

VISTA NEWSLETTER


APRIL 2025

**SERVICE,
GROWTH,
EXCELLENCE,
AND MATURITY**

The past month has been filled with energy and progress, and we're even more excited for what lies ahead! You may have noticed that our newsletter has been designed to be more interactive—allowing you to click on links to explore different pages, watch videos, and engage in new ways.

Try it out!

[CLICK HERE](#)

 to complete a FUN 5 Question Survey - Inside the Mind of Vista - it will take you 60 seconds to complete.



The Leader in Specialized Psychiatric Care

2025 events

Date	Event	What to expect
Friday 14 February	 Valentine's Day 	Dress up (Red and Pink) treats and Fun
Wednesday 19 March	 Looming Kick-Off	Let's reach our goal - 1000 beanies
Friday 2 May	Worker's Day 	Dress Up
Friday 13 June	 Youth Day	Dress up, treats and fun
Friday 8 August	Women's Day	High Tea 
Tuesday 23 September	Heritage Day 	Dress up, treats, and fun
Friday 10 October	 World Mental Health Day	To be announced

Our Loomers are on the go and we invite you to join the movement. Please see Pearlene or Tersia if you would like to loom a beanie for our winter donation- they will be available in the dining area at lunchtime. If you would like to recruit your family and friends, it would be a huge help to reach our goal of 1000 beanies.

With donations from all over,
WE CAN DO THIS!

VOIA TA VOIA TA

On Friday, 7 March, we enjoyed an eventful Staff Meeting with special guests, Dr Peter Landless, Rev. Hein van Horsten, Mr Hennie van der Ness, and Mr Henri Labuschagne.

Dr Landless referred to various stories from the bible about fish which reminded us of God's promises, His guidance, His love for us, and ultimately how He will never forsake us.

With this said, we are grateful to have the opportunity to celebrate our employment at Vista Clinic. May the prayer, sung at the beginning of this staff meeting, fill our hearts and minds and forever remind us of the many blessings we embrace as we keep walking in His will.

You can watch the prayer here ->



Ι	Jesus
Χ	Christ
Θ	God
Υ	Son
Σ	Saviour

LIVE

Your Will, Your will  YouTube

Lord, forever Your will

May I be filled completely

For You, Amen



WATCH NOW



VOIA TA VOIA TA

We extend our appreciation to our employees celebrating their many years of reaching, caring, and healing at Vista Clinic. Thank you for your dedication throughout the years, living in His will, fulfilling a greater purpose. We not only value the difference you make in the operations of the Clinic, but also the impact this has on our patient's lives.

Stephelinah Khoza - 15 years
Solomon Malinge - 10 years
Jolandi Posthumus - 20 years
Joel Mokobane - 40 years
Elias Kgatla - 40 years
Dr Jerrie Bezuidenhout - 15 years
Barbarah Manyoni - 5 years
Lydique Saaiman - 10 years
Mary Rammaba - 15 years
Betty Tselana - 15 years



AND THE BRAND AMBASSADOR FOR 2025/2026

IS...

VISTA AMBASSADOR

8 APRIL

Brand Ambassador
Announcement

10h00
Baobab



VISTA AMBASSADOR

Congratulations to this year's nominees!

At Vista Clinic, a Brand Ambassador isn't just a title—it's a recognition of who you are and how you show up for others every day. It means you embody our values of Respect, Stewardship, Integrity, Excellence, and Service in a way that inspires those around you.

It's in the kind word you offer a patient on a tough day, the extra effort you put into your work, and the way you support your colleagues with compassion and care. It's about making a difference—not because you have to, but because you truly believe in the power of healing and human connection.

To be nominated as a Vista Clinic Brand Ambassador is a sign that your dedication has been seen, valued, and celebrated.

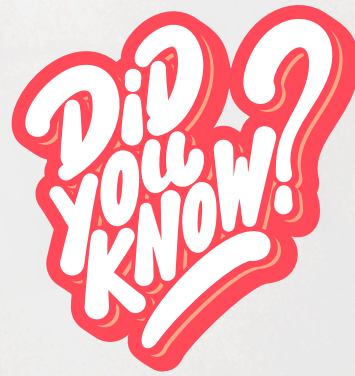
*"We're All Mad Here...
for Tea & Good Company!"*



Gratitude for our VAA members

We like to honour and show our gratitude towards our VAA members in recognition of who they are, how they showed up every day, and how they embodied the values of Vista for many many years. Each year, we take the time to invite our retired Vista staff members to enjoy a special afternoon together. This year, we were a bit 'mad' at our tea party, where we got to decorate our own hats and enjoy a lovely lunch together. Thank you to the VAA committee for making this day special!



