

Rand Aid review



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100 and rocking life

When 100-year-old Billie Sack walked into the Inyoni Creek clubhouse, pushing her stroller and followed by her three daughters, the room erupted with applause.

Billie, who has lived at Inyoni Creek Retirement Village for 15 years, is its first resident to turn 100. Following the village celebration on her actual birthday, June 9, Billie enjoyed a second celebration on Sunday, at her daughter Aviva's home, surrounded by 24 family members from around the country and abroad, as well as a few close friends.

Born in Vereeniging in 1924, Billie taught shorthand and typing at a commercial college. She has a music diploma (LTCL) from the Trinity College of London.

Sadly, Billie's husband Sockie has passed away, but their three daughters have added eight grandchildren and 21 great-grandchildren to the family.

In her younger years, Billie played golf. She switched to bowls later in life and was a member of the Houghton Bowling Club, which she did proud by being selected to play in the nationals four times.

A keen bridge player, she not only enjoyed the game but imparted her knowledge over 16 years of teaching bridge.

Around 20 years ago, Billie took up art and has over the years painted many paintings, which she proudly displays in her home.

"Of late, Billie has enjoyed doing diamond dot beading," says Inyoni Creek manager Jenny Tonkin. "Two of her creations are proudly displayed in our reception."

played in our reception."

Healthy eating, keeping occupied, and being positive are what Billie attributes her good health to. "She once said to me 'a pessimist won't buy a green banana because he might not be around to enjoy it, but an optimist will buy the green fruit and in a few days, will happily tuck in'," shares Jenny.

In her message to Billie at the Inyoni Creek celebration, Jenny said: "Billie, we are so proud to have you as part of the Inyoni family. You have set such an amazing example to all. Your positive attitude to life is a tribute to your lifestyle, living independently in a village surrounded by people who love you dearly."



Daughters Melanie Bloch, Aviva Hack and Laura Bennie with 100-year-old Billie Sack at her birthday celebration.

New CEO to take the reins in August

Gert Coetzee has been appointed as the new CEO of Rand Aid Association and will assume office on August 1.

A management accountant by profession, Gert has a thorough understanding of the retirement industry.

He joined Flower Foundation Retirement Homes in 2012 as an area manager and served as the CEO from 2020. Before joining the Flower Foundation, he had a varied career in finance and accounting, having started his career with SARS and subsequently holding accounting and financial management positions in several companies.

"Gert comes with excellent knowledge of our industry and sound operational experience. The board wishes him well as he steers the 121-year-old non-profit organisation forward," says Paul Carter, the chairperson of the Rand Aid Association Board.

Look out for the third quarter Rand Aid Review to learn more about Gert and his vision.



Incoming Rand Aid CEO Gert Coetzee.

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AMAZING HYLDA TURNS 100

Years of yoga and 'being of service to others' is what Hyl-da Skutelsky, who turned 100 on May 25, attributes her longevity to. A resident of Thornhill Manor for 22 years, Hyl-da is only the second resident of the retirement village to reach this milestone.

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CENTENARIANS CELEBRATED

Thembalami's queen of positivity and joy

Phyllis Carrick's eyes sparkled and her smile flashed at her 100th birthday celebration, held at Thembalami Care Centre in the company of fellow residents and staff members.

Born on June 24, 1924, Phyllis is known for her sharp wit, beautiful smile, and twinkling eyes, says Esme van der Walt, Thembalami's manager.

The birthday girl reminisced about her childhood spent in Bedfordview and the values instilled in her by her parents.

She spoke fondly of a simpler time before WWII. Despite the hardships, she remembers the joy of simple pleasures, like walking through nature to Primrose Primary and later Germiston High schools.

After school and until her marriage, Phyllis worked at the dynamite factory in Modderfontein, which she says she loved.

She met her husband while he was working as a bricklayer for her father and said their love stayed strong when he went to war in WWII. They had a 'beautiful family' of two daughters and one son, and a lifetime of cherished memories. Sadly, illness claimed the life of her youngest daughter.

Phyllis is thankful for her son Gavin, daughter-in-law Margie, daughter Coleen and grandchildren and highlighted the importance of nurturing and valuing relationships.

She is a passionate supporter of women battling cancer and over the years has knitted many prostheses for breast cancer survivors who have had a mastectomy.

