

# THEMBALAMI & MODA CARE CENTRE



Place of hope

JULY 2026

## A winning combination of wellness and fun

Residents, staff and nursing students swapped routine for games, relaxation and health checks when Thembalami Care Centre and the Max Ordman Deaf Association (MODA) hosted a wellness and activity day in partnership with Arwyp Medical Centre on May 29.

The event created a lively atmosphere as participants moved between activity stations designed to encourage interaction and movement. Tabletop games such as Bingo, Jenga, Snakes and Ladders, card games and co-ordination activities brought residents, staff and students together, with plenty of laughter shared throughout the morning.

Occupational therapist Tsakani Shihlomule says the day offered more than entertainment. "The wellness and activity day created an opportunity for meaningful interaction between residents, staff and nursing students while

promoting well-being in a fun and engaging way. It was wonderful to see everyone participating," she says.

Alongside the games, residents and staff were treated to shoulder and neck massages, foot spa treatments and manicures, creating moments of relaxation and self-care. Arwyp also provided routine health screening, and tea, coffee and cupcakes were served.

To round off the day, prizes were handed out to game winners and all residents received small gifts.

RIGHT: Nelly Green shares a laugh with Angelique Schutte.

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LEFT: Pretty nails... Rose Marie van der Westhuizen.



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## JULY BIRTHDAYS

### Residents:

July 05 – Johannes Naude (81)  
 July 06 – Lydia Elliott (78)  
 July 15 – Lisbeth Mokoena (71)  
 July 30 – Julius Koen (79)

### Staff:

July 03 – Mosely Nemusunda  
 July 08 – Fikile Mbatha  
 July 19 – Peggy Kupa  
 July 22 – Neo Maleka  
 July 27 – Violet Ngobeni

### REST IN PEACE:

Janos Bozsik

### RELOCATED:

Germana Sandiforth

### WELCOME TO:

Erszebet Bozsik  
 Jan White

## 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

### RIGHT:

Elize Raath (Thembalami Care Centre deputy manager), quilters Lorna Briangton, Avis Middleton (chairperson of the quilting club) and Sue Leonard, with Esme van der Walt (Thembalami Care Centre manager).

## Solly and Jerry are everyday heroes



Solly Teka.



Jerry Mofokeng.

**On Global Maintenance Day on June 9, Thembalami Care Centre and Max Ordman Deaf Association celebrated two unsung heroes – maintenance supervisor Solly Teka and groundsman Jerry Mofokeng.**

Solly starts his day before sunrise, balancing family responsibilities before arriving at work ready to tackle whatever challenges the day may bring. Known for his patience, kindness and willingness to go the extra mile, he helps keep residents safe and comfortable by ensuring maintenance issues are addressed quickly and efficiently.

Jerry takes pride in keeping the grounds looking beautiful, from cleaning ponds and patios to maintaining laps and walkways. Always smiling and ready to lend a hand, he enjoys helping residents and learning new skills along the way.

“Everyone just wants Solly to help them,” says manager Esme van der Walt. “He is gentle, kind and always willing to assist, even when he’s not on call.”

She adds that Jerry carries out every task with enthusiasm and that ‘nothing is ever too much effort’.

“Thank you, Solly and Jerry, for the care, dedication and pride you bring to your work every day. We appreciate everything you do to make Thembalami a safe, welcoming and beautiful place to call home,” she says.

## Handmade quilts brighten residents’ room

**Residents at Thembalami Care Centre received a colourful surprise when members of an Edenvale quilting club donated 34 quilts on June 24.**

Three women from The Ripper Ladies delivered the quilts, far exceeding their original plan to donate just eight blankets.

According to Thembalami Care Centre deputy manager Elize Raath, the club’s chairperson, Avis Middleton, had first approached the centre early last

year about making a donation.

“However, I forgot about this until I received a phone call from Avis indicating that they now had 34 quilts to donate,” says Elize.

She describes the quilts as beautiful and vibrant, with each one uniquely designed. “The quilts are absolutely beautiful, colourful, and not one is the same. They are going to make our residents’ beds look divine,” she says.





Tucking in... Sean White and Sydney le Sueur (MODA residents).



Donald Cochran and Alexander Hayes.

## Fathers honoured with a day of reflection and connection



Esme van der Walt and Chris White.

There was laughter and conversation as male residents at Thembalami Care Centre and the Max Ordman Deaf Association (MODA) gathered on June 19 for a special Father's Day celebration dedicated to recognising and honouring the gentlemen in their community.

The event created an opportunity not only to celebrate Father's Day, but also to reflect on life experiences and the value of meaningful social connection.

