

Ron Smith Care Centre

@ Elphin Lodge



NOV 2025 No. 117



Residents *step out* for fun and fitness

A glass of ice-cold Coca-Cola was the perfect reward after Ron Smith Care Centre residents completed a 1km fun walk on October 17.

Occupational therapy and recreation manager Simoné Botha said the event was a celebration of life, friendship and fitness.

Despite a chilly start, the sun soon shone on the walkers as they looped through the beautiful Elphin Lodge gardens. "There was a buzz of excitement as everyone counted down from 10 to begin," said Simoné. "Rest stations offered water and juice, but most couldn't wait to reach the finish line!"

Each participant received a medal and cold drink before enjoying coffee, tea, cupcakes and plenty of laughter.



“It was a lovely morning that reminded us how walking and exercise keep us young at heart.”
— Simoné



MARGARET WRIGHT: RIVER LODGE 2 RESIDENT

I was born in 1937 in Johannesburg, the third of four children. We grew up with modest means. My father worked for the railways and was stone deaf from the age of 21, while my mother stayed home to care for us. I attended Jeppe Girls High School, but due to financial constraints, I left in Standard 8 to become a nurse and help support my family. In 1957, I married Arthur, a member of the Salvation Army and a chartered accountant. We had three sons – Neil, Tony, and Roger. Later, I studied bookkeeping and worked for many years at Dobson and Dobson. We lived in many different places, including Swaziland, Pinetown, and various Joburg suburbs. Arthur went on to become a successful businessman. Sadly, our marriage ended in the early 1980s, and I never remarried. I am, however, immensely proud of my sons, all of whom went to university and built successful careers – one as a vascular surgeon, one as a dentist, and one as an aeronautical engineer. Neil and Tony both married doctors, so we now have four doctors in the family! Neil and Roger later emigrated to Australia and Canada, respectively. I am deeply thankful for my three sons, three grandchildren, and two great-grandchildren.



I have always been outgoing. Life has not been without its challenges, but I have learnt resilience. My faith has been my anchor – I served in the Methodist Church for years. I was proud to be a badminton and bowls club champion in the 70s and 80s. I also led a Cub Scout group for many years. Happy memories include trips to the Greek Islands and family trips to the bushveld and ocean. I enjoy crocheting, knitting, and card making. I also adore flowers.

ROY EMERTON: RIVER LODGE 2 RESIDENT

I was born in Germiston and attended Malvern High School, completing my final year at Kensington High School. I tried my hand at many sports, including rugby, water polo, and long-distance bicycle racing. Growing up, my father worked as a chief mine supervisor, while my mother took care of us at home. After school, I began an apprenticeship in electrical engineering at Simmer and Jack Mine. Early in my career, I worked at various places, including LH Marthinussen, and eventually joined Joy Manufacturing Company, where I stayed for many years until I retired. I met my wife, Gwen, during a holiday in Scottburgh after I had started working. We married about four years later. Right after the wedding we went to Durban for our honeymoon. She was a hard worker and continued working for about two years after we were married. Gwen sadly passed away at the age of 91, and I still miss her greatly. Our marriage was blessed with two sons – Gary, our eldest, and Michael, our youngest. I'm thankful that they both still live in Johannesburg. I'm also grateful to be a grandfather to four granddaughters, two great-granddaughters, and one great-grandson.



As a family, we made wonderful memories enjoying the outdoors. My work took me overseas, to the USA, France, and the UK. I am proud to have helped build a coal mining machine that reduced power usage from 2200w to 1000w. One is displayed at Wits University. These days, my simple pleasures include sitting on the veranda and watching sport. I'm most grateful for my children and am thankful we've remained close. My happiest time is with my children.

PORTIA MULAUDZI: CARE WORKER AT RIVER LODGE 2

I was born in 1992 in Thohoyandou, Limpopo, and went to school in a Venda village called Lwamondo. One of my favourite memories is when our village would compete against other villages to see who had the best dance team. There were no prizes – just the honour of knowing you were the best! I was raised mostly by my grandmother, as my parents worked in Johannesburg. I always knew that anyone who made me cry would be in big trouble with her. After finishing matric, I completed a computer diploma and worked as a promoter in shops before moving to Johannesburg to look for a job. I met my husband, Avhasei, in Limpopo in 2012, and we have been together ever since. Our firstborn, Ontshidzaho, was born in 2013. We got married in 2016, and in 2019 I fell pregnant again – but this time I got two for the price of one: Twins! They were born prematurely in December, and I was told we would need to stay in hospital for six months. Thankfully, they grew stronger much faster than expected, and we were able to go home after three months. I always dreamt of becoming a nurse, and in 2020 I took the first step by starting a care worker course. I began working at Rand Aid in 2022 as a reliever, and in 2023 I was delighted to be made permanent.



I am bubbly and outgoing. I love music and cooking. One of my simple pleasures is listening to music; it calms me. I love gardening and spending time with my boys. We often play games and those moments mean a lot to me. Family is important to me. Every year, usually at Easter, we come together to cook, share meals, and enjoy each other's company. I am most thankful for my children. One of my dreams is to return to school one day to pursue my goal of becoming a nurse.

Birthdays

RESIDENTS

03 Nov	Roy Emerton (RL2)	98
04 Nov	Terence Savage (WL)	86
04 Nov	Marjorie Strachan (WL)	86
05 Nov	Elizabeth Boshoff (RL3)	83
05 Nov	Helga Bucher (RL3)	88
13 Nov	Isobel Kohll (RL2)	103
13 Nov	Ada Zidel (RL3)	84
19 Nov	Michael Carlisle (RL3)	88
29 Nov	Maureen Wollenschlaeger (RL2)	73

STAFF

03 Nov	Forget Khoza
03 Nov	Mapheto Kgotsa
07 Nov	Vukatimune Shiviri
14 Nov	Marlene Sirchia
17 Nov	Eunice Mkhosi
18 Nov	Phumudzo Nephithidi
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 chocolates from reception.

FONDLY REMEMBERED

Neil Garden	CP
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WELCOME TO...

Maureen Burnhill	RL2
Maria Da Re	LS
Maurizio Fadda	RL2
Elzabe Ebersohn	RL2



Music therapy services

Annelet Prinsloo, a qualified music therapist, offers both group and individual music therapy sessions. She is pictured here with resident Myra Forfar.

"Music is connection, memory, identity and love made audible," she says. "In dementia and end-of-life care, it reminds us that the essence of the person remains, resonating within every note. Through the arts, we don't simply treat illness – we honour life itself."

If you would like to learn more about music therapy, or if you or a loved one could benefit from sessions, contact her at annelet@animation.co.za. You can also reach her through Ron Smith Care Centre's Simone Botha at sbotha@randaid.co.za