

APR 2024

LIVING



BY AURIA

The *Joy* Edition

SNIPPETS OF JOY

A compilation of quotes heard around our Woodside Community

JOYFUL EATING

Phytonutrients and the joy they bring

GARDEN JOY

Our San Sereno residents share how their gardens bring them joy



AURIA
SENIOR LIVING



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From our CEO

In the spirit of new beginnings, I am thrilled to announce that our latest endeavour, our Coral Cove community in KZN, has begun construction earlier this year. We are on track to deliver the first phase of houses toward the end of 2024.

Reflecting on recent accomplishments, I'm extremely proud to announce our triumph in securing First Place for Royal View in the International Category of the US-based Senior Housing News (SHN) Architecture & Design Awards for 2023. This accolade is a testament to the dedication and relentless effort of our teams who strive to keep Auria Senior Living on par with the world's finest, embracing global best practices and design standards.

We hope you enjoy and find delight in this issue of LIVING by Auria.

Warm regards

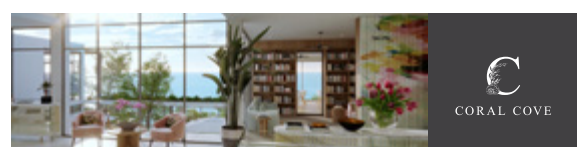
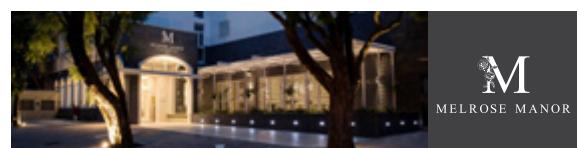
Barry Kaganson: CEO, Auria Senior Living

DEAR RESIDENTS AND FAMILIES

As we enter into the second quarter of 2024, I am pleased to present the April Issue of LIVING by Auria, our first publication of the year. The theme of joy is central to this issue. Through these pages, we hope to highlight the numerous ways in which our residents experience joy as a companion rather than an occasional guest within our Auria Communities.

Scientific studies show that joyful experiences are an important component of our psychological and emotional health which have a significant influence on our quality of life. Participating in meaningful pursuits and cultivating social connections may not only improve mental wellbeing and reduce stress but also lead to longer, happier lives. Every day in our Auria communities, we witness the transformational power of joy in action.

I encourage everyone to read the article in this issue about the importance of hearing as we get older. Hearing loss happens gradually as we age – studies have shown that hearing loss increases the risk of cognitive decline, as well as falls risk and general safety such as its impact on driving. An easy way to negate the impact of hearing loss, is appropriate hearing aids. Counteracting hearing loss has a direct and distinct impact on quality of life, so it is important to consider all the facts, and make the correct decisions. Hopefully you will find this article informative.





AURIA SENIOR LIVING DOES IT AGAIN!

We are thrilled to announce that Royal View, our newest development in Sandringham, situated on the spectacular Royal Johannesburg Golf Course has achieved **FIRST PLACE** in the 11th annual Senior Housing News (SHN) Architecture & Design Awards, International Category for 2023.





Senior Housing News, an Ageing Media Network publication based in Chicago, USA, holds an annual competition focusing on 15 design and lifestyle categories in senior living. The awards aim to credit service providers for their innovative and creative efforts to position their senior living communities as global leaders in their class.

Royal View was selected from over 100 entries, winning first place in the International Category.

Other notable winners were from established senior living operators, throughout the USA and Canada, from Vancouver, Connecticut, to Atlanta and San Francisco.

Ric D'Amico, senior vice president of Real Estate and Development for various high profile Senior Living communities in the US, and a judge for the International Award Category, was *“impressed with Royal Views’ open space design”*, noting further *“This allows for an abundance of light in the interiors as well as a connection to nature throughout the environment.”*



“We are extremely proud to be recognised among global leaders in the senior living industry as we continually explore ways to help our residents enjoy their best quality of life. Every single day,” says Barry Kaganson, CEO of Auria Senior Living. “These awards inspire our team to continue being innovative and follow global best practices to provide our residents an extraordinary environment to live and be supported. This accolade proves that a proudly South African business can stand head and shoulders amongst the best in the world.”





MELROSE MANOR
—
Melrose



MELROSE MANOR LIVING

The Auria experience is curated on four pillars: an engaged lifestyle, quality of care, constant advice and support and complete peace of mind. With our exciting events, activities and wellness calendar on offer, our residents get to live their best quality of life, every single day.



A FAMILY AFFAIR

Melrose Manor's end-of-year family day lunch, complete with a milkshake bar for the young at heart, a cocktail bar for the older crowd and good ol' braai favourites made for a memorable day!

Celebrating our Exercise Achievers!

Melrose Manor recently shone a spotlight on the remarkable residents who've embraced our exercise ethos, earning well-deserved accolades for their commitment to physical wellbeing.

Recognising the critical role exercise plays in promoting active ageing and well-being, our award-winning participants have been leading by example. Through specially tailored classes that enhance cardiovascular health, build strength, and increase stability, these inspiring individuals exemplify the very essence of Active Ageing. Their dedication not only elevates their own wellness but also sets a motivating standard for fellow residents showcasing the achievable vitality of life at Auria.



VALENTINE'S TRIUMPH



Our Valentine's Dinner at Melrose Manor was adorned with a cascade of comments from residents, who experienced culinary enchantment and genuine hospitality.

"Spoilt with excellence," encapsulating the essence of a night infused with taste, elegance, and comfort.

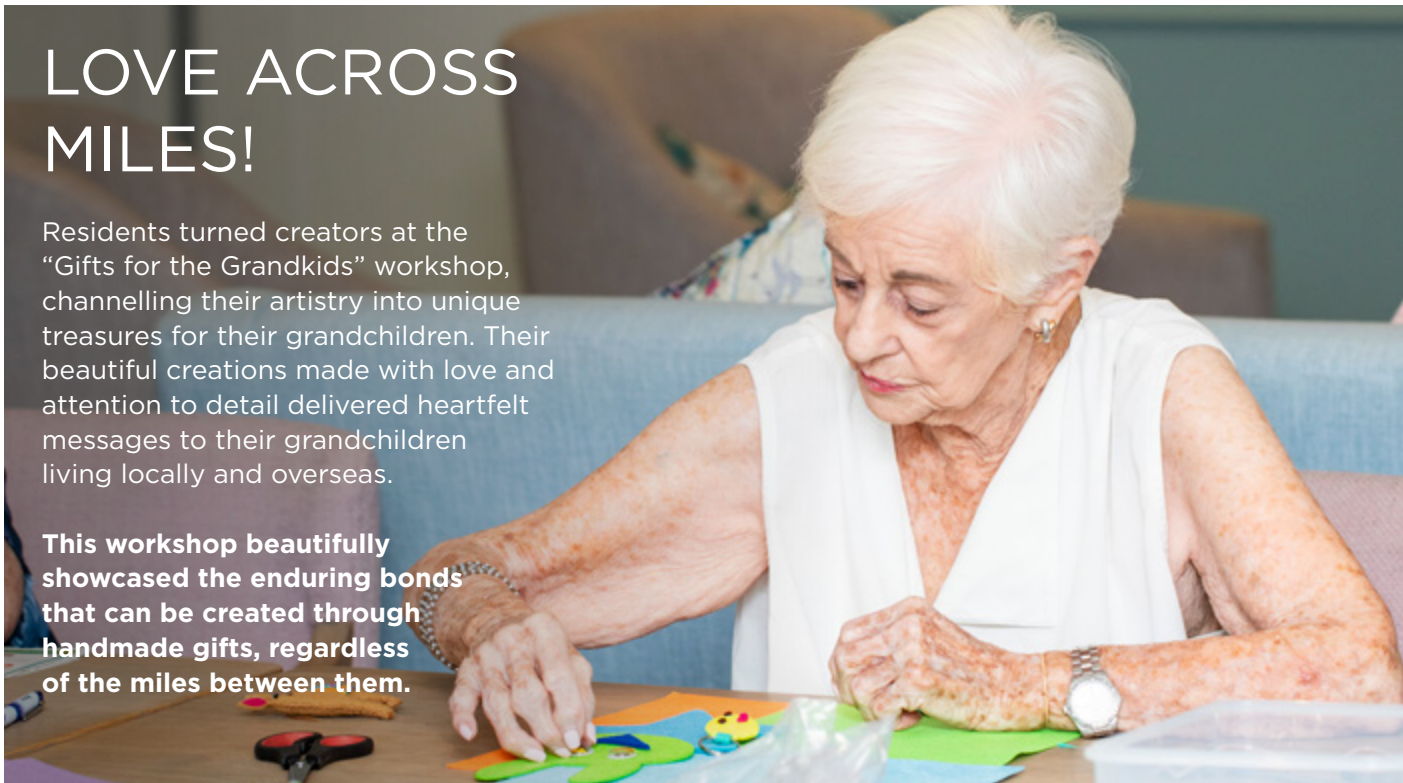
Congratulations to our team for organising such a great celebration of love!



LOVE ACROSS MILES!

Residents turned creators at the "Gifts for the Grandkids" workshop, channelling their artistry into unique treasures for their grandchildren. Their beautiful creations made with love and attention to detail delivered heartfelt messages to their grandchildren living locally and overseas.

This workshop beautifully showcased the enduring bonds that can be created through handmade gifts, regardless of the miles between them.



WELCOME

Melrose Manor has welcomed residents to our community. We wish them many happy years with us.

NORMA WOLPE

Best advice ever given? To look at the bright side of everything

Where is your favourite place to travel? New York, my great grandson is there.

What are you most looking forward now that you are living at Melrose Manor? To be happy and safe.



AVRIL & DR IAN KATZ

Where is your favourite place to go on holiday?

We enjoy going on cruise ships, especially in the Mediterranean.

Best advice you can give someone?

You can only bat the ball in front of you.

What brings you joy every day?

Just waking up every day and being healthy.

RESIDENTS COMMITTEE

at a glance

Each of our Auria Communities has a Residents Committee, whose members are elected by the community's residents. The purpose of this committee is to form a representative group of residents, to interface with Auria Management and to advise on matters impacting the community. Each ResCom is extremely valuable to us, as the advice and feedback we receive on all matters pertaining to the community allow us to ensure that our actions are continually appropriate, and our efforts are channelled in a way that addresses residents' needs while ensuring that we continue to ensure that our residents enjoy their best quality of life, every single day.

Our ResCom members provide us with a breadth of life experience, diverse professional expertise, and of course, the daily lived experience of our Auria Communities, and as such give us an informed view on the issues we raise for discussion.

Having this continual "sounding board" and open lines of communication means that we can get representative yet diverse views on all matters pertaining to each community, and we can then take action and make decisions that are in everyone's best interests. Notwithstanding that the Residents Committee is a representative body; we always encourage each and every resident to speak directly to our Auria Team at all times and voice their views and opinions on any matter. Each one of our residents is important to us, and everyone's voice matters.

Our ResCom is never a substitute for one on-one communication between individual residents and our Auria team – but just another way whereby we can listen to a "collective" of residents and ensure that we are responsive to their needs within our Auria Communities.

I'd like to take this opportunity to thank all of our ResCom members across our communities and to encourage everyone to provide feedback to our teams either directly, or through ResCom wherever possible, as this is really what enables us to improve our service offerings to our residents.

**BARRY
KAGANSON,
CEO AURIA
SENIOR LIVING**



Let's meet our Melrose Manor Residents' Committee...



LUCY GROENENSTEIN

Lucy is affectionately referred to as Melrose Manor's cheerleader, and it is simple to understand why. After a long and successful career in a family-owned accounting firm, her superpower is her ability to help, negotiate, and put everyone around her at ease. Lucy has resided at Melrose Manor for just over a year and is honoured to have been nominated to serve on the Melrose Manor ResCom committee.

