

# THEMBALAMI & MODA

## CARE CENTRE



Place of hope

MARCH 2026



# The power of touch

“Touch is the primary language of compassion, love and gratitude – emotions at the heart of trust and co-operation... it is the central medium in which the goodness of one individual can spread to another.”

These words by Dacher Keltner, an American professor of psychology, emphasised the importance of the pampering session held for the residents of Thembalami Care Centre’s Ibis memory care wing on February 23. The session, held outside in the lapa, which is set in the care centre’s beautiful grounds, helped create a calm and relaxing environment. Activities included nail care and hand massages using different fragranced lotions to provide sensory stimulation and promote relaxation.

“Even residents who usually have difficulty sitting for extended periods were able to remain seated and engaged for the duration of the session,” says Tsakani Shihlomule, Thembalami’s occupational therapist. “The sensory input and outdoor setting contributed positively to their participation and overall mood,” she says.

**ABOVE:** Annette Verskin (MODA) shows off her pretty nails. With her is Peggy Kupa.

**RIGHT:** Nellie Dlamini gives Sizakele Lelaka some TLC.



# 2

HEARTS WARMED ON VALENTINE’S DAY



# 4

BIRTHDAY BASH: RESIDENTS GET DANCING



## MARCH BIRTHDAYS

### Residents:

01 – Terence Green	88
04 – Jo-Anne Weyermans-Noble	82
12 – Lyn Cowin	78
12 – Lodewyk Murray	68
14 – Joan Keylock	98
15 – Patricia Maki	86
18 – Stewart Brown	67
24 – Brigitte Stienen	79
26 – Roslyn Cronin	81
26 – Shaun White	70

### Staff:

03 – Thelma Simelane
03 – Asiene Makhado
06 – Dorothy Mogadima
18 – Patricia Okpe
20 – Jane Mogwale
21 – Thokozani Chonco
30 – Elize Raath

### WELCOME TO:

Brigitte Stienen  
Rose van der Westhuizen (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](mailto:evanderwalt@randaid.co.za)

■ Leave a legacy of hope by including us in your will, supporting ongoing 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

**TOP, RIGHT:** Catch... Occupational therapist Tsakani Shihlomule and Gertrude Xabanisa, watched by Coen Steenkamer.

**RIGHT:** Dorah Mapekula with care partner Judith Mphela.

**FAR RIGHT:** Janette Coode manouvres the ball.

# Outdoor games and tea in the garden

Residents from the Ibis memory care wing at Thembalami Care Centre and the Max Ordman Deaf Association (MODA) took part in a fun-filled day of outdoor games on February 6.

Residents with limited physical abilities joined in adapted ball games and activities such as 'feeding the clown', designed to improve mobility, provide extra stimulation and encourage social interaction. Many residents who rarely participate were actively engaged, moving, laughing

and enjoying time with their peers.

The day ended with a relaxing tea in the garden, allowing residents to enjoy the fresh air and sunshine. Being outdoors and taking part in occupational therapy-style games supports physical health, cognitive stimulation and emotional well-being.

"Seeing residents who normally sit on the sidelines participate and enjoy themselves was wonderful," says Tsakani Shihlomule, occupational therapist.





## Musical Valentine's for Thembalami and MODA

Valentine's Day came a little early for residents of Thembalami Care Centre and the Max Ordman Deaf Association (MODA), who marked the occasion on Friday, February 13.

The celebration featured live music from the Colestan duo – Thornhill Manor residents Gavin Standing and Brian Colbert – with residents enthusiastically singing along. In between songs, love poems were read aloud, adding to the festive atmosphere. Those able to stand took to the dance floor, moving to the rhythm and spreading joy throughout the dining hall.

Dressed in red and white, residents enjoyed tea and cake as the room filled with laughter, music and the warmth of the season.

"Seeing our residents engage with the music and each other, singing, dancing, and enjoying the poems, made the day truly special," says Tsakani Shihlomule, occupational therapist.



**TOP, LEFT:** Pretty in red and white... Nokwazi Mthembu, JT Ndou and Minnie Son.

**TOP, RIGHT:** Delyse Burgess.

**ABOVE:** Donald Cochran and Heather Abrams.

## Residents join Thornhill Manor for golden oldies sing-along

Romance wasn't only in the air this Valentine's season – it was in every lyric and melody when residents from Rand Aid's Thornhill Manor Retirement Village, Thembalami Care Centre and the Max Ordman Deaf Association (MODA) came together for a heartwarming sing-along on February 16.

Hosted by Thornhill Manor's Happy Chatters social and occupational therapy group, the Valentine's-themed gathering saw residents from Thembalami join in a morning of love songs, golden oldies and familiar favourites that had toes tapping and smiles shining. The entertainers for the day were village residents Gavin Standing and Brian Burls.



**Thembalami resident Elizabeth Andrews and Liebe Meyer.**

According to Thornhill Manor social worker Karen Griessel, music-based activities such as sing-alongs offer meaningful benefits for older persons, particularly those living with dementia.

"Familiar songs often connect to long-term memories, helping residents recall important moments, relationships and aspects of their identity. Even when recent memory fades, music can awaken recognition and emotional connection," Karen explains.

The occasion was sweetened by an assortment of cakes generously baked by Thornhill Manor residents, while MODA and Thembalami each contributed a prettily decorated Valentine's-themed cake.

## February birthday bash hits the right note

Thembalami Care Centre and the Max Ordman Deaf Association held its monthly birthday on February 18, with entertainer Juan Jacq Oosthuizen's stage personality and voice giving life to the event.

At 91, Alexander Hayes was the oldest of the 'February babies', followed by Shirley Vorster at 88, Eunice de Jager (87), Elizabeth Andrews (85), Kesaletene Mphaga (83), Malcolm Jaros (80) and Cecilia Röttcher (67).

Residents and staff took to the dance floor or tapped away and sang to the music.



Alexander Hayes.



Peggy Kupa and Malcolm Jaros dance up a storm.



ABOVE: Cecilia Röttcher and Kesaletene Mphaga.

RIGHT: Elizabeth Andrews, Eunice de Jager and Cecilia Röttcher.



*"Music has healing power. It has the ability to take people out of themselves for a few hours." – Elton John*