

DEC 2021

LIVING



BY AURIA

GRATITUDE

During Mental Health Awareness Month

ARCHITECTURE AWARD

For Melrose Manor

AURIA'S GOLDEN HEARTS



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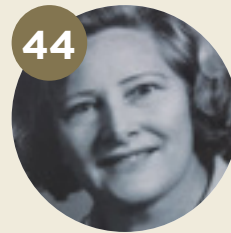


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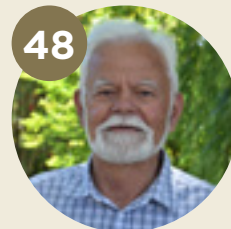
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Dear Auria Community,

As 2021 draws to a close I would like to reflect on a few of our highlights for this year. Most importantly, I want to thank our Auria team for all they have achieved. Their engagement with residents, their kindness and their care do not go unnoticed. Their commitment, hard work and incredibly positive attitudes, particularly during our very successful vaccination rollouts, are appreciated and valued. We recently conducted our annual resident and family surveys, results of which will be shared with everyone soon. The positive feedback we received is a direct result of the conscious efforts from all of our team members. Thank you for helping our residents to enjoy their best quality of life.

At our Cape Town community, Woodside, the large-scale renovations are progressing well, and we are confident that this will be another gold-standard senior living community. We held successful open days in mid-November and were pleased at the strong interest from our waiting list. Garden villas and apartments are planned to be available for occupation in March 2022.

It is always encouraging to receive external validation for our communities and for our commitment to bringing international best practices in senior living to South Africa, and we have already received several awards. We are proud to announce that Melrose Manor has received recognition for its inspiring design by the Pretoria Institute of Architects. It was awarded a Commendation for Architecture in the Alterations & Additions category of the 2021 Pretoria Institute for Architecture Awards, which were announced late in October.

Finally, I wish you all a relaxed and wonderful holiday season, and I look forward to sharing more of our exciting news with you in 2022.

Barry Kaganson
Chief Executive Officer
Auria Senior Living



Barry Kaganson



OUR SAN SERENO COMMUNITY



Rui Antunes



Mario Maree

Dear
Residents
& Families

I have been asked to transition from General Manager of San Sereno into Group Operations Manager of Auria Senior Living, to pull through what has been achieved within our flagship community.

I will be handing over the General Management reins at San Sereno to Mario Maree, who has been with us since May. Having worked with him closely, and with Mario's strong hospitality background, I am confident he is the right person to take San Sereno into the next stage of its journey, even further improving the daily experience for our residents.

It doesn't seem long ago that I joined the San Sereno management team, but almost four years have passed quickly. Barry Kaganson and Gavin Muller provided me with an opportunity to make a genuine difference. We are proud to have been able to transform a retirement village into a leading senior living community.

It has been a privilege to see how San Sereno has transformed. Being part of a team that won international design awards, introduced memorable events, developed systems to improve daily living and joined residents in pantomimes and socials, has been enormously rewarding. As a result of the success achieved at San Sereno, we wish to emulate the culture and standards at our existing and future communities.

Although I won't be permanently based at San Sereno, it does not mean that I will no longer be involved... many of the day-to-day operational tasks will be handled by Mario; however, you will still see me regularly. Thank you to our community for your encouragement and support... I trust that Mario will receive the same.

Warm regards,
Rui Antunes
Group Operations Manager

Dear Residents & Families

With the end of the year fast approaching, it is time to reflect on all that has been achieved. First and foremost, we wish to thank all our residents and team members for their hard work and dedication to making this year successful in so many regards. COVID-19 has changed the landscape of how we approach almost every aspect of our lives, and it has only been through collective effort that we have continued to adapt and thrive. With the relaxing of restrictions, we have once again organised many of our events and socials, which have been well-supported by our residents.

As Rui enters into his new role as Group Operations Manager, we wish him much luck and success. Rui leaves some very big shoes

to fill, and I am grateful for the opportunity to lead the San Sereno team.

I would like to welcome Barend Reid, who joins us as a very experienced Maintenance Manager.

For those who are staying with us over the festive season, please do join us in the events that we will host (COVID-19 depending). For those that are travelling, I wish you safe travels. And to all of you, I wish you a blessed festive season and prosperous New Year.

Warm regards,
Mario Maree
 San Sereno General Manager

Celebrations

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

Milestone Birthdays

OCTOBER

Carol Wall
 Patricia Pell
 Janine Frangoulis
 Mary Gouws
 Basil Bagg

NOVEMBER

Ettie De Kock
 Merle Davies
 Ron Williams

DECEMBER

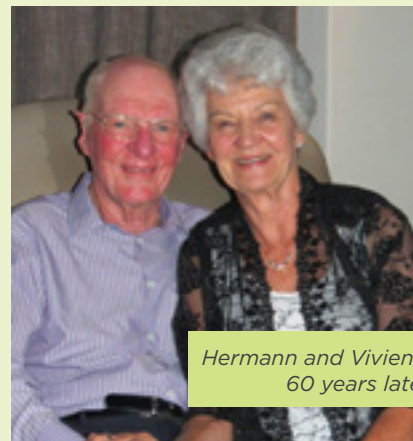
Jean Fincher

MILESTONE ANNIVERSARIES

Douglas and Pamela Gibson:
 50th Wedding Anniversary

Johan and Jenny Wethmar:
 50th Wedding Anniversary

Hermann and Vivien Wenhold:
 60th Wedding Anniversary



*Hermann and Vivien Wenhold
 60 years later*



*Hermann and Vivien Wenhold
 on their wedding day*

OUR SAN SERENO COMMUNITY



SAN SERENO
—
Bryanston

Welcome to San Sereno's new residents

**We wish them many
happy years with us.**

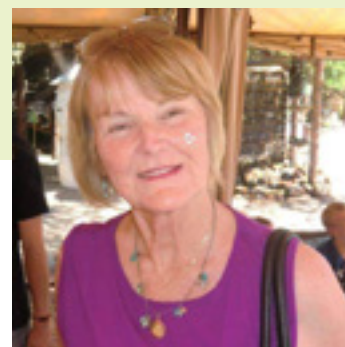


JEAN-PIERRE WILLIS

Jean-Pierre (JP) came to South Africa with his parents from Belgium at 16, speaking only French. However, he soon successfully completed his matric at Northlands Boys High in Durban, in English. After school, JP chose a

career as an insurance broker and joined Price Forbes Insurance in Johannesburg. He went on to be very successful, working for Glenvaal Insurance, the Nedbank Group, and then back to Glenrand, which became AON. After completing 41 years in this noble profession, he and his wife, Priscilla, retired to Ballito, where he remained for 20 years. Priscilla and Dot (Mephram) became great friends when their children started school at Sundown Primary, and the two families kept in touch with one another over the next 40+ years. After they had both lost their partners, JP and Dot's friendship grew closer, JP proposed to her and they are due to be married in early-December!

JP enjoys travel and nature, as well as watching sport, particularly rugby and tennis. He had three sons and has eight grandchildren. JP has been overwhelmed by the kindness and friendliness of the San Sereno residents. He is looking forward to joining the Bowls Club, making more new friends, and enjoying the peace and beautiful facilities that San Sereno offers.



DILYS SEAMAN

Dilys joined our community a few months ago and has been making use of

all the facilities that San Sereno has to offer, including our night painting class, which is her personal favourite. She is a regular diner in the main dining room and really enjoys the delicious food on offer. Dilys sadly lost her beloved husband of 28 years, Jimmy, recently. Jimmy had six children, and Dilys has three sons. Dilys has expressed gratitude for all the social and wellness activities available in her new community.

BERYL TUCKER

Beryl grew up in London, before travelling around Africa for six months in her youth. She returned to the UK, got married and then moved permanently to South Africa 50 years ago, initially settling in Cape Town. Prior to her retirement, Beryl worked as a PA & Administration Officer. She is an avid golfer and a member of the Johannesburg Country Club, attends Pilates classes regularly, is a member of Probus, enjoys Readers Club and loves painting with water colours. She is also part of the Nkwazi Bird Club, meeting at Bryanston Country Club once a month. Beryl is keen on the social aspects offered at San Sereno, she enjoys good company and is excited to take part in all that our wellness programme has to offer. Beryl has two daughters and no grandchildren as yet. Samantha lives in Johannesburg and runs a successful veterinary practice in Parkhurst. Her other daughter, Vanessa, works in advertising, and lives in the UK although she will possibly be moving to Australia.

CATHERINE BRAGG AND IRENE HARPER

Our two newest Care Centre residents are Catherine Bragg and Irene Harper, who are sisters, just two years apart in age. They are of Greek origin, were both born in Durban and went to Benoni Convent School. Catherine has two daughters and was a theatre nurse who was passionate about her work in medicine. Irene has no children, and she loves to knit.

THE AURIA *Team*

Getting to know...

HAZEL

Mduli

SAN SERENO CASHIER

Hazel joined San Sereno in June 2016, initially employed as a general worker. She used every opportunity to learn as much as possible about San Sereno. She was soon promoted as a waiter. Within a year she was then promoted into a cashier's role, and she was also recently given the opportunity to intern at Concierge, a position that she enjoyed.

Hazel was born and raised in Katlehong, where she lived with her parents and two siblings, completing matric in 2012. She then did a business management course, obtaining her diploma in 2016. Hazel furthered her studies by doing a computer course before joining San Sereno. She is the proud mom of a 2-year-old girl, named Okuhle meaning 'all things beautiful'.

Hazel says, "I wouldn't trade the skills and knowledge I've gained for anything. San Sereno has become my second home. I have created a lot of memories here".



BAREND

Reid

SAN SERENO MAINTENANCE MANAGER

Barend has been in hospitality for 17 years in four different countries. His career started in hotels as a Room Care Technician. He then worked his way up to Chief Engineer, whilst improving his skills through studies in Engineering, Drafting, Electrical and Property Management. He further honed his skills while working on the opening and rebranding of four hotel properties and moving into the role of Facilities and Utilities Engineering Manager.

Barend gained extensive experience in hotels such as the Crowne Plaza in Rosebank, Mount Grace Country House and Spa in Magaliesburg, Holiday Inn Sunnyside Park in Johannesburg, Mantis Kivu Marina Bay Hotel in Rwanda as well as for the Saudi Arabian company, Dallah Real Estate & Tourism.

When he is not working, Barend enjoys spending time with his wife and two children on family outings and sporting activities. He feels that prioritizing family time is important in order to remain connected.

