

JUL 2022

LIVING



BY AURIA

LUNCH WITH ALI BACHER

A cricketing legend visits Auria

FAMOUS FACES

Stuart Lee and his celebrity career

A MAKEOVER IN CAPE TOWN

Woodside's brand-new clubhouse is launched!



AURIA
SENIOR LIVING

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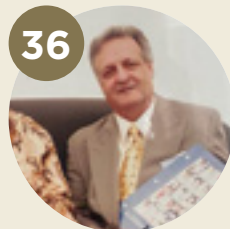
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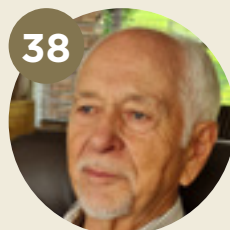
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Barry Kaganson

Dear Auria Community,

With us halfway through 2022, I am pleased to present the latest issue of Living by Auria, with so many diverse and interesting events happening within our communities. I am constantly amazed and surprised by our residents and welcome the opportunity to showcase their unique talents and experiences within our Auria communities.

I am pleased to welcome our Head of Care and Wellness for the Auria group, Louise Sole. Care, support, and the well-being of our residents are so important to us, and I'm delighted that Louise has chosen to be part of our journey to improve our residents' lives.

Woodside in Cape Town is starting to take shape as an Auria community, and we launched the first phase of our Clubhouse renovation in May. Our teams went all out to present these beautiful spaces against the backdrop of Table Mountain views, and we can't wait to see how these new areas will change day-to-day life at Woodside, for the better.

Our incredible San Sereno team has just completed the fit-out of a new pastry kitchen - I have personally had the privilege of trying out their new cheesecakes and some other items. I can attest to Chef Werner and his team having outdone themselves.

Our new community, Royal View is progressing well and we look forward to welcoming our new residents later this year. Our show units are complete, and the views of the Royal Johannesburg golf course are simply spectacular.

Reading this magazine makes me think of how lucky we are to have such an innovative, caring and dedicated Auria team, who continue to surprise and delight our residents on a daily basis. My sincere gratitude to everyone, including all our residents who make our Auria communities the vibrant special places that we all enjoy.

I hope you enjoy this issue of Living by Auria.

Barry Kaganson
Chief Executive Officer, Auria Senior Living



GETTING TO KNOW...

THE AURIA Team

LOUISE

Sole

INTRODUCING OUR NEW HEAD OF CARE AND WELLBEING AT AURIA

Louise joined the Auria team in May, as Head of Care and Wellbeing. Louise will be overseeing the entire Care and Wellbeing function nationally, which forms such a critical component of life in our Auria communities. Louise is a Registered Nurse, who also holds an MBA from the Gordon Institute of Business Science and diplomas in Intensive Care, General Nursery and Psychiatry - to name a few.

Louise chose a career in the care industry because it allowed her to work with people and help them improve their lives.



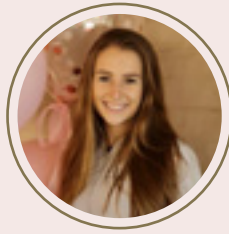
As a qualified nurse, with extensive organisational management experience in the care industry, Louise felt that Auria offered the best of both worlds. She is excited to have the opportunity to be part of an innovative and evolving organisation such as Auria and is looking forward to contributing to enhancing the lives of those within our communities. As a carer and an advocate of older people Louise understands that physical activity, social connectedness and quality of life are essential to maintaining well-being in older adults.

Prior to joining Auria, Louise enjoyed a 24-year career with leading private hospital group, Mediclinic. The last 13 years of which, she spent as general manager of the flagship, Sandton Mediclinic. It was in this role, that she was able to gain broad experience in the various multidisciplinary aspects of hospital care and management. During this time, given the location of Sandton Mediclinic, Louise enjoyed much first-hand experience with San Sereno's residents and the one thing that stood out for her was the interaction of her team with San Sereno's care department. "I was always reassured that when the patients left Mediclinic to return to San Sereno, they were in good hands and their care and support would continue," says Louise.

"I am also excited about the change of environment from a 'hospital' setting to a senior living community. This speaks to my passion for holistically caring for people, with the bonus of working with people who are coming from a place of good health. Our Auria residents are not ill requiring medical treatment - nor a temporary stay. This is their home, and the impetus is on giving them the care and support to live their life the way they want to. It is about the residents having full control over their optimal wellbeing, with the daily support that they need."

Louise is happily married for 19 years and shares her life with her partner Brian and their furry dog - 'the only child'. They love to travel and enjoy a daily routine of yoga, gym, hiking, gardening and walking.

We feel fortunate in having Louise guide and action our care and well-being vision for Auria. Welcome to the team, Louise.



SARIT

Bregman

MELROSE MANOR BIOKINETICIST

Sarit's love for people and passion for exercise have led her down the path of Biokinetics. She has earned a Bachelor of Biokinetics, graduating cum laude. She is completing her Masters' degree, specialising in Osteoporosis at the University of Johannesburg.

Sarit believes that exercise and fitness are key to longevity and wellbeing. She is excited to be running the exercise classes at Melrose Manor. Sarit's office will be in the Wellness Centre, where she will be available for private consultations and a relaxing chat with coffee to catch up on all things health-related.

MELROSE MANOR



NOSIPHO

Mtungwa

SAN SERENO CARE CENTRE ADMINISTRATOR

Nosipho has been with us for three years and we have come to love her warm and bubbly personality. She has a unique dress style and a dedicated and hard-working attitude. Amongst the administrative duties, she manages to provide support and love to our residents. She enjoys learning new things, singing, dancing and most of all interacting with people, especially with the Care Centre Residents. Nosipho is a real asset to the Auria team!

SAN SERENO

CATHERINE

Ndandani

WOODSIDE KITCHEN TEAM MEMBER

Catherine has been with us for 16 years and is known for her bright and cheerful disposition. She is the 'Makulu' (grandma) for everyone in the kitchen and is well respected. Catherine always sings and has a smile on her face.

She is the proud mother of four and has six grandchildren.

A bad day does not exist for Makulu. Her compassion, love, and happiness are wonderful attributes from which we can all learn. We look forward to many more years with Makulu on the Auria team.



WOODSIDE

OUR SAN SERENO COMMUNITY



Dear

Residents & Families

With 2022 well underway, we await the arrival of winter with all that the season has to bring. With the changes in the weather, San Sereno also embraces changes in our Team. It is with a bittersweet goodbye that we wish Lisa Strydom the very best of luck

on her new journey as the General Manager of Auria's newest development, Royal View. Congratulations to Lisa, one of San Sereno's most beloved team members. San Sereno will miss you, but we are excited to watch your growth.

I would like to officially welcome Melanie Snoek to the position of Front of House Manager. Melanie joined the San Sereno team in January 2021 and comes from the world of Hospitality. She has more than five years of experience working at the Saxon Hotel and Steyn City as an Events Co-coordinator, before opening a fine dining restaurant in the Robertson Wine Valley, where she managed the Front of House.

Other highlights from this quarter include the completion of our new pastry kitchen. We watch with excitement for Chef Werner's magnificent creations and look forward to seeing all that this has to offer.

Lastly, I would like to remind our residents who have maintenance and gardening inquiries, to please contact the Concierge and ensure that such inquiries are logged in the Gardening and/or Maintenance books so that all jobs can be tracked.

Warm regards,

Mario Maree
San Sereno General Manager

Celebrations

We believe that every day is worth celebrating, but some extra special celebrations are worthy of mention at San Sereno.

MILESTONE BIRTHDAYS

APRIL

Ivan Soll
Howard Pell
Dot Willis

MAY

Joey Hartog
Anthony Addison
Joan Ruffel
Ann Braun
Christine Turnbull

JUNE

Helga Fevrier
Conrad Lambooy
Eberhard Thain
Shirley Briggs
Hubert Moffat
June-Ann Bland
Gillian Horne

MILESTONE ANNIVERSARIES

APRIL

Mr and Mrs Richardson
(64th Wedding Anniversary)

JUNE

Roy & Wendy Andersen
(50th Wedding Anniversary)

Owen & Beryl Leibbrandt
(62nd Wedding Anniversary)

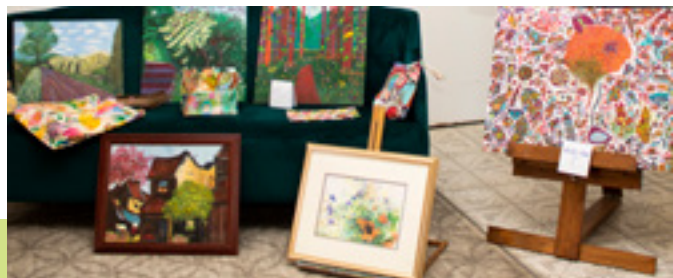
INFOTAINMENT EVENING

In honour of Mental Health Week, our residents were treated to an evening of presentations by Dr Hanneltjie van Zyl and Alexander Babich on positive ageing and the psychology of money. Advice and tips were shared, snacks were served, and donations were made. All in all, a successful evening was had with proceeds going to the Rhino Isotope Project.



ARTISTS ABOUND

San Sereno recently held an art exhibition for our residents to showcase their incredible talents. From landscape scenes to animal portraits, florals, single stitch embroidery and much more, we could not have been more impressed.



OUR SAN SERENO COMMUNITY

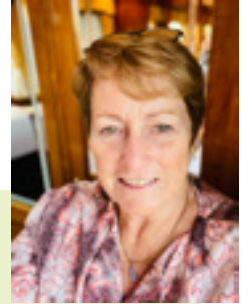


SAN SERENO

Bryanston

Welcome

San Sereno has recently welcomed several new residents to our community. We wish them many happy years with us.