Her positive outlook on life and strong sense of purpose are the secrets to her longevity and joyful spirit, she shared.



Phyllis Carrick at her 100th birthday celebration.

Celebrating a life full of spark and humour

Ellen Quinn's 101st birthday celebration on April 17 wasn't just a party – it was a testament to her inspiring impact on others and her enduring sense of humour, which continues to bring joy.

Messages on the WhatsApp group for family members of River Lodge 2 residents showed just what an inspiration Ellen is: 'Congratulations to an amazing lady with a remarkable sense of humour', 'She is such an inspiration!', and 'Lovely sense of humour'.

Ellen was born in Rhodesia. When she was about five, her family moved to a farm near the Tugela River in then Natal.

At age 19, during WWII, she married Edmund Quinn, who she met at a rollerskate rink. He was in the air force and served in North Africa and Europe, while Ellen worked in Johannesburg as a hairdresser. After the war, the couple started their family. They lived in Edenvale and Bedfordview, before moving to Potchefstroom. They had three sons and were happily married until Edmund died after 47 years of marriage.

Ellen then moved to Rand Aid's Elphin Lodge retirement village, where she lived for 28 years before moving to Ron Smith Care Centre, on the same grounds as Elphin Lodge.



Ellen Quinn (101) and loving staff on her birthday: Elizabeth Peterson, Ellen, and Lerato Pebane (front), and Precious Monwanati and Thuli Ndlovu (back).

80s theme sets the tone for Tarentaal's 36th birthday

Tarentaal residents celebrated the retirement village's 36th anniversary in true 80s style on June 6.

In 1988, on June 1, the first resident moved into the Rand Aid Association retirement village after phase one of the village, consisting of 192 units, including 48 one-bedroom and 144 studio apartments, was complete.

Phase two, completed in 1996, saw another 108 units being built.

"We chose the Rubik's Cube as one of our main props and decor for our birthday celebration because although it was invented earlier, it only became popular in the 80s," says Tarentaal's manager Tammy Neilson.

"Our residents thoroughly enjoyed the celebration and spending quality time together," she adds.



Tammy Neilson and Nan Haslehurst.

Thornhill celebrates amazing Hylda

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Her birthday celebration was held on June 1, with her daughter Jennifer and granddaughter Amber May having travelled from the USA to join in the festivities.

"Hylda has a sharp wit and loves it when friends and family come to visit because, being wheelchair-bound, she does not get out much," says Jackie Scott, Thornhill Manor's deputy manager. Hylda still lives in her own home, surrounded by all she holds dear, with an amazing carer on hand.

Born and raised in Johannesburg, Hylda's life did a complete about-face when, 48 years ago, she lost her husband and soon after that, her job, when the company that she worked for as a personal assistant for 31 years went bankrupt.

In an interview on her 90th birthday, she said: "I was devastated after losing my husband and for almost 12 years after I didn't really live, but merely went through the motions. But then the universe stepped in and I changed career direction."

Hylda retrained as a therapist and counsellor and spent 21 years as a Hospice counsellor.

In her early 90s, she continued to assist former clients and friends who needed a shoulder to lean on. She also continued to do daily yoga, which was but one of her many passions. Helping others, being kind, and having family ties all contribute to a person's well-being, she believes.



COMINGS AND GOINGS



Newly retired Thornhill Manor manager Esme Erasmus (right), with deputy manager Jackie Scott, at one of the village's annual fetes.

Esme retires after 3 decades of service

After 33 years with Rand Aid Association, Esme Erasmus retired at the end of June 2024.

Esme started with Rand Aid at Bramley (a retirement village and care centre) in the accounts department in 1991. She subsequently became deputy manager there. When Bramley closed, she was transferred to Wedge Gardens, at that stage situated where Inyoni Creek is now. Wedge Gardens then comprised Wedge (rehab section) and Ken Corder and Reid House, which made up the retirement section.

Esme was the deputy manager of both Wedge Gardens sections and was later promoted to manager.

A few years later, she successfully applied for the position of manager of Tarentaal Retirement Village. In the mid-2000s, she applied for the manager position at Thornhill Manor, where she served until now. "I have enjoyed my time at Thornhill Manor and appreciate the support of the residents and staff alike. I will miss them all but feel happy that the residents will have a strong team of management and staff going forward," says Esme.

