

MAY 2025

**SERVICE
GROWTH
EXCELLENCE
AND MATURITY**



VISTA NEWS

Every May, we honor the incredible contributions of nurses during National Nurses Month, shining a spotlight on their dedication, innovation, and essential role as leaders in healthcare.

Our theme this year is all about growth: planting a solid foundation, nurturing that growth with care, and reaping the rewards together as a thriving clinic.

Just like a garden, the work we do each day takes root and flourishes thanks to the compassion, skill, and strength of our incredible clinical team: nursing, administration, and operations.

Let's take this month to honor and celebrate our contributions and continue growing
together.



The Leader in Specialized Psychiatric Care



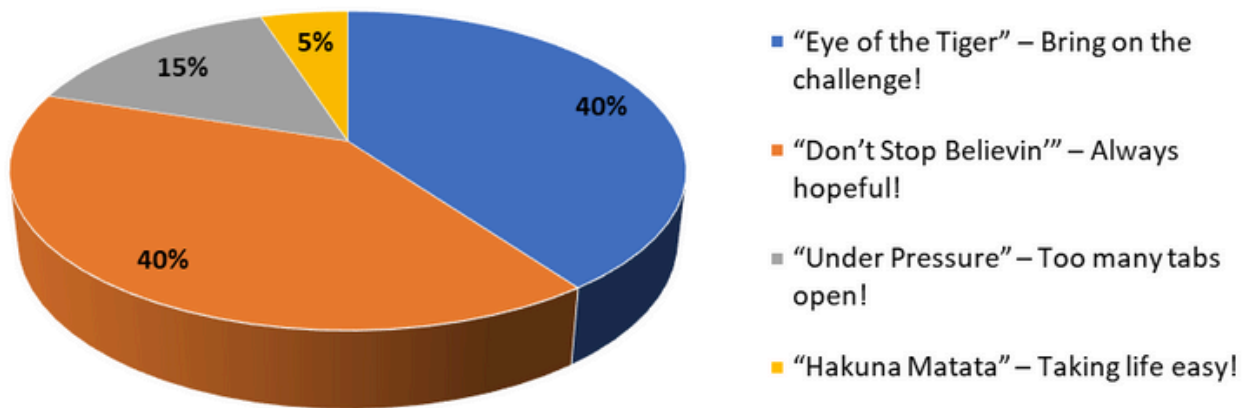
In last month's newsletter, we asked you to complete a short and fun survey to see

INSIDE THE MIND OF VISTA

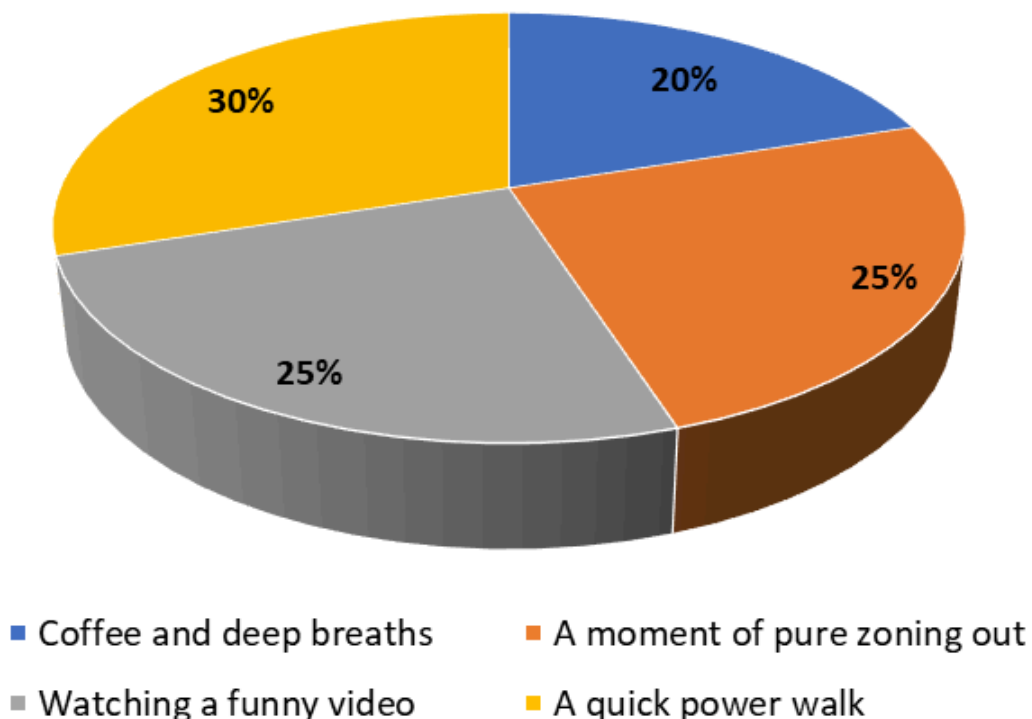
Curious?

