

THEMBALAMI & MODA CARE CENTRE



Place of hope

DEC 2024

RIGHT: Ben Matthee shows his happiness.

BELOW: Peggy Kupa and Jennifer Becker try to get the balls in the holes.

We are embarking on an exciting journey called

'The Rand Aid Way'

A little something is growing - keep watching!



FORGET-ME-NOT

A handful of happiness

Thembalami Care Centre recently hosted a heartwarming Forget-Me-Not event on November 13, specifically designed for their Ibis wing residents living with dementia.

The recreation and nursing teams collaborated to create a beautiful and engaging activity day, focusing on providing joy and stimulation for the residents. The event featured a variety of activities, including:

- **Ball games:** Fun and interactive games to promote physical activity and cognitive engagement.
- **Muffin icing:** A hands-on activity that allowed residents to express their creativity and enjoy a delicious treat.
- **Hand printing:** A meaningful activity where residents' handprints were framed alongside their pictures and names to create a cherished memory board.

"By organising such events, we aim to enhance the quality of life for individuals living with dementia and create lasting memories," says Thembalami occupational therapist Tsakani Shihlomule.



Season's greetings to the Thembalami family

On behalf of the management team at Thembalami and Max Ordman Deaf Association care centres, we extend our warmest wishes for a joyous Christmas and a happy Hanukkah. May this festive season be filled with love, laughter, and peace.

Our sincere gratitude goes to our valued residents and their families for choosing us as their home away from home. Your spirit of community enriches our lives and makes our work truly meaningful.

To our dedicated staff, we commend you for your unwavering commitment and for always going the extra mile. Your compassion, hard work and dedication make a significant difference in the lives of our residents.

As we look forward to a new year, we are filled with hope and optimism. May 2025 be a year of blessings, purpose and connection. We are committed to continuing to provide the highest quality care and support to our residents, and we look forward to building on the strong foundation we have established together. Wishing you all a blessed holiday season and a prosperous New Year.

DEC BIRTHDAYS

Residents:

7	Jennifer Becker (80)
8	Patricia Mokoena (71)
9	Cathy Turpin (77)
11	Jane Schwikkard (76)
12	Mario Agostinho (62)
12	Inge Karle (90)
12	Basil McIntyre (77)
14	Ethle Cohen (82)
14	Albert Le Roux (88)
14	Ben Matthee (87)
16	Lena Blom (84)
19	Barry Waldeck (67)
24	Nancy Mazibuko (78)
25	Gertrude Xabanisa (93)
27	Sarah Richards (95)
29	Heather Abrams (75)
30	Maureen Henstock (84)

Staff:

1	Gloria Rachabedi
2	Monica Ndaba
2	Nelson Mkansi
3	Elizabeth Seoloane
13	Andiswa Ngwenya
13	Bongiwe Mkhize
16	Milicent Mokoena
24	Sylvia Ramme
28	Henrietta Malemelo
31	Albertina Mdewuka

FONDLY REMEMBERED:

Eileen Downs

WELCOME:

Martha Robinson
Margaret McCartney

DECEMBER EVENTS

December 11

■ Christmas songs with Roy and Christmas presents from Thornhill Manor.

December 18

■ Birthday bash

December 19

■ Residents' Christmas lunch

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

**We are always the
same age inside**

- Gertrude Stein

Less mobile residents get out and about

Thembalami Care Centre's recreation department has launched a new initiative to enhance the quality of life for residents experiencing mobility challenges.

These time-out sessions are designed to provide residents with opportunities to engage in social activities and enjoy outings, even if they are unable to shop independently.

On November 8, residents Carol Schneider and Inge Karle were treated to a special outing, accompanied by Thembalami occupational therapist (OT) Tsakani Shihlomule and assistant Shirley Sibeko

Carol indulged in a beauty session at Dis-Chem Pharmacy while Inge happily browsed at Pick n Pay and Dis-Chem. The four ladies then enjoyed a snack at Spur.

"These time-out sessions are invaluable for our residents," says Tsakani. "They provide a much-needed break from their daily routines and allow them to socialise, have fun, and feel valued."

Thembalami Care Centre is committed to providing comprehensive care and support to its residents. By organising these time-out sessions, the centre aims to foster a sense of community, promote mental well-being, and enrich the lives of its residents.



Thembalami's Shirley Sibeko, recreational assistant, with residents Inge Karle and Carol Schneider, occupational therapist Tsakani Shihlomule, and a Spur employee.



Vicky Keenan, Thornhill Manor social worker Karen Griessel and Thembalami occupational therapist Tsakani Shihlomule with items designed to enhance the quality of life for Thembalami residents.

Fidget items help soothe restless hands

Thembalami Care Centre residents living with dementia received a thoughtful gift from Thornhill Manor Retirement Village. Vicky Keenan, a Thornhill resident and qualified occupational therapist, created soothing fidget cushions and blankets to enhance the residents' well-being.

In addition, a bag of materials was donated, enabling residents to make their own fidget items.

"The fidget cushions and blankets are more than just physical objects; they are tools that can help soothe anxiety, reduce restlessness and provide sensory stimulation. We are excited to see the positive

impact they will have on our residents," says Thembalami manager Esme van der Walt.

Fidget cushions and blankets are simple yet powerful tools that can improve the quality of life for those with dementia. Crafted from various textures and materials, including zippers, buttons, ribbons, silk and bells, these items offer sensory stimulation that helps soothe and engage.

Thornhill Manor extended a heartfelt thanks to Carol Foulis and the 'knit and knatter' group for their donations of soft toys, as well as resident Sylvia Sinclair, who hand-crafted teddy bears.

Happy birthday, November babies

Thembalami Care Centre and the Max Ordman Deaf Association hosted a joyous birthday bash on November 20 to honour all residents and staff members celebrating their birthdays in November.

The festive occasion was filled with entertainment, delicious food, and warm camaraderie. Popular entertainer Roy Edwards graced the event with his musical talents, captivating the audience with his singing. Residents and staff alike were seen dancing and enjoying the vibrant atmosphere.

To commemorate the special day, each birthday 'boy and girl' received a thoughtful gift. The following individuals were celebrated:

Residents:

Jeanne Donald (94)
Kevan Harris (78)
Alice Jardim (81)
Nokwazi Mthembu (74)
Robert Webster (83)
Maureen Wigoder (89)
Lydia Batchelor (77)
Averil De la Rey (85)

Staff:

Lovedelia Mahafa
Lungile Hlongwane
Rallie Khowana
Esme van der Walt
Sonia Masekwa
Webster.

More pics
on the Rand
Aid Facebook
page



ABOVE:
Naura
Mcleroy,
Ntombi Bu-
thelezi and
Maureen
Henstock.

LEFT:
Maureen
Wigoder.

RIGHT:
Victoria
Mphakgo.



November birthday celebrants: Maureen Wigoder, Nokwazi Mthembu, Averil de la Rey, Kevin Harris and Robert Webster.