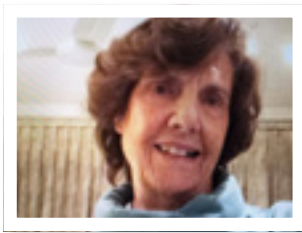


VICKY LAVAGNA-SLATER

Vicky was born in the UK, London and moved to South Africa at the age of twelve. She married and has three children, one son and two daughters, whom she loves dearly. Vicky is a grandmother of six, one granddaughter and five grandsons. She and her husband started a chain of gyms - Slater Gyms. Vicky recently retired and is looking forward to starting bowls and joining the quilting club. She currently enjoys crocheting, being outdoors and spending time in the bush. Vicky is moving from her home in the Vaal and is most looking forward to connecting with fellow residents and engaging in the wellness programme on offer here at San Sereno.

LIZ FLEMING

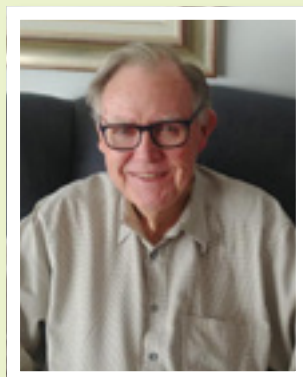
Liz moved to San Sereno from her home in Parktown North. She was born and raised in Johannesburg, where she raised her two children, Christopher and Frances. Liz has three grandchildren, whom she absolutely adores. Her hobbies include playing piano, reading, and playing bridge. She is looking forward to reconnecting with old friends



and is a self-confessed coffee enthusiast - coffee at Café Auria will not disappoint! We look forward to sharing in Liz's new chapter.

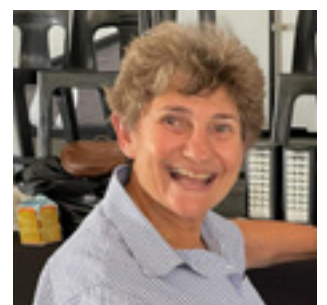
GRAHAM MCKENZIE

Graham was born in KwaZulu-Natal and relocated to Johannesburg after marrying his soulmate. They were blessed with three sons. Graham is an entrepreneur and owned a photocopying business called 'Copy Specialist'. He is moving to San Sereno from Merrow Down Country Club and is particularly excited about the convenience, variety and quality of the meals on offer within our dining areas. Graham enjoys spending quality time with his family and seven grandchildren.



DEBRA BATZOFIN

Debra, originally from Port Elizabeth, started her theatre career in 1973. Debra has worked with top management in all aspects of theatre, film, television, and eventing. She joined Gold Reef City's team, which built both the Globe and Lyric Theatres. She stayed on to head up the Lyric team for three years. Debra has her own company and works with numerous clients, including our very own resident, Stuart Lee. Debra is moving from her home in Waterfall and is looking forward to the peace of mind that comes with living in a community like San Sereno. Debra is a very sociable person and enjoys staying active. She adores her cat, Cupcake, and absolutely loves her work.



MICHAEL & GEORGINA STALLEY

Michael was born in Hampshire, UK, and relocated to South Africa in 1962. Three years later he met his then-to-be wife, Georgina. Together they have two beautiful daughters. Jessica lives in the UK and Philipa lives in Sandton with their grandson and granddaughter. Georgina was born and raised in Johannesburg and worked as a teacher. Michael also worked in the education sector whilst pursuing his passion for theatre and drama, culminating in the position of Director of English and Drama at St John’s College. They share many interests which include gardening, bridge, spending time with their family and traveling to the Drakensberg.

JOHN & HELGA WELLSTED

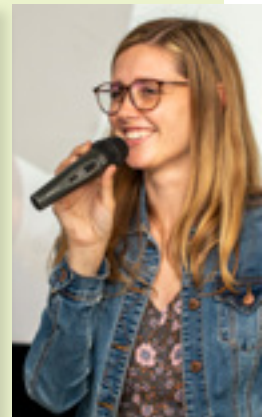
John was born and raised in Cape Town and moved to Johannesburg after marrying his first love, Helga. He studied at UCT as an accountant and worked as a managing director. Helga was raised in Sweden and moved to South Africa at the age of 12. She returned to Sweden to complete her tertiary education. Helga speaks an impressive four languages. They are blessed with three children, two of whom live overseas, and six grandchildren. Helga’s hobbies include gardening, decorating, socialising and reading. John loves writing and is working on his life’s memoirs.



Crossing Frontiers

An evening with Dean Allen

Dr Dean Allen is a best-selling author, lecturer and historian. He visited San Sereno to share his new book, Frontier Land, which explores one of South Africa’s most captivating regions. The Eastern Cape is a land of rich history and fascinating people. This fully illustrated talk took the audience on a fascinating journey to forgotten towns and tell the stories of the people and places at the heart of this wonderfully diverse province.



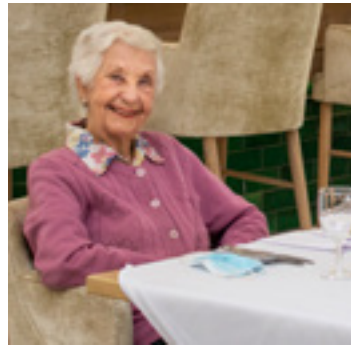
OUR SAN SERENO COMMUNITY



SAN SERENO
—
Bryanston

Easter Fun

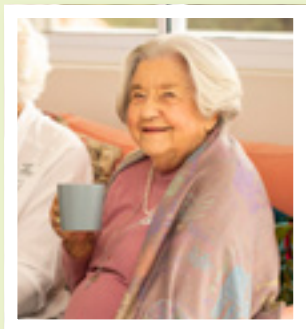
Chef Werner and his team created mouth-watering dishes for our San Sereno residents and families on Easter Sunday. Some lucky guests got to take the bunnies and eggs home - what a treat!



KNITTING DISPLAY



Our incredibly talented residents who are a part of the knitting club at San Sereno knit all year long and donate their items to charities that are close to their hearts. These charities include CHOC (Childhood Cancer Foundation), The Baby Box, and Thusanang Care Group. This year, over 500 items were donated. We could not be prouder of what they have created.



Food & Wine

PAIRING WITH KEN FORRESTER

Executive Chef Werner showcased his culinary expertise, in this fun-filled food and wine pairing evening.

Our residents and guests were blown away by the four-course menu. The exquisite cuisine satiated even the most experienced palate. Ken Forrester guided everyone through the varieties of wines produced by Val Di Terra estate.

Cheers to a fabulous evening. Can't wait for the next one.



OUR MELROSE MANOR COMMUNITY



Dear

Residents & Families

Dear Melrose Manor Residents

It has been an exciting and enjoyable two years since I joined the Auria team, and thank you all for your messages of support. I am excited to start my new journey as General Manager of Melrose Manor. It is a great privilege to take on this position from Martin, and we wish him and Tian all the best as they begin their new journey in Germany.

The Management team and I are looking forward to being of assistance every day to our Residents. As a team, we can only grow stronger and ensure the best service and care for our Residents. It is such a joy to spend time daily with our residents, hear the laughter and the conversations, or listen to stories from their past.

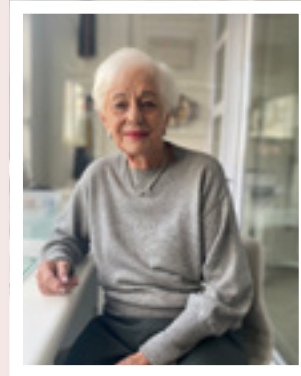
Should you have any additional ideas or suggestions, please feel free to contact me or any other manager at Melrose Manor.

Warm regards,

Johann Nienaber
Melrose Manor General Manager

Welcome

We have recently welcomed several new residents to our community. We wish them many happy years with us.



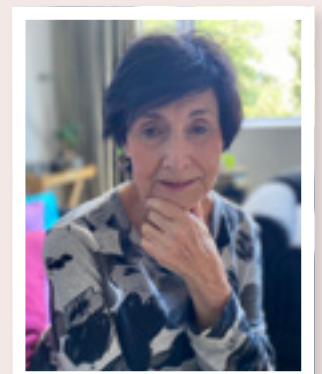
SHIRLI SERGAY

Shirli was born in Johannesburg and lived in Nelspruit for most of her life. She is the proud mother of two sons and seven grandchildren.

Shirli has run a hotel for many years and enjoys working with people. Shirli is an accomplished artist, enjoying many different mediums, with botanical watercolours being her present focus. Apart from painting, Shirli is a keen golfer and has enjoyed the sport throughout her life. Shirli has relocated from her home in Waverly. We look forward to seeing the creation of many more beautiful artworks in her new studio at Melrose Manor.

JENNIFER MARKS

Jennifer joins Melrose Manor from her home in the area for over 50 years. Born in South Africa and raised in Vanderbijlpark, she has been blessed with two children and five grandchildren. She shares a very close relationship with her brother and sister. Jennifer enjoys gardening, reading non-fiction books, and holidaying in the game reserve. She is looking forward to the social activities here at Melrose Manor and is excited to begin the next chapter of her life.



Lunch with the Boys



Dr Ali Bacher is a legendary former South African cricket captain and a passionate and visionary cricket administrator. He generously accepted an invitation to join our Melrose Manor 'Boys Club' for lunch, entertaining our residents with his fascinating stories.

Celebrations

Whilst every day is worth celebrating, there have recently been some extra special celebrations at Melrose Manor.

MILESTONE BIRTHDAYS

APRIL

Valda Fick
Rena Jedwood

MAY

Sydney Adler
Leah Boolkin

OUR MELROSE MANOR COMMUNITY



MELROSE MANOR
—
Melrose

MOTHER'S DAY LUNCH

A Mom is a blessing that no one can replace. Wholesome lunch, special messages, an abundance of warmth and love celebrating the joy of mothers.



Coffee tasting WITH AVANTI



Avanti hosted an amazing coffee tasting for our Melrose Manor residents and guests in Cafe Auria. Sometimes all the morning motivation you need is a cup of perfectly brewed coffee.



HARVEST TO TABLE

Delights

The harvest table at Melrose Manor was filled with mouth-watering treats for our residents to enjoy. We can't wait for the next one.



