

THEMBALAMI & MODA

CARE CENTRE



Place of hope

AUGUST 2026

Mandela Day blessings

From soothing massages and spirited games to freshly painted rooms, warm blankets and much-needed groceries, Mandela Day became a week-long celebration of generosity at Thembalami Care Centre and the Max Ordman Deaf Association (MODA).

Several businesses visited the Rand Aid care centre in Lombardy East to mark Mandela Day by giving back through donations, volunteer work and spending quality time with residents.

Occupational therapist Tsakani Shihlomule said the celebrations on July 17 brought relaxation, fun and meaningful social interaction to residents. "We were privileged to welcome Sheer Bliss, led by Sandra Freire, and the Adreach team, led by Kim Willoughby, who helped make the day extra special," she says.

Sheer Bliss treated residents and staff to relaxing massage sessions, providing a calming experience that promoted well-being.

Meanwhile, the Adreach team joined residents for a variety of games, including bingo, tumbling tower, snakes and ladders, Rummikub and chess, creating opportunities for laughter and cognitive stimulation. The company also donated cakes, snacks,

new blankets and socks before everyone gathered for tea and treats.

Thembalami deputy manager Elize Raath says another group of volunteers from Ivanhoe Mines rolled up their sleeves to give parts of the care centre a fresh new look. About 30 employees spent the day painting three bedrooms and one of the smaller TV lounges.

"They enjoyed every minute of it. Some arrived dressed in their smart work clothes but left covered in paint, with huge smiles on their faces," says Elize.

She adds that the company donated all the remaining paint and equipment, allowing the maintenance team to continue refreshing other areas of the care centre.

CONTINUED ON PG 3

PICTURED BELOW:

The team from Adreach with Themablamami and MODA staff: Oliva Vertyn, Gugu Mthembu, Natasha Makanta, Shenyra Edris, Dennies Selolo, Mandy Petzer, Shawn Steffen, Sandy Govender, Kim Willoughby and Shirley Sibeko (Thembalami activity assistant).

In the white T-shirt in front is Tsakani Shihlomule (Thembalami occupational therapist).

"They left with huge smiles on their faces."



BUSY HANDS, FULL DAYS WITH FUN OT

2



INTERACTION ACROSS THE AGES

4

AUGUST BIRTHDAYS

Residents:

01 Aug - Johanna de Souza	97
03 Aug - Annette Verskin	79
06 Aug - Sizakele Lelaka	69
08 Aug - Dorah Mapekula	76
10 Aug - Merle Townsend	86
10 Aug - Lesley Nuyten	62
11 Aug - Hugh Hutton	91
17 Aug - Rachel Lasker	98
22 Aug - Coenraad Steenkamer	90
27 Aug - Jaqueline Stringer	85
28 Aug - Regina Ratchosana	83

Staff:

03 Aug - Shirley Sibeko
08 Aug - Pinky Lebelo
11 Aug - Lorraine Mohale
13 Aug - Doreen Moya
13 Aug - Jerry Mofokeng
22 Aug - Thanyani Nevani
22 Aug - Ntombi Mhlongo
30 Aug - Elizabeth Radebe

REST IN PEACE:

Ethle Cohen
Philippe Michailidis-Coutoupes
Josephine Bayliss

WELCOME TO:

Antonio Trindade
Jean Rehbock
Mohan Singh
Johann Miekautsch

DONATIONS

We welcome donations and fund-raising ideas. Contact Esme van der Walt on 010 534 8771 or email evan-derwalt@randaid.co.za. Donation details are 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



Dorothy Magadima and Nozipho Bace-la.

Busy hands, busy days: OT offers connection and creativity

Whether doing fabric painting or other activities designed to keep their hands flexible and their brains active, the residents of Thembalami Care Centre enjoy their regular occupational therapy (OT) activities.

"The OT sessions offer structured activities, giving residents a meaningful reason to leave their rooms and interact socially in an inviting communal space," says OT department team member Shirley Sibeko.



A big smile from Rebecca Sithole.



Jannette Coode.



Thembalami and MODA residents during their outing to play tenpin bowls.

A WINNING DAY ON THE LANES

The sound of tenpin bowling pins tumbling filled the air as residents from Thembalami Care Centre and the Max Ordman Deaf Association (MODA) enjoyed a memorable day out at Greenstone Fun Company on July 13.

Occupational therapist Tsakani Shihlomule says outings like these play an important role in residents' overall well-being. "They encourage physical movement and offer a change of scenery. Seeing everyone laughing and supporting one another made the day extra special," she says.

MANDELA DAY BLESSINGS

FROM PG 1

The generosity continued on July 18 when employees from Pick n Pay Greenstone visited residents with cakes and refreshments to enjoy during morning tea. The supermarket also donated essential groceries, including maize meal, rice, cooking oil, coffee, tea, sugar and milk.

Sister Rumbi Chatikobo, who co-ordinated the visit, says residents thoroughly enjoyed the occasion. And were 'properly spoilt'. According to the Pick n Pay team, the visit was their way of showing appreciation for the older generation and the legacy they have left for younger South Africans.



Shirley Sibeko and Nelisiwe Dlamini (Thembalami/MODA), Ntombi Malaza and Tebogo Mphuti (Sheer Bliss), Peggy Kupa (Thembalami/MODA) and Fortunate Chiwandira (Sheer Bliss).



Deidré Helling, Jackie Stringer and Jo-Anne Weyermans-Noble enjoy a game of Rummikub.



ABOVE: Thembalami manager Esme van der Walt with Stuart Brown, who is wearing his new beanie.

RIGHT: Beula Mabuza and Lydia Pitsi receive much-needed massages from Sheer Bliss therapists Ntombi Malaza and Tebogo Mphuti.



RIGHT: Adreach's Sandy Govender with some of the beanies that were donated.



RIGHT: Shaun Zikalala from Ivanhoe Mines.

BELOW: Kim Willoughby (From the Adreach team) with Esme van der Walt (Themabalami manager).



Resident Theunis de Bruin has fun with Zama Madlala and Shenya Edris, two Adreach visitors.



Fikile Mbatha (a MODA staff nurse), resident Hansie Griessel and Sandra Colman (facilitator of the smile committee of the Johannesburg Mini-Council).

Connecting across the generations

There was plenty of music and friendly competition when members of the Johannesburg Mini Council spent the morning playing bingo, performing songs and handing out gifts to residents of Thembalami Care Centre and the Max Ordman Deaf Association (MODA).

The Grade 7 learners are part of a programme that teaches leadership, governance and community involvement.

At Thembalami, the learners organised a game of bingo and entertained residents with a musical performance before serving tea and cake. Bingo winners received winter blankets, while all the residents were treated to gifts.

"It was heartwarming to see the smiles on our residents' faces and the genuine connections that were made throughout the day. Everyone had a wonderful time, and it was a special experience for both the residents and the learners," says occupational therapy assistant Peggy Kupa.

Thembalami manager Esme van der Walt thanked the Johannesburg Mini-Council for its kindness. "Our residents always enjoy spending time with young people. It was wonderful to see such meaningful connections being formed across generations."



Jaiden Levine (mini council), residents Nellie Green and Terence Green and Okebogeng Mokgothu (mini-council).



Robert Webster.



Pieter Faugust.



Alice Jardim.



Resident Cecilia Röttcher with Mila Rose Gutjahr and Kayla King.