

THEMBALAMI & MODA

CARE CENTRE



Place of hope

SEPTEMBER 2026

Call for help, answered with care

A frantic phone call to Thembalami Care Centre from a Western Cape resident who was unable to reach her 70-year-old brother ended with tragedy averted when he was found unresponsive in his home.

In desperation, Sharon Hindle called Thembalami on Sunday, August 9, after repeatedly failing to reach her brother, Hyran Cook, who lives in Lombardy East, Johannesburg. Knowing Thembalami was situated near his home, she hoped staff might be able to help.

She was put through to Sister Kholofelo

Mathye. When Sharon explained that her brother had recently undergone hip surgery and that he lived alone, Kholofelo immediately asked Thembalami's security team to investigate.

‘Thembalami has indeed been ‘a place of hope’

Hyran's neighbour, Robbie Carver, was quick to assist when contacted by security and summoned an ambulance when Hyran was found unresponsive in his home. According to Sharon, paramedics said Hyran was in

a diabetic coma, and they stabilised him at the scene.

“Sr Kholo needs to be acknowledged for her active listening,” says Sharon. “Had she not listened carefully to what I was saying and understood the urgency of the situation, I don't know what would have happened.”

“Once Hyran was stable, his amazing neighbour, Robbie, stepped up and kept a watchful eye on him until I arrived,” says Sharon.

She flew to Johannesburg and arranged for Hyran to be admitted to Thembalami's recuperative care unit.

Ten days later, on August 21, Hyran was well enough to return home after regaining his strength.

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PICTURED:
Hyran Cook and
Thembalami's
Sr Kholo
Mathye.

generated content



NEW ENTERTAINER
BRINGS PARTY SMILES

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COMMUNITY FUN
ON WOMEN'S DAY

4

SEPT BIRTHDAYS

Residents:

03 Sept	Cleone Blake	75
06 Sept	Nellie Green	86
07 Sept	Amanda Brown	86
16 Sept	Jan White	77
20 Sept	Mary Erdis	93
23 Sept	Mary Mathurine	88
28 Sept	Tony Peters	77
29 Sept	Anna le Roux	88
29 Sept	Errol Townsend	89

Staff:

10 Sept	Nozipho Ndlovu
07 Sept	Pertunia Makgabo
11 Sept	Judith Mphela
15 Sept	Olga Nyathi
19 Sept	Pretty Malope
21 Sept	Baby Matlala
24 Sept	Ntombi Buthulezi
26 Sept	Lerato Tsolo

REST IN PEACE:

Gertrude Xabanisa
Michael McGurk
Lodewyk Murray
Joan Keylock
Coenraad Steenkamer

WELCOME TO:

Cleone Blake
Hans Miekautsch
Margrit Lenart
Harriet Mtshali

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



Merle Townsend and Jacqui Stringer in a happy mood.



Errol Townsend dances with Shirley Sibeko.



Regina Ratshosana.

Two residents celebrate a combined 195 years

Two Thembalami Care Centre residents turned 98 and 97 in August – that is a collective 195 years!

Rachel Lasker turned 98 on August 17 and Joey de Souza turned 97 on August 1. They were the toast of the August birthday bash held at Thembalami Care Centre and the Max Ordman Deaf Association (MODA) on August 19.

Born in 1928 and 1929 respectively, Rachel and Joey have lived through almost a century of history.

When Rachel was born in 1928, Alexander Fleming was discovering penicillin and Mickey Mouse made his cinematic debut in *Steamboat Willie*. The Kellogg-Briand Pact, which sought to outlaw war as an instrument of national policy, was also signed that year.

Joey was born in 1929, the year the Roaring 20s ended and the Wall Street Crash triggered the Great Depression. The economic crisis affected countries around the world, with the United States and Germany among the hardest hit.

The pair were among 11 residents whose birthdays were celebrated at the August bash, alongside eight staff members.

While Rachel and Joey were the oldest residents celebrating birthdays at Thembalami, Sizakele Lelaka, who turned 79, was the youngest. At MODA, Annette Verskin (79) was the oldest birthday celebrant, while Lesley Nuyten (62) was the youngest.

Singer Rian Ungerer provided the entertainment, performing at the care centre for the first time, with his music proving a hit with residents.

"He moved between the residents during his performance and even flirted with some of the ladies, much to their delight," says Thembalami deputy manager Elize Raath.

PARENTING LESSONS FROM THE 60S, 70S AND 80S

Memories of playing pick-up sticks, cards and hopscotch were shared at Thembalami Care Centre and the Max Ordman Deaf Association's (MODA) Women's Day event, celebrated under the theme 'Down memory lane'.

