

January

VISTA NEWS

JANUARY FUN FACTS

Named for Janus, the two-faced Roman god of doorways, beginnings, and endings, fitting for the start of a new year.

1559

Queen Elizabeth I was 25 years old when she was crowned Queen of England at Westminster Abbey

1926

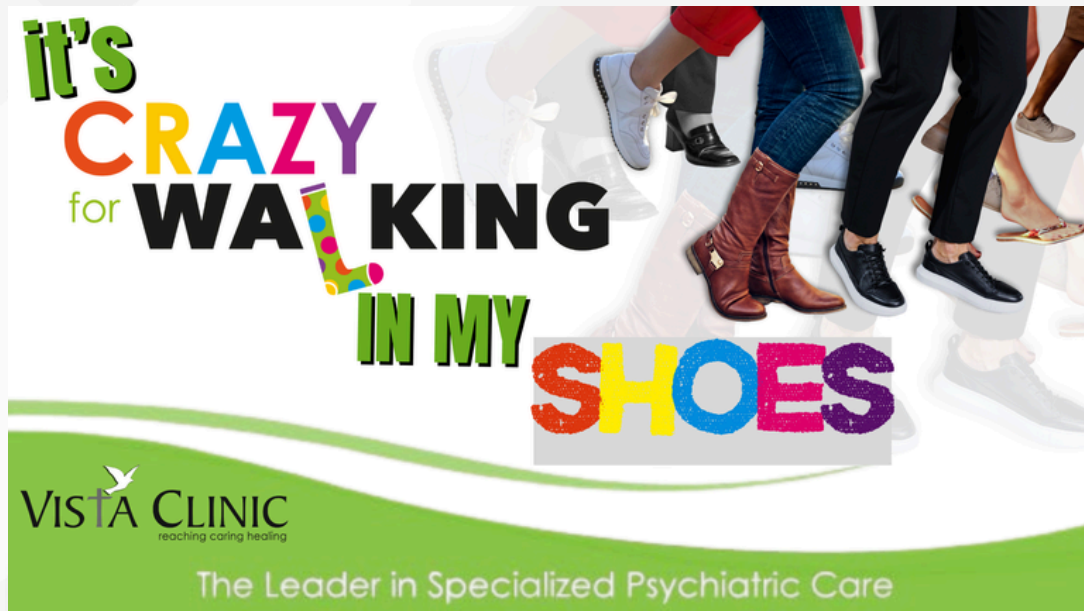
Inventor John Logie Baird demonstrates his new television machine to members of the Royal Institution in London.

1995

The History Channel launches, shaping how the public consumes history.

2009

Barack Obama becomes the first African-American U.S. President



Its Crazy for Walking in My Shoes reflects the courage and craziness of your journey through life.

Our shoes tell our story- changing with life's challenges and milestones. Some days we need sturdy boots to face rough terrain, other days we move with purpose in running shoes, and sometimes we slip into flip-flops to rest.

In reality, most often we're wearing the wrong shoes for the walk ahead, but we are crazy enough to keep moving forward.

Each pair of shoes marks a chapter of growth - past, present, and those yet to come.

This year, Vista Clinic invites you to pause and reflect:

What shoes are you wearing today, and where are they taking you and how crazy is your courage to keep on walking your journey?

CRACK A SMILE

The ball kept getting bigger and bigger. I was wondering why, and then it hit me.

A nurse told me, "Sorry for the wait!" I replied, "It's alright, I'm patient."



HAPPY NEW YEAR



Happy New Year from Vista Clinic!
As we step into 2026, we wish you a year filled with growth, purpose, and countless moments of courage. May this year be fruitful, inspiring, and full of opportunities to keep moving forward—no matter the terrain.

Throughout 2026, each month will shine a light on different shoes, different journeys, and the courage and craziness it takes to keep moving forward. We hope this campaign inspires you to reflect on your own journey, embrace the craziness, and celebrate the steps, big or small, that shape your story.

Here's to a year of walking boldly, reflecting deeply, and celebrating every step along the way!

it's
CRAZY
for **WALKING**
IN MY
SHOES

Vista Clinic will also be hosting Community Talks through Vista Academy. These sessions will take place on the first Thursday of every month, in Baobab, and will be open to the public. Help us spread the word and share the event information with your family and friends.

Be on the look out for more information on this year's Crazy for Walking event. Are you ready for a challenge?

Your department will soon receive a Vista Social Events calendar for you to stay in the 'know'. We look forward to everyone's participation and contribution!

