

THEMBALAMI & MODA CARE CENTRE



Place of hope

APRIL 2026

Paws for joy: Therapy dogs bring smiles to Thembalami Care Centre

The residents of Thembalami Care Centre enjoyed a morning of warm companionship on March 11, when a special visit from the Paws 4 U therapy dogs brought a wave of joy.

The therapeutic power of animals was on full display as they engaged with their four-legged visitors, both in communal outdoor areas and during more personal room visits. The gentle nature of the furry visitors ensured that every resident could experience the simple, profound comfort of a dog's company.

These visits are a vital part of the holistic care provided at the centre, as interaction with therapy animals is known to help reduce feelings of loneliness and encourage social engagement among seniors.



ABOVE: Theunis de Bruin and Marianne Venter with Sherrie.

RIGHT: Eunice de Jager enjoys a heartwarming connection with the friendly Chase.

LEFT: Alice Jardim with Chase.



BIRTHDAY BASH:
MUSICAL MAGIC

4



FAMILY DAYS ARE
NOT TO BE MISSED

5

APRIL BIRTHDAYS

Residents:

05 April	Jannette Coode.....	85
06 June	Themba Dladla.....	67
09 April	Hansie Griessel.....	77
12 April	Edward Abrams.....	78
13 April	Dolf Koekemoer.....	76
14 April	Sydney le Sueur.....	76
15 April	Rina Meyers.....	95
17 April	Megan Brooke-Norris....	86
18 April	Tommy Woest.....	77
18 April	Phillipe Michailidis- Coutoupes.....	83
26 April	Barry Nortje.....	73
27 April	Rebecca Sithole.....	77
27 April	Pierre Badenhorst.....	85

Staff:

02 April	Elizabeth Mamabolo
03 April	Jane Msibi
03 April	Tebogo Motheta
05 April	Joyce Nemukula
09 April	Dikeledi Molepo
24 April	Tsakani Shihlomule
30 April	Rumbie Chatikobo

WELCOME TO:

Paulina Maboea

REST IN PEACE:

Doreen Calder
Delyse Burgess

RELOCATED:

Liebe Meyer

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

■ 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



The MODA and Thembalami residents at the adventure golf venue.

Residents swing into mini golf adventure

Max Ordman Deaf Association (MODA) and Thembalami Care Centre residents had a day of fun and laughter on March 9, taking part in a friendly game of putt-putt.

Thanks to the generosity of Adventure Golf at Stoneridge Centre, the residents were given free access to the mini golf courses, making the outing possible.

"The residents thoroughly enjoyed the change of scenery," said Tsakani Shihlomule, occupational therapist at Thembalami. "It was wonderful to see them socialising, relaxing and engaging in a recreational activity together."

The visit provided a refreshing break from routine, with residents spending the day playing, laughing, and interacting in a vibrant outdoor setting.



ABOVE: Tommy Woest lines up his shot, watched by and Theunis de Bruin.

LEFT: Shaun White (MODA) in a relaxed, happy mood.

Church visitors bring food for the soul and tummy

A group from Christian Family Church Welfare, led by Dineo Nkabinde, visited Thembalami Care Centre on March 14.

According to Thembalami occupational therapist Tsakani Shihlomule, the team shared that the visit formed part of their ministry, which focuses on spending meaningful time with the elderly by offering companionship and spiritual support. During their visit, they led devotional activities and sang uplifting songs together with the residents.

"The group also spent valuable one-on-one time with residents and engaged them in a variety of fun and interactive games, creating a warm and lively atmosphere. To make the day even more special, the visitors prepared delicious burgers, snacks and cakes, which were enjoyed during teatime," says Tsakani.



Pulane Motloug with Donald Cochrane.



LEFT: Burgers served with a smile and side order of friendship. Front: Thirugavelli Pillay and Regina Ratshosana. Back: Max Moiloanyane and Pulane Motloug.



RIGHT: Sharol Mahlaba, resident Edward Abrams and Sophia Fungayi share a moment of connection.

Thembalami social workers: Dedication and heart

March 17 marked World Social Work Day, a global occasion to acknowledge the tireless dedication of social workers who touch lives across communities. At the Thembalami and Max Ordman Deaf Association care centres, social workers Elize Raath and Lara Swanepoel shared insights from their rewarding journeys, highlighting the unique impact of working with older adults.

Career of connection and purpose

Elize Raath, a qualified social worker and deputy manager at Thembalami, described her career as 'full of intensity, purpose and deep human connection'.

Her journey began at the University of Pretoria, choosing social work despite her parents' wishes, and led her through roles in the Department of Social Development across Krugersdorp, Randfontein and Eersterus. From children's courts to high courts in Pretoria, Johannesburg, Port Eliz-

abeth and East London, Elize gained diverse experience under high-pressure conditions, finding fulfilment when her recommendations positively impacted lives.

