

Rand Aid RAND AID review

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Revamped and refreshed



Fresh new spaces are taking shape across Rand Aid villages and care centres – from a revamped clubhouse and deck at Inyoni Creek to a refreshed foyer at SANCA Wedge Gardens, a modernised kitchen at Ron Smith Care Centre and a cosy new lounge area at Tarentaal. Turn to pages 8 and 9.



CLOCKWISE, FROM ABOVE:


Ernie Muller, Inyoni Creek village committee chairperson, at the ribbon cutting ceremony held to open the refurbished clubhouse.

SANCA Wedge Gardens deputy manager Dudu Morgan in the new-look foyer.

Dumisani Mahlaba of Reef Caterers in the cold food prep area of Ron Smith Care Centre's kitchen.

The lounge area that has been created in the Tarentaal Village hall.



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Nurses on call: Dos and don'ts

Residents are reminded that the call nurse service is primarily intended to assist with healthcare-related needs and emergencies.

The dedicated after-hours nursing staff serving Rand Aid's villages play an important role in supporting residents' well-being, particularly after hours, during medical concerns or when urgent assistance is required. Their responsibilities include responding to health-related call-outs, assessing residents' conditions, providing basic nursing assistance and arranging further medical support where necessary.

To ensure that nurses remain available for residents who genuinely need medical assistance, residents are kindly asked to use the service responsibly.

The after-hours call nurse service should not be used for:

- Social visits or companionship
 - Assistance with misplaced car keys or personal items is not generally provided.
 - However, where such items are urgently required for a medical or safety-related reason (such as accessing urgent medical care or medication), assistance may be given where possible.
 - Where a resident is locked out of their home, the call nurse may also assist with access to spare keys (for which a fee might be levied), provided this does not conflict with urgent medical call-outs.
 - Non-medical household matters
 - Routine requests that can wait until office hours
- Minor inconveniences that are not health-related

By using the service appropriately and making proactive use of the village nurse during office hours, residents help ensure that nurses can respond quickly and efficiently to urgent medical needs while reducing the strain on on-call staff, who are often required to work a full shift the following day.



A daily walk becomes something to look forward to at Tarentaal Retirement Village. Set on 10 hectares just a stone's throw from Greenstone Shopping Centre, Tarentaal offers residents space to slow down, move at their own pace and reconnect with nature. Paved pathways wind through the village – including peaceful waterside walkways along the Jukskei River – with benches inviting moments to pause and take in the surroundings. Birdsong makes every stroll special, whether enjoyed in the morning sunshine or during the early evening when the footpath lights are on. A footbridge even connects Tarentaal to neighbouring Elphin Lodge across the river, adding another scenic route to explore. With comfortable one-bedroom and studio apartments available, Tarentaal offers more than a place to live – it offers space to breathe.

Rand Aid launches Workplace Forum

Rand Aid has launched a Workplace Forum aimed at strengthening communication between employees and management while creating a more positive and supportive work environment across the organisation.

The forum provides a structured platform where staff can raise concerns, share ideas and contribute to discussions about workplace matters that affect their daily lives.

Following the launch, employees were invited to nominate colleagues to represent them on the forum. One representative from each business unit was selected to ensure broad participation and representation across the staff.

The first forum meeting took place on July 3, and meetings will now be held monthly at each Rand Aid village and care centre. Representatives will meet on the first Friday of every month at 1pm to discuss workplace issues and share feedback.

Topics on the agenda include employee well-being, health and safety, workplace culture, staff recognition, operational improvements and ways to strengthen communication and teamwork across the organisation.

The initiative is designed to encourage open, respectful and constructive communication between employees and management.

“A better workplace starts with motivated and engaged staff members,” says Rand Aid CEO Gert Coetzee. “By creating opportunities for staff to share their ideas and concerns, we can build stronger teams, improve morale and create a more inclusive organisation.”

Management will provide regular updates and feedback on issues raised through the forum, helping to ensure that employees remain informed and involved in workplace developments.

Employees who would like to raise a challenge, submit a suggestion or learn more about the Workplace Forum can contact Joyce Mabule by email at jmabule@randaid.co.za or by calling 011 822 2510 (ext 160).

Help showcase Rand Aid Association to the public!

Residents and staff will play an important role in helping visitors experience what makes Rand Aid special at a Retirement Lifestyle and Care Expo this spring.

“We need the support of the greater Rand Aid family to make the event a success,” says executive committee (exco) member Ayanda Matthews.

The goal of the day is to give members of the public the opportunity to visit Rand Aid's villages and care centres in a structured way, with visitors registering for guided tours.

“Our villages and care centres need to look their best, and staff and residents can help by creating a warm and welcoming envi-

ronment. Although plans are still being finalised, we hope to have grab-and-go food available, with the coffee shops open as well.”

“Staff members and residents will be encouraged to interact with visitors, showcase the facilities, activities and clubs, and share their experiences of the Rand Aid lifestyle,” says fellow exco member Amanda Diener.

A planning committee has been established, and more details will be announced soon.

Residents and staff members who would like to get involved are encouraged to speak to the deputy manager or manager of their village or care centre.



