

February

VISTA NEWS

FEBRUARY FUN FACTS

Roman King Numa Pompilius expanded the original ten-month calendar by adding January and February. He designated February - the month dedicated to Roman ritual honoring the dead - as an unlucky month and gave it only 28 days.

[CLICK TO LEARN MORE](#)

BIRTHDAYS

- Charles Darwin
- Charles Dickens
- Galileo Galilei
- Abraham Lincoln
- Thomas Edison
- Ronald Reagan
- Babe Ruth

CHALLENGE YOUR COLLEAGUES TO NAME ONE FACT ABOUT EACH OF THEM

1930

Using a 13-inch (33-cm) telescope at the Lowell Observatory in Flagstaff, Arizona, Clyde W. Tombaugh, a 24-year-old American with no formal training in astronomy, discovered the dwarf planet Pluto

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



VISTA CLINIC
reaching caring healing

The Leader in Specialized Psychiatric Care

In a month filled with hearts, roses, and love notes, we're turning the focus to a relationship that walks with you every single day- the one you have with yourself.

Think about your favourite pair of shoes.

The ones you choose when you want to feel confident. Comfortable. Like you. You take care of them. You don't throw them into the mud for no reason. You notice when they're worn down.

Now here's the question:

Do you treat yourself with the same care you give your favourite shoes?

Your mind, heart, and body carries you through every step of life's journey. Through the long days, the uphill climbs, the unexpected detours. Yet so often, we are kinder to our belongings than we are to ourselves. This February, we're celebrating self-love- not the bubble-bath kind only, but the real kind: Setting boundaries. Resting when you're tired. Asking for help when the road feels too heavy. Speaking to yourself with kindness instead of criticism. Because a healthy relationship with yourself is like the perfect pair of shoes- it supports you, protects you, and helps you walk further than you ever thought possible.

CRACK A SMILE

Why do melons get married in church? Because they cantaloupe.

For Valentine's Day I asked Cupid for a million dollars. Cupid said, "Get real." So, I responded with, "OK, I want a boyfriend." To which Cupid replied, "Cash or check?"

DO YOU THINK THEY'LL GET FLOWERS?

I HOPE THEY GET THERAPY AND 8 HOURS OF SLEEP!



2026 events



Date	Event	What to expect
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Friday 13 February



Valentine's Day



Dress up (Red and Pink) wear your favourite shoes

February - May	Spring	250 beanies
Thursday 30 April	Worker's Day	Dress Up
Friday 12 June	Birth 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



What are your favourite pair of shoes?
 How do they make you feel?
 Why are they your favourite?
 How do you take care of those shoes?
 Do you treat yourself the same way?

This Valentine's Day we are walking in our favourite pair of shoes and sharing the message of how it makes you feel... confident, special, comfortable, happy, etc. Staff may wear ANY red or pink item on Friday the 13th of February. Music, good food, and a special treat, along with your loved photobooth will be waiting for staff members during lunch time.



We look forward to celebrating this day of self-love with you!

VISTA ACADEMY



COMMUNITY TALK

Join our next community talk at

VISTA CLINIC
reaching caring healing

Healthy Relationship with yourself

Book your ticket

Thursday 5 Feb
18h30 - 19h30

Vista Clinic, Baobab Room
135 Gerhard Street, Die Hoewes, Centurion

Register online

VISTA ACADEMY
A division of 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:

Upcoming

Keeping Your Rhythm This Year

Book your ticket

5 March

UPCOMING EVENTS

Click to download the CPD programme for 2026

www.vistaacademy.co.za



SAVE THE DATE

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

TRAINING & DEVELOPMENT

At Vista Clinic, continuous learning is not just encouraged, it's part of who we are.

Our Nursing Leaders recently completed advanced training in Quality Care and Emergency Management of an open airway on 8 January 2026. This training strengthens their ability to respond quickly, confidently, and effectively in critical situations where airway management can make a life-saving difference. Their commitment to sharpening these essential emergency skills ensures that our patients are always in capable, prepared hands.



We are also incredibly proud to share that Sr Susan van Dyk completed her Wound Management Training in December 2025. With this specialised qualification, Vista Clinic now has a dedicated specialist in wound care management on our team. This enhances our ability to provide expert assessment, advanced treatment, and improved healing outcomes for our patients.



South African Nursing Council
Regulating nursing, advocating for the public

Vista Clinic has also been successfully accredited as a clinical training facility for mental health clinical learning with the South African Nursing Council (SANC).

As part of this accreditation, Netcare Nursing will be placing their students at Vista Clinic for the next five years. This is a reflection of the high standards of care, professionalism, and clinical excellence demonstrated by our nursing team every day.

Being a training site means we are not only caring for patients, we are also helping shape the future of mental health nursing in South Africa.

HR BLOG

GROUNDING, GROWING, AND GIVING



Dear Colleagues,

Please be mindful of what you click, believe, and share online. Artificial Intelligence (AI) is real and increasingly present in our everyday tools and communications. While AI can be useful and efficient, it is not always accurate, trustworthy, or acting in your best interests. Some AI-generated content may appear convincing while being misleading, incorrect, or intentionally deceptive (for example the HR video clip).