Let's see some of the results

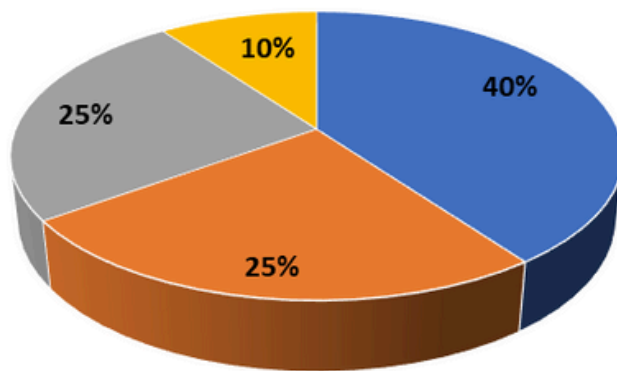
If Your Brain Had A Theme Song What Would It Be



Whats Your Go-to Mental Reset Trick During A Busy Day

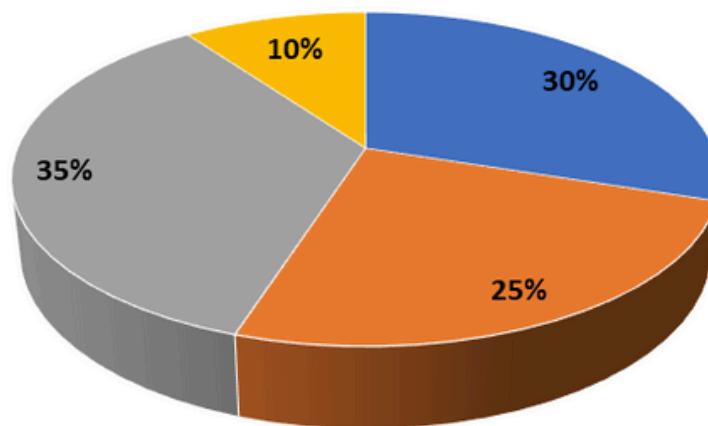


If You Could Prescribe One happiness Pill For All Staff What Would It Do



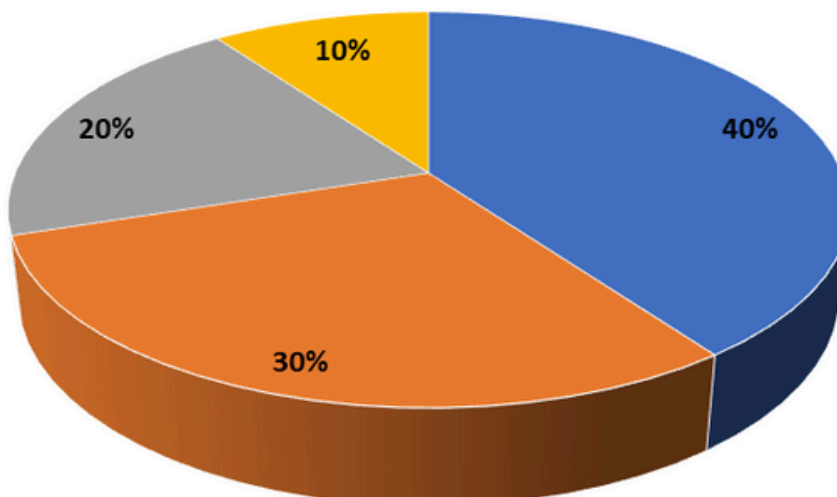
- Make everyone laugh uncontrollably once a day
- Instantly boost motivation and energy
- Teleport to a 5-minute vacation destination
- Give the perfect power nap on demand

Psychiatric Superpower Time If You Could Have One What Would It Be



- Make therapy fun by turning everything into a comedy session
- Instantly understand what someone is feeling
- Boost memory and focus for yourself and others
- Help anyone fall asleep peacefully in 10 seconds

Describe Your Current Mood As A Movie Title



- Eat, Pray, Love – Taking it all in, one step at a time
- The Fast & The Furious – So much to do, so little time
- Inside Out – All the emotions at once!
- The Hangover – Running on caffeine and chaos

2025 events

Celebrating National Workers Day, our amazing staff showed off their spirit by dressing up and bringing fun, flair, and unity to the clinic! It is a reminder of the hardworking team that keeps everything running smoothly—and knows how to have a little fun while doing it!

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



Congratulations!

VISTA AMBASSADOR TO VISTA CLINIC'S BRAND AMBASSADOR,

ESMA TREDOUX

We would also like to congratulate each of our nominees! Your actions speak louder than words and you consistently live out the Vista Values- a powerful reflection of what Vista stands for.