For the latest news from our villages and care centres, LIKE the @RandAidAssociation Facebook page. HAVE SOMETHING TO SHARE? Email cathy@allycats.co.za or WhatsApp 074 454 5820.



Cosy seating in your home away from home at Tarentaal.



The guest suite has a work station and television.

Residents' loved ones can now stay in comfort at Tarentaal guest suite

Rand Aid residents can now welcome visiting family and friends in comfort, thanks to the launch of a self-catering studio apartment at Tarentaal village.

The newly opened guest accommodation offers a convenient and affordable option for out-of-town or overseas visitors who want to stay close to loved ones while enjoying their own private space within the secure Rand Aid estate.

Situated near Tarentaal's scenic dam, the fully furnished studio apartment overlooks tranquil gardens and gives guests access to the village's popular waterfront walking paths and beautifully maintained grounds.

Designed for couples or single travellers, the apartment features two single beds, a cosy seating area, an en-suite bathroom with a shower and a dedicated workspace. Guests can also enjoy a fully equipped kitchen fitted with an oven and stove, microwave, fridge-freezer, kettle and toaster for a comfortable self-catering stay.



Additional amenities include a TV with OpenView, air conditioning, a fan, heater and a private outdoor patio ideal for enjoying morning coffee in peaceful surroundings. WiFi is currently being installed.

For added peace of mind, the unit is fitted with an SOS panic button linked directly to the Rand Aid Call Centre.

At R700 per night, the accommodation offers excellent value compared to local hotel rates. Bookings can be made by either a Rand Aid Association resident or their guest, subject to the resident's approval.

Rand Aid says dates are expected to fill up quickly ahead of holiday seasons and long weekends.

To check availability or make a booking, contact Emily Lebopa on 011 882 2510 or email elebopa@randaid.co.za.

The apartment is located at Tarentaal village, 200 Modderfontein Road, corner Wordsworth Road, Edenvale, near Greenstone Shopping Mall.

Beyond awareness: Protecting older persons every day

Earlier this month, World Elder Abuse Awareness Day highlighted the need to protect older persons from abuse, neglect and exploitation.

According to Lara Swanepoel, a social worker at Thembalami Care Centre, elder abuse is often hidden and can take many forms, including emotional, financial and physical abuse, as well as neglect. "Older persons are often treated as though they are somehow 'less than'," says Lara.

"Sometimes they are not consulted in decisions that affect them, even when they are capable of making those decisions themselves." She says older persons living

with dementia or physical disabilities are particularly vulnerable to being overlooked or dismissed. Lara believes preventing elder abuse requires more than awareness campaigns.

Communities, families, caregivers and service providers all have a role to play in protecting older persons, maintaining their dignity and ensuring they remain connected and supported.

"Simple actions such as checking on elderly neighbours and helping them access services can significantly reduce the risk of abuse and neglect," she says.

■ For the full article, visit Rand Aid's Facebook page.

AGE IS JUST A NUMBER FOR 300-RUN NEIL

Neil Munro calls himself a 'toppie with two artificial knees' – but that hasn't stopped him from reaching an extraordinary milestone of 300 parkruns.

The 81-year-old's landmark run came on April 11 at the Edenvale parkrun, surrounded by familiar faces and that unmistakable Saturday morning buzz shared by parkrunners across the world.

The first parkrun in South Africa was held in November 2011 at Delta Park in Johannesburg, but Neil first took part six years later, in 2017.

"I did a bit of running in high school," he says, "but nothing much after that until discovering parkruns."

There have been milestones along the way: His 50th run on a bright spring day in 2018, and his 250th in September 2024. But the numbers only tell part of the story.

Between those milestones are hundreds of early mornings, steady kilometres and determined steps – especially impressive considering Neil had both knees replaced in 2010.

These days, he keeps himself going with a familiar route closer to home, walking a 5km loop within the grounds of Rand Aid's Inyoni Creek, where he has lived since moving into phase one of the village in 2007.

And while he may be modest about his pace, Neil's humour keeps him firmly in stride with the spirit of parkrun. "The 5km parkruns I mainly shuffle," he says. "I can't keep up with the youngsters."



Neil Munro (81) in the T-shirt that proudly proclaims: '300th parkrun done and dusted'.

THROUGH THE CAMERA LENS



Residents of Thembalami Care Centre and the Max Ordman Deaf Association enjoyed an afternoon of friendly competition when the Edenvale Lions Club hosted a lively game of card bingo on May 24. The club also provided cake and sandwiches. "According to the group's leader, Evelyn Herzfeld, the afternoon with our residents was a great success. She was thrilled by how much everyone enjoyed themselves," says Thembalami Care Centre deputy manager Elize Raath. Bingo winners received special treats, adding excitement to the games and encouraging enthusiastic participation. Pictured: Pieter Faugust.



Residents of Thornhill Manor proved that a simple cup of tea can make a significant difference, coming together on April 30 to support children battling cancer. The village hosted a morning tea that saw a wonderful turnout of 41 residents. The event successfully raised R3 000 for the Childhood Cancer Foundation South Africa (CHOC), combining community spirit with a vital cause. Pictured: Sylvia Sinclair and Val Corin.



