

Ron Smith Care Centre

@ ELPHIN LODGE



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TALENT TAKES CENTRE STAGE

Staff and residents took to the stage on October 23 for a morning of laughter and wonderful performances at RSCC's Got Talent competition.

Occupational therapy and recreation manager Simoné Botha said the event showcased the creativity and courage of participants, with performances ranging from poetry and painting to dancing, music and magic.

The admin team kicked things off with a synchronised swimming act, with nursing manager Leanie Bessinger stealing the show and providing plenty of laughs.

Resident Ethelda Bodila delivered a moving poetry recital, while Charles Power read Rudyard Kipling's *If* – (see page 3). Mike O'Toole and Tanya Switala impressed with their energetic jive, while resident Ethelwynne van Eck inspired everyone with paintings she has relearned to create with her left hand following a stroke.

Other highlights included Ria Milburn and Susan Esbend performing *Daar kom die Alabama*, Maggie Zwane and Phyllis Mbatha dancing to *Shebeleza*, and the River Lodge 3 team's lively performance of *Umqombothi*. The REC Team entertained everyone with a magic act.

The judges had a difficult task, but the REC Team Magicians took first place, followed by River Lodge 3 in second, with Mike and Tanya and the admin team's synchronised swimmers sharing third place.

Congratulations to all the participants for having the courage to step onto the stage and share their talents. We can't wait to see what hidden talents emerge in 2027!



MORE
PHOTOS
ON PG 3



What OT looks like at RSCC

World Occupational Therapy Day was celebrated on October 27 with the theme, Participation matters. That is truly the philosophy the occupational therapists and Recreation team at Ron Smith Care Centre (RSCC) live by.

The role of occupational therapy (OT) at Ron RSCC extends beyond therapy sessions. It focuses on promoting meaningful living, encouraging independence, and creating opportunities for residents to experience connection, joy, and well-being.

One of the main ways we fulfil this role is through our group activities. We often underestimate how important social connection is to maintaining our health and quality of life. At RSCC's Recreation Centre (REC Centre), we prioritise a weekly programme filled with a variety of fun, stimulating and engaging groups. We print these programmes weekly and post them on the notice board in each wing and in the REC Centre.

While we encourage participation because we see the positive impact these activities can have, we also respect every resident's autonomy. Each person is free to choose

when and how they would like to participate.

Our programme is facilitated by occupational therapist Karabo Matlaletsa, together with our three recreation assistants, Evelyn Shilubane, Lucia Nkuna and Sanele Ndlovu.

Although our programme is grounded in OT principles, we prefer to call this space the REC Centre rather than the OT Centre. Our homely environment welcomes residents into a space where they can relax, have fun, stay active, and connect with others. We do not want it to feel like a hospital therapy programme. Our residents are at home, and the REC Centre is a place where they can choose to come together, enjoy meaningful activities and experience the therapeutic benefits of recreation in a natural and enjoyable way.

Family and friends are always welcome to join in the fun! Please never feel that you need to wait until an activity has finished before spending time with your loved one. Instead, come in, join us and enjoy the moment together. Time spent with family remains one of life's most valuable and meaningful parts.

Supporting residents beyond the REC Centre

Our recreation assistants also visit the different wings to spend time with residents who may prefer more individual interaction. Sometimes, this means having a group in the wing, having a friendly conversation, sharing a laugh or enjoying a little pampering while having their nails done. These seemingly small moments can make a meaningful difference in a resident's day.

Our two occupational therapists, Simoné Botha and Karabo, are also available to assist with assessments and recommendations related to wheelchairs, assistive devices, and daily routine management.

If you are considering a wheelchair or assistive device for your loved one, please contact the OT team. We can help you explore suitable options, focusing on comfort, safety, functionality, and durability.

Because our primary focus is creating opportunities for group activities and monthly events, we do not provide weekly individual therapy sessions for residents. However, we are happy to offer guidance, make recommendations, and help identify ways to support residents' independence, comfort, and participation in daily life.