OUR WOODSIDE COMMUNITY

W
WOODSIDE
—
Rondebosch



Dear

Residents & Families

It has been an exhilarating past few weeks since the long-awaited first phase of the opening of the clubhouse. The team and residents have enjoyed experiencing all the new facilities available, from the delicious cappuccinos in Café Auria to sipping a glass of wine on the upstairs patio, all whilst taking in the uninterrupted views of Table Mountain and Devils Peak.

The Wellness Centre has been another welcomed addition. The Physiotherapist and Biokineticist have hosted group classes in the exercise studio, from pilates to core strengthening. The water aerobics in the heated pool has undoubtedly been a favourite.

While we are enjoying the new clubhouse, the contractors have moved on to the next phase of the renovation. The main lounge, dining room, hair salon and guardhouse will all be upgraded in the next phase of renovations.

For now, we will continue to endure the cold, rainy days, sipping on hot chocolate, in front of the fireplace.

Warm regards,
Quintin Mulwitsky
Woodside General Manager

Celebrations

Everyday is a celebration at Woodside, here are a few extra special occasions we celebrated recently.

MILESTONE BIRTHDAYS

APRIL

Janet D'Arcy- Evans
Anthony Sayers
Mariota Muller
Jeanne Blokker

MAY

Jean-Claude Marven

JUNE

Vicki Paterson
Hetta Loubser
Micheline Bosman
William Bremer
Mattie Main

MILESTONE ANNIVERSARIES

APRIL

Lionel & Allegra Louw
(45th Wedding Anniversary)
Barry & Anne Jordan
(55th Wedding Anniversary)

PETE AND FUZZY (50th Wedding Anniversary)

Fuzzy and Peter celebrated their 50th wedding anniversary with their friends from Block B. It was Chef Justin's first official event and was met with rave reviews from them all. They had the dining room all to themselves and being included in the layout made them feel as if they were in a private 5-star reception room. It added a touch of magic to the evening! Thank you to Justin and Miemie for making our evening so special.

From left: Basil Matzopoulos, Peter Ayers, Fuzzy Ayers, Shirley O'Farrell, Lorna Phillips





HAPPY RESIDENTS

“Your koeksisters were the BEST in the world she has EVER tasted. Our guests on Saturday night echoed a similar comment too! Also, Miemie had gone beyond her call of duty on Friday night. You two were amazing that evening and we thank you again for some of the kind deeds you both did behind the scenes.”

Pete and Fuzzy

“Congratulations on presenting arguably the best tempura prawns David and I have had the pleasure to enjoy. We were most impressed, and it bodes well for future meals at our dining room.”

Carol and David Henshilwood

“Excellent lunch - curry prawns marvelous! The new journey has started. Well done!”

Joyce and Pat Dewil

“Our table of eight were all complimentary about the food at dinner last night and lunch today was superb. The prawns were delicious and there was a very generous number. We also enjoyed the new salad and dessert. Today there is nothing but compliments.”

Jill Donnelly



Introducing Woodside’s talented chefs. From left: Keith Sanqela, Derick Adams and Justin Herselman.

Dining

at Woodside

The preparation and delivery of healthy, tasty food is a priority at Auria. The food not only delights the senses but nourishes the body – a testament to our commitment to our residents.

Delicious lunches and dinners experienced at Woodside put a smile on our residents’ faces and keep the team smiling too!



OUR WOODSIDE COMMUNITY



WOODSIDE
—
Rondebosch

Welcome

We have recently welcomed several new residents to our community. We wish them many happy years with us.



ROY AND JO CHEESMAN

Roy was born in Zimbabwe and Jo was born in Zambia. They both relocated to South Africa in the '60s and were married in 1967. They have been married for 55 years and are blessed with two children and four grandchildren. They are moving from their house of 49 years in Rondebosch and are really looking forward to the security and available ease of amenities that Woodside offers. Roy has enjoyed a career as a pharmacist and Jo as a florist. Jo's hobbies include cooking and bridge, whilst Roy enjoys golf, cycling, woodwork and running. We



look forward to them starting their new chapter with us and Roy will never need to clean a pool again. What a pleasure!

KEN AND GAIL WOODS

Ken and Gail are from Zimbabwe and met in high school. They are relocating from their home of 55 years in Claremont. They are both nature and animal lovers and have fostered many animals over the years. Walking and hiking together keep them active and allow Ken to indulge in his landscape and wildlife photography. Ken is a practicing ophthalmologist, although he has recently scaled down and pops into the practice on occasion. Gail enjoyed a career as a teacher. They share three daughters and five grandchildren and are looking forward to the convenience, security, range of wellness, and social activities on offer at Woodside.

BASIL AND JACKIE DUNCAN-SMITH

Basil and Jackie heard about Woodside from a friend, who is currently living here. They are moving from Simonstown and are looking forward to the social and wellness programmes that Woodside offers. They have two children and three grandchildren. They love walking their dog together and their hobbies include art and music. Basil especially loves working in the garage and has a passion for cars.

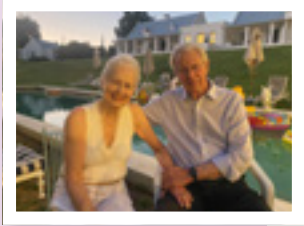


IRENE DE LA HARPE

Irene joined the Woodside community at the end of March. She moved from her home in Tokai (for over 20 years) and after hearing about Woodside from her friends, she decided that this was the best fit for her. Lockdown has left us all feeling isolated and the social engagement experienced amongst the residents here was a huge drawcard for her. Irene was a professional ballerina and is a member of the PROBUS/Simon van der Stel Foundation. She stays fit and active enjoying tennis and gardening. Irene has three children and two grandchildren, who are studying at UCT. We look forward to sharing this new chapter with her.

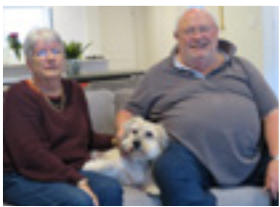
LIZ AND GARTH HUTTON

Liz and Garth are both born and bred Capetonians. They began dating after school when they were both at UCT. They are relocating from Hermanus to Woodside and are excited about the social benefits and ease of living that Woodside offers. They are young at heart and share a zest for life and a love of nature. Garth enjoys birdwatching and Liz has found an interest in plants and fynbos. She is looking forward to getting to know about the plant life around Rondebosch. They are blessed with two children and five grandchildren. We look forward to seeing them enjoy the morning aqua aerobics classes and the plethora of fun activities here at Woodside.



FEELING SOCIAL AT WOODSIDE

With the completion of our magnificent clubhouse and facility upgrades, the new residents took to the deck with a glass of wine and relished the chance to mingle and meet new and old friends.



GRAHAM AND THALIA LINDEMANN

The Lindemann's have been waiting for a long time to relocate to Woodside. They know the area well

and have many friends already here. The security and safety of Woodside, together with the social itinerary on offer will give them peace of mind and enable them to spend more time with their friends. They have been married for 35 years and have been living in Tamboerskloof for 39 years. Graham was born in Klerksdorp and lived in Durban, moving to Cape Town in 1972. He makes silver jewelry and enjoys cooking, golfing and gyming. Graham has one son. Thalia was born in Pretoria and moved to Cape Town in 1960 after spending five years in the States. She enjoys playing bridge, sudoku and crossword puzzles. They love to travel together and visit various game farms. We have no doubt that their new home here with us will be everything and more than they hope it will be.

San Sereno's Fabulous PASTRY KITCHEN



Peppermint and white chocolate mousse with mojito jellies and chocolate blondies created by the San Sereno pastry team

“

LIFE IS LIKE A PASTRY

Layers upon layers of pastry can be likened to the layers of experience we go through on our life journey. The perfectly imperfect pastry is fashioned from the right amount of time, ingredients, and temperature that go into it. Just as we are nurtured over time and we emerge unique. Perfectly imperfect.

”

The launch of the Pastry Kitchen, could not have come at a better time. With Winter on our doorstep, cosying up on a couch with a piping hot beverage and a warm delectable pastry in hand, makes for wonderful winter moments.

San Sereno's Chef Werner, is thrilled to finally have a state-of-the-art, modern, and most importantly separate brand-new Pastry Kitchen. Fitted with an air conditioner to ensure correct ambient temperature, as well as a Deck Oven, are some of the features that will take the product to the next level.

The hope is that soon the Pastry kitchen will be supplying Café Auria Melrose Manor, followed by Royal View's Café Auria.

Chef Werner explained that all desserts, bread, pastries, and cakes will now be made in the Pastry Kitchen by the talented pastry team.

Caramel Fudge Cake, White Chocolate Pecan Nut Torte, Hazelnut Gianduja, Berry Baked Cheesecake, Black Forest Cake and more will be added to existing assortment already on offer.



From left: Witness Majola (San Sereno's Head Pastry Chef), Princess Mabena and Nicolas Nkomo

OUR FAMOUS MILK TART RECIPE

Ingredients

60g sugar
3 eggs
90g corn flour
5ml vanilla essence
1l milk
100g butter
1 large tart shell (see below)
cinnamon for dusting

Method

- In a mixing bowl, combine corn flour, eggs, vanilla essence and mix well.
- Place milk, butter and sugar in a medium sized saucepan and bring to the boil. Remove from heat and add the flour and egg mixture, whisking continuously till well combined.
- Return the pot to the heat and mix until the mixture thickens and has a smooth consistency.
- Remove from heat and allow to cool slightly before pouring into tart shell.
- Dust cinnamon over the milk tart and allow to set in the fridge.

For the tart shell

250g flour
30g icing sugar
125g softened butter
1 egg, beaten
20ml cold water
pinch of salt

Method

- Combine all ingredients in a mixing bowl to create a smooth dough.
- Wrap the dough in cling film and refrigerate for 1 hour.
- Using a rolling pin, roll the dough on a floured work surface to ± 2 mm thick.
- Gently place the rolled dough into a greased oven proof dish.
- Press the sides with fingertips to ensure they do not fall flat when blind baking.
- Bake for 20 minutes at 180°C, allow to cool and set aside for the milk tart filling.



