

Rand Aid RAND AID review

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Boredom is a dirty word at Rand Aid



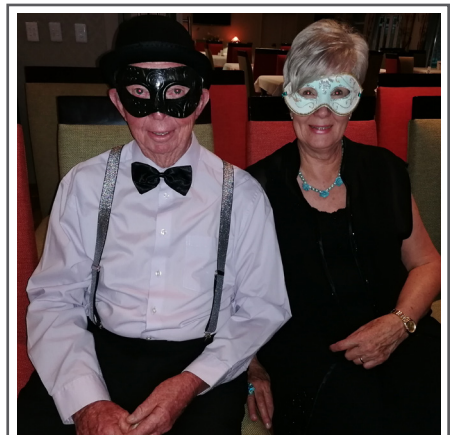
EASTER FUN: Evelyn Shilubane, resident Olive Jew and Lucia Nkuna embody the fun that was had during Ron Smith Care Centre's Easter celebrations. Read more on pg 4.



IMAGINATION RUNS WILD: Jeanne Donald and OT assistant Shirley Sibeko let their creativity loose. Thembalami Care Centre and Max Ordman Deaf Association residents recently enjoyed making Easter crafts in the garden lapa.



OUT FOR A STROLL: Dick Richards and caregiver Future Ogozie enjoy stretching their legs in the grounds of Thornhill Manor during a Happy Chatters occupational therapy group outing. Read more on page 6.



A TOUCH OF LONDON THE-ATRE: Leon and Fransie du Preez in the spirit of things at the *Phantom of the Opera* evening held at Inyoni Creek recently. Masquerade masks and formal wear added authenticity and glamour to the event, which was organised by Inyoni resident Graeme Scott and held in the village's waterfront clubhouse. Around 80 guests from all the Rand Aid villages enjoyed the chance to dress up and watch a big screen recording of the live stage show that was performed at the Royal Albert Hall in London in celebration of the 25th anniversary of *Phantom of the Opera*.

Two
residents
turn 100

pg 2

This newsletter is packed with reports on various activities and events that help ensure boredom is banished at all Rand Aid villages and care centres. →

Betty and Olive join centenary club

Millions of smiles during Olive's 100 years

Olive Jew, who turned 100 on February 3, owes her longevity to her upbeat, positive nature.

This is according to her daughter, Carol-Ann Hallam. Daughter Liz Wallis adds: "She is always positive and never complains – such a gift!"

Olive became a happy resident of Elphin Lodge Retirement Village outside of Johannesburg in 1997, where she remained until she moved into Ron Smith Care Centre, on the same grounds, four years ago.

Born in Johannesburg in 1924, Olive held several office jobs, the longest being at the Glynnwood Nursing Home, and was a committed fundraiser for St Dunstan's College during her daughters' primary school years.

She has a variety of interests, ranging from art to sewing, bridge, gardening, travelling and entertaining. Olive is a talented watercolourist and started the Art Club at Elphin Lodge 27 years ago.

Married to Harold, an engineer for 49 years, she spent most of her life in Johannesburg, Benoni and Edenvale.

"She is a constant loving presence and a tremendous mentor when it comes to ageing gracefully," says Carol-Ann. "People are naturally drawn to my mum. She is always interested in their stories and makes people feel noticed and important," adds Liz.

A birthday lunch for Olive and her family and friends was held at Liz's home, where she shared a lovely tribute to her mom.

Apart from daughters Carol-Ann and Elizabeth, Olive has two sons-in-law, Clive Hallam and Ian Wallis, grandchildren Rory, Remy, Kellie, Olivia, St John and Kirstin, and great-grandchildren Lily-Rose, Felix and Oliver.



Betty was still dancing at 91.



Olive on her 100th birthday.

A century brimful of hobbies and happiness

Betty Abramowitz (100) believes you should live every day to the fullest.

"Even though there may be challenges, there is always a rainbow afterwards," she said shortly before her 100th birthday on February 23.

Born Betty Narwitz in Kupiškis, Lithuania, she sailed into Cape Town as a four-year-old with her mother and older brother. Her father had come earlier to secure employment and accommodation. He went on to become a butcher.

Betty spoke only Yiddish on arrival in her new country but soon adapted, attending the Good Hope School.

