

Ron Smith Care Centre



@ Elphin Lodge

JULY 2018 No.40



Day care resident Eleanor Motsepe having fun with croquet.



Success! Halina Malujlo's joy as she hits the ball into the hole!



LEFT: Trevor Edwards shows fine form.

RIGHT: Heather Zipp lines up her shot.



Fun in the sun

EDEN THOUGHT

Part of the mission of the Activities Team is to facilitate activities and events which create WELL-BEING: joy, meaning, growth, stimulation, connectiveness, relaxation and fun! It looks like the golf and croquet players added to their sense of well-being on this day, especially as they enjoyed their activity in the fresh air and beautiful winter sunshine.

The spectators, golfers and croquet players enjoy the winter sunshine.



Sylvia Lasarow (front) and Christine Kincaid-Smith (back) concentrate on their shots.



Edna Jansen van Rensburg in action.

UPCOMING EVENTS

Support Group: The next support group for families with a loved one being affected by Dementia/Alzheimer's takes place on Tuesday, 3 July, in the boardroom at 10am; and Saturday, 14 July, at 9:30am in the Card room/Clubhouse. Please contact Lorna Quinn if you are interested in joining the support group on 082 456 5692 or email lornaq49@gmail.com

Lotto Concert: Will be held on 11 July in the hall at 10am. Entertainment provided by pianist Lizelle Roberts. Should you wish to enter the lotto draw, get your ticket from Suzie for only R10.

Sing-a-long: Come sing along to good old favourites in the OT/Activity Centre from 9:30-10:30am on 12 and 26 July.

Gardening Group: Wednesday, 4 and 18 July in RL3 at 10:30am.

Mandela Day Knit-a-thon: 18 July, main hall at 10am.

Hands & Nails: Thursday, 19 July, in the OT/Activity Centre, from 9:30-11:45am.

Card-making Group: Will be held on Thursday, 26 July, in the OT/Activity Centre at 2pm

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

Bible Study: Is currently in RECESS and will resume on 1 August.

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



Congratulations to Rosemary Khoza who has completed her bridging course and is a qualified professional nurse on River Lodge 1 and Lakeside.

Resident

My name is **Annastasia (Simamile) Thula**. I live in Cedar Park.

Things you may not know about me: I was born in 1935 in Kliptown. I did nurse training at Coronation Hospital, became a midwife at Baragwanath, worked in a TB clinic for 10 years and then worked at Baragwanath again, as a nurse and then Matron for 20 years. My last job was at Nestle as a health inspector. I then 'retired' and opened the Bophelo Academy – a boarding school and soccer academy in Mayfair, which is now in its 30th year. I also started crèches in Soweto and Thembisa. My husband, Gibson Thula, was a social worker with Winnie Mandela and she promised him that she was going to get him a wife! Winnie and I both lived in Soweto and one day, she arranged for me to meet Gibson at Park Station. When he first saw me, he knew that he had met 'the bone of his bones!' We were married for 56 wonderful years until his death in 2016. We had three children: Noli, Velani and Nomathembu; three grandchildren and a great grandchild. Our family home was in Houghton, next door to Nelson Mandela. . Gibson was responsible for bringing Coca Cola and the Gautrain to South Africa.

A few of my favourite things: Afternoon teas, gardens, pink roses, choral and classical music, singing, and going for walks. My faith is important to me.

My motto: Failure is the way to success so if at first you don't succeed, keep trying until you do!



Employee

My name is **Nomasonto Malevu**. I am the staff nurse on Cedar Park.

Things you may not know about me: I was born on 17 August, 1980, in Soweto. My mother is my role model. She was not educated, but she was self-employed all her life, knows the Bible backwards and lives a Godly life. After matriculating, my first job was as a cashier at Ster-Kinekor. I volunteered as a police reservist for a year but didn't enjoy it. This was followed by waitressing at Spur. In 2008, I completed training as an enrolled nurse and after working for five years at Sandringham Gardens, I was hired by Rand Aid in 2017. I am so proud of my nursing epaulettes – I went from being a waitress to a nurse! I live in Soweto with my husband, Sipho, and we have a 14-year-old son, Lindokuhle. I love life, am free-spirited and make friends easily. My brothers call me Precious. When you are happy, it is easy to give love and happiness to others.