He is an avid fisherman and has been fishing for many years in Club, League, Pro Mania and Provincial forms. Barend describes fishing as "having the ability to relax me and ease any problems".

OUR MELROSE MANOR COMMUNITY

Dear

Residents & Families

As this year draws to a close, it is a great time to reflect on some of the milestones we achieved in 2021.

In January 2021, we finished the ground floor renovation and saw the opening of spaces and services within Melrose Manor that have never been offered before such as Café Auria, the bridge club, cinema and a wellness centre with a hairdresser, gym, exercise room, biokineticist and

physiotherapist. Our redesigned dining room and private dining room also opened up to our residents, and we all have to agree: what an incredible transformation! It is easy to see why we received a commendation in the Alterations and Additions category from the Pretoria Institute for Architecture in their 2021 Awards.

Another significant milestone was the successful vaccination of our community as a whole. We managed to administer both doses of the Pfizer vaccine to all our residents, the Auria team and private carers. All vaccines were registered on the Department of Health's website, and vaccination cards were issued.

We launched our extensive Social & Wellness Calendar, offering a wide variety of stimulating activities and events for our residents.

All of this contributes to ensuring our residents enjoy their best quality of life.

From all of us at Melrose Manor, we would like to wish every resident a wonderful December and hope that you travel safely, if you do so.

Warm regards,
Martin Greyling
Melrose Manor General Manager

Celebrations

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

MILESTONE BIRTHDAYS

OCTOBER
Ida Harmon

NOVEMBER
Pam Toby

DECEMBER
Barbara Victor

THE AURIA *Team*

Getting to know...

AUDREY

Sipika



MELROSE MANOR DUTY MANAGER

Audrey started her journey in senior living from her own home, where she was raised in a house with her great grandmother (who lived to 122 years of age!). This is where she learned wisdom that guided the woman she is today. Audrey officially started working in senior living in 2013. Her continued perseverance paid off, and she is now our hard-working Duty Manager.

When she grew up, she wanted to be a medical doctor, but instead joined the corporate world and started as a computer and business course facilitator for Africa Growth Network, which opened doors for her to work in the banking sector, where she worked her way up to a managerial position. She also worked in the hospitality industry at The Fairlawns Boutique Hotel in Morningside as a Reservations/Duty Manager and in the music industry at Southern African Music Rights Organisation (SAMRO), where she obtained a certificate in Essential Copyright Law through UNISA.

Audrey is a single mom to a handsome son, Sisipho, who turned 18 in November 2021, and aunt to a (favourite) nephew, Kamva, both of whom she adores. She also lives with her mom and uncle.

Audrey has an excellent memory and is a quick study well. In her own words, Audrey says, "Teach me anything, and I give you a promise that I will excel in it. I know most of the residents at Melrose Manor well and have earned trust, which I believe is essential in relationships. I love interacting with older people, as they have wisdom, and I love learning".

TANDO

Ncube

MELROSE MANOR SENIOR NURSE

On 09 May 1962, in Nkayi, Zimbabwe, Tando was born as the seventh child in a family of ten. Her siblings have had a profound impact on her, instilling beliefs and values that have guided her throughout her life.

After school, she followed her passion and graduated with a diploma in nursing in May 1984. She always felt that being in the caregiving field, especially with older people, chose her.

Tando is profoundly compassionate and has built strong relationships with many residents at Melrose Manor. She believes that older people want to grow, learn and pursue pleasure and happiness. This guides her in her daily work, and she treats everyone around her with dignity, honour and kindness.

She is a mother to four children, one boy and three girls, and a grandmother to five grandchildren with whom she adores spending time. She has missed more visits with them as the pandemic has curtailed them a little. When she finds a moment for alone-time, she can be found reading novels or watching movies.

She has a desire to travel more and would love to visit Spain and Turkey in particular.

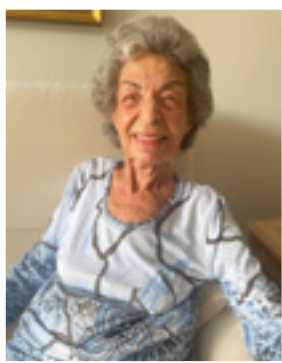


OUR MELROSE MANOR COMMUNITY



Welcome

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



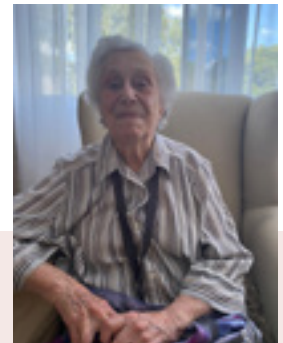
NAOMI KAPLAN

Naomi comes from Johannesburg, where she has lived and worked all her life. She worked in finance and assisted in running the family motor spares business until early 2020. She enjoys many hobbies such as playing bridge, knitting, doing jigsaw puzzles and reading. Naomi is familiar with Melrose Manor, as her friends, Shirley Kalmek and Helen Klein are already residents, and she has visited many times. Naomi has two children, three stepchildren and 17 grandchildren all over the world. She is looking forward to being able to do the things she enjoys and having the comfort of her good friends around her. She absolutely loves coffee, so we hope to see her regularly at Café Auria.



SYDNEY ADLER

Sydney loves sports, especially rugby, cricket, golf and bowls. He also enjoys reading and is a coin collector. He is from Krugersdorp, although he has lived around Melrose for the majority of his life. He has been blessed with two children and three grandchildren. Sydney is looking forward to relaxing at Melrose Manor, and although he retired from the textile industry at 65, he feels he can now truly take an easier approach to life.



GWEN JACOBSON

Gwen Jacobson moves from Craighall Park to join us at Melrose Manor. She is a qualified attorney, but didn't always practice law during her working years. She loves listening to classical music, doing quizzes, reading and being outdoors in nature. She is excited for the freedom awaiting her at Melrose Manor... to do as she chooses everyday. Gwen has four beautiful daughters: Diane, Linda, Sheila and Nadine, and she describes herself as easygoing. We feel sure you will all agree!



Gardening at Melrose Manor



Melrose Manor consists of various apartments built around two large courtyards and a pool area, providing beautiful outside spaces to connect with nature. We get together with residents regularly for the gardening club, providing an allocated space and place to get our hands dirty, feel the earth and make gorgeous potted creations.

Plants are medicine for the soul.



OUR WOODSIDE COMMUNITY

W
WOODSIDE
—
Rondebosch



Marianna Paulsen

Dear

Residents
& Families

The festive season is here, and it's time to reflect on another year that has passed. This year seems to have gone by quicker than others with all the exciting changes that have taken place.

I have much to celebrate and reflect on personally. After moving back from Mauritius to Johannesburg last year and then becoming a Capetonian this year, it's been a blessing to have been able to settle with my family here in Cape Town.

Thank you to all board members for their support, and to all our team members for your dedication to making a difference in our residents' lives every day.

Lastly, thank you to all the residents involved or who participated in the various activities and events. Woodside would not be the special place it is without the contribution and atmosphere provided by our residents.

As we close out 2021 and step into 2022, we look back on a year that has been vastly different to the one we thought it would be. We have weathered another year of COVID-19; however, with double vaccinations, we are feeling more hopeful. Woodside is going through huge, exciting changes and we eagerly await the final outcome.

Thank you to everyone, from the board to our team and service providers, for making our residents feel like family.

Wishing you all the timeless treasures of Christmas... The warmth of home, the love of family and the company of good friends.

Marianna Paulsen
Woodside General Manager



Quintin Mulwitsky

I trust you have enjoyed a prosperous 2021 and are looking forward, as we are, to the opportunities 2022 will bring.

Your Hospitality and Services Manager has one simple and sincere wish to all: Happy Holidays!

Quintin Mulwitsky
**Woodside Hospitality
and Services Manager**

THE AURIA *Team*

Getting to know...

LAUREN
Hart



WOODSIDE CONCIERGE

Lauren started at Woodside in 2018, coming from an administration background in various fields including accounting, medicine and architecture.

She is a 'people's person' who is passionate about the wellbeing of others. She enjoys seeing others learn, grow and excel.

She has a wide variety of hobbies, including knitting, reading, spending time in her garden, surfing, and teaching and practising

yoga. Her ideal end-of-day is to take time out to meditate before bed.

She married Christopher Hart on 31 December 2020, two years to the day after he proposed. They recently moved to Riebeek Kasteel, and she travels in each day as she adores her job and our Woodside residents. She looks forward to many more years at Woodside and hopes to learn and grow with Auria.

Celebrations

MILESTONE BIRTHDAYS

OCTOBER

Val Atkinson
Robin Brooks
Daphne Olivier
Nigel Macdonald
Jacqui Chicken

NOVEMBER

Jenny Chambers
Dave Smith
Valmai Welsh
Michael Paitaki
Tilly Cannan

DECEMBER

Syd Kennedy
Elinor le Riche
Jill Gregg

We have many reasons to celebrate every day, but recently there have been some extra special occasions to celebrate at Woodside.

Milestone Anniversaries

Ken & Gail Nicoll:

50th Wedding Anniversary

Jean-Claude & Linelle Merven:

61st Wedding Anniversary

Laurence & Betty Solomon:

64th Wedding Anniversary

Peter & Elizabeth Jamieson:

69th Wedding Anniversary



AURIA'S
- STAR -
PERFORMERS



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

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

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

If you feel a team member made a notable effort, please email your nomination and a brief explanation to audrey@auria.co.za

MECKSON KASAMBALA

Meckson started with Melrose Manor a year ago. Since the first day he walked into our kitchen, he has gone out of his way. Meckson is a very hard worker and a joy to work with. He is always on the go. Meckson is a tremendous asset to the kitchen.



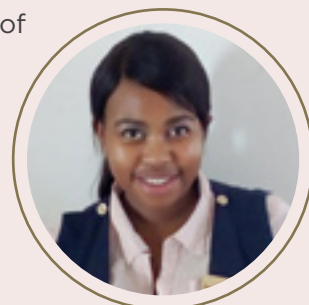
ABRAM SEETE

Abram Seete has been at Melrose Manor for a number of years, and is a dedicated employee and an asset to Auria. He serves with pride and without complaint, ensuring that our gardens look spectacular and up to expected standards.



PAULINE MOFUTSANE

Pauline shows a willingness to go the extra mile and takes initiative in all daily tasks. She shows enthusiasm, energy, professionalism, and is also acutely aware of risk management. She truly lives the Auria way of helping residents live their best lives.