Residents' well-being is Shaun's mission

Respect for the wisdom and experiences of older individuals drove Shaun Victor's transition



Shaun Victor.

into elder care. "It felt like a natural progression," says the newly appointed complex manager of Thornhill Manor Retirement Village. Shaun brings a wealth of experience to the table. A social worker who graduated from the University of Stellenbosch in 2007, he started his career with the Department of Social Development in Gugulethu for two years, before working in several civil society sectors.

He joined Rand Aid as a social worker at Inyoni Creek Re-

New chapter for Rand Aid icon Zabeth

After a quarter of a century of dedicated service, Zabeth Zühlsdorff has bid Rand Aid Association farewell and is starting the next chapter of her life.

For the past 18 years, she has served as the general manager of Rand Aid's Services and Advance Division, lending her expertise to ensure the smooth operations of the life-right villages, Ron Smith Care Centre, maintenance, grounds, stores, laundry and the Cookchill catering unit.

She formally retired on April 30, and says the next part of her story will centre around making the most of her golden years, alongside her husband Ludwig.

"Rand Aid became part of my life," says Zabeth. "I have been happy over the years and was fortunate to be given many opportunities to grow and develop – from managing a village to moving to head office and taking on greater responsibilities. Highlights have been my years at Elphin Lodge, being involved in developing Inyoni Creek, and being a part of developing the Eden Alternative philosophy of care at the Ron Smith Care Centre."

Championed by Zabeth, Ron Smith Care Centre was the first organisation in Africa to achieve milestone 2 on the Eden Alternative Registry, in April 2020.

Zabeth is a qualified social worker. She holds a Bachelor of Arts Honours, a Master of Business Leadership, and a law degree, obtained *cum laude* in 2016 through Unisa.



Zabeth Zühlsdorff championed Ron Smith Care Centre's Eden Alternative journey. She is pictured with Rayne Stroebel of the Eden Alternative.

Her early career days were spent as a social worker at the Department of Welfare, but she was soon promoted to a planning and policy formulation position at the head office. She was later appointed as a deputy director of the department. After resigning, she was approached to act as a consultant to the department, drafting policies and procedures.

She joined Rand Aid in April 1999 as the manager of Elphin Lodge and Ron Smith Care Centre, before being transferred to head office in 2004.

"Zabeth gave 25 years of dedicated service to Rand Aid and has been a great asset," says Paul Carter, the chairperson of Rand Aid Association's board.

"I have great appreciation for my former work colleagues, who have a passion for making a difference in the lives of the residents they serve. I wish Rand Aid the very best for the future; it is a great organisation," says Zabeth.

retirement Village in January 2022. Just over two years later, he moved to Thornhill Manor, where he learnt the ropes from outgoing manager Esme Erasmus. "Her extensive experience has been invaluable," he says.

He says his focus as manager will be on ensuring every resident feels valued, supported, and cared for. "I aim to further strengthen our sense of community."

Learn more about Shaun by visiting the RAA website and clicking on the blog.

Miss Deaf SA brings joy to deaf elders

Monequ Edwards, Miss Deaf South Africa 2023, is a firm favourite of the Max Ordman Deaf Association (MODA) residents. She first visited MODA in April 2023. A few months later, she was back – this time to celebrate her September 18 birthday with the residents, and her recent crowning as Miss Deaf SA. Her latest visit was on April 5 and this time she brought along Mr Deaf SA Justin Makinson and Ms Deaf SA Sylvia Mojanko.

“The visitors brought tea-time snacks and everyone enjoyed their interaction, with the residents lining up to have their photos taken with these inspiring ambassadors for the deaf,” says the social worker at MODA and Thembalami Care Centre, both of which are run by NPO Rand Aid Association and are based in Lombardy East.

Monequ wrote on her Facebook page on April 7: “Spent a heartwarming Friday morning with the deaf elders... We surprised them with hot cross buns and banana bread for a belated Easter treat. The residents were delighted by our visit. Some residents wanted us to explore their gardens and meet their ducks. It was a day filled with warmth and connection.”



Miss Deaf SA Monequ Edwards and Mr Deaf SA Justin Makinson with MODA residents Jossie Jagals and Lidia Elliott.



