

Ron Smith Care Centre



@ Elphin Lodge

AUG 2018 No.41

UPCOMING EVENTS

Support Group: The next support group for families with a loved one being affected by Dementia/Alzheimer's takes place on Tuesday, 7 August, in the boardroom at 10am and Saturday, 11 August 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 8 August in the hall at 10am. Should you wish to enter the lotto draw, get your ticket from Suzie for only R10.

Gardening Group: Will be held on Wednesdays, 1 and 15 August, in RL3 at 10:30am.

Sing-a-long: Come sing a-long to good old favourites in the OT/ Activity Centre from 9:30-10:30am on 16 and 23 August.

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

Happy Hour: Thursday, 30 August, in the main dining room at 5:30pm.

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

Bible Study: Will resume on Wednesday, 15 August, in the Chapel.

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



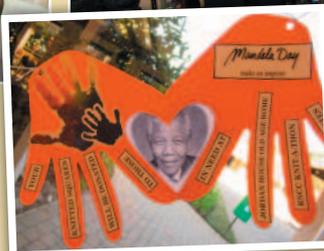
Elphin Lodge/Ron Smith Care Centre played host at the Finish to the Rand Aid fun walkers on 20 July. Walkers from all the Rand Aid complexes enjoyed a 2km walk which started at Tarentaal and finished at the Woodlands garden area at Elphin Lodge. The banners in the background, which say FINISH and WE MADE IT, were created by care centre resident Jill Jones. Some of the residents and volunteers also baked delicious treats for the walkers to enjoy.

Eden Thought: The purpose of the fun walk was to introduce Rand Aid residents and staff to the JOY OF WALKING for HEALTH and WELL-BEING, and to promote INTERACTION, CONNECTION AND A SENSE OF COMMUNITY with other Rand Aid villages. The re-erected bridge, now completed after it was destroyed by floods two years ago, is symbolic of BRIDGING THE BOUNDARIES of the different villages and introducing them to the BEAUTIFUL GROUNDS AND PLACES at Rand Aid, where people can WALK AND ENJOY NATURE.

MANDELA DAY KNIT-A-THON



Resident Jane Hart-Davis keeps her special carer, Irene Nyadzane, company, as Irene crochets a square in 67 minutes. The blankets made from the squares will be donated to Jordan House Old Age Home.



Ron Smith Care Centre residents proudly display the colourful Mandela Day Hands that they made in the OT Activity Centre. These were then used to decorate the hall for the knit-a-thon held on 18 July for the Mandela Day Celebrations.

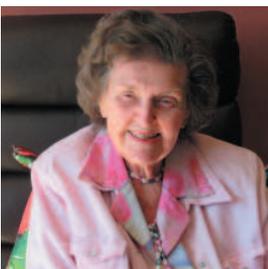
Resident

My name is **Dolly Luke**, I stay on River Lodge 1.

Things you may not know about me: I was born on 30 October 1925 in Durban, the oldest of three children. My mother died when I was 12 years old and so we were brought up by my grandparents. My grandfather was a building contractor and was responsible for developing the area from Doonside to Warner Beach. We moved to Parktown North in JHB when I was 14. After matriculating, I did secretarial training and worked for Anglo-American and then the Johannesburg Stock Exchange as a bookkeeper and shorthand typist. In my leisure time, I took up Ballroom Dancing with the Tommy Williams School of Dancing, and subsequently started to teach private dance classes. I met my husband, Tom, at Margate beach when we were both playing in the ocean. We were happily married for over 50 years until his death in 2005. We had four children: Nancy, Tom Jr, Roger and June. I have 10 grandchildren and seven great grandchildren whom I adore to bits.

A few of my favourite things: I love big band music, Frank Sinatra, Dean Martin, and any music you can dance to. My husband and I were mad about movies, theatre and musicals. We enjoyed travelling, especially to England, Australia, Hong Kong, Thailand and Europe. I was a keen gardener and enjoy roses and carnations. I played tennis until I was 80.

My motto: Enjoy yourself --it's later than you think!



Employee

My name is **Letitia Ny-elele**. I am a care worker on River Lodge 1. **Things you may not know about me:** I was born on 24 November 1984 in Qwa Qwa in the Free State. I am Sotho-speaking. Both my parents died when I was very young and I moved to JHB to stay with my Aunt. I began working for a catering company but decided to do care worker training in 2008. I then began working at the Ron Smith Care Centre where I gained experience on all the wings. I have now been a care worker on River Lodge 1 for four years and I feel like this is home. I treat the residents like they are my parents and I am always laughing, singing and dancing with them. Sister calls me the 'naughty girl' and if I am quiet they ask me if I am sick! I have an eight-year-old daughter named Nadia and have been with my partner, Thomas, for five years. We are hoping to have a white wedding.