Though celebrated a little later than International Nurses Day, appreciation for the nursing teams at Thembalami Care Centre and the Max Ordman Deaf Association was heartfelt as staff were honoured for their dedication, compassion and commitment to residents. Celebrations were held across three events to accommodate day- and night-shift teams and reflected on the values at the heart of nursing care. Nursing services manager Violet Ngo-beni spoke about the nursing pledge and the 5Cs of holistic care – compassion, competence, confidence, conscience and commitment – while nurses also enjoyed sponsored gifts, chocolates and creatively decorated cupcakes inspired by symbols of the profession. Pictured: Violet with Fikile Mbatha.



A small but lively crowd shook off the winter blues at a bingo and soup evening at Tarentaal Village on June 9. A huge pot of hearty vegetable and bean soup, prepared by David Picton, was served with buttered bread before the first number was called. Attention then turned to the large laminated bingo cards. The friendly rivalry, good company and warming meal made for an enjoyable evening filled with laughter, conversation and a strong sense of community. Pictured: Dawn Casper and Alet Swanepoel in high spirits.



Residents and staff at Ron Smith Care Centre celebrated Mother's Day with a morning of music, dancing and shared memories on May 15. Live performances created a joyful atmosphere before guests ended the celebration with tea and treats. Pictured: Esme Joubert with Brenda Ratema.



Residents at Ron Smith Care Centre enjoyed an egg-citing Easter celebration filled with creativity, fun and sweet surprises. Preparations began with residents and staff making cards and decorating gift packets, which were later filled with chocolates and handed out over Easter. The festivities culminated in a lively Easter tea featuring an Easter egg hunt, spot prizes, riddles and a quiz exploring Easter and Pesach traditions. Residents also sampled matzah and enjoyed coffee, tea and cupcakes together, ending the morning on a warm and joyful note. Pictured: Pertunia Moleoa and Ann Raats.



Residents and staff at Ron Smith Care Centre swapped shoes for slippers on May 29 as they celebrated Slipper Day in support of the Reach for a Dream Foundation. Bright socks, slippers and smiles set the scene for a relaxed morning in the dining room. Those gathered enjoyed marshmallow-topped hot chocolate, freshly baked biscuits and lively conversations sparked by discussion cards. The celebration ended on a joyful note with spontaneous dancing and laughter, reflecting the centre's focus on shared moments of happiness. Pictured: Johanna Sebata and Isobel Kohll.

THROUGH THE CAMERA LENS



Residents and guests gathered for a lively coffee morning at Elphin Lodge on April 29, with 52 people enjoying tea, coffee, sandwiches and biscuits served at their tables. The highlight of the event was a talk by resident Laurence Newman, who shared from his travels through Ethiopia and northern Kenya. Deputy village manager Hlumela Anderson said the relaxed setup encouraged conversation and connection. The coffee morning formed part of Elphin Lodge's ongoing efforts to bring residents and guests together through meaningful social events. Pictured: Shirley Cosser, Heather Brunner and Shelagh Mackenzie.



Creativity and nostalgia filled the Elphin Lodge clubhouse on April 17 as residents gathered for the monthly meeting of the village's garden club. The highlight of the event was a flower arranging demonstration by resident John Cowen. As he carefully crafted each arrangement, John shared anecdotes from his years of creating floral displays for major corporations and clubs in Johannesburg. The arrangements were later raffled off among attendees, and the afternoon ended on a warm note with tea and a spread of delicious treats. The Elphin Lodge Garden Club meets on the third Friday of every month at the clubhouse, and new members are always welcome. Pictured: John in action.



Teddies knitted by Thornhill Manor resident Carol Foulis and blankets donated through a collaboration between community groups and residents brought comfort to residents at Thembalami Care Centre, the Max Ordman Deaf Association and Ron Smith Care Centre. Pictured: Thembalami resident Getrude Xabanisa with Thornhill Manor social worker Karen Griessel.



Creativity and conversation come together every Monday morning at Thornhill Manor retirement village, where resident Brenda Bromfield hosts relaxed art classes for beginners and experienced artists alike. Participants work at their own pace on acrylic and watercolour creations while enjoying tea, coffee and gentle music in a welcoming atmosphere. Brenda, who has exhibited and sold her work and founded Art in the Park at Flamingo Dam, encourages anyone interested to pop in from 9:30am. Pictured: Sheila Coleman finds joy in her creation.



Residents at Tarentaal village enjoyed a music-filled Easter tea on April 7. The village's residents' committee provided a spread of sandwiches and cakes, while an Easter egg was placed at each seat. Many residents expressed their appreciation for the event, noting that not everyone has family nearby to spend the holidays with. The atmosphere was lifted further by fellow resident Carmel Borland, who entertained guests with a selection of golden oldies. Deputy village manager Lynn Barrow described the gathering as a 'lovely, fun-filled event' that reflected the strong sense of community within the village. Pictured: Jannet Parson and Adrian Lillywhite, with Wendy and Chris Ridley.

