

September

VISTA NEWS

SEPTEMBER
FUN FACTS

September: Its name comes from septem, the Latin word for "seven," because it was the seventh month in the early Roman calendar

September always starts on the same day of the week as December, but it never ends on the same day of the week as any other month

Equinox: The seasonal shift happens around September 22, when day and night are of equal length

The Harvest Moon: The full moon closest to the autumn equinox is known as the Harvest Moon, shining extra bright to help farmers

On September 4th, 1998, internet entrepreneurs and Stanford PhD students Larry Page and Sergey Brin launched Google.

After American independence on 4th July 1776, people called the United States the "United Colonies." They inherited the name from the British. However, the founding fathers were unhappy with the moniker because it evoked memories of the old world. In contrast, the "United States of America" indicated a new, sovereign nation free from the British King.

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



VISTA CLINIC
reaching caring healing

The Leader in Specialized Psychiatric Care

This September, we turn our attention to grief, and to the toll it takes when we don't let ourselves move through it. Grief is like walking through sticky tar. Every step is heavier than it should be. It clings to your shoes, slows your pace, and sometimes it feels easier to stop moving altogether than to keep pulling free.

We call it "coping." We call it "staying strong for everyone else." But underneath it is often a grief that was never given the space to be felt, packed away because there wasn't time, or because nobody taught us how to sit with it. Grief doesn't move in straight lines, and it doesn't run on anyone else's timeline. Left unprocessed, it doesn't disappear, it just waits, quietly shaping how we show up in the rest of our lives.

This month, let's remind each other that grief is not something to rush through or hide. That feeling it, even the messy, sticky, slow parts, is what allows us to eventually walk free of it.

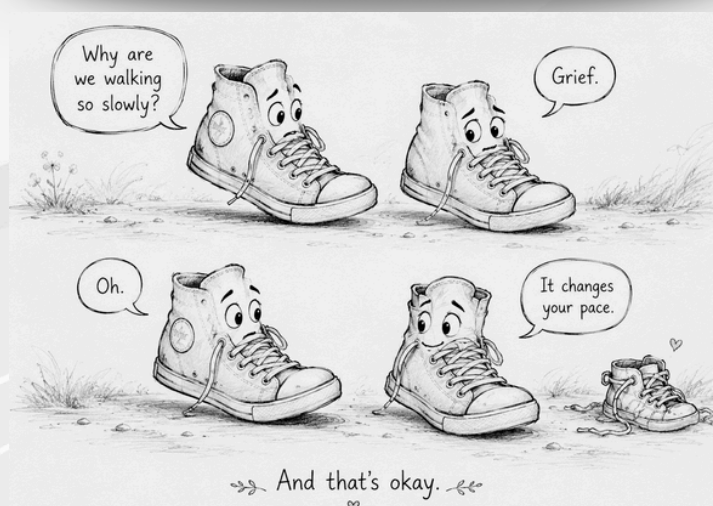
CRACK A SMILE

Why don't anteaters get sick? Their anty-bodies keep them healthy

I was going to tell a joke about sodium, but I thought, "Na."

Why don't pirates take a shower before they walk the plank? They just wash up on shore.

Did you hear about the guy who got the left side of his body amputated? He's all right now.



And that's okay.

2026 events



Our Women's Day celebration brought the spirit of Kofifi into the clinic. Kofifi was the much loved nickname for Sophiatown, the vibrant 1950s Johannesburg neighbourhood famous for its jazz, fashion and unstoppable energy, and our ladies did the theme proud.

Everyone arrived dressed to the nines in gorgeous, vintage-inspired outfits that would have turned heads on Sophiatown's own streets. The day was filled with lovely food, warm conversation, singing and dancing, and a wonderful sense of togetherness.

Thank you to every lady who dressed up, showed up and helped make the day so special. Your outfits, your energy and your spirit made it one to remember.



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



A big thank you to all our incredible volunteers joining us at the YouMatterWalk this year, we truly couldn't do this without you.