"The celebration on August 7 allowed our female residents to reflect on their lives and celebrate the experiences that have shaped who they are today," says Tsakani Shihlomule, Thembalami's occupational therapist.

The women were invited to pick a question and share their answers and life experiences with the group. The questions encouraged them to remember their childhood, the games they played when they were younger and what life was like during their younger years.

"Their memories united them as they reminded one another of the games they played and the special names they were known by. Some residents recalled memories that others had forgotten, creating wonderful moments of shared reminiscence," she says.

The residents also reflected on how much society and everyday life have changed. They spoke about how children used to spend more time playing together, interacting with family and friends and enjoying outdoor activities.

"The session also offered an opportunity for our residents to share valuable advice with younger generations. They encouraged young mothers to nurture love, communication and interaction with their children, and to make time for meaningful family activities. They emphasised the importance of limiting screen time and creating more opportunities for children to play."

The celebration concluded with tea, coffee and tasty eats.

"The day reminded us that every resident has a story worth hearing and a lifetime of memories worth celebrating," says Tsakani.



Jacqueline Stringer, Jo-Anne Weyermans Noble and Ria van der Westhuizen.

Spring into a season of new beginnings

It is spring! Just as plants revive after a long winter, this season of renewal gives us a chance to refresh ourselves too.

Here are some ways to make the most of this time of new beginnings:

Get outdoors. As the weather warms up, commit to taking a stroll outside – on your own, with a friend, using your walker or asking someone to push your wheelchair around the grounds. Thembalami Care Centre and Max Ordman Deaf Association residents are fortunate to have access to large, well-maintained grounds with walking paths, water features and outdoor seating.

Soak up some sunshine. Find a comfortable spot to sit in the gentle sunshine and enjoy the fresh spring air. A little time outdoors can lift your spirits, while sunlight helps your body produce vitamin D.

Try something new. Find out what is happening in the occupational therapy department, start a jigsaw puzzle and invite a friend to help, or challenge fellow residents to a board game. Take up knitting.

Connect with others. Spring is a good time to make new friends or reconnect with someone you have not seen for a while. Invite a fellow resident for tea or join a group activity.

Volunteer. Ask staff about opportunities to spend time with a bed-bound resident. A friendly visit, conversation or shared activity can brighten someone else's day – and yours too.

Enjoy the season. Notice the flowers blooming, listen to the birds and make time to appreciate the small signs of spring.

Thembalami brings hope in a family's hour of need

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TLC he received was amazing," says Sharon. "He has been given a new lease on life."

During his stay, he received physiotherapy to assist with his mobility and, according to Thembalami social worker Lara Swanepoel, he made excellent progress.

"When he went home, he was able to walk with the assistance of a walker. His medication was reviewed, his health was stabilised and he was provided with healthy, nutritious meals to help rebuild his strength.

"He told us that he feels significantly better after his stay at Thembalami," says Lara

"This story is a wonderful example of how a simple phone call, a caring response and effective teamwork can make an enormous difference. Sister Kholofelo did not hesitate to help a distressed family member, even though Mr Cook was not a resident of Thembalami. Through the quick actions of the nursing and security teams, a potentially tragic situation was identified and emergency assistance was provided in time."

Sharon says Thembalami's nursing services manager, Violet Ngoben; its deputy manager, Elize Raath; Lara and Kholofelo were amazing.

"Sincere thanks for being so kind and accommodating when I arrived at your door in a panic. It seems that 10 days of care have made the world of difference to Hyran, physically and mentally.

"Thembalami has indeed been 'a place of hope' – fittingly, its name means 'My hope'. As a team, they lived up to their mission statement of 'assist, alleviate, accompany' – all with warm hearts and lovely humour! They showed what true community care looks like."

Boerie rolls and fun for Women's Day

Residents and staff from Thembalami Care Centre and the Max Ordman Deaf Association (MODA) joined other guests at a Women's Day lunch hosted by the Johannesburg Mini Council on August 9.

Held at the Edenvale Community Centre, the event provided an opportunity for community interaction. The councils organised an entertaining programme, which included singing, dancing and poetry.

"Our residents and staff thoroughly enjoyed the performances and happily joined in the dancing," says Thembalami occupational therapist Tsakani Shihlomule.

The residents were treated to boerewors rolls followed by ice cream, and were also presented with gifts.

"It was a meaningful opportunity for our residents to celebrate Women's Day, enjoy themselves and mingle with members of the wider community. They felt valued and appreciated," says Tsakani.



The Thembalami and MODA group prepares to leave for the Women's Day function in Edenvale.



Rose van Westhuisen and Cecilia Röttcher.



Elizabeth Andrews and Rebecca Sithole.



Robert Webster and Donald Cochrane.



Tommy Woest and Theunis de Bruin.