

March

VISTA NEWS

MARCH FUN FACTS

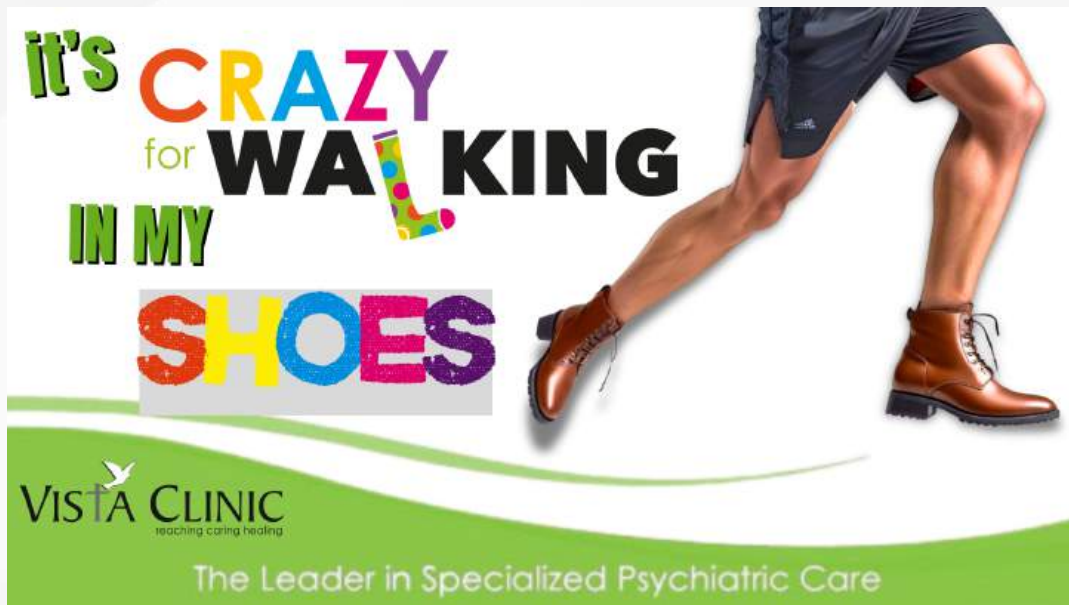
Originally the first month in the old Roman calendar, the year had 10 months, starting in March and ending in December.

March is named for Mars, the Roman god of war, because this was the time of year to resume military campaigns that had been interrupted by winter.

The vernal/spring equinox occurs around March 20–21, when day and night are of equal length.

Famous Birthdays:
Dr. Seuss (March 2)
and Albert Einstein (March 14).

Every year, March and June finish on the same day of the week



March is here, and while January shouted "New Year, New Me," March whispers something wiser: keep marching on. Not every goal needs a sprint. Not every dream requires a race. Real, lasting change is built in steady steps. Think about a march. It's rhythmic. Intentional. Sustainable.

Not rushed. Not frantic. Not exhausting. When we sprint through the beginning of the year, we often burn out before we see results. But when we choose a steady pace (one we can maintain) we build strength, resilience, and consistency.

March is about protecting your energy while still moving forward. It's about choosing progress over pressure. Consistency over intensity. Momentum over motivation. You don't have to overhaul your entire life. You just have to keep stepping. Rest when you need to. Adjust your pace when the road feels heavy. But don't stop marching.

Because the power isn't in how fast you go... it's in your decision to keep going.

CRACK A SMILE

Some people pick their nose, but I was born with mine.

I was going to tell a time traveling joke, but you guys didn't like it.

Humpty Dumpty had a great fall. He said his summer was pretty good too.

REMEMBER JANUARY? WHEN THEY SAID 'NEW YEAR, NEW ME' AND MADE US SPRINT?



LET'S SLOW THE HUMAN DOWN... SLOW IS SMOOTH. SMOOTH IS SUSTAINABLE.

2026 events

We have officially started our 2026 looming project. We invite all staff members to join the LOOMERS and help us reach a goal of 250 beanie's or more.

If you are interested, please contact Pearlene or Terisa and they will loom you through the process.

