

August

VISTA NEWS

AUGUST
FUN FACTS

Martin Luther King Jr. delivered his famous "I Have a Dream" speech on August 28, 1963.

August was named after a major figure of the ancient Roman World, Augustus Caesar (63 B.C.–A.D. 14). He was the first Roman emperor (though he never claimed the title) and the grandnephew of the previous ruler, Julius Caesar (who named July after himself).

"The Origin of the Sandwich: August 6, 1762"

The first sandwich was allegedly made on August 6, 1762, and was given the Lord of Sandwich's name. The dish consisted of meat placed between two slices of bread, which he requested because he was in the middle of a gambling game and did not want to interrupt it.

9 August - commemorates the 1956 march of approximately 20,000 women to the Union Buildings in Pretoria.

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

VISTA CLINIC
reaching caring healing

The Leader in Specialized Psychiatric Care



This August, we turn our attention to the women who hold so much, often quietly. The ones who carry households, careers and communities, and somewhere along the way, learn to put everyone else's needs before their own. We call it strength. We call it resilience. But underneath it is often exhaustion, and a woman who has forgotten how to ask for help.

Women's mental health is shaped by things we don't always name: the invisible load of caregiving, the pressure to be endlessly capable, the guilt that creeps in when rest feels like failure. None of it makes her less strong. It makes her human.

This Women's Day, let's remind the women around us, and ourselves, that softness is not weakness. That asking for support is not giving up. That rest is not a reward to be earned but a need to be honoured.

To every woman carrying more than she shows: you are seen, you are valued, and you don't have to carry it alone.

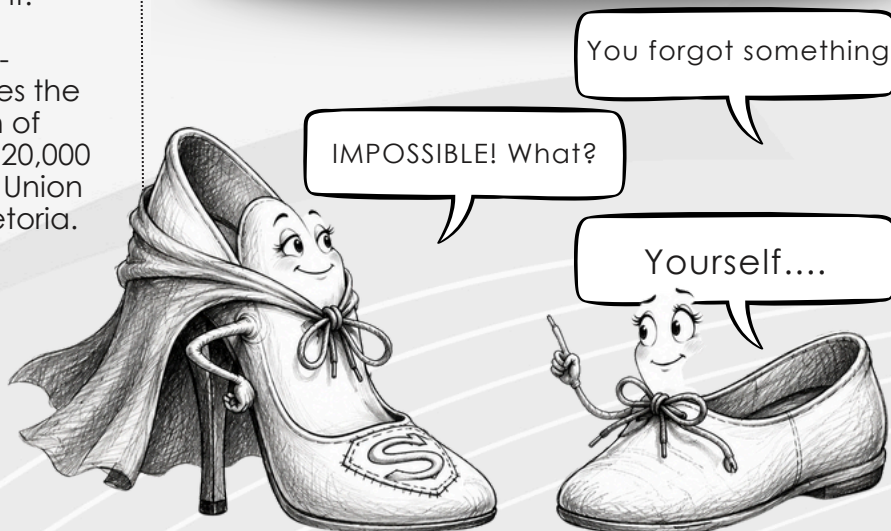
CRACK A SMILE

Why can't you give Elsa from Frozen a balloon? Because she will let it go!

I told my doctor that I broke my arm in two places. He told me to stop going to those places.

Why did the scarecrow win an award? Because he was outstanding in his field.

What do you call a factory that makes okay products? A satisfactory.





Vista Crazy Cup

Congratulations to the Blue Pink Mix team, our World Cup champions! This wonderfully mixed squad of clinical and admin staff proved that great predictions come from great teamwork, blending sharp instincts with a lot of fun along the way.

A huge thank you to every team that took part. The predictions were sharp, the banter was better, and the enthusiasm never dipped, right down to the final whistle. Competitions like these remind us what makes Vista special: people who bring heart and humour to everything they do, on and off the clock.

Well played to all, and see you at the next Vista Crazy Cup!





WATCH NOW



This Mandela Day, Vista Clinic took its message of care beyond the clinic walls and onto the road outside, to the commuters and passersby who walk our street every single day.

The idea was simple. A warm pancake on a cold morning, given freely, to whoever needed it. But we wanted to offer something that lasts longer than breakfast, so alongside each pancake came a Happiness HELPS card: five practical steps for better mental wellness, being Help others, Exercise, Learn, Play, and Spiritual growth. Small, doable things that make the hard days a little lighter, with an invitation to pass them on to someone else.