Tarentaal staff tuck into kindness: A little goes a long way when your heart is filled with caring. This was recently demonstrated by Tarentaal resident Tina Tufegdzcic. Tina is now retired but worked for Rand Aid for many years, at SANCA Wedge Gardens and later at Thembalami Care Centre. She thus knows first-hand how hard-working Rand Aid's staff are. To thank Tarentaal's domestic workers and handymen for their dedicated service, she made them a home-cooked lunch. “Tina saved a little each month to pay for the thank-you lunch,” says village manager Tammy Neilson. “The staff were overwhelmed by her gesture.” Pictured with Tina (seated) are Tarentaal staff members and Tina's daughter Silvia Daniels.

Elphin Lodge embraces mom and child hospital for Mandela Day

Mandela Day calls on South Africans to make a difference in their communities and the staff and residents of Elphin Lodge Retirement Village and Ron Smith Care Centre (RSCC) are doing just that.

The neonatal section of the Rahima Moosa Mother and Child Hospital (RMMCH) in Johannesburg does not have a geyser and as part of its Mandela Day initiative, Elphin Lodge and RSCC are determined to help bring hot water to the unit.

At the beginning of last year, the Health Ombud released a report on the state of the hospital, expressing concern about the hospital's poor infrastructure, among other things. In May, the Gauteng Department of Health said it was ‘making good progress in implementing the recommendations of the Health Ombud's report’.

Prof Keith Bolton, the former head of paediatrics at the hospital and a part-time specialist, cites overcrowding as another challenge. He says the neonatal unit has capacity for 25 babies, but on average must accommodate 50. Overcrowding of the hospital sits at 120%. They never turn anyone away, he says.

“Despite the challenges, committed medical professionals remain steadfast in their mission of caring for mothers and children,” says Debbie Beech, Elphin Lodge's deputy manager.

“It is for this reason that our village has had a long association with Prof Bolton, a veteran of the RMMCH,” she says.

The village kicked off its Mandela Day effort three weeks before the big day, on June 25, with a talk by Prof Bolton, the former head of paediatrics at the hospital and a part-time specialist.

“We are running a raffle to raise funds for the geyser, and residents are being asked to donate items on the hospital's wish list. Each new mother is given a bag containing basic items and we want to fill as many bags as possible,” says Debbie. “Our goal is 100 of these care bags.”

■ If you would like to donate essential items, contact Neeri Stroebel or Debbie Beech by phone (010 534 6595) or email (nstroebel@randaid.co.za; dbeech@randaid.co.za) for a product list.

Mazel tov to newlyweds

After spending an ‘unbelievably happy’ 10 years together, Elaine Krawitz and Stanley Steiner of Tarentaal Retirement Village tied the knot on April 10.

Both are long-time residents of the village, with Stan moving in 12 years ago and Elaine two years later. They were introduced through a mutual friend and found love and companionship. “Stan treats me with so much respect,” says Elaine.

While the two enjoy each other's company, they each have hobbies that fill their days. Stan is a model train fanatic who creates wonderworlds filled with miniature people, buildings, trees, cars, stations and, of course, locomotives, coaches, freight trains and railway tracks. “I like the fresh air, to exercise, and am a keen walker. I also enjoy social bowls and love yoga,” she says of her interests.

While Stan is in his mid-80s and Elaine her mid-70s, their busy lives keep them young.

Stan is a retired mechanic who was taught his skills by his late father and Elaine was a medical rep.

The couple chose to be married under the chupah of the newly renovated Sandringham Gardens Shul, with their children, grandchildren, family and friends in attendance.



Elaine Krawitz and Stanley Steiner.

Inyoni Creek's carers honoured on Nurses' Day



Inyoni Creek village sister Jana Bezuidenhout hands over a token of appreciation to carer Sibongile Julia Mali.

'Caring for our seniors is perhaps the greatest responsibility we have. Those who walked before us have given so much and made possible the life we all enjoy' – Senator John Hoeven.

This sentiment shaped the International Nurses' Day celebratory tea held by Inyoni Creek Retirement Village on May 12, which was International Nurses' Day.

"Today, we honour home carers who dedicate themselves to bringing comfort and dignity to the lives of our cherished elders," said village sister Jana Bezuidenhout.

At the event were Inyoni Creek residents who still live in their own homes, but who are assisted to carry out some daily tasks by home carers.