Please feel free to contact us whenever you need assistance or guidance regarding our OT services.



Left to right: Simoné, Karabo, Evelyn, Sanele, Lucia.

Making every day meaningful

At RSCC, we believe that every person deserves opportunities for meaningful experiences, connection and enjoyment, regardless of their level of ability or support needs.

Through our REC Centre activities, monthly events and everyday interactions, we strive to bring more than just activity into our residents' days. We aim to create moments of laughter, belonging, purpose and joy.

Because the REC Centre is not just a place for activities. It is a place for connection, living and making every day count.

Simoné, Karabo, Evelyn, Sanele and Lucia share the moments that make a difference

Simoné says the value of OT is often found in moments when residents are given the opportunity to try something they thought they could no longer do. "Sometimes they manage to do it independently, with a little assistance or with the help of an assistive device," Simoné says. "Those moments can restore independence and self-worth."

Karabo says residents have also changed how she thinks about ageing. "The residents have taught me that ageing is not a bad thing or something to be feared," Karabo says. She has witnessed residents navigate physical, cognitive and life changes with resilience while maintaining their dignity and sense of humour. "Their ability to find joy in simple moments and continue moving forward is both inspiring and humbling," she says.

Sanele says the REC Centre shows OT's broader purpose by giving residents opportunities to participate in activities

that matter to them. "It helps residents live their lives to the fullest," Sanele says.

Lucia has seen how seemingly simple activities can have a profound effect. Painting, music and other activities can help residents manage anxiety and loneliness, while giving them an opportunity to connect with things they have enjoyed throughout their lives. Music can be particularly powerful for residents who have loved it throughout their lives, she adds.

Evelyn noticed that one resident regularly stayed in her room. When Evelyn mentioned that she knitted and crocheted, the resident immediately became excited about learning to crochet. That small conversation has since grown into a weekly knitting and crochet club held every Tuesday in the different wings. "It is great to see the joy and excitement it brings," Evelyn says.

TALENT UNLEASHED AT RSCC



If —

By Rudyard Kipling

If you can keep your head when all about you
Are losing theirs and blaming it on you;
If you can trust yourself when all men doubt you,
But make allowance for their doubting too;
If you can wait and not be tired by waiting,
Or, being lied about, don't deal in lies,
Or, being hated, don't give way to hating,
And yet don't look too good, nor talk too wise;

If you can dream—and not make dreams your master;
If you can think—and not make thoughts your aim;
If you can meet with triumph and disaster
And treat those two impostors just the same;
If you can bear to hear the truth you've spoken
Twisted by knaves (dishonest people) to make a trap for
fools,
Or watch the things you gave your life to broken,
And stoop and build 'em up with wornout tools;

If you can make one heap of all your winnings
And risk it on one turn of pitch-and-toss,
And lose, and start again at your beginnings
And never breathe a word about your loss;
If you can force your heart and nerve and sinew
To serve your turn long after they are gone,
And so hold on when there is nothing in you
Except the Will which says to them: "Hold on";

If you can talk with crowds and keep your virtue,
Or walk with kings—nor lose the common touch;
If neither foes nor loving friends can hurt you;
If all men count with you, but none too much;
If you can fill the unforgiving minute
With sixty seconds' worth of distance run—
Yours is the Earth and everything that's in it,
And—which is more—you'll be a Man, my son!

FROM THE ARCHIVES:

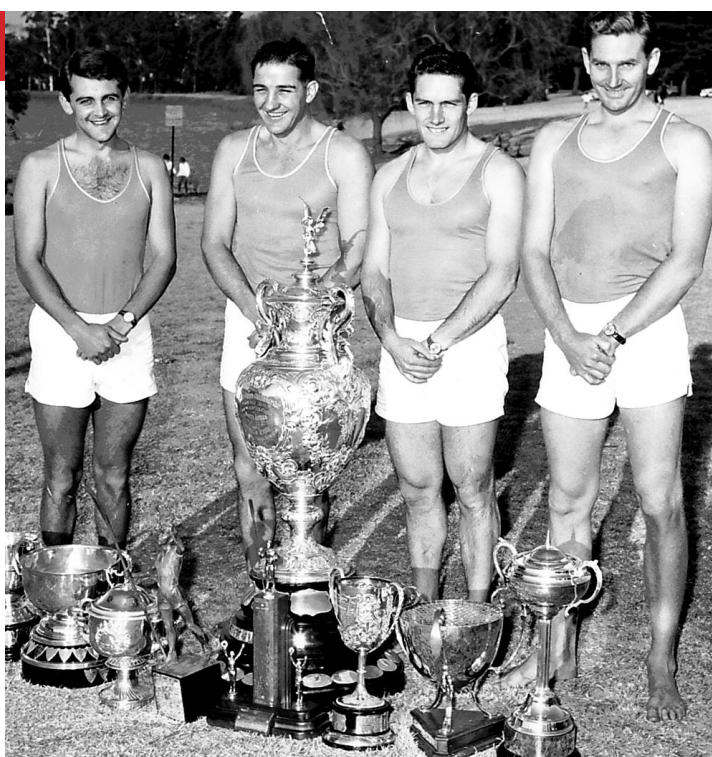
The photo was taken in the early 60s of a Wemmer Pan rowing crew, who took all the available trophies. Keith Reid from Ron Smith Care Centre (**third from the left**) passed away on October 16. He was the last crew member still alive after many years of rowing.

Keith also won the World Senior Singles Championship in France many years ago. He also rowed in many South African Championships when South Africa was banned from taking part due to the sanctions at the time.

During those years, the Germans treated our oarsmen very well. They invited this South African crew to join them to row in the men's eight in Sweden. They actually won in a record-breaking time which stood the test of time. They were not allowed back when they found out half the crew was from South Africa.

The crew then went to Philadelphia in America. They had the honour of staying with Grace Kelly's brother, Jack. Jack's father was an oarsman and won many races in his prime. In 1920, he was barred from competing in the prestigious Diamond Sculls at the Henley Royal Regatta in England because he was a tradesman.

Jack Kelly went to Henley years later and won in his father's memory. Years later, South Africa was allowed to go overseas again, and Keith could row in senior events.



Get to know me

BRENDA ORTLEPP: CEDAR PARK RESIDENT

I was born in 1938 in England and grew up in Harrow. I grew up during the Second World War, but air-raid sirens, shelters and rationed food were simply part of everyday life for me. After leaving school, I was fortunate to immediately get a job at the BBC, where I started out doing shorthand and typing. I worked my way up to become a secretary within the technical department. I loved the work! My first husband, Peter, was a keen tennis player, and it was thanks to him that I learnt to play tennis. My mother was not particularly impressed with him, as he came from a working-class background. Nevertheless, we married when I was 21. Our marriage blessed us with two healthy and handsome children, Mark and Linda, born just 13 months apart. Mark lives in England, while Linda lives in the Western Cape. Before the children turned 11, we moved to South Africa. Peter and I eventually went our separate ways and divorced. I started working at Anglo American, where I met Geoffrey, the man who would become my second husband. Geoffrey had been a bachelor all his life and was quite shy. Whenever he came into my office, I made it my mission to get him out of his comfort zone. He absolutely adored me and we had 32 years of marriage filled with wonderful adventures until he sadly passed away.

FAVOURITE THINGS AND SIMPLE PLEASURES:



I have always been outgoing, easy-going and open to new experiences, with a particular love for animals. I enjoyed playing tennis, although I always wished I could play a little better! I love my daily walks, preferably long ones. Travelling has been one of my greatest pleasures, especially with Geoffrey, who enjoyed showing me his favourite places around South Africa. We also travelled abroad, but my most memorable adventures were undoubtedly my trips to Antarctica. On our first trip, the skies were clear, and my spectacular photographs were published in a newspaper – much to the jealousy of Geoffrey, who was supposed to be the photographer! Looking back, I am grateful for a happy, fulfilling life.