Our team danced, laughed, and shared stories with the people who stopped by, because wellness isn't only found in a consulting room. Sometimes it's found in a moment of connection and a reminder that you are not walking alone.

We also asked one question, written up on a board for anyone to answer: what keeps you walking on the tough days? People paused, thought, and shared. One word, one reason at a time, the board filled with quiet acts of courage from strangers who, for a moment, didn't feel like strangers at all.

That is what 67 minutes can look like. Not a grand gesture, just kindness shared freely and carried forward. Because you never really know whose shoes someone else is walking in.



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

SOPHIATOWN
THE HEARTBEAT OF A CITY

JAZZ
BLUES
KOFIFI

Where legends
lived, music played
& dreams
took flight.

KOFIFI HIGH TEA

*Celebrating
Women's Day*

7 AUGUST | 09:30 - 11:00

VENUE: BAOBAB

DRESS CODE: KOFIFI
High Tea & Photo Booth

BEHIND EVERY STRONG WOMAN IS HER STORY,
HER SISTERS & HER SONG.

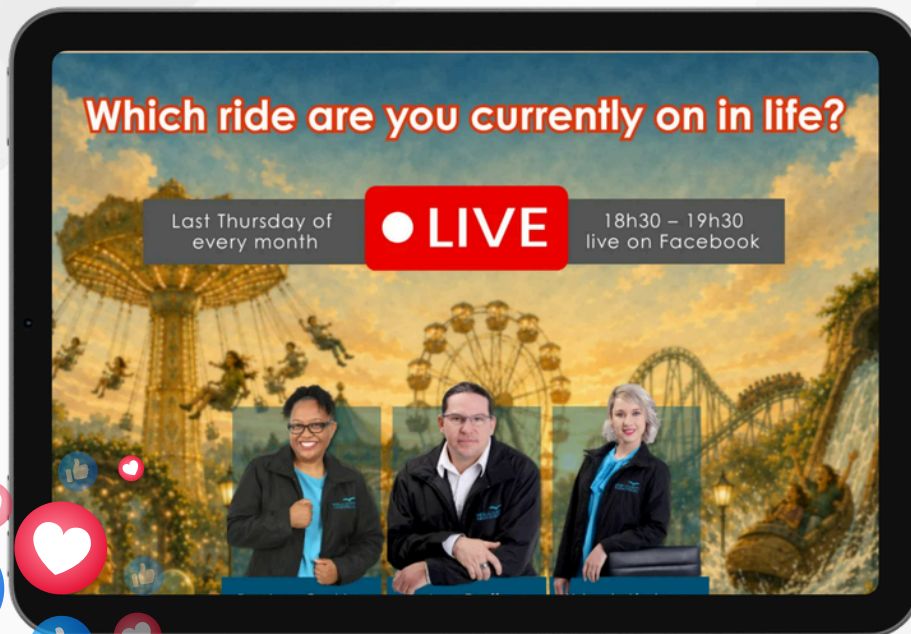
SOPHIATOWN 1950s
KOFIFI STYLE PRIDE - SOUL
LIVE THE LEGACY

HER SISTERS & HER SONG.

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



21 August
11 September
16 October
20 November

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.



VISTA ACADEMY

A division of Vista Clinic

UPCOMING Events

For easy navigation, this document is interactive.
Click to read more on the events
below to jump straight to that page.

RIDES OF LIFE

ride are you currently on

Thursday of
every month

● LIVE

18h30 – 19h
live on Facebook



Thursdays 18:30pm (monthly)

Community Talk

Join us for our monthly community talk where we explore practical mental wellness skills to support everyday mental wellness.

[Read more](#)

next talk

August
27



Tues – Thurs 16:00pm

DBT-informed Emotion Regulation Skills Group

This structured group intervention is ideal for those struggling with emotional dysregulation, impulsivity, interpersonal difficulties, and coping skills.

[Read more](#)

next group

Aug
18

HR BLOG

WINNER

GUESS WHO?

Congratulations to our Guess Who Competition winner, Jolandi Posthumus. With 8/10 correct she was placed in the draw and she was the lucky name to come back out of the jar. We hope you enjoy your Dopamine voucher! Look out for our next Guess Who Competition coming soon!



