

THEMBALAMI & MODA

CARE CENTRE



Place of hope

OCT 2025

Beloved Mona passes away days after 100th birthday

Mona Knodell, a beloved resident of Thembalami Care Centre, passed away on September 30, days after turning 100 on September 26.

Born in East London to Dora Marsden, Mona was one of five siblings. She spent her childhood between East London and Amanzimtoti, Kwa-Zulu-Natal – an area that would later become her retirement home.

Mona married John Edward 'Jack' Knodell, and together they raised three children: Alan, Linda, and Terrence. When the children were young, the family moved to Chingola, Northern Rhodesia (now Zambia), where Jack worked in the copper mines.

They often travelled back to South Africa to visit family, sharing stories of exciting but challenging train journeys.

Returning to Johannesburg for their children's high school years, Mona worked for over 20 years as a secretary at AECL, supporting chemical engineers and forming close bonds with colleagues. The family later lived in Rembrandt Park, hosting regular weekend gatherings filled with swimming, laughter and family fun.

In retirement, Mona and Jack moved to Doonside near Amanzimtoti, cherishing memories of holidays spent in the area. They enjoyed over 40 happy years of marriage before Jack's passing at the age of 67. Mona endured further heartbreak in recent years with the loss of her children: Terrence in 2018, Alan in 2023, and Linda in August 2024.

Despite these losses, Mona remained surrounded by family and love, living near her grandchildren, Dylan Watling and Leigh Nooy, and taking pride in her 10 great-grand-



Mona Knodell (100) and grandchildren Dylan Watling (left) and Leigh Nooy (right) with Thembalami manager and deputy manager Esme van der Walt and Elize Raath.

children. Her granddaughter Leigh reflects: "She lived an incredibly full life that spanned over a century. She had so many joyful and interesting experiences, and even with the heartache of recent years, she remained such a consistent and loved part of our family."

Mona's life was rich with passions and simple pleasures. She always loved singing, particularly classical music and golden oldies from the 1940s to 1960s, and she proudly performed in Eisteddfod competitions.

Faith, family and joy were always central to Mona's life. She once described her happiest moments as outings with her children and grandchildren, and expressed gratitude to her Heavenly Father for a long and fulfilling life.

Thembalami manager Esme van der Walt expressed her deepest sympathies to Mona's loved ones. "She was a wonderful woman and we were honoured to have celebrated her milestone birthday with her."

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**WALK WITH
A PURPOSE**



4

**OH MY HAT! COLOURFUL
SPRING DAY CELEBRATION**



OCT BIRTHDAYS

Residents:

02 – Josephine Jagals (71)
 02 – Daphne Paetzold (96)
 03 – Deirdre Heling (78)
 03 – Donald Cochrane (85)
 11 – Gail Lester (77)
 13 – Peter Fraser (84)
 17 – Brian Crosley (78)
 22 – Delyse Burgess (84)
 23 – James Wight (83)
 27 – Josephine Bayliss (82)

Staff:

03 – Tereza Ngulele
 03 – Mpolokeng Khoalibane
 09 – Precious Malema
 10 – Benedicta Ngubane
 10 – Mmapula Makau
 12 – Precious Mahafha
 24 – Membry Ngobeni

WELCOME TO:

Josephine Bayliss
 Rebecca Sithole
 Sizakele Lelaka

REST IN PEACE:

Nolan Raath
 Edward van Dyk
 Marion Oliphant

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.

“Growing old is not a disease, it is a triumph.”

- Maggie Kuhn



Muriel Erdis is being pushed by Nellie Dlamini.



Elizabeth Andrews with Nellie Dlamini.



Spring walk brings joy and awareness to residents

A gentle walk in beautiful spring surroundings, followed by ice cream as a treat, made Thornhill Manor's memory care awareness walk a highlight of the month for residents of Thembalami Care Centre.

The residents were invited by Thornhill Manor's Happy Chatters occupational therapy group to join the event on September 22, held in honour of World Alzheimer's Month, commemorated globally each September.

“The exercise was good for the residents' minds, souls and bodies,” says Thembalami occupational therapist Tsakani Shihlomule.

To accommodate varying levels of mobility, participants could choose between a shorter 68m route or a longer 1.8km walk. Afterwards, everyone gathered in the village park to enjoy ice cream and friendly conversation.



ABOVE:
Pauline and Malcolm Jaros.

LEFT:
Hansie Griessel (MODA).

Listening and respect transform lives of older persons

Small acts of attention – from listening to a life story to sharing a daily chat – can make a profound difference in the lives of older adults.

That's the message from Lara Swanepoel, social worker at Thembalami Care Centre and the Max Ordman Deaf Association, in recognition of International Day of Older Persons on 1 October.

Lara emphasised that being seen, heard and valued lies at the heart of quality care. She recalled how one new resident, fearful after mistreatment at a previous facility, slowly regained confidence through patience, respect and open communication. “Over time, she not only built strong relationships but also began welcoming new residents,” Lara said. “Despite getting older, she blossomed – becoming more self-assured and a positive influence on those around her.”



