

THEMBALAMI & MODA

CARE CENTRE



Place of hope

SEPT 2025

Therapy meets togetherness

Laughter rang out as Thembalami residents, joined by friends from the Max Ordman Deaf Association (MODA), enjoyed a day of sunshine, games and good company at Thornhill Manor on August 25.

The outdoor occupational therapy (OT) session gave residents the chance to test their skills in croquet and other activities, all while strengthening mobility, boosting memory and creating moments of connection that left everyone smiling.

The programme was led by Thembalami occupational therapist Tsakani Shihlomule and her OT team, alongside Thornhill Manor's resident OT guru, Vicky Keenan, a retired qualified occupational therapist who runs Thornhill Manor's Happy Chatters OT group.

Participants enjoyed a spread of snacks between rounds.

"This was a truly joyful occasion," said Karen Griessel, Thornhill Manor's social worker. "It's always special when former Thornhill residents who now live at Thembalami can come back to visit old friends."

"What a wonderful day of outdoor fun!" added Thembalami manager, Esme van der Walt. "It was heartwarming to see residents laughing, cheering one another on and rediscovering abilities they might not use every day. These activities may seem simple, but they bring enormous value. They encourage movement, lift moods and remind residents that they are part of a caring and vibrant community. Days like this show that therapy doesn't have to feel like therapy – it can be joyful, social and deeply meaningful."



Maureen Otnes Thornhill and Hansie Griessel, who is a MODA resident.

2 HIP HIP HOORAY



3 MEET VIOLET, THE NEW NURSING SERVICES MANAGER



SEPT BIRTHDAYS

Residents:

06/09 – Nellie Green	85
07/09 – Amanda Brown	85
07/09 – Rodney Sheahan	89
10/09 – Michael McGurk	82
20/09 – Muriel Erdis	92
23/09 – Mary Mathurine	82
26/09 – Mona Knodell	100
28/09 – Tony Peters	76
29/09 – Anna Le Roux	87
29/09 – Errol Townsend	88

Staff:

01/09 – Matapelo Tshehla
07/09 – Pertunia Makgabo
09/09 – Dipuo Lekalakala
10/09 – Nosipho Ndlovu
11/09 – Judith Mphela
15/09 – Olga Nyathi
19/09 – Pretty Malope
21/09 – Baby Matlala
24/09 – Ntombi Buthelezi
26/09 – Lerato Tsolo

WELCOME TO:

Barry Nortje
Pauline Jaros
Malcom Jaros
Deirdre Helling
Josephine Bayliss

REST IN PEACE:

Sarah Richards
Maureen Ruckebier
Mapula Silinda
Sydelle Ball

DONATIONS

We welcome donations and fundraising ideas. To discuss your ideas with Thembalami manager Esme van der Walt, call her at 010 534 8771 or send her an email at evanderwalt@randaid.co.za

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

■ Leave a legacy of hope by including us in your will, supporting ongoing care for those in need.



Tina Tufegdzc (Thembalami's previous housemother) with Mariana Venter.



Jane Mogwale (housemother) and Cathy Turpin.

August babies celebrated at monthly birthday bash

As usual, song and dance added to the festivities of Thembalami Care Centre's monthly birthday bash held on August 20. The group celebration saw 11 staff members and 11 residents born in August honoured.

Getting feet tapping was Pastor Ray Edwards, who is a regular and much-loved entertainer at the care centre.

Three residents turned 90 or older – including Rachel Lasker, who turned 97 on August 17, and Joey de Souza, who turned 96 on August 1. Four residents turned 80-something, and three turned 70-something, with the youngest person whose birthday was celebrated turning 61.



Hugh Hutton.



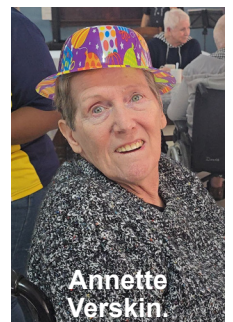
Frederick Konig.



Coenraad Steenkamer.



Joey de Souza.



Annette Verskin.

Seasoned nurse takes the helm

Violet Ngobeni is the new nursing services manager at Thembalami Care Centre, following the retirement of long-serving matron Paulina Namoto.

Violet joined Rand Aid Association in 2023, working as a charge professional nurse at the Max Ordman Deaf Association, which forms part of the Thembalami complex.

"I was mentored by Paulina. We worked very hard together to make sure we give quality care to our residents," she says. "Thembalami is a good fit for me. In my final years of nursing, I want to contribute meaningfully and impact the lives of our residents."

Her career in nursing spans nearly three decades. She first trained as an auxiliary nurse in the late 1990s, later qualifying as an enrolled nurse before completing her nursing diploma. Along the way, she gained experience at Lydenburg Hospital and Rob Ferreira Hospital in Mbombela.

She went on to join the Mediclinic Group, where she became a shift leader in the trauma unit. Colleagues and patients remember her as the nurse who would draw blood from the same site where she had inserted a drip. "I didn't want my patients to be



Violet Ngobeni, the new nursing services manager at Thembalami Care Centre.

pricked twice. Babies and immunocompromised people are especially challenging when it comes to finding veins," she explains.

Her reputation for skill and care impressed pathology companies that worked alongside her in the trauma unit, and she accepted a post with Ampath, working as a night shift sis-

ter. When her family relocated to Johannesburg in 2015, she continued with Ampath, running a one-person depot in Parkwood.

In 2019, Violet began working with a doctor in Linksfield and even started her own practice, managing a team of call-out nurses.

Sadly, the venture did not survive the Covid-19 pandemic. Ampath approached her again, and she returned to the company, first as a call-out sister and later in a permanent role.

By 2023, however, Violet felt the pull back to direct patient care. "I realised that the pledge I made as a nurse was not being fulfilled. I was missing bedside nursing – giving that therapeutic touch to my patients is the most crucial part of nursing," she says.

Now leading the nursing team at Thembalami, Violet has a clear vision: "We need to cultivate a spirit of trust and understanding, and make Thembalami a happy place for everyone who calls it home – and for everyone who works here."

Violet is married, has two sons and a daughter, and is a proud grandmother to a young grandson.



Dorah Mapekula and student Dineo Mabatlane.



Tsakani Shihlomule and Maureen Henstock.



Gertrude Xabanisa enjoys a foot soak.

SPA DAY SPOILS

In honour of Women's Month, the residents of Thembalami Care Centre's Ibis wing enjoyed some tender loving care on August 21. Hands were massaged, and manicures and pedicures were given, leaving the residents feeling both pampered and groomed.

The initiative was the brainchild of the occupational therapy team.

Three volunteers were warmly embraced by the Thembalami community as they joined in the pampering session. Retired teacher Khosi Msimang, along with second-year social work students Dineo Mabatlane and Nabo Msiza, helped ensure that the residents felt truly cared for and celebrated during the special occasion.



Lights, camera, action... It was movie day at Thembalami Care Centre on August 15. The Women's Day celebration saw the Julia Roberts movie Eat, Pray, Love being screened and residents enjoying popcorn. Wrapping up an enjoyable morning was a lunch of braai meat, salad and rolls. "The ladies had a fun time," says Thembalami deputy manager Elize Raath. Pictured is Merle Townsend.