

JUNE 2023

LIVING



BY AURIA

AURIA'S SUPERHEROES

Staff appreciation
week celebrations

THE IMPORTANCE OF FALL PREVENTION

Mobility aids and
the benefits they bring

ALL SHOOK UP AT AURIA

5-star events
at our communities

AURIA
SENIOR LIVING



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DEAR RESIDENTS AND FAMILIES

As you no doubt are aware, over the last few months we have been focusing on fall prevention within our Auria communities. Why is this so important to us? There are a number of reasons.

Firstly, falls in older adults are very common, often resulting in hospital admissions, which can have multiple and serious consequences. There are several factors that increase the risk of falls, such as a decline in physical function, environmental hazards, and adverse effects due to medication. Falls can result in hospitalisation, loss of independence, chronic pain and more – all of which negatively impact on quality of life. At Auria, our promise is to ensure that our residents enjoy their best quality of life, every single day, and as such fall prevention should always be a critical part of what we do.

About six weeks ago - on the somewhat 'auspicious' date of 1 April - I walked to a park near my house with my 9-year-old son to kick a soccer ball. When I got there, I noticed the ground was very uneven, but thought nothing of it. A few minutes later, while running to kick the ball, I tripped and landed on my shoulder, breaking my collarbone. It all happened in a split second - from there, it was to the casualty,

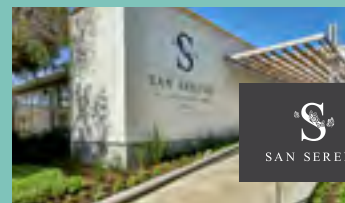


X-rays, and finally a 2-hour surgery for a plate to repair the fracture. It is now six weeks later, I have only in the past few days regained use of my arm, and still have a further 6-week recovery ahead of me. Luckily, I will recover fully and the damage is most certainly not permanent in any way. However, it is a real lesson in how a momentary event can have such an impact, and how this fall could be avoided - in this instance, simply by sticking to the more even patches of ground - the 'environmental hazards' that I referred to above.

And just like that, the importance of fall prevention hit home to me. It is so important to understand risk factors and ensure that these are addressed to minimize the possibility of falling. So, please take part in our risk assessments - our teams are geared up to assist with this. Attend whatever talks are happening in your communities, be informed, and let us guide and assist you, because ultimately your quality of life is so greatly impacted by this.

On that note, I hope you enjoy this fantastic issue of Living by Auria, as we approach the middle of 2023 (time flies!).

Regards,
Barry Kaganson
CEO, Auria Senior Living





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

From left:

Davie Chikhalika, Barista

☺ Kindness

Charity Maphanga, Café Auria
Waiter

☺ Kindness

Nadia Albany, Caregiver

☺ Respect

Billy Ncudu, Concierge

☺ Friendliness

ROYAL VIEW STAR PERFORMERS

From left:

Anthony Mashaba, Concierge

☺ Kindness

Sindiswa Thobela, Caregiver

☺ Friendliness

Gift Itige, Supervisor

☺ Respect



WOODSIDE STAR PERFORMERS

From left:

Lauren Hart, Concierge
and Housekeeping Supervisor

☺ Respect

Quera Rwaxa, Stock Controller

☺ Respect

Noel Neethling, Front of House
Supervisor

☺ Friendliness



SAN SERENO STAR PERFORMERS

From left:

Sylvia Valoi, Care Centre
Receptionist

☺ Kindness

Queen Mathebula, Security
Supervisor

☺ Respect

Pieter Bester, Front of House
Supervisor

☺ Friendliness





WOODSIDE
—
Rondebosch

OUT OF AFRICA

OUT OF THIS WORLD!

Buffet dinner safari style at
Woodside.

Our residents went all out,
showcasing their out-of-Africa
style. Birds chirping and African
drums set the scene for our
exciting Safari buffet and authentic
South African cuisine!



A Masterclass at *Woodside*

Chef Justin and his amazing team held another culinary masterclass for our residents at Woodside in Cape Town. Everyone absolutely loved it. Master chefs in the making.