At nearly 90, Thornhill Manor's beloved hairdresser proves purpose never goes out of style

There's a friendly rhythm in the salon at Thornhill Manor Retirement Village, with scissors snipping and familiar conversation flowing. For many, it's part haircut, part catch-up, part routine.

At the centre of it is resident hairdresser Margaret Miles, who, at nearly 90, is still working behind the chair she has occupied in one form or another for more than seven decades.

"I would go mad sitting at home doing nothing," she says. Retirement, for Margaret, has never meant stepping away from purpose – just reshaping it.

Her journey in hairdressing began shortly after the Second World War, when she started training at just 17. What began as a practical skill quickly turned into a lifelong calling.

Over time, she has seen the world of hair – and ageing – change dramatically. She remembers an era of structured sets, perms and pinned buns. Now, she says, styles are far more natural, especially among older adults. But while trends have shifted, her approach has not. "It's like a bit of magic," she says of watching someone leave her chair looking brighter than when they sat down. "I take pride in that."

Yet what truly sets Margaret apart is not only her skill with scissors, but her gift for conversation. Her salon chair has become something of an unofficial community hub, a place where stories are shared and worries are lessened.

"I love people," she says simply. "If you come in here, I can chat to you all day."

Over the years, she has built lasting relationships that stretch far beyond hairstyling, helping to nurture a strong sense of belonging among residents.

Having moved into the village 23 years ago, Margaret has seen retirement living change in many ways over time. However, her outlook has remained constant: Keep busy and stay connected.

"I think it's very important to still feel useful," she says. "Being with people makes all the difference."



Margaret Miles in the Thornhill Manor salon.

Guilt in elderly care: Social worker's guide to grieving without regret

For many families, the passing of an elderly parent or spouse brings an unexpected burden: a lingering sense of guilt. Grief rarely follows a neat or predictable path. Questions such as whether we 'did enough' or 'gave up too soon' can remain long after a loss.

Often, this emotional struggle begins years earlier during the difficult transition from family member to caregiver.

Understanding this journey is an important part of elderly care. At the Ron Smith Care Centre (RSCC), part of the Rand Aid group in eastern Johannesburg, staff say the decision to seek professional help is rarely about walking away – it's about recognising when care needs exceed what can safely be provided at home.

Nadine Radford, a social worker at the centre with more than a decade of experience, has supported countless families through this process. She says many are unprepared for the guilt they feel over decisions made during a loved one's decline.

The burden of role reversal

The journey toward loss often begins with a difficult role reversal. Adult children find themselves parenting their parents, making medical decisions and setting boundaries for those who once cared for them.

For spouses, guilt is often linked to promises made years earlier.

"Many experience deep guilt linked to the vows they made to care for their partner 'in sickness and in health'," says Nadine.

When care can no longer safely be provided at home, moving a spouse into professional care can feel like a broken promise, even when it is medically necessary.

Challenging the myth of abandonment

Most families only turn to residential care after exhausting other options – sleepless nights, family rotations and constant emergencies. Yet after a loved one passes, people often ask themselves: "Should I have kept them at home longer? Did they feel abandoned?"

Nadine says these thoughts can be an attempt to regain control in a situation

that feels helpless. Guilt, she notes, is often simply "love searching for somewhere to go".

Moving toward healing

To begin releasing this burden, she encourages families to focus on facts rather than self-blame:

- Acknowledge human limits: No one can be a perfect child, spouse and caregiver all at once.
- Reframe the choice: Professional care is about safety and dignity, not abandonment.
- Create space for closure: Writing a letter or holding a personal remembrance can help make peace with what could not be controlled.

"Ultimately, the transition into professional care is one of the most selfless decisions a family can make. It requires putting a loved one's physical well-being above one's own emotional comfort," Nadine says.

She adds: "Needing help does not mean you loved them any less. Sometimes, the greatest act of love is recognising when your loved one needs support."

First resident embraces new Rand Aid care model

At 93 years old, Sylvia Kalish has lived long enough to know when help makes life easier. For the first time in her nearly 14 years at Tarentaal Village, she now has daily support built into her routine – and she says it has changed her life for the better.

Sylvia was the first Rand Aid resident to make use of the organisation's newly launched Supportive Services division, which provides structured home-based care for residents living independently in its villages.

Every morning, carers Violet Kolobe or Phumzile Khumalo spend three hours assisting her with daily tasks. For Sylvia, it is not just practical help; it is also reassurance.

"I do not have to struggle anymore to do things," she says. "I just ask for help as things get more challenging as I age. It has been a very comforting experience, knowing that the help I need is available to me."

Before Supportive Services, Sylvia relied on informal help from a private assistant, who assisted her when possible. That arrangement eventually came to an end when the assistant became ill and could no longer continue.

She says adjusting to the new system was not immediate, but it became easier with time.

"We all had to get used to one another, but I have adjusted well," she says. "Because both carers have such a caring nature, they made me feel comfortable and not afraid to ask for help."

Sylvia said she still feels independent.

"They are not preventing me from doing things that I like to do, but they are there if I struggle," she says. "It has made it easier in every aspect of my life."

