

THEMBALAMI & MODA

CARE CENTRE



Place of hope

NOV 2025

Bridging generations with heritage and joy

A vibrant celebration of heritage and community unfolded at the Thembalami Care Centre and the Max Ordman Deaf Association (MODA) on September 28, thanks to a collaborative visit from the charity organisation Beacon of Hope and students from Eden Schools.

Thembalami manager Esme van der Walt and social worker Lara Swanepoel chatted to the Eden learners about ageing and elder abuse to highlight the challenges faced by older persons and address how they can be better supported.

A highlight of the heritage-themed day was a screening of a documentary about South Africa and its rich tapestry of traditional dances. This set the stage for a spirited dance competition where Thembalami and MODA staff members enthusiastically showed off their moves in a bid to win a coveted floating trophy. In a dazzling display of rhythm, the Ibis wing dancers clinched the first-place spot, with the talented team from MODA taking a close second. The visiting students and volunteers also contributed to the festive atmosphere by performing their own traditional dances.

The day's activities were more than just a cultural showcase; they were a heartfelt effort to connect with and celebrate the residents. "The students, staff and residents had fun while bridging the age gap," says Tsakani Shihlomule, Thembalami's occupational therapist. "It was wonderful to see everyone interact and share in the joy of the day."

Following the main events, staff members were treated to a special meal of traditional South African dishes.



MODA and Thembalami Care Centre staff members show off their dance moves.

It was wonderful to see everyone interact and share in the joy of the day.



ABOVE: Julius Koen and an Eden student.

RIGHT: Cathy Turpin and Eden students.



3

SIZZLING FUN AT FAMILY DAY BRAAI



4

BIRTHDAY BASH GETS FEET TAPPING



NOV BIRTHDAYS

Residents:

04 – Martha Robinson	94
11 – Alice Jardim	82
11 – Kevan Harris	79
12 – Nokwasi Mthembu	75
15 – Rob Webster	84
19 – Maureen Wigoder	90
22 – Maria van der Westhuizen	78
25 – Lydia Batchelor	78

Staff:

04 – Lovedelia Mahafha
06 – Lungile Hlongwane
11 – Rallie Khowana
12 – Esme van der Walt

WELCOME TO:

Minnie Son
Jaqueline Stringer
Erzebet Tamasi

REST IN PEACE:

Elizabeth Walton
Louise Cooper (MODA)

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.



Residents and staff members: Sizakele Lelaka, Thandeka Sithole, Rebecca Sithole, Yvonne Mudau and Minnie Son.

Kind-hearted knitter crafts huggable moments for residents

Teddy bears were made to be hugged – as a handful of residents recently discovered.

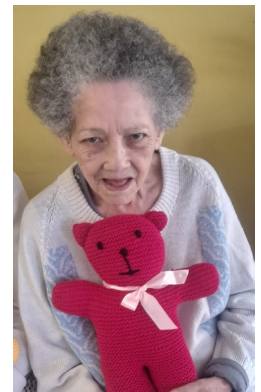
Their hands were full and their hearts even fuller when they were given a teddy that had been lovingly made by Carol Foulis, a long-time member of Thornhill Manor's Knit and Natter group.

Residents from Ron Smith Care Centre and two residents of Thornhill Manor also gratefully received teddies.

Karen Griessel, Thornhill Manor's social worker, said while teddies and soft toys often remind us of childhood, they can also bring joy and comfort to older adults.

"For seniors living alone or in care settings, a soft toy provides companionship and a sense of security. Hugging or holding a teddy is not just nostalgic; it can soothe anxiety, calm nerves and ease restlessness," she says. "The gentle weight and soft texture offer a comforting tactile experience, helping to settle emotions even when words fail."

She says that when used thoughtfully, soft toys provide a simple way to enhance emotional well-being and bring warmth and moments of joy to the lives of older adults, including those living with dementia.



LEFT: Thembalami's Minnie Son with her teddy.

Watch your back: How to ensure your spine stays happy

October 16 was World Spine Day and to highlight the importance of spinal care, Raath & Wright Biokineticists provided insight into how to properly 'watch your back'. Spinal issues have been bothering us for decades, but the solution often lies in the little habits we do day to day.

3 tips for a happy, healthy spine:

Keep moving: Your spine loves mobility! Avoid staying in one position for too long. Take regular walks.

Stretch daily: Regular stretching releases tension and helps decompress your back.

Break these common back-straining habits:

Lifting incorrectly: Always bend from your knees, not your hips, when picking something up, and keep items close to your body.

Carrying bags on one side: Whether holding your handbag or grocery bag, alternate sides regularly to avoid stressing one side of the spine.

Sleeping in one position: Try changing your sleeping position occasionally to prevent back discomfort.



Resident Jo Bayliss (right) with her son David (to her left), granddaughter Erin and Erin's boyfriend John Kinghorn at the family day. These events are regularly organised to connect loved ones.



John and Jenny Fraser (son-in-law and daughter) with resident Doreen Calder.



Resident Aisla Lee with friend Dave Stuart (front, left and right) at a packed table.

Day of connection and community

The smell of braai smoke and the hum of cheerful chatter filled the dining hall at Thembalami Care Centre and the Max Ordman Deaf Association (MODA) on Saturday, October 25, as residents and their loved ones gathered for the latest family day – an event that once again proved how deeply these visits are valued.

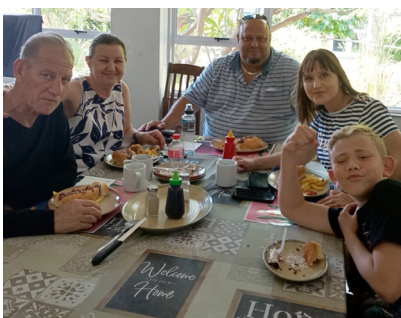
What started as a quiet morning soon turned into a bustling affair. “The day started slow and then, suddenly, families poured in,” said deputy manager Elize Raath. “We had our regulars, but it was wonderful to see new families join too. It seems everyone really enjoyed themselves.”