FOOLPROOF SCONES

Ingredients

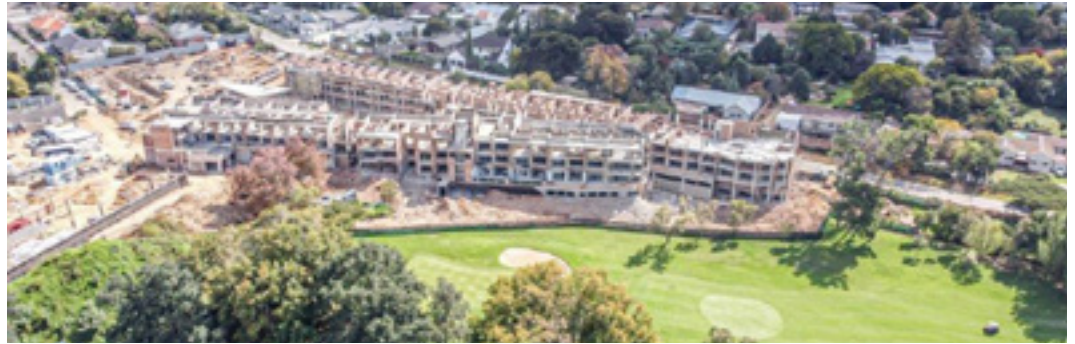
250g sugar
1kg self-raising flour
300g softened butter
400ml milk
5 eggs
5ml vanilla essence
additional flour for dusting
milk for brushing

Method

- Preheat the oven to 160°C.
- Place sugar, self-raising flour and butter in a mixing bowl.
- Using your fingers, combine the mixture to resemble a crumble and all the butter has been incorporated.
- In a separate mixing bowl, add milk, eggs and vanilla essence and whisk until smooth.
- Gradually add the egg mixture into the flour mixture, and using a wooden spoon, gently fold the mixture to sticky dough consistency.
- Pour the mixture onto a floured surface, dust with flour and gently pat the dough to 2cm thickness.
- Cut the dough with a cookie cutter, and place on a greased baking tray.
- Brush the scones with a little milk.
- Bake for 40 minutes until golden brown.

COMMUNITY UPDATE

R

ROYAL VIEW
—
Sandringham

Communal areas under construction



Rendering of communal areas



Dining room under construction



Rendering of dining room



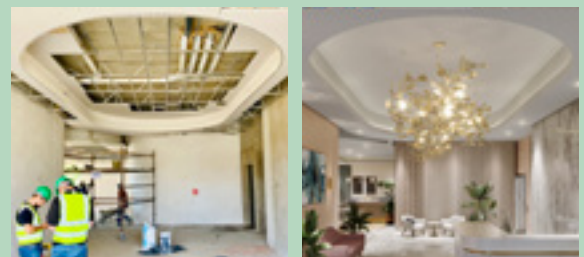
A NEW VIEW ON SENIOR LIVING

Auria Senior Living's latest development, Royal View, situated on the Royal Johannesburg golf course, offers older adults the best of both worlds.

Beautifully designed, purpose-built accommodation with state-of-the-art facilities promises its residents a day-to-day life of hassle-free living.

Set to officially open later in 2022, Royal View boasts breath-taking golf course views, close proximity to vibrant shopping areas, on-site health & wellness facilities and all the care and support you might need in your later years. Together with the Auria Team, residents can focus on living their best quality of life everyday.

Lisa Strydom, Royal View's General Manager, is excited to receive the first residents and is looking forward to initiating our new vibrant community in this beautiful setting.



Under construction and rendering of foyer

A FIRST IN THE WORLD!

Coral Cove will be the first CCRC (continuing care retirement community) in the world with direct private beach club access.



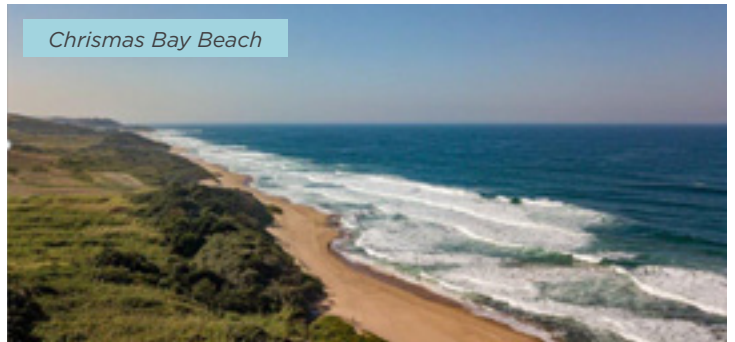
Penny Coelen-Rey

Penny Coelen-Rey, South Africa's first Miss World and Coral Cove's first resident, was recently featured in an article in the 'YOU' magazine on feeling blessed and how much she is looking forward to moving to Coral Cove.

"It will be like living in a residential area, but you have the security of frail care, dementia care and a community center with restaurants, a coffee shop, and a pool."

The introduction of Coral Cove into this award-winning multigenerational estate will create a senior living community that will be unlike anything the world has seen before. Imagine your everyday routine including a meander down to the shore, all within the safety of the Estate.

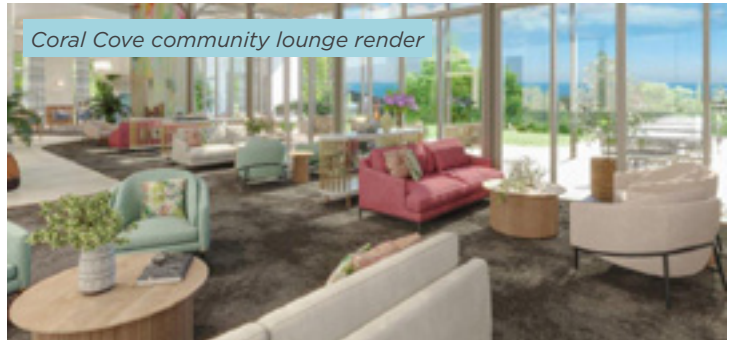
With added access to the Seaton Beach Club, boasting a restaurant, bar and swimming pool, this spectacular facility is exclusively reserved for the privacy and tranquility of Zululami and Seaton Estate residents.



Christmas Bay Beach



Seaton Clubhouse



Coral Cove community lounge render

I'VE BEEN SO BLESSED

Penny Coelen-Rey, the first Miss World, opens up about losing her son and husband, the joy of family and the start of a new chapter.

Article in 'YOU' with Penny feeling excited to move to Coral Cove

COMMUNITY UPDATE

Club House Launch



We were delighted to open the first phase of the Woodside's communal area renovations on Thursday 26 May 2022. Residents were welcomed to Café Auria with complimentary beverages, and all enjoyed their tours of the brand-new clubhouse and Wellness Centre.





Auria has an employee recognition initiative to identify team members who have made an extra effort with assistance, service and care to residents.

Residents are encouraged to participate in helping us to identify Star Performers as we cultivate a culture of excellence and appreciation at Auria.

Each and every member of our team deserves to be acknowledged for their dedication, support and commitment over the past few months, but we do have a few that we would like to nominate as our Star Performers and thank them for their valuable contributions.

If you feel a team member made a notable effort, please email your nomination and a brief explanation to:

MELROSE MANOR
audrey@auria.co.za

SAN SERENO
ssconcierge@auria.co.za

WOODSIDE
quintin@auria.co.za

PRINCE NDLOVU

Prince's drive and willingness to always go the extra mile have earned him this quarter's 'Star Performer'. Prince is always there to help his fellow team members. When there is a shortfall of staff, it is Prince who ensures that all the food is ready for our residents to enjoy. Prince takes immense pride in being the company's SHE (Safety, Health, Environment) representative. It is a great pleasure to have Prince on the Food and Beverage Team.

MELROSE MANOR



SANELE KHULU

Sanele is the friendly face you will always see in San Sereno's common areas and guest bathrooms. Sanele has only recently been permanently employed with us and is already a core part of the team. He ensures that all areas are kept clean and tidy. With a positive attitude and smile on his face, Sanele diligently performs all his duties, never backing down from a task. His positive and hard-working work ethic earned him a star performer this quarter.

SAN SERENO



KENNEDY MTAWU

Kennedy joined Woodside as our driver in 2018. He exudes warmth and friendliness and wears a smile that radiates joy. We are most fortunate to have him on our team. He is a firm favourite with both residents and staff alike. His willingness to help and go above and beyond his designated tasks, earn him Star Performer here at Woodside.

WOODSIDE



WELLNESS

Wellness

An Auria Senior Living community is designed to enhance convenience, social life and wellness.

Everything we do within our communities – our people, our culture, our hospitality, our accommodation and our specialised care facilities – are guided by four fundamental principles: Engaging Lifestyle, Quality of Care, Constant Advice & Support, and Peace of Mind.

PURPOSE AND MEANING ARE KEY TO WELLBEING IN LATER LIFE

BY BARRY KAGANSON

A sense of meaning and purpose in life can make an important difference to overall wellbeing, particularly as we age. Medical research is increasingly showing that physical health is only part of a much bigger picture and that what we now often term ‘wellness’ is more holistic – encompassing physical, psychological, emotional, and social components.

The importance of these different aspects in promoting general wellbeing is clear in older adults. What we see each day in our communities is borne out of current research: that a holistic approach to wellness and a strong sense of purpose are key to the quality of life.