Ageing in an appropriate place

The Supportive Services division was launched following a Rand Aid board decision earlier this year and is part of the organisation's broader approach to supporting ageing in an appropriate place. The aim is to allow residents to remain in their own homes for longer, while ensuring care is properly



Carer Violet Kolobe with Sylvia Kalish in her home in Tarentaal retirement village.

managed, supervised and aligned with individual needs.

Sister Jana Bezuidenhout, who heads the new division, says Sylvia's experience reflects what the model was designed to achieve.

"When I first met Ms Kalish, she was very nervous about the process," says Sr Jana. "Even when your mind knows you need support, the heart still struggles with change. After the carers started, the difference was clear. She became more relaxed and comfortable."

She says this shift is at the heart of what Supportive Services aims to achieve. "That before-and-after experience reflects exactly what this service is designed to provide – dignity, comfort and safe support within the resident's own home," she says.

Sr Jana adds that the model brings structure and oversight to care that may previously have been arranged privately.

"This approach gives residents and families a clear point of contact and ensures that care is properly supervised. It helps prevent misunderstandings and ensures residents are supported safely and consistently."

Life-changing experience

For Sylvia, the system is simple in practice but meaningful in impact.

"I would say to other residents, do not hesitate," she says. "It makes things more comfortable for you."

Looking ahead, Sr Jana said Sylvia's experience offers encouragement for what is still to come.

For now, Sylvia continues her mornings at Tarentaal Village with familiar surroundings, as she puts it, just the right amount of help when she needs it most.

If a Rand Aid resident is no longer able to live independently, even with a carer, they can choose to relocate to Ron Smith Care Centre or Thembalami Care Centre.

■ To find out more about Supportive Services, email Sr Jana at jbezuidenhout@randaid.co.za or call 011 882 2510.



RAISE FUNDS FOR RAND AID EVERY TIME YOU SHOP AT WOOLIES

Did you know that you can support Rand Aid Association every time you shop at Woolworths? By signing up for Woolworths' MyDifference loyalty programme and selecting Rand Aid as one of your chosen causes, you can help make a difference at no extra cost to yourself.

Launched last year, MyDifference combines the benefits of the former WRewards and MySchool MyVillage MyPlanet programmes into an easy-to-use platform.

The programme gives shoppers personalised rewards and savings while still allowing them to support organisations and causes they care about.

How to raise funds for Rand Aid every time you shop at Woolies:

- Download or update the Woolworths App.
- Tap on 'Loyalty' at the bottom of your screen.
- Select 'Causes' then tap 'Add Cause'.
- Search for Rand Aid Association and add us.
- Scan your code or swipe your new MyDifference card every time you shop.



Elphin Lodge held a four-week **Go Turquoise campaign** featuring weekly talks aimed at promoting healthy ageing, emotional well-being and community connection from May 20 to June 10. Topics range from active ageing and life purpose to emotional resilience and cognitive fitness. "The Go Turquoise Campaign allows us to create space for learning, connection and support within our community," says Elphin Lodge social worker Thuli Ngoma. Pictured at one of the sessions are Ron Street, Wendy Martin and Shirley Cosser.

REVAMPED AND REFRESHED**New-look foyer gives SANCA Wedge Gardens clients a warm welcome**

A beautifully upgraded reception area at SANCA Wedge Gardens is helping to create a calmer, more welcoming environment for men taking their first steps on the road to recovery.

The Johannesburg-based rehabilitation centre recently unveiled its revamped foyer, transforming the space into a warm and inviting area for new admissions, visiting family members and clients attending consultations.

The reception upgrade forms part of SANCA Wedge Gardens' ongoing commitment to providing a supportive environment for individuals living with substance use disorder.

Deputy manager Dudu Morgan said the refreshed space was designed to make clients feel comfortable from the moment they walk through the door.

"Recovery can be a challenging journey, and first impressions matter. We wanted our reception area to create a sense of warmth, calm and welcome for everyone who enters our facility. The upgraded foyer reflects the caring and supportive environment that we strive to provide throughout a client's treatment journey," says Dudu.

Condé Nast Independent Magazines, which distributes a range of popular lifestyle publications in South Africa, donated magazines to provide clients and visitors with reading material. Copies are available in the reception area, television rooms and patient rooms.

Located in Whitney Gardens, Johannesburg, SANCA Wedge Gardens offers a holistic Full Circle Recovery Programme for men living with substance use disorder. The programme combines medical detoxification, counselling, spiritual care and structured reintegration support, guided by a multidisciplinary team from assessment through treatment, family therapy, halfway-house transition and aftercare.



SANCA Wedge Gardens deputy manager Dudu Morgan in the new-look reception area.

COSY LOUNGE AREA CREATED FOR TARENTAAL RESIDENTS

Residents of Tarentaal Village have a beautiful new space to relax, socialise and unwind, thanks to the creation of a cosy lounge area in the village hall.

Designed to be colourful and inviting, the snug corner features a variety of comfortable chairs and couches arranged around coffee tables stocked with books and puzzles. A touch of greenery, colourful cushions and carefully chosen décor help create a welcoming atmosphere where residents can enjoy quiet moments or spend time with friends and family. Adult colouring books and coloured pencils are also available.