WOODSIDE
—
Rondebosch

Celebrations

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

MILESTONE ANNIVERSARIES

Marvia and Niell Rossouw
(60th wedding anniversary)

Jill and Mike Hoard
(20th wedding anniversary)

Catherine and Syd Cullis
(50th wedding anniversary)

Dawn and Andre Jager
(60th wedding anniversary)

MILESTONE BIRTHDAYS

MARCH

Marlene Palmer
Kay Powell
Mike Hoard
Neil Blackshaw
John McGhie
Robert George

APRIL

Marilyn Tonkin
Ann Kuhn
Hugh Wroe-Street
Sue Folb

MAY

Paula Venter
Kenneth Woods
Yvonne du Toit
June Williams
David Henshilwood
Dorothy Brooks
Ken Andrew

BASIL AND JACKIE DUNCAN-SMITH

(50TH WEDDING ANNIVERSARY)



“We wanted to have a small group of family and friends with us to celebrate our 50th Wedding Anniversary.

When we asked Justin and Miemie what they could offer in Woodside’s private dining room we never expected to be given such a wonderful evening.

The room was just right and beautifully decorated, as was the table setting. Soft music played in the background to set the atmosphere. The food was superb. The attention from Noel and China was more than first class. Our guests could not stop singing the praises for what we are offered here in Woodside.

Thank you so much everyone for making our 50th wedding anniversary more than a night to remember.”



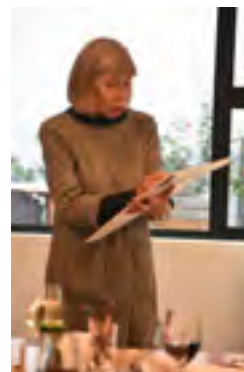
OPERA in the House

Woodside hosted a spectacular Opera Concert in support of the internationally award-winning South African operatic baritone Theo Magongoma to raise funds for his travels to perform in London at the world-renowned Wigmore Hall. The evening was opened by Woodside's own John D'Arcy-Evan on the piano while residents enjoyed canapes and drinks. Good luck, Theo. We are all behind you.



A LITTLE BIT OF PAINT AND A LOT OF FUN

Residents at Woodside in Cape Town enjoyed a fun-filled afternoon sipping delicious wine and exploring their creativity.





WOODSIDE
—
Rondebosch

WELCOME

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



JEAN AND ROAL VAN ZYL-SMIT

What have you learned about life so far?

Jean: That life is a great adventure.

It can be very tough sometimes, but incredibly rewarding. Each day brings new challenges, but blessings as well.

What are you most excited about?

Jean and Roal: I am looking forward to this new way of living, without the hassles and stress of looking after a home, worrying about nitty gritty maintenance, worrying about security, etc. People at Woodside have been so welcoming.

What is the most essential life skill?

Jean and Roal: Resilience. Life will throw a lot of curveballs at you, and it is important to be able to cope with that. A positive attitude is also essential – seeing the glass half full. And kindness is the greatest virtue – it is important to be there for others.

What are your interests and hobbies?

Roal: I love listening to, playing and teaching music. I am looking to spending more time on restoring and building bows and violins.

HILARY AND LLEWELLYN BOTHA

What is your favourite song and why?

Hilary I don't have a favourite song, but I do have a favourite band - The Beatles.

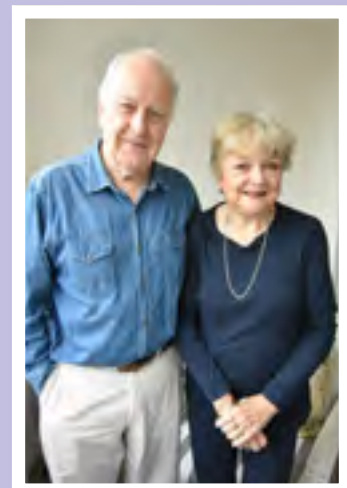
Llewellyn: American Pie by Don Maclean. It takes me back to some of my favourite memories.

If you could relive any decade of your life, which one would you redo?

Hilary and Llewellyn: The decade from our early 20s to their early 30s! We both studied at Rhodes University in Grahamstown. We had not met each other yet. We both travelled quite a bit and met by chance in London. It was only when we both moved to Cape Town that we got engaged and started a family. Thus, all those happy events and times are ones that we both thoroughly enjoyed and, given the chance, could easily relive!

What is the most beautiful thing you have seen?

Hilary & Llewellyn: Nature in motion. In our travels to the Americas, we have been fortunate to see two huge natural phenomena in motion - albeit all in extremely slow motion! The Athabasca Glacier which is part of the Columbia Icefields in Alberta, Canada and the Perito Morena Glacier located in the Los Glaciares National Park in Southwest Santa Cruz Province, Argentina.



