

THEMBALAMI & MODA CARE CENTRE



Place of hope

OCT 2024



Thirugavelli Pillay plays with the children in the spring sunshine.

FAREWELL TO DR DAVID KAPLAN: A BELOVED DOCTOR AND FRIEND

Thembalami Care Centre is heartbroken to announce the sudden passing of our cherished in-house doctor, Dr David Julius Kaplan, who tragically died while cycling, one of his many passions.



Dr Kaplan joined Thembalami and the Max Ordman Deaf Association at the onset of the Covid-19 pandemic in SA.

“He was an outstanding diagnostician and always eager to share his vast knowledge with our nursing staff,” recalls Thembalami manager, Esme van der Walt.

Known for his playful nature, Dr Kaplan loved joking with residents and had affectionate nicknames for many. His philosophy centred around ageing with grace, dignity, and freedom from pain, all while being surrounded by loved ones.

“He had a lion’s appetite for sweets and would often stop by the offices to see what treats were available,” Esme adds. “He was truly a blessing to everyone who knew him. Rest in peace, Dr Kappie.”

■ Thembalami will announce the details of the new doctor once the position has been filled.

What’s a few wrinkles between friends?

There were plenty of warm hugs to go around when the residents of Thembalami Care Centre and the Max Ordman Deaf Association (MODA) visited Edenvale’s Willowbrook Montessori Preschool on September 12 for Grandparents’ Day.

Puzzles and colour-in were enjoyed, but the real fun was had outdoors, where the residents played with the children.

“The interaction between the preschoolers and the seniors was heartwarming,” says Thembalami occupational therapist Tsakani Shihlomule.

“Resident Thirugavelli Pillay read the children a story, the children sang beautifully for us, and refreshments were enjoyed. It was a meaningful, fun outing,” she says.



Cecilia Rottcher (MODA) gets a dose of love. ■ More pics on pg 2

OCT BIRTHDAYS

Residents:

- Delyse Burgess (83)
- Donald Cochrane (84)
- Brian Crosley (77)
- Daphne Paetzold (95)
- Josephine Jagals (70)

Staff:

- Benedictor Ngubane
- Precious Malema
- Edwina Makua
- Tsakani Ngobeni
- Nthabiseng Lesheba
- Precious Mahafha
- Tereza Ngulele
- Mpholokeng Khoalibane

FONDLY REMEMBERED:

- Edward Davis
- Cecilia Lombard

WELCOME:

- Kathleen Rothfusz
- Coenraad Steenkamer

OCTOBER EVENTS

- 23rd Birthday Bash
 26th Family Day: Tea and cake, and hamburgers and chips will be sold. All welcome.

DONATIONS

We would appreciate any donations or fundraising ideas. Should you wish to chat with Thembalami's manager Esme van der Walt about your ideas, call her at:

Email: evanderwalt@randaid.co.za

Phone: 010 534 8771

Should you wish to make a donation, see details below:

MODA

Standard Bank
 Account no: 420279571
 Branch code: 051001
 Ref number: MODA Supts Fund

Thembalami Care Centre
 c/o Rand Aid Association
 Standard Bank, Greenstone
 Branch code: 051001
 Acc no: 001788701
 Ref number: TH Supts Fund

The secret to staying young is to live honestly, eat slowly and lie about your age.



Pinky Lebelo (Pedi), Agreement Khoza (Tsonga), Mapula Tihakola, Fikile Mbatha (Zulu), Sthembisile Ntshingila (Swati), Patricia Masala (Khoza), Mathapelo Tshehla (Pedi), Mashudu Nemukula (Venda), Precious Malema (Pedi) and Sarah Moya (Tsonga).

Thembalami brings SA's rich diversity to life

In celebration of Heritage Day, Thembalami Care Centre and Max Ordman Deaf Association treated residents to a vibrant celebration of South Africa's cultural diversity.

The day kicked off with a special documentary screening that took the audience on a journey through all nine provinces, showcasing must-visit destinations, unique cultures, traditional foods, and lively dances from across the country.

After the documentary, Thembalami occupational therapist Tsakani Shihlomule and her team, dressed in traditional attire, took centre stage.

They explained the significance of their clothing and shared insights into their cultural backgrounds. To the delight of

the residents, the staff also performed traditional dances, adding an energetic and authentic touch to the day's events.

The festivities didn't stop there. The team prepared a delicious feast, featuring beef stew, chicken feet, dumplings, spinach, cabbage, pap, and chakalaka – a true South African spread.

As a part of a fundraising initiative for the occupational therapy department, the staff sold plates of food to fellow team members, combining cultural celebrations with a cause close to their hearts.

The day was a perfect blend of education, entertainment and culinary delight, leaving everyone with a deeper appreciation for the beautiful mosaic of South African culture.



Agreement Khoza, Zanele Marufane, Aletta Mnisi and Busi Binda.



Grandparents are the best

LEFT: Hugs for Lesley Nuyten (MODA).

RIGHT: Thembalami resident Marianne Venter with some of the children.



Hip hop hooray

Thembalami Care Centre and the Max Ordman Deaf Association's September birthday bash, held on the 19th, was fun-filled, with residents dancing to the music provided by popular entertainer Pastor Roy Edwards.



Rodney Sheahan (88), Terence and Nellie Green, entertainer Roy Edwards, and Michael McGurk.



Nellie and Terence Green (Nellie turned 84) on the dance floor.



Mary Mathurine (81).



Michael McGurk (81).



Birthday cheer from Jessie McDevitt (89).



Eileen Downs celebrated turning 87 in September.



Alice Jardime with Matron Paulina Namo shares a happy moment.



Anna Le Roux, who turned 86, with husband Albert.



Cecilia Rottcher enjoys moving to the music.

*Today is the oldest you've ever been,
and the youngest you'll ever be again
- Eleanor Roosevelt*



Peggy Kupa, Lindiwe Nkabinde and Mmathapelo Tshehla have a crack at an egg-and-spoon race.

BLOOMING GOOD FUN TO WELCOME SPRING

Thembalami residents and staff play their way into spring. Spring Day was celebrated under a bright blue sky at Rand Aid's Thembalami Care Centre on September 2.

"Residents and staff members gathered outside to play games and listen to music – with Elvis Presley's songs being a hit," says occupational therapist Tsakani Shihlomule.

Egg-and-spoon races accommodated mobile residents and those in wheelchairs. Another game saw competitors being blindfolded and then attempting to sort plastic balls by colour. A hanging bottle ball game and balloon games were also played and staff and residents enjoyed ice lollies.



ABOVE: Ester Fourie and Fikile Mbatha.

RIGHT: Cecilia Rottcher keeps her egg safe. Shirley Sibeko looks on.



RIGHT: Hansie Giesel, Patricia Masala, Cathy Turpin, and Lindiwe Nkabinde play the ball-sorting game.



Family day fun for residents and their loved ones

On the last day of autumn, Thembalami and Max Ordman Deaf Association residents spent a meaningful family day with their loved ones.

While family and friends are encouraged to visit as often as they can, a family day is organised each month for residents and their visitors to socialise in a festive setting. Light meals and tea and coffee are sold.

At August's event, vetkoek with mince was enjoyed by all.



Patricia Mokoena with her two daughters, Kholeka and Nomandla Mokoena.



Doreen Calder with her daughter Jenny Fraser (left), John Fraser (son-in-law) and grandson Malcolm.



Resident Aisla Lee with Esther van Metzinger, Sylvia Peterson, residents Heather Abrams and Donald Cochrane, Grace Crington and Dave Stuart. Esther, Sylvia and Grace are Donald's sisters and Dave is a friend to everyone.



Cecelia Rottcher and Lesley Nuyten (MODA residents). Cecelia is a new resident and Lesley works in the laundry.