

Ron Smith Care Centre



@ Elphin Lodge

March 2018 No.37

Beautiful works of art!

The Activity Centre has been a hive of creativity as residents have been hard at work doing fabric painting. The finished products are transformed into handbags, table cloths or pillow cases.



The art group meets in the OT/Activity Centre on a Wednesday morning from 9:30-12:00, and is run by our art teacher, Jacqueline Cloete.

Painting is a calming activity and helps with managing stress or pain.

Art helps keep the mind sharp and promotes dexterity in a setting that is fun,

casual and social; it allows one to be creative and express feelings and experience a sense of accomplishment.

Painting can also impact positively on one's emotional, spiritual, physical and mental well being.

Any resident can join – no art experience or artistic inclination required!

UPCOMING EVENTS

Walking Programme with Tea: Will be held on Thursday, 1 March, at 10:30 at the lapa on the grass area outside Woodlands.

Support Group: The next support group for families with a loved one being affected by dementia/Alzheimer's takes place on Tuesday, 6 March, in the boardroom at 10am and Saturday, 10 March, 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

Gardening Group: Will be held on Wednesdays, 7 and 28 March, in RL3 starting at 10:30am.

Sing-a-long: Come sing along to old favourites in the OT/Activity Centre from 9:30-10:30am on 8 and 22 February.

Lotto Concert: Wednesday, 14 March, in the hall at 10am with entertainment by singer/guitarist Andre Swart. Should you wish to enter the lotto draw, get your ticket from Suzie for only R10.

Card-making Group: Thursday, 15 March, in the OT/Activity Centre at 2pm.

Happy Hour: Tuesday, 27 March, at 5:30pm in the Main Dining Room. Invitation to follow with further details.

Hands & Nails: Thursday, 29 March, in the OT/Activity Centre from 9:30-11:45am.

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 on the Cedar Park patio at 9:30am. All welcome.

Spreading the love at the care centre

The residents and staff had not one but two days of celebration for the season of love!

On Valentine's Day, they spent the morning listening to the beautiful piano music of Martin Lane, who came appropriately dressed in a red fedora and red braces. He played many of their favourite evergreen songs which they thoroughly enjoyed. Then just before lunch, they were surprised by the care centre's Activities Team, who went from room to room dishing out Valentine's greetings, chocolates and hugs to all 150 residents.

Two days later, it was time for the Valentine's Tea held in the hall which was gaily decorated with strings of red and pink hearts and pots of heart-shaped flowers which were made by staff and residents in the weeks leading up to Valentine's Day.

Volunteer Dara Migliore generously treated everyone to a wonderful selection of delicious cakes: red velvet, Bar One, Peppermint Crisp and carrot cake. And even after the cake, the residents still had space for the scones and donuts also on offer!

It was a very 'sweet' day, filled with lots of love and laughter.



Resident

My name is **Merle Uys**. **Some things you may not know about me:** I was born on 27 March, 1936, in Fort Beaufort in the Eastern Cape. I remember the fun my sisters and I had living by the sea and also of how strict the nuns were in the convent where we went to school! After matric I did mainly secretarial work and then joined Barclays Bank where I was transferred to Zambia. My husband, Jackie, was born in Zambia and worked for the British government when I met him through friends. We were married for 55 happy years, until his sudden death in 2014. I still miss him terribly. We moved to Boksburg in 1976 and I enjoyed being a homemaker and mother to our three daughters: Shirley (now living in Australia), Karen (Bedfordview) and Leanne (Edenvale). I have a granddaughter, Hannah, who is 11 years old. My family have always been my whole world.

These are a few of my favourite things: I love being outdoors and being taken for a walk through the gardens here on the complex and to visit the ducks on the lake. At home in Boksburg, we used to have a beautiful garden with fruit trees, flowers and vegetables and I used to enjoy gardening very much. My simple pleasure is to have a toasted cheese or tea and cake at Elphino's coffee shop with Karen. My greatest joy comes from my family and I look forward to their visits very much. Motto: Strive to be a good and kind person.