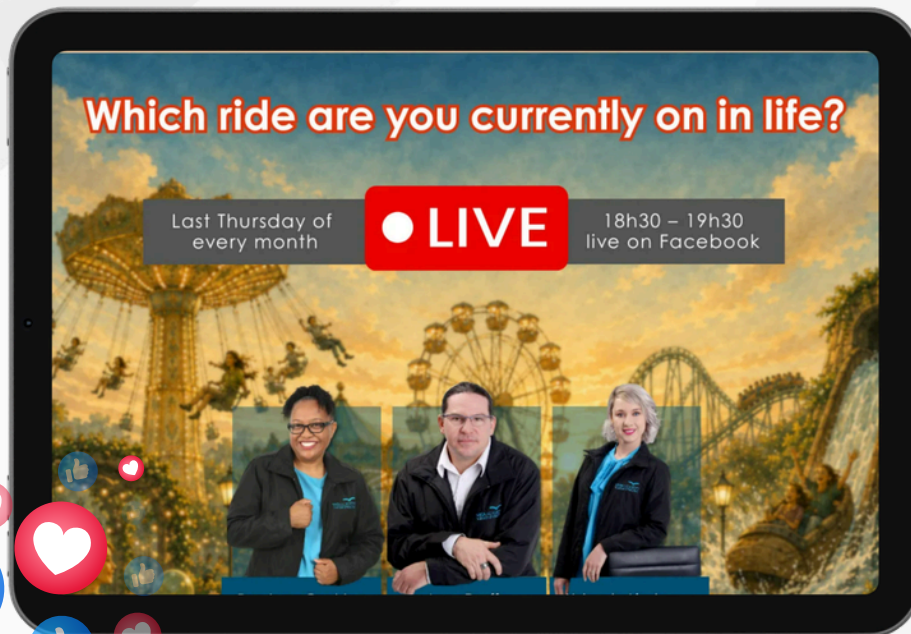
To our Vista Clinic family: we can't wait to see you there. Bring your family, bring your friends, and come enjoy the day with us.

Tickets are available: www.youmatterwalk.co.za
Look out for the Vista Clinic table on the day, come say hi, we'd love to see you!

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



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

CELEBRATING 10 YEARS OF THE VISTA AMBASSADOR AWARD: CONGRATULATIONS TO OUR 2026/2027 WINNERS!

This year marks the 10th anniversary of the Vista Ambassador Award, and what better way to celebrate a decade of this cherished tradition than with a double celebration? For the first time, we are proud to announce two Vista Ambassador winners: Yolanda Lindeque and Nombuso Mndawe!

Congratulations to you both. Being chosen as a Vista Ambassador is one of the highest honours a team member can receive, and to be selected as co-winners in our 10th anniversary year makes this recognition even more special.

What It Means to Be a Vista Ambassador

Respect

Integrity

Service

Excellence

Stewardship

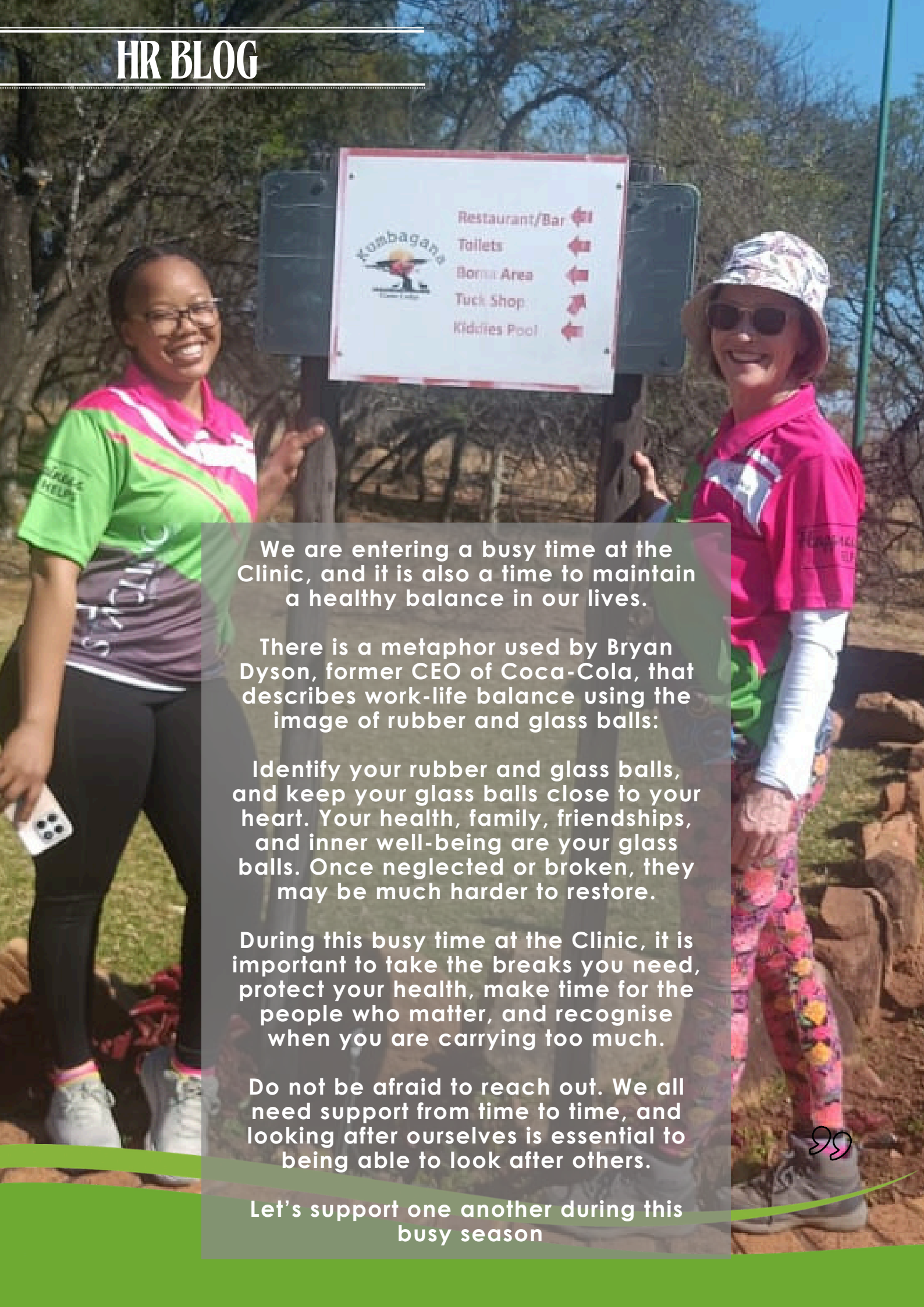
Every year, we look for someone who doesn't just talk about our values, they live them. Someone who shows up for their colleagues and patients with RISES at the heart of everything they do. Yolanda and Nombuso embody all five of these values, every single day. Their commitment to our patients and their colleagues does not go unnoticed, and this award is a small way of saying: we see you, and we thank you.



