

THEMBALAMI & MODA

CARE CENTRE



Place of hope

MAY 2025

Smiles across generations

Photo: Thembalami and MODA residents bond with Johannesburg Junior Council members.



What happens when the energy of youth combines with the life experience of older people? A mutually beneficial exchange unfolds as curiosity meets wisdom.

"Intergenerational connections can spark joy and a renewed sense of purpose for both age groups," says Elize Raath, Thembalami Care Centre's deputy manager. "The youthful vitality can be infectious, bringing smiles and a sense of lightness to the older generation, while the stories and insights shared by seniors can offer invaluable perspectives and a deeper understanding of life's journey for the young."

Members of the Johannesburg Junior Council's sports and recreation committee organised a visit to the Thembalami Care Centre and Max Ordman Deaf Association (MODA) on April 13 and left feeling inspired by the 'residents' stories and wisdom', says committee chairperson Ben Gorton.

"Our goal was to host a smaller event where the focus was on giving our time. So as a committee, we thought a visit to a care centre for older persons was a perfect fit," says Ben. "We spent a wonderful morning playing bingo and sharing tea with the residents. It was an enriching experience, filled with laughter and meaningful connections."

Thembalami resident Heather Abrams says they loved the time they spent with the junior councillors. Five games of bingo were played, with a break for tea and treats after the first three games. "We had to teach them how to play, which was all part of the fun. It was great mixing with those lovely, intelligent young people."

Babalwa Gadala, one of the care centre's recreation assistants, says the residents who won a game beamed with joy at receiving thoughtful prizes of toiletries.

"Our residents' hearts were warmed and they were reminded that their generation is cherished."



EASTER CRAFT FUN: Cecilia Röttcher, a Max Ordman Deaf Association resident, enjoyed a happy and creative morning ahead of the Easter long weekend. Turn to pg 3 for more.

MAY BIRTHDAYS

Residents:

May 02	Mavis Knight	86
May 05	Peter Fraser	73
May 06	Robyn Patmore	68
May 11	Jennifer Raath	71
May 12	Patrick Mahlelehele	74
May 13	Audrey Sandwell	81
May 23	Willem Skinner	82

Staff:

May 05	Alice Thibakhoana
May 06	Mokgere Malebane
May 13	Nandipa Dambuza
May 24	Teboho Lekhoaba
May 25	Jane Mokoena
May 27	Phillemon Bobotyana

SNIPPETS

WELCOME TO:

Hilda Pienaar

REST IN PEACE:

Cornelius Vermeulen

UPCOMING EVENTS:

The monthly birthday bash is on May 21. See you there!

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, contact her at:

Email: evanderwalt@randaid.co.za

Phone: 010 534 8771

LEAVE A LEGACY of compassion and hope by including us in your will, ensuring continued care for those in need.

Should you wish to make a once-off or regular donation, see details below:

MODA

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

Thembalami Care Centre

c/o Rand Aid Association
Standard Bank, Greenstone
Branch code: 051001
Acc no: 001788701
Reference: TH Supts Fund

RIGHT: Sidney le Sueur (MODA).

FAR RIGHT: Thembalami resident Sarah Richards enjoys the party.

Happy memories evoked at sing-along

Residents of Thembalami Care Centre and the Max Ordman Deaf Association (MODA) joined in the fun at a lively sing-along event hosted by Thornhill Manor retirement village's Happy Chatters occupational therapy group on April 14 – and they truly benefited from the joyful atmosphere.

Elize Raath, deputy manager of Thembalami, says their residents thoroughly enjoyed the outing, the tasty treats, and especially the sing-along.

"These kinds of social connections help to boost mental and emotional well-being," says Thornhill Manor's social worker, Karen Griessel.

The Happy Chatters group is run by Thornhill Manor resident and retired occupational therapist Vicky Keenan. The group meets every Monday for games, movement and walking to keep their minds and bodies active.

Entertainment was provided by Thornhill Manor residents Gavin Standing and Brian Burls. They performed old favourites that sparked memories and had everyone tapping their feet. A slideshow of pictures played before each song, encouraging the group to guess what would be sung next and adding some friendly competition to the fun.

Karen says music helps with memo-



Back: Peggy Kupa and Shirley Sibeko (Thembalami Care Centre staff members). **Front:** MODA residents Cathy Turpin and Cecilia Röttcher.

ry, creativity and emotional expression. "Singing releases hormones that boost happiness and lower stress. It's a natural way to improve mental well-being."

After the singing, everyone mingled over tea and cookies, and Vicky added a festive touch by handing out Easter eggs.

The shared joy and connection made the day truly special for all, especially the visiting Thembalami residents.

WHAT'S A PARTY WITHOUT MUSIC?

The party started in earnest once entertainer Wayne Wilmot loosened the staff members' feet, and they started dancing.

This is what Thembalami Care Centre and Max Ordman Deaf Association (MODA) deputy manager Elize Raath says about the monthly April birthday bash held on April 17.

"He even played Kurt Darren's Loslappie, which is Matron Paulina Namo's favourite and got her up and dancing," says Elize.