Employee

My name is **Florah Mothogoane**. **Some things you may not know about me:** I was born on 6 March, 1976, in Garakgwadi, Limpopo. My home language is Sepedi. After matric, I moved to Alex, which is where I now live with my husband. We have three children. In 2003, I did my care worker training at Nido Training College in Bryanston and then stayed at home to raise our children. I started working for Rand Aid in 2011, first doing night shift duty on River Lodge 2, then moving to Lakeside and finally started working on Woodlands in 2012, where I have been happily employed ever since.

My faith is very important to me; I attend the ZCC church in Alex and love to sing, pray and read my Bible. My dream is to further my studies to become a professional nurse and if I won the Lotto, I would go to school, send my son to university and build a beautiful house in the Limpopo for my family.

These are a few of my favourite things: I like red clothes and any flowers that are red or pink. To relax, I like to read magazines, watch soaps and listen to the Sepedi radio station, Tobela FM. I love Gospel music. One of my best times is when we go home to Limpopo for Christmas and gather together as a big family. I thank God for my children and for giving me a job. I thank God for life! Motto: Just pray until God answers!



Volunteer

My name is **Ronnie Cumming**. I have been a volunteer on River Lodge 3 (Special Dementia Unit) for two years.

Some things you may not know about me: I was born on 6 April, 1950, and grew up on Zuurebekom Pumping Station on the West Rand which belonged to the Rand Water Board. It consisted of exactly 12 houses (3 English and 9 Afrikaans families, and a compound for people of colour). I attended what was essentially a farm school for about 150 kids; they came from the surrounding farm community and from the army camp in nearby Lenasia. I have fond memories of growing up with the innocence of life in the 50s: enjoying a crime-free environment, building tree houses and pursuing outdoors activities and the simple things of life.

These are a few of my favourite things: I like the colour blue, red roses, watching the news, listening to music (all kinds but especially from the 60s), watching true/real life stories on TV and reading about foreign places, history and suspense novels. I do the cooking at home, and like to experiment with different spices, marinades and sauces. My simple pleasure is to potter around in my garage, working with my hands on various woodworking projects! I would love to go travelling but for now, I am content to be an armchair traveller. Motto: Put God first, then your spouse and family – everything else will then fall into place.



Birthdays

RESIDENTS

1 March, Lou Mer 82, RL2
6 March, Rita Harvey 86, CP
9 March, Lynette Saville 73, RL3
10 March, Howard Motau 79, RL3
17 March, Kathleen Rowe 87, RL2
23 March, Betty Hood 93, RL3
23 March, Aletha De Klerk 79, WL
27 March, Merle Uys 82, WL
30 March, Aurelia Fanucchi 91, WL
31 March, Gwen M'Crystal 85, RL2

VOLUNTEERS

1 March, Dalwiena Aspeling
9 March, Lorna Turner
10 March, Tania Sabato
11 March, Johanna Coyne

STAFF

3 March, Kedibone Shongoane (LS)
3 March, Julia Molotsi (RL3 Careworker)
4 March, Norah Tshiva (RL2 Housekeeping)
5 March, Sonia Tshabalala (LS)
6 March, Florah Mothogoane (WL)
9 March, Suzie Webber (Admin)
10 March, Bernice Mudau (RL3)
10 March, Bianca Richards (OT)
15 March, China Matsane (WL)
16 March, Emily Thabang (Housekeeping)
20 March, Portia Ngobeni (Housekeeping)
24 March, Randy Matsaung (RL2)
29 March, Thabisile Ndoe (LS)
30 March, Rae Brown (Head Office)
31 March, Ndifelani Mavhila (RL3)
*Staff members must remember to pop in at reception to receive a small birthday surprise!

FONDLY REMEMBERED

2.02.2018, Leslie Meyerowitz (Day Care)
3.02.2018, Albert Levenson (WL)
14.02.2018, Gloria Caruso (RL3)
15.02.2018, Val Glanvill (Woodlands)
* We extend our condolences to their families and loved ones.



WHAT'S NEW?

Jungle gyms have been installed at RSCC, for visiting grandchildren and great grandchildren. They are situated on the lawn area outside Woodlands and next to the Chapel.