FRANCI KOK: CEDAR PARK RESIDENT

I was born in 1935 in Johannesburg and grew up in Brixton in a home filled with love. I had a humble upbringing which helped keep me grounded. I was chosen as a prefect in high school, but this only lasted a few days! I simply could not bring myself to get my fellow students into trouble. After school, I did a secretarial course which helped me get a job at Mutual and Federal. For a short while I also did some photographic modelling. When the children were older, I started working again at Claude Neon as a credit controller. My love story began at the Luipaardsvlei Hotel in Krugersdorp, where I had gone for lunch with a work colleague who introduced me to Bennie. We married just three months later, and went on to share 52 wonderful years of marriage. We served the city of Roodepoort together as mayoral couple twice. Sadly, Bennie developed lung cancer and passed away due to a pulmonary embolism. I still miss him dearly. However, I remain grateful for all the beautiful years we shared and the life we built together. Our marriage was blessed with four children. Tragically, our eldest daughter, René, passed away at just two years old. I am now blessed with two sons (Gerald and Barry), a daughter (Duné) and six wonderful grandchildren, all of whom I am immensely proud of.

FAVOURITE THINGS AND SIMPLE PLEASURES:



My children describe me as kind, compassionate, graceful and generous, with a mischievous, free-spirited side. My Christian faith and values have always been central to my life. I have always loved being creative, learning to crochet at 12 and later turning my love of beading into a small business. I also enjoyed mosaics, painting and designing my gardens, including my much-loved 'Garden of Love'. One of my proudest ventures was running a clothing business with my best friend for nine years. Bennie and I loved dancing and travelling, with our cruise to Alaska a particularly memorable adventure. I am deeply grateful for my full, happy life and wonderful family.

Birthdays

RESIDENTS

04 Nov	Terence Savage (WL)	87
04 Nov	Marjorie Strachan (WL)	87
04 Nov	Lorraine Pintusewitz (CP)	89
05 Nov	Helga Bucher (RL3)	89
12 Nov	Elzabe Ebersohn (RL2)	86
13 Nov	Isobel Kohll (RL2)	104
13 Nov	Ada Zidel (RL3)	85
15 Nov	Pauline Menashe (RL3)	97
18 Nov	Veronica Feldman (RL3)	80
19 Nov	Michael Carlisle (RL3)	89
29 Nov	Maureen Wollenschlaeger (RL2)	74

STAFF

03 Nov	Forget Khoza	(WL&CP)
03 Nov	Kgotso Mapheto	(CP)
07 Nov	Vukatumbe Shiviri	(LS)
12 Nov	Francinah Masalesa	(WL)
12 Nov	Khanyisile Hadebe	(Kitchen)
17 Nov	Eunice Mkhosi	(RL2)
18 Nov	Phumudzo Nephithidi	(WL)
22 Nov	Dimakatso Sengoeneng	(WL)
24 Nov	Maditaba Nyelele	(WL)
25 Nov	Leigh Kotze	(RL2)
27 Nov	Lerato Masoga	(RL1)
28 Nov	Simangele Tshabalala	(Security)
30 Nov	Moleboheng Mashale	(RL1)

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

WELCOME TO...

Marina Sartor	(RL3)
Anthony Augustine	(CP)
Melanie Lubinsky	(CP)

FONDLY REMEMBERED

Keith Reid (LS)	Easter Claude (RL3)
Marlene Rimmer (RL2)	Dave Hughes (RL1)
Stella Murray (RL2)	Beth Boshoff (RL3)
Maria Macedo (RL2)	Willem Meyer (RL2)



HEARTS in Action



The HEARTS in Action award winner this month is Lufuno Nemutanzhela, a careworker at River Lodge 3. Lufuno is recognised for her unwavering dependability and the exceptional care and compassion she shows every resident. Always willing to support colleagues and work as part of a team, she approaches everything with humility, positivity and a strong work ethic. Her warm, adaptable nature and willingness to go the extra mile truly embody the HEARTS values every day. She is pictured with Sr Esmeralda Rusike (left) and Ulricka Beukman (right).