The family days, hosted regularly, encourage visits from relatives and friends while creating a festive, welcoming space. Guests were treated to boerewors rolls, chips, cakes and refreshments, while laughter and conversation flowed freely.

Elize's son, Fouché Raath, with residents Tony Peters and Barry Waldeck, and family member Russel Weyeremans-Noble, manned the braai – making sure no one went hungry.



ABOVE: The Lelaka family. At the head of the table are resident Sizakele Lelaka and her husband, Malesela.



LEFT: Resident Barry and wife Kitty Nortje with Etienne, Celeste and Sebastian Robinson.



Jo-Ann Weyermans-Noble (resident) with grandson James and daughter Louise Weyermans-Noble.

Manie's music adds magic to birthday bash

South African country, Afrikaans and pop singer Manie Jackson's presence as guest entertainer helped ensure that the birthday bash held at Thembalami Care Centre and the Max Ordman Deaf Association (MODA) on October 17 was a memorable one.

"The residents adored him!" says deputy manager Elize Raath. "He sang old favourites by Tommy Dell, Carike Keuzenkamp and Sally Vaughn. His song, Die Hemel Weet, was a hit, as was the song he ended, which was a stirring rendition of How Great Thou Art, which had a couple of residents in tears."

Elize delivered a celebratory speech in honour of all the residents with birthdays in October. "Today, we celebrate 10 amazing individuals – four in their fabulous 70s and six shining brightly in their 80s!"

The youngest birthday star, at 71, was Jossie Jagals from MODA, whose birthday was on October 2. The eldest, at 85, was Donald Cochrane, whose birthday was on October 3.



Manie Jackson and Alice Jardim.



Willem Skinner and Thandeka Sithole.



Deidre Helling and Peter Faugust.



Hugh Hutton claps along with the music.



Back: Esme van der Walt (manager), Barry Nortje, Manie Jackson (entertainer), Jossie Jagals, Pam Appelgryn (Avbob), Heidi du Plessis (Avbob, Edenvale), Gail Lester and Aubrey Thiwani. Middle: Delyse Burgess, Jo Bayliss, Donald Cochrane, James Wight and Peter Faugust. Front: Minnie Son.

WHAT'S COOKING IN THE KITCHEN?

The kitchen at Thembalami Care Centre and the Max Ordman Deaf Association has become a busy place, following Reef Caterers Health Care Division officially taking over the catering services on October 1.

The change follows the closure of Rand Aid's in-house Cookchill division, with 31 former Cookchill staff now incorporated into Reef.

Residents say they look forward to meals more these days, because the activity from the kitchens and delicious cooking smells get their appetites going. "Residents cannot wait to taste what smells so good," says centre manager Esme van der Walt.

Meals are also freshly prepared at Rand Aid's Ron Smith Care Centre and SANCA Wedge Gardens substance treatment. Each kitchen operates with a supervisor and two teams working in shifts to ensure consistent service.

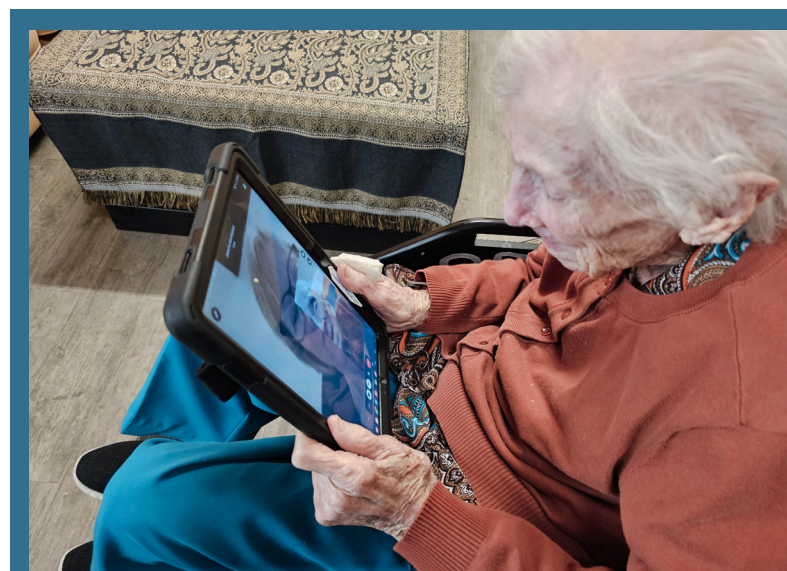


Beula Mabuza, Albertina Mdewuka, Busisiwe Dhladhla, Jane Teffo, Meriam Tshikonwane, Ayonah Malele, Hendrietta Malemelo, Lese-di Matlotleng and Queen Moyaha.



ABOVE: Busisiwe Dhladhla, Agreement Khoza, Ayonah Malele, Busi Binda, Aletta Mnisi and Zanele Marufane.

LEFT: Busi Binda and Aletta Mnisi help prepare a vast pot of soup for dinner in the Thembalami Care Centre and Max Ordman Deaf Association kitchen.



Distance is no match for love!

Thembalami resident Joan Keylock (97) connects weekly with her daughters, who live all the way in Canada and New Zealand. Thanks to technology and the caring staff always on hand to assist, families are helped to stay close. These regular video calls are vital to combatting loneliness and isolation, ensuring residents stay connected to those they love. Thembalami Care Centre caters for 114 elders who require 24-hour nursing care, all within extensive, tranquil grounds that include walking paths, lapas and water features.