A television with DStv has been installed and has quickly become a favourite feature, particularly when major sporting events are being broadcast.

Much of the furniture, carpeting, paintings, cushions and the television were generously donated by Inyoni Creek.

"We are incredibly grateful to Inyoni Creek for their generous donations," says village manager Tammy Neilson. "The lounge has quickly become a favourite spot in the village, and it is wonderful to see residents making use of it."



The new lounge area in the Tarentaal Village hall.

Adult colouring-in books and pencils for the enjoyment of residents.



REVAMPED AND REFRESHED

Inyoni Creek clubhouse gets a modern refresh

A major refurbishment of the Inyoni Creek clubhouse was completed following a two-month upgrade programme aimed at modernising the space and improving comfort for residents.

Work on the clubhouse began in early March and was wrapped up by mid-April – ahead of a scheduled 90th birthday celebration held on April 26. The refurbishment was made possible in part by surplus village funds available at the end of the financial year.

“It has been on our wish list for some time,” says village manager Jenny Tonkin. “Close to the end of our financial year, we were reflecting a surplus and decided to use the funds to refurbish the clubhouse. This way, all the residents benefit.”

Jenny says the main goal was to update a space that had begun to show its age. “The clubhouse was looking tired and needed modernising,” she says.

The refurbishment included a full interior repaint, new curtains and roll-up

blinds, updated light fittings, new rugs, and a mix of restored and newly added seating. All chairs were reupholstered, while additional wingback chairs were introduced to replace some of the older couches.

“We replaced a lot of the couches with wingback chairs as we found they take up less space and are easier for our residents,” Jenny explains.

Deck rebuilt

Outside, the wooden deck overlooking the dam was completely stripped and rebuilt with new timber. New lighting was installed along the ramp and balustrade to improve visibility and safety. The original canvas drop-down screens were also replaced with modern transparent blinds, designed to offer protection from wind and sun without obstructing the view.

Following the upgrade, residents have noticed a brighter, lighter feel inside the clubhouse, as well as improved lighting throughout the space.

“It is definitely a sense of pride,” Jenny says. “The clubhouse is the heart of the village, and our residents take great pride in showcasing the clubhouse for all their events.”

The project was co-ordinated by a group of residents – Helen Parkinson, Shirley Moore, Fransie du Preez, Fred Morawitz and Sheryl Morawitz – working alongside the office team to manage contractors and maintenance staff from start to finish.

A celebratory lunch was held on May 20 to mark the completion of the refurbishment and allow residents to experience the upgraded space. About 60 residents and management guests attended, with catering provided by Good2Go.

Jenny says the reaction from residents has been overwhelmingly positive. “They are absolutely blown away.”

Looking ahead, early discussions are underway about adding a communal braai area near the clubhouse to support outdoor functions and family gatherings.



LEFT: Shirley Moore with Ernie Muller (village committee chairperson).

BELOW: A close-up of a corner of the tastefully decorated clubhouse.



Lorraine van Zijl, Pat Stewart, Gert Coetzee (Rand Aid CEO), Marinda Looyen (Inyoni Creek deputy manager), Amanda Diener (member of Rand Aid's executive committee), Jenny Tonkin (village manager) and Ernie Muller at the opening ceremony.



New kitchen layout streamlines meal service at Ron Smith Care Centre

The redesigned kitchen at Ron Smith Care Centre is helping the catering team work more efficiently while maintaining high standards of food quality and safety for residents.

Careful planning has created a smoother flow between meal preparation, plating and cleaning, making daily operations easier and more effective. The kitchen features an electric oven and gas hobs, giving chefs the flexibility they need to prepare a wide range of meals.

Several changes have improved both workflow and food safety. The dishwashing and hot-service sections have been relocated, while a dedicated pot-washing area helps prevent cross-contamination and reduces the risk of breakages. Separate hot and cold food preparation areas further strengthen food safety practices.

A former walk-in fridge has been converted into a freezer, providing valuable storage space for ingredients.

All meals are prepared and plated by qualified chefs, ensuring residents receive nutritious, appealing dishes every day.

The improved kitchen environment allows staff to focus on what matters most – providing residents with delicious meals and excellent service.

With the dining room located away from the wings, families are invited to encourage residents to share their mealtimes there.

Gathering together offers more than just good food – it creates moments of conversation and companionship, while the change of setting brings a welcome sense of variety to the day.

COMINGS & GOINGS

Meet the three social workers helping drive recovery at SANCA Wedge Gardens

Social workers are the steady anchor in substance use disorder recovery, working at the intersection of emotional healing, behavioural change, and social reintegration. Beyond counselling, they help individuals restore self-worth and access the practical support needed to sustain long-term recovery.

At SANCA Wedge Gardens, this mission has been bolstered by the appointment of three new social workers – Antonette Charlloet Chuma, Vutlhari Remission Hlungwani, and Andries Mokhawane. All three joined the therapy team in December and were appointed permanently in April.

The trio shares a unified view of their profession, noting that social workers provide the holistic, person-centred care essential for navigating the emotional and environmental challenges of addiction. They emphasise that by linking patients to resources and rebuilding family ties, they create a vital safety net against relapse.