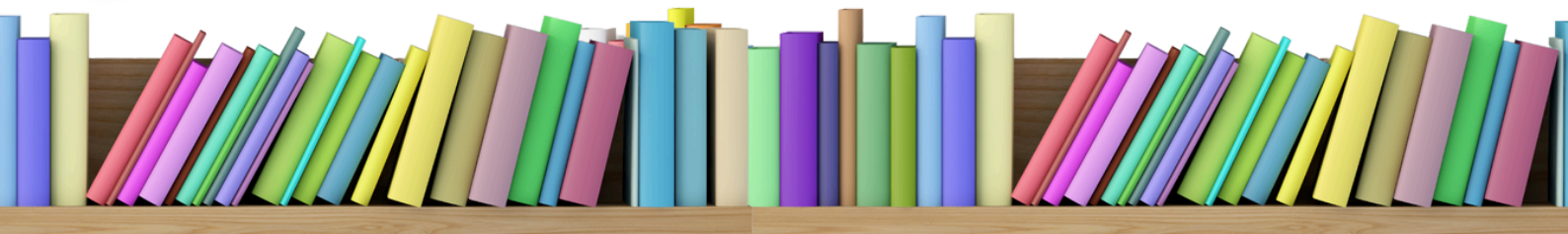


Vista library is now open for our patients and staff. Please feel free to loan books and encourage our patients to do the same as part of active rest.

We want to extend our greatest gratitude to everyone who helped make this happen.

Please see the notice board in your ward for the scheduled days and times for when staff and patients can borrow books from our library.

We received over 2000 book donations from the public, staff members, schools, churches and patients!
Thank you to each and every one of you.





Welcome to the team

Tshepiso Mtongwane

CPD Administrator

Who is your hero?	Jesus Christ
What really makes you angry?	People with no sense of urgency
What is your favourite thing about your career?	Discovering my selfhood as I help people get better
What is your proudest accomplishment?	Completing my degree
If you could choose to do anything for a day, what would it be?	Be a ballet dancer
If you could eat one meal for the rest of your life, what would it be?	Lasagna
What are your hobbies?	Reading books and watching animated films
How would your friends describe you?	Funny, supportive and strict
Which single item can you not go without in a span of 24 hours?	Praying

Vista Academy will be hosting a CPD Seminar with Vista Clinic's Music Therapist, Karen de Kock, on the 11th of April 2025.

CPD SEMINAR
MAKING SENSE: Sound, Symbol and Story for Wellbeing
 By Karen de Kock
 Vista Clinic
 R680 (refreshments included)

SEE MORE

Making Sense: Sound, Symbol, and Story for Wellbeing

The Academy has also recently added two new Online CPDs. You can click on the links to view more detail.

CPD ONLINE
HPCS 3 Ethics CEU's
 By Dr. Jack M...
 Online Course R640 Video Lessons 10 MCQs

CPD ONLINE
Dynamics of Dissociation: A Therapeutic Exploration of the Trap Door in the Mind
 By Dr. Anthony Townsend
 Online Course R640 Video Lessons 10 MCQs

CLICK HERE

VISTA CLINIC & ADVENTIST WORLD RADIO

Mid-Morning Empowerment is a daily brunchtime radio show focusing on spiritual growth and practical Christian living. Pearlene Cochlan, Vista's Group Facilitator, has been joining the show as a representative of Vista Clinic, sharing her knowledge on Anxiety, for their Mental Health Awareness segment. You can click on the image below to listen to the latest podcast on **Recognizing Anxiety in the Workplace**



[Listen Now](#)



01.26

04.22



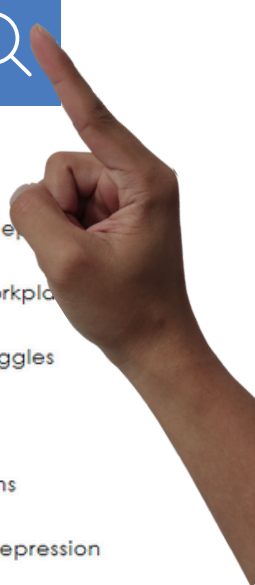
VISTA CLINIC & ADVENTIST WORLD RADIO MENTAL HEALTH AWARENESS: DEPRESSION

Pour that cup of goodness tonight, get comfy on the sofa, and listen to the episodes on Depression, previously aired with Yolanda Lindeque.

