

# Ron Smith Care Centre

## @ Elphin Lodge



FEBRUARY 2026 No. 220



## Sandy hands, happy hearts

January 19 is International Flower Day, and at RSCC we decided to celebrate it on Tuesday, January 20. This year, we opted for longer-lasting blooms by getting our hands dirty and planting succulents.

Although succulents aren't technically flowers, they are flowering plants – and we now wait in happy anticipation for their colourful displays as they flourish throughout Ron Smith Care Centre.

The morning began with some fascinating flower facts shared by Karabo Matlaletsa, followed by a fun competition where one lucky resident won a box of chocolate nougat after finding a hidden note under her pot. From there, residents immersed themselves in choosing a beautiful succulent, potting it with care, adding decorative stones, and finishing it off with hessian ribbon for the perfect touch.

The morning ended on a sweet note with tea or coffee, and a flower-shaped biscuit lovingly baked by the REC Team.

"Taking time to appreciate the flowers and nature around us is so important. It helps ground us, calm us, and remind us to be grateful for the beauty that surrounds us. Gardening offers endless benefits too – engaging all our senses, keeping us active and bringing peace to both heart and mind," says Simoné Botha, RSCC's manager of OT and recreation.



# Get to know me

## JAN MILLER: CEDAR PARK RESIDENT

I was born in 1943 in Southampton, UK, where I attended school at the convent high school. I remember being captivated by the prayers at school. It was there that faith truly became a priority in my life. After leaving school, I completed my training and worked as a hairdresser in the UK for several years. After my divorce, I moved to America with my two daughters where I met Bob and we got married in Indiana. We have now been married for more than 50 years. While I was pregnant with my son, Scott, we moved to South Africa. I am especially grateful that this season of my life allowed me to meet my best friend, Linda, while visiting her home to cut her hair. We remain close, and I am thankful that she now lives nearby in Elphin Lodge. Eventually, I changed careers and became an estate agent. Life required hard work and determination – we bought, renovated, and sold several houses until we were able to settle in a lovely home in Morning Hill. I am blessed with three children and seven grandchildren. Joanne lives in Australia with her husband, Evan, and their two sons. Tonia lives in England with her husband, Richard, and their three children. Scott lives in Los Angeles with his wife, Sally, and their two daughters.



## BOB MILLER: CEDAR PARK RESIDENT

I was born in 1939. We grew up in Indiana, where I completed my schooling. I have always been technically minded. My first major job was with Pacific Bell, maintaining telephone systems. Not long after, I joined the air force for four years, where I applied my technical skills to the maintenance of radar bases. At 19, I met my first wife. Our marriage was blessed with two children – Michael and Kathy. After leaving the air force, I went on to work for AT&T. A special chapter of my life began when I met Jan, who had recently come to America. We have now been married for more than 50 years. We were blessed with a son, Scott, who lives in Los Angeles with his wife, Sally, and my granddaughters, Juliane and Kiera. After we got married, Jan and I moved to the UK before settling in South Africa.



Those early years required hard work – overtime shifts, renovating the houses we bought, and doing whatever we needed to keep moving forward. One of the most significant moments was in my 20s when I came to faith in Jesus. I later had the privilege of growing spiritually in the Baptist Church for many years, sharing the gospel that continues to shape my heart, my purpose and my hope.

## KARABO MATALETSWA: REC OCCUPATIONAL THERAPIST

I was born in 2000 in Mbombela, Mpumalanga, and grew up as an only child. When I was two, we relocated to Soshanguve, Pretoria. I matriculated at Iona Convent High School for Girls. Some of my favourite school memories were the conversations we had in biology class – discussions about the planet, life and the world around us. Outside of school, I treasure the memories of our yearly family holidays, often in the bushveld. After matric, I started studying mining engineering, but it didn't take long to realise it wasn't the right path for me. I spent the rest of that year in Umhlanga, where I discovered occupational therapy – a field that combined my love for people, learning and meaningful impact. I completed my bachelor's in occupational therapy in 2023 and did my community service year at Mamelodi Regional Hospital. Faith became an important part of my life in 2021 when I gave my heart to the Lord during my studies. In 2022, I met my husband, Sithembiso, at church. We became close friends, and before long, we both knew we wanted to spend our lives together. We got married in March 2025, and moved to Modderfontein when I started working at Rand Aid. I am truly enjoying our new home and the area we live in.



**Favourites:**  
People. Reading Christian books and listening to Christian music. Keeping up with the news and watching sermons on television. I love colourful flowers. I enjoy walking and used to knit a great deal; despite being left-handed, I knitted all my children's clothing. I have always loved the ocean and am grateful that we were able to live at the beach for a few years after retiring. My happy place is floating on a lilo in a large pool, surrounded by peace and quiet.

# Birthdays

## RESIDENTS

03 Feb – Olive Jew	(LS)	102
04 Feb – Geetha Hiraman	(RL3)	64
06 Feb – Maria Volschenk	(LS)	89
13 Feb – Pamela Mintz	(WL)	95
14 Feb – Miriam Benjamin	(RL1)	79
14 Feb – Sarah Mintz	(RL3)	86
15 Feb – Joan Beeton	(WL)	91
23 Feb – Elizabeth Marshall	(RL1)	80
24 Feb – Margaret Garden	(CP)	90

## STAFF

02 Feb – Thokozani Zwane
02 Feb – Pamela Martins
06 Feb – Mpho Rasidumelo
13 Feb – Nonhlahlha Mlambo
17 Feb – Motsatsi Moilakgomo
20 Feb – Zodwa Mthombeni
26 Feb – Kevin Kotze

\* Staff members must please remember to collect their birthday chocolates from reception.

## FONDLY REMEMBERED

Shirley McTaggart	WL
Joan Boulle	WL
Barbara Welsh	RL3
Ursula Heggenberger	RL2
Maurizio Fadda	RL2

## WELCOME TO...

Gillian Hutchinson	CP
Denis Hutchinson	CP



## Hearts in Action



Khodani Khute of River Lodge 3 is the recipient of our first Hearts in Action monthly award. She is honoured for consistently setting an example of excellence; always showing a positive attitude; going above and beyond to provide the best care to each resident; and constantly encouraging and motivating everyone around her. Pictured with her is Esmeralda Rusike (left) and Matron Leanie Bessinger (right).