Person 01

Surprising fact: If she knows you well, she will be brutally honest with you
First job: Waitress at Roman's Pizza
Comfort food: Chocolate
Skill overnight: Veterinary nursing
Most-used emoji: 🌸
Hidden hobby: Being a mom, no time for hobbies
Never turns down: Coffee



Person 02

Surprising fact: Had tea and scones in the House of Lords with British political leaders
First job: Tutored first-year psychology students
Comfort food: A saucy burger
Skill overnight: Playing the piano
Most-used emoji: 😊😄
Hidden hobby: Painting
Never turns down: A whiskey



Person 03

Surprising fact: Sometimes gets angry
First job: Cashier
Comfort food: Pap and chicken feet
Skill overnight: Dancing
Most-used emoji: 🙌
Hidden hobby: Singing
Never turns down: A present



Person 04

Surprising fact: Mother of 4, twin girls and 2 boys
First job: Nursing at Tshwane District Hospital
Comfort food: Chocolate, specifically Kit-Kat
Skill overnight: Fixing things around the house
Most-used emoji: 😄
Hidden hobby: Cooking
Never turns down: Money



Person 05

Surprising fact: Is actually approachable
First job: Netcare theatre nurse
Comfort food: Wings and chips
Skill overnight: Singing
Most-used emoji: ❤️
Hidden hobby: Gardening
Never turns down: Money



Person 06

Surprising fact: Can be moody
First job: Receptionist at a fire station
Comfort food: Pizza
Skill overnight: Pilot
Most-used emoji: ❤️
Hidden hobby: Reading
Never turns down: Travel



Person 07

Surprising fact: Eats sushi with a knife and fork
First job: Clerk at NWK
Comfort food: Savoury pancake
Skill overnight: Playing the violin
Most-used emoji: 🍷
Hidden hobby: Camping
Never turns down: Pancake



Person 08

Surprising fact: Sensitive
First job: Nurse at 1 Military Hospital
Comfort food: Anything with meat
Skill overnight: Pilot
Most-used emoji: ❤️
Hidden hobby: Reading
Never turns down: Food



Person 09

Surprising fact: Is a camouflaged extrovert
First job: Cashier at Deon's
Comfort food: Peanut butter
Skill overnight: Any language, to speak and understand
Most-used emoji: 🍷
Hidden hobby: True life documentaries
Never turns down: Wine



Person 10

Surprising fact: Has been up the Eiffel Tower
First job: Worked at a clothing store called Topics
Comfort food: Tea
Skill overnight: Playing piano
Most-used emoji: ❤️🔥🧐
Hidden hobby: Crochet
Never turns down: Puzzles, e.g. Sudoku



WALKING BESIDE OUR PATIENTS



COMPASSION IN ACTION



Fantasties service, **warm and kind.**

The **greatest of staff you have at the facility**, very **emphatic and caring**. Always **willing to listen**. Special **shout out to MR PHILLIP, MR RULANI, SR NOMBUSO, MMAMOTSE, MATSHEPO, MOOSEY, BONOLO, SR MAMUSI, DINEO, NTSOAKI, KATLEGO.**

Please give them my **special compliment as they played a major role in my healing.** ❤️

Sister Dimakatso ❤️, **sister Hellis, Sister Mpho** **Anctually all the nurses at Gardenia, vista sisters**, Man you really **have passion** in this nursing thing. I felt so welcome, ur compliments really lifted my self-esteem and confidence. You really **know how to bring a smile** on a patient. **Vista felt like home** 😊😊. **Keep doing a great work.** I love you all.

Amazing service from staff members, **especially Sister Riri** abs **Suster Johanne**

I was **happy with the service of the nurses**. They are very **attentive and a special mention to sister Maria** - she is very kind and patient and **overall efficient in the way she does her job as well as sister Kgomotso.**

Excellent
Nurse **johanna and riri**

Very **attentive and well trained** nurses. Great service.

I had a **really pleasant stay at the Gardenia ward**. The whole nursing staff was welcoming, loving and kind, they **do an amazing** job.

The nurses and stuff was very **helpful and friendly**



WALKING BESIDE OUR PATIENTS



COMPASSION IN ACTION



Had a very **nice stay** the **Staff was incredible** at **Vsmilia, Antoinette, mmamotse, mossey, Phillip , matshepo, ntswaki, and mamusi.**

Beautiful experience, lovely staff and friendly and helpful. With the **utmost respect** I don't want to come back but it **saved my life. Thank you to all the staff**

Nurses were amazing and kind loved my stay!

Staff at Gardenia are very **friendly and helpful,**I would like yo thank them for making my stay here a pleasant one.