2026 EVENTS

Date	Event	What to expect
Friday 13 February	Valentine's Day	Dress up (Red and Pink) treats and fun
Friday 6 March	Looming Kick-Off	Let's reach our goal - 250 beanies
Thursday 30 April	Worker's Day	Dress Up
Friday 12 June	Youth Day	Dress up, treats and fun
Friday 10 July	Winter Warmer	Special winter treat
Friday 7 August	Women's Day	Dress up, treats, and fun
Wednesday 23 September	Heritage Day	Dress up treats and fun
5 - 10 October	World Mental Health Awareness	To be announced



2025 WRAP UP

CAROLS BY CANDLELIGHT

What a magical evening! From a beautiful guest performance to snow gently falling around us, we sang our favourite carols surrounded by family, friends, and the Vista community. The atmosphere was truly unforgettable. Thank you to our incredible staff, our patients' families and friends, and everyone who joined us that night. Your presence made it special.



A SURPRISE LUNCH

Vista Clinic Nursing Leaders added a festive twist to their final meeting - each brought their own decor and own food, not knowing who they will set the table for but knowing it will be fun and games to see everyone's own contribution and talents in the kitchen.



NETCRAE EDUCATION

It was a privilege to be invited to present at Netcare Nursing students open day. Netcare students had an opportunity to learn about stress management, limiting beliefs and more about Vista Clinic as the Leader in Specialized Psychiatric Care.



VISTA ACADEMY



COMMUNITY TALK

The Mental Wellness Theme Park was designed by Vista Academy to promote mental health, well-being, and self-care in an interactive and engaging way. The aim is to educate visitors about various aspects of mental wellness, reduce stigma surrounding mental health, and provide tools and resources for improving mental well-being. This year, on the first Thursday of each month, Vista Academy, together with Vista Clinic,

These talks will be open to the public and registrations can be made online.

Click below to find out more and share the link with your family and friends:

5 March



will be hosting community talks based on the different rides/topics of the mental wellness theme park.

UPCOMING EVENTS

Click to download the CPD programme for 2026

www.vistaacademy.co.za



Monthly case discussions will take place on the following Fridays from 07h30 - 08h30 in Baobab. We kindly ask that you rsvp for each discussion for catering purposes.

- 13 February
- 6 March
- 24 April
- 22 May
- 5 June
- 21 August
- 11 September
- 16 October
- 20 November

SAVE THE DATE

VISTA ACADEMY

A division of Vista Clinic



HR BLOG

GROUNDED, GROWING, AND GIVING

As we step into 2026, let the actions “Grounded, Growth, and Giving” remind us of who we are, what our purpose is, and what we aspire to achieve.



Like a strong tree, we are grounded (the roots) in our values of trust and respect, our culture and the commitment we have towards each other, our patients and our families.

Every day we need to strive for growth, (new leaves budding) individually and together. It means stretching into new skills, new perspectives and new ways of doing things that will make things better and smarter

Most importantly, we are giving (branches offering fruit or shelter) and every interaction and act of support strengthens our branches.

This year, let these three actions of grounded, growth and giving remind us that our strength comes not just from where we stand, but how we grow and from how we support each other.

SPOT TO FILL

WE'VE GOT AN OPEN SEAT ON OUR SOCIAL COMMITTEE – IS YOUR NAME WRITTEN ON IT?

CANDIDATE PROFILE

We're looking for someone who:

- Gets excited about events (even the small ones)
- Has creative ideas, wild imagination, or "That could be fun!" energy.
- Enjoys bringing people together and making work-life brighter.
- Is happy to help plan, decorate, suggest themes, or just hype things up
- Has said, "I have an idea..." and caused both joy and mild panic.
- Thinks work can be productive and fun (dangerous, we know).



SKILLS & QUALIFICATIONS

(No degree required, just vibes.)

You might be perfect if you:

- Can turn a normal idea into a fun one.
- Enjoy Pinterest scrolling, TikTok trends, or random bursts of creativity.
- Can keep a secret about surprise events.
- Decorate a room with minimal budget and maximum impact.
- Start sentences with: "Okay, it's crazy but hear me out..."

PERKS & BENEFITS

What you get in return:

- No increase in salary (we are transparent legends).
- Free treats at meetings
- Bragging rights that last longer than most New Year's resolutions.
- A made-up title that sounds impressive on WhatsApp.
- A front-row seat to chaos, laughter, and memories in the making

EXPERIENCE (VERY FLEXIBLE)

Previous experience in any of the following is highly respected:

- Birthday planning
- Surprise organizing
- Group chat instigating
- Being voted "Most Likely to Bring the Vibes" (even if only by yourself)

