

# THEMBALAMI & MODA CARE CENTRE



Place of hope

SEPT 2024

Fab 40  
years of service

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## A celebration of wonderful WOMEN

Dancing, singing, and modelling in a room brightly decorated in purple and white and filled with joy characterised the Women's Month celebration at Thembalami Care Centre and the Max Ordman Deaf Association (MODA) on August 6.

Sarah Moodley, a resident of nearby Tarentaal Retirement Village, gave an inspiring talk. She said: "When you see a woman, you see beauty, you see love, you see kindness, you see gentleness, you see love. God has created her so beautifully. He took time; He took a rib of man and He made a woman. So I want you to feel important today... you are a gift."

Colstan, comprising Gavin Standing and Brian Colbert, residents of Thornhill Manor, another nearby Rand Aid retirement village, played popular music from the 70s and 80s and provided back-up music for Thembalami's staff and resident choir.

The care centre's occupational therapist Tsakani Shihlomme says a modelling competition for staff members was one of the day's highlights. The best model of the day was queen Babalwa Gadala, followed by Pretty Malope and first princess Sr Rumbidzai Chatikobo.

Other hits were opera singing by careworker Lerato Tsholo and the occupational therapy team led by Babalwa Gadala who performed My African Dream.

Awards on the day went to the Ibis ward staff for best dancing, the MODA staff led by Fikile Mbatha and Sthembile Ntshingila for best-prepared ward, and choir awards to MODA staff and resident Freddy Buytendag. To round off the event, cake was enjoyed by all.



ABOVE: Thembalami resident Freddy Buytendag with staff Babalwa Gadala, Peggy Kupa, Aletta Mnisi, Fikile Mbatha and Shirley Sibeko singing *Amazing Grace*.



LEFT: MODA residents Shaun White and Sydney le Sueur with Fikile Mbatha (staff nurse MODA).

ABOVE: MODA staff nurse Fikile Mbatha (in purple) was recognised as the staff member who participated the most with her residents.

## SEPT BIRTHDAYS

### Residents:

Eileen Downs (87)  
Muriel Erdis (91)  
Nellie Green (84)  
Anna le Roux (86)  
Agnes McDevitt (89)  
Michael McGurk (81)  
Mary Mathurine (81)  
Anthony Peters (75)  
Rodney Sheahan (88)

### Staff:

Pertunia Makgabo  
Nthombi Buthulezi  
Judith Mphela  
Dipuo Lekalakala  
Nosipho Ndlovu  
Lerato Tsolo  
Rejoice Nqubuka  
Olga Nyathi  
Sthembisile Ntshingila  
Babalwa Gadala  
Baby Matlala  
Mathapelo Tshehla



Back: Fritzz Konig (81), Marie O'Neil (Avbob), Dorah Mapekula (74), Elize Raath (Thembalami deputy manager), Matt Stern (entertainer), Eira Kennedy (97), Babalwa Gadala (activity assistant).  
Seated: Regina Ratshosana (81), Lesley Nuyten (60, MODA), Joey de Souza (95), Marion Oliphant (78) and Hugh Hutton (89).

## Matt Stern gets feet tapping at birthday bash

Three residents over the age of 90 were honoured at Themabami Care Centre and Max Ordman Deaf Association's (MODA) monthly birthday bash on August 21. The eldest resident whose birthday was celebrated was Eira Kennedy (97), followed by Rachel Lasker (96) and Joey de Souza (95).

Matt Stern, best known as Kurt Conradie on the SABC2 soapie *7de Laan*, provided the entertainment. Thembalami's Elize Raath says that the birthdays of 12 residents and 13 staff members born in August were celebrated. "Each resident received a gift and enjoyed cake, while Matt was incredible – the residents loved his Elvis Presley medley and other old songs."

Absent from the photo: Annette de Villiers Verskin (77, MODA), Roger Wardsmith (73), and Rachel Lasker (96).

## FONDLY REMEMBERED:

■ Brian Penney

## WELCOME:

■ Dorah Mapekula  
■ Jennifer Steinfeld  
■ Cecielia Rottcher (MODA)  
■ Joyce Dawson

## SEPTEMBER EVENTS

- 3<sup>rd</sup> Spring celebration with residents and staff  
6<sup>th</sup> Time to Act on Alzheimer's Day, 10am at Elphin Lodge hall (more info on page)  
12<sup>th</sup> Grandparents Day  
13<sup>th</sup> Positive thinking, 10am–2pm.  
Speaker: Adel Grobbelaar from Wedge  
13<sup>th</sup> Dementia awareness talk, 10am at Elphin Lodge hall (more info on page)  
18<sup>th</sup> Dementia seminar for staff in Bedfordview.  
18<sup>th</sup> Chair exercises at Thornhill Manor – Alzheimer's Day  
19<sup>th</sup> September Birthday Bash  
23<sup>rd</sup> Death awareness  
25<sup>th</sup> Heritage Day celebrations

Dementia expert Debbie Beech will present two talks about the disease during **World Alzheimer's Month** in September. Both talks start at 10am, take place in the hall at Rand Aid's Elphin Lodge and are open to the public.

The first talk, on September 6, will unpack the difference between dementia and normal ageing. The risk factors and the challenges of getting a diagnosis will also be discussed.

The second talk on September 13 will look at how de-

## Mrs Doubtfire rekindles old friendships

A team of residents and staff members from Thornhill Manor spent a happy morning with the residents of Thembalami Care Centre on August 16 – laughing together over the movie *Mrs Doubtfire*, making new friends and catching up with old friends.

Both Thornhill Manor and Thembalami are run by 121-year-old NPO Rand Aid. Karen Griessel, Thornhill Manor's social worker, says for the past years, the village's staff and residents have committed themselves to raising awareness about dementia before and during September, which is World Alzheimer's Month.

"The Thornhill Manor team understands the impact that dementia can have on individuals and their loved ones. We are committed to raising awareness about the condition, including ways to support brain health, recognise early signs, and offer care and understanding to those affected," says Shaun Victor, Thornhill Manor's manager.

Following last year's fundraising events, Thornhill Manor was able to donate equipment to Themba-



Esther Fourie and Regina Ratshosana from Thembalami.

mi care centre for its newly opened multi-sensory room.

Not all events held in the build-up to Alzheimer's Month are about raising funds or spreading awareness, however. Some, says Karen, are about human connections and how they improve well-being.

"Thembalami and Thornhill residents united in laughter while watching *Mrs Doubtfire*. Between the laughs and enjoying of snacks, old friendships are rekindled and new ones formed," says Karen.

dementia affects senses, mobility, and general functioning. Communication tips and coping skills for family and carers will also be covered. There will be time for questions.

Debbie, who is a trained social worker, was previously the regional manager of Alzheimer's Gauteng. She has worked in the field of dementia since 2017 and is currently the deputy manager of the Elphin Lodge and Ron Smith Care Centre complex.



**Jacob Bahumi (10 years), Mokgere Malebane (10 years), Motsamai (Jerry) Mofokeng (5 years) and Lorraine Mbongwe (five years).**

**Well done to all the recipients!**

## 15 years of Mantji magic

Mantji Makhwiting, an enrolled nurse at Thembalami Care Centre, was recognised for 15 years of service.

Mantji is in charge of both the Ibis ward and the MODA section.

She is loyal and humble and displays great empathy towards the special-needs residents in her care. She is always willing to assist in an emergency and is a great team leader known for boosting morale and encouraging interpersonal connections.

## Mini council's might gesture

Song, care packets, cake and tea characterised the visit by members of the Johannesburg Mini Council to Thembalami Care Centre on August 25.

Thembalami deputy manager Elize Raath says the youngsters performed for the residents – singing as a group and rendering individual vocal and violin performances.

"The visitors and residents enjoyed tea and cake together and each resident received a care package consisting of toiletries," says Elize.

Peggy Kupa, Thembalami's activity assistant, says the residents loved the performances and appreciated that the youngsters went to visit the less mobile residents in their rooms.

"It was a festive morning. The residents were spoilt and made to feel special."

# Matron in a million marks 40 years of service

Thembalami's nursing services manager Paulina Namo has been dispensing care and empathy for four decades. She was the star of Rand Aid's long service awards this year.

During her 40 years at Rand Aid, Paulina has seen significant changes in the country and her profession. What has not changed, however, is her dedication to the well-being of the people in her care.

She was one of 45 Rand Aid employees honoured on August 22 at the Tarentaal Retirement Village hall.

Paulina was employed as a ward sister at the Bramley Old Age Home and was part of the Wedge Gardens treatment centre team for some years before being promoted to nursing services manager at both Wedge and Thembalami in 2007.

"Paulina was continuously promoted, first at Bramley to night superintendent, overseeing two frail care wards, and the flats and cottages," says Ayanda Matthews, who heads up Rand Aid's Compliance and Social React Division.

Paulina attributes her work ethic to her strict grandmother and the time she spent finishing her schooling at a convent in England.

She believes that her greatest achievements were to mentor and support careworkers and enrolled nurses at Thembalami. The people she took under her wing went on to pursue nursing careers not only internally, but also at different provincial and private institutions.

### Other recipients:

|                   |          |
|-------------------|----------|
| Lorraine Mbongwe  | 5 years  |
| Motsamai Mofokeng | 5 years  |
| Esme Van der Walt | 5 years  |
| Percival Mthembu  | 5 years  |
| Gaspi Maleka      | 5 years  |
| Jacob Bahumi      | 10 years |
| Raisibe Lebelo    | 10 years |
| Mokgere Malebane  | 10 years |
| Ngoako Malema     | 10 years |
| Alice Thibakhoana | 10 years |
| Mantji Makhwiting | 15 years |
| Paulina Namo      | 40 years |

Under her guidance, 15 enrolled nursing assistants (ENAs) qualified as enrolled nurses, and one completed her professional nursing qualification and was recently promoted to professional nurse.

"Paulina also guided a staff member to become a qualified paramedic, who was recently employed by the emergency services," says Ayanda.

"She also supervised and trained many careworkers and ENA students from the Arwyp Training Institute and Lunghile Nursing Schools, and some of them were placed at Thembalami.

"I salute Paulina for her dedication to the nursing fraternity. Not only does she have a passion for nursing, but she also has compassion for the elderly she so diligently serves. She has touched the hearts of many a resident and impacted and imparted this compassion to staff members."

■ Read about Paulina's memories on Rand Aid's website (blog).



**Cathy Turpin and Averil de la Rey during the visit by the Johannesburg Mini Council.**