

Ron Smith Care Centre @ Elphin Lodge

Jan and Feb 2018 No.36



A season full of cheer was enjoyed by all at Ron Smith Care Centre... pg 3

Resident

My name is **Peggy Roberts**; I am a resident on River Lodge 1.

Some things you may not know about me: I was born on 26 September, 1934, and grew up in Braamfontein. I was the second of five children and when I left high school at the age of 16, I went to work in a Corsetry shop. Many years later, my two daughters and I opened Eileen's Corsetry and Lingerie shop in Bedford Centre, which ran for 27 years until I retired two years ago at the age of 80! All the ladies from retirement villages know me from the shop. I married my wonderful husband, George, when I was 19 and we were married for 47 years until his death in 1999. He was the love of my life and I never wanted to re-marry because they just don't make men like him today! My son Leslie and daughter Jeanette live in Joburg and my daughter Gail lives in New Zealand. I have four grandchildren and five great grandchildren whom I love to bits.

These are a few of my favourite things: My favourite colours are pink and blue. I like love stories, Elvis Presley and Frank Sinatra songs and watching TV: Carte Blanche and soaps. I used to do a lot of knitting and embroidery, but these days I enjoy the activities in OT: exercises, bingo, and Rummikub. I love going on the garden walks, because this is such a beautiful place.

Motto: Treat people the same way as you would like to be treated.



Employee

My name is **Prudence Sengoeneng**. I am a careworker on River Lodge 1.

Some things you may not know about me: I was born in Sekhunekhune – Limpopo on 22 November, 1992, and my home language is Sepedi. After matriculating in Tembisa, I did a learnership training course for Food Services at OR Tambo Airport which I really enjoyed because my dream was to become a chef. My mother, however, felt that social work or nursing would be a better career for me and I enrolled at UNISA for a correspondence course in social work. I also attended careworker training at Arwyp Training Institute. In April 2017, Rand Aid hired me as a permanent careworker, for which I was so happy and grateful. I live in Tembisa with my mother, young sister Dineo (10) and a cousin.

These are a few of my favourite things: My favourite colours are purple and peach. I enjoy American Gospel music and Nigerian movies because they portray acts of faith and teach you about the things of daily life.

I am proud of the fact that I am handling full-time work and studies at the moment, and I hope to one day put on the "Phora Phora" (graduation gown) after completing my social work degree. I am thankful for the precious life God has given me.

Motto: Dream high and work hard!



Volunteer

My name is **Marisa Sabato**. I have been giving professional manicures and pedicures to residents since 2002 and have offered my services as a volunteer in the OT department for the past four years.

Some things you may not know about me: I was born on 13 February 1966 in Malvern to Italian parents. My faith is important to me – I attend the Blessed Sacrament Catholic Church in Malvern.

I met my husband, Tony, a civil engineer, when we were both children and many years later, we re-connected through a mutual friend. We married in the Catholic Cathedral in Braamfontein in December 1992 and today live in Orange Grove. We have two daughters: Tania, who will be studying for a BCom, Honours; and Monica, who is a hairdresser. Working with older people and children brings me great joy and I am thankful that I'm healthy and can help other people.

These are a few of my favourite things: I like the colour yellow and red Anthuriums. I enjoy reading exciting stories, listening to golden oldies music and watching the cooking channel on TV. I love cooking and enjoy trying out new recipes. Tania claims that everything I make is good, but that no one can beat my minestrone soup! Italian food is obviously close to my heart, but I really enjoy cooking and eating different ethnic foods, such as Chinese and Indian.

Motto: Life is short – make the most of it. Be happy!



Birthdays

RESIDENTS

11 February, Barbara Wapnick 83, RL2
13 February, Pamela Mintz 77, WL
18 February, Stanley Bloch 97, RL1
21 February, Etienne Geyser 85, RL3
21 February, Frieda Le Sueur 98, LS
22 February, Bernice Goldman 93, RL3
25 February, Colin Surtees 91, RL3
27 February, Patricia Graham 77, RL2
27 February, Myer Fish 94, RL2

VOLUNTEERS

11 February, Edel Froschhauer
13 February, Marisa Sabato
20 February, Lorraine Lotz
27 February, Elaine Nasatyr

STAFF

2 February, Lucky Mthethwa (security)
2 February, Pamela Martins (porter)
5 February, Faith Nkomo (WL)
6 Feb, David Rasidumelo (maintenance)
17 February, Rebecca Moilakgomo (RL2)
22 February, Johanna Mokwele (CP)
*Staff members must remember to pop in at reception to receive a small birthday surprise!