If you feel a team member made a notable effort, please email your nomination and a brief explanation to ssconciierge@auria.co.za



TSHEPO MNDLOVU

Tshepo has overseen our Café Auria kitchen for over a year now. Her leadership is commendable, and her organisational skills are excellent. She assisted with planning the new Café menu, from concept to menu content, and she planned the plating of new dishes. In addition, she is constantly producing new daily specials that have been receiving fantastic feedback from residents.

HARRY BOLOYI

Harry from the gardening team has worked well beyond the call of duty. He is always the first to be seen in the gardens, and his attention to detail ensures that all areas are in tip-top condition at all times.



THULANI NDLOVU

Thulani our driver, is always so helpful with our residents and assists them with everything they need. He always ensures they arrive at their locations safely and no task is too big or too small.

If you feel a team member made a notable effort, please email your nomination and a brief explanation to quintin@auria.co.za

LAWRENCE MAVALANTIYA

Lawrence is our star performer at Woodside. He is a handyman and part of our maintenance team. His quality of craft is unmatched, and every resident appreciates his humble approach. He is always willing to assist and a pleasure to have as a team member.



OUR WOODSIDE COMMUNITY UPDATE

WOODSIDE
—
Rondebosch

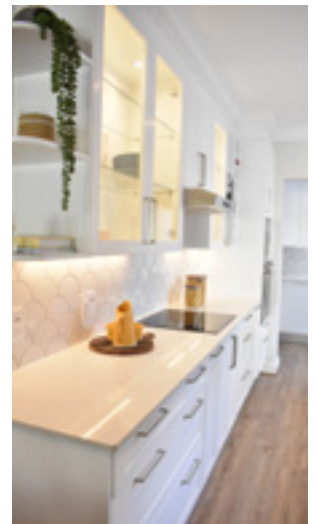


WOODSIDE Rondebosch

Woodside, our beautiful community in Rondebosch, Cape Town, hosted its first Open Weekend for potential future residents from our waiting list to showcase our new garden villas and apartments. Our team showed off the new units, which were received with delight by everyone who viewed them.

Since mid-2021, our building work has focused on new communal areas and on renovating garden villas and apartments. The communal areas will provide lounges, dining rooms, private dining areas, our signature Café Auria coffee shop, a resident bar, library, cinema and more.

A garden villa and an apartment were on display over the Open Weekend, showcasing our sophisticated designs, with high-end modern finishes and features such as Fineline sliding built-in bedroom cupboards, duco cabinetry with soft closing hinges, SMEG ovens, stone counter tops, solar heated geysers and underfloor heating; all designed for ease of movement to accommodate most physical restrictions.



OUR CORAL COVE COMMUNITY UPDATE



The site



CORAL COVE SHEFFIELD BEACH

Coral Cove, our newest Auria Senior Living community, is planned for development on a magnificent 21ha site within the prestigious Zululami Residential Estate in KwaZulu Natal.

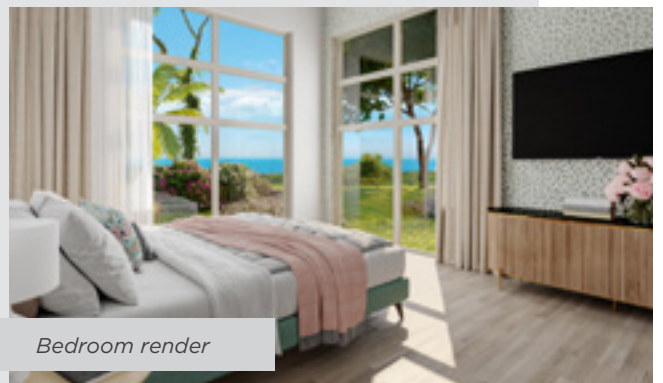
It is the perfect spot for our KZN Auria flagship continuing care retirement community. Sublime year-long sunshine, expansive sea views, direct private beach club access and the Auria hallmark hospitality, care and support... this is a gold standard lifestyle for older adults. Our new community is the result of five intensive years of research to identify a suitable environment on the KZN North coast that embraces our 'Auria Way'.

Coral Cove will consist of a wide range of intentional and beautifully designed residences, an engaging lifestyle, wellness and care offering. Options will include independent living (freestanding houses and apartments), tailored assisted living accommodation and extensive dining, recreation and hospitality services, as well as specialised care facilities.

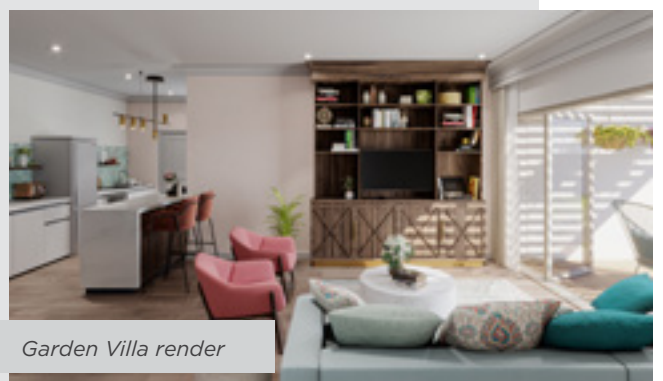
Additional bespoke facilities enhancing the community include a heated swimming pool, air-conditioned cinema, entertainment facilities, a fine-dining restaurant, coffee shop, fully equipped Wellness Centre, Care Centre and more.



Pool area render



Bedroom render

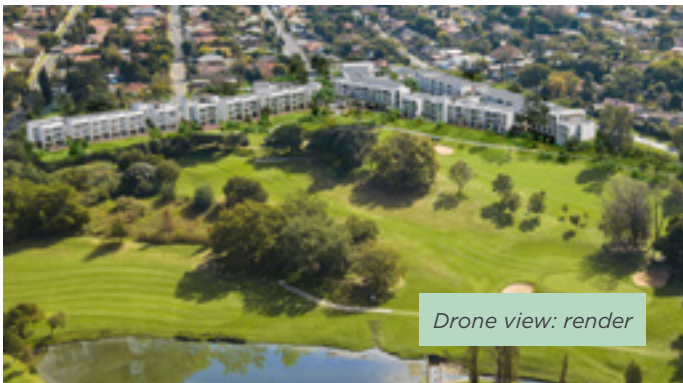


Garden Villa render

OUR ROYAL VIEW COMMUNITY UPDATE



ROYAL VIEW SANDRINGHAM

*Drone view: render**Drone view: current progress*

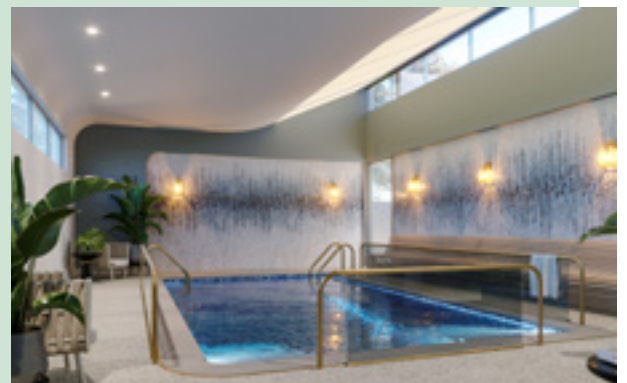
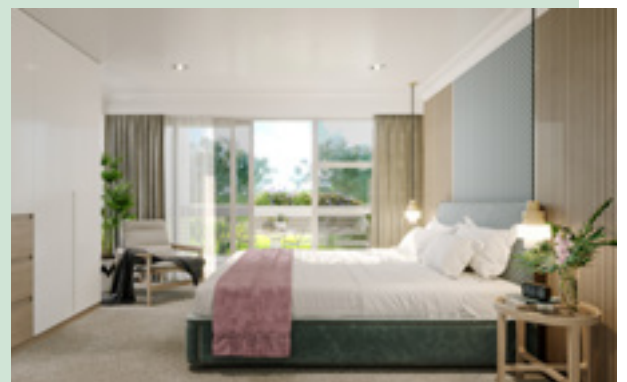
Construction of Royal View is moving ahead at breakneck speed with three out of five of the residential blocks already at the 2nd level. The communal area building is also at floor two in height, and general progress is very much on track.

We are fortunate to have a traditional “old school” contractor on board, with Mike Buyskes Construction managing a daily on-site team of close on 200 workers. The development has created 45 new jobs and we expect this to increase in the New Year as production increases.

The site runs smoothly and safely with production being order of the day. Some interesting statistics to date, we have poured 3,500 cubic meters of concrete and laid 550,000 bricks!

Progress remains on track and we look forward to welcoming our new Royal View residents in just under a year from now.

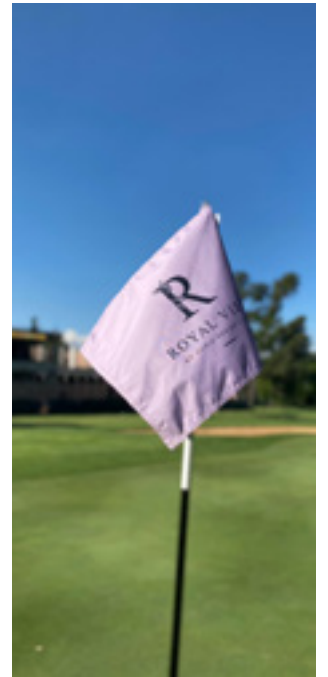
Regards
Gavin Muller
 Development Director

*Wellness Centre render**Apartment render*

Golf Day



Royal Johannesburg & Kensington Golf Club hosted the 2021 Dis-Chem Pharmacies Golf Day, with Royal View as one of the key sponsors. Our team gathered together for the day, offering prizes galore and driving donations for Smile Foundation, Linksfield Shul and Sydenham Shul.



OUR AURIA GOLDEN HEART AWARDS



Golden Heart

AWARDS

Our promise to our residents is to ensure that they enjoy their best quality of life. Every single day. What we do at Auria Senior Living is about care. It is about the human connection; about each unique individual – and about their thriving within a community. It is both rewarding and challenging work. Unlike many other lines of work, it requires the commitment of the whole person. People are not just required to be physically present at work and to use their training and intelligence to take care of their assigned tasks. They also need to be emotionally engaged, to care – because it is only in this way that each of our team members is able to assist in doing their part to deliver on our promise.