Sr Jana presented each carer with a gift jar, which contained fun, novelty items, and a scroll of the Nurse's Pledge of Service:

I solemnly pledge myself to the service of humanity and will endeavour to practise my profession with conscience and with dignity.

I will maintain, by all the means in my power, the honour and noble tradition of my profession.

The total health of my patients will be my first consideration.

I will hold in confidence all personal matters coming to my knowledge.

I will not permit consideration of religion, nationality, race or social standing to intervene between my duty and my patient.

I will maintain the utmost respect for human life.

I make these promises solemnly, freely and upon my honour.

Growing seeds and skills at RSCC and Elphin Lodge

Ron Smith Care Centre (RSCC) and Elphin Lodge retirement village have launched an exciting project to upskill employees while also enabling them to grow their own food.

RSCC and Elphin Lodge launched the Eden Veggie Garden Competition for its domestic and care staff to learn how to grow vegetables and reap the rewards.

The project was inspired by RSCC's sister Leanie Bessinger and Sister Thili Madiba from RSCC's Woodlands wing, after a discussion about the economy and food prices.

Employees were given the choice to participate, and 90% were eager to take part.

"Each wing is responsible for its own garden, from planting the seeds to weeding. "They take home the veggies they grow," says Leanie.

Rand Aid provided each wing with a starter kit, consisting of a seedling tray and various seeds that are in season.

"I have not seen such joy among the staff in a very long time. They could not wait to get going."

RSCC's Portia Ngobeni says she is excited to be able to grow a vegetable garden in the city, and it reminds her of home where she had her own garden. "We are grateful for the opportunity to plant veggies," she says.

"A special thank you to Servest, which dug the gardens, and



Portia Ngobeni and Portia Tshayisa.

to Elphin Lodge's manager Helen Petrie, who donated compost and gardening tools for each garden.

"Thanks also to our residents' families who donated a huge number of seeds, plants, compost, potting soil and planters."

The gardens will be judged by Leanie, Matron Avril Maltman and Helen in mid-December.

Blow the whistle

Rand Aid has acquired the services of Whistle Blowers and installed a whistleblowing line. The whistleblowing service is operated 24/7 in all 11 South African languages, with a dedicated phone number for Rand Aid. All caller identities will remain confidential. The purpose of a whistleblowing line is to report corruption, fraud and unlawful behaviour.



Hats and buns at Thornhill Manor: Three Thornhill Manor residents turned heads at the village's March morning tea with their eye-catching Easter bonnets. The monthly event included the village's lotto draw and Easter bonnet parade, which is a Thornhill Manor tradition. Hot cross buns were served and thanks go to Maggie Bold and her team. The winners of the parade were Vicky Keenan, Joyce van Leeuwen and Bonnie Goshier.

Beetles, cappuccino and laughs aplenty

A good time was had by all on April 19, when residents of Ron Smith Care Centre gathered in the recreation centre for a fun morning of 'Draw a beetle' dice game, cappuccinos and muffins.

Twelve teams made up of residents, staff and volunteers furiously competed against each other to be the first team to complete the drawing of a beetle with all its body parts in place. But it wasn't easy! The players had to roll the dice and get a 'six' to start the game and draw the body. Then they had to keep rolling the dice and get a 'five' to draw the head; 'four' for the tail, 'three' for each of the six legs, 'two' for each feeler and 'one' for each eye!

There was lots of laughter and loud cheering over each success and good-natured groans of frustration when the wrong numbers kept coming up!

Several rounds of the game were played and the jubilant winners pocketed chocolate bars.



Berenice Jawitz and Sanele Ndlovu.



Daphne Paetzold and daughter-in-law Carol.

Family fun at Thembalami and MODA

Freedom Day was all about families at Thembalami Care Centre and the Max Ordman Deaf Association (MODA).

The care centre holds family gatherings in its serene gardens (weather permitting) every second month, offering a welcoming atmosphere that encourages loved ones to visit and connect with their resident family member or friend.

The April 27 gathering was blessed with warm weather. Chicken burgers, cooldrinks, tea and cake were sold and the centre's occupational therapy department and library had tables to sell hand-made items and excess books.



