

SEPTEMBER 2025

SERVICE  
GROWTH  
EXCELLENCE  
AND MATURITY

# VISTA NEW NEWS

Heritage Day is a beautiful reminder of the traditions, cultures, and stories that weave together the fabric of our nation — each one carrying its own strength, meaning, and identity.

At Vista Clinic, we honour not only our country's shared heritage, but also the personal journeys of resilience and healing that make each individual unique.

This month's newsletter celebrates the spirit of unity and diversity that inspires our work every day — a reflection of how every voice and every story matters. So take a moment to pause, reflect, and enjoy this month's updates — a celebration of the heritage we share and the hope we build together.

# QUIZ TIME!

Click on the image below to take part in our Heritage Day quiz!

10 QUESTIONS

Answers and winner will be announced on 23 September!

Rule number 1 - Don't be a .... Googler



## EMPLOYEE ENGAGEMENT SURVEY

The link to complete our Employee Engagement Survey will be shared with you today. The questions are measurable, scientific, and include some open-ended items. The survey is confidential and is compulsory for all employees to complete. Your honesty, sincerity, and truthfulness is what we are looking for.

We're all ears.



# Women's Day



WOMEN'S MONTH

# 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
<b>Tuesday 23 September</b>	<b>Heritage Day</b>	<b>Dress up, treats, and fun</b>
Friday 10 October	World Mental Health Day	To be announced

Get ready for something different! Our next Inter-House Day is happening on Tuesday, 23 September, in celebration of Heritage Day. This time, we're putting a cultural twist on the fun — a day dedicated to learning from one another and exploring the richness of our heritage through dance, food, clothing, and more. The Blue Team may be holding the bragging rights for now... but the big question is: who will take the crown this time?



Inter-
House



- Tuesday 23 September**
- Cultural festivities start 09h30**
- Special Lunch**
- Dress code - your heritage**
- Learn and play**
- Has your house got what it takes?**

**More details to follow**







## UPCOMING EVENTS

**CPD WEBINAR**

**Introduction to Functional Neurological Disorder:  
A practitioner's perspective**

19 September 2025  
09h00 - 12h00  
By Dr Henk Swanepoel  
Live Online via Zoom  
R440

**VISTA ACADEMY**  
A division of Vista Clinic - celebrating 40 years -

HPCSA 3 General CEU's | SACSSP 2  
booking@vistacpd.co.za | www.v...



**CPD JOURNAL CLUB**

**The Impact of Unresolved Trauma on Pain**

27 June 2025 07h30 - 08h30  
By Dr Riaan Prinsloo  
Venue: VISTA CLINIC

**VISTA ACADEMY**  
A division of Vista Clinic - celebrating 40 years -

HPCSA 1 General CEU  
enquiries: booking@vistacpd.co.za | 012 748 9148 | www.vistaacademy.co.za

**Monthly case discussions**  
**1 CPD POINT FOR ALL HPCSA REGISTERED CLINICIANS**

- Next dates:**
- 31 October
  - 28 November

The You Matter Walk: A suicide Awareness & Prevention Initiative will be taking place again this year, with Vista as the proud sponsor!

We encourage you to come along for the day, bring your family and friends, even fur babies are welcome!

We hope to see you there.

**SATURDAY  
SEPTEMBER 13  
7AM - 12PM**

**THANK YOU TO OUR VOLUNTEERS  
WHO WILL BE ASSISTING  
ON THIS DAY!**

**MORE INFO**

# YOU *matter* WALK

**A SUICIDE AWARENESS & PREVENTION INITIATIVE**

**Saturday, 13 September 2025 | 7AM – 12PM**

**5KM**

**RUN**

**2.5KM | 10KM**

**& WALK**

**R85  
PER PERSON**

[www.youmatterwalk.co.za](http://www.youmatterwalk.co.za)



The Big Red Bar 0011 local  
Olifantsfontein





VISTA CLINIC  
reaching caring healing

# Emotion Regulation Groups

Recognise, understand and manage difficult emotions, develop better coping skills and a better sense of self