The birthdays of 10 Thembalami and five MODA residents were celebrated. The oldest Thembalami resident with a birthday in April was Doreen Calder, who celebrated her 99th birthday on April 6. The youngest resident was Themba Dladla, who shares Doreen's birthday but turned 66. MODA resident Rina Meyers turned 94 on April 15 and was fortunate to have her daughter visit from Cape Town. She was the oldest MODA resident whose birthday was celebrated at the event. Hansie Griessel, who turned 76 on April 9, was the youngest.





Lidia Elliott (MODA) and staff member Shirley Sibeko.



Regina Ratshosana with her Easter project.

Easter weekend cracks off with colourful crafts

Residents at Thembalami Care Centre and the Max Ordman Deaf Association (MODA) embraced the Easter spirit with a delightful crafting session on April 17, just before the Easter long weekend.

The event saw enthusiastic participation as residents put their creative skills to the test, decorating Easter-themed drawings with a variety of craft materials for a chance to win a prize.

The MODA residents had a 09:00 start, followed by the Thembalami residents two hours later. Both groups enjoyed a traditional tea. The session

concluded with a sweet Easter treat for everyone.

Tsakani Shihlomule, the occupational therapist at Thembalami, says it was very therapeutic for most residents who put their full attention into their crafts. She thanked the nursing staff for their invaluable assistance in supporting residents with hand function challenges.

The event fostered positive interactions among the residents, and the 10 best pictures were recognised.

"The residents found joy in this simple activity and took pride in their creative achievements," says Tsakani.



Allan Wasserfall and Donald Cochran get crafty.



Ethle Cohen.

BEST WISHES TO PHYLLIS IN HER NEW HOME

Thembalami Care Centre bid a fond farewell to beloved resident Phyllis Carrick at the end of April. At 100 years old, Phyllis will be leaving us to relocate to Howick with her son, Gavin, and daughter-in-law, Margie.

Phyllis will be moving into the frail care centre of the retirement village

where Gavin and Margie live.

Phyllis would have celebrated her 101st birthday with us on June 22, and while we're sad to see her go, we are grateful for the time we've shared.

We wish Phyllis, Gavin, and Margie all the very best in this new chapter. Phyllis, you will be dearly missed!

Meet: Resident Freddy Buytendag

My name is Freddy Buytendag, and I am 58 years old, making me both the longest living resident and the youngest within Wedge and Thembalami. I have been a Rand Aid resident for 28 years.

My birthday is on December 20. I have three brothers and a sister, and I'm the middle child.

I left school in Std 8 and did a formal apprenticeship and training in electronics on business machines, specifically on photocopier machines. After my training, I worked for Canon, and this was the only company I worked for. I never married or had any children, but I had many girlfriends.

On the night of my 28th birthday, I was involved in a huge motor vehicle accident that would change my life forever. I was in the ICU for seven months and almost did not make it. With assistance from my family Rand Aid Association has provided me with a home since January 17, 1997. I was initially accommodated at the Old Wedge Gardens and thereafter transferred to Thembalami Care Centre.

During my primary school years, I was a sports fanatic and received provincial colours in wrestling. I also received many medals in other sports. I love music and enjoy singing, although my voice is not the best. If I make the staff angry, I will sing Jesus loves me, yes I know to soften their hearts again. What I am well known for now is the fact that I love to smoke all the time. The doctor told me that smoking is not good for my health, but I can't help it that I love it so much.

The year before my motor vehicle accident, I went to America for a year and even travelled to Mexico and other countries.



Freddy Buytendag with Matron Paulina Namo, Esme van der Walt, Elize Raath and Lara Hurwitz.

Musical duo brings joy to monthly family day

"Come join your loved ones at our casual family day gatherings," is the invitation from Esme van der Walt, the manager of Thembalami Care Centre and the Max Ordman Deaf Association.

Family days are held regularly and provide a social atmosphere for friends and family of residents to spend quality time with them. A light meal and cool drinks, tea, coffee and cake are on sale. The gatherings are either held in the dining room or outside in the lapa, depending on the weather.

The April family day was held on the 12th. Curry and rice was on the menu, with ice cream and cake for those with a sweet tooth.

Music by Ian Nel and Berenice Crause, who play the guitar and piano respectively, created a soothing backdrop to the chatter of people catching up with each other. The duo regularly play for older people and people living with a disability, saying that the pleasure their gift brings to people is all the reward they need.

"It was heartwarming to see families coming together. My wish is to grow the event and have more people visiting our residents on family days," says Esme.

She says the staff deserve a special thanks for the work they put into creating an inviting atmosphere for the visitors and their loved ones.

■ Ian and Berenice offer their services free of charge for the elderly, frail and disabled. They play background music for lunches, dinners or special occasions, with their repertoire including popular songs, hymns and folk music of yesteryear. Please contact Ian on 079 011 0837 for bookings.



Merle Townsend (resident), Shirley Sibeko (OT assistant), Louise Weyerman-Noble (family member), Surprise Mathole (social auxiliary student), Asiene Makhado (accounts clerk) and Jane Mogwale (housekeeper).



ABOVE: Resident Jo-Ann Weyerman-Noble with daughter and grandson, Louise and James Weyerman-Noble.

RIGHT, ABOVE: Coenraad Steenkamer with Donna Burgess and Donna's mom Delyse Burgess.

FAR RIGHT: Entertainers who care... Ian Nel and Berenice Crause.

RIGHT: MODA resident Cecilia Röttcher (centre) with her sister, Susan de Beer, and Micah van Rooyen.