GLENNICE MORTON

What does it take to be happy?

I enjoy the feeling of being settled and the peace of mind it brings. I am looking forward to settling in at Woodside.

What is your favourite song and why?

Hallelujah - the version from Shrek. It reminds me of a beautiful experience I had in Australia with my daughter and granddaughter. We visited a cave with a long circular staircase on the inside. The guide mentioned that the acoustics were so great inside and that you could hear someone singing at the top if you were standing at the bottom. My granddaughter started singing Hallelujah at the top of the staircase and my daughter, who was in the middle of the staircase, joined in. It was so magnificent that all the tourists stopped where they were to listen. It was the most beautiful experience!



CAROL VELLA

What is your astrological sign?

Capricorn.

What are your hobbies?

Line dancing, bowls, gardening, reading.

What is your favourite movie?

Sophie's Choice really moved me and stayed with me.

What is something you have always wanted to do but haven't tried?

Paragliding.

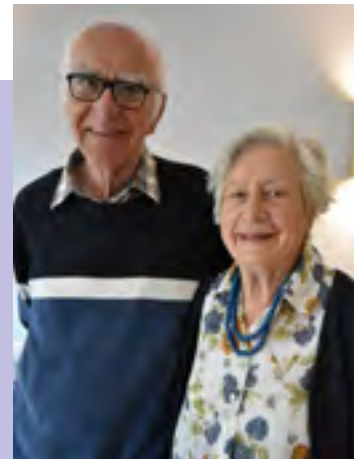
What is your mantra in life?

Travel as much as you can, and keep healthy.

If you could relive and decade of your life, which one would you redo?

My 40s. I had really found myself by then and stopped worrying about pleasing those around me, and instead just enjoyed my life.

CARROL AND IAN FARLAM



Do you have any advice on how to bounce back after hard times?

Our faith in God has always carried us through.

What does it take to be happy?

The company of friends and family.

What is your mantra in life?

Be positive.

If you could re-live any decade of your life, which one would you re-do?

25 - 35. We had just gotten married and started having kids. We enjoyed this time as a family together.

LINDSAY AND TESSA KENNEDY

What have you learned about life so far?

Tessa: To never judge people. You never know people's full story.

What is your favourite movie of all time?

Tessa: The new 'A Star is Born.' There are so many life lessons, it is a beautiful story and Lady Gaga has a magnificent voice.

What is your favourite season?

Tessa: Autumn. (She loves the colours!) It was especially beautiful seeing 'Fall' in Maine, USA. All the colours of the leaves falling down

were so beautiful

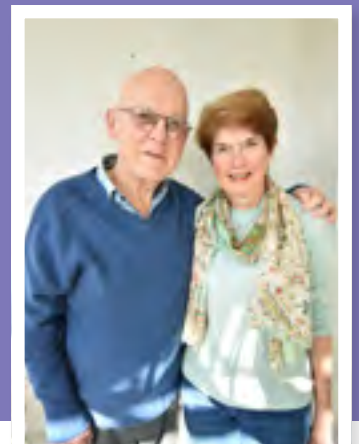
to see. **Lindsay:**

"Rugby season!

What do you think is the most essential life skill?

Lindsay:

"Common sense and understanding of others.





ROYAL VIEW
—
Sandringham

ALL SHOOK UP

Residents of Royal View enjoyed a night of pure entertainment with South Africa's very own Elvis Presley, Tony de King. All of Elvis's greatest hits were played, and his signature dance moves were showcased throughout the evening.

At 80 years old, Tony is an internationally accomplished entertainer and comedian, and we cannot wait to welcome him back to the Auria communities.

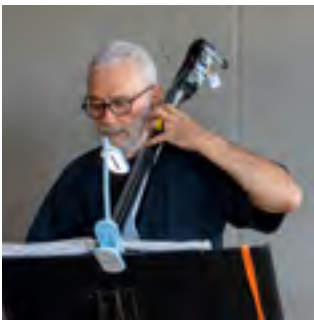




ROYAL VIEW
—
Sandringham

And all that Jazz

Royal View residents were treated to an evening of jazz with Carlos Hartwell on piano and Glen Meldrum on bass. Delicious food, great company and jazzy stylings hit the spot for a brilliant night out!



GENTLEMAN'S LUNCH

Our Royal View Gents spent an afternoon with fellow Royal View resident Nick