Adding to the occasion was a heartfelt talk by Pastor Xolani Nhleko, whose encouraging message focused on resilience, gratitude and recognising the impact each person's life has had. His reflections were warmly received and prompted thoughtful conversations among residents.

Residents also took part in a variety of activities designed to stimulate both the

mind and social engagement.

Tsakani Shihlomule, occupational therapist at Thembalami Care Centre, says occasions like these play an important role in supporting residents' emotional and social well-being.

"Father's Day celebrations are about more than marking a date on the calendar. They create opportunities for residents to feel acknowledged and reflect on the roles and experiences that have shaped their lives," she says.

"We wanted to create an environment where residents could relax and participate in activities that encourage conversation and mental stimulation."

The celebration concluded with tea and coffee served alongside beautifully decorated muffins, giving residents time to continue socialising.

### June birthday bash: Sweet treats and smiles

Music, cupcakes and warm company set the tone for a joyful birthday celebration as residents and staff at Thembalami Care Centre and the Max Ordman Deaf Association (MODA) came together to mark June birthdays.

The monthly birthday bash, held on June 17, honoured all residents and staff who celebrated birthdays during the month.

The occasion was made even more memorable by guest entertainer Pastor Roy Edwards, who treated attendees to a selection of songs that created a lively and welcoming atmosphere. Many residents sang along and enjoyed the afternoon's entertainment.

Guests and birthday celebrants also tucked into cupcakes and jam tarts while sharing tea and spending time together.

"It was a heartwarming afternoon filled with music, laughter and fellowship, making it a memorable celebration for everyone involved," says occupational therapist Tsakani Shihlomule. "We thank Pastor Roy for sharing his talent and helping make the occasion so special. We also wish all our June birthday celebrants continued good health and many more wonderful birthdays to come."



ABOVE: Theunis de Bruin, Marianne Venter, Elizabeth Andrews, Robert Webster, Jaqueline Stringer and Roy Edwards.

LEFT: Aisla Lee and Thirugavelli Pillay.

# A winning combination of wellness and fun



Fun times.... Sydney le Seuer and Angel Magongoa.



Errol Townsend.



Jacqueline Joan Stringer.



Nelly Green, Sihle Masina, Cecilia Röttcher and Ntlhane Retshogofaditswe.



Barry Waldeck, Pieter van der Westhuizen, Sydney le Sueur and Basil McIntyre.



ABOVE: Robert Webster, Tsakani Shihlomule and Luthando Dlamini.

RIGHT: Tommy Woest and Julius Koen.



# Giving back with games, cake and conversation

A day of games brought smiles to residents at Thembalami Care Centre and the Max Ordman Deaf Association (MODA) when employees from Pernod Ricard South Africa spent time giving back to the community.

As part of its corporate socioeconomic responsibility initiatives, Pernod Ricard South Africa selected Thembalami Care Centre and MODA as beneficiaries of a special donations drive and volunteer day held on June 4.

Employees collected items to help fulfil the care centre's wish list and spent the day engaging with residents through conversations and shared activities.

The donation included play dough, colouring books, pencils, a dart board and a range of other recreational items

that will be used in the occupational therapy department. The team also treated residents to refreshments and cake.

Pernod Ricard South Africa's Joshua Bell said community upliftment remains an important part of the company's values. "As part of our corporate socioeconomic responsibility, we aim to help our communities through collaboration and donations," says Joshua.

The visit was about more than material contributions, with staff dedicating time to interact with residents and create a lively atmosphere throughout the day.

Thembalami manager Esme van der Walt said the visit brought energy and joy to the centre. "It was a really happy vibe. They left in awe and said they hope to come back," she says.



**LEFT:**

The Pernod Ricard South Africa team with Thembalami Care Centre staff. Back: Sihle Gumedede, Bridget Pasha, Nellie Dlamimi, Thili Ramavhoya, Esme van der Walt (Thembalami manager), Julia Ngwenya, Lungile Itumeleng (in front of Julia), Wayne McFarlane, Thabisle Nkomo, Joshua Bell, Tsakani Shihlomule (Thembalami occupational therapist), Peggy Kupa (Thembalami occupational therapy assistant), Shirley Sibeko (Thembalami occupational therapy assistant) and Elize Raath (Thembalami deputy manager). Front: Ndumiso Phiri, Sam Senne, Tsholo Kekana and Bongani Gwamanda.



Joshua Bell plays Snakes and Ladders with Donald Cochrane.



Residents Heather Abrams and Mavis Knight with Sam Senne and Joshua Bell from Pernod Ricard South Africa.



**FAR LEFT:**

Rose Marie van der Westhuizen (MODA), Shirley Sibeko (Thembalami activity and recreation assistant) and Mario Agostinho.

**LEFT:**

Tommy Woest.