

May

VISTA NEWS

MAY
FUN FACTS

Birthdays:

Florence Nightingale
(May 12, 1820): Pioneer
of modern nursing,
known as 'Lady with the
Lamp'.

May 10, 1994 - Former
political prisoner Nelson
Mandela was
inaugurated as
president of South
Africa.

May 17, 1792 - Two
dozen merchants and
brokers established the
New York Stock
Exchange. In good
weather they operated
under a buttonwood
tree on Wall Street. In
bad weather they
moved inside to a
coffeehouse to conduct
business.

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

SHOES

VISTA CLINIC
reaching caring healing

The Leader in Specialized Psychiatric Care

May invites a gentle shift: not just to keep going, but to care for yourself while you do.

Life doesn't suddenly get lighter because the calendar changes. The same responsibilities, pressures, and expectations are still there. But how you carry them can change.

Self-care isn't escape. It's support.

Think about the shoes you're walking in.

Are they worn down from pushing too hard, or supported by rest and intention?

You don't need to earn your rest. You don't need to wait until you're exhausted to take care of yourself.

Slow down when you need to, set boundaries, breathe.

Because self-care isn't stopping the journey - it's what helps you keep walking.

CRACK A SMILE

A roman walks into a cafe holds up 2 fingers and gets 5 coffees.

How did the picture end up in prison?
It was framed.

YOU CALL IT GUILT.
I CALL IT...
MAINTENANCE

I FEEL GUILTY
RESTING.



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



Workers Day Dress-Up _ Thank You! 🎉

What a wonderful atmosphere filled the halls of Vista Clinic today!

A heartfelt thank you to every single person who dressed up and brought such great energy to our Workers Day celebrations. These moments remind us of something really special, that Vista Clinic is more than a workplace. It is a community. And it is a community that knows how to show up, have fun, and celebrate together.

To everyone who participated: your enthusiasm, your creativity, and your spirit made today truly memorable. We see you, and we appreciate you more than words can express.

Who Was Best Dressed?

We want YOUR vote!

Below you will find images from today's dress-up. Click the voting link, browse through all the photos, and simply select the number of the person you think deserves the Best Dressed title.

👉 To vote, click here



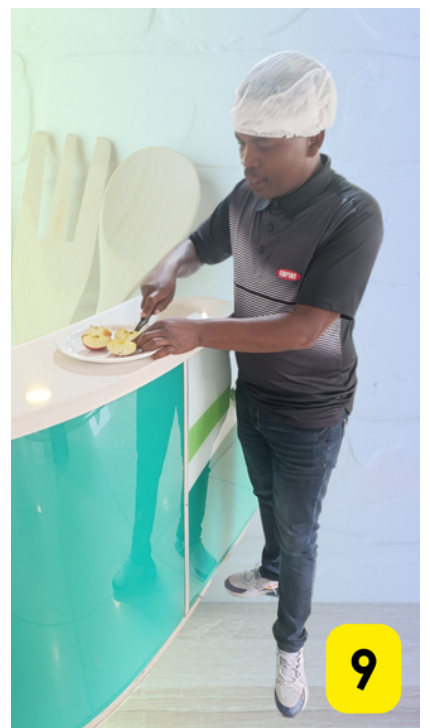
Voting is quick and easy - one click is all it takes. The winner will be announced during the month of May, so keep an eye out!

👣 Coming This May: Walking in Someone Else's Shoes
We have something very special planned for the month of May, and we cannot wait to share it with you. Look out for announcements about our upcoming initiative: Walking in Someone Else's Shoes.

This is not a once-off event, it is a month-long journey that invites each of us to step into the world of a colleague. To see Vista Clinic through their eyes. To understand the responsibilities they carry, the challenges they navigate, and the quiet but essential role they play in the bigger picture of care we provide here every day.

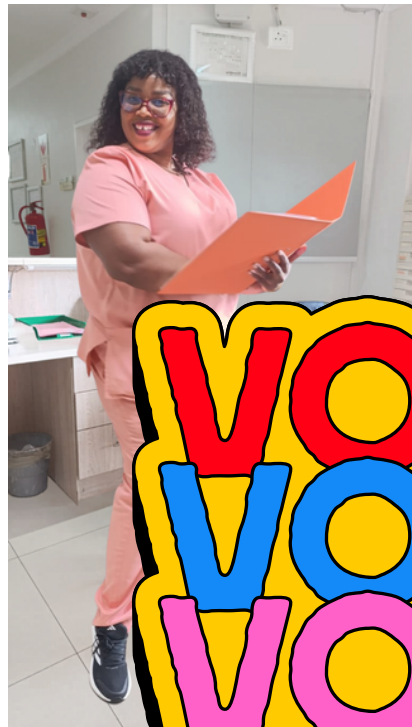
Details of how Walking in Someone Else's Shoes will work will be shared throughout May. Watch this space.