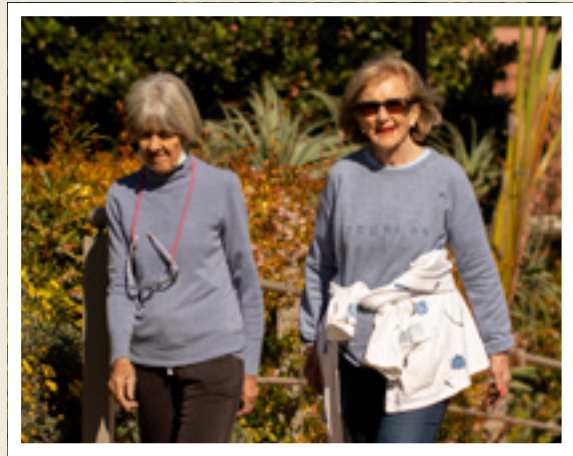
Some of the most modern senior living environments are now designed with this in mind, providing opportunities for residents to socialise, integrate with the community, pursue hobbies and interests, and take care of their mental and emotional health. This is

in addition to other healthcare supports such as opportunities for exercise, and various health screenings and check-ups.

According to research, having a strong sense of purpose appears to be strongly associated with both resilience and social support. It is thought that these help to buffer stress, help people cope with life’s changes, and give people an increased sense of the value of their lives. Higher purpose in life is also tied to high engagement in life, and researchers believe it can be used as a measure of motivation to take care of one’s health, either for its own sake or as a strategy to achieve higher life goals. Those with a higher purpose in life appear more likely to engage in positive health behaviours and consequently benefit from better health.

In providing all-around support for the wellbeing of our residents and in line with international best practices, we have developed a cutting-edge programme which





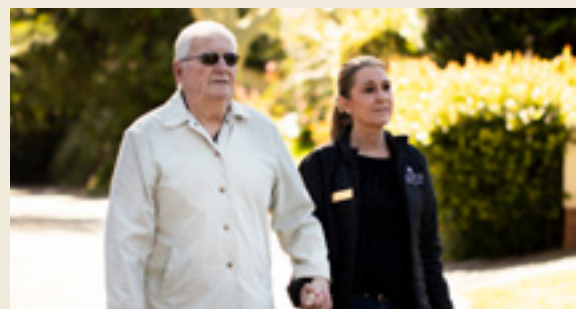
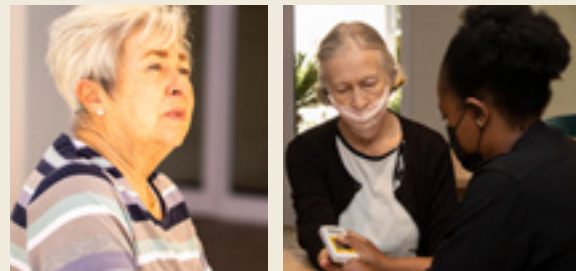
Vitamin D & Oxygen Therapy on

WORLD HEALTH DAY

draws on the latest research to help tailor-make a comprehensive wellness package for each individual resident. Successful ageing is more than longevity or the absence of disease and disability; rather, successful ageing implies health, physical functionality, and psychological well-being. Our programme focuses on various aspects of wellbeing, such as positive emotions, engagement, relationships, accomplishment, meaning, and of course, physical health. Our programme is called Auria 360 and is based on the programme developed by Kendal Corporation and Harvard Medical School. The programme will be rolled soon, starting at San Sereno, under the expert guidance of Community Manager, Jess Rylance. We will provide further detail on this exciting development in due course.

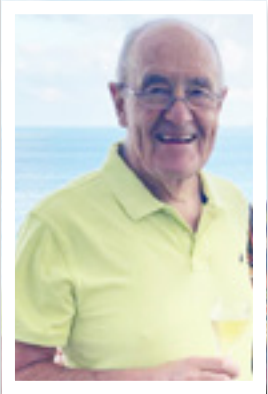
Our promise to our residents is that they get to enjoy their best quality of life every single day and we strive to provide the right support for holistic wellness. Simply put, we want to focus on what matters most to our residents – and for everyone to engage in purposeful activities that have a positive impact on all aspects of physical and mental health and wellbeing.

Our residents enjoy the last of summer on their morning walk, followed by afternoon check-ups and assessments.



MEDICAL MYTHS DEBUNKED

BY DR JOS VAN NIEKERK (SAN SERENO)



Dr Jos van Niekerk is a well-known orthopaedic surgeon and former president of SAOA (The South African Orthopaedic Association) with 52 years' experience as a surgeon. He is a resident at San Sereno and a regular contributor to our newsletters.

Medical Myths began as a medical fact. At some point in the past, the 'fact' was accepted as medically correct but later was proven to be incorrect.

Myth: One catches a cold because of cold weather.

Fact: A cold is caused by viruses and our body being cold plays no part. It has long been known that colds and similar diseases occur only in very cold Antarctic Bases, shortly after a visit by an outside person. Once everybody in the base has been infected, the colds disappear and do not occur until the next outside person arrives, bringing new viruses. It is true that colds are more common in winter, and this is because we stay indoors with closed windows and in that way infect one another.

Myth: Genetically Modified food causes cancer.

Fact: It has been proven by extensive research from well-respected units that GMO does not cause cancer or any other disease. All that it does is make the plant more resistant to plant diseases. It has no effect on people or animals who ingest the product. This has been shown by trials involving large numbers of people.

Myth: Don't swim until one hour after lunch, as it could lead to cramps and drowning.

Fact: After a large meal you may feel uncomfortable if you exercise very actively, but a life-threatening occurrence will not be caused by this swim. Think of all the swims you missed.

Myth: Reading in a dim light leads to degeneration in the eyes.

Fact: Reading in dim light does cause our eyes to become painful, but it causes no long-term damage. The same applies when sitting close to a TV with coloured lights shining into your eyes. This also can cause tiredness but no permanent damage. The only light that causes permanent damage is a very bright light shining into your eyes, as when you look at the sun (UV rays) without the appropriate dark glasses.

Myth: We must supplement every day with vitamins and minerals.

Fact: If we eat a balanced diet that includes fruit and vegetables, we ingest all the vitamins and minerals we need to stay healthy. This balanced diet saves us money by not spending it on expensive and unnecessary supplements. Remember that the health industry has invested billions in the vitamin and minerals market.

Myth: Natural sugars found in fruit and some vegetables are far healthier than the sugar from sugarcane.

Fact: The simple fact is that by the time you remove all the excess taste and other non-functional chemicals and get down to a sugar molecule, every sugar is the same. Whether it comes from sugarcane, beets, honey, fruit, or coconuts makes no difference whatsoever.

Myth: The flu injection can give you flu.

Fact: Some people do get some reaction to the flu injection, which is actually the reaction of our body to the changed virus now being injected. The body is actively making its own antibodies to counteract this invader.

Myth: The vaccine for measles, mumps and rubella causes autism in young children.

Fact: This article was published in a leading English medical journal, The Lancet. Subsequently, this article was proved to be totally false, and the research had been fraudulent. The author was struck from the Medical Register and the Lancet withdrew the article officially. The tragedy is that this myth persists and can be the cause of severe problems if children are not inoculated.

Myth: Weight loss can be achieved from exercise alone.

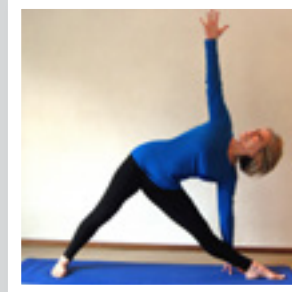
Fact: It has often, in numerous research projects, been proven that an excessive amount of exercise will lead to some weight loss, but it is far more practical to decrease the number of calories you take in. Simply put, just eat less.

Myth: Cracking your finger joints will lead to arthritis.

Fact: The cracking in the joint is caused by the formation and then bursting of a small bubble that forms in the fluid that lubricates the joint. The crack does not cause any damage but probably only irritated your parents.

And now one you probably have not heard of...

In the leading English textbook about Medicine in the Tropics, published in the early 1900s, it was stated that gentleman should always wear a cummerbund in the evening. This was especially important if they were going to sit out on the porch for a drink before dinner. It was believed that the cummerbund would protect them from 'taking a cold' on the liver. Fortunately for the fashion-conscious, this was later proven to have no medical evidence supporting it.



Yoga

with Rhé Wessels

We are excited to introduce yoga as an addition to our Wellness activities on offer at Auria.

Rhé has been practicing yoga for over sixteen years. She is an accredited Iyengar Yoga teacher and studio owner in Bryanston. She has fine-tuned her teaching approach to assist students in building strength and flexibility. Her guidance also helps her students with stress management. She believes, however, that yoga is not a 'quick fix' and that repetition and regular practice are very powerful. Students not only look better but feel better too.

The benefits of Yoga

- Improves strength, balance, and flexibility
- Helps with skeletal alignment
- Improves heart health
- Promotes better sleep
- Stress reduction
- Enhances mood and energy
- Practice for all ages

'Yoga' means to unite, and the practice of yoga aims to bring harmony between the body and the mind. Yoga is a gentle way to improve your posture, balance, and coordination. It is a systematic practice of physical exercise, in which you move your body into various positions to become more fit and flexible. The focus is on breath control, concentration, and relaxation to develop harmony in the practitioner and environment.

Some Yoga lingo: 'Namaste' which means the light in me sees the light in you and is used to greet a fellow yogi.

STUART LEE

The face of fame and the man behind the magic

*Victor Matfield
with Stuart and
his red sneakers*



BY ADI GELBART (FOR SAN SERENO)

Stuart Lee and I sat down to chat about his life and career journey thus far. Stuart has recently moved into San Sereno, and he is settling into his new home beautifully. He is the founder of 'Famous Faces' which is one of the top agencies representing South African celebrities. The business spans three decades and is still going strong. Stuart's red sneakers announced his arrival and we quickly settled to a cappuccino, a cup of tea and a slice of freshly baked cheesecake at a corner table in the sun.

What struck me most about Stuart was his candour and ease, which masked a mental agility and wit that I was soon to discover were a winning formula in his professional life. These unique qualities have seen Stuart realise fulfilling friendships and partnerships that continue to bring joy in his day-to-day life. "I am so happy every morning to have a job to go to and I will go on as long as the joy continues," says Stuart, reflecting on the last two years of COVID-19 disruptions and its devastating effects on the entertainment world.