FONDLY REMEMBERED

- Peter Barker, Lakeside (1.12.2007)
 - Nikki Els, River Lodge 3 (17.12.2007)
 - David Eatock, River Lodge 3 (24.12.2017)
 - Cedric Hicks, Cedar Park (29.12.2017)
 - Moyra Levenson, Woodlands (15.01.2018)
 - June Smith, Lakeside (22.01.2018)
- * We extend our condolences to their families and loved ones.

WELCOME TO

- Eileen Westley, RL2
- Leon Shuker, Cedar Park
- Giacomo Giannoccaro, RL3
- Irene Green, RL2
- Donald Rose, Cedar Park
- Gladys Rosenberg, RL1
- Mary Coltman, RL1
- Jacobus Sosef, Lakeside

What super staff!

Management extends a heartfelt thanks to all staff members who worked over the festive season and brought a little extra cheer to our residents.

Employees promoted

Congratulations to Pamela Martins who has been promoted to a porter and Kedibone Shongoane who has been promoted to a careworker on Lakeside

A celebration of goodwill

On 19 December, there was a flurry of activity as final preparations were made for the Christmas party to be held the following day. The decorations were up, the cutlery was polished, the tables were laid, the pretty Christmas tree centre-pieces with angels, garland and tinsel were placed, and a final staff practice of the Christmas entertainment took place.

The care centre staff, all dressed in red and white and wearing Santa hats, began the celebrations with a procession into the hall, singing Silent Night. They continued with Once in Royal David's City, Away in a Manger, Jingle Bells, Mary's Boy Child and a rousing Joy to the World. Then it was the residents' turn to sing-a-long to lovely piano music by volunteer Jean Johnson, as she played some of their favourites.

Following the singing, there was a special performance by staff, who acted out the lyrics to The 12 Days of Christmas. As an introduction, Debbie Christen, Rand Aid's Manager: Recreational Programmes, reminded the audience that this old English carol was actually about a love-sick gentleman plying his sweetheart with a series of gifts which increase in quantity and volume over each of the 12 days.

The staff's comical interpretation of the song brought smiles of delight and laughter, residents recognised those representing the 12 drummers drumming, the 11 pipers piping, 10 lords a leaping, nine ladies dancing, eight milk maids milking, seven swans a swimming, six geese a laying, five golden rings, four calling birds, three French hens, two turtle doves and a partridge in a pear tree!

Next was a surprise visit by Santa Claus (aka volunteer Dave Stewart), whose arrival was heralded with the jingle of sleigh bells and a very loud, "Ho Ho Ho – Merry Christmas".

He handed out Sweetie Pies to all the residents, with the help of his two elves. The Christmas programme wrapped up with staff and residents singing to Feliz Navidad, with the staff dancing around the hall, wishing everyone a Merry Christmas.

The residents then moved across to the dining room for a lovely Christmas lunch, which consisted of a salmon mousse starter, followed by roast beef and lamb, roast potatoes and vegetables. A lovely sherry trifle rounded off the delicious meal.



Beverley Moadi and Lou Mer.

Care centre resident Gordon Ross summed up the celebration by saying: "I don't think that I have ever attended anything before, where people enjoyed themselves like that... to be a part of this was very heartwarming."

Succulents... potted with love

A new range of succulents is available for sale from Salina at the activity centre. They range in price from R20 to R45 and are the results of a wonderful initiative to engage residents in gardening therapy.

The Gardening Group is run by volunteers Elaine and Leung Ho in conjunction with occupational therapy technician Salina Mtshali.

Exposure to gardening has been shown to have positive benefits for the elderly, including improved sleep, less anxiety and improved cognitive abilities. The group was initially started for residents living with dementia but now includes residents from other wings too.

Gardening Group sessions take place on alternate Wednesdays, starting at 10:30am and 11am respectively. The next gardening group is on Wednesday, 7 February.



Succulents planted by care centre residents during Gardening Group.

UPCOMING EVENTS

Support Group: The next support group for families with a loved one being affected by dementia/Alzheimer's takes place on Tuesday, 6 February, in the boardroom at 10am; and Saturday, 10 February at 9:30am in the card room. Please contact Lorna Quinn if you are interested in joining the support group on 082 456 5692 or email lornaq49@gmail.com

Hymn Singing: Every Tuesday in the chapel from 2pm-2:45pm.