And of course, we will be honouring our Nurses for Nurses Day....be on the lookout for more information.



VOTE
VOTE
VOTE

VOTE
VOTE
VOTE



VISTA ALUMNI ASSOCIATION



On the 16th of April, our Vista Alumni Association (VAA) was treated to a heartfelt trip down memory lane at the Vista Clinic Movie Theatre.

These are the special members who once dedicated their working years to Vista, and who we continue to honour and care for deeply. Twice a year, we welcome them back for a day designed entirely around appreciation, connection, and comfort.

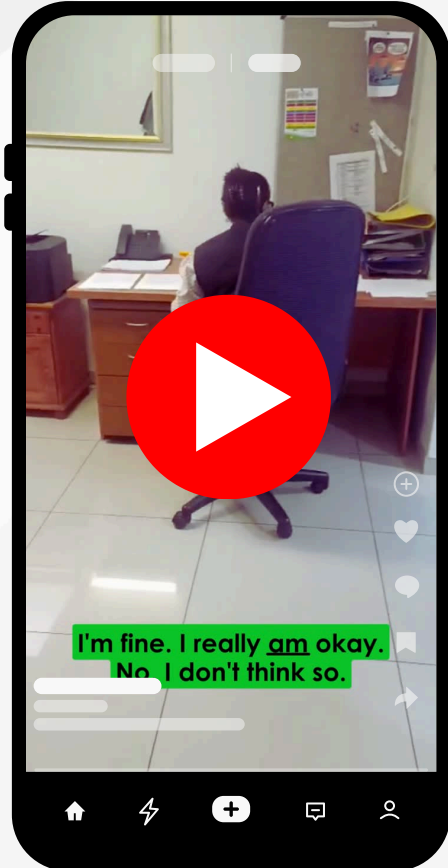
So make a cup of coffee, get cozy, click on any image below, and enjoy a moment of nostalgia with us.



VISTA ACADEMY



COMMUNITY TALK



Live on social media every last Thursday of every month



UPCOMING EVENTS

Click to download the CPD programme for 2026

www.vistaacademy.co.za



SAVE THE DATE

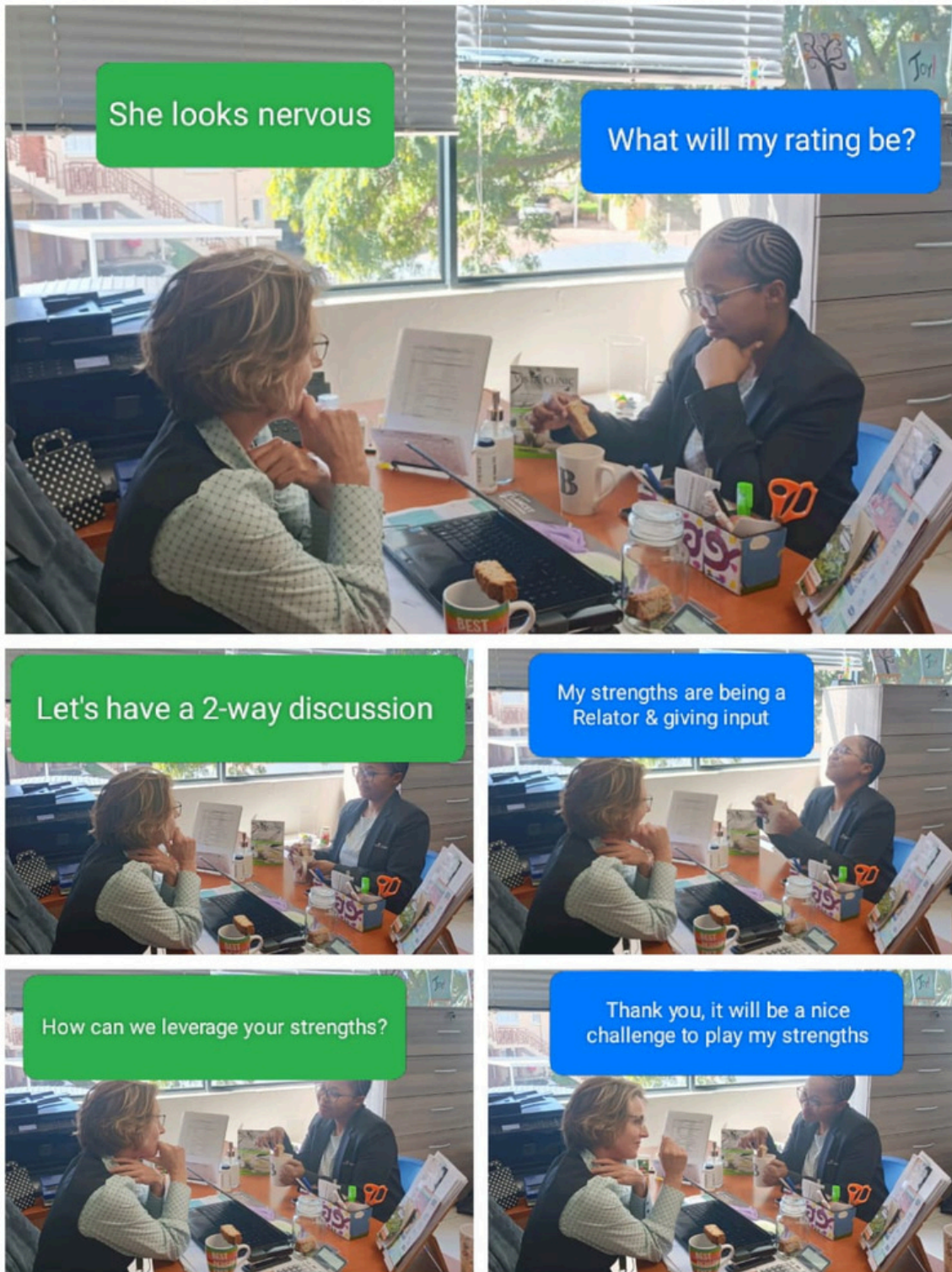
Monthly case discussions will take place on the following Fridays from 07h30 - 08h30 in Baobab. We kindly ask that you rsvp for each discussion for catering purposes.