Stuart was born in London and emigrated with his family to Zimbabwe (then Rhodesia). His father was a journalist and had his own radio and TV shows. Stuart's love for theatre, cinema and broadcasting is in his blood and perhaps the natural stage wherein he would eventually find himself.

Stuart got his first break at Capital Radio in London as a recording engineer. This coveted position was won, according to Stuart, not because of his technical skills, but rather as a fortunate consequence of his sense of humour, and the stories he told about the antiquated, sanctions-busting equipment the TV crew had to work with. He was later promoted to the position of music and programme producer, where he got to work with the likes of the brilliant Kenny Everett.

Six years later Stuart was approached by three South Africans, who had secured the rights to start their own radio station in Transkei, South Africa. In less than a year, Capital 604 radio was on the air.

"It was a dream to return to the sun and South Africa" Stuart reflects, adding "the reason I wanted to return, apart from the climate, was to be part of the changing of the mindsets of people who were stuck in the old ways of thinking. Capital's staff and target audience were totally multiracial - I wanted to be part of that process of change."

Stuart then moved to Johannesburg, when he was headhunted by radio 702, which also brought him a new challenge. It enabled him to bring his new family together and move his new sons and Daphne into one home. A few years later, he decided to go solo, with a family to support. Being a lateral thinker, Stuart saw an opportunity to start a new business.

A lunch meeting with a former broadcaster and professional speaker was the turning point for Stuart. Stuart Lee Marketing was born - now named Famous Faces Management- and went on to become one of the biggest celebrity and speaker booking agencies in South Africa.

Stuart has been blessed to work with the likes of Minister Pravin Gordhan, Professor Jonathan Jansen, who Stuart describes as the “humblest, most selfless and giving individual I may have ever met” and Professor Thuli Madonsela.

Every day is a thrill for Stuart, as he gets to meet and interact with such diverse professional expert speakers, entertainers, and celebrities. After 34 years of doing what he loves, Stuart maintains his relationships with such personalities as former rugby champions as Kobus Wiese, Toks van der Linden, Rassie Erasmus, and Naas Botha.

Stuart attributes the success of his business to the strengths that each relationship brings to the table. Stuart checks his watch and



Stuart Lee flanked by Kobus Wiese and Toks van der Linde

I realise that we have come to the end of our chat.

Respect and dignity are Stuart’s key words by which he strives to live his life.

Stuart and Daphne love being here, at San Sereno. Stuart has already set his sights on becoming an accomplished bowler. With his winning philosophy and personality, I have no doubt he will be up to the challenge.



Stuart Lee at San Sereno

*Desert adapted lions*

BY ANN BRAUN (SAN SERENO)

THE SKELETON COAST

A dream realised

Ever since I read John Marsh's *Skeleton Coast*, the story of the remarkable rescue of the survivors of the *Dunedin Star*, which ran aground on Namibia's (then South West Africa) coast in 1942, I was determined one day to visit this remote and fascinating place.

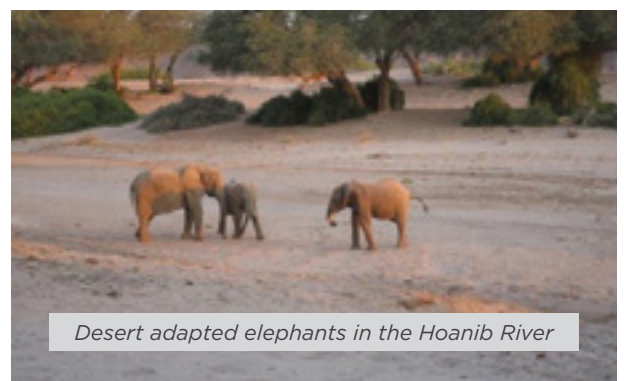
A year before COVID-19 brought an end to any thought of travel, I set off with two friends on this bucket-list adventure. From Windhoek, we were driven to Otjiwarongo then on to Wilderness Safaris' Doro Nawas camp. The camp is in the northwest of the country, close to Twyfelfontein, where we were taken to see the 5000-year-old rock art. Unlike rock paintings, which are normally found in caves, the hundreds of carvings at Twyfelfontein are engraved in the rock and have been perfectly preserved, despite being exposed to the ravages of thousands of years of wind and sun.

The real adventure, though, began the next day when we arrived at Wilderness's Hoanib Skeleton Coast Camp. This small, very remote camp can only be reached by light aircraft, and guests staying for three nights or more are given privileged access to the Skeleton Coast National Park, which was undoubtedly the highlight of the trip.

On the second day, driven by our guide, Joas, we set off after an early breakfast in a

sturdy 4x4 on the almost three-hour drive to the coast. There are no roads. We drove over sand dunes and in the dry riverbed of the ephemeral Hoanib River, on the way meeting the remarkable desert-adapted elephants, digging in the sand for water. They can feel the vibration of the underground water through their feet, which are slightly broader than those of their savanna relatives and know exactly where to find it. These amazing animals, unlike elephants who live in more lush regions, know that they must never knock down a tree, as the seed pods from the Ana trees that line the banks of the river are one of their few sources of nourishment.

Giraffe and oryx also live here, and Joas's amazing tracking skills led us to two desert-adapted lions, who were eyeing up an oryx for their next meal. The lions are collared, not for tracking purposes, but as part of an

*Desert adapted elephants in the Hoanib River*

ongoing research project in the area. We even spotted an African wild cat – a rare sighting.

After the seemingly endless vistas of the Namib Desert, the Atlantic suddenly came into view – a remarkable sight after the aridity of the land we had driven through – with a strong wind whipping up the waves. And it was cold! Thank goodness we were prepared and had brought warm fleeces.

We drove on up the coast to a large seal colony, which provided an ample food supply for the Black-backed jackals, who knew they had easy prey in the many seal cubs. A rusting shipwreck (not the Dunedin Star) brought into sharp focus just how dangerous this coastline is and made one realise just what an incredible achievement it had been to rescue those stranded people, some of them mothers with small children.



The 'road' to the Atlantic coast



Fresh lion spoor

We then drove south again to Mowe Bay, where a small almost tumbledown building, houses the Mowe Bay Museum. It is packed with fascinating finds that have been washed up from the Atlantic or collected by strandlopers over the years. There are animal

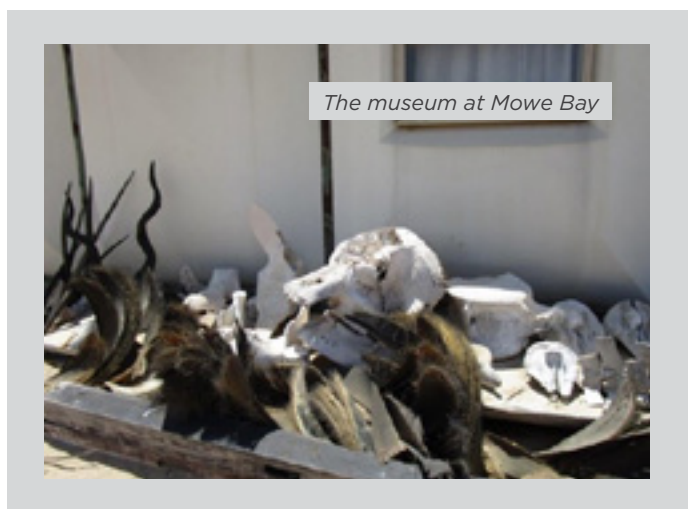


skulls, whale baleen, and even an aircraft propeller that was part of the cargo of the Dunedin Star. Mowe was also one of the areas where diamonds were found and the building remains but there is no longer any mining activity.

Before being flown back to camp from the nearby airstrip, Wilderness treated us to a splendid and very welcome lunch, beautifully set out a few feet from the water's edge. Only a few feet from us, was the spoor of one of the two male lions that frequent the area, which had passed by, Joas estimated, not more than an hour before, but fortunately didn't join us for lunch!

Namibia is undoubtedly the most unusual and geographically interesting of the southern African countries I have visited – starkly beautiful and arid, but with unique animals and plants that have adapted to this unforgiving environment. We saw the hundreds-of-years-old Welwitschia Mirabilis, its leaves shredded by centuries of exposure to sand and the strong winds that blow in from the Atlantic, and the camelthorn trees with roots a hundred feet deep in search of water, as well as those amazing animals that have adapted to survive in this inhospitable but magnificent country.

A dream of a lifetime come true!



Woodside's multi-talented

Aletta Loopuyt

and the joy of reinvention

BY ADI GELBART (FOR WOODSIDE)

schooling and relocated to Cape Town to pursue her tertiary education. She completed a BSC and Teaching Diploma, from UCT and the foundation for her career had been established. Aletta began her journey as a mathematics teacher and taught up to Matric level mathematics.

It was her love for music and talent as a singer that enabled Aletta to successfully change careers at the age of 40. She was offered a permanent contract from CAPAB Opera, immersing herself in the world of theatrics and music. The 13 years of performing, singing solos in various oratorios,



In the chorus of Verdi's La Traviata, 1985

There are two types of people in the world with regard to change. Those that embrace change and those that do not. Aletta falls into the former and reflects on the benefits that it has brought to her life so far.

“Traveling all over the world allows you to lose your narrow ideas. The knowledge you have accumulated, do you realise it for years? You still have to allow your thoughts to settle, but later they will echo in your thoughts and in your stories.” A quote from a Dutch verse, loosely translated to English. This advice was given to Aletta, by her uncle, in the 1960s, which has proven most true.

Aletta lived in Windhoek (now Namibia) where she finished her last 10 years of



Aletta at Woodside in 2019

culminated in the pinnacle of her singing career with Benjamin Britten's 'War Requiem'.

Unfortunately, the Arts Council at the time was unable to afford salaried singers, which necessitated another move - this time into the travel world. It was here that Aletta, upgraded her skills in Dutch (with which there was some familiarity) and trained as a tourist guide. Aletta was registered in the Northern, Western and Eastern Cape. The industry was exciting and vibrant and Aletta's dexterity and skill in performance and public speaking endeared her to her clients. Many of them became her firm friends, who later hosted Aletta in their homes on her travels around the world. During her tenure as a travel guide, Aletta filled her days with volunteering at the Dutch library. She was able to learn a great deal from the professional librarians who assisted there.