VISTA ACADEMY

A division of Vista Clinic

UPCOMING EVENTS

CPD WEBINAR

Keeping your head above the murky waters of Ethical Practice: Unpacking HPCSA Ethical Rules of Conduct, Expectations from Medical Aids and South African Legislation

16 May 2025
09h00 - 12h00
By Gerlie Pretorius
Live Online via Zoom

VISTA ACADEMY
HPCSA 3 Ethics CEU's
booking@vistacpd.co.za | www.vistaacademy.co.za

Keeping your head above the murky waters of Ethical Practice: Unpacking HPCSA Ethical Rules of Conduct, Expectations from Medical Aids and South African Legislation.

3 ETHICS CPD Points

16 MAY

09H00 - 12H00

SEE MORE



NURSING SHORT COURSE

[Click to access the event on social media and share with your network](#)

Module 1 | Registered Nurses
Psychiatric Nursing Methods
and Skills



Module 1 | Enrolled Nursing Auxiliary
Practicing care in a psychiatric
environment
22-23 May



VISTA CLINIC & ADVENTIST WORLD RADIO

Mid-Morning Empowerment is a daily brunchtime radio show focusing on spiritual growth and practical Christian living. Juan Royffe, Vista's Group Facilitator and EAP Counsellor, has been joining the show as a representative of Vista Clinic, sharing his knowledge on Post Traumatic Stress Disorder, for their Mental Health Awareness segment. You can click on the image below to listen to the latest podcast on

Post Traumatic Stress Disorder: Treatment Options for PTSD



[Listen Now](#)



01.26

04.22



Compassion in Action

One of the most distinctive health care competencies is related to the ability to structure the strategic vision, develop long-term plans, and communicate them efficiently in order to empower them to enact. These managerial competencies in health care are strongly related to the capacity to engage leading nurses as a predictor of high-performance. Hence, drive, passion, kindness and dedication; information sharing and focus is the basis for clinicians' engagement and adds value to the overall performance of the institution.

As caregivers, communicators, patient advocates and decision makers. You are the hand-holders, the voice-of-reason, the 5 a.m. vitals-checkers. You become the around-the-clock best friend by the bedside, the calming voice, the familiar face full of compassion.

Nursing is a cognitively demanding profession where the task of care-taking is a rewarding challenge. Nurses go through some of the most intimate moments with people from all walks of life, and it is from these experiences that one develops an altruism towards humankind. And for me, Nombuso is testament to this. And for this, I'd like to share my sentiments over the past 5 years I had the privilege of being under her care.

I am writing this letter to express my sincere appreciation for the exceptional care, compassion, and professionalism Sister Nombuso has consistently demonstrated in her role. Her inherent care for taking care of a person / the human being / the patient sets her service apart, with the highest achievement. This sentiment is shared by many patients who've been in the privilege of her care.

Time and time again, she keeps surprising me of the lengths she is willing to go beyond her call of duty to assist in high-pressure circumstances. Her attention to detail, solution driven approach and calm presence during challenging situations have ensured both safety and comfort for us as patients.

In these 5 years I've been admitted to this institution her performance naturally stands out and merits this heartfelt appreciation comment.

I've observed how good she is with upholding and balancing the rules and regulations as per the policy guidelines of the institution and nurses code of good practice while respecting the patients' rights...The fact that she recalls all her patient names and ailment is indicative of the love she has for her profession and people.

Her leadership skills is seen in the way she engages with her colleagues from seniority, middle and junior staff. This qualifies the prelude in the beginning.

Her ability to balance clinical expertise with a warm, empathetic approach is deeply valued by both patients and colleagues alike. Whether she is managing high-pressure situations or offering comfort to those in need, she does so with grace, patience, kindness and unwavering commitment.

Nombuso, Thank you for being on the front lines of care. Thank you for your kindness, dedication and healing touch. Thank you for always putting your patients first no matter how gruelling your day.

I thank you for providing an empathetic ear and compassionate hand when a life-changing diagnosis is delivered.

My family and I, thank you for being a rock when waters get rough and we're fighting for our lives.

Two little words you may not hear every day are the appreciative and resounding words, "Thank you".



Happy Birthday

Jolandi Posthumus - 2 May

Lydique Saaiman - 5 May

Aamina Kimmie-Ismail (OT)- 11 May

Busisiwe Mcingana - 13 May

Ngoakoana Maharela - 17 May

Alet van der Westhuizen - 20 May

Anzelle Smith - 22 May

Sr Anelize Beyers - 24 May

Yolanda Lindeuqe - 25 May

Dr Joachim Mureriwa - 26 May

Priscilla Myburgh (OT) - 26 May

Dr Amanda Sibanyoni - 27 May

Stephaline Khoza - 27 May

Mary Rammaba - 27 May

Dr Peter Landless - 28 May

Sr Prudence Mphaga - 28 May

Mazwitha Shava - 30 May