We have created the Golden Heart Recognition Programme to recognise Auria team members whose actions or behaviours go above and beyond expected performance and support the Auria Way. This is the highest recognition aimed at commending

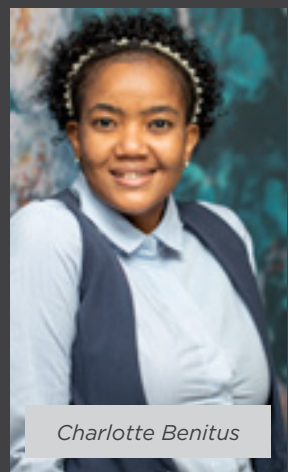
both individuals and teams. The heart is representative of inner strength and of the exceptional actions which truly come from the heart.

Our first Golden Heart Awards ceremony was held at Melrose Manor in November, and it recognised the exceptional courage, commitment and deeply human care displayed by 13 of our team members earlier this year. We held a cocktail event, and handed out gifts, certificates and badges before unveiling a wall with images of each Golden Heart.

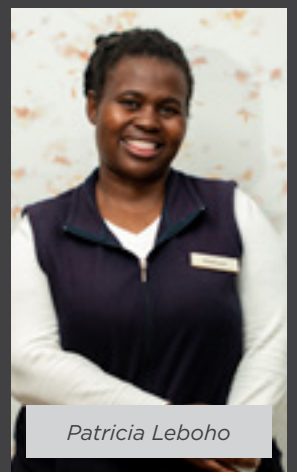
We want to commend our remarkable team members who displayed extreme bravery and commitment.



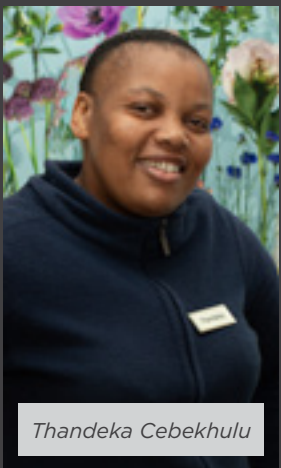
Anthony Adeyemi



Charlotte Benitus



Patricia Leboho



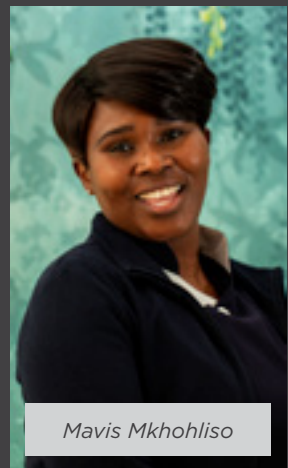
Thandeka Cebekhulu



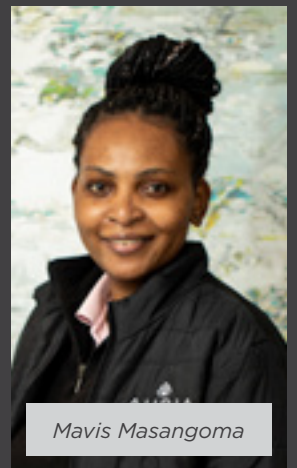
Phumzile Thwala



Elizabeth Mthiya



Mavis Mkhohliso



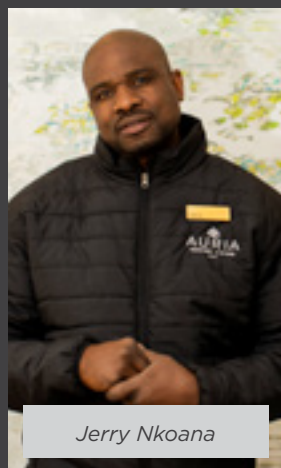
Mavis Masangoma



Tobi Jika



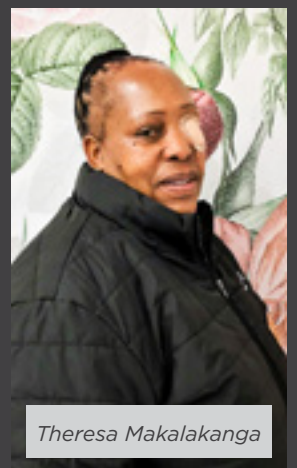
Tselane Makitla



Jerry Nkoana



Joyce Makgabo



Theresa Makalakanga

OUR SAN SERENO COMMUNITY

CASINO NIGHT



SAN SERENO
—
Bryanston

Roulette, blackjack, tailor made currency, cocktails, and hors d'oeuvres fit for the highest of high rollers, transformed San Sereno's dining room into a full-blown "Casino Royale".





Family Day

Iced lemonade, soft serve & sugar cones, food stations, interactive games, and a face painter for the kids (and adults!) were all part of our Grandparents Day celebrations. Residents invited their families and enjoyed a relaxed day together in the beautiful Spring sunshine.



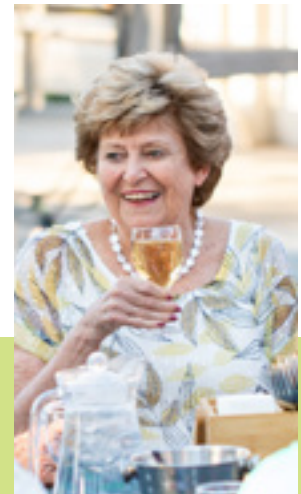
OUR SAN SERENO COMMUNITY



SAN SERENO
—
Bryanston

FOOD & MUSIC FESTIVAL

Our recent Food & Music Festival had everyone in high spirits as they dined al fresco in the balmy summer air.



RESIDENT *Spring Market*

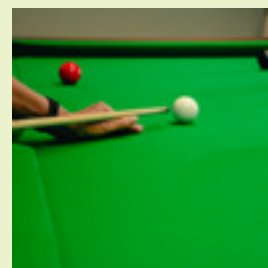
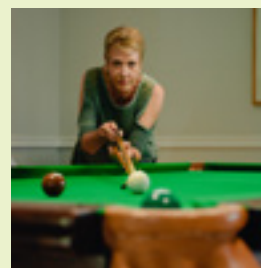
Our Spring market was successful with handbags in all shapes and sizes, greeting cards for all occasions, clothes to suit everyone, aromatherapy products, potted succulents, and hand-crafted jewellery. In addition, residents treated themselves to homemade jams, decadent shortbread, all-natural ice cream, and delicious fudge. The stalls showcased incredible talent amongst our residents and small business suppliers.



SNOOKER CHAMPIONSHIP

“Keep calm and Snooker on”. Anonymous.

The 2021 Snooker Championship at San Sereno was a great success, with camaraderie and good-natured competition amongst our Snooker players.



OUR MELROSE MANOR COMMUNITY



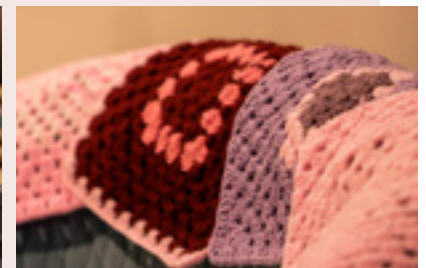
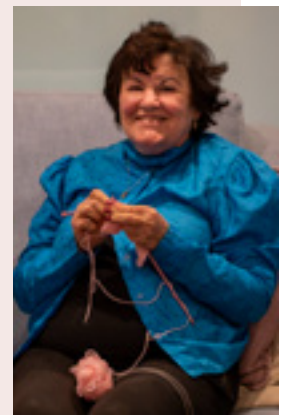
The events teams at our communities love coordinating different experiences for our residents. The Melrose Manor team recently created a Hawaiian-themed lunch, and the residents gathered together over a decadent feast and bright décor.

HAWAIIAN LUNCH



KNITTING CLUB

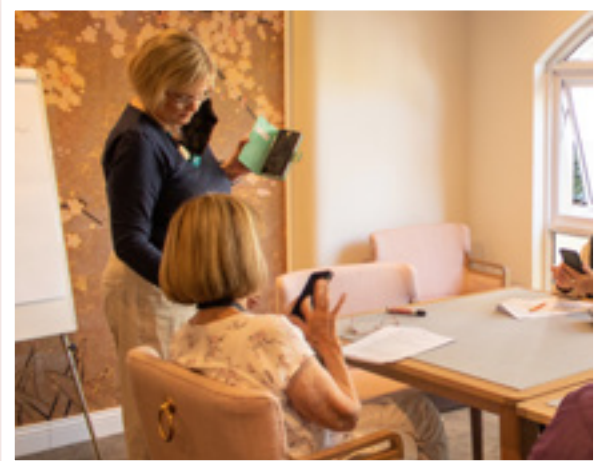
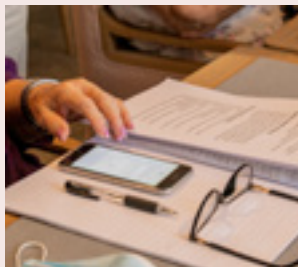
Melrose Manor's Knitting Club membership has been flourishing. The reason is more than the knitting... it's because of the relationships that are formed over the meditative art of knitting a beautiful and useful item.





Tech Training

Being able to link into an online course or catch up with family overseas is essential for resident overall well-being. Our regular tech training sessions helps to develop tech savvy residents.



The Angel Network

It takes a village to raise a village. Our Melrose Manor team and residents gathered together to assemble packs, helping The Angel Network to gift school children from Kliptown with Christmas gifts, back-to-school backpacks, school shoes and water bottles.

The Angel Network is an NPO founded over six years ago in response to the significant needs of those who have so little. They aim to give a hand up rather than a hand out, and their success stories are abundant. On behalf of her incredible team, Glynne Wolman, The Angel Network's founder, recently accepted the prestigious Humanitarian Award in the 2021 ABSA Jewish Achievers Awards.