Antonette Charlloet Chuma

Known as Antony, she is originally from Giyani and now lives in Kew. A dedicated mother of two, she values dignity and respect above all else. Before Wedge Gardens, Antony served as an employee wellness practitioner for the Department of Treasury and gained specialist addiction experience at SANCA Pretoria's Castle Carey facility.

Driven by the impact of addiction on youth, she finds peace in helping people reclaim their lives.

"Social workers play an important role in recovery; we help develop healthy coping skills and aftercare plans, which are key to preventing relapse and supporting long-term sobriety," she says.

Vutlhari Remission Hlungwani

Fondly known as Bombisa, he is from Protea Glen in Soweto and is a father to a young son. His career began at the Central Gauteng Mental Health Organisation before he moved into the substance use field at SANCA Pretoria.

His interest in recovery is deeply personal, rooted in witnessing the struggles of loved ones while growing up. Bombisa values the collaborative atmosphere at Wedge Gardens, noting the freedom to participate in diverse projects.

"Social workers are integral to the recovery process, providing holistic, person-centred support; helping individuals not just manage a health condition and to fight addiction, but rebuild their lives," he explains.

Andries Mokhawane

Originally from Motetema village in Groblersdal, Andries is a husband and father to a four-year-old son with a passion for nature and animals. His extensive background since 2016 includes roles at SANCA Soshanguve, Life Healthcare Eugene Marais, and Second Chance Recovery Centre.

His motivation traces back to 2013, when, while working in merchandising, he saw colleagues lose their jobs due to substance abuse without any support system in place. This professional observation, combined with personal family experiences, led him to specialise in addiction recovery. Currently managing over 30 reintegration cases, he finds his role at Wedge Gardens deeply fulfilling. "We work within multidisciplinary teams to create, monitor and adapt treatment plans, while helping families and individuals navigate the practical and emotional challenges of recovery," says Andries.

Located in tranquil Whitney Gardens, Johannesburg, SANCA Wedge Gardens provides a safe and supportive environment dedicated to long-term rehabilitation.

CONTACT SANCA WEDGE GARDENS

Issues relating to substance abuse e-mailed to wedgegardens@randaid.co.za are dealt with by trained therapists and are kept in the strictest confidence.

Contact them at 011 430 0320 or 010 534 6596.



Andries Mokhawane.



Antonette Charlloet Chuma.



Vutlhari Remission Hlungwani.

Rand Aid social workers graduate with master's degrees

Two Rand Aid social workers, Thuli Ngoma and Michelle Matsolo, have marked a significant academic and professional milestone after graduating with master's degrees in social work from the University of Pretoria.

Their achievement not only celebrates years of dedication to the profession, but also signals a deeper strengthening of psychosocial care within Rand Aid's retirement villages. For both social workers, their graduation on May 29 represents more than academic success – it is a personal journey shaped by lived experience and a long-standing commitment to improving the lives of older adults.

Focusing on early intervention

"Completing my master's degree has enhanced my knowledge, critical thinking and research skills, enabling me to approach practice with greater confidence and a deeper understanding of the complex challenges faced by individuals, families and communities," says Thuli, adding that her studies reinforced her ability to advocate for residents while supporting their independence and dignity.

Appointed as Elphin Lodge's social worker in January, Thuli says her focus is on recognising early signs of emotional distress among residents – including withdrawal, changes in appetite or sleep and expressions of loneliness – and responding with timely, compassionate intervention.

A person-centred approach remains central to her work. "It involves encouraging residents to participate in decisions about their care, supporting them to remain as independent as possible, and providing assistance only when necessary."

Before joining Elphin Lodge, Thuli spent seven years as a social worker at a step-down clinical facility, where she focused on discharge planning and home-based care. Reflecting on her transition from that fast-paced clinical envi-



Thuli Ngoma and Michelle Matsolo.

ronment to a retirement village, she says the change has allowed her to build deeper relationships over time. "Working within a retirement village provides more time and flexibility, allowing for stronger rapport building with residents and a more in-depth application of social work skills over a longer period."

A family legacy of care

For Michelle, who has been Inyoni Creek's social worker since September 2024, the graduation represents the fulfilment of a lifelong dream rooted in a family legacy of care and compassion.

"My interest in healthcare and caring for others spans three generations," she says. She reflects on how her understanding of care was shaped early on by her grandmother's role during the HIV/Aids epidemic, which inspired a family path into nursing and social care.

At Inyoni Creek, Michelle focuses on translating academic knowledge into practical empowerment for older adults, particularly around ageing, well-being and dispelling fear around conditions such as dementia.

"One of the most common questions I am asked is, 'Will I get dementia?'" she says. "Rather than focusing on what residents might lose as they age, I help them understand what they can do to support their own health and well-being."

Michelle emphasises that healthy ageing is influenced by lifestyle, social connection, physical activity and mental stimulation – insights she now integrates into daily conversations with residents to promote confidence rather than fear.

She stresses the importance of walking alongside residents through the full ageing journey. "What I love about my work is that I am able to walk alongside residents through many stages – from adapting to changes that come with ageing, to reflecting on life experiences, and supporting residents and families through end-of-life care."