A few of my favourite things: I love cooking and trying out new recipes. If I taste something nice when I am out, the next day I will try and make it! I enjoy Gospel music, especially singers Lusanda and Kholeka, and watching soaps like Muvangho and Skeem Saam. I also like movies with action and drama. I love reading and writing and, in fact, started writing my own story three months ago, about growing up without parents and how a person can not only survive, but still learn, grow and do well.

My motto: Rise and shine!

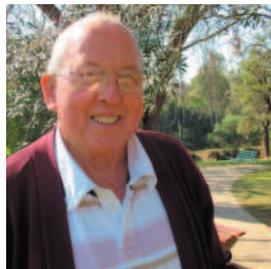


Volunteer

My name is **Dugald Paterson**, I am a new volunteer and assist with the Walking Programme.

Things you may not know about me: I was born on 4 August 1938 in Potchefstroom to a Scots father and English mother. When I was a year old the family moved to Zimbabwe, which is where I grew up. I left school at 15 to apprentice as an electrician. My wife Laurina and I were married for 54 happy years until her death in May. We raised two sons, Sean, who lives in Kenya, and Graham, who lives in Cape Town. When we lived in Zim, I ran my own electrical business and was involved as a police reservist, doing border patrols and providing protection for farmers. In 1974, we moved to Edenvale. I worked for Trident Steel and ended up as a company director. I was with them for 35 years until I retired in 2007, and in that same year, became one of the first residents of Inyoni Creek.

A few of my favourite things: I was fortunate to travel extensively for business and pleasure and enjoy learning about the history and heritage of foreign countries. I learnt how to cook as a Boy Scout and have always enjoyed it. I started the Naked Chefs group at Inyoni, where we cook for and host the pub lunches and other events. I am thankful that I remain healthy, don't need to take any medication and can go for a walk everyday. I have a passionate interest in getting my peers involved in life, but I know that I must LIVE AND LET LIVE!



Birthdays

RESIDENTS

1 August, Helen Barlow- Jones, RL2 (88)
2 August, Alan Clark, WL (75)
3 August, Ethelwynne Van Eck, WL (82)
4 August, Gladys Rosenberg, LS (92)
11 August, Louise Newman, LS (87)
17 August, Sonja Dikken, LS (88)
21 August, Dorothy De Bruyn, RL1 (100)
23 August, Edna Jansen van Rensburg, RL3 (87)
27 August, Marie Roberts, RL1 (96)
31 August, Glenda Drake, CP (63)

VOLUNTEERS

4 August, Dugald Paterson
17 August, Christina Van Rooyen
20 August, Kathy Theron
20 August, Gloria Jones
24 August, Shirley Blieden
27 August, Marina Smith
31 August, Felicite Horn

STAFF

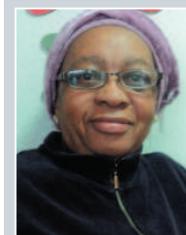
5 August, Portia Mantome (WL)
8 August, Nkhensani Shibili (Housekeeping)
9 August, Lisa Mtshali (CP)
9 August, Ilan Dubb (Physio)
12 August, Marieta Viljoen (Relief Sister)
15 August, Jennifer Sigida (LS)
20 August, Alice Molepo (WL)
23 August, Avril Maltman (Matron/ Mentor)
25 August, Tanya Switala (Admin)
25 August, Cleopatra Makhanya (CP)
30 August, Paul Swanepoel (Maintenance)
*Staff members must pop in at reception to receive a small birthday surprise!

FONDLY REMEMBERED

Joyce Dubb, Lakeside (3.07.2018)
Valerie McBain, Cedar Park (10.07.2018)
Maria Kondaris, River Lodge 3 (22.07.2018)
Robert Wratten, River Lodge 3 (22.07.2018)
Lou Mer, River Lodge 2 (27.07.2018)
* We extend our condolences to their families and loved ones.

WELCOME TO

Erica Penney, Lakeside
Glenda Drake, Cedar Park
Maud Drake, Cedar Park
Brian Russell, Woodlands
Ken Broderick-Clark, Cedar Park.



We say thank you and farewell to Sister **Dorcas Moalusi** who has worked at Rand Aid for over 15 years. We wish her all the best for her retirement.