Search



www.vistaclinic.co.za/news



Mental Health Awareness Podcast: Depression

Mid-Morning Empowerment is a daily brunchtime show focusing on spiritual growth and practical Christian living. It offers in-depth Bible study, devotions, and discussions on challenging scriptural concepts.

- ▶ Overcoming the Stigma around Depression
- ▶ Dealing with Depression in the Workplace
- ▶ Coping Mechanisms for Daily Struggles
- ▶ Depression vs. Sadness
- ▶ Medication and Treatment Options
- ▶ Supporting Loved ones Through Depression
- ▶ Depression in Adolescents and Young Adults
- ▶ The Role of Therapy in Managing Depression
- ▶ Common Triggers and Risk Factors

Listen Now



Mental Health Awareness Podcast: Anxiety

Mid-Morning Empowerment is a daily brunchtime show focusing on spiritual growth and practical Christian living. It offers in-depth Bible study, devotions, and discussions on challenging scriptural concepts.

- ▶ Recognizing Anxiety in the Workplace
- ▶ Managing Anxiety During Major Life Changes
- ▶ The Role of Cognitive Behavioural Therapy (CBT)
- ▶ Anxiety in Children and Teens
- ▶ Natural Remedies and Therapies for Anxiety
- ▶ The Connection Between Anxiety and Sleep Issues
- ▶ Practical Grounding Techniques



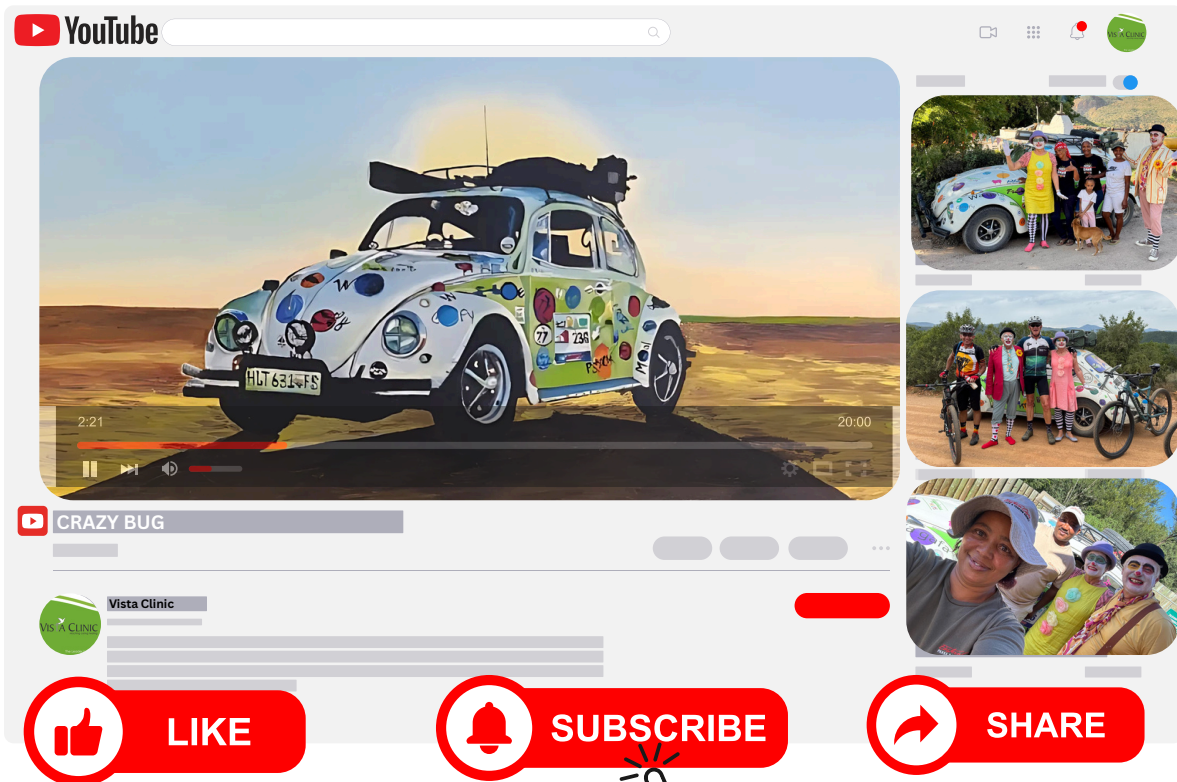
The CRAZY BUG has done it again!