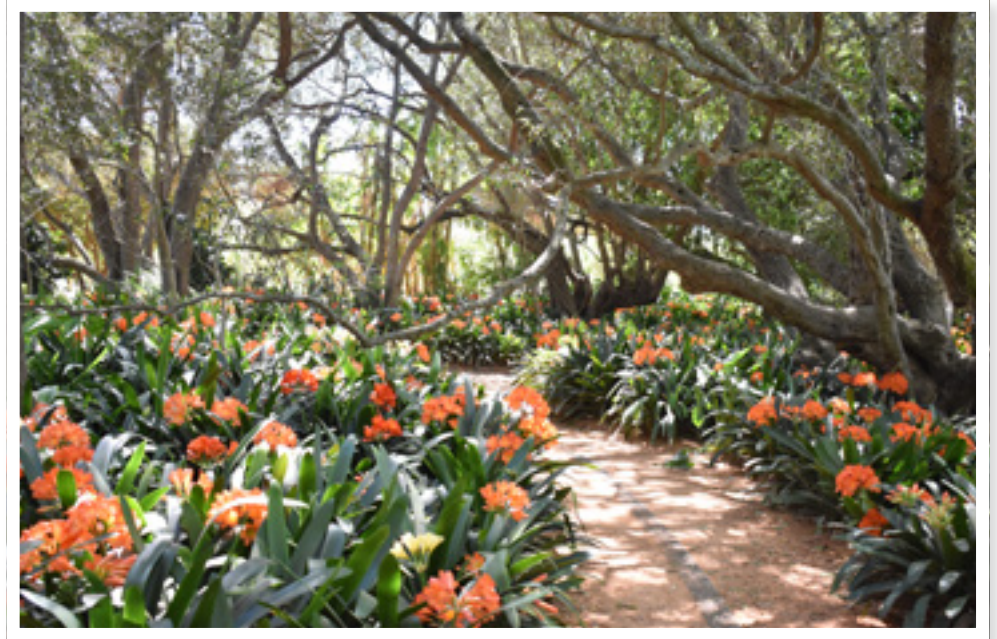
To support them, please contact:
glynne@theangelnetwork.co.za.



OUR WOODSIDE COMMUNITY



WOODSIDE
—
Rondebosch



Babylonstoren

Clivias

In Cape Town, at the bottom of the Babylonstoren garden, shaded by old oaks and wild olives, a winding path meanders.

This is where Woodside residents revelled in the magnificent array of over 9000 Clivia plants, with flowers in all shapes and colours, ranging through shades of yellow, peach, orange to deep red.



MARKET DAY IN CAPE TOWN

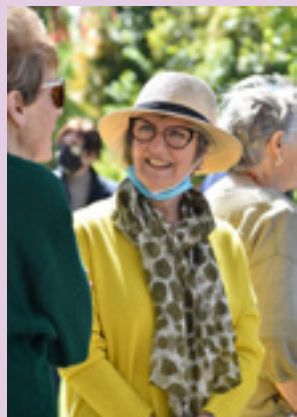
At Woodside’s market day, a carefully selected community of residents and external vendors offered diverse gourmet delights and hand-crafted gifts. True to the tradition of community markets, there was much banter and bartering; and it was a great excuse for everyone to catch up.



INTERNATIONAL COFFEE DAY

“Kindness is like coffee - it awakens your spirit and improves your day”.

Residents were filled with both under the willow trees at Woodside in Cape Town to celebrate #InternationalCoffeeDay.



OUR MELROSE MANOR COMMUNITY



BRINGING NEW LIFE TO MELROSE MANOR WITH AN AWARD FOR ARCHITECTURE



Auria Senior Living's Melrose Manor community has been recognised by the Pretoria Institute for Architecture (PIA).

Melrose Manor's large-scale renovation was awarded a **COMMENDATION FOR ARCHITECTURE** by PIA in their **2021 Awards: Alterations & Additions** category.

Auria's architectural partners, Ben Kunz and Walter Raubenheimer, of Kunz Raubenheimer Architects, received the award for their inspiring work. The long-standing relationship between Auria Senior Living, Kunz Raubenheimer and our interior design partner, Metaphor Design, has brought another gold-standard senior living community, in line with international best practices, to South Africa..





Barry Kaganson, CEO of Auria Senior Living and Martin Greyling, General Manager of Melrose Manor



Ben Kunz and Walter Raubenheimer



Wellness

An Auria Senior Living community is designed to enhance convenience, social life and wellness. Everything we do within our communities – our people, our culture, our hospitality, our accommodation and our specialised care facilities – are guided by four fundamental principles: Engaging Lifestyle, Quality of Care, Constant Advice & Support, and Peace of Mind.



Mental Health Awareness Month

GRATITUDE

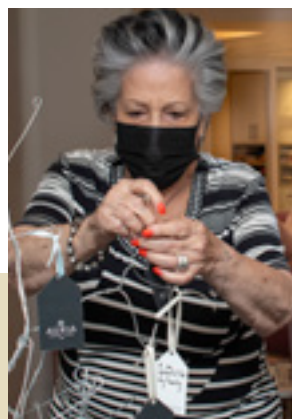
BY EVA APOLLONATAS

Eva Apollonatas is our Community Manager at Melrose Manor. She is a Social Worker and oversees Melrose Manor's wellness programmes, as well as social activities and events.

As we all know, living through a pandemic has been challenging to say the least. Being cut off from our loved ones and normal routines has been incredibly difficult. Some of us are mourning family, friends and even our own independence. In these times, it remains a priority to look after our mental health. Looking after our mental health should be just as much of a priority as our physical health.

October was Mental Health Awareness Month across South Africa. As 2021 ticked by, with only two months left in the year, October was the perfect time to think back and give thanks. Gratitude is a powerful tool that can help boost our moods. Research has shown that giving thanks and expressing gratitude is linked to an improved mood and generally higher levels of happiness. Therefore, expressing gratitude for our blessings can be a useful tool in our everyday lives when we are feeling low.

To honour this month, we created a Gratitude Tree at Melrose Manor. Residents and our team were encouraged to take a little time out to write a message of gratitude on the tags we designed and hang it on a branch on the tree. Everyone loved the opportunity this gave them to reflect on blessings and give thanks. Each day, as they passed by, the tree was there for all to see, and be reminded of all that is positive within their lives.



Mental health is just as important in one's senior years as it is at any other stage of life, and older adults can be just as susceptible to mental health difficulties as anyone else. We are living in unprecedented times and the events of the past two years have highlighted the challenges that we all can face in this regard, irrespective of our age.

Much of the personal development advice one reads these days is dedicated to the idea of designing a life of balance and self-care, in the knowledge that prevention is generally better than cure. At Auria Senior Living, we take this a few steps further by designing senior living environments that support the full range of requirements that make for excellent quality of life, including mental health. Every day, we see how it is possible for seniors to live a full life by taking good care of the physical, emotional, intellectual and social aspects of their lives.

While we believe that the best way to achieve this balance as one gets older is to live in an environment that provides the right support, there are steps that every senior (and their families or carers) can take to look after their mental health.

Have a good routine

Personal routines which include planned time for exercise, socialising, connecting with family, participating in hobbies or other meaningful activities make a great difference to the quality of one's life.

Have a sense of purpose and connection

Feeling connected to others around us and having a sense of purpose in life has immense value. Being part of an active and vibrant senior living community can make a big difference. At Auria, we specialise in creating communities where people feel at home and have daily opportunities for interaction and socialisation in both structured and unstructured settings.

Maintain your physical health and fitness

We know all too well that a healthy body and a healthy mind are connected. While getting older can come with challenges, continuing care retirement communities like ours are able to support seniors in looking after their physical health and fitness. Within our Auria communities, we conduct regular health

A balanced life is a better life for older adults

BY BARRY KAGANSON
(CEO OF AURIA SENIOR LIVING)

and wellness screenings which ensure that any causes for concern are identified and addressed early. We also include a variety of exercise and wellness programmes aimed at enabling our residents to live as well as possible.

We have regular on-site clinics by experienced general practitioners, as well as some of the country's most respected specialist geriatricians, all of whom are available within our communities and form part of our multi-disciplinary teams to advise, support and assist in monitoring the health and wellness of our residents. These teams help residents and their families to navigate the options for managing changing health and daily needs; advise on optimal care and lifestyle enhancements or interventions; encourage them to rely less on medication if possible; and enable them to retain an appropriate degree of independence even if their health status changes.

Have a good support base

At any stage of life, humans need to feel that they have support and care as they navigate life's challenges.

In our Auria communities, our dedicated care team members build one-on-one relationships with each resident. This not only has immediate connection value, it also enables team members to pick up on subtle changes that could be early indicators of problems, be they mental or physical. We also find that people forge new friendships within the circles of residents as they connect over shared interests or activities. All this creates a more solid support base around each individual than they might otherwise have had.

We believe that in a well-managed setting with professional care, a holistic focus and a true interest in every individual, every person can live the fullest life possible.

WELLNESS



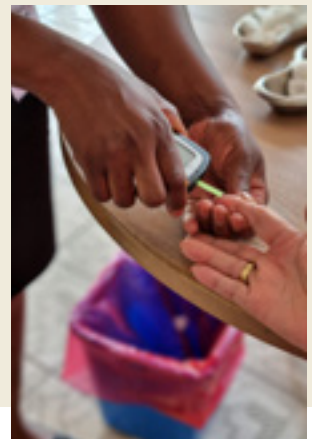
World Heart Day

On **#WorldHeartDay2021**, we celebrated with a Happy Heart cardio workout where our Auria team and residents joined together to use movement for **#HeartHealth**. We also held various talks and a Facebook Live session run by Hannah Raath of Raath and Wright Biokineticists.



World Diabetes Day

Raising awareness for World Diabetes Day 2021, our Biokineticist, Hannah Raath of Raath and Wright hosted a discussion at Melrose Manor, giving residents insight and practical tips to help manage diabetes. Concurrently, San Sereno ran an information and testing station curated by our Care and Wellness Manager, Danielle Oswald, leaving our residents well informed and feeling supported.



SCIFIT Latitude Lateral Stability Trainer

BY JOANNA COETZEE



Joanna Coetzee

Joanna Coetzee has been San Sereno's Biokineticist since 2006. She has a special interest in geriatrics, rheumatology and motor disorders. In 2020 she received a Primary Healthcare Practitioner Excellence Award for her significant contribution to the Development of Hydrotherapy in the Biokinetics profession (ASAIPA National Medical Awards).

The SCIFIT Latitude Lateral Stability Trainer uses an innovative motion to help people of all fitness levels build the muscles—and confidence—to stay active in an easy-to-use, engaging way. It allows users to exercise in a recumbent position and strengthens stabilization muscles by activating firing patterns missed by sagittal plane exercisers. It is a highly-specialised piece of equipment that we place in the gyms at our communities.

Les Bowring moved to San Sereno in his mid-70s and is now nearly 91 years old. He has been physically active his whole life. A few years ago, he was diagnosed with prostate cancer and underwent hormone therapy, making him incredibly fatigued and weak. He lost a lot of muscle mass and strength. He stopped the hormone treatment and underwent brachytherapy, which has dramatically improved his condition.

