, and Amanda.