She met her husband Maurice (Mockie) at a movie date organised by relatives.

They were married in 1952 and moved to Montagu in the Cape, where Mockie's family owned a general dealer store in Bath Street. Two children followed, Brenda Zlotnick and Lauren Buckton.

The family lived in Montagu for 10 years before moving to Cape Town to give their daughters a good education.

When Mockie died 34 years ago, Betty relocated to Johannesburg to

be nearer to her daughters.

Dance is one of Betty's loves and at age 91, she was featured in a local newspaper as the oldest member of the line dancing classes held at Elphin Lodge, where she has lived for the past 15 years.

Ballroom dancing was her preferred genre and she obtained her dance teaching qualification. She also did ballet. Baking was another of her loves and she won many trophies at shows for her baked treats, especially her legendary chocolate cake.

Off the dance floor and out of the kitchen, she enjoyed pottery, macramé, candlewicking, patchworking (bedspreads), sewing, knitting and even millinery (hat making).

Betty says she is happy to call Elphin Lodge home, knowing that her needs are taken care of, her surroundings are beautiful and she gets to meet different people and learn about their life stories.

Betty, who has two grandchildren, Kerri and Jared, and five great-grandchildren, Matt, Tyker, Judd, Georgia, and Joshua, celebrated her birthday with family and friends at a restaurant.

You gotta love Valentine's at Thembalami and MODA

When Thembalami Care Centre and Max Ordman Deaf Association residents and staff were asked to dress in red and white for their Valentine's Day tea, the result was a vibrant delight.

"They did not disappoint," says social worker Lara Hurwitz. "The room was filled with the colour

of love and set the tone for a lovely function."

Tea and cake were enjoyed and prizes handed out to the best-dressed residents and staff members. "Happy chatter, love songs and poems – read by the occupational therapy staff – filled the air, leaving guests feeling the love," Lara says.

Stella retires after over three decades

For 11 680 days, Stella Dibotelo was an employee of Rand Aid Association.

She started working for the Lyndhurst-based non-profit organisation 32 years ago, as part of the housekeeping team. Over the years, Stella has worked at various properties, including at the head office for eight years. Her last 23 years of service were spent at Elphin Lodge Retirement Village.

She hung up her apron for the last time on December 29, but with many people going away for the holidays, it was decided to hold her farewell party on December 1.

Residents from the village entertainment committee and staff gathered to bid her a fond farewell and thank her for her years of dedication. Kathy Theron, chairperson of the committee, thanked Stella



Stella with her nephew, grandchildren and village manager Helen Petrie: Jessica Rathogwa, Stella, Johannes Mogale, Tebogo Mogale, Realeboga Molwantwa, and Helen.

la for her hard work and support at the numerous village functions that take place day in and day out.

"We wish Stella a well-deserved retirement," said village manager Helen Petrie.

"Stella was a familiar face at village functions, where she expertly took care of table settings, tea service, and clean-up duty. She was a hard worker and was always complimented on a job well done!"

"My years at Elphin Lodge have been good ones – the parties and events have all been fun. It's a busy environment and I've learnt a lot about our elders over the years. I appreciate the chance I

was given. Elphin Lodge is my home and my book of happiness is full," said Stella when she received her 30-year long service award in 2020.

Desmond 'Ever'Green exercises away arthritis pain

He may be 86, but Elphin Lodge Retirement Village resident Desmond Green is a master of speed walking.

So quick is he that daughter Debbie Davies battles to keep up with him – as do some of the younger participants of the over 150 parkruns he has completed at Victoria Lake in Germiston.

Desmond received recognition for his 150th parkrun on January 6. He also holds the Victoria Lake record in his age category for the fastest completion time – 42m01s, which he achieved in March 2023.

"He still frequently comes in between 43 and 45 minutes – ahead of many who are way younger than him," says Debbie.

A resident of Rand Aid's Elphin Lodge for just over three years, Desmond is hooked on parkruns and hardly ever misses an event, says Debbie.



Daughter Debby and her husband Ian Davies flank parkrun pro Desmond Green.

Desmond is determined to keep himself as fit and healthy as possible.