AI systems are computer-based technologies designed to simulate human cognitive functions such as learning, reasoning, problem-solving, perception and decision-making. Because of this, it can sometimes be difficult to distinguish between genuine and AI-generated information.

We encourage everyone to remain vigilant, think critically, and verify information before responding, sharing, or taking action - especially when emails, links, attachments, or requests seem unusual or unexpected.

If you are ever unsure, please pause and seek clarification through appropriate channels.



VISTA ON AIR



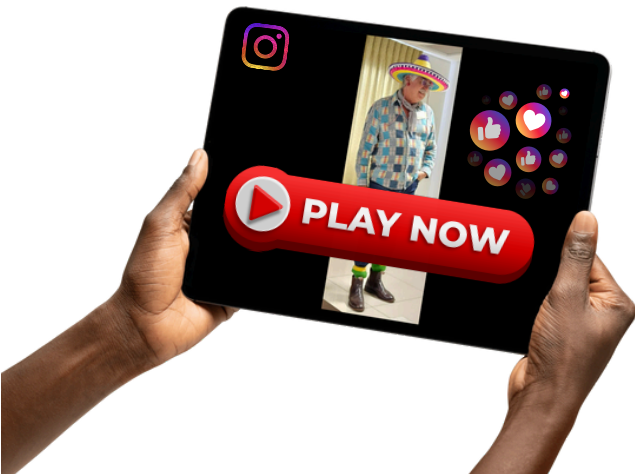
Pearlene Cochlan joined Faith Mangope from METRO FM to talk heartbreak, relationships, and how they impact our mental health,

Heartbreak isn't "just emotional" it can affect sleep, mood, confidence, and well-being.

We appreciate the invite from METRO FM and for creating space for conversations that help break the stigma around mental illness

[**CATCH UP HERE**](#)

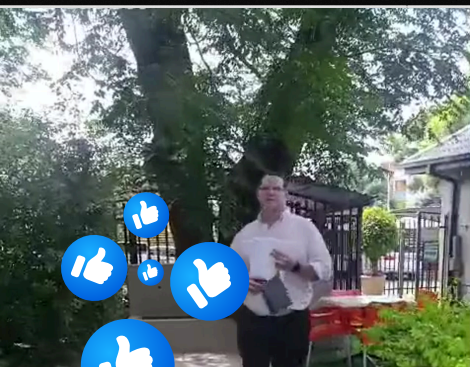
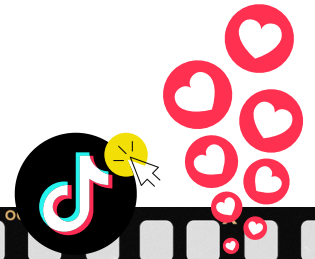
CHEESY SOCKS DAY



Different socks
One message
Mental health matters

We kicked off our 2026 staff meeting by wearing cheesy socks - not just for fun but as a reminder that it's okay to show up as you are. Celebrate individuality and remind each other that mental health looks different for everyone

WATCH, LIKE, & SHARE MORE LIKE THIS



WALKING BESIDE OUR PATIENTS

COMPASSION IN ACTION



What is Vista Clinic doing well that you would like us to continue or expand?



The classes are scheduled in the perfect circuit. Everything follows on one another and the facilitators are exceptionally good at what they do !

Group sessions especially the DBT program



More intense OR one on one classes on handling eg anger. Juan is awesome and he has the ability to teach patients so much more

Engagement with staff, Pearlene and Juan, OT action staff and OT staff

Taking care of the patients, clean environment and give a variety of food.

Amazing nurses OMG very helpful, accommodating, supportive 😊.
Thank you all for everything ❤️

The Nurse staff were very helpful and their so badly u enjoy staying with them and they take care of us on daily basis.

The patience of nurses, the cleanliness and calm environment as well as friendly therapists.. Everything is perfect at Vista Clinic... Keep it up

Their warmth, care and sense of urgency not forgetting the respect

The nDay and Night Nursing staff was really friendly,compassionate, and so caring. They took care of my every need. They are angels sent from above.

Some of the best nurses I've ever experienced, very friendly and patient and super supportive... Simply the best

[Click to view our full Patient Experience Survey Results](#)



February

BIRTHDAYS

CELEBRATING YOU



DINEO SELEPE
2 FEB



JOHANNAH NKUTSHOEU
3 FEB



DR TIDGES KATUNZI
3 FEB



HEIN VON HORSTEN
(TRUSTEE - 5 FEB)



DR XOLI MVOKO
11 FEB



NOMBUSO MNDawe
15 FEB



DR RIAAN PRINSLOO
17 FEB



DR BARENG MOTSHWANE
22 FEB



FRIK HORN
27 FEB



DR FRANCIS KARIUKI
29 FEB



PS. DEON BREEDT
29 FEB



DID YOU KNOW

Birthstone

It's the beautiful amethyst.

This gem is a form of quartz; it can range from a pale lilac color to a deep, rich purple.

Birth Flowers

The violet signifies watchfulness, loyalty, and faithfulness. Give a violet to someone to let them know that you'll always be there for them.

The primrose lets someone know that you can't live without them.