Birthdays are special at any age: The atmosphere crackles with anticipation every month at Thembalami Care Centre and Max Ordman Deaf Association's birthday bash. Residents with birthdays that month are showered with attention, each receiving a thoughtful little gift. April's celebration featured sponsored entertainment by Pastor Roy Edwards, who got the residents up and dancing. "The birthday bashes are designed to make everyone feel cherished and remind them that birthdays, at any age, are a cause for celebration," says centre manager Esme van der Walt. Pictured are Phillipe Michialidis-Coutoupes and his wife Peggy.

Eye health in focus at Elphin Lodge

One of the most common causes of visual disability worldwide is macular degeneration – which may be delayed by lifestyle modifications.

This information was presented by a team from Retina South Africa at a recent awareness talk held at Elphin Lodge.

"As we age, our vision can change in several ways. These changes may be influenced by the lifestyle we lead, our habits, and even pollution," says Karen Denton, education and advocacy head of Retina SA.

"In our presentation at Elphin Lodge, we highlighted not only the causes, signs and symptoms of macular degeneration, but also the appropriate lifestyle modifications that could delay or slow the development of the condition. Current, up-to-date treatments were discussed, with a brief look at trials that hold promise of future trends and treatments."

Karen says residents were invited to have their questions answered on a one-on-one basis, and that this was "received with enthusiasm".

The talk was supported by Sensory Solutions.

GOLF gents visit electrical museum

Inyoni Creek's Gentlemen Only Ladies Forbidden (GOLF) social group recently enjoyed a fascinating glimpse into the history of South African electrical engineering innovation.

They visited the South African Institute of Electrical Engineers' (SAIEE) Max Clarke Museum in Observatory, Johannesburg, where they saw items such as a lightning recorder that was manufactured in 1905, the prototype Tellurometer invented in 1950, and an early X-ray tube (circa 1900). The visit was arranged and co-ordinated by Bill Bergman of Inyoni. Bill is a SAIEE Fellow.

FATHERS AND MOTHERS CELEBRATED

Magical moms

The Mother's Day celebration at Thembalami Care Centre filled hearts with love, stomachs with good food, souls with well-being, and demonstrated the generosity of the extended Thembalami family.

On May 11, Thembalami mothers and their daughters – with a few men and grandchildren in the mix – filled the main dining hall for a morning of entertainment and fun.

The guest speaker was Marcelle Pinus, an educator, speech and drama teacher, and textbook author who last year added 'playwright' to her repertoire when she created a play about her life. Titled *What if Nobody Comes?* it was performed at several locations around Johannesburg.

"Marcelle wrote a beautiful poem about mothers and daughters, which she turned into laminated placemats. All the ladies also received a 'rainbow nation' keyring, organised by Marcelle and in keeping with her theme for the morning," says Elize.

Entertainment was courtesy of self-

taught Alexandra opera singer Joey Mabusela (stage name Detenor) and Ian Nel and Berenice Crause, who played background music on the keyboard and guitar and performed three dances, much to the delight of the audience.

"We asked the family members for a financial donation or platters towards the function and received more than R5 000, plus an abundance of platters from family members and friends. There was ample food; it was incredible how

generous they were," says Elize. "The goodwill did not stop there, either," she says, explaining that Andrea McCulla, the daughter-in-law of one of the residents, provided each woman with a small gift, consisting of a small bottle of body lotion and an assortment



Doreen Calder and daughter Jenny.

of treats. Linda Luke, the daughter of another resident, gave each resident a scarf and hand-made soap and organised the donation by local companies of panini-, sandwich- and fruit platters. Linda and her sister, Stella van Niekerk, also gave each lady a chocolate with a paper-shaped heart.



Tenor touches hearts: Renowned SA tenor Chris Coetzer made a return visit to Ron Smith Care Centre (RSCC) on May 10, much to the delight of the residents gathered for the centre's Mother's Day tea. Earlier this year, Chris performed as part of the care centre's Valentine's Day celebrations and captivated the audience with his beautiful voice and charming personality. As he welcomed his audience to the Mother's Day event, he paid tribute to the care centre and its wonderful residents and staff and said that returning to RSCC was like 'coming home' for him. After a joyful morning of beautiful music, residents and staff were treated to strawberry cheesecake. **PICTURED:** Isobel Kohll's heart melts as Chris Coetzer sings *Unforgettable*.