"I think he finds moving as much as possible helps his arthritis. In addition to parkruns, he goes to the gym to help him stay supple and alleviate his pain.

"He goes to Planet Fitness at least three times a week to work on strength exercises and stretching.

"He is a real inspiration to us," says Debbie.

When it comes to technological expertise, Desmond can also keep up with the younger generations, thanks to his career as an IT manager.

"My dad is a dedicated granddad who still ferries his young granddaughter around to ballet classes, and loves attending all her performances.

"We are so very proud of him!"



Jackie Hague embodies service above self.

Jackie adds sparkle to Elphin community

"The purpose of life is... to be productive, to be useful, to have it make some difference that you have lived at all."

This quote by Leo Rosten, a Polish-born American author and social scientist, is apt when it comes to Elphin Lodge resident Jackie Hague, who took over the care of the village swimming pool at the start of 2023.

"The pool is pristine, thanks to her efforts," says Elphin Lodge manager Helen Petrie. "The time and effort Jackie puts into this task is deeply appreciated."

Make sure your age is just a number

Does your biological age match your actual age? This is the question that was posed by a biokineticist in her address to Elphin Lodge residents.

Julia Wright, ably assisted by fellow biokineticist Masana Ndlovu, unpacked active ageing for the residents of the Rand Aid-run retirement village on January 25.

They explained that ageing can be viewed in two different ways. Your chronological age is the date you were born, and that is fixed. You cannot change it. Your biological age is how you age. How well, able, strong and independent you are.

"As an adult, and especially as an older adult, your biological age becomes much more important, and your chronological age means very little at this point," explained Julia.

It was explained that how you age is complicated and is affected by many variables, including genetics, lifestyle choices, and chronic conditions.

"But the one thing that will accelerate the ageing process is inactivity," she emphasised.

All adults, regardless of age, should be doing a minimum of 150 minutes of moderate-intensity exercise per week. This equals 30 minutes five days a week. The 30 minutes can further be broken down into 3x10-minute sessions, but no shorter than 10 minutes at a time.

"You should be able to feel your breathing rate increase, you should start to feel warmer and you should be able to talk but not hold an easy conversation. If you are working at this level, your body will be forced to adapt and improve."

The biokineticists explained that a well-balanced exercise programme includes cardiovascular, flexibility, strength and balance components.

"As biokineticists, we are exercise specialists who use scientifically based, individualised exercise and physical activity programmes to treat your various medical conditions. We are here to guide you through what can be a daunting process of starting to exercise in a safe and caring manner.

"The important thing is that everybody is different. You need to listen to your body and gradually progress your exercise programme. If you have any pre-existing medical conditions, it is important to be screened by your doctor or biokineticist before embarking on an exercise programme to reduce your risk of suffering from a cardiac event, or other adverse event."

* Julia Wright Biokineticist: Phone: 011 880 4719, WhatsApp 079 834 5665 or email info@jwbio.co.za



STORYTELLING ON VALENTINE'S DAY: Tarentaal Retirement Village celebrated the day of love on February 14 by hosting a tea, complete with entertainment by Diana Cowen, a storyteller and musician.

Tenor charms with his voice and manner

Tenor Chris Coetzer mesmerised guests at Ron Smith Care Centre's Valentine's party on February 16.

From his opening song to the last notes of the morning, he captivated residents and staff with his beautiful voice and charming personality.

At one point, he called the staff to the front and acknowledged and thanked them for showing up every day with a smile on their face to provide loving care to the residents, despite having their own problems. He then launched into the *Clap-Clap* song and taught everyone some fun movements to the music. This brought smiles and laughter all around. His parting message to the audience was: 'Live your life to the fullest!' A lovely tea with delicious treats followed the musical performance.



Chris Coetzer serenades Rita Sandler.

Ron Smith Care Centre hops to it for Easter eggs-travaganza

Easter at Ron Smith Care Centre was all about hard-boiled eggs for dyeing, delicious chocolate eggs for winning in games and competitions, vibrant speckled eggs to be eaten as cupcake decorations, and marshmallow eggs to be enjoyed on Easter Sunday.

The highlight of Easter month was the special tea held in the recreation centre on March 20. Residents and staff were welcomed as they came through the door and an Easter hat was placed on their head by one of the visiting Wits

medical students. The colourful hats were created during several arts and crafts sessions at the rec centre, in preparation for the tea.