Date	Event	What to expect
Friday 13 February	Valentine's Day	Dress up, wear your heart out
February - May	Looming	Let's reach our goal - 250 beanie's
Thursday 30 April	Worker's Day	
Friday 12 June	Youth Day	Dress up
Friday 10 July	Winter Warmer	
Friday 7 August	Women's Day	Dress up
Wednesday 23 September	Heritage Day	Dress up
5 - 10 October	World Mental Health Awareness	



CRAZY for WALKING

If you'd like to take part in this year's Crazy for Walking event, know that it's about more than just clocking kilometers. The following qualifiers are there to build endurance, encourage consistency, and bring people together, while making sure everyone truly takes part in the journey. They also help raise visibility for mental health and encourage participants to take responsibility by actively supporting and advocating for the cause.

QUALIFIERS

1. Mental Readiness

Participants must:
Be prepared for a physically and mentally demanding journey

2. Distance Commitment

- Participants must complete:
- ✓ Minimum 40km total
 - ✓ Over a period of 7 months (April-Sep)
 - ✓ Across at least 4 official walking events
 - ✓ Minimum 10km per event/trail

3. Event Attendance Requirements

- For each qualifying event, participants must provide:
- 📍 Official proof of attendance
 - 📷 A photo at the event (start, finish, or official landmark)
 - 📄 A Training Passport stamp from the event organiser / official checkpoint
 - 👕 Photo proof wearing their Vista "Happiness Helps" shirt

4. Sponsorship Requirement

More details to follow

CRAZY for WALKING

ARE YOU A 2026 CRAZY WALKER?

THE CHALLENGE!

7 MONTHS OF GRIT & RESILIENCE

40km minimum (10km X 4 events)

WEAR YOUR VISTA SHIRT!

SHOW PROOF: PHOTO + PASSPORT STAMP!

COMMIT TO RAISE SPONSORSHIPS

WHO CAN JOIN?

- MENTAL HEALTH FANATICS
- COMFORT ZONE CRASHERS
- WALKERS WHO ARE SERIOUS ABOUT GROWTH
- INDIVIDUALS WHO UNDERSTAND THAT GROWTH REQUIRES EFFORT

HOW TO SIGN UP!

- 1 EMAIL: marketing@vistaclinic.co.za
- 2 OR CALL: MONIQUE X9148
- 3 SUBMIT PROGRESS

ONLY THE TOUGH AND CRAZY WILL MAKE IT!



NOT FOR THE FAINT-HEARTED!

VISTA ACADEMY



COMMUNITY TALK

Join our next
community
talk at



VISTA CLINIC
reaching caring healing



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:

Keeping Your
Rhythm This Year



Book your ticket

5 March
18h30 - 19h30



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

Register online



VISTA ACADEMY
A division of Vista Clinic

Keeping Your
Rhythm This Year



Book your ticket

Upcoming

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.

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

TRAINING & DEVELOPMENT

Our MHC team recently hosted a focused training and development session with our doctors' PAs, aimed at strengthening collaboration and streamlining clinic processes.

The session covered:

- Updated MHC processes
- Recent form changes and documentation requirements
- Clarification of workflows and responsibilities
- Practical steps to ensure smooth day-to-day operations

At Vista Clinic, we believe that excellence in patient care includes excellence in administration. When every team member understands the processes, communicates clearly, and follows the correct pathways, it creates a seamless experience, not only for our staff, but most importantly for our patients.

These sessions form part of our ongoing commitment to:
Continuous improvement
Interdisciplinary teamwork
Professional development
A smooth, patient-centred administrative journey



*When our internal systems work well, our patients feel it.
Well done to the MHC team and our PAs for prioritising alignment,
clarity, and service excellence.*

HR BLOG

GROUNDED, GROWING, AND GIVING



Manage Your Leave Responsibly

Taking time off is important for your wellbeing and productivity.

We encourage everyone to plan their leave carefully and use it for its intended purpose.

Please remember: sick leave is strictly for when you are genuinely unwell or medically unfit to work.



Applying for sick leave when you are not sick may seem harmless in the short term, but it can have serious long-term consequences.

LONG-SERVICE AWARDS

We recently had the privilege of celebrating some of our incredible team members who reached important long service milestones at Vista Clinic.