Beer, biltong and bocce ball: The men from all six wings of the Ron Smith Care Centre were invited to a special event in the recreation centre on June 11 to celebrate Father's Day. Bocce, an Italian bowling game similar to carpet bowls, was played. "Regardless of the level at which each person was playing, everyone tried their best. The competition was fierce but also lots of fun," says Debbie Christen, the centre's manager of recreational programmes. After all the activity, it was time to relax with a beer (non-alcoholic) or Coke, fresh biltong, and a savoury snack mix, including popcorn. **PICTURED:** Ron Smith Care Centre's male residents play bocce ball.

Lekker Father's Day braai

Thembalami Care Centre and the Max Ordman Deaf Association celebrated Father's Day on June 14 with games and a braai. Occupational therapist Tsakani Shihlomule played a 'Guess the car' game with the gents be-

fore they tucked into a braaied wors and pork chops, with sides of chakalaka, chips and toasted cheese, onion and tomato sandwiches. Each man received a gift parcel consisting of a pair of socks, deodorant and a magazine.

"Family members of four of our residents contributed to the cost of the meat, collectively donating R1 750," says centre manager Esme van der Walt. "The men enjoyed the morning and loved their presents," she says.

Happy Chatters are game for fun

New games delighted the residents of Thornhill Manor Retirement Village who belong to the Happy Chatters group when they gathered on June 3.

"We had so much fun again yesterday even though it was so cold. Vicky Keenan, one of our residents who is a retired occupational therapist and knows her way around workshop tools, spent the weekend making new games," says village social worker Karen Griessel. "She is so creative. We are in awe of the stimulating yet fun games she comes up with."

Karen explains that the occupational therapy games played during the Happy Chatters sessions enhance the quality of life of the group's members.

"They focus on maintaining and improving skills and abilities promoting well-being and cognitive skills. Promoting social engagement fosters connection and reduces feelings of isolation, thus positively impacting emotional well-being. Furthermore, meaningful moments are created that spark conversation and create a sense of joy," she says.



Margareth Magodi (caregiver and all-round helper) and Marina Sartor.

Bingo bonding for Thornhill and Thembalami

Bingo buddies bonded over the age-old number-calling game of chance at Thembalami Care Centre on May 16.

There was great excitement when the Happy Chatters group from nearby Thornhill Manor Retirement Village arrived at Thembalami to spend a fun morning with residents of both Thembalami and Max Ordman Deaf Association, which share a property in Lombardy East. Both the care centres and the retirement village are run by Rand Aid Association.

The Thornhill Manor team – including village social worker Karen Griessel and service-oriented resident Vicky Keenan, an occupational therapist by profession

– regularly visits the care centre residents, all of who require some form of (nursing) care.

"Our village residents get as much from the interaction as the care centre residents," says Karen. "We had a wonderful morning playing bingo and sharing laughs."

"Vicky always puts so much passion and care into her games and her love for people is evident. She is ably assisted by her trusted volunteer and Happy Chatters helper, Val Tyrteos, also a resident at Thornhill," adds Karen.

Karen says the benefits of bingo are improved mental agility, hand-eye co-ordination, short-term memory, concentration, and stress relief.



MODA resident Hansie Griessel and Thornhill Manor's Vicky Keenan, a retired occupational therapist who dedicates much time to organising stimulating activities for other Rand Aid residents.



Hope in a bottle, the Thornhill Manor way

A clean jar and a few non-perishable food items are all it takes to fill a hungry tummy.

Residents of Thornhill Manor Retirement Village embraced the Jar of Hope initiative. This outreach project has been adopted by numerous organisations that get volunteers to put non-perishable ingredients into a clean glass jar for distribution to people in need of hunger relief. The contents are emptied into a pot, water is added, and within an hour or so, a nourishing meal that can serve around four people is ready to be enjoyed.

Thornhill Manor's jars went to the Germiston Association for the Aged (GAFA), a non-governmental organisation in Germiston that delivers services to older persons. "Hope is defined as a universal human experience and powerful life force that we hold; it holds the promise that things can and will get better, enabling us to face and overcome challenges," says Thornhill Manor social worker Karen Griessel.

"Thank you to the Thornhill Manor residents and the Thornhill Chapel and Catholic committees for their donations and support. We were able to make 85 Jars of Hope," says Karen.