The tables were decorated with pots of sunflowers and dyed Easter eggs nestled in straw baskets. The programme opened with a few interesting facts about some of the traditions of Easter and how they started, followed by a Bunny Hop Easter game that involved several chances to win chocolate easter eggs! The morning ended with tea and

specialty baked and decorated Easter cupcakes.

Friday, March 22, saw the staff from each of the six wings helping the residents search for chocolate Easter eggs, which were hidden in the surrounding garden areas. The residents were as delighted as children each time they spotted the colourful foil-wrapped eggs.

For extra fun, residents who found a picture of a bunny rabbit with a special Easter greeting were presented with a chocolate bunny.

Garden club members a blooming good bunch

While some lose themselves in meditation and others in a good book, the members of the Garden Club at Elphin Lodge Retirement Village find contentment in digging, pruning, watering, weeding and watching as the plants they nurture flourish.

According to the American Horticultural Therapy Association, the therapeutic benefits of garden environments have been documented since ancient times.

That may be so, but any gardener will agree that having pests destroy a prized plant overnight or seeing one fail to thrive despite all their TLC is anything but relaxing. Garden gloves might be hurled down in a huff, but it is guaranteed that people bitten by the gardening bug will return for more the next day.

And so it is with the Elphin Lodge Garden Club. "We gath-



Some Elphin Lodge Garden Club members at the Bonsai and Succulent Show at Killarney Mall: Val Stanley, Gabi Piccini, Jean Johnson, Lyn Cocking, Trish Llewellyn, Barbara Malan and Ann Douglas.

er to chat about plants and our gardens, to learn, and share tips and gardening experiences," says member Lyn Cocking.

In the past year, the group visited Ryan's Nursery, HomeGrowers and Builders Express for talks and tea. "We've watched a Tanya Visser (The Gardener) video; had a quiz and presentation on bonsai by one of our residents, Keith Cosser; Nan and Graham Clark gave a slideshow pre-

sentation on the flowers seen on their UK trip; Peter Ronald demonstrated rose pruning, and we ended off this year by going to the Bonsai and Succulent Show at Killarney Mall."

Last October, the club successfully hosted Open Gardens as part of the Gardens of the Golden City initiative.

The club meets at the Elphin Lodge clubhouse on the third Friday of the month at 2pm. New members are welcome.



A SPRINKLE OF IRISH MAGIC: Inyoni Creek's residents' March birthday tea was infused with the vibrant charm of St Patrick's Day. About 50 village residents gathered to commemorate the special occasion. The air was filled with laughter, joy and a sprinkle of Irish magic and lovely music played by Carmel Borland. Pictured: Best-dressed couple Derek and Irene Dickson – who are actually Irish!

For information on Rand Aid, its villages, care centres, history, vision and mission, visit our website: www.randaaid.co.za



Elphin Lodge's Peter comes of age at age 84

February 29 was a special day for Peter Ronald because, for the first time in four years, he celebrated his birthday on his actual birth date.

With leap year generally only coming around every four years, Peter has had only around 21 'actual' birthdays in his 84 years. "This makes me younger than my granddaughter, who is 24 years old," he chuckles.

A resident of Elphin Lodge, Peter says being a leap year baby made him feel special, especially as a child.

He says he has never met another person born on February 29. His rare birthday makes filling his birth date in on official forms interesting, he says. "It always sparks questions."

Peter was born in 1940, during World War II, in Glasgow, Scotland, at a time when Scotland was being bombed by the Luftwaffe.

Three years after the war ended, his family emigrated to Southern Rhodesia (Bulawayo). Peter worked in the transport industry, including the rail, road and international sectors.

He married Majorie Jane Cornforth in 1965 and in 1986, they relocated to South Africa.



Peter Ronald, Rand Aid's 21-year-old Leap Year baby.

The couple will celebrate their 59th wedding anniversary this year.

"Being born in WWII created an interest in military history. I was in the Rhodesian wars and attained the position of infantry major, although I retained my career and was not a full-time officer."

Other interests include growing roses, for which he has won several awards, and learning about science.