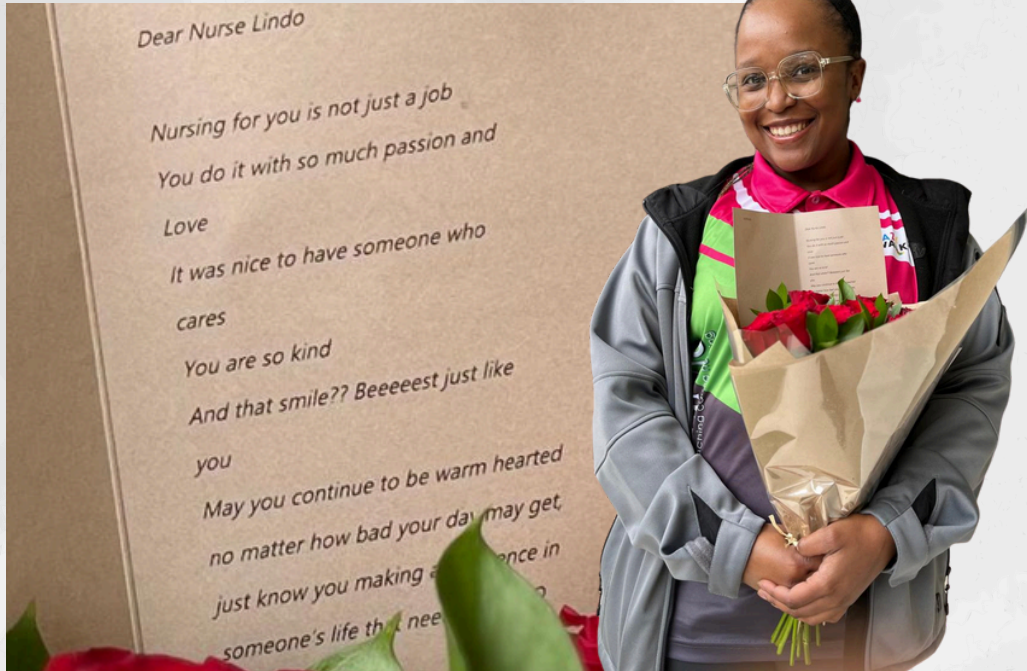
HOW TO APPLY

Simply raise your hand and dramatically announce:
"I was born for this."

and then send your motivational letter/cv to marketing@vistaclinic.co.za

REAL WORDS FROM OUR PATIENTS

COMPASSION IN ACTION



Dec, 3, 2025

To the ENTIRE Staff of Gardenia Ward.

I came to Gardenia two weeks ago, not just broken, but truly shattered. Life on the 'outside' had finally become too heavy, too loud, and too dark for me to carry alone. I walked through your doors having left every piece of my strength behind.

The phrase "The things we leave behind when we are leaving" has been on my mind. When I arrived, the 'things' I left behind were my hope, my peace, and the ability to imagine a future.

But what I am leaving behind today is something entirely different.

I am leaving behind the heavy silence of my first night, the exhausting confusion of my early days, and the fear that I would never feel sunlight on my skin again without flinching.

I am leaving these things because you held a space for me until I could hold myself again.

I want to thank you - EACH ONE OF YOU - for the extraordinary kindness that is woven into the very fabric of this place:

- To the Nurses and Doctors
Thank you for seeing the person beneath the pain, for knowing exactly when to push and when to simply sit in the quiet with me. Your knowledge is matched only by your immense compassion.
- To the Therapists and Support Staff:
Thank you for providing the tools and the courage to start sorting through the rubble of my life. You taught me how to start building again, brick by fragile brick.
- To the Kitchen and Cleaning Teams:
Thank you for the CONSISTENT, DEPENDABLE ACTS OF KINDNESS - the quiet smiles, the clean spaces, and the nourishment that was a foundation for my physical healing. These small acts were massive to someone who felt they didn't deserve care.

You did not just treat a condition; you tended to a soul.

Today, I leave Gardenia. I am leaving with pieces of myself you helped me find. I am leaving with a renewed, if still tender, hope.

The most important thing I leave behind is my sincere and eternal gratitude. It is a gift too big to be packed, a legacy I hope you feel in the quiet moments between shifts.

January

BIRTHDAYS

CELEBRATING YOU



HLENGIWE NDOZI
1 JAN



DR ELAINE BING
1 JAN



DR RESHOKETSWE LESHLO
3 JAN



CHANTAL VAN HEERDEN
3 JAN



DALENE KRUISIS
5 JAN



STEVE PEYPERS
6 JAN



PRECIOUS MTHIMUNYE
6 JAN



TSHEPISO MTHONGWANE
14 JAN



DID YOU KNOW

Birthstone

Garnet: A deep red gem symbolizing eternal friendship, trust, passion, and life force.

Birth Flowers

Carnation: Represents love, fascination, distinction, and affection, with colors carrying different meanings (red for love, pink for affection).

Snowdrop: Implies hope, beauty, purity, and new beginnings, often appearing in winter.



JOEL MOKOBANE
14 JAN



REJOICE TSWELENG
16 JAN



DR AYO MOTOJESI
17 JAN



DR MARCIA ZIKHALI
18 JAN



MARIE GEERKENS
20 JAN



SHAYNA BERMAN
22 JAN



HENNIE VAN DER NESS
(TRUSTEE) 23 JAN



HENRI LABUSCHAGNE
23 JAN



LYDIQUE SAAIMAN
24 JAN



JUAN ROYFFE
24 JAN



BUSI MAHLANGU
25 JAN



DR HARRY JACOBS
31 JAN