From Bramley visits to Inyoni neighbours: Lifelong Rand Aid link

Adelle Rogoff and Jane Brown have been part of the Rand Aid story for most of their lives – first as young schoolgirls visiting older residents in Bramley and today as neighbours in Inyoni Creek, one of the organisation's retirement villages.

Founded in 1903 to assist destitute people and men left unemployed by the Anglo-South African War, Rand Aid has spent more than a century supporting vulnerable communities. Today, the organisation operates four independent living retirement villages, two care centres for older adults and a substance use disorder treatment facility.

For Adelle and Jane, however, Rand Aid is far more than an organisation. It is a thread that has quietly connected people, places and memories throughout their lives.

Born in Johannesburg in 1948 and Port Elizabeth in 1949, respectively, the women first encountered what would later become part of the Rand Aid family through Bramley Primary School in the late 1950s.

Every Friday, under the guidance of their teacher, the late Mrs Lawson, Standard Two pupils crossed the road to visit elderly residents at Bramley House. "We were eight years old," Adelle recalls. "We would bring cookies, cake, chocolate or a note. We could visit anyone. We would just knock on doors, and they invited us in."

■ Read more about their memories on page 12.



Inyoni Creek residents Adelle Rogoff and Jane Brown take a trip down memory lane.

Rand Aid connections have a way of resurfacing

■ Continued from page 11.

Jane remembers one resident in particular. "We weren't allocated to anyone, but the first lady we visited asked us to come back every time. Her name was Granny Beryl," she says. "For the rest of the year, she was 'ours'. There were tears all around when the year ended."

The visits quickly became the highlight of the children's week. "They were so appreciative and excited to see us," says Jane. "We were spoilt with hugs, cake and cold drink."

A community that stayed with them

The experience left a lasting impression on both girls.

For Adelle, it offered an early glimpse of the benefits of community living. "You saw people living happily together and looking out for one another," she says.

Jane says it also shaped her understanding of ageing. "My gran lived independently until she was 88," she says. "Looking back, I realise how important friendship and activities are. Loneliness doesn't have to be part of growing older."

They still remember Bramley's flower-filled gardens, Christmas carol concerts and welcoming atmosphere. Jane later visited her grandmother, Aletta de Villiers, at Helen House during the 1970s and recalls a cheerful environment where residents were well cared for.

"There was always the smell of delicious food cooking," she says.

Bramley's place in Rand Aid history

Bramley became part of Rand Aid's history in 1960 when the organisation acquired the Bramley House and Cottage Scheme from the Johannesburg City Council.

A year later, Helen House was built to care for frail and bedridden residents. Over the following decades, the complex grew into a thriving community with cottages, flats, communal facilities, volunteer programmes and social activities.

Although ageing infrastructure led to the closure of the complex in 1996, its influence continues to be felt through the people whose lives it touched.

The Rand Aid connection keeps resurfacing

Decades after those childhood visits, both women found themselves returning to the Rand Aid family. Jane moved to Inyoni Creek 12 years ago, and Adelle followed three years later. Today, they live next door to one another, sharing memories that stretch back nearly 70 years.



Adelle Rogoff (seated on chair) when she was a Bramley Primary School pupil in the late 1950s.



Jane Brown, photographed as a Bramley Primary School pupil in 1958.

"It always brings joy travelling down memory lane," says Adelle.

Remarkably, the Rand Aid connection has continued to appear in unexpected ways.

Many years before Inyoni was built, Jane visited Wedge Gardens seeking advice for a family member. "I remember standing in the dining hall and looking down at a little thatched-roof chapel."

Twenty-five years later, when she and her husband visited their future home, she recognised a familiar landmark. "I could see the chapel I had seen years before when standing in the hall at Wedge Gardens," she says.

Adelle experienced a similarly unlikely coincidence while attending a wedding recently in Israel. Seated next to a group of South Africans, she was introduced to former Elphin Lodge liaison manager Phyllis Phillips.

"I recognised the name but couldn't place it," Adelle recalls. "Then she told me she had worked at Elphin Lodge."

The two spent the evening sharing stories and discovering how many people they knew in common through Rand Aid. "We had a lovely evening together exchanging memories," says Adelle.

The encounter reinforced something both women have come to appreciate over the years: No matter where life takes them, Rand Aid connections have a way of resurfacing.

Coming home

Looking back, Adelle believes Bramley's success came from its openness. "It was home from home," she says. "There were no walls and fences. People were part of the broader community."

That same sense of belonging is what they value most about life at Inyoni Creek today.

"Rand Aid is an incredible place," says Adelle. "We know people throughout the village, and everyone greets everyone." Jane agrees. "Older people need to feel useful and connected," she says. "There are so many activities here that you can be as involved as you want to be."

For the two neighbours, the story that began with Friday visits to Bramley House has become something much bigger than a childhood memory. It is a reminder that the values Rand Aid was founded on 123

years ago – community, dignity and human connection – continue to bring people together generations later.

* Adelle says friends in her circle have been sharing memories of Rand Aid's early days – stories that make for fascinating reading. Feel free to share your own memories at cathy@allycats.co.za