"Our most permanent residence was in Edenvale, before moving to Elphin Lodge more than 14 years ago. "We love it here," he says.

Did you know?

A leap year is not strictly every four years. By adding a leap day every four years, we make the calendar longer by over

44 minutes. For this reason, not every four years is a leap year. Royal Museums Greenwich explains on its website that to be a leap year, the year number must be divisible by four – except for end-of-century years, which must be divisible by 400. This means that the year 2000 was a leap year, although 1900 was not. 2024, 2028, 2032 and 2036 are all leap years.



ABOVE: Seventeen residents were celebrated at the birthday bash held at Thembalami Care Centre and the Max Ordman Deaf Association (MODA) on December 20. The most significant birthdays commemorated were those of Sarah Richards, who turned 94, Getrude Xabanisa, who turned 92, and Ixvan Lenart, who turned 91. One Christmas baby was honoured – Leonard Partner, who celebrated his 82nd birthday on December 25.

ABOVE RIGHT: The residents and staff of Ron Smith Care Centre gathered at the Woodlands garden area to await the much-anticipated arrival of a gorgeous 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. Debbie says it has been well-documented that interacting with animals can be beneficial to overall health and well-being.



Angela Webster, Salome Tsenyane (caregiver), Lee Schierenberg and fur baby Cheeky.

Woes walked away

Fresh air and exercise were the name of the game on March 11 when Thornhill Manor's occupational therapy Happy Chatters group got their bodies moving.

Not only does exercise have great physical benefits, such as greater joint flexibility, practising co-ordination and balance, it also has various mental health benefits, including less depression and anxiety and more self-confidence, says Thornhill Manor's social worker Karen Griessel. "Walking also offers significant social benefits and provides opportunities to connect with others," she adds.

A celebration of families at Thembalami and MODA

Loved ones spent a wonderful few hours socialising at Thembalami Care Centre and Max Ordman Deaf Association's family day on February 24.

Held every second month, these gatherings encourage interaction between family members, friends, and residents. Weather permitting, the gatherings are held in the garden lapa.

Cake, tea, cool drinks and light meals – such as wors rolls, vetkoek and mince, hamburgers or curry and rice – are sold. The proceeds go into a special fund used for the residents.

"Family days provide an opportunity for loved ones to spend quality time with the residents and meet with the staff.

There was a good turnout in February and the event was enjoyed by all," says manager Esme van der Walt.

If you would like to donate towards the family days, please call Esme at 011 882 2510.

Pictured is Esme with Donald Cochrane, a Thembalami resident.



Cuddles for Thembalami and MODA residents

PAWS4U therapy dogs and handlers again recently visited Rand Aid's Thembalami Care Centre and the Max Ordman Deaf Association to spend some quality time with the residents. The residents thoroughly enjoyed interacting with the therapy dogs and there were lots of cuddles to enjoy.

Thembalami resident Lance Berman interacting with one of the therapy dogs and its handler.



Memories flow as beach holidays are re-enacted

Residents and staff of Ron Smith Care Centre recently enjoyed a week of activities with a 'beach holiday' theme, which was designed to bring back memories of all past summer holidays taken on the north and south coasts of KZN.

The recreation centre was decorated with cut-outs of sailboats, lighthouses, anchors, lifebuoys, beach balls, flotation devices, seashells and starfish. The morning began with a short video clip of various holiday attractions and landmarks in Durban and was followed by a lucky draw, a quiz, and game in which residents needed to locate various holiday spots on a map. After all this brain work, everyone enjoyed a picnic.

Three days later, a beach party was held at the pool, which was filled with inflatable balls and tubes.

Many of the residents said that their favourite holiday destination used to be the coast and were thankful that the week's activities at the care centre brought back happy memories of coastal family holidays in KZN.



Andy and Barbara Tasker.

Meet Thornhill Manor's Christine

Right at home! That is how the new receptionist at Rand Aid's Thornhill Manor Retirement Village, Christine Human, says she is feeling after taking up the post on October 9.

The Lombardy East resident took over the reins from Shirley Whitehead, who retired at the end of November.

When asked about her early perception of the village, Christine says: "From what I have experienced, Thornhill Manor is consumed by love! Every person I have met has made me feel so welcome."

