

Ron Smith Care Centre

@ Elphin Lodge



Nov 2024 No. 106



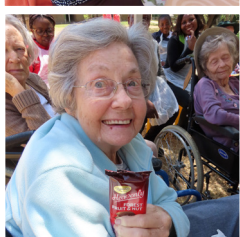
Sunshine and strawberries



Taking advantage of the lovely sunshine and blue skies on Friday, October 18, the residents and staff of the Ron Smith Care Centre were invited to a special tea at the lake.

The recreational team whipped up a big batch of strawberry shortcake – a vanilla sponge topped with ice cream and fresh juicy strawberries – and served it to the residents and staff who gathered in the beautiful area beside the lake.

Enjoying the delicious treat with a nice cup of tea or coffee and taking in the warmth, sunshine and natural beauty all around, the RSCC community had a peaceful, relaxing morning outdoors, which contributed to the well-being of all.



WOODLANDS RESIDENT: MARIA DA SILVA

I was born in 1938 on the island of Madiera in Portugal, which is sometimes known as the island of flowers. The place of my birth is known for its lovely scenery, beautiful flowers, lush green valleys, religious festivals (Catholic), Madieran wine and delicious food. I grew up in a Portuguese-speaking community and enjoyed all aspects of the Portuguese culture. When I was 15, I got married by proxy to Joao da Silva, who was a miner in South Africa and then when I was 17, I travelled to JHB to have our official marriage ceremony. I have wonderful memories of our first home in

Benoni and the great friends we made there. We eventually moved to the old mining town of Stilfontein where our children were born and raised. We had 2 daughters: Teresa & Dalia, and twin sons: Joss & Joe. I also have 6 grandchildren & 2 great grandchildren. When I was 31 years old, my husband Joao died in a tragic mining accident which left me as a single parent of 4 children, the youngest being my newly born baby of 3 days old! This was such a difficult time in my life, but I am thankful for the family & friends who gathered round to help and support me.



Orchids, roses and gardening: My passion probably comes from my upbringing in Madiera, where many varieties of orchids can be found | **Madieran embroidery: I used to teach people how to embellish table, bed, and bath linens, and clothing** | Movies: I adored John Wayne | **Music-wise, I love Elvis** | Parrots and dogs | **Reading cookery and embroidery books** | I loved cooking & baking and having huge family gatherings | **My daughter Dalia, says that I was always lots of fun, very bubbly, with a great sense of humour.**

FAVOURITES

WOODLANDS RESIDENT: CHARLES POWER

I was born in 1940 in Limerick, Ireland. I lived a rural life in the peaceful countryside with my mother (a nurse & housewife), father (an officer in the army who died when I was 10), & brother Ormande. I attended the Jesuit College in Limerick, which I did not enjoy because of the harsh attitude of one of the priests. I did, however, enjoy mathematics and obtained my leaving certificate. After matriculating, I joined the National Bank of Ireland & learned general banking procedures and studied for a diploma in foreign exchange. I passed all my banking exams & ended up working there for 31 years. The fact that I started as a junior

official and worked myself all the way up to the position of bank manager at head office, has been one of my proudest achievements. I enjoyed my life in Ireland, acting as a whip for the Oakfield Beagles (hunting hares) and playing rugby as a prop forward. In 1991, I emigrated to SA, encouraged by the prospect of constant sunshine and little rain. I bought a house in Edenvale! I joined the Lumko Institute (a religious organisation) and looked after their financial records. When I was in my 60s, I moved to Thornhill Manor & served on the residents' committee for 6 years; 2 of those years as chairman.



My Roman Catholic faith & religious beliefs: My most meaningful experiences have occurred on the 30 occasions I visited Lourdes, France, as a Christian pilgrim | **My happy place is in my room where I enjoy working on my computer, listening to light classical music on Classic FM – UK and watching sports, BBC or ETv news** | Daily walks to the dam & sometimes along the river | **Italian food, macaroni cheese & trifle** | Sundowners on my patio, sometimes in the great company of my neighbour, Irvine Sinnett.

FAVOURITES

WOODLANDS ENA: PHINDILE RADEBE

I was born in Msinga, KZN, in 1989. When I was 12, my siblings and I went to live with my granny because both my parents worked away from home. We grew up in a Christian family and my granny insisted that we pray before breakfast. My older sister, Samke, was a nurse (now a nursing manager) at Baragwanath and has always been my role model. She is a strong, wise person. Along with my granny, she taught me how to run a household and handle so many life issues. After matric, I attended Durban university to study radiography, but only managed to complete one year before my funds ran out. My sister then

suggested that I study nursing, and I qualified as an auxiliary nurse in 2011. I moved to JHB in 2013 to look for work. I managed to get a temporary job and then joined Rand Aid in 2016 as relief staff. I became permanent staff in 2018. One of the most meaningful experiences I've had, was attending the Eden Alternative Associate training. I met my fiancé, Sibusiso, on a boat cruise. He is a loving, supportive man with a good heart & we are planning to be married. I have 2 beautiful daughters: Amahle (17) & Ayabonga (13) and Sibusiso has 2 daughters: Amahle (10) & Thando (6). They all get along well.



Cleaning my home until it is spotless | The colour white: It represents purity & cleanliness | **Singing: I grew up singing in church** | Romantic movies | **Relaxing with a glass of wine and watching my favourite soaps** | Tea: I usually drink 5 or 6 cups a day (either rooibos or Five Roses) | **Cooking African food such as mokodu, dumplings, and chicken feet; baking scones, muffins and biscuits** | My dream is to go back to school to become a professional nurse or to study health and safety.

FAVOURITES

RESIDENTS

05 Nov Elizabeth Boshoff	(RL3) 82
13 Nov Isobel Kohll	(RL2) 102
13 Nov Ada Zidel	(RL3) 83
15 Nov Elene BohnenKamp-Blaensdorf	(RL3) 92
22 Nov Maria Van der Westhuizen	(RL2) 77
29 Nov Lorna Topp	(LS) 87
29 Nov Maureen Wollenschlaeger	(RL2) 72

STAFF

03 Nov	Forget Khoza
03 Nov	Mapheto Kgotso
07 Nov	Vukatimune Shiviri
09 Nov	Debbie Christen
14 Nov	Marlene Sirchia
17 Nov	Eunice Mkhosi
18 Nov	Phumudzo Nephiphidi
22 Nov	Dimakatso Sengoengeng
24 Nov	Maditaba Nyelele
25 Nov	Leigh Kotze
27 Nov	Lerato Masoga
28 Nov	Simangele Tshabalala
30 Nov	Moleboheng Mashale

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

Fondly remembered

Barbara Tasker RL3	Walter Serebro RL2
Pamela Pearcey CP	Douglas Morgan RL2

Welcome to

Edith Greg RL2	Esther Mayo RL3
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Mosima Mojela, Karen Griessel (Thornhill Manor social worker) and Esmeralda Rusike.

Cuddly donation warms hearts

Thornhill Manor's Alzheimer's awareness fundraising initiative has extended a helping hand to RSCC, specifically the River Lodge 3 dementia wing. The wing is undergoing a cheerful transformation, thanks in part to the generosity of Thornhill Manor's community.

Carol Foulis and Thornhill's 'knit and knatter' team donated a collection of soft toys. These cuddly companions have the power to soothe and comfort dementia patients, often sparking positive memories and reducing anxiety.

RSCC staff are planning to use the artificial flowers donated by Thornhill to brighten the entrance area to River Lodge 3, and to decorate with new curtains and tablecloths.