Les was delighted when Auria installed a gym at San Sereno. He knew that this would be his solution for getting strong again but wasn't sure where to start. At our first consultation, Les could hardly get up out of a chair, he was so weak. He was prescribed a series of stretching and mobility exercises. Initially, he was so weak that he was confined to mobility exercises while seated. He was

due to start with 5 minutes of cycling at the lowest resistance, then do his seated exercise program, and finish with 5 minutes on the SCIFIT.

Over the past three years, he has improved so much that he is now able to do a varied program to stimulate his cardiorespiratory fitness; and enhance the strength of his legs and weight training for his upper body strength. He uses the elliptical trainer for 10 minutes, the recumbent cycle for 20-30 minutes, then he does free weights with up to 5kg dumbbells for upper body strength. He finishes off with 10 minutes on the SCIFIT, which is the key. If his wife, Ray, joins him, then he cools down with a nice shower and performs gentle exercises in the swimming pool.

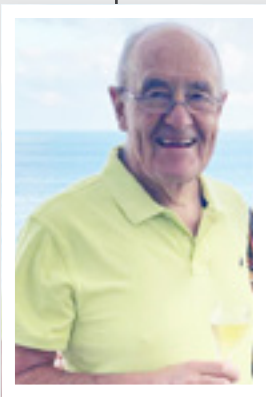
He finds that the SCIFIT Lateral Stability Trainer helps to loosen and strengthen his hips, relieving the tension in his back and hips. As a result, his walking is much improved and getting up out of a chair is much less of a problem! Well done Les!"



SCIFIT trainer at Melrose Manor

OUR AGEING BACKS

BY DR JOS VAN NIEKERK (SAN SERENO)



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

Most people complain of a sore back at some point, and it is reasonable to ask why this problem is so common. When our ancestors started walking upright on two legs about four million years ago, this led to several changes in our bodies. Remember that four million years in terms of evolution is not a long time. Our upright stance led to changes in the spine to carry more weight in the lower back and accommodate a broader pelvis made necessary by babies with larger brains. Our skull also moved on our neck.

The result of the above is that the spine is not as hardy as our other joints. Ageing means wear and tear, and this leads to back problems. I will confine this discussion to issues in older people. The back stretches from the neck to the pelvis, but most pain is felt in the upper and lower parts. Therefore, the pain felt in our backs originates in the back (spine) or elsewhere in the body.

Cause IN the Back:

- **Disk degeneration, not prolapse.** This is the most common cause and is treated with simple pain medication and physiotherapy. Older people seldom need to undergo an operation for this degeneration.
- **Osteoarthritis of the small joints between the vertebrae in the spine.** The treatment is the same as above. Any degeneration seen on an X-ray is not an accurate measure of the pain caused by the condition. Severe changes on X-ray may sometimes cause little pain, and conversely, severe pain may be experienced with minimal changes on X-ray.
- **Osteoporosis is common in females but is also seen in males.** This leads to pain, and needs investigation and treatment by a doctor to halt or slow the progress of this condition.
- **Compression fractures of the spine are usually the result of the above and can occur after minimal trauma or a fall.** These need investigation (X-rays) and assessment by a doctor who will prescribe treatment such as a brace or physiotherapy. Surgery is now sometimes prescribed for very severe fresh fractures.
- **A spine that is not straight, as a result of whatever cause, can lead to backache later in life.**

Note that most of these problems do not need surgery.

Cause OUTSIDE the Back:

- Pain caused by problems in nerves higher up or in the brain.
- Tumors that have spread to the spine.
- Both of these need to be assessed and treated by a specialist.

In summary, most backaches can be treated conservatively, and if the pain persists, then it warrants a full investigation by the appropriate doctor.



World Alzheimer's Day

Danielle Oswald, our Care Manager at San Sereno, hosted a panel discussion for World Alzheimer's Day in September. She shared Auria's philosophy around the care and empowerment of residents to help retain independence for as long as possible. Special focus was given to dementia, for those who have been diagnosed, as well as for those caring for a loved one with dementia.

Breast Cancer Awareness

We joined forces with Filitimo Cancer Project during #BreastCancerAwarenessMonth, to discuss awareness, and quality of life during and after breast cancer treatment.

Evy Michalopoulos, Founder and Director, and Nicole Fuller, FilotimoCancer Champion and the Navigator and Cancer Exercise Specialist were our amazing speakers, providing great insight and inspiration to our residents.



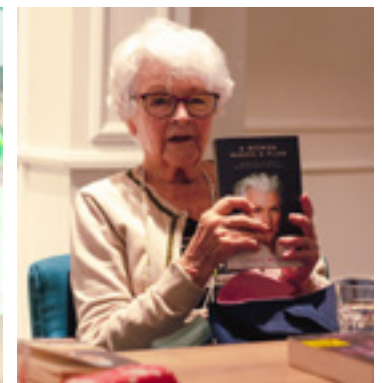
READER'S GROUP

BY HEATHER FERREIRA (SAN SERENO)

“A reader lives a thousand lives before he dies. The man who never reads lives only one”.

George R. R. Martin

The San Sereno Reader's Group started three and a half years ago with six members, meeting once a month on a Thursday afternoon. The idea was, and still is, to encourage residents to use our extensive library and try new authors and genres while keeping the group's spirit informal and inviting. Each member gives a brief review of what they have read during the month. The selection of books range from non-fiction to fiction, serious to humorous – something for everyone. The format works wonderfully, and our membership has grown to 20 people. After each meeting, we have coffee together, giving everyone time to socialize a little more.



Croquet with Chris Oosthuizen

BY TAMARA SEGAL

In 2014, when Chris and his wife, Nan, moved to Woodside, they were introduced to croquet by a former resident who had played for Western Province. At the time, croquet at Woodside was played on a grass patch, riddled with kikuyu. Chris became quite passionate about croquet, so he offered to work on the lawn, even though he did not have the experience. He put together a budget and got hold of a bowling green expert. Finally, Woodside had an official croquet lawn after much effort, tons of patience, and a few trials and errors!

Chris works closely with the Woodside gardening team to oversee the ongoing maintenance. Considering that 3-4 games taking place daily, the lawn gets much use. There is a 30-strong group of croquet players at Woodside, all of whom benefit from Chris' care and attention to the lawn. There is always space for more players, and if anyone is interested, they should chat to Margie Sparks, who does excellent work as the informal manager of the Croquet Club. Woodside residents also have access to Paul Fanner, who dabbles in a little coaching should anyone need it.



Photos credit: Janet Darcy-Evans

Chris' background is not in landscaping, but in geology. He qualified as a Geologist and spent several years at UCT analysing moon samples. Nan "put her foot down" at the idea of moving to 'Pofadder', so Chris accepted a position at Metal Box (which became Nampak) where he worked in research and development. The technology was constantly changing, and it was fascinating work, which included many trips to the US & Europe to gain insight into the latest developments.

Chris and Nan, married for 57 years, have three children and five grandchildren scattered worldwide. Their eldest son is in Atlanta in the USA, their daughter, a nurse, has been involved in COVID-19 care in Melbourne, Australia, and their youngest son is in Europe, in Georgia near the Black Sea.



Chris Oosthuizen





BY JEAN FINCHER (SAN SERENO)
AND BARBARA CREWE
(SAN SERENO)

JEAN FINCHER'S EMBARRASSING DAY

Jean Fincher, who celebrates her 100th Birthday on 8 December, has so many fascinating stories to tell. The below is a little anecdote that was first included in our San Sereno News (as our magazine was then known) about an incident during the Second World War.

It was 1946 and I was, at the time, a Cryptographer (Encoder and Decoder) of top secret despatches in the Prime Minister's (General Jan Smuts) office, a section of the Department of External Affairs, now known as the Foreign Office. This was a post I was offered whilst waiting to be 'de-mobbed' from the army where I had done similar work.

We were still at the Union Buildings in Pretoria, having not yet left for the Parliamentary session in Cape Town. It was a hot Pretoria afternoon, as I walked along the passage to the PM's office. Suddenly, a door opened and out stepped two uniformed men, who's uniforms seemed to me

a sea of red flashes - on their peaked caps, epaulettes, sleeves and lapels. I realised who they were - the two most respected men of our Western Desert Campaign: Field Marshall Lord Bernard Montgomery of Alamein (Monty) and our Field Marshal Jan Smuts. I could not just stand there gaping at them! What should I do? So I gave them the smartest salute I could muster. To my surprise (and hurt), they did not return my salute. What had I done wrong? In confusion, I looked down and, with horror, realised why. I was no longer in uniform, but wearing a summer frock and sandals on my feet. I wished for the floor to open up and swallow me. They had, of course, realised I was ex-army and, in a friendly manner, asked what I had done there (coding). Then, with a nod to each other, they stepped smartly back to attention and saluted me! They then continued on their way (and I bet they had a good laugh). I, in turn, floated back to my office. I had been saluted by two famous Field Marshalls!



Stan, Gertrude and their three sons

The Michels In Love

BY TAMARA SEGAL

The Michels In Love: the lifetime love affair of two of Melrose Manor’s residents: Stan and Gertrude Michels, who have been together since she was 16 and he was 18. The depth of their feelings are still so apparent in every interaction they have... the way they loop one another into every conversation, the way Gertrude giggles when she speaks of Stan, the way Stan conscientiously answers her every question. They do almost everything together, except for Knitting Club at Melrose Manor (although Gertrude has tried to get Stan to join in). Together they have experienced the greatest joys (including raising their sons) and the most difficult lows (such as losing their home and all possessions in a fire and travelling the world over in search of assistance with Stan’s health). Settling at Melrose Manor in April 2021 has given them well-deserved peace.

Once upon a time, many years ago, a young lad just out of high school was playing cricket in Balfour Park. Stan spotted the gorgeous Gertrude standing on the sidelines and made it his mission to talk to her when he finished his game. Which was just as well, because Gertrude came to watch the match, not because she had any sort of passion for cricket, but because a friend had dragged her there, with the sole intention of introducing her to Stan. And as they say, the rest is history.

When Gertrude finished high school, she studied social work. However, after a couple of years, she gave her studies up as she was too emotionally invested in her cases. Stan’s father passed away, whilst Stan was in his second year of university, so he stepped in to run the family business, consisting of successful clothing shops in Jeppestown and Kempton Park in Johannesburg.