Bible Study: Every Wednesday in the chapel from 2pm-3pm.

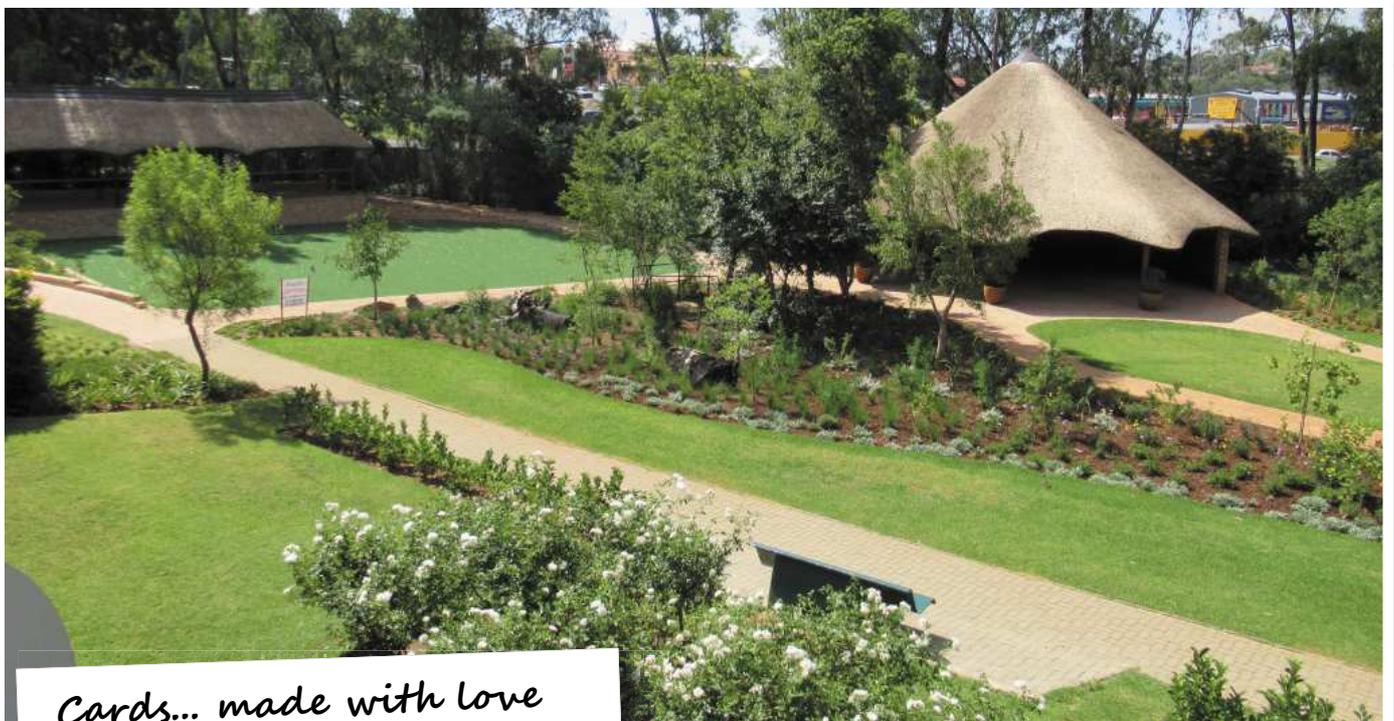
News Group: Every Thursday, Cedar Park patio at 9:30am. All welcome.

Hands & Nails: Thursday, 22 February, in the OT/Activity Centre, from 9:30-11:45am.

Sing-a-long: Come sing-a-long to good old favourites in the OT/Activity Centre from 9:30-10:30am on 1 and 8 February.

Gardening Group: Will be held on Wednesday 7 and 21 February in RL3 starting at 10:30am.

Lotto Concert: The first lotto concert for the year will be held on 14 February in the hall at 10am, with entertainment by pianist Martin Lane. Should you wish to enter the lotto draw, get your ticket from Suzie for only R10.



Cards... made with love

Valentine's Day cards will be on sale at reception for 50c each. Each card has been lovingly made by care centre residents.



Maximising our beautiful grounds

Our lapa and croquet area is moving along well, with the braai now installed. Soon, jungle gyms will be erected for visiting children, and we look forward to hearing their happy voices at play.