Medical Aid /  
Cash Payment  
Options  
Available

▶ Clinician / self referrals

Groups presented in 6  
convenient, after hour sessions

Visit our website for the  
next available dates

Presented at Vista Clinic

135 Gerhard Street  
Die Hoewes, Centurion



WhatsApp Line:  
063 503 7051

**Next Group:  
30 Sep - 9 Oct**

# Compassion in Action



I would like to extend my heartfelt appreciation to Nurse Dineo Selepe for the outstanding care and service she provides. Her professionalism, compassion, and attentiveness stand out in every interaction. She goes the extra mile to ensure patients feel comfortable, respected, and well taken care of.

Her ability to combine medical expertise with genuine kindness makes a real difference. Dineo embodies the true spirit of nursing – dedication, empathy, and excellence in patient care.



Thank you, Dineo, for your exceptional service and the positive impact you continue to make with that beautiful smile.



Nursing - every nurse in this ward is God sent. I'm so grateful that I was in their care. Sr Rose, Sr Mary, and Sr Analise were for me the most caring and loving. I'm super grateful to them.



ALL OF THE staff were warm and helpful especially Petunia

# Compassion in Action



I would like to extend my sincere appreciation to Sister Lister who was the first nurse to make me feel at home, she has so much humility truly a blessing at Vista Gardenia ward. I will surely miss being at this facility but I'm very happy that I am leaving with so much hope and prosperity.. all the nurses were sympathetic and took good care for me , I would also like to extend my gratitude to sister Nombuso she is my Hero..

What a LOVELY experiance! The staff were beyond excelent. They are so caring. They were patient with my "weirdness" with medication and laughed with me. Making me feel that it was ok to be aprehensive and explaining thing to me. They made me feel welcome and seen. I would love to thank in particular:

Lovely Antoinette

Beautiful Desre

Precious Nombuso

Wonderful Kgomotso

Funny Phillip

Kindest Florance

No nonsense (but in the best way)

Charity

Not once was I treated poorly or made to feel bad or sad about ANYTHING. MUCH LOVE WAS GIVEN AND MUCH LOVE WAS RECIEVED. THANK YOU ALL SO SO MUCH



# Compassion in Action



The group facilitators have been great. Allowing us to articulate our feelings and working through them. They also gave us valuable insights and information that is practical for the outside world.



She carries their darkest nights in measured doses not just medicine, but tethered light. In the silent war of broken minds, she reaches deep, pulling lost souls from endless shadows— a lifeline, steady, fierce, and true to sister Annelize

Very friendly staff and professional particularly Rhandzu and Lister. These ladies are very dedicated and care about the well being of patients. Big up to them.



Upon my arrival I was welcomed with warm hands, professionally and made to feel at home.

Sister Anna and sister Betty were instrumental in making sure that I well-integrated into the clinic's environment and culture. Sister Anna and sister Betty make super that I do not get lost following my daily and evenly routine. They made sure that we're reminded to come for food, to do vitals, to attend my doctors sessions (Dr Akandipe and Dr Motshwane. We were always reminded by rules of the clinic and how always be responsible and accountable for our conduct. I will definitely recommend this establishment to my family, friends and colleagues

# Happy Birthday

**Johanna Khoza - 2 Sep**  
**Elizabeth Nkhumane - 5 Sep**  
**Mapitso Mathobela - 6 Sep**  
**Marlyna Ramatla - 6 Sep**  
**Dr Mojalefa Ndhlovu - 8 Sep**  
**Lister Nthelebovu - 14 Sep**  
**Dr Reshoketswe Leshilo - 15 Sep**  
**Marizé de Jager - 16 Sep**  
**Lebogang Senong - 18 Sep**  
**Rose Kekana - 22 Sep**  
**Dr Abigail Phaswane - 24 Sep**  
**Dr Busi Sicwebu-Rikhotso - 25 Sep**  
**Andiswa Radebe - 27 Sep**  
**Pertunia Nevhutalu - 27 Sep**  
**Nalinee Rughoo - 28 Sep**  
**Lindokuhle Mkhutshwa - 30 Sep**