"I have numerous ideas and am eager to make a valuable contribution. I'll go the extra mile to help our residents and management to ensure everyone is happy."

NOREEN MARKS

Noreen has had a long and successful career as a nursery school teacher and a bereavement councillor.

She was a founding member of the original Melrose Manor ResCom and is excited to serve on the current committee as a link between residents and management. She enjoys being a contributing member, and “being part of the change” is vital to her.

“To be open, honest, mindful and have tolerance for people in your surroundings.”

Noreen has lived at Melrose Manor for ten years and says that since Auria took over, she has been even happier.



RAY DE GOEDE

Ray has enjoyed an exciting, fulfilling and successful career as a nurse.

Ray believes that the privilege of being part of the ResCom Committee involves keeping management informed about issues that affect the residents, allowing them to make things better for everyone.

"I hope that my availability to residents will make a positive difference so they feel comfortable at being able to air any difficulties to be dealt with timeously."

Ray has lived at Melrose Manor for precisely one year and says that the hands-on attitude of management, along with the care and warmth of the Auria Team, made her feel valued as an individual from the start.

Aside from the hassle-free living and diverse food options, what clinched the deal for her was the engaging lifestyle on offer, which included a diverse wellness and activity programme.



*"Seize the day
and consciously
decide to
appreciate
every moment."*

MARLENE FRIEDLANDER

Marlene Friedlander began her career as a teacher before deciding to follow her heart and change paths. She earned an incredible four-year degree in social work in her forties.

Her considerable expertise in social work includes founding the ResCom at Sandringham Gardens and running a successful private practice business till 2018.

Marlene is excited to be a key line of contact between residents and management, and she believes that being on the ground and knowing what's going on are critical components in making life at Melrose Manor even better.

Marlene has been at Melrose Manor for five years and claims to be living her best life. "Auria's commitment to prioritising our well-being is evident in all aspects of life at Melrose Manor."



BERENICE SILBERG

Berenice managed the WIZO office in Pretoria for nearly two decades. She has extensive experience in managing fundraising projects and has served on numerous committees during her career.

Berenice believes that if she can help, she should, and looks forward to serving on the ResCom.

Berenice has resided at Melrose Manor for 18 months, and it has been a very happy place for her.

"I try to constantly think optimistically. The glass is always half full."

SHEILA EDELSTEIN

A graduate of UCT with a BA in Psychology, Sheila's life has been enriched by a fulfilling family life and significant community service. Alongside supporting her husband's business and raising three children, she has been an active member of Inner Wheel and WIZO, serving as Hon Sec and Chairman.

Sheila hopes that being on the ResCom board will enable her to contribute to the comfort and wellbeing of her fellow residents at Melrose Manor.

"I don't live in Johannesburg; I live in Melrose Manor!"

says Sheila and has lived at Melrose Manor for three years.

THE SIGHTS AND SOUNDS OF ROYAL VIEW

Our residents gathered with binoculars in hand for an exhilarating afternoon bird watching drive.

It's a true privilege to be able to enjoy the sights and sounds of nature when the beautiful Royal Johannesburg Golf Course is right on your doorstep.

ROYAL VIEW LIVING

The Auria experience is curated on four pillars: an engaged lifestyle, quality of care, constant advice and support and complete peace of mind. With our exciting events, activities and wellness calendar on offer, our residents get to live their best quality of life, every single day.





ROYAL VIEW
—
Sandringham



LEMON LIGHT SERENADE: Royal View's duo takes the limelight!

Our favourite musical duo entertained Royal View with sparkling smiles and toe-tapping, turning an ordinary evening into a cosy gathering of song and camaraderie. It was a heart-warming reminder of the joy and connection that music brings!



A ROYAL VIEW CAROL-OKE NIGHT

Grandkids were cracking up as their grandparents belted out tunes during a lively sing-along that brought everyone together, regardless of their beliefs. Our residents had a blast with the delightful blend of different generations and customs.

Valentine's Evening

*"Love's in the air,
in every sight and sound,
In Royal View,
where true love is found.
On this evening,
with roses in hand,
Love and laughter
go hand in hand."*





ROYAL VIEW
—
Sandringham

WELCOME

Royal View has welcomed residents to our community. We wish them many happy years with us.



BARNEY LEWUS

What are your hobbies? Collecting and sorting stamps. It's a nonstop hobby I've been doing it since I was 10. I have 930 albums of stamps from all around the world.

How many children and grandchildren do you have? I have three girls and thirteen grandchildren.

What is the most important life skill? You have to believe in yourself. If you don't, it's hopeless. Self-confidence is the key. If you live to a ripe old age like me you have plenty of advice to give. It's not about grab grab grab. Sometimes sit back and admire the view - you will also learn a lot like that.



CARLA BORSELLI

What are you most looking forward to about moving into Royal View? To be in peace and be happy. I have always been busy with people and want to learn how to look after myself.

How would you describe yourself? I am a very quiet person and always happy.

Where were you born? Milan, Italy.

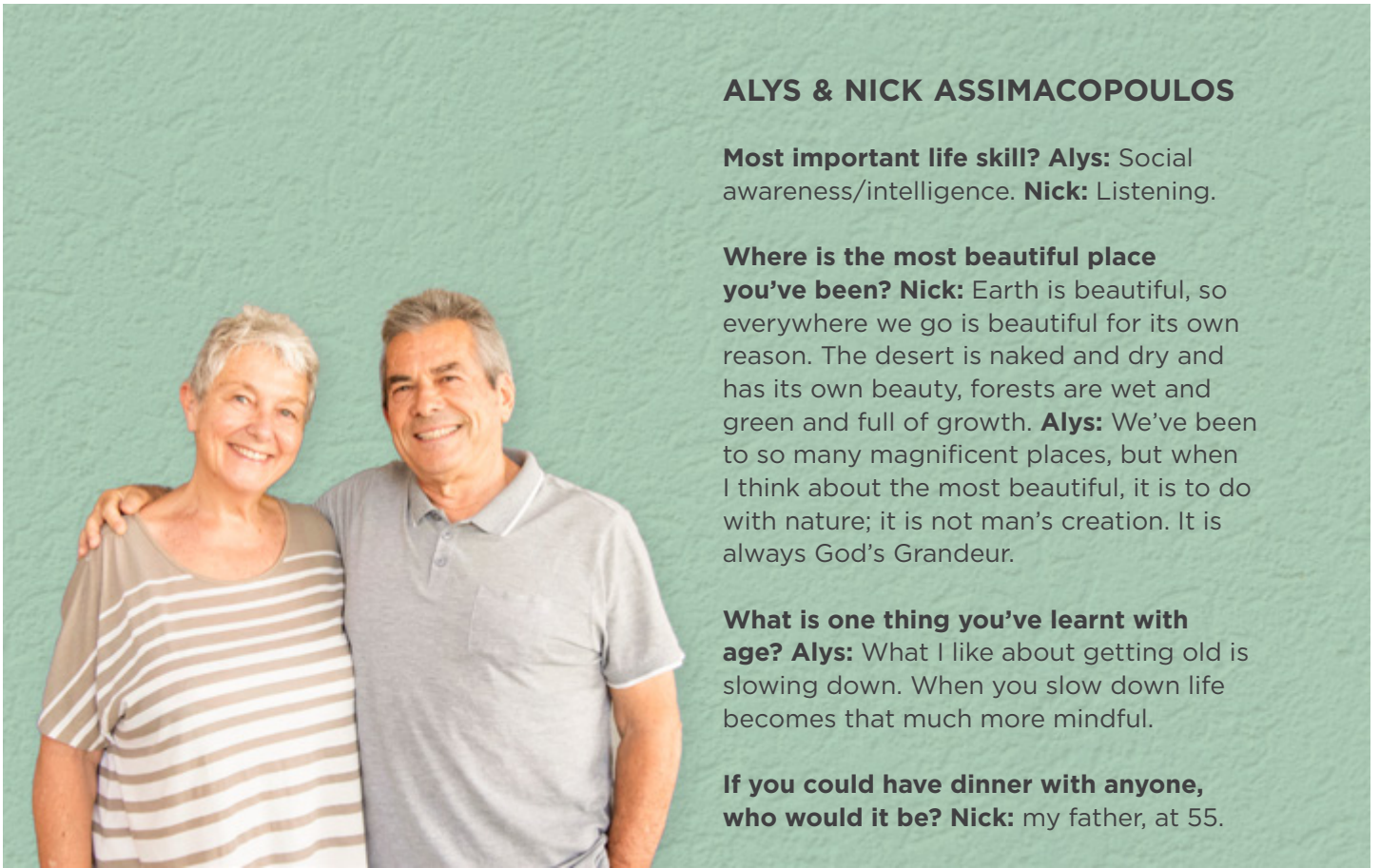
ADRIENNE & SOLLY GROSS

How long have you been married? We have been married for 54 years.

What is the most important priority in your life currently? Our Family being together.

Where is the most beautiful place you've travelled? We love the Kruger Park, we go every year.





ALYS & NICK ASSIMACOPOULOS

Most important life skill? **Alys:** Social awareness/intelligence. **Nick:** Listening.

Where is the most beautiful place you've been? **Nick:** Earth is beautiful, so everywhere we go is beautiful for its own reason. The desert is naked and dry and has its own beauty, forests are wet and green and full of growth. **Alys:** We've been to so many magnificent places, but when I think about the most beautiful, it is to do with nature; it is not man's creation. It is always God's Grandeur.

What is one thing you've learnt with age? **Alys:** What I like about getting old is slowing down. When you slow down life becomes that much more mindful.

If you could have dinner with anyone, who would it be? **Nick:** my father, at 55.

EVELYN JOELSON

What do you enjoy doing? I like to read the newspaper and anything informative. In longer like novels.

What's your favourite season? Autumn, because I don't like the heat, but I don't mind the cold.

Are you a dog or cat person? I love dogs.



HILARY & STEPHEN FRANKLIN

What do you look forward to every day? We both feel so blessed to live in this beautiful paradise ...what a joy to wake early and see this absolute beauty!

Who has influenced you the most? People of substance, events, and life's ups and downs, have shaped our lives. Our beliefs have helped us grow and our children and grandchildren have taught us so much. We feel blessed, as well as having each other!

Are you an early bird or a night owl? We are both early birds, preferring to achieve all we need to do, early!




SAN SERENO
—
Bryanston



SAN SERENO LIVING

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AND THAT'S A WRAP

Our residents celebrated 2023
with their year end dinner celebrations.

END OF YEAR GALA DINNER

BY IAN THORNTON,
OUR RESIDENT POET

*A gala dinner at San Sereno,
We have not attended before.
The invite, hand delivered, we did get,
The dress code, "smart", it did set,
Oh dear me what to wear,
And what about my hair,
Gosh! The suit and shirt still fit.
But, at which table shall we sit?
The night arrived so off we went,
Into a room filled with jewels and scent.
We enjoyed great food and good wine,
With music from three sisters fine,
The Auria team determined to excel,
While we were dined and wined so well..
Towards the end, to dance or go home
Was a choice hard for some.
Auria hospitality was enjoyed.
We salute the entire team deployed.*



SAN SERENO
—
Bryanston



★ A Night ★ ★ Under the ★ ★ STARS ★

BY BRONWYN JAMES, SAN SERENO'S
FRONT OF HOUSE MANAGER

This Valentine's Day, Café Auria transformed into a celestial haven for our "Night Under the Stars" - a magical evening celebrating love and connection.

Our Residents were invited to revel under the starlit sky, enjoying an array of enchanting performances, delectable snacks, and exquisite cocktails.

Cocktail Delights

Beejay, our beloved houseman at the Care Centre known for his mixology skills, brought joy and vibrant flavours to the night with his expertly crafted cocktails. Our residents had a choice of Cosmopolitans, Piña Coladas, Strawberry Daiquiris, Gin Sours, and Elderflower Mojitos.