Very **Supportive and attentive**

Oh!my Goodness where do I begin the service I got at Vista in Carmellia,from the day shift staff **Sister WAntonette,Mmamotise,Moosey,Mr.Phillip,Mmatshep,Ntsoaki,Night shift Sr.Mamusi,Dino,Mr.Rhulani and Bonolo.**What a **dedicated and professional team,**the **love and care** I experienced from the 12 of July to the 34 is **amazing.THANK YOU** and keep it up with the good work. God BLESS YOU.

I enjoyed a staying here **nurses they respect** us n **treat us very well**

Sister Annel, Sr Pretty, Sbongile, Lebogang, John, Morangwe, Andronica, Sister.

These ladies gave me a **great healing experience** with their **persistent care, monitoring at all times.** They **made it easy to tell them** whenever I had a problem. In short they became like older sisters the way they cared.

I had a wonderful stay at Vista Gardenia Ward , the **nurses are so helpful and easy to interact with.** I know my **mental health is always safe in the hands of this wellness clinic**



WALKING BESIDE OUR PATIENTS



COMPASSION IN ACTION



Elizabeth has been so kind and respectful. Basically all the nursing staff in ward Erica made it possible for me to be hopeful about life again. Ous Pretty also was able to give some eye opening advise. Vista showed me I also have a artistic side of me I never knew I had. The doctors were amazing in releasing and realizing some of my under lying issues that I hadn't identified.

A big thank you to the nursing team, sr Helize, Beauty, Francinah, Suzan, sr Prudence, sr Dimakatso, Lelo, Thereso, Winnie, Sophie and Sr Louse at Gardenia, your treatment was excellent

Thanks Vista, I'm going home with a much better mood and new goals. The Gardenia staff you are great caring and looking after me, thanks for that. My drs I don't think anyone realise how much depression and anxiety breaks a person and you build it up for us great work. There is countless thanks to everyone one here at Vista. I will definitely recommend you to others.

Wonderful people with great care and personalities. I thoroughly enjoyed my stay and was able to heal in the right hands. Sr Helize, Mam Winnie, Beauty, Francinah, suzan, Prudence Sr, Especially Sister Dimakatso, Lelo, Thereso, Sophie and Sr Louise. Thank you so much. You make a beautiful team!

The nursing staff is by far the most supportive, kin, caring and friendliest people I have ever met. They made me feel so at ease with being in this new environment (which was not home) and I slowly settled inn so well because of them. Thank you so much for your kindness ❤️🌸

Elizabeth is always friendly and helpfull. Mr Thabang is a wll trained sister alway happy and alway up for a laugh sister leshog alway takes on more than she must do and is always friendly.

Amazing nurses, super helpful and always ready with a smile.

Amazing staff that listens with patience, always willing to help, treats all patience with respect, love and tenders regardless of age, race or any difference. I would love to come back to the same ward even when I come back to Vista. For the same warmth, gentleness and kindness. **My best 4 is sister Lele and Sister Dima and sesi Mpho and sister Helize**



August

BIRTHDAYS

CELEBRATING YOU

DR LEARTO GALESITOE
1 AUGUSTLOUISA KEKANA
1 AUGUSTHELIZE VAN DER MERWE
3 AUGUSTESMA TREDOUX
4 AUGUSTDR LADAWAG GOGA-ASANTE
7 AUGDR ELAINE STRAUSS
8 AUGUSTDORRIES MNISI
8 AUGUSTFIKILE MASHININI
10 AUGUSTFRANCINAH MASENYA
15 AUGUSTPERTUNIA MOFYA
16 AUGUSTMARIE JACOBS
18 AUGUSTLOURETTA ROOS
20 AUGUSTTSHIAMO MASEBOLA
21 AUGUSTGRAANY MASHALA
22 AUGUSTEVELYN NAGEL-MALATJI
23 AUGUSTANNAH MOLOTO
24 AUGUSTGRETA JONES
25 AUGUSTBEAUTY DLADLA
25 AUGUSTPHILLIP MAIFFO
27 AUGUSTCHANTELLE STANDER
31 AUGUSTMPHO MUROVHI
31 AUGUST

DID YOU KNOW

August Flower:

Gladiolus: The primary birth flower, known as the "sword lily," symbolizing strength of character, honesty, and moral integrity.

August Birthstone:

Peridot: The main modern birthstone, famous for its bright yellow-green color and association with strength and positive energy.


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