22 May
5 June
21 August
11 September
16 October
20 November

VISTA ACADEMY

A division of Vista Clinic

HR BLOG



It's "review" time again, and we encourage you to approach it as an open, honest conversation. This should be a two-way discussion where both you and your Manager or Supervisor are actively engaged.

Take the opportunity to highlight your strengths and work together to identify how these can be best leveraged over the next six months: for your own growth, as well as for the benefit of your team and Vista Clinic.

It's equally important to discuss your development areas. Collaborate on practical ways to address these, whether by minimizing their impact or actively working to turn them into strengths over time. The link will be shared during May.

WALKING BESIDE OUR PATIENTS

COMPASSION IN ACTION



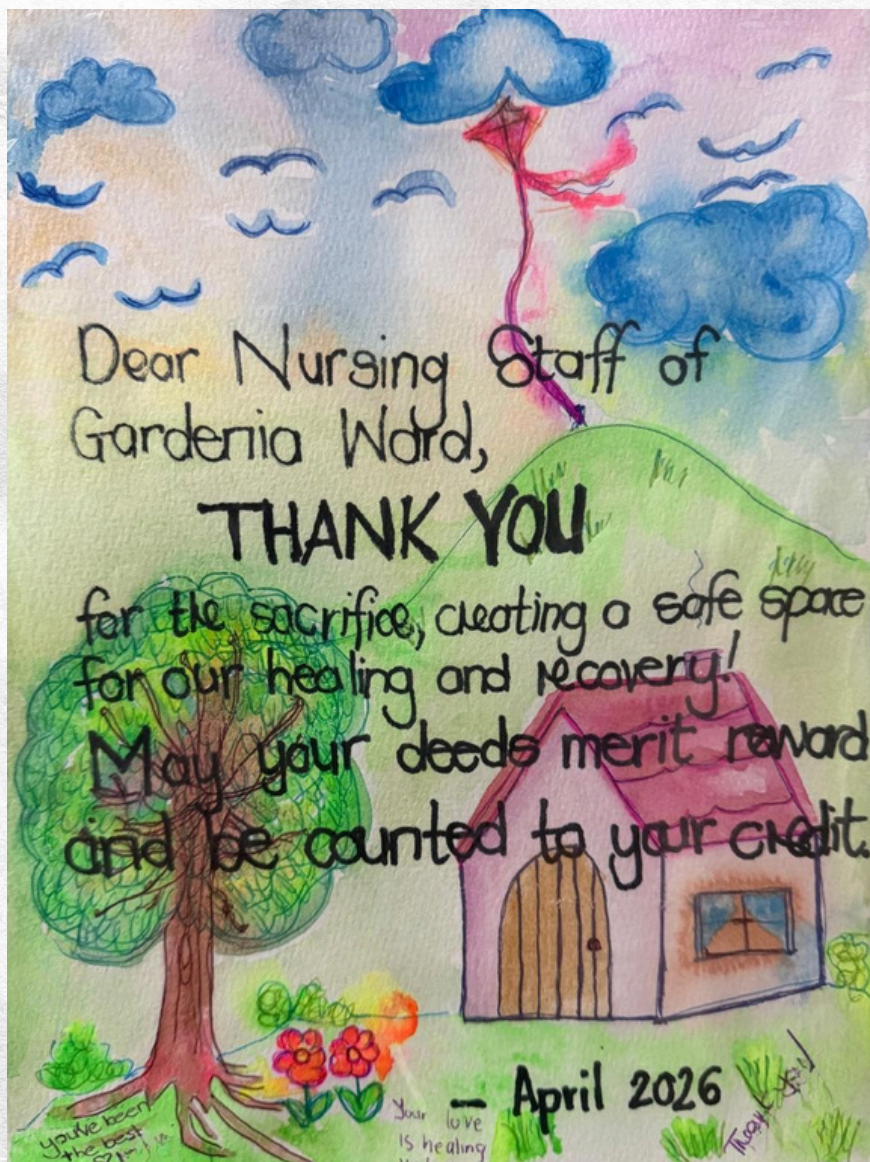
To the wonderful nursing staff at Erica ward who were my support structure and with their amazing understanding and care, I just want to say a few words to express my gratitude for the great care that you gave me during my stay at Vista Clinic.