Mr Low and Dr Elaine Strauss completed the Garden Route Nuts and Bolts Rally during the week of 19 - 22 March!

The CRAZY BUG had to endure some tough terrains, deep waters, winding and rocky roads, but also took in the beauty all over with one goal in mind:

BREAK THE STIGMA OF MENTAL ILLNESS

You can see what the CRAZY BUG got up to on our YouTube Channel.
Don't forget to LIKE, SUBSCRIBE, AND SHARE!



WE ARE CRAZY WALKERS

Vista Clinic is picking up the pace!

Vista Crazy for Walking Route

Did you miss out on the launch of our Vista Crazy for Walking Route? Don't worry about a thing, this route will be open to all staff and patients throughout the year. You can complete the route at any time, submit your photos of evidence and then proceed to the Marketing Office to receive your Crazy for Walking bottle, as well as your 'I am a CRAZY Walker' lanyard.

These gifts are not to be taken lightly! It is a token of your commitment to picking up the pace in how you walk, and how you serve our patients.



Like and share our videos and journey on our social media pages!



Our Vista Crazy Walkers started the route by writing down their 'hell' which they have faced in life. They had to carry this with them along the route, make choices along the way and, finally, walk over the hot fiery coals symbolizing the difficult journey which they have overcome, or are still journeying through.



WE ARE

CRAZY WALKERS

WALKING OUT OF HELL

The tough terrains of Gamkaskloof (The Hell/Die Hel), which we will be walking for World Mental Health Day, represents the hardships we face, and the journey we are on to overcome our battles. There are choices along the way, ours to make, but we come out stronger with a fire in our heart, walking out of 'Die Hel'.



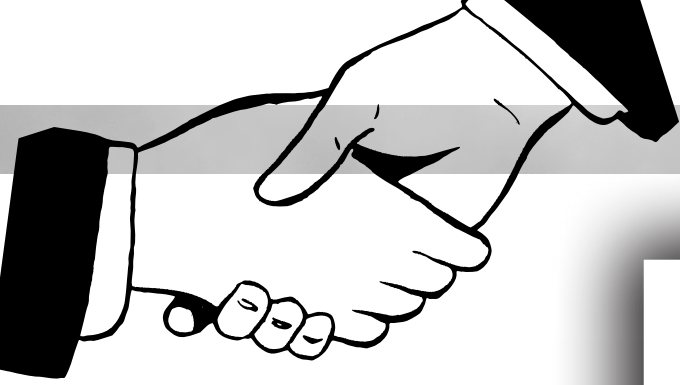
If you are a CRAZY Walker interested in this year's event, please see Monique at Marketing (ext. 9148)

3 - 10 October
27 WEEKS TO GO!



Are you CRAZY enough to join us on this tough, grueling, intense, 'hell' of a walk??





WELCOME NEW VISTA EMPLOYEE



SIBONGILE KHANYE



Who is your hero?

My grandfather

What really makes you angry?

Filthy places



Nursing sick patients and seeing them heal

What is your favourite thing about your career?

What is your proudest accomplishment?

Building a warm and happy home

If you could choose to do anything for a day, what would it be?

Shopping



If you could eat one meal for the rest of your life, what would it be?



Braai meat

What are your hobbies?

Cooking and baking

How would your friends describe you?

Loving and caring

Which single item can you not go without in a span of 24 hours?

Wearing glasses



Compassion in Action



Testimonies received from patients

“ Most of your nursing staff are too caring. Please leave Mr Sanele in day shift. He is the best in what he does. Rose is a gem. Sister Beyers is a precious soul. Ms Mabena's calmness and knowledge of her craft is out of this world. ”



“ Thanks, Pearl, Sister Lesego, Sister Kgomotso, Sister Riri, Sister Mapitso, Sister Prudence, Sister Lizy, for all your kindness and understanding our different and our little funny behaviours as patients. You are the best. 110% out of a 100% performance ”

“ Excellent programme with Excellent facilitators and presenters. ”



Happy Birthday

Freddie Claasen (Trustee) - 1 April

Elsabe Vermaak (Trustee) - 7 April

Melissa Joynt (OT) - 9 April

Andronica Masilo - 10 April

Bafana Sibanyoni - 12 April

Dr Rethabile Mataboge - 17 April

Dr Veronica Sivhabu - 17 April

Thuli Letshwalo - 18 April

Morongwe Sekgobela - 20 April

Louisa de Beer - 23 April

Charis Stols (OT) - 23 April

Sonet Steyn (OT) - 30 April