Christine enjoys crafts, being in nature, and spending time with loved ones. Her guilty pleasure is gaming. "I feel honoured and excited to be here and look forward to getting to know everyone."



The exercise class starts stretching.

Stay strong and sweat out the bad vibes

Estelle Truter, a qualified yoga instructor, has been presenting exercise classes for Thornhill Manor residents since 2012.

These active men and women believe that age is no excuse for not keeping fit. There are around 16 enthusiastic members in the class, whose ages range from late 60s to late 80s.

Estelle is very conscious of back, knee and other weaknesses and will give some students alternative exercises to protect their bones. The focus is on strengthening the core and increasing mobility.

Classes are held on Tuesdays at 09:00 in the hall and the monthly cost is R160.

For further information, contact Elise at 072 477 3146.

SANCA WEDGE GARDENS



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**INDIVIDUALISED
TREATMENT
PERIOD**

Finding Wedge's inner butterfly

SANCA Wedge Gardens' team recently celebrated 'who we are' at a team-building exercise facilitated by Nanette Minnaar from Kaleidoscope.

The employees took part in numerous exercises during the workshop, including sharing their personal values.

They then discussed these insights and what they mean in their place of work.

"Dividing into groups, we brainstormed how Wedge Gardens is different to other rehab centres, came up with a list of what our core values should be, and what symbols should be used to represent them,"

says SANCA Wedge Gardens' manager Adèl Grobbelaar.

Common themes among the groups' values were that 'we are family', 'we provide hope', 'we provide a professional service', 'we focus on personal growth' and 'we are unique and caring'. The winning image (pictured left), a butterfly, will be used to make bookmarks and posters, which will be put up at the rehab centre.

"Having the butterfly in sight will be a constant reminder of our core values and ensure we remain accountable for our actions," says Adèl.

Simoné helps elders overcome daily challenges

Simoné Botha, Ron Smith Care Centre's new occupational therapist, is passionate about frail care because she loves being in a position to brighten someone's day.

"It is rewarding to see how occupational therapy (OT) can make a person's life easier in many small ways," she says.

Simoné, who grew up in Centurion, matriculated from Zwartkop High School before studying OT at the University of Pretoria.

She completed her community service year at Witrand Specialised Hospital in Potchefstroom, working on physical and neurological rehabilitation, psychiatry, and intellectual disability.

She worked with children for a year in Pretoria before moving to a retirement centre in Midrand, where she says she found her calling.

"I find interacting with the residents, individually or in groups, most rewarding."



Simoné Botha.

She joined the recreation department of the Rand Aid-run care centre in Lyndhurst on December 1.

"Since joining the Rand Aid family, I have experienced that the organisation is committed to a high standard of care and that they prioritise the well-being of the residents.

"I am privileged to be a part of the recreation team, which has made it easy for me to settle in because the activities that we do are well-aligned with the outcomes of

OT for elders."

"OT can help combat loneliness, helplessness, and boredom by engaging elders in meaningful groups and providing them with appropriate activities." In a nutshell, says Simoné, OT strives to improve well-being by engaging care centre residents in a variety of physical, cognitive and social activities.

Simoné and hubby of two years have lived in Fourways for a little over a year.

Animals in need blanketed in Jenny's love

Elphin Lodge resident Jenny Sella is putting her spare time to good use – and invites fellow residents to support her efforts.

"I was approached to make granny-square blankets for 'animal angel' Hellen White, to be auctioned to the highest bidder. The funds raised go to animals in need in the South of Joburg," explains Jenny.

Jenny created two beautiful, multi-coloured crocheted blankets that went 'under the hammer', via an online auction conducted on the Facebook page of Hellen's non-profit company, Hellen White – in the community.

Jenny says Hellen works tirelessly to raise funds for animals, mainly through the auctioning off of donated items.

She uses the funds she raises to help feed abandoned animals and pay for sterilisations, vaccinations and general veterinary care.

Jenny asks residents with unwanted wool or knitted or crocheted squares to drop them at the Elphin Lodge office.

Learn more about Hellen's work: www.facebook.com/HellenCommunity, and visit www.facebook.com/charityTailsandWhiskers/ for more information on the charity shop.