Enchanting Melodies

The night was further illuminated by the soulful performances of Adrian and his daughter, Emma Jean. At just 15, Emma Jean captivated everyone with her angelic voice, while Adrian's harmonies complemented her perfectly.

Innovative Cuisine

Moving away from traditional seated dinners, our Night Under the Stars, featured butler-style service, offering a fresh dining experience. Werner and his team presented a brilliant selection of hot dishes served directly to guests, while



Adrian and his daughter, Emma Jean



an array of desserts and cold foods adorned the Chef's harvest table, showcasing culinary artistry and innovation.

Magical Décor

With twinkling fairy lights and Beauty and the Beast themed centrepieces, including roses under domes that mirrored the iconic enchanted rose, the décor transported guests into a magical world, making the evening truly special.

“*It was an evening that needed to be experienced first-hand, a night that will be remembered and cherished by all who were there.*”

”





SAN SERENO
—
Bryanston

WELCOME

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

SUE OOSTHUIZEN

Sue is relocating back to Johannesburg, from Knysna to be closer to her daughters and grandchildren. She has two daughters and three grandkids. Sue characterises herself as a gregarious person who appreciates people, art, painting, literature, and nature, particularly the Kruger. Sue values self-care and believes that taking care of one's health is a crucial life skill. She would like to travel more, and she has always wanted to organise a vacation to Israel with her girls.



ELIZABETH BAGLEY

Elizabeth has recently moved from her long-time residence in Sandton. She has a younger brother who lives in Boksburg and fondly remembers her late husband as the love of her life. Elizabeth is a dedicated professional who has found fulfilment in her current role with a financial services company. She takes great pride in her work and finds immense joy in what she does. She finds pleasure in taking leisurely strolls, observing birds, and engaging in a game of bridge. Elizabeth may not consider herself to be the most outgoing individual, but she is excited about reestablishing connections with familiar faces and forging new friendships. She is thrilled about relocating to San Sereno because she can finally let go of all the maintenance responsibilities. This means she can fully dedicate her energy to the activities that truly bring her joy, without any worries about property upkeep.

SUE PRETORIUS

Sue, a seasoned globetrotter, hails from Twickenham in the United Kingdom. With an impressive record of living in 57 countries, she has truly embraced a life of adventure and exploration. Sue has experience in the fashion industry and has also covered travel, with a focus on the Middle East. Sue has a deep appreciation for wildlife, particularly the beauty of the bush. In addition to her passion for nature, she has a talent for sewing and even had her own dress design business. Sue finds solace in the enchanting melodies of classical music and finds joy in a competitive game of Bridge. Although the transition to San Sereno presented its challenges, Sue is eager to embrace this new chapter in her life.



MARDI GRAS MAGIC

Our memorable Mardi Gras themed dinner bringing the essence of New Orleans to life, with jazz, vibrant decorations, and a feast of Cajun and Creole classics.

It was an evening where festive spirits soared, and our residents revelled in the flavours and fun of a truly unforgettable celebration.





WOODSIDE
—
Rondebosch



WOODSIDE LIVING

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NEW YEAR CELEBRATIONS

As the final moments of 2023 slipped away, Woodside residents took to the floor and danced their way into the 2024!



Francois Rossouw as Santa

WOODSIDE'S VERY OWN SANTA

**BY SHEILA SCHUURMANS
(WOODSIDE)**

There was a flurry of excitement from the children from Marsh Memorial Home and... from many chattering residents when, in December, Father Christmas appeared.

When seated close to the Clubhouse Christmas tree that was decorated with twinkling lights, Santa smiled under his beard and presented each child with a festively wrapped gift. It was a delight to see the happiness and gratitude that the Marsh children showed.

Francois Rossouw, who, in his day job, heads our Gardening Service Team at Woodside, had generously agreed to don the Santa suit and contribute, as the main character, to this festive event. He remarked that he felt joy in his heart, and that he is looking forward to volunteering again in this role. Further merriment and fun are in store for us at Woodside in December 2024!





WOODSIDE
—
Rondebosch



Love is all around

♥ **Woodside's Valentine's Dinner was a love-struck blast from the past!**

Diners feasted, tunes serenaded, and laughter rang out as we toasted to love and danced the night away. Hearts were full, and so were the plates. Oh, what a lovely night it was!





HIGH TEA TOASTS TO **OUR SPIRITED OVER-90S**

Our exclusive club of residents in their 90s gathered, shared laughs, and stories, and of course tea! Proving that life's richness must be enjoyed at all ages!



Woodside's got *Talent...*

Our fun loving residents grabbed the mic for a night of karaoke. They sure know how to hit the high notes of fun!





WOODSIDE
—
Rondebosch

*I feel safe
and secure here.
I greatly appreciate
the enthusiastic
welcome I get at the
gate every time
I return home.*

Snippets of JOY!

Why we love living
at Woodside

“

I sit on my stoep early in the evening with my whisky and soda. I never feel alone as people come past and chat and congregate. What a pleasure.

”

We love our favourite walks alongside the canal. We hear the river flowing by and the ever-present birdsong. It is a great privilege to live this close to nature.

BY SHEILA SCHUURMANS
(WOODSIDE)

“

My beloved dog is my devoted companion. She makes me laugh every day. Pets in our community bring us so much happiness and they enrich our lives.

”



‘Snippets of Joy’ by Sheila Schuurmans, a Woodside resident, is an endearing collection of reflections gathered from the heart of our Woodside Community.

This compilation celebrates the small yet significant moments of delight and connection experienced by our residents.

The joy of moving into our sparkling pool and adjoining gym has had a profound effect on my life. I feel so fortunate to have these opportunities right here.

I so appreciate the variety of music that we have on offer. We even have our own in-house Rock ’n Roll band! The melodies and songs open up my heart and often move me to let go and dance. What gladness this brings.

The friendly, kind and caring staff and residents make Woodside the place we treasure.



WOODSIDE
—
Rondebosch

WELCOME

Woodside has welcomed residents to our community. We wish them many happy years with us.

VERONICA & GEOFF HATT

What's the most beautiful place you've ever seen in person? We find the Amalfi Coast to be the most beautiful, but the pretty Ville Franche-sur-Mer has a unique place in our minds.

What are you most excited about right now? Our next venture out of Woodside will be for our favourite week in Beacon Isle. Geoff is also keen to get back to tennis, having recovered from a knee replacement op.



What do you look forward to every day?

Our walk-through of the Western Province Cricket Club grounds and Keurboom Park gives us a great mix of exercise, interest and fresh air, and a chance to exchange thoughts of the day!

What is the best part of your day?

Winding down after supper and watching TV - news and series.

What do you do for fun? Geoff loves to interact with his clients. He is a business broker and sells businesses. I like to mess around with different programmes on my computer.

JANET HANDLEY



When I first set foot on South African soil in 1994, arriving at Cape Town airport, I told myself and my friends that one day I would be spending extended periods of time in Cape Town. Well, dreams do come true, and I am now a resident of Woodside!

What is your mantra in life? My motto has always been to live life to the full as long as it does not hurt others, and to try to help others as much as I can.

What do you love doing? One of my passions is travel, and I have been blessed to experience visits to much of the world, but I always returned to Cape Town. I also love golf, wining and dining, theatre, concerts, walking and reading.

What are you looking forward to at Woodside? I would like to thank the Woodside Team and residents for making me feel so welcome. I look forward to partaking more fully in the amazing social, activities and wellness programme on offer, and using my skills to contribute to Woodside.

ANNE VAN ZYL

What do you think is the most essential life skill: Empathy.

What is the best place you have travelled to? Alaska.

What life advice would you pass along? Live with passion, hope and courage.



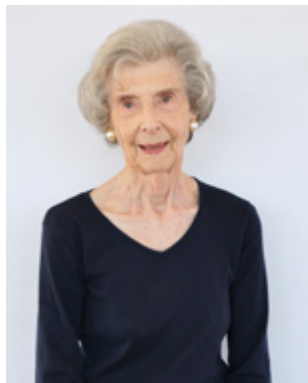
AVRIL KELLY

What is your mantra in life? Life goes on, get on with it and count your blessings.

What do you think is the most essential life skill? Common sense and being diplomatic.

What is one of your favourite childhood memories? I used to travel a lot with my parents, especially all over South Africa, and they made it fun. They believed we should see as much of the country we live in as possible.

Where is the best place you have travelled to? The South of France (my mother was French).



ANDREW & JEAN DUNCAN

What is the best place you have travelled? **Andrew:** New Zealand. I did my PhD at Victoria University of Wellington and met and married Jean there. My parents lived in Taupo in the centre of the North Island which is a very beautiful place and a great little town in which to live. My brother and his family lived in Auckland. We were lucky enough to visit family in NZ on several occasions.

What's the most beautiful place you've ever seen in person? **Andrew:** Kaokoland and Damaraland in Namibia. I was fortunate to do geological fieldwork there for many years as part of my research and the stark desert scenery was absolutely stunning. Extremes of temperature were a challenge!

What's the most beautiful place you've ever seen in person? **Jean:** Niagara Falls, Canada. Incredible amounts of water spill over the Falls creating rainbows and mist. The sound of the water cascading is impressive and seemingly never-ending!

What do you think is the most essential life skill? **Andrew:** Perseverance!

Do you have any daily or weekly rituals? **Jean:** An essential cup of coffee to start the day!

What is your favourite season? **Jean:** Spring for its renewal after winter, the foliage and flowers as a part of that, and the climbing temperatures.

PATRICIA SPERRING

What is your mantra for your life?
Carpe diem.

What's the most beautiful place you have ever seen in person?
Cape Town.

Do you have any children? Grandchildren?
I have two daughters and three grandchildren.





CORAL COVE
—
Sheffield Beach

CORAL COVE UPDATE

Construction of our newest community, Coral Cove, situated on the magnificent KwaZulu-Natal North Coast within the safety and serenity of the Zululami Luxury Coastal Estate near Ballito, is well underway!

Coral Cove will be home to extensive lifestyle facilities, such as heated swimming pools, a cinema, entertainment facilities, a gourmet restaurant, a coffee

shop, a wellness centre, and scheduled daily activities covering an array of hobbies and interests. Our state-of-the-art Care Centre will cater to frail and dementia care and will be operational as the first residences are occupied.

Residents are set to move in later this year and beginning of 2025, starting their new journey of blissful retirement years.







Brenda Rosenberg and fellow Royal View residents enjoyed a dazzling Chinese Dragon performance in celebration of the Year of the Dragon.

UNLEASH THE DRAGON

A year of power and prosperity awaits

2024. CHINESE YEAR OF THE DRAGON.

The Lunar New Year governs the Chinese calendar, and their Zodiac has 11 real animals and one fictional animal, the Dragon. The Chinese Dragon is very different from the European Dragon, which breathes fire and is aggressive. The Chinese Dragon is spiritual and represents prosperity and good luck.

WHY ARE WE INTERESTED IN CHINESE DRAGONS AND THE CHINESE NEW YEAR?

2024 is the Chinese Year of the Dragon, which is a very auspicious year.

Billions of people worldwide celebrated this New Year which, just like our own New Year, signifies new beginnings, clearing and cleaning out and many family

**BY MARIE-LOUISE VAN NIEKERK
(SAN SERENO)**

festivities. All the Asian continent and many pockets of ethnic groups worldwide celebrated 10 February 2024 as the New Year of the Dragon. The largest Chinese New Year outside China is celebrated in Sydney, Australia where each year more than 600,000 people celebrate it.

The Dragon is seen as charismatic, intelligent and naturally lucky. People born in a Dragon Year are confident and ambitious. Every Year of the Dragon is regarded as so lucky that the birth rate in China soars to many times that of any other year. Hospitals are often overwhelmed by this phenomenon.