After they got married, they went on to have three sons, with the youngest now in Australia and the older two in Johannesburg. Their sons were all successful sportsmen, reaching national levels in their respective sports. Gertrude laughs at how her real job was as a taxi driver, and she would spend many late nights and early mornings driving her sons to practice.

One is unlikely to meet another couple more genuinely dedicated to one another, and they serve as an inspiration to all of us.

Stan & Gertrude’s wedding announcement



Mr. and Mrs. Stanley Michel after their marriage in Johannesburg. The bride, formerly Miss Gertrude Cobb, is the only daughter of Mr. H. Cobb and the late Mrs. J. Cobb, and the bridegroom is the elder son of Mrs. Lily Michel and the late Mr. Leslie Michel.

NORMAN KADES

BY TAMARA SEGAL

Acting Judge Norman Kades moved into Melrose Manor in mid-2021, just a couple of months before the passing of San Sereno's beloved Val Fevrier.

Norman and Val first met when they were both articled clerks at the same firm in Commissioner Street, Johannesburg, where they chatted at lunchtime and compared notes. Their paths crossed several times over the years as they were each a prominent advocate and acting judge in the South African law society.

Norman was born and educated in Johannesburg, and he enjoyed a fruitful career in law, retiring not too long before he moved into Melrose Manor. He lived in Johannesburg for most of his life, except for a year as a child when he was sent to convalesce from encephalitis with his cousins in the

Free State. Norman loved this time and remembers it fondly as a time of blissful freedom. Before studying law at Wits University, he grew up in Emmarentia and went to Parktown Boys High School. He started his studies with dentistry, which he ditched after a year, much to his parents' chagrin at the time. However, it was the right choice. Norman went on to have a successful career in law, presiding over many high-profile cases.

Norman married early and worked in insurance whilst studying. His wife worked as a typist, and together they started their family. He now has four children, five grandchildren and four great-grandchildren, with homes split between the USA, Australia and South Africa. Norman did not remarry after his wife passed away 17 years ago but has held a close relationship with Gill for many years. Gill now lives in Canada, but they remain friends and speak regularly.

As a youngster, his favourite sport was tennis. He loves the musical evenings that Melrose Manor hosts and feels he has settled in well. Moving to Melrose Manor feels like one of the best decisions he has made to date.



Norman and his grandchildren

Mashamba's Studies

BY SANDY SMITH (SAN SERENO)

CONGRATULATIONS...

To Mashamba, who after three years of complex part-time study, has graduated with a diploma in Criminal Justice. He has been using his Christmas gifts from Mill Hill and San Sereno residents towards his studies. We are so proud of him and hope he will continue to grow in his career path. Please do take the time to congratulate him when you pass the boom into Mill Hill.



Mashamba, a guard at the entrance to Mill Hill in Bryanston



PROTECT the Protea

BY MARCELLE FRANCK (SAN SERENO)

A Garden Villa at San Sereno became vacant and was available for renovation. Several residents were concerned about the possible plight of the two beautiful and mature pin cushion proteas near the entrance.

Being on San Sereno's ResCom as head of gardens, I felt it necessary to raise this and so a few of us discussed our concerns with Gavin Muller, Auria's Development Director. He was, as always, understanding and in agreement. He undertook to have the proteas protected with reinforced screening.

Thank you, Gavin, for hearing us and for your immediate reaction. Residents were delighted! Neighbours Aisne and Marion have kept extra eyes on the precious indigenous shrubs and water them regularly.

Molene Richards'

COLOURFUL LIFE



BY PAIGE RYLANCE

Paige is San Sereno's Wellness Activities Facilitator, coordinating all wellness programs for our Care Center.

After being born in Cape Town, in true Welsh tradition, Molene was named after her mother's mother. Her family moved to Lourenço Marques (now Maputo) at the age of seven with her two younger sisters. Her mother died shortly after the move from pneumonia, and Charles, her father (with some help) looked after the girls. The family then moved to Durban. Molene had such a good education in Mozambique that she skipped two grades. In standard 4, the girls were sent to boarding school - The Good Hope Seminary - and their father travelled to Mauritius to fuel ships during the Second World War where he met and married Jean Baillie.

Molene's first introduction to theatre was a production of *Blithe Spirit*, a comedy by Noël Coward, and ever since then has been fond of ballet, opera, and classical music. Molene participated in many musicals in school and often led the choir. It was difficult for the girls to meet any boys, but Molene had a boyfriend who eventually became a famous poet, Sydney Clouts.

Molene had always aspired to be a nurse, however at the age of fifteen, was a year shy of being able to start training. Despite this, she managed to get the rules waived, and she started nurse training at the Boksburg-Benoni Hospital before the accepted age. After qualifying, Molene went to East London to do a further diploma in Maternity Nursing. She was then put in charge of the maternity ward on her return to Boksburg-Benoni Hospital.



Molene (middle) with friends during her nursing studies

On her busiest night, she remembers delivering a set of triplets, set of twins, and several single babies.

Molene met her husband through a doctor she worked with at the hospital (who became her new brother-in-law!). Molene and her husband had a baby boy whom they called Allan Paul Richards. They used Molene's maiden name as there were no boys on her side of the family.



Molene and her new family moved around and ended up in Pretoria, getting involved in many musicals, acting, and featuring in leading roles in Carousel, Madame Butterfly and The Marriage of Figaro.

Molene has had a colourful life filled with passion for good English, good music, good company, and animals galore. She continues to inspire those around her with her contagious laugh and humble smile. Our San Sereno Maternity Mother! Here's to you Molene!



SMALL BUSINESSES

When South Africa was placed under lockdown in 2020, we looked for ways to lift our residents' spirits. One of the initiatives was a weekly 'goody bag' and customized tag that we handed out to each resident.

So many small businesses were negatively affected by COVID-19, or got started due to job loss, so we made it our mission to try and support small businesses wherever possible. We know that so many of you loved these gifts, and so, because it is the season of giving, we thought we would remind you of some of these businesses in case you wanted to gift a loved one with some of their goodies.

JOHANNESBURG:

- Chocolate cookies by **Kirsten:** 084 622 6622
- Fresh fruit juice in a reusable glass jar by **Udderley Delicious:** 081 588 2227
- Homemade ice cream by **Moo's Creamery:** 072 662 4278/
www.moosuniquecreamery.co.za
- Shortbread by **Janet:** 083 454 2564/
janet@cakeclassique.com
- Hand cream and other natural skin products by **Kate Sunley:** 073 254 0526/
www.katesunley.com
- Beaded items similar to the Auria keyring in South African flag colours by **Pardon & Gerald:** 078 426 3181
- Lanyards for masks and other beaded jewellery by **Beadbar:** 064 675 8303/
www.beadbar.co.za
- Succulent pots by Melenie & Jason of **Potted Gifts:** 065 822 2945/
www.pottedgifts.co.za
- Fudge by **Indulgent Delights:** 079 985 4112

CAPE TOWN:

- Baked delights by Gina of **Frosted:** 076 577 0678

THE FIRST DAYS OF SCHOOL

BY DOT MEPHAM (SAN SERENO)

I remember quite an interesting thing about my start to school - my teacher was at least 100 years old!

Here are some more recollections of the first days of school by a few San Sereno residents.



Heather Ferreira

PAT BROAD

Pat is left-handed, but her teacher used her own belt to tie her left hand to try and force her to write with her right hand (it didn't work!).

MALCOLM BROAD

There was a big box of toys when he went into the classroom, but they removed them almost immediately.

BUNTY MURRAY

She had to catch two busses to school alone and felt somewhat grown-up. They were given a small bottle of strawberry flavoured milk, which was lukewarm. Ugh! She hasn't touched milk since.

ZOE BRUCKMAN

Her school in Kenya catered for all nationalities, and she was overwhelmed by all the languages being spoken around her.

ROSEMARIE ANDREW

The friends she made on her first day have remained lifelong friends.

BRENDA WILLEMSE

Her boarding school was an Afrikaans one, but she had come from a farm and never heard Afrikaans before. On the first day, she couldn't find her way back to the hostel. It was altogether quite traumatic.

CHARLES WILLEMSE

His memory of boarding school was being hungry from day one. So they used to escape and pick wild peaches to fill their tummies—many others who were boarders related to this memory.

LIZ GILDENHUYS

Since her mom was a teacher, she had no fears and loved school. But, she had to catch a bus and felt very grown-up.

GEORGIE NORMAN

She cried for two days when she was sent to boarding school in grade one. So tiny!

TOM DAVIES

Tom remembers that the school was next to a prison in Braamfontein, and there was a Chinese shop close by where they went to buy sweets.

ANMARIE MIKULA

She was so thrilled to see all these potential new playmates that she was pretty happy.

GILLIAN HORNE

Gilly made friends for life with some of her classmates. A few days into school, she played on a forbidden seesaw with a group of other children, but it came loose and a little girl broke her leg.

MARYLYNNE CAIN

Her teacher would take them out to sit under a tree and read to them, and she attributes her love of reading to this. English- and Afrikaans-taught days were alternated at her school and she arrived on an Afrikaans day, which made her very nervous.

DEN COLLIE

She was very small, and there were large walls around her and an even larger Nun standing next to her. She was scared.

DON COLLIE

Don was terrified through and through.

RAY BOWRING

Ray’s class were taken outside to a large area – perhaps for an assembly – and there were so many people that she just started crying.



Georgia Norman

MARIA HOY

Her mom had put a giant bow in her hair, and everyone teased her, so she ripped it off.

AILEEN SKELTON

She was teased because of her Scottish accent, which unnerved her.

HEATHER FERREIRA

She remembers taking a huge cushion with her for sleep time’. She also remembers earache and tummy ache’s galore whilst she tried to get out of school.



Maria Hoy



Melanie Hoare (top left) , Georgia Norman (top right) and Anmarie Mikula (bottom left)



Charles Villa-Vicencio

BY TAMARA SEGAL

Charles Villa-Vicencio, a resident at Woodside, is as fascinating as his name suggests, with a set of accomplishments that astound. He is an Emeritus Professor at the

University of Cape Town and Visiting Professor at Georgetown University in Washington D.C. He has worked on transitional political structures and peacebuilding initiatives in Africa, the Spanish Basque country, Peru, and other Latin American countries.