A few of my favourite things: I love driving – it is my passion! If you feed me beef, dumplings, pumpkin and creamed spinach and cheesecake for dessert you will make my day! My dream is to one day qualify as a psychiatrist to better care for people living with dementia. If I won the Lotto, I would buy a big house for my family and for my parents. I would also spend some of the money to improve myself.

My motto: Our morals and respect for others guide our manners and behaviour.



Volunteer

Meet **Felicite Horn** who has had friendly visits with care centre residents for the past three years.

Things you may not know about me: I was born in Cape Town in 1935 and grew up in Knysna and Boksburg. I trained as a radiographer and worked at Germiston Hospital for six years. I met my husband, George, when I was 16 and riding my bicycle to church with my two brothers. I accidentally hit the street curb with my front wheel and toppled over. He came to my rescue! We were married for 48 happy years until his death in 2004. I have three children: Madeleine and Robert who live in JHB, and Wendy who lives in England; they have given me five beautiful and gifted grandchildren. I am generally a positive person and quite content. I am especially thankful that I'm still walking and moving, and for living here at Elphin Lodge. Madeleine says this place is like a holiday resort.

A few of my favourite things: I enjoy reading novels, but not the sappy romantic ones! I like listening to classical FM radio, watching DVDs and going to the ballet. I also enjoy knitting, puzzles and card making (I belong to the Elphin Kardies group). I used to play bowls, tennis and hockey. I love walking around the complex and looking at all the lovely gardens. My water-wise garden is a great joy to me and I love to sit on my lovely bench and enjoy my favourite plants.

My motto: Be helpful, and do what you can to make others happy.



Birthdays

RESIDENTS

3 July, Marie Diesel, RL3 (81)
3 July, Valerie McBain, CP (79)
5 July, Jovita Medonca, LS (82)
8 July, Karen Mitchell, CP (71)
13 July, Leon Shuker, CP (87)
19 July, Halina Malujlo, RL2 (89)
21 July, Janice Costigan, RL2 (73)
26 July, Victor Daniel, RL2 (94)
30 July, Bertha Hennings, RL3 (86)
31 July, Rosina Pretorius, RL2 (87)

VOLUNTEERS

2 July, Veronique Wilson
4 July, Sarah Assubu-Wemba
7 July, Jean Johnson
16 July, Denise McGee
16 July, Giselle Guruga
25 July, Caroline Booysen
29 July, Sherill Singh

STAFF

5 July, Zabeth Zuhlsdorff (Head Office)
6 July, Hugh Parkin (Maintenance)
7 July, Fikile Ndabazitha (Special)
7 July, Victor Mazibuko (Security)
11 July, Jabu Simelani (Housekeeping)
13 July, Eunice Lakay (Cedar Park)
15 July, Grace Tshikalange (Woodlands)
16 July, Lilly Mathebula (Woodlands)
18 July, Constance Bonoko (Kitchen)
19 July, Loraine Martiny (RL3)
19 July, Dorothy Mashaba (RL3)
22 July, Mary Kekana (Housekeeping)
22 July, Chrestina Nzeru (Security)
23 July, Melta Molefe (RL3)
26 July, Peggy Plaatjie (Cedar Park)
30 July, Dorcus Moalusi (RL1)
31 July, Thembi Sibiyi (Cedar Park)

FONDLY REMEMBERED

Dina van Holthoon, Woodlands
(25.06.2018)

* We extend our condolences to her families and loved ones.

WELCOME TO

Shelagh Hawes (Lakeside)
Vernon Schultz (Woodlands)
Jessie Pickard (Woodlands)
Janet Gray (River Lodge 2)
Julia Williams (River Lodge 2)

CALLING ALL KNITTERS! Our knit-a-thon will be on 18 July in the Hall. Tea and snacks will be served from 10am and the competition starts at 10:30am. Requirements for squares: Needle size: 8 or 9; wool: double knit; cast on 30 stitches and knit 54 rows. Please bring your own knitting needles and wool if possible. Completed blankets will go to Jordan House Old Age Home. Pre-knitted squares can be dropped off at the Activity Centre/OT department. We also need assistance with joining completed squares into blankets.