THE LEGEND GOES AS FOLLOWS...

Long ago, in ancient China, the Jade Emperor organised a big race to determine which animals qualified. The participants had to cross a huge river.

The Rat and Ox agreed to collaborate, and with the Rat on the Ox's back, they arrived first and second, respectively, as the cunning Rat outran the Ox to claim first place. The enthusiastic Tiger crossed the finish line in third position. The gentle and sensitive Rabbit had clung to a piece of driftwood in the river, and the generous Dragon, who had also stopped to offer rain to a dry hamlet, blew the floating wood toward the shore, propelling Rabbit to fourth place. The Emperor asked the Dragon why he was only in fifth position since he could fly, and the Dragon responded that his good actions on his route had delayed him. Next came the Horse, who was in such a hurry that he didn't notice the Snake, who stuck to his leg and slithered in front of him for sixth place, and the Horse finished seventh. A raft drifted up to the finish line, carrying the Goat, Monkey, and Rooster, who had also joined forces. So, the Goat was ranked eighth, the Monkey ninth, and the Rooster tenth. A little later, the Dog, who had enjoyed a lengthy bath, emerged from River Number Eleven. The Pig arrived last, apologising for having had a short picnic

on the way and then needing to snooze. The emperor now had twelve animals.

The Dragon was repaid for his benevolence by inheriting the qualities of the other eleven. He has cat whiskers, a horse face, and ox horns. Tiger claws and fangs, Rat belly, Snake body, Horse four legs, Goat beard, Monkey wit, Rooster crest, Dog ears and Pig nose.

INTERESTING FACTS

The Dragon has great political significance in China associated with the colour red. Many emperors and leaders have used the dragon as a symbol. In fact, during the cultural revolution in China in 1967, under Mao Tse Tung, the celebration of the Chinese New Year was banned because of its association with history. It was such an integral part of the Chinese culture that it was reinstated in 1980 to great jubilation.

WHAT ARE THE TWELVE SIGNS OF THE CHINESE CALENDAR? AND HOW TO CALCULATE YOUR BIRTH SIGN ACCORDING TO THE CHINESE ZODIAC

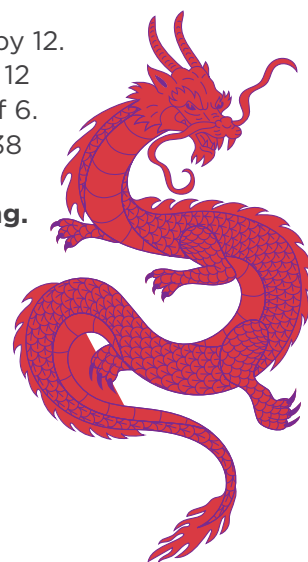
The numbers of the Zodiac are as follows. Please note that they are NOT in the position where they came in the race.

0	Monkey	6	Tiger
1	Rooster	7	Rabbit
2	Dog	8	Dragon
3	Pig	9	Snake
4	Rat	10	Horse
5	Ox	11	Goat

Divide the year of your birth by 12. For example, 1938 divided by 12 equals 161 with a remainder of 6. 6 corresponds to Tiger, so 1938 is the Year of the Tiger.

Do try it, it is quite fascinating.

“
*We wish you all
the best for the
Chinese Year of
the Dragon 2024*
”





WELLNESS AT AURIA

At Auria our promise is clear: we're here to enable our residents to enjoy their best quality of life, every single day.



This dedication is central to our wellness and social programmes, which aim to promote physical health, psychological well-being, social connection and independence.

Our exercise programme is a key component of this, with a comprehensive range of classes focusing on cardiovascular, strength and stability.

By concentrating on these three areas, we may address specific challenges affecting older adults' physical health, supporting an active ageing lifestyle and enhanced quality of life.

In this issue of LIVING Sarit Bregman shares her insights on the benefits of Balance and Gait Classes on offer at all our Auria Communities.



BE WISE. CHOOSE EXERCISE.

Wellness: Why Balance and Gait Classes?

Sarit Bregman qualified as a Biokineticist (cum laude) in 2019 at the University of Johannesburg. Sarit has just completed her Masters in Osteoporosis at UJ.

Sarit is passionate about exercise, fitness and general well-being. She loves working with all disciplines of biokinetics from orthopaedic rehabilitation to chronic conditions in people of all ages motivating older adults to achieve their optimal well-being. She is here to encourage, support and supervise exercise techniques, helping you to regain strength and mobility and enhancing your quality of life.

Feel free to contact Sarit on 079 482 0597

**BY SARIT BREGMAN,
MELROSE MANOR'S BIOKINETICIST**

BALANCE IS KEY

Balance control forms a vital foundation of an individual's ability to move and function independently. With age, balance control declines becoming a major risk factor for falls and injuries in older adults. Balance is a crucial component of staying healthy. One in five falls causes serious injury with broken bones. Strengthening the muscles in your legs will lead to improved balance, reducing the risk of osteoporosis through preserving bone density and is achieved mainly through weight-bearing exercise. Muscle strengthening can also avert heart disease and type 2 diabetes. Improving balance leads to better reaction times and coordination. Faster reactions create the ability to correct a trip, slip or stumble. This newfound confidence will lead to feelings of empowerment in different locations and various activities.

GAIT/WALKING

Human gait relies on a complex interaction of the nervous, musculoskeletal and cardiorespiratory systems. Walking is the most common type of physical and leisure activity in adults, an essential part of daily movement and good health. Gait is defined as upright locomotion, moving on foot in the form of a walk, jog or run.

Walking (gait) can achieve five main functions, namely support of the head, arms and trunk, upright posture, balance of the body, control of foot trajectory for safe ground clearance and gentle heel or toe landing. Prevalence of gait and balance disorders increases significantly with age from around 10% between the ages of 60-69 years, 25% in the 70-74 year age group to over 60% in the 80+ seniors.

Causes of gait disorders include neurological conditions, orthopaedic conditions like osteoarthritis of hips and knees and skeletal deformities as well as medical conditions like heart failure, respiratory problems and obesity.

PREVENTION IS BETTER THAN CURE

Balance exercises build strength while improving posture, stability and coordination. Studies show that balance exercises help improve coordination, leg strength and ankle mobility. Besides for the physical benefits of better stability



and self-confidence, balance exercises may improve mental functioning, memory and spatial cognition. It is recommended for older adults to do at least 2-3 exercise sessions a week.

CONSIDERING JOINING A GROUP CLASS?

Group classes provide a structured friendly and supportive environment for becoming fit and strong. Our classes take place in the wellness centre beginning with a warm-up seated on a chair to music. Then a walk on the deck for fresh air. Balance and strength training at the barre using all different equipment such as foam mats for balance, therabands and weights for upper and lower body strengthening. Exercises include bicep curls, squats, lunges, calf raises and core strength. Cool down includes stretching to improve flexibility. At the end of the class, we turn up the volume and break into a dance, improving balance and stability.

Come enjoy a supervised class with an experienced biokineticist taking you from gradual beginnings, monitoring posture and maximising the extent of each movement to more challenging levels.

Exercise/fitness classes can be a fun, social event. Make exercise a priority and habit in your daily life. For seniors, staying mobile, strong and steady on your feet will lead to independence, boosting confidence, mental health and well-being.



HEAR WHAT OUR BALANCE AND GAIT CLASSES CONVERTEES HAVE TO SAY

“These classes certainly improved my walking and with my legs feeling stronger, I am so much more mobile – even my bone density has benefited. My self-confidence was also boosted, helping me explore more activities. It takes time so you must persist with the exercises – now I can happily stand on one leg.”

MERLE DAVIS

“I attend classes every day! Five times a week. I love the walking as it helps my balance. Exercises at the barre have helped my knees and overall walking ability. I have seen improvement as I can balance on my own without needing to hold onto the barre. At this stage in my life, I struggle to pivot but balance classes have helped me to improve this movement and thereby prevent falls.”

RENA JEDWOOD

“Classes have helped me with my balance after being diagnosed with Parkinson’s. My doctor is amazed with my improvement since the diagnosis. I am able to perform every exercise with ease in the class.”

LUCY GROENENSTEIN

“Exercise classes make me feel younger. I love that it keeps me fit and healthy at 99.”

LILY ISAACMAN

“I love Sarit’s encouragement from the classes. I have exercised my whole life and having someone challenge me to do better has improved my balance and overall well-being.”

GERRY PITTICH



Are hearing aids for you?



BY LOUISE SOLE,
HEAD OF CARE
AND WELLBEING

“

Hearing loss has been associated with cognitive decline and an increased risk of conditions like dementia.

”

**Are you experiencing hearing loss?
Are you sceptical about getting hearing aids?
Maybe after reading this article, you will
rethink their value.**

Research suggests that untreated hearing loss can have significant effects on the structure and function of the brain. The brain relies on constant sensory input to maintain its structure and function. When hearing loss occurs, the auditory system receives reduced stimulation, leading to changes in the brain's auditory processing areas. This has been associated with cognitive decline and an increased risk of conditions like dementia.

The brain also has the remarkable ability to reorganise itself in response to changes in sensory input, a phenomenon known as neuroplasticity. When hearing loss occurs, the brain may reorganise its networks to compensate for the lack of auditory input. Studies have however shown that hearing loss may then lead to maladaptive changes in brain structure and accelerated brain atrophy, particularly in regions associated with auditory processing and cognitive function.

The timeframe for experiencing benefits from wearing hearing aids can vary depending on several factors, including the severity of hearing loss, individual differences in auditory processing, and the quality of the hearing aids.

However, research suggests that many individuals begin to notice improvements shortly after starting to use hearing aids, with significant benefits typically observed within the first few weeks to months.

Worldwide the uptake of wearing hearing aids is increasing as awareness improves but overall, remains low. Concerningly, studies in the UK show that 29% of users only used their hearing aids for less than four hours per day. Why is the uptake low? The reasons range from cost, perceived lack of need, difficulty in noisy situations, poor fit and comfort, poor calibration, cosmetic concerns, the influence of others' experiences and fear of looking old.

To summarise the health benefits:

- **Preservation of brain structure and cognitive decline:** Auditory stimulation helps preserve the brain's integrity and prevents these changes.
- **Fall prevention:** A 2023 study revealed what researchers have long suspected. Consistent use of hearing aids is linked to a reduced risk of falling, cutting the incidence by 50% as it improves balance.
- **Enhanced social interaction:** Hearing loss can lead to social isolation, loneliness and reduced quality of life, even increasing the odds of depression by 47%. By improving communication abilities, aids can enhance social interaction, which has numerous physiological and psychological benefits, including reduced stress and improved mental well-being.
- **Minimisation of ringing or buzzing sounds:** Experienced by those with tinnitus.



Louise Sole, Head of Care and Wellbeing for Auria, holds an MBA from the GIBS and diplomas in Intensive Care and General Nursing, Psychiatric and Midwifery.

She has a 24-year career with the Mediclinic Group, thirteen of which allowed her to combine her passion for medical care and business, managing Mediclinic Sandton as the Hospital General Manager.

Embrace the sounds of life: Have your hearing checked and wear a hearing aid!



THE JOY OF COLOURFUL EATING

Phytonutrients are the nourishing messengers of joy...

The vivid spectrum of plant-based meals on our plates represents more than just visual enjoyment; it also signals the abundance of phytonutrients tucked within. These potent molecules, originating from the fruits, vegetables, spices, and edible flowers that embellish our meals, are responsible for the vibrant colours and distinct fragrances that enhance our eating experience. Their relevance, however, extends well beyond mere visual pleasure, touching on the very core of our well-being. Phytonutrients protect our health by providing antioxidant and anti-inflammatory properties, reinforcing our immune system, and serving as sentinels against the progression of chronic illnesses.