Transitioning to Thembalami marked a shift not only in work environment but in emotional rhythm. "From high-pressure courtrooms to the quieter, more personal environment of caring for older persons – it feels like a return home," she reflects. "Relationships have always been the consistent thread of my career. Although I am now in a managerial position, I will always be a social worker at heart."

Listening and respecting

For Lara Swanepoel, who qualified as a social worker in 2010, the profession was a natural extension of a life-long instinct to connect with people in



Elize Raath and Lara Swanepoel, who were honoured on World Social Work Day, with Surprise Mathole, an auxiliary social worker who has been doing volunteer work at Thembalami, and resident Barry Nortje.

vulnerable moments. "I have always been drawn to people – their stories, struggles and resilience," she says.

Her focus on older adults comes from personal experience and awareness of how often older people are overlooked. "Supporting them goes beyond practical care," Lara explains. "It is about preserving identity, respecting independence and ensuring they feel valued."

Thembalami celebrates oldest resident's 98th birthday

Thembalami Care Centre resident Joan Keylock marked a remarkable milestone on March 14, celebrating her 98th birthday under the lapa in the centre's beautiful gardens.

As the oldest resident at Thembalami, Joan's special day was filled with laughter, family, and fond memories, with around 35 family and friends joining the celebration.

"Mom was born Isabelle Joan Mann in 1928 in Turffontein, Johannesburg, and our family moved to Kempton Park in 1930," said her daughter Belle. "She met Dad, Sarel Johannes (Johnny) Keylock, in 1952, and they married in 1954. They built a wonderful life together and raised four daughters. Mum has always been dedicated to family, from dropping us off at school to sharing tennis and card games with us."

Joan and her husband lived in Vereeniging before moving to their family home in Kew in 1958. Later, they settled in Edenrust Park, Edenvale, and then Tarentaal retirement village. Belle explained, "Mum was very involved with the care group at the village, helping serve teas, set up the chapel for mass, and sending out birthday cards to all the residents. She continued writing cards long after the group had dwindled, right up until 2022."

Happy to call Thembalami home

Joan moved to Thembalami in September 2023, when she felt she could no longer care for herself properly. "We are so grateful to the staff here," Belle said. "They make it possible for us to stay connected, even with daughters living overseas. Jeni flew in from Canada to celebrate, and though Di couldn't make it from New Zealand, we still felt the love from afar."

The birthday celebrations were full of joy and humour, reflecting Joan's own outlook on life. "Mum has the most amazing sense of humour," Belle said. "She always says, 'If you have nothing nice to say, say nothing'. And in her own words about the future: 'Watch this space, I'm here to celebrate my 100th birthday'."



Jo-Ann Weyermans Noble, Peggy Kupa, Joan Keylock (98) and her daughter Belle Rowan.

March birthday joy

Residents and staff at Thembalami Care Centre and the Max Ordman Deaf Association (MODA) enjoyed music and dancing during a lively birthday celebration for 10 residents and seven employees on March 17.

The celebration was organised by care centre manager Esmé van der Walt, who ensured the afternoon was filled with festivity and fun.

One of the birthday celebrants was Joan Keylock, who turned 98 on March 14.

Guests were entertained by Pastor Roy Edwards, whose music and performance kept spirits high throughout the gathering.

"This monthly celebration is about more than birthdays – it is a chance for everyone to connect, share joy and feel part of our community," says Tsakani Shihlomule, Thembalami's occupational therapist.



Roslyn Cronin.



Peggy Kupa, Stuart Brown and Jo-Ann Weyermans-Noble.

Thembalami family day a success, but more families are encouraged to attend

The family days regularly held for residents of the Thembalami Care Centre and Max Ordman Deaf Association offer loved ones the chance to spend time together and enjoy a bite to eat in a festive atmosphere.

The latest event, on Saturday, February 28, was fun-filled but not as well supported as Thembalami manager Esme van der Walt had hoped.

Nonetheless, those in attendance enjoyed the buzz. Esme, deputy manager Elize Raath and other staff members worked alongside employees of Reef Catering to prepare and sell boerewors rolls and chips. Hot drinks, cold drinks and ice cream were also available and were enjoyed in the dining room, where music played and happy chatter filled the air.

“While friends and family members can visit their loved ones anytime, these days create a fun atmosphere that encourages relaxed, chatty interactions. We would love to see more families enjoying the occasion with us,” she says.



Janet Green with her daughter, Jane Delaney, and Jose



Front: Coenraad Steenkamer with his son, Jeff Steenkamer. Back: Michelle Horowitz (Coenraad’s daughter) and Dianne Steenkamer (Jeff’s wife).

Front: Kevan Harris and Audrey Sandwell. Back: Wayne Sandwell and friend Nadine.



Dorothy and Deryck Boyle.



Front: Errol and Merle Townsend with granddaughter Nicole Keys. Back: Jenna Pienaar (granddaughter), Gregg Pienaar (son-in-law), Sam Pienaar (daughter) and Caleb Townsend (grandson).



Front: Grace Crington and Donald Cochrane. Back: Esther van Metzinger and Sylvia Peterson.