A Decade of RISES in Action

As we mark ten years of this award, we also want to pause and thank every Vista Ambassador who has held this title before them. Being named Ambassador is never just a one-year commitment. Time and again, we have seen past winners continue to carry Respect, Integrity, Stewardship, Excellence, and Service into their work long after their year as Ambassador has ended. That's what makes this award so meaningful: it doesn't just recognise a moment, it recognises a way of being that lasts.

To every past Vista Ambassador: thank you for continuing to set the standard for what it means to live our values, year after year. Please join us in congratulating Yolanda and Nombuso on this well-deserved recognition, and in celebrating ten remarkable years of Vista Ambassadors who RISE to the occasion, every day.



We are entering a busy time at the Clinic, and it is also a time to maintain a healthy balance in our lives.

There is a metaphor used by Bryan Dyson, former CEO of Coca-Cola, that describes work-life balance using the image of rubber and glass balls:

Identify your rubber and glass balls, and keep your glass balls close to your heart. Your health, family, friendships, and inner well-being are your glass balls. Once neglected or broken, they may be much harder to restore.

During this busy time at the Clinic, it is important to take the breaks you need, protect your health, make time for the people who matter, and recognise when you are carrying too much.

Do not be afraid to reach out. We all need support from time to time, and looking after ourselves is essential to being able to look after others.

Let's support one another during this busy season





WELCOME NEW VISTA EMPLOYEE



ESETHU BANDLA



ITUMELENG SEFOKA

Who is your hero?	I am my own hero	My parents
What really makes you angry?	Inconsiderate people	A messy house, sink full of dishes
What is your favourite thing about your career?	The fulfilment of knowing I was there for someone else	Interacting with people from all walks of life
If you could choose to do anything for a day, what would it be?	Go on a tour at a prison and listen to prisoners stories	Alone, me-time
What is your proudest accomplishment?	Learning Dutch (A2 Level)	Fulfilling my dream of working overseas
What are your hobbies?	Watching movies and series, listening to music	Reading
How would your friends describe you?	A listener, calm	Kind-hearted and considerate
Which single item can you not go without in a span of 24 hours?	My cellphone	My cellphone



WALKING BESIDE OUR PATIENTS



COMPASSION IN ACTION



All nurses in the ward great to me(sr Helize

Francine, Suzan, Stephilina, Sophy, St Prudence, Sr Dimakatso, Sr Louise, Virginia, Winnie, Nthabiseng, Sophy and Mr Owen thank you very much

All the staff night and Day shift they were so nice and also the cleaner and the hostess everything was good thank you for everything vista

The nursing staff was amazing at Gardenia. I love how they took time to get to know our names, and the personalised approach they used. I am grateful for all their care during my time here.