What Aletta likes to describe as her fourth life, began when she was headhunted by a man from Casio, who had the foresight to recognise Aletta's varied skills, which



Madame Heartfelt in Mozart's L'Impressario, 1973

would be the perfect combination needed for the job he hired her to do. Aletta went on to teach workshops to the educators of many schools, on the workings of the Casio Scientific Calculator.

Connections with the Methodist Church led to her contact with the Marsh Memorial Homes which subsequently led to her moving to Auria's Woodside.

Aletta still works at the Dutch library and at the Woodside Library. Being part of the organising team at the Woodside library has allowed Aletta the chance to get to know many fellow Woodside residents. With the addition of the wonderful Clubhouse, Aletta looks forward to the new library being able to meet and surpass her expectations.

The two things that Aletta misses the most, is the collaboration with other musicians in creating a finished musical product and the ease of travel as it used to be (pre-COVID-19). The Northern Lights are on Aletta's bucket list so until then, her work in the libraries, her handwork hobby, and her very rich, varied experiences will continue to enrich her everyday life here at Woodside.

*Mabel in Gilbert and Sullivan's
The Pirates of Penzance, 1983*

WHAT A DIFFERENCE A PLACE CAN MAKE

NORMAN WELTMAN

BY ADI GELBART (FOR MELROSE MANOR)



Norman with Nelson Mandela

Norman Weltman, a prominent man in our community, is one of the founders of the Netcare Hospital Group. He has been a key player in the success of private healthcare in South Africa over the last three decades.

Born and bred in Johannesburg, he attended Parkview and Parktown Boys High School. With a knack for numbers and an entrepreneurial spirit, accountancy was the perfect career choice for him. He graduated as a Chartered Accountant and wasted no time in entering the workplace.

Norman was with Netcare for 25 years: 13 years as an executive, and 12 years as a non-executive. Working closely with the current CEO, Richard Friedland - I can't help but wonder how rewarding it must have been to be a part of the leadership team responsible for the growth and success of the South African Private Healthcare System.

Norman's contributions did not stop there. He dedicated himself to Hospice as the Deputy Chairman and worked closely with Cyril Ramaphosa's wife for almost a decade.

With all this work I asked Norman what he did to balance the stress of his demanding life. He was quick to respond with stories of travel to Europe. He loves Italy and was fortunate to spend time soaking up the

sun and experiencing the Italian lifestyle in Florence, Amalfi, and Rome.

In his late 30's Norman decided to move to Irvine California with his wife and kids but returned to Johannesburg after three years. Norman believes that the familiarity of Johannesburg together with his established network were the factors that allowed for his development, success, and growth in his chosen field.

If Norman had stayed in California, the Johannesburg community would not have benefitted from his involvement and contributions over the many years.

Norman loves being at Melrose Manor. His children are here in Johannesburg too, which is a great comfort. In the six months of being here, he has seen a marked improvement in his health. His mobility has improved greatly. The possible motivation being the excellent food served in the dining room, perhaps?

But seriously, Norman attributes his improvements to the Auria environment, quality of care and the amazing work with the Multidisciplinary Team.

At this rate, we hope to see Norman dabbling in a few wellness activities by the end of the year.

Indeed, what a difference a place can make!



Award for serving as Deputy Chairman of Hospice

If you had a map of the world and randomly put your finger on a spot, almost certainly Stella would have been there, or thereabouts. Stella has always had a hyperactive travel bug, which she has had to satisfy. So, she kept on traveling and to date has visited over 70 countries.

Stella was born in Liverpool. After leaving school she qualified as a teacher and taught in Liverpool. She later moved to London to 'see the world.' She married and in 1954 her husband was transferred to South Africa. They sailed over on the Carnavan Castle. They left one month after the rationing of meat stopped, ending all rationing of food. She travelled a great deal when she was married. Her favourite means of travel was cruising, having done about 30 cruises to date, but her true love was sailing on the Tall Ships.

The love affair began, when she received a pamphlet on the Star Clippers in the Cambridge Alumni Magazine. The Clippers accommodate 120/150 passengers. Being much smaller than the Cruise Liners, they can go into smaller places. She always had a cabin en-suite opening onto the deck. If they hit the Doldrums, they would switch on the motors. She must have seen over 2000 islands around South America, Norway, and Vietnam. Stella saw the James Bond Island too! Is climbing up to the Crow's nest on any of your bucket lists? Stella has climbed up the ladder right to the top! There was a netting hanging out over the water whereon you could lie and sunbathe. The entertainment on the Tall Ships was not as sophisticated as on the Cruise Liners. They had film shows and talks with the crew's local dances entertaining the passengers. Stella recalls one called the Stick Dance, but unlike Scottish Sword Dancing, the sticks would be moving all the time.

Stella has sailed through the Suez Canal to the Red Sea, but that is too dangerous now due to the Somalian Pirates. They sailed through the Persian Gulf to Muscat. In Doha, whilst visiting a Mosque, they had to wear what the Muslim women wore - a black hijab. The headdress is put on last and Stella felt quite disorientated. All the groups were now in black, and she couldn't identify anyone. Fortunately, she noticed a man in a striped



Sailing

the world and the Seven Seas with Stella Roberts

BY DOT WILLIS (SAN SERENO)

jersey and recognised him as one of her group! Thank goodness she found her way.

Apart from many 'land' trips, Stella's sailing destinations trips are far too numerous to mention. She has sailed on the Volga, from St Petersburg to Moscow; Istanbul to Rome; down the Rhone and the Yankze; the Baltic to London; Sardinia, Holland, Danzig, and Singapore and finally, from Cannes to Egypt. In 2014, she embarked on a 26-day trip on the Queen Mary, sailing in at Reunion and Mauritius on the way to Australia.

Stella visited South America and the islands twice and on her second trip in 2018, you could see the retreat of the glaciers from Santiago. She has also visited The Falkland Islands twice. Her most recent trip was from Prague down to the Danube with her daughters.

The Tall Ships used to meet on the Baltic once a year, but Stella said that most of the cruises were discontinued during COVID-19. She is unsure if the Clippers will ever sail the seas again.

What a fantastic story. Stella's next goal is to go to the Opera in Paris to see 'Wagners Parsifal' - a 4 hour-long cultural extravaganza! And of course, to see her five great-grandchildren.



BY MARIE-LOUISE VAN NIEKERK
(SAN SERENO)

Eberhardt Thain

An inventor and scientist in our midst

Eberhardt and Dorothea Thain have been living in San Sereno for 12 years. Dorothea is furthermore blessed to have her sister Marianne Ickinger, as a close neighbour. The most astounding aspect of this remarkable man, Eberhardt, is that few of us know of his achievements in the science of Mechanical Engineering. However, he holds several patents: one for a robot designed for use in smaller businesses and one for a spectrometer that was deemed impossible to build by many experts around the world.

Eberhardt was born on 24 June 1937, in Erfurt, Germany. He endured unbelievable hardship during his childhood and youth because of the devastation of the Second World War. In 1957, at the age of seventeen, he decided to leave Communist Eastern Germany, as it had become a regime with no freedom of speech and no possibility of studying at a university because his parents were not of the working class. With very little money and no home, he started working in a design office where machinery was designed. In the evenings he studied to become a Mechanical Engineer, duly qualifying as such in Germany.

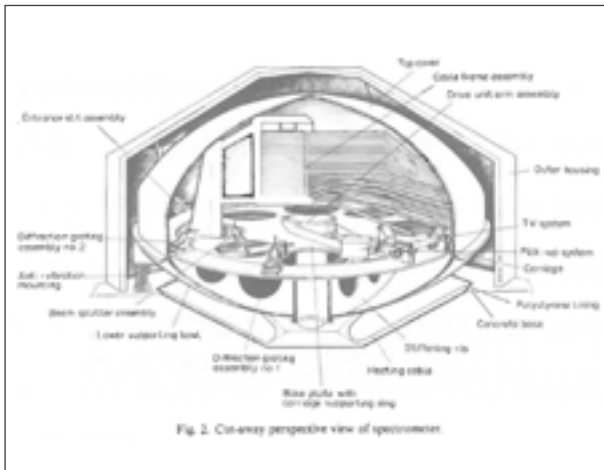
In July 1964, he arrived in South Africa - an adventurous young man full of hope, ideas, and a zest for life. He saw a wonderful opportunity in this beautiful country to fulfill his dreams. He intended to stay for two years and then move on to the USA, where he had family.

But fate decided otherwise!

During his very first week in South Africa, he met and fell in love with Dorothea Kessler. They married in 1975, after she finished her BA (Hons) in German and Psychology, which was awarded to her Cum Laude by the University of Pretoria. She studied after-hours, while teaching at the Deutsche Schule in Pretoria. She taught there for 39 years.

Eberhardt was offered a job at the CSIR (Council for Scientific and Industrial Research) where many hopeful students applied but few were chosen. After moving in and enjoying the opportunities and environment at the CSIR he started evening classes at the Technical College to learn Afrikaans and further improve his English. He then completed a Diploma in Business

Eberhardt's Spectrometer sketch



Management, a unique combination with his degree in Mechanical Engineering.

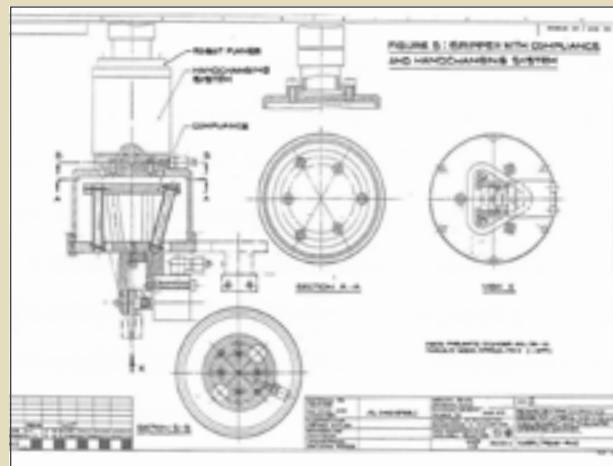
His work as Mechanical Engineer was challenging, stimulating, and highly creative. He was surrounded by superior scientific minds. He was so stimulated in his environment that when opportunities for new and lucrative offers from the private sector presented themselves, he chose to stay and worked at the CSIR for 33 years. He got all the opportunities in his field of work and could design and develop special projects. He studied and gained experience in the field of robotics and flexible automation in the USA, United Kingdom and Europe. He has published extensively in the literature. Making full use of these circumstances Eberhardt designed world-class inventions. As The Pretoria News reported in March 1983, "A dream of 30 years took four years to come true." This was the design of his Spectrometer, which is a sophisticated, analytical machine widely used in scientific research and by manufacturing industries. This spectrometer had 16 rotating arms.

But Eberhardt did not only excel as a scientist. He was also an award-winning Toastmaster, reached the top grade in Judo, was an excellent swimmer, as well as a keen photographer who also loved to paint.

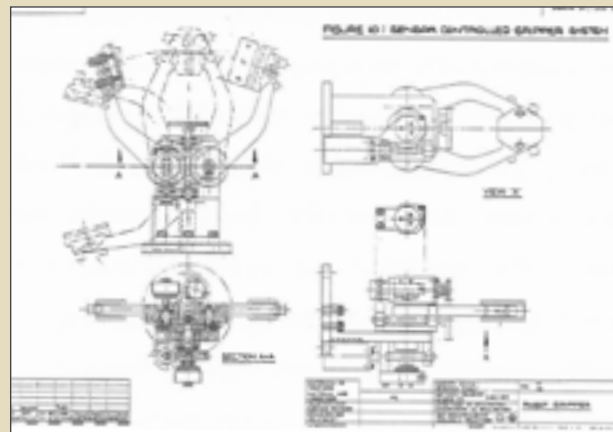
He also has a love of building and construction of houses. Eberhardt and Dorothea have had unique, beautiful homes in Die Wilgers and Silver Lakes in Pretoria and in Morningside in Johannesburg. This interest led to Eberhardt becoming an

extraordinarily successful Estate Agent in the Eastern suburbs of Pretoria after he retired from the CSIR. In 2004 he became an accredited member of the 'Property Professional Club.'

At San Sereno, he enjoys Bowls and Aqua Aerobics and is very thankful to be able to enjoy his Golden Years with Dorothea in our beautiful community. They would like to thank the Auria Team for making their lives at San Sereno, happy and content!



Eberhardt's Robot Sketch



The Robot



The Spectrometer

IN MARITZE COUVARAS'S HANDS

BY DOT WILLIS (SAN SERENO)



Maritze's beautiful embroidery art

When anyone in Maritze's family got married, their gift from her was a beautiful handmade quilt.

She has now moved on to her grandchildren and as a 21st birthday gift, each will receive a quilt. Her granddaughter Megan designed her double bed quilt herself and chose all the material. Maritze says she has not had to tackle a project like this one before. She started in February and completed it in April. Shew!

This bedspread is an exquisite piece of art. It is reversible and the 'traditional mistake' is on the reverse side. All the joins on the back were done by hand. 'Stippling' was used on each individual square to give it body. 'Stippling' is



Close up of stippling effect

stitching in curves and whirls. Lines are not supposed to cross each other - a bit like a maze. Maritze says that after a few glasses of wine, it's easy! She said practice makes perfect and after taking an hour over the first square she can do three to four in an hour. Lucky Megan. It is beautiful.

Maritze had a business of her own selling Bernina sewing machines. She was trained by Bernina in Switzerland in 1968. She has taught many people her amazing skills. She is a magician on her machine, whilst her handwork is informed by her vast imagination. She has quite magnificent pieces of her work all around her home: thread painting, ribbon embroidery and beautiful wall hangings.

I am in awe of her work. In her field, she is one of the most talented people in San Sereno.

P.S. Just a word about the model. Cinnamon loves to pose for a photo and those of you who don't know Maritze, she is Cinnamon's mother.



Cinnamon on the embroidered bedspread

WHAT MOM SAID

The month of May saw wonderful Mother's Day celebrations across all the Auria communities. We gathered some words of advice that the residents recall their moms giving them.



Letters

from residents and families

We have received so many thoughtful letters this year, but due to space we can only share a few of them. Please keep writing to us. Your feedback, opinions and gratitude are always appreciated and valued. Permission will always be obtained before printing.

It's difficult to find words to explain how your astounding building has uplifted our Woodside Village. This amazingly beautiful building has come into our lives for us to use and enjoy. Wonderful people are there to assist us and we already feel their care and support. We are surrounded by beauty that we have never known before. How spoilt are we?

Thank you for coming to Woodside. You and your fantastic team have done something so incredible that it's like a dream. You are changing our lives as we could not believe possible. I can't wait to use all the facilities.

JUNE CHARLTON

Once again Melrose Manor has exceeded all expectations.

Being aware of my mother's age Johan had a special table in the private dining room. It was beautifully set with the traditional food for Pesach. The meal was absolutely outstanding and my thanks again to Johan and Colin.

My thanks also to Gerry, for all the kindness that you show my mom.

You have set a standard for senior living that surpasses anything imaginable. I am sure all your other undertakings will be as wonderful as Melrose Manor.

My family and I are so grateful and my mother is privileged to live at a place like Melrose Manor.

ZIONA LIPCHICK

(Daughter of Thelma Strauss)

We had an outstanding Mother's Day experience at Melrose Manor yesterday. Johan and his team surpassed themselves. From the welcome drinks to the beautifully decorated tables, it was a 5-star event. The food was beyond delicious and plated with flair and style. Johan is a great choice as GM. He knows every resident and caters to their foibles. He knows every part of Melrose Manor, from the pool to the generator, and is actively involved in their functioning optimally. The comfort and care of the residents are his priority.

MARLENE FRIEDLANDER

Just a short note to thank you and the incredible people at San Sereno, for getting my parents into such an amazing place, safe and sound. For the children, this is an incredibly stressful experience moving one's parents, but the team has made it the most rewarding experience. I say team because you really have built a good team here.

From the day we decided to make the move, meeting Rui, to meeting Andrew and him taking us through what to expect, etc. it has been special. From start to finish it has been the most professional of service experiences. And then actually moving in, the staff have made my parents feel so welcome.

Toasting to the entire Auria team.

THE WELLSTED CLAN

Since coming to Melrose Manor, my dad has had the most amazing care. It has improved his quality of life. He has fantastic carers, and nursing care on hand, if needed. He has benefited so much from the therapies. He loves the quality and variety of the food and the all-round exceptional level of care from all the staff at Melrose Manor. The whole ambiance of Auria is so pleasant and everything is done with such thought and efficiency.

CANDY ABRAHAMSOHN

(Daughter of Norman Weltman)



During December 2021 and January 2022, in between three stays in hospital, I spent a total of 17 days in one of the Care Centre's respite rooms.



I was discharged from hospital very late in the evening and, upon my arrival, Faith and Glenrose were

the first of the nursing staff I met. They had stayed on late to welcome me and see that I was settled into the respite room and, before they left to finally go home, had also made sure I had a tray of supper.

I would like to mention most of the care team who gave me such amazing and compassionate attention and nursing during this time. The staff, both day and night, were Caroline, Patience, Faith and Rhulani. It was very reassuring how they checked up that I was receiving my correct medication at the given times, and stopped by frequently to make sure I was comfortable and had all I needed.

The nurses, again both day and night, were Portia, Betty, Nomthandazo, Veronica, Thandi, Olivia, Euphordia, Nocio and Glenrose. I hope I will be forgiven if I have missed out any other names due to my unreliable memory! The care team were always smiling, nothing was too much for them to do for me, and they were so gentle whilst changing my dressings or assisting me with my showering etc. and ensuring that my bed and pillows were in the position that would keep me the most comfortable. Nomthandazo seemed to be the one to appear with my meal tray most days, and scolded me if she

A tribute to the Team at San Sereno's Care Centre

BY BARBARA CREWE (SAN SERENO)

thought I hadn't eaten enough! Olivia, at night, would pop her head around the door with the biggest smile I have ever seen to offer me Milo and a sandwich - what a treat! Glenrose, when she heard I had to return to hospital very early in the morning for my first spinal operation, took it upon herself to come in before 6 a.m. in order to ensure that I had a shower and was dressed warmly before I left for the hospital. Upon my return after each of my hospital stays, the welcome I received from all the nursing staff and all the gate guards made me just know I was definitely back home! I cannot thank Khosi and all the nursing staff of San Sereno enough for all their wonderful care during my stay.

Once I was back in my little garden villa, it was Thabiso and Leona who looked after me during my convalescence. The encouragement they gave in getting me back up walking again was incredible, and their frequent popping in to see me throughout the day was very reassuring. The first time I walked unaided, Leona used her cellphone to take a video of this accomplishment and, unbeknown to me, sent it to my family to reassure them about my progress!

Thank you so much to all the San Sereno Auria Team. We certainly are so fortunate to have such competent and compassionate people looking after us!



Get involved with our newsletter

We invite all our residents (and their families) to get involved with the newsletter, and to send us your stories, jokes, poems, photos... or anything that our communities may like to read about.

There is so much to share: hobbies, interesting people you may have met, travels you have experienced, recipes you may have tried. Perhaps you have had an interesting career, or there was a particular event within your career that others may like to read about. Sons and daughters could write about their parents from their perspective. Or proud grandparents could share their grandchildren's achievements.

It doesn't have to be grand... it only needs to be from the heart.

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SAN SERENO
Bryanston



MELROSE MANOR
Melrose



WOODSIDE
Rondebosch



ROYAL VIEW
Sandringham



CORAL COVE
Sheffield Beach

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