BIRTHDAY JOY

Thembalami Care Centre and the Max Ordman Deaf Association (MODA) birthday bash was held on September 17. With her 100th birthday on September 26, Mona Knodell is the oldest resident with a birthday in the month of spring, while Tony Peters (September 28) is the youngest. As always, there was plenty of dancing to the lively music – this month courtesy of guest entertainer Ruan Tennant. Tea or coffee and cake were served. Pictured are some of the people whose September birthdays were celebrated, and the age they turned: Tony Peters (76), Errol Townsend (88), Amana-da Brown (85), Rodney Sheahan (89), Muriel Erdis (92) and Nellie Green (85).

Silent walk encourage support for deaf people

Learners and adults walked in quiet camaraderie at Unisa's 5 km Silent Walk on September 16, raising awareness of the communication barriers faced by deaf and hard-of-hearing individuals.

Among the participants at the Muckleneuk campus was a delegation from the Max Ordman Deaf Association (MODA) and residents and staff from Thembalami Care centre, who joined learners and educators from seven Gauteng schools for the deaf.

Activities included hearing health screenings, a 'learning to sign' competition and silent aerobics.

"Highlights of the day were sign singing by learners and three dance performances by the Transoranje School for the Deaf," says Elize Raath, deputy manager of Thembalami Care Centre and MODA.

"The vibey music was wonderful, and the deaf students and our residents could follow the words," she adds.



Jerry Mofokeng (Thembalami/MODA groundsman), Sydney le Sueur (first MODA resident to finish), Barry Waldeck (MODA resident) and Thanyani Nevani (driver).

Shaun White (MODA resident) with his medallion for completing the 5km walk.



Heritage happiness as seniors and juniors mingle

Residents of Thembalami Care Centre and the Max Ordman Deaf Association (MODA) joined a vibrant heritage celebration hosted at the Edenvale Community Centre on September 15.

Organised by the Johannesburg Mini and Junior Council, the event was a heartwarming experience that brought different generations together to share in stories, laughter and tradition.

The celebration featured traditional music, dance and food, creating a festive atmosphere that highlighted the rich cultural heritage of the

community. "It was especially meaningful to see young people engaging with older generations, learning about their customs and appreciating the contributions they have made over the years.

"The residents enjoyed themselves and were spoiled with warm blankets and treats like sweets and snacks. It was a lovely outing," said Thembalami's occupational therapy assistant, Peggy Kupa.

The Johannesburg Mini and Junior Council encourages learners to make

a difference in their communities by getting involved in projects that support children, animals and the elderly. Events like this showcase the power of such intergenerational connections and the value of celebrating South Africa's diverse heritage together.

Esme van der Walt, the Thembalami/MODA manager, says they appreciated the invitation by Avril Rebeck, the CEO of the Johannesburg Mini and Junior Council. "She has a special place in her heart for Thembalami and MODA."

Spring celebrated with joy at Thembalami and MODA

Residents of Thembalami Care Centre and the Max Ordman Deaf Association (MODA) welcomed the new season on Monday, September 1, with a cheerful spring breakfast held in the dining hall.

The event featured a buffet spread, which everyone en-

joyed before heading outdoors to soak up the sunshine on a perfect spring morning – and pose for photos that capture the joy of the day. In preparation for the day, residents had created their own colourful spring hats, which they proudly wore throughout the celebrations.



Philippe Michailidis-Coutoupes, Elizabeth Walton and Maureen Wigoder (seated, front left) with other residents at the spring breakfast.



Enjoying the sunshine are MODA residents Hansie Griessel and Jane Schwickard (in the front), with other Thembalami and MODA residents behind them.



Spring day fun! In the front are Johannes Naude, Elizabeth Andrews, Ethle Cohen and Cecilia Röttcher (MODA).



Wearing their spring day hats are Patrick Mahlelele, Kevan Harris and Audrey Sandwell.



MODA residents Annette Verskin, Cecilia Röttcher and Lesley Nuyten.



Errol Townsend, Shirley Sibeko and Merle Townsend.

FOOD AND FUN AT FAMILY DAY

Albert Einstein once said: "Rejoice with your family in the beautiful land of life."

That spirit of togetherness is at the heart of Thembalami Care Centre and the Max Ordman Deaf Association's family days, held every two months.

"We love it when friends and family pop in for surprise visits – it is always a joyous occasion for our residents," says Thembalami manager Esme van der Walt. "But our family days are a festive celebration of love. We gather outdoors in good weather, or indoors if needed, enjoy a light meal, play music and watch as conversations flow."

The most recent event, held on August 30, was filled with smiles and laughter as residents and their loved ones shared quality time. Guests enjoyed hamburgers with chips, tea, coffee, and a tempting selection of cakes.

The next family day will take place in October, with details to be emailed to family members.



Johannes Naude and daughter-in-law Sanet Naude.



Betty Nieuwoudt with her son Herman, his wife Annika and grandchildren Aiden, Leo and Alexander.