To honour this achievement, we enjoyed a special celebratory breakfast together. It was a meaningful moment to pause, reflect, and say thank you.

We are grateful for the years of service, the heart you bring to your work, and the role you play in making our clinic what it is. Here's to many more milestones ahead!

Congratulations

Mapitso Mathobela - 20 years

Johanna Khoza - 15 years

Marlyna Ramatla - 15 years

Anna Morebudi - 15 years

Nonhlanhla Mokoka 5 years

Carol Doyle - 5 years

Chantal van Heerden - 5 years

Khomotso Molepo - 5 years

Precious Mthimunye - 5 years

Pearlene Cochlan - 5 Years



TOP STOKVEL SAVERS

The month of February is our much-anticipated "Stokvel pay-out" month for all members who faithfully saved throughout the year.

Continuing with our proud tradition, Mr Louw announced the Top Stokvel savers at Vista Clinic and generously topped up their savings with additional cash to round off their pay-outs.

Top Savers:

Elias Kgatla and Fikile Mashinini, both in the number one position; Jonelda Verhoef in second place.

A special mention goes to Fikile, who has been a committed Stokvel member since 2020. Her dedication inspired Elias, who joined the Stokvel in 2022 and has shown remarkable commitment since then.

Elias shared his personal story about what he did with his money over the years, and he is proud to announce that he now has two jo-jo tanks at home. Therefore, his family will always have water.

With his 2025 savings, he is going to install solar panels at his home, and then he will be completely off the grid. What an inspirational story! Stokvel forms were distributed to everyone and Mr Louw encouraged all to join the Stokvel and said

"By not spending a little bit of money, over a period of time, you will end up with a lot of money"





WELCOME NEW VISTA EMPLOYEE



ANELE MAKHATHINI

Who is your hero?	My mother	
What really makes you angry?	Inconsiderate people	
What is your favourite thing about your career?	Being able to help others	
If you could choose to do anything for a day, what would it be?	Be a part of a Gospel music group	
What is your proudest accomplishment?	Finally leaving my home town (Krugersdorp) after 9 years	
What are your hobbies?	Singing	
How would your friends describe you?	They would describe me as a reliable person	
Which single item can you not go without in a span of 24 hours?	My phone	

WALKING BESIDE OUR PATIENTS

COMPASSION IN ACTION



PP

Nurse Elizabeth makgae was kind supportive and always ensuring that I settled well and that I know her door is open in case I experience any challenges and always asking how the meds are responding together with Sister Riri. They are truly angels and may the good lord increase their strength and blessings 🙌 they love their job truly



from the first day i got here i got admitted by sister lindo was so helpful , mindfull, supportive and friendly to me till this day

she deserves flowers



Great nursing staff. Special thanks to Precious and Lydique.



Sister Dimakatso, Sister Lister and Sister Thuli checked on me daily, they could always identify shifts in my mood and always have support and encouragement which really made the biggest difference. They didn't judge me at all.

The nursing staff at Fuschia ward was very accomodative, welcoming and helping. Sister Sophie Chauke, Mr Thabang Lenake, Sister Lydique Simon, Sophie Mafa & Nthabiseng Pabale were amazing and very professional. Their treatment helped made my stay pleasant at the ward



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

PP



March

BIRTHDAYS

CELEBRATING YOU



PEARLENE COCHLAN
1 MARCH



NONHLANHLA MOKOKA
3 MARCH



EUNICE BALOYI
5 MARCH



MOTHEO MOTSOGI
11 MARCH



NOSIPHO LUKHELE
11 MARCH



DU TOIT GENIS
15 MARCH



ELIZABETH MAKGAE
20 MARCH



SEAN MOORCROFT
26 MARCH



NELIA PAULSEN
26 MARCH



EUNICE MAHLANGU
28 MARCH



NONHLANHLA MAUBANE
30 MARCH



MOSSEY MOJELA
30 MARCH



GUGU MORATIOA
30 MARCH



CAROL DOYLE
31 MARCH



DID YOU KNOW

The primary birthstone for March is Aquamarine (symbolizing calm, youth, and courage). A light blue, sea-green stone associated with tranquility, clarity, and protection for sailors.

The March birth flower is the Daffodil (or Jonquil), representing new beginnings, rebirth, and joy