Care Worker franzenia and Care Worker stephiliah are the best carers ever

I had a pleasant stay at Begonia and the nursing staff were friendly and always helpful

Sis Pinkie, Lele, Precious, Francine and Esethu, have been amazing. It felt like I was home, give these sisters a RAISE. THANK YOU!

Precious, Pinkie, nthabiseng, Owen, esethu, lelo, Francina all did an exception job

Thank you to all the wonderful nurses ❤️ 🤝 They are amazing .professional and kind
Elizabeth. Mapitso
Kgomotso. Mr Thabang. Rolani

Sister Lister was just amazing throughout nothing less. Sister Pretty was pretty stern but very loving.

The nursing staff was very professional and caring. The staff are well trained with very good people skills

The nurses hospitality and service was absolutely amazing. They never tire to help, listen and assist.



WALKING BESIDE OUR PATIENTS



COMPASSION IN ACTION



Sbongile and Anele were both welcome me on my first day and already it felt like we've known each other for years and they were always concerned about my health and explained everything that was going to happen, checking my schedule for the day and whether I was sick or not and all in all I enjoyed my stay at Disa ward appreciate-and I will forever be grateful to be with them and the entire staff. 🥰🙏

From the day I come in Disa Disa ward Anele the nurse was so caring. I knew that I'll be taken care of. Sibongile charmed me with a smile then I feel at home.

I saw their caring for others. People come here confused or without hope. I'm not a doctor but I saw it as time goes changing to smiling and be bubbly. I'm one of them.

Thank for having such faculties, they help a lot, I also spoke to some patients and they feel the same. Thank you vista in total

Disa nurses were very welcoming. Patient with the clients, loving and is easy to talk to them. Sister Pretty, Anele, Sibongile and others I forgot their names but they are wonderful people. I did enjoy my stay at Disa. Guys keep up the good work. Thank you so much.

Sobongile Khanyi, Anele makhathini, lister, Morongwa, Johana, .lebo, Andronica, sister pretty have being a family to me since I arrived, they made me feel comfortable still reminding me to love and care for myself, had difficulties with eating my food but they helped me through, ohhhh facing the losing weight journey they helped me and cared me most, gig ups to Disa staff, I love them

I had a great time at Vista Clinic and I enjoyed my stay and thanks for warm welcome and stay here

The nursing staff were extremely competent and helpful. They are always kind. They make the ward feel like a home away from home.

Anna, Betty, lydique, Eugene, Welna, Bernadette, Precious provided excellent care. I appreciated all the help they gave me in getting integrated into the Vista culture and environment. They helped me feel welcomed and I am going to miss them dearly.

All Disa staffs were lovely and caring staff. They also treated us with respect. Thongs to be there for us May the Lord richly blessing you 🙏

The nurses at Gardenia were so kind. It is difficult to say good bye to them. Their kindness, smile on their faces heals us. I wish them all the mercy and love from God, to cover them, to protect them and to do them good. From them I have learn to love, to show kindness and respect.

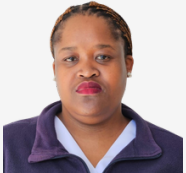
I thank you all staff of Gardenia.



September

BIRTHDAYS

CELEBRATING YOU

OWEN KHUMALO
3 SEPTEMBERELIZABETH NKHUMANE
5 SEPTEMBERMARLYNA RAMATLA
6 SEPTEMBERMAPITSO MATHOBELA
6 SEPTEMBERDR MOJALEFA NDHLOVU
8 SEPTEMBERLISTER NTHELEBOVU
14 SEPTEMBERDR JULIA LETHOLE
15 SEPTEMBERCYNTHIA MKHWANAZI
18 SEPTEMBERLEBOGANG SENONG
18 SEPTEMBERJOHANNA KHOZA
22 SEPTEMBERDR ABIGAIL PHASWANE
24 SEPTEMBERLETHIWE SEOTLWE
24 SEPTEMBERDR BUSI SICWEBU-RIKHOTSO
25 SEPTEMBERJEANETTE MASINA
27 SEPTEMBERNALINE RUGHOO
28 SEPTEMBERLINDOKUHLE MKHUTSHWA
30 SEPTEMBER

DID YOU KNOW

September Flower:
The aster: signifying powerful love

September Birthstone:
Sapphire: symbolizing truth, loyalty, and wisdom.

VISTA CLINIC
reaching caring healing