Thank you very much for your warmth and welcoming environment which made me feel at home. I am very grateful that all of you treated me with respect, care and love. You guys were my strength and support to getting better, your encouraging words and care was amazing.

I was able to find myself again under your amazing care and support, you treated us as your family and that made it easy for us to recover fully and you encouraged us to hope and look forward to a better future.

I will always remember you guys, every smile and laughter and I will give my memories with you guys a special place in my heart.

Thank you very much, you are an amazing team. It's easy to see that you all love what you do and you do it with passion. Thank you for such a warm and wonderful care.



WALKING BESIDE OUR PATIENTS

COMPASSION IN ACTION



As I prepare to return home, I would like to formally acknowledge and express my sincere appreciation to the multidisciplinary team who oversaw and supported my care.

To the nursing staff: your consistency, attentiveness, and compassion formed the backbone of my daily experience. You delivered care with both technical precision and emotional intelligence, ensuring that even the most difficult moments were met with dignity and reassurance. Your contribution extended far beyond clinical duties—it was profoundly human.

To the treating specialists: I am deeply grateful for the calibre of expertise and professionalism demonstrated throughout my treatment. Your ability to combine clinical excellence with clear, thoughtful communication fostered a sense of trust and stability during a time of uncertainty. The respect and consideration with which you engaged me as a patient did not go unnoticed.

To the administrative team: your efficiency, coordination, and professionalism ensured a seamless experience across all processes. Often operating behind the scenes, your role is critical to the overall functioning of the system, and I would like to explicitly recognise the impact of your work.

What stands out most is not only the individual excellence across each function, but the cohesion of the team as a whole. There is a clear culture of accountability, respect, and patient-centred care that distinguishes this institution.

Please accept my heartfelt thanks for the role each of you played in my recovery. Your work carries significance that extends well beyond the immediate clinical environment, and I leave with a deep sense of gratitude, kindness and love.

May

BIRTHDAYS

CELEBRATING YOU



MAMUSI SEITLHEKO
5 MAY



LYDIQUE SAAIMAN
5 MAY



DR SANDISIWE DYONASE
6 MAY



AAMINA KIMMIE-ISMAIL
11 MAY



BUSI MCINGANA
13 MAY



DR TALITHA COMBRINCK
13 MAY



PRECIOUS MAHARELA
17 MAY



ALET VAN DER WESTHUIZEN
20 MAY



ANZELLE SMITH
22 MAY



ANELIZE BEYERS
24 MAY



YOLANDA LYNDIQUE
25 MAY



DR FRANCINAH MABASA
26 MAY



DR JOACHIM MURERIWA
26 MAY



MARY RAMMABA
27 MAY



STEPHALINA KHOZA
27 MAY



DR AMANDA SIBANYONI
27 MAY



THERESO MENGWAI
27 MAY



PRUDENCE MPHAGA
28 MAY



DR PETER LANDLESS (TRUSTEE)
28 MAY



MAZWITHA SHAVA
30 MAY



DID YOU KNOW

May Flower: Lily of the Valley
Symbolizes sweetness, humility, and a return to happiness.

May Birthstone: Emerald
Known to represent love, success, and good fortune