He was appointed National Research Director for the South African Truth and Reconciliation Commission in 1996, and the founding Executive Director of the Institute for Justice and Reconciliation in Cape Town in 2000. He was also the Professor of Religion and Society at the University of Cape Town, publishing widely on political change and social ethics in academic and popular media.

Charles was born and raised in Johannesburg before going on to study at Rhodes University. He then furthered his studies at Natal University before earning a scholarship to do a master's degree at Yale University, subsequently writing his PhD thesis at Drew University in the USA. After that, he returned to South Africa, where he was a Methodist minister in District Six, before accepting a post at UNISA and then at the University of Cape Town.

In 1996 he was appointed as the National Research Director of the South African Truth and Reconciliation Commission (TRC), which he describes as "both the best and the worst job I have ever had in my life". But what an incredible piece of history to have played an integral part in! His team wrote the final TRC report, which was submitted to President Mandela in October 1998.

Beginning his reflections on the Commission, he struck up a relationship with

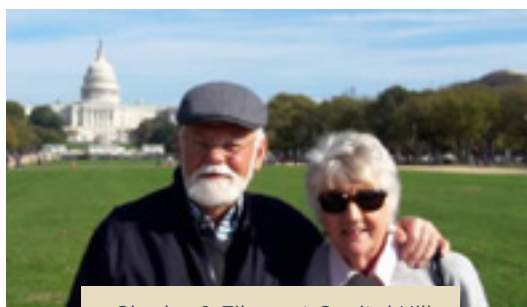
Georgetown University in Washington DC. He was invited to write and teach there for a year, which he loved. It resulted in a further twelve years of teaching in the Conflict Resolution Programme, for four months at a time, in each year's Fall semester. Since the onslaught of COVID-19, he has transitioned onto their advanced online teaching platform, and has taught remotely for the last two years. However, he misses campus life, where he and his wife, Eileen, were immersed in the diverse and exciting culture surrounding them. But Charles rejoices in not having to travel!

Charles' wife, Eileen, was a remedial school teacher, and although she is retired, she continues to teach in a lower-income school where she volunteers. They have two daughters: Tanya, who lives in Colorado with her husband and two boys, and Heidi, who lives a few minutes away from their home at Woodside, with her husband and two children. It delights Charles and Eileen to have at least one daughter so close by, especially when he gets to have his 15-year old grandson pop over on his bicycle and spend the night at the last minute.

They are both thrilled to have Auria at Woodside. He regards the transformation as being close to a miracle: "Apart from the material transformation of the village, the dignity and person-friendly approach of the Auria team is a breath of fresh air!"

Charles has published many works, including more than nine books. His most recent book, "Living between Science and Belief", will be launched at a seminar he will teach at the UCT Summer School in January. Amongst

other publications, Charles also writes for the Daily Maverick, when he wants to "unburden his soul". We hope he continues to unburden his soul and to contribute to debate in South Africa as he does.



Charles & Eileen at Capitol Hill

The game of golf originated in the 15th century on the East coast of Scotland, close to Edinburgh. Using a bent stick or club, the players would attempt to hit a pebble over sand dunes or around a track. During the 15th century the Scots were again preparing to defend themselves against their "Auld Enemy". Unfortunately, the nation's enthusiastic pursuit of golf led to many neglecting their military training, so much so that in 1457 the Scottish Parliament of King James II banned the sport!

The myth that GOLF is really an acronym for 'Gentlemen Only Ladies Forbidden' is untrue. It is thought that the name golf came from the Dutch word 'kolf' meaning a stick or club. James IV of Scotland (1473-1513) was the first golfing monarch and then Charles I brought the game to England.

Mary Queen of Scots introduced golf to the French and was quite famous for her game — and then there was Aisne.

Aisne lived in Randfontein as a little girl, and at four years old, she started ballet and tap dancing classes. She loved dancing, but at the age of 14 her teacher irritated her so much so that Aisne left. To fill this gap, her father, a +3 golfer, started giving her golf lessons. His good friend Jock Vervej also helped in her training. Aisne's father wouldn't allow her onto a golf course until she was 17, however. She had never learned to putt as she was taught on a driving range, but she soon overcame that.



Aisne in her "Transvaal" Honours blazer

Aisne's father played golf with a young man named Ted Jacobs, and one day he introduced Ted to Aisne and her mother, who were lunching. Ted turned to her Mom, right in front of Aisne, advising her that he was



Aisne in her "Transvaal" blazer

GOLFING the Aisne Jacobs way

BY DOT MEPHAM (SAN SERENO)

about to attend a picnic and asked her if she thought Aisne would be happy to join him. Aisne's Mom was delighted at this and accepted on her behalf. However, Aisne was still going out with Brian Henning, so Ted handed her sixpence after lunch and said, "when you have finished with Brian, give me a ring". That's what she did! They had 61 beautiful years together before Ted passed away in July this year, leaving behind three children and four grandchildren.

Aisne really took to golf but marriage to Ted and three children later caused a hiatus in her game. When she returned at 25, she started to play competitively, and she played for Transvaal for 25 years. In the space of 12 years, she had won 10 Royal Championships and four Country Club Johannesburg (CCJ) Championships. She won every CCJ trophy, and then later their Seniors trophies and the Transvaal Seniors trophies. Aisne captained the CCJ golf section twice. As captain, she had the daunting task of organising the annual charity event... This involved 120 men and 120 women. She had to find sponsors, prizes, tea for everyone etc. A huge challenge, but our very organised and capable Aisne did it with aplomb! She and Ted also even won several CCJ and Royal competitions together.



Quintin & Ken

THE MAIDEN MARATHON

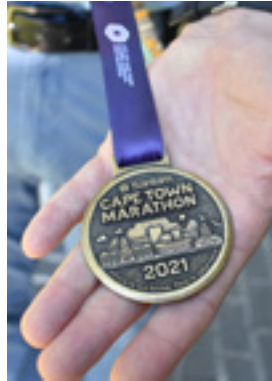
BY QUINTIN MULWITSKY (WOODSIDE'S HOSPITALITY AND SERVICES MANAGER)



Quintin and Ken sharing a chuckle

Over the past seven or so years, I've enjoyed casual running as a form of relaxation, destressing, and keeping fit. I emphasize the word "casual," as ill-discipline in getting up early for a run has always been my biggest downfall.

Although I've participated in several 10k and 21k races, the mighty marathon has always been a distant illusion. However, 2021 has been a year of many changes. After permanently settling in Cape Town in April, I dusted off my running shoes and hit the streets of Rondebosch. After a few weeks of running around the common, I ventured from home around the mountain to Greenpoint and along the promenade to Camps Bay. Another route was following Main Road down to Kalk Bay.



In July, Ken Andrew, a Woodside resident, invited me to join the long-standing Rondebosch Rocky Road Runners (RRRR). The RRRR is not a club or a group. Instead, it consists of friends who enjoy running together, providing support and encouragement in an attempt to remain fit, healthy, and sane.

I found consistency and discipline in my running by joining them, and quickly started running 50km a week! Then I heard about the upcoming Sanlam Cape Town Marathon and decided to enter! Unfortunately, my training in the weeks leading up to the race was hampered by a chest infection, but I was determined to run on that Sunday.

I knew it would not be easy. I visualized this repeatedly in my head before the race. However, the mental and emotional endurance that one has to have far outweighed the physical aspects, the burning legs, cramps, and fatigue.

I crossed the finish line just over the five-hour mark, and I felt the most incredible feeling of accomplishment. The elusive maiden marathon is now finally under my belt!

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 to all you guys for a simply excellent evening last night. We got the majority of the residents doing the "Hokey Pokey" eventually which was a sight to see. The food was excellent. You are doing a great job.

DAVE SMITH
.....

Our grateful thanks to you and the Auria team for having arranged the Family Fun Day in celebration of Grandparents Day! The entertainment and catering were enjoyable, and the festive atmosphere was appreciated - with perfect weather following the first rains of summer. Fortunately, we were hosting a visiting granddaughter. Helena's painted face, our ice cream and the photo booth were received with envious delight by her four overseas cousins!

CLIVE AND INGRID POPLETT
.....

Many thanks for our cupcakes celebrating four years of Auria. We are so thrilled to be part of the community and appreciate all the events and organisations. Please could you send a note of congratulations to all of Auria staff who have made a wonderful change to San Sereno.

PAT BOYNS
.....

I've been reading through your magazine and wanted you to know that Auria are fabulous. The effort, care and consideration you give to your residents is inspiring and the elderly are blessed to be able to live their twilight years in Auria facilities.

FRAN (friend of Sylvia Chaskelson)
.....

Many thanks for the delicious coffee and Tiramisu outside under the beautiful willow. Looking forward to the new coffee station in the Club House.

ROSE MARIE BOTHA
.....

As always you put so much thought into Saturday's event and as a result it was a great success. Young and old alike enjoyed the various eats and activities from boerewors rolls, various flavours of ice cream and lemonade to face painting, tattoos (removable type!) and instant family photos. The weather was also very kind to us. The Pond is a lovely venue and the garden team ensure it is kept looking good. Thank you to you and your team for your hard work before and on the day. It was so enjoyable, greatly appreciated and definitely worth a 'kyk weer.'

MARCELLE FRANCK
.....

I didn't get a chance this morning to thank you for the wonderful Grandparents Day celebrations... we all had such a special time with our 'Treasures'. Always and forever grateful for everything that is done for us. My Sienna had her face painted, the lady was outstanding, we took her business card! We just enjoyed everything.

VICKY VAN BLERK
.....

And who does not like ice cream? A lovely way to celebrate World Kindness Day under the willows on a beautiful morning, thank you, it was a happy occasion with so many smiling faces. I noticed the show houses are nearing completion and the gardens are much more colourful!

CAROL & DAVID HENSHAW
.....

A Very Big Thank You from a "Happy - Grateful - Enormously Proud" resident. Fourteen years ago, when I moved from Tzaneen, I was very doubtful about this new chapter in my life - not knowing that I had moved to Paradise! The Management is World Class, the Staff Top Five, Midcare, Frailcare and the entire Clinic are 5 Star! Thank you to a Great Team. I call myself a very proud resident of this elegant, world class retirement village. It is a place that brings peace, tranquility, security and friendship.

MARIANNE ICKINGER
.....

Get involved with our newsletter

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

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

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

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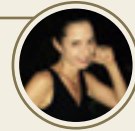
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SAN SERENO
Bryanston



MELROSE MANOR
Melrose



WOODSIDE
Rondebosch



ROYAL VIEW
Sandringham

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