Embracing a diet infused with this spectrum of colourful foods ensures we access a kaleidoscope of health-promoting properties, each colour unfurling its own set of phytonutrients and benefits. From the reds of tomatoes to the orange/yellows of carrots, the greens of spinach, and the purple of grapes, every hue contributes uniquely to our health, crafting a tapestry of nourishment that supports our physical, mental, and even spiritual vitality.

THE JOY OF RED

Encapsulates the vibrant dance of lycopene, found in strawberries, tomatoes, and red peppers. This potent antioxidant, celebrated for its heart-health benefits, offers protection against cellular damage and chronic diseases. The act of weaving these red wonders into our meals goes beyond beautifying our plates - it's a heartfelt invitation to wellness, enhancing our life's rhythm and overall health.

THE JOY OF ORANGE AND YELLOW

Radiates from the beta-carotene abundant in carrots, oranges, and yellow peppers, illuminating our immune system and nurturing our eyes and skin with its golden glow. This nutrient doesn't just brighten our day; it is essential for robust health and disease prevention, translating the warmth of the sun into a beacon of health.

THE JOY OF GREEN

Emerges from the lush depths of spinach, kale, and broccoli, rich in chlorophyll and armed with compounds like sulforaphane, isothiocyanates, and indoles. These green guardians offer a bastion against carcinogens, protecting our cells and



RED

carotenoid lycopene

Protects against cancer, heart and lung disease. Reduces blood pressure and cholesterol.



ORANGE/ YELLOW

carotenoid lycopene

May prevent heart disease and improve vision. Rich in vitamin C that boosts the immune system.



GREEN

sulforaphane
isocyanate, indoles

Inhibits carcinogens that cause cancer and protects against eye disease. Good for blood and bone health.



BLUE/ PURPLE

anthocyanins

Antioxidant can delay cellular ageing. Can block blood clots.



WHITE/ BROWN

allicin quercetin,
kaempferol

Has anti-tumor properties. Cancer-fighting antioxidants and source of potassium.

ensuring our continued growth and rejuvenation. Integrating these greens into our diet is not merely a choice for nutrition but a pledge for a flourishing life.

THE JOY OF BLUE AND PURPLE

Are bestowed by anthocyanins, painting blueberries, eggplant, and purple grapes with strokes of cognitive enhancement and cellular protection. This palette of nutrients not only safeguards our mental faculties but also weaves a protective layer around our hearts, ensuring each beat is as strong as the last.

THE JOY OF WHITE AND BROWN

Though seemingly understated, carries within it the strength of allicin and the wisdom of flavonoids like quercetin and kaempferol. Found in garlic, onions, and cauliflower, these nutrients form a foundation of support for our immune system and a bulwark against disease, proving that true strength often lies in quiet hues.

The practice of indulging in this rainbow of foods brings with it not just a celebration of flavours but a profound enhancement of our body, mind, and spirit. It's a journey of discovery, where each colour not only adds a brushstroke to our plate but weaves a richer, more vibrant tapestry of health and joy into our lives. This holistic nourishment is a testament to the power of nature's palette, inviting us to revel in the joy of eating the rainbow and, in doing so, nurturing every aspect of our being.

On World Cancer Day, our San Sereno community joined the Cancer Association (CANSA) for a fundraising walk. Residents and neighbours participated in the walk not only for their own health, but also to demonstrate their support for the fight against cancer. In a display of unity, Royal View and Melrose Manor joined forces for a refreshing walk along the Royal Johannesburg Golf Course. A gorgeous buffet, capped the worthy walk in the early sunshine and was a real treat, emphasising our dedication to well-being, community involvement and a good cause.



AURIA IS WALKING FOR A GOOD CAUSE





Here comes our *Happiness!*

Sheila shares the **JOY** of fellow resident, **Cherrill West**

Introducing Cherrill West - a beacon of warmth, whose radiant smiles, infectious laughter, and empathetic listening illuminate the lives of those around her. Distinguished by her impeccable style and grace, Cherrill is a paragon of elegance and charm.

Together with her cherished husband, Ron, Cherrill has been a beloved pillar of our Woodside community for nearly a decade. From the moment they stepped into our community, Cherrill recalls being wrapped in an all-encompassing embrace of love, a sentiment that has only deepened with time.

Cherrill's zest for life is palpable, manifested in her profound love for music, dance, and movement. It's no wonder that the slightest hint of dance music sends her gracefully twirling and stepping with unbridled enthusiasm and happiness. Her dance repertoire is extensive, encompassing the graceful arcs of Ballet, the precise rhythms of Tap, the elegant glide of Ballroom Dancing, and the lively steps of Line Dancing. Now, with an adventurous spirit, Cherrill is eager to conquer the vibrant rhythms of Salsa and refine her Jive routines, a testament to her ceaseless passion for dance.

Beyond the dance floor, Cherrill finds joy and tranquillity in gardening. The majestic views of Table Mountain that backdrop our Woodside Community, not only enhance the beauty of her gardening endeavours but also instil a profound sense of wonder and serenity in her heart.

Cherrill's gratitude extends to the compassionate Auria Team and her fellow Woodsiders, whose collective warmth and care foster a profound sense of belonging. To Cherrill, being part of this expansive, loving community is a treasure she holds dear. Her vibrant, fun-loving spirit is a source of delight for everyone in Woodside, embodying the joy of community.

And in a display of her evergreen spirit and zest for life, Cherrill playfully hints that with practice she may soon be able to do the splits!

Here's to Cherrill, a beloved member of our community whose vivacity and love for life inspire us all.



A Grandmother's

Gift

Heather Burgess'
Encounter with Gorillas



Heather Burgess of San Sereno shares her extraordinary bucket list trip with us. This trip was a gift from her grandson as a token of gratitude for her unwavering love and a thank you for an unforgettable Disney World holiday, that Heather had previously given to her grandchildren. Read on as Heather shares some magic of her trip with us.

Gorillas in the Mist

A bucket list trip at 82

BY HEATHER BURGESS (SAN SERENO)

In early November I was invited by my grandson to visit him at his lodge in Rwanda - The heart of Africa. He manages Wildernass Bisate Lodge, which is set in a dramatic natural amphitheatre formed by eroded volcano cones. The great excitement, of course, was a walking trek, up the slopes of a volcano, to see the gorillas in their natural habitat.

My four-hour flight to Rwanda left OR Tambo Airport at 3am in the morning! But the lack of sleep and another two-hour taxi ride from Kigali to the mountainous northern area - to where the lodge and the gorillas were waiting - could not dampen my excitement!

On the morning of our trek, we kitted ourselves with the correct gear to brave the wet, muddy conditions and convened at a common meeting point where we were introduced to our guides. I was truly relieved when I heard that I was going to see the “Muhoza” family, which had been spotted on the lowest part of the slopes the previous day. A short walk and we would see them!

My relief was short-lived as two hours later, we still hadn't seen any gorillas. They were on the move to find fresh bamboo and eucalyptus leaves.

About to turn for home, we suddenly got word from our tracker, that they were just around the next corner. At last! My toes were starting to ache.

When we finally found them, we donned masks and hunkered down so as not to provoke them. They quite happily accepted our presence and continued with their meal - walking in and around us as if we were part of the scenery.

The hour spent with the family was both a joy as well as a blur in time. But the many photos and videos (as well as the black toenails) help me relive the moments spent with them.

“

***Given the chance to return,
I would gladly do it all again.
This time with the correct shoes!***

”

When Heather arrived back down from the mountain, all the villagers had assembled to applaud this “old lady” who had managed the climb!





Interesting facts about Rwanda and their gorillas

When a baby gorilla is born, as is the traditional custom with human babies, in Rwanda, a “naming ceremony” is held. Each new gorilla baby is given a carefully chosen name according to its behaviour and unique character traits. Festivities follow the ceremony with traditional dancing, music and performances. Celebrities and dignitaries, including the President, attend.



In 2019, 30 000 people watched as 25 baby gorillas were named by the international delegates as well as locals selected by the Rwandan Government Committee for their dedication to gorilla conservation and community impact.

Because we are genetically closely related to the gorillas, infectious diseases can be spread from humans to gorillas. All tourists have to wear masks while viewing them, to minimise risk.



Kigali is the cleanest city in Africa. Every last Saturday of the month is ‘umuganda’, where everyone, including the President, takes to the streets to clean and improve their communities.

Plastic bags have been banned in Rwanda since 2008.

Rwanda is one of Africa’s fastest-growing economies.

Apart from the gorillas, Rwanda is a birder’s paradise.

The mountain gorilla population has risen from 880 in the 2010 census to 1004 in the latest count.

In 1994 the country suffered a wrenching genocide. What people don’t know is that out of the ashes of that tragedy emerged one of the most friendly, fascinating and flourishing countries in the world.

The people are living proof of the power of forgiveness. The country is living its dream of a future built on unity, dignity and independence.







NONNA GERRY'S SECRET SAUCE

Meet Gerry Pittich, Melrose Manor's newest resident and our own slice of Italy. Gerry, nicknamed "Everybody's Nonna," is no ordinary octogenarian. She was born in a charming village near Naples, Italy, and raised in an environment rich in Italian cultural traditions. These traditions, which celebrate strong family bonds, a deep love of food, and an appreciation for the simple pleasures of life, are central to Gerry's way of life: authentic, down-to-earth, and full of fun with friends, activity, and food.

BY ADI GELBART
FOR MELROSE MANOR

Following the tumult of World War II, Gerry, alongside her siblings and mother, embarked on a voyage to South Africa. Their destination: Durban, where they waited for their father's arrival. Settling into their new lives in Africa they opened Durban's first Italian restaurant. Gerry's father as the chef, Gerry as the waitress and her mom as the restaurant hostess.

A cultural and culinary oasis where the "Gioia Della Vita" or the joy of food found its way into the hearts and stomachs of the locals!

Gerry's adolescence was peppered with cinematic adventures, indulging in marathon movie sessions that stretched from morning to evening. At 'The Roxy' and 'The Oxford,' she savoured every frame, fuelled by a modest offering of coke, meat pie and queen cake - for only 8 pence!

It was at Durban's Italian Club where Gerry's path intertwined with Franco Pittich, a recent arrival from the North of Italy. Their courtship blossomed through handwritten letters, a testament to a bygone era of romance. Despite Gerry's father's vigilant gaze, their love flourished, even when they were relegated to separate seats at the cinema.

In 1960, Gerry and Franco exchanged vows, marking the beginning of a lifelong journey filled with love and laughter. Gerry's charm and grace were undeniable, earning her the title of Mrs Ladysmith in 1962. Franco, smitten by her beauty and culinary prowess, knew he had struck gold.

Gerry describes her late husband, Franco as a brilliant entrepreneur with an exceptional understanding of engineering. "There was nothing Franco couldn't do," says Gerry, as Franco went on to build a successful career in the paper and soap industry.

They welcomed their first daughter, Annelisa, followed by their second daughter, Donatella, both of whom eventually moved to Johannesburg to start their own families.

Seventy three years in Durban forged memories of family, food, and boundless love for Gerry.

The recent move to Johannesburg was instigated by Annelisa and



Donnatello's insistence on having their beloved mom close and very much a part of the large family in Johannesburg.

“

TOO POSH FOR ME!
was Gerry's initial impression of Melrose Manor but has since softened to "This place is beautiful and I am so grateful to be here."

”

At 87, Gerry refuses to let age define her. With a zest for life as vibrant as ever, she seeks friendship, walking partners, fellow movie fanatics, and the chance to tantalise taste buds with her famous gnocchi and Italian sauce.

Nonna Gerry reminds us to savour life's moments, embrace new beginnings, and relish the joy of good company and even better food. In her, we find the living testament to the enduring spirit of Italian hospitality - a matriarch who invites us all to pull up a chair and feast on the true "Gioia Della Vita."



NONNA GERRY'S SECRET SAUCE

Ingredients

500g minced beef
500g minced lamb
Tomato puree
Tomato paste
1 each of carrot, onion, garlic, celery
1 large tin Italian plum tomatoes
1 cup of red wine
Fresh cream
Parmesan cheese

Method

Chop up all vegetables in a food processor. Liquidise the plum tomatoes. Heat some olive oil in a pan and add the minced beef and lamb. Add salt and pepper and let the meat brown. Once browned, add the wine and cook on medium heat until the wine evaporates. Then add the chopped vegetables, liquidised tomatoes and tomato puree and paste. Let it all cook down for at least an hour. Add the cream just before serving and sprinkle with lots of freshly grated parmesan. Serve on your favourite al dente pasta. Enjoy!



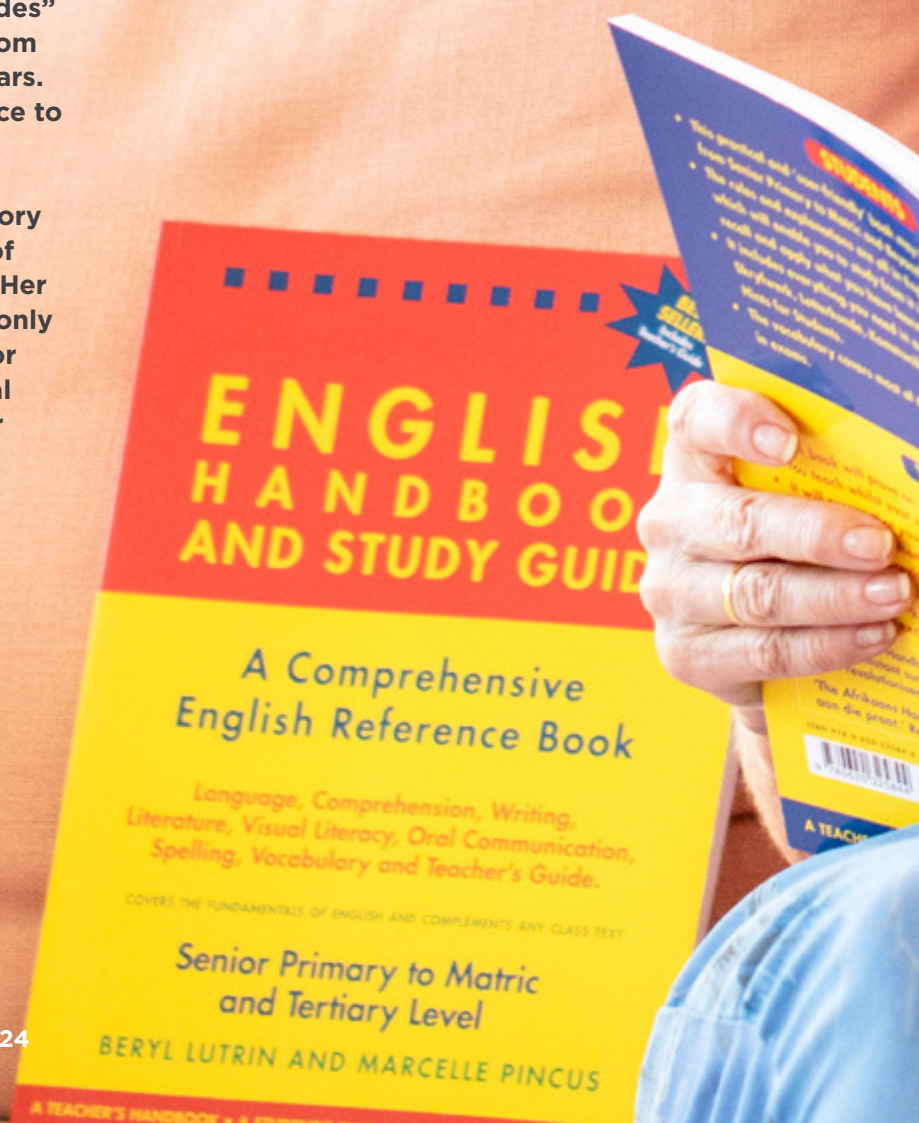
*Fellow resident, Shirl
enjoying Nonna Gerry's
secret sauce with pasta*

SIMPLE IS BETTER

with Beryl Lutrin

Beryl Lutrin is a resident of our Royal View Community and is a well-known name amongst many parents and grandparents of South African school-going children. Her “English and Afrikaans Handbook and Study Guides” have been a staple on my dining room table every year, for the last five years. Imagine my excitement at the chance to meet the woman behind the books.

Born in Middleburg Cape, Beryl’s story is deeply rooted in a rich heritage of community service and leadership. Her father, the late Dave Seligman, not only held the esteemed position of Mayor but was involved in every communal society first in Middelburg and later in Johannesburg.





AFRIKAANS & STUDY GUIDE

An English student's guide to Afrikaans

Written in English and colour coded for easy understanding and learning

Senior Primary to Matric and Beyond

BERYL LUTRIN

Mondelinge Begripstoets

Skryfwerk Woordeskat

BEST SELLER!
Pretoria
Bookery's Choice

**BY ADI GELBART
FOR ROYAL VIEW**

Educated in a dual-medium school, Beryl's early exposure to both Afrikaans and English languages unknowingly laid the foundation for her future success. With a natural inclination towards helping others, Beryl was certain from a young age that her calling was in teaching. This conviction led her to Rhodes University and later Wits University where she pursued a Bachelor of Arts Degree in English, followed by a teacher's diploma from JCE, equipping her with the necessary skills to embark on her teaching career.

Beryl's teaching journey began with a challenging yet rewarding position as a special needs teacher at the Parktown Convent. This role not only honed her skills in addressing diverse learning needs but also highlighted her innate ability to connect with and inspire her students. Her professional life took an exciting and significant turn when she accepted a teaching post at Crossroads Remedial School. Although not a qualified remedial teacher, Beryl found that she was able to get through to her pupils and that anything that worked was valid. Beryl's experience in teaching special needs children, helped her to develop a teaching approach deeply rooted in understanding

and accommodation of individual learning styles. The core principle of her teaching style highlighted the 'simple is better' approach and paved the way for groundbreaking work in language education.

Having lost her first husband, Hymie Symanowitz, and needing reduced school fees for her three sons, she accepted a job to teach Afrikaans at King David Sandton and soon discovered that her remedial methods worked perfectly in the regular classroom. Her ex-pupils would come up to her at Shul or Pick n Pay and tell her that they were still using her Grade 7 Afrikaans notes even in Matric. This led Beryl to believe that there was a book in her notes and so, in 1999, she authored the "Afrikaans Handbook and Study Guide," in response to the evident need for such a resource. The success of this book was monumental, not only in terms of sales but in its impact on students' and teachers' approach to learning and teaching Afrikaans. Buoyed by this success, Beryl, along with Marcelle Pincus - a legendary figure in English, Speech, and Drama circles, co-authored the "English Handbook and Study Guide" in 2002. This collaboration extended Beryl's influence in the teaching and learning of English, further cementing her status as a pivotal figure in South African education.

Beryl's company, Berlut Books also published the "Maths, Physics and Chemistry Handbook and Study Guides" written by Kevin Smith and the "Accounting and Rekeningkunde Handbook and Study Guides" written by Simeon Mantel. Beryl and Simeon also published the "IsiZulu Handbook and Study Guide." Beryl, Marcelle, Kevin and Simeon have remained steadfast in their commitment to uplifting education in South Africa. Their books have not merely served as study guides but have revolutionised the educational paradigm, making learning more accessible, enjoyable, and effective for countless teachers and students across the country.

In 2021 Beryl was approached by Penguin Random House and was made an offer for Berlut Books. Penguin felt that they



Beryl's awards over the years

needed an educational presence in South Africa and was told that these were the books that they needed. The sale finally went through in August 2023, a proud moment indeed for Beryl and her co-authors.

Beryl's personal life has been interesting, varied as well as sad. She married her first husband, Hymie Symanowitz, in 1971 and they had three sons. Hymie sadly passed away at age 38 in 1983. Beryl was a single mother for eight years but was blessed with wonderful sons and a very supportive family. In 1991 Beryl married Milton Lutrin, a widower with four sons and suddenly they were a family with seven sons! Milton was incredibly brave and generous and built onto his Morningside home. There were eight bedrooms, one for each son and Milton and Beryl shared. When Beryl shopped at Pick n Pay, people often asked her if she was a caterer! They were later blessed with six wonderful daughters-in-law and 15 grandchildren – 12 of them girls! To add to the intrigue, one of Beryl's sons and one of Milton's sons are married to sisters.

Milton sadly passed away in February 2023 after three years of suffering with cancer. It was a life-changing year for Beryl with the loss of her beloved husband, the selling of her business to Penguin Random House and the sale of her Morningside home.

Her children told her about Auria Senior Living and encouraged Beryl to consider the move to our Royal View Community. Beryl had one week in which to decide,



Beryl and Milton Lutrin with their seven sons

as the 2-bedroom apartment she was interested in was in high demand. It so happened that in that week she attended a Pesach Retreat at Hunters Rest. Returning from that week with a refreshed outlook she was ready to make the decision. "I loved being around people," she said, citing that the social interaction she experienced in that week was wonderful.

“

Beryl says,
"I LOVE the hassle-free lifestyle at Royal View. The apparent benefits of being free of the reality of load shedding and water outages, combined with companionship and medical care if necessary, provide me with complete piece of mind. I love my new minimalist home and love taking care of it and being "boss" of my life. I can honestly say that my beautiful new home at has been healing and therapeutic for me. Everyone here has been so welcoming and inclusive."

”

With her time freed up from the sale of her business, Beryl would like to share her story with high school students, encouraging them to pursue teaching as a career, a fulfilling and valuable career with the potential of making a real difference.

Beryl Lutrin's journey is a compelling story of overcoming hardships, commitment, innovation, and the transformative power of education.



Dr Robert George

THE GUARDIAN OF WOODSIDE

Nestled within the verdant embrace of Woodside, Dr Robert (Bobby) George, with his seasoned strides, takes his thrice-daily walk around the community he calls home. These walks are more than routine; they're a vigil of sorts, as Dr George assumes the role of the community's guardian, his eyes carrying stories of decades past.

Born in the shadow of Table Mountain in Walmer Estate in 1933, Dr George's roots run deep through the streets of Rondebosch, where, at the tender age of five, he relocated to a house his father built on Tremayton Street. His childhood was a mosaic of playful adventures in the very grounds that the Woodside community now cherishes. Back then, the land was a mixture of expansive backyards from stately mansions, stretching to the murmuring Kromboom River.

Dr George muses on his youth, recalling a time when the Kromboom and Black rivers were surrounded by deep bush. This was a playground for him and his gang of childhood buddies, who were often chased away by a police officer on horseback.

In time, as young boys turned to men, life brought Dr George back into the orbit of Esme Harris, a childhood acquaintance. In the wake of personal changes, a divorce for him and a bereavement for her, they found solace and companionship in each

other, a union that has warmly endured for over 40 years.

Dr George qualified from the University of Cape Town Medical School as a medical doctor and opened a private practice on Thornton Road. His career spanned an impressive 45 years during which he bore witness to the scars of community strife, attending to gang-related injuries amidst the turbulent politics of the Cape Flats. His tenure was not without danger, facing robbery and hardship, yet it was marked by a profound connection with the people he served before he finally chose to retire.

Today, Dr George reflects on an area transformed, where once the solitary silhouette of a church punctuated the sparse landscape. He is a familiar face at the Wednesday night dinners, a conviviality that flows through Woodside, although he jests about his unique abstinence from the evening's wines.

Yet, beyond the dinners and the daily walks, Dr George's world shines brightest when the conversation turns to family - particularly Esme's grandsons, the young twins who carry the sparkle of the future in their eyes. In them, he sees the hope and joy that have always been at the heart of Woodside, the neighbourhood that Dr George not only calls home but has helped to shape with his presence, his history, and his unwavering spirit.

Dr George qualified from the University of Cape Town Medical School as a medical doctor and opened a private practice on Thornton Road. His career spanned an impressive 45 years during which he bore witness to the scars of community strife, attending to gang-related injuries amidst the turbulent politics of the Cape Flats.



BY ADI GELBART
FOR ROYAL VIEW





DOS HELF NICHT

Three words that sparked a lifetime partnership with Royal View's Shirley and Charles Lab

Few stories resonate with the warmth, resilience, and entrepreneurial spirit as that of Shirley and Charles Lab. Their journey from a chance encounter at a party to the founders of Nicci Boutique, a cherished South African clothing label, is a narrative rich with love, family, and an unwavering commitment to partnership and fashion.

It all began on a serendipitous evening in Johannesburg, where Shirley, still in her final year of high school, was brought to a party by Charles's best friend. Charles, who was juggling his studies in chartered accountancy with part-time work, found himself in the same room as Shirley when she excused herself to apply lipstick. In a moment of impish charm, Charles uttered a phrase in Yiddish, "Dos helf nicht" translated to "It won't help," teasingly suggesting her efforts at beautification were futile!



Shirley and her daughters Serenne and Niki

“

Charles shares, “We feel like we are living in a bubble,” highlighting the unparalleled sense of security and belonging our Royal View community provides.”

”

There are two ways to interpret such a comment. Either that she didn't need the help or that whatever she did – wouldn't help. Meeting Shirley, it became obvious to me that the former was more appropriately assigned as the intended meaning of the remark.

Either way, it was Charles's cheekiness that sparked Shirley's curiosity, leading to a dinner invitation the following week. What started as curiosity soon blossomed into a beautiful relationship. Charles and Shirley dated for two years before tying the knot.

Their early days as a married couple saw them settling into a modest flat in Berea, with Charles's career as a Chartered Accountant beginning to take shape. An enticing job offer for Charles in Roslyn, Pretoria, promised a new adventure, prompting the couple to relocate. Shirley, equipped with a teaching degree quickly realised that the profession's rigid hierarchy

and dynamics did not align with her spirited nature.

Charles's period of exploration came to an end when the company he was working for closed down, leading them to Johannesburg. They made their home in Illovo and before long, they joyfully welcomed their first daughter, Serenne into the world. Niki followed just 14 months later and their family unit of our was complete.

Charles returned to his auditing roots at an auditing firm for two years and the next 18 years as a partner in Berden Group. Charles signalled an occasion that 'broke the camel's back' and fuelled his pivot out of the financial industry and into the world of Commerce.

Being a 'big-picture guy,' the change of industry aligned with his temperament and it was at this juncture that he joined a large protective gear and clothing company, which included manufacturing

uniforms for the hotel industry.

The company expanded and soon required a manager for its Johannesburg branch. Recognising Shirley's managerial potential and trustworthiness, Charles suggested her for the role, marking the beginning of their collaborative professional journey.

At this stage Serenne and Niki had finished school and began their studies; Serenne pursued a psychology degree and Niki entered the world of fashion, armed with a fashion design qualification.

The story of Nicci Boutique began to unfold when Charles discovered the landlord of the company's premises was looking to sell three boutiques that he had initially bought for his daughter. He reached out to Charles and proposed that it could be a good acquisition for the ever-growing commercial uniform manufacturer. Seizing the opportunity, the company

acquired the boutiques, with Shirley and Niki taking the reins of the new retail venture. Shirley's keen eye for buying and Niki's creative flair for design became the cornerstone of the business, which they collectively, as a family decided to buy.

In 1991 Nicci Boutique was born. The family business, including Niki's husband Clive, rebranded and injected new life into it. Charles, shedding the 'grey suits and grey mentality' of his previous career, embraced the vibrant world of fashion retail with open arms. Nicci Boutique flourished, becoming synonymous with quality, style, and a personal touch that only a family-run business could provide.

In the years that followed, there was a lot of travel, dedication, and many accomplishments. The Labs and Bergers (Niki and Clive) had close connections in Vietnam, Paris, Mauritius, and Italy. The company kept importing stock. They broadened their selection to

incorporate local production with the Nicci label. Another brand, Cocoon, has introduced a line of leisure wear. Both of these brands can be found in every Nicci store.



These two labels are branded with a Local Love swing tag.

Nicci's growth to 18 boutiques led to an increased workload; with each new location needing tremendous mental and physical energy.

Kayli, Charles and Shirley's granddaughter, joined the family business resulting in a thriving three generational partnership!

The Covid-19 pandemic served as a critical juncture, prompting Shirley and Charles to reassess their involvement. Opting to step back, they passed the leadership baton to Niki and Clive by selling their shares, effectively placing them at the helm of the business.

The couple's transition to the Royal View Community marks a significant chapter



in their lives, offering not just a respite from the endless upkeep of their previous house in Waverley, but a chance to embrace a lifestyle where peace of mind is the greatest luxury.

Charles shares, "We feel like we are living in a bubble," highlighting the unparalleled sense of security and belonging our Royal View community provides. This sentiment is echoed by their daughters, who express relief and joy at their parents' newfound 'safe haven,' acknowledging the constant worry a large, demanding house can impose.

Shirley and Charles with their family



Our lovely morning concluded with my proposal to hold the next Nicci Clearance sale at Royal View.

WATCH THIS SPACE!

BY DOT WILLIS
(SAN SERENO)



Echoes of the Past

Exploring Dilys Seamans'
Rich Family Heritage

Dilys' great-grandfather, John Chick, arrived in Natal from England around 1850. After visiting Mauritius to learn their sugarcane farming practices, he returned to his farm Rose Hill in Redhill, near Durban. He imported equipment from Britain, installed power, and planted his first sugarcane crop in 1864. He built a steam mill and began crushing sugarcane in 1864.

In need of manpower, he arranged with the British Government, which was occupying India at the time, to deploy a labour force to Natal. They were mostly "untouchables," and many of them refused to return to India; now, their descendants are highly educated and prosperous physicians, businessmen and so on.

By 1870, Rose Hill Farm had more contemporary machinery installed, and the Mill had been expanded. John Chick's steam sugar mill, which had long been a landmark on the current site of the Coronation Brick and Tile Company's transport yard on the old North Coast Road, was still in operation well within living memory. As late as 1926, the original Estate had passed from the original proprietors. After John Chick died in 1881, the estate was renamed Rose Hill. Since its inception, the sugarcane industry has progressed significantly.

Dilys' granddad studied architecture in England. One of his first projects was to design the Station and City Hall in Christchurch, New Zealand. When he returned to Durban, he co-founded Chick and Bartholomew Architects. Among other things, he designed the Durban Playhouse. It was a magical place that looked like a castle with balconies and stars on the ceiling.

Her mother was born in 1908 and attended Durban Girls' College when she was younger. The Athlone bridge had not yet been built yet so to get school she went on horseback to the Umgeni River and crossed it in a small boat. Then back on horseback to the tram, which took them over the Berea and to the college!

When her parents got married, her father

was the station master in Empangeni. They initially lived in the station's waiting area because there was no lodging available. A young Zulu man of about 18 would frequently come to her father and pick his brain on a variety of topics. His name was Mangosuthu Buthelezi.

Dilys met her husband in Holland, where she worked as an "au pair" and also taught English conversation. He followed her back to South Africa, where they got married. His father was a butcher in Holland, so her husband purchased a store in Whitfield, Boksburg, and managed a thriving butchery. Tragically, he died at the age of 42, leaving Dilys with three young children. She ran the Butchery for about eight months before realising it was too much for her and she decided to sell it. She met Jimmy Seaman a few years later. He was older than her and had six children, but only one remained at home. Dilys embraced her new family, and she and Jimmy shared 32 lovely years together.

Jimmy passed away a few months after their move to San Sereno two years ago. Dilys loves all kinds of crafts and has joined San Sereno's artists at our fabulous artist lunch. She has amassed a delightful collection of miniature Delftware over the years. Dilys keeps in close contact with her family and is so happy and grateful to be part of our San Sereno community.



Garden Talk

**CULTIVATING
JOY**
in every corner
of your garden



**BY NATASHA
ALEXANDER,
AURIA'S
HORTICULTURIST**

In this edition we are connecting with joy and the joy of being in the garden, working with plants, and touching lives with the beauty created in nature brings me great pleasure and joy.

Seeing the influence that a beautiful garden has on the people who get to enjoy it, who sit comfortably and appreciate the fragrances, sights, tastes, and sounds that are delivered to the senses while exploring the outside garden area, makes it all worthwhile.

My delight stems from the minutes spent admiring all that makes up a garden, park, forest, natural grassveld, or bush. Plants of various types, including groundcovers,

grasses, weeds, shrubs, and trees, play an important role in our natural environment. The deep-rooted connections they all share beneath the soil, as well as the interconnectedness of their development above ground, provide lovely places, habitats, and views for everyone who lives there. Our enjoyment of gardening and creating a beautiful environment is one thing, but the enjoyment that plants provide to birds, animals, and insects that live in and around them is frequently overlooked or under-appreciated.

I've found myself astonished at the subtle yet profound relationships that occur in gardens. I enjoy the life cycle of the garden. *Acraea* butterfly, one of their host plants is the *Kiggilaria Africana* (wild peach). The butterflies lay their eggs on the tree, and once the hungry caterpillars hatch, they devour the leaves to the point where the tree is denuded, but this is something the tree has evolved to cope with, and in turn, the caterpillars' droppings fertilise the tree, and in a short time, it bursts back into leaf, after having given the caterpillars enough nutrition to continue the life cycle.



Acraea caterpillar



Acraea butterfly

Bees play a crucial role in plant pollination and rely on plants blossoming at various times throughout the year. The delight of witnessing a little bee's legs loaded with pollen is unique.



Earthworms beneath the soil are frequently hidden, yet they continue to replenish and fertilise the soil.

Birds and insects also play an important role in the dispersal of seeds. Plants with vividly coloured blooms, berries, and seeds attract birds and insects, ensuring the survival of the species.

My enjoyment of gardening is all-encompassing, from the natural workings beneath the soil to the interactions above it. The tiny and huge both play vital roles.

Take a moment, sit and watch, appreciate the intimate interactions, the beauty and joy of the bee, the earthworm, the butterfly and how they all rely on the majesty of all plants - shrubs, grasses, trees for their food, nectar, shade, protection and shelter.



***Be like a tree.
Stay grounded.
Connect with your roots.
Turn over a new leaf.
Bend before you break.
Enjoy your unique natural
beauty, keep growing.***



Lee Vickery shares her garden *treasure!*

Erythrina Lysistemon is a species of deciduous tree in the pea family. It is native to South Africa and common names include coral tree, lucky bean tree, Umsintsi, Muvhale, Mophete and Koraalboom.

The flowers which appear in spring before the leaves sprout are a beautiful red and attract many nectar-feeding birds including lovebirds and parrots. Many animals feed on the bark and leaves. Vervet monkeys eat the flowers and porcupines eat the roots.

The fruit is a slender black pod which splits while still attached to the tree to release bright red lucky bean seeds.

The bark and leaves are used for medicinal remedies such as arthritis, rheumatism and toothache. An infusion of the leaves used as eardrops relieves earache. The seeds contain toxic alkaloids as well as anti blood clotting substances. Various parts are also used for magical purposes.

I am "lucky" to have a very large lucky bean tree at the entrance to my house. In summer people come to collect the beans to carry with them as a good luck charm or to grow. Erythrina is a fast-growing tree and grows easily from seed. This tree affords me endless pleasure. It is always full of birds, especially in spring when the flowers are greedily eaten by the nectar-feeding birds. During summer it is lush and green and in winter it has its own stark beauty.



Erythrina Lysistemon

BY MARY AND JOHN MARY TAVENDALE
(SAN SERENO)

UNCOMMON ALOES IN OUR GARDENS

The Grass Aloe (*Aloe Cooperi*) that lives in our garden (Unit 92) tells a story of the intelligence and beauty found in nature. The exquisite nature of their uniqueness can only be appreciated when delving a little deeper. These Grass Aloes, which appear to be the only ones of their kind within San Sereno, stand as a testament to the unique beauty and resilience that nature bestows upon those who seek its wonders.

These aloes were originally planted in our previous residence, having been purchased at the Bryanston Saturday Market several years ago. Attempts to buy further specimens at local nurseries have been unsuccessful; even the famous Aloe Farm near Hartbeespoort Dam does not



have them in stock. Their absence made us realise how unique the plants and animals in our garden are.

The reason our Grass Aloes do so well is that they like acidic soil and are placed in the loving arms of a carefully designed rock garden. Here, they enjoy the sun's love without any filters, soaking up the warmth that makes them strong and resistant to drought. In this carefully designed section of our garden, they show the world how beautiful they are, a resilient but awe-inspiring statement of how life goes on.

But perhaps the most magical aspect of these aloes is their ability to summon the avian ballet of sunbirds, transforming our garden into a stage for nature's most delicate and vibrant performers. The Amethyst, the White-Bellied, and the Malachite sunbirds grace us with their presence, drawn by the allure of the Grass Aloe's nectar. These moments encapsulate the enchanting dance of life and nature.

Our Grass Aloes invite us to stop and be amazed by the spectacle of life's intertwining stories. They tell us that happiness and beauty can be found in strange places and encourage us to discover, love, and protect the natural wonders that make our world beautiful.



Getting to know our Auria *Team*



Chachi
Ngoako



CHEF

Meet Chachi, a culinary virtuoso with over nine years hospitality experience - blending passion and expertise in the kitchen. At 27, Ngoako's journey from studying Culinary Arts at the International Hotel School to mastering fine dining at prestigious venues like DW13 and Four Seasons Westcliff Hotel showcases his dedication to culinary excellence. Specialising in traditional cuisines at home, he's a maestro of taste who aims to deliver unforgettable, personalised dining experiences. Chef Chachi is excited to continue his mission of enchanting guests with his culinary creations.



Chad
Engelbrecht



DEVELOPMENT AND FACILITIES MANAGER

Before joining Auria, Chad gained experience as a construction manager at Zatmar Construction. In May 2022 he started his journey with Auria at Melrose Manor, and in 2023, he became part of the San Sereno team. Chad deeply appreciates the chance to collaborate with our residents, acknowledging the wealth of wisdom and knowledge they hold. Outside of work, Chad leads an active lifestyle, regularly participating in activities like running or cycling, showcasing his commitment to fitness and wellness.



Thobeka
Ndlambe

HOUSEKEEPER

Meet Thobeka, our dedicated housekeeper with a love for thrillers, action movies, romcoms, and a passion for Amapiano and house music. Before joining us, she brought her talents to Smollan Instore and Premier Foods. Thobeka dreams big, she aspires to own her home, enjoy career growth at Auria, and live a healthy life. If she could, she'd be an eagle, soaring high and embracing freedom. Thobeka's vision of a well-lived life reflects her ambitions and the joy she finds in both her personal interests and professional endeavours. We look forward to supporting her journey toward achieving her dreams.



Winnie
Ramkqwakgwa

REGISTERED NURSE

Winnie joined our Care Team three months ago. Her background as a registered nurse, coupled with her passion for caring for older adults, makes her an invaluable addition to our team. With an extensive career that spans various Mediclinics, Winnie brings a wealth of experience and a deep commitment to compassionate care. Beyond her professional achievements, Winnie is a devoted mother of five and an active member of her church. We are excited to see the positive changes and the warm, caring environment that Winnie will continue to foster among our residents.



LIVING OUR CORE VALUES

At Auria Senior Living, we adhere to a set of core values that guide all aspects of our operations.

These values are more than just words on a page; they serve as the foundation for our company culture, relationships with our residents, and commitment to excellence.

Our Star Performers who have exemplified these core values are nominated each month.

For this issue of LIVING we recognise our Star Performers at each Auria community over the last quarter. Well done to you all! Thank you for your kindness, respect, friendliness, communication, teamwork and excellence!

Our core values and what they mean to us are listed below.



KINDNESS

We show care, consideration, and generosity to all those with whom we interact.



RESPECT

We have regard for the feelings, dignity, wishes, rights of others as well as awareness and understanding of everyone's needs, circumstances, and diversity within our Auria communities. We are polite and courteous at all times.



FRIENDLINESS

We are engaging and pleasant and show interest in all those within our community.



COMMUNICATION

We value clear, concise, and timeous communication, good listening skills and honesty.



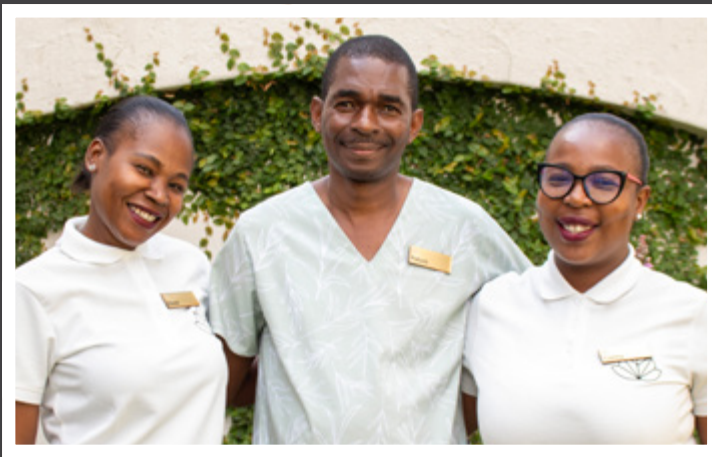
TEAMWORK

We collaborate within our communities to work cohesively, take ownership, celebrate successes, and take individual and collective responsibility for results.



EXCELLENCE

We strive to do our best at all times by continually learning, consciously improving, making clear choices, anticipating changes, being innovative and planning for the future.



MELROSE MANOR STAR PERFORMERS

Hazel Kekana,
Food and Beverage Waitress

🌟 Friendliness

Patoni Ntini,
Caregiver

🌟 Respect

Conny Mafa,
Food and Beverage Waitress

🌟 Teamwork, 🌟 Communication

ROYAL VIEW STAR PERFORMERS

Minki Mahuma Petja,
Registered Nurse

🌟 Excellence

Lebogang Maroke,
Caregiver

🌟 Communication

Grace Itohan,
Caregiver

🌟 Kindness



WOODSIDE STAR PERFORMERS

Virginia Stout,
Housekeeping Team Leader

🌟 Excellence

Catherine Ndandani,
Commis Chef

🌟 Teamwork

Rizia Petersen,
Waitress

🌟 Communication



SAN SERENO STAR PERFORMERS

Lorato Rasakanya,
Nurse

🌟 Teamwork

Beejay Badmus,
Carer

🌟 Kindness

Edgar Ndawo,
Maintenance Technician

🌟 Excellence





BY ADI GELBART

This edition of **LIVING** shines a spotlight on **Sue Kreitzman**, an international figure who truly embodies the spirit of embracing boldness and adventure as we age. This is the third instalment of our Still Got It column that features older adults doing extraordinary things.

STILL GOT IT!

Sue Kreitzman, a former cookery writer, decided to investigate the art world in her later years and was completely captivated.

The transition from culinary arts to visual arts was more than just a change in pastimes; it was a profound metamorphosis that filled her life with vivid colours and limitless creativity. Kreitzman's experience highlights the notion that it is never too late to start a new route or fully engage in a newfound passion.

Sue grew up in Washington Heights, Manhattan. Her father was a photographer, but she portrays her mother as lacking any sense of creativity and being particularly bad at cooking, frequently ruining dinners. She was unaware of the delights of fine eating until later in life, so she taught herself and built a thriving business out of it.

Her journey into the arts caught her completely off

guard, akin to a sudden, unexpected revelation. While writing her 27th cookbook in her study, she impulsively grabbed a marker and drew a mermaid on a piece of paper. The encounter with this sketch, which featured a mermaid peering back at her, sparked an intense interest in drawing. This newfound love converted her into what she affectionately refers to as a “mad woman,” sketching nonstop day and night.

Her agency, family, and friends questioned her sanity, failing to understand her quick transition to art. For a long time, she kept her artistic activities private, effectively becoming a closet artist.

Kreitzman insists that she has no regrets; every event, favourable and

unfavourable, has led her to the present, joyful existence.

Kreitzman's philosophy extends beyond her art, encouraging a life lived without constraints. She strongly feels that beige is the ultimate enemy and encourages everyone to embrace vibrancy and liveliness in all aspects of life!

***Yip!
Sue Kreitzman
has still got it!
Perhaps now at 80,
more than ever.***





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.

Thanks so very much for the lovely, happy and delightful evening you arranged for the residents on Valentine's Day. It was one of the most amazing and spectacular events ever.

KEN AND GEORGIA NORMAN

Just to say that yesterday's vegetable casserole was absolutely delicious! I don't think it gets onto the menu often enough!

ELLEN NICOL

This is prompted, rather belatedly, by my recent "voluntary" stay in your step-down facility. While it comprised mainly several overnights, I did enjoy the full range of nursing services offered. I am therefore able to express an opinion which is that you run an organisation that is not only very professional from every point of view but is staffed by the most special people. The nursing staff are just so kind and caring and this extends to everyone else as well, not least Nurse Betty. The really excellent meals served are the cherry on top. What a contrast to those of the Clinic where my previous night or two had been endured in a rather noisy ICU. The follow-up visits by a succession of your delightful nurses, who conducted multiple daily vital sign readings after my "discharge", were very reassuring. In short, I am saying that I experienced exactly that for which I came here but at a very superior level. My sincere thanks to all.

ALAN MUNRO

What a wonderful and memorable evening we enjoyed last night at the year-end Gala Dinner. Bronwyn, your organisation and attention to detail were amazing and your many hours of planning were greatly appreciated. Werner and team, once again a delicious meal and so beautifully presented. You deserved all the accolades from residents as you presented them in a walk-through. The waitrons were so efficient and as always, so obliging and pleasant. Thank you to you all and the management for an unforgettable experience.

MARCELLE FRANCK

I am happy to tell you that I am brace free after 6 weeks. The care I have received from the Care Centre, with daily male nurses for 6 weeks has been professional, kind and caring. 5 star treatment for which I am so grateful.

DOUGLAS GIBSON

Reflecting on the opportunity to hear the stories shared by our residents, I am deeply moved by the privilege bestowed upon me to engage and converse with such remarkable individuals.

Each person, with their unique journey and contributions, continues to influence the lives and community they are intertwined with. I extend my heartfelt gratitude to all of you for generously sharing your life stories with me. These exchanges reinforce the connected and ageless nature of human experience that we are all a part of.

Thank you for allowing me the honour to listen, learn, and be inspired by each of you.

ADI GELBART

Get involved with our magazine

We invite all our residents (and their families) to get involved with our magazine, and to send us your stories, jokes, poems, photos... 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.**

Disclaimer: This newsletter does not represent Auria or those who contributed/put together this publication. In addition, every effort will be made to attribute content to the rightful author/owner. Should omissions inadvertently be made, we tender our apologies.



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LIVING by Auria



THIS IS NOT RETIREMENT. THIS IS LIVING.

S

SAN SERENO
—
Bryanston

M

MELROSE MANOR
—
Melrose

W

WOODSIDE
—
Rondebosch

R

ROYAL VIEW
—
Sandringham

C

CORAL COVE
—
Sheffield Beach

Internationally Awarded



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