

THEMBALAMI & MODA CARE CENTRE



Place of hope

NOV 2024

A day of love and laughter at Thembalami

Each year, in honour of Grandparents Day, a special tradition brings together generations, each with its own stories and wisdom.

On October 11, Esme van der Walt, the dedicated manager at Thembalami Care Centre, and Lara Swanepoel, a caring social worker, welcomed a lively group of students from Beacon of Hope, a project by Eden Schools.

The students, aged 15 to 17, gathered to listen to Esme and Lara's presentation, which went beyond mere facts; it was a heartfelt journey into understanding the ageing process and the unique challenges older adults face.

"The discussions touched on topics like patience, tolerance and empathy, helping the young students see the world through the eyes of the older generations," says Esme.

Esme and Lara hoped that by sharing this knowledge, the students would not only be better equipped to interact with older people but also become champions of respect and kindness, helping prevent elder abuse in their communities.

After the presentation, the students joined the residents for a joyful afternoon of tabletop games like Snakes and Ladders and Rummikub, and even some ball games.

"Amid laughter and shared moments, the students and residents chatted about life, dreams and memories. They savoured tea, cakes, sandwiches and freshly baked scones, turning a simple meal into a cherished gathering," says Esme.

For the past three years, under the guidance of Bianca Shimkins, the director of Beacon of Hope, this annual tradition has become a meaningful event, bringing warmth, understanding and friendship between generations.

The students also kindly donated two boxes of soap to the residents.

RIGHT: Catherine Turpin, Mary Erdis, Averil de la Rey and Allan Wasserfall, enjoy a game of Rummikub with a visiting student.



Maureen Wigoder, Elizabeth Walton and Shirley Sibeko enjoy the the tossing games in the company of two students.



LEFT: Game on! Donald Cochrane, Doreen Calder, and MODA resident Cecielia Rottcher.

BELOW: Robert Webster engages with one of the students over a game of Snakes and Ladders.



NOV BIRTHDAYS

Residents:

5th: Jeanne Donald (94)
 11th: Kevin Harris (78)
 11th: Alice Jardim (81)
 12th: Nokwazi Mthembu (74)
 15th: Robert Webster (83)
 19th: Maureen Wigoder (89)
 25th: Lydia Batchelor (77)
 26th: Averil de la Rey

Staff:

4th Lovedelia Mahafa
 6th Lungile Hlongwane
 11th Rallie Khowana
 12th Esme van der Walt
 15th Sonya Masekwa

FONDLY REMEMBERED:

Juliana Szombati
 Henrietta Hyde

WELCOME:

Ben Matthee

NOVEMBER EVENTS

20th - Monthly Birthday Bash.

Watch the noticeboard for updates on other events.

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

Make each day your masterpiece

~John Wooden



Held on October 26 in the area outside of reception, the most recent **FAMILY DAY** was well attended. Hamburgers, chips, ice cream, cool drinks, cake and tea were on sale. Everyone loved being out of doors, with the smell of braai smoke in the air as the hamburger patties were braaiied and cheerful chatter flowing. Pictured is resident Jo Anne Weyermans-Noble (centre) with friends.



Esther Fourie (third from right) with loved ones at the family day.



ABOVE: Fun was had at October's **BIRTHDAY BASH** on October 23, with a lovely spread of eats and live entertainment. Pictured (back) are Jane Mogwale, Mary Mathurine, Esme van der Walt (Thembalami manager), Peter Fraser, Sibulele Mali (HR admin), Simphiwe Zwane (Spar admin manager), Smangele Maluleke (admin clerk), Elizabeth Andrews and Gail Lester. Seated: Delyse Burgess, Sarah Richards, Esther Fourie, Donald Cochrane, Heather Abrams.



Regina Ratshosana and Alice Thibakhoana at the October birthday bash. More pics on Rand Aid's Facebook page.



Carol Schneider.

Zoo-tastic adventure

Thembalami Care Centre and Max Ordman Deaf Association residents roared with excitement on their recent adventure to the Johannesburg Zoo!

Two wild trips, on October 16 and 18, ensured everyone got the chance to join in on the fun.

With the occupational therapy team by their side, residents strolled through the zoo, soaking in the sights and sounds of their animal friends. Between safari strolls, they enjoyed snack breaks and a hotdog lunch to recharge.

It was such an unforgettable experience that they're already counting down to their next zoo-tastic visit!



Babalwa Gadala and Esther Fourie.



Shaun White (MODA), Cecielia Rottcher (MODA), Tony Peters, Peggy Kupa, Esther Fourie, Carol Schneider, Babalwa Gadala, Sydney Le Sueur and Lesley Nuyten had tons of fun on their trip to the zoo.



Everyone was full of smiles during their trip to the zoo. Pictured are Babalwa Gadala, Basil McIntyre (MODA) and Peggy Kupa.



Tony Peters, Fritz Konig and Tommy Woest enjoy a rest in a scenic spot during their recent visit to the Johannesburg Zoo.



The Wednesday group are all smiles. Pictured in the back are Heather Abrams, Peggy Kupa, Robbie Webster, Patrick Mahlelele, Solly Teka, Mario Agostinho, Barry Waldeck (MODA), Catherine Turpin and Babalwa Gadala. In front are Donald Cochrane, Maureen Wigoder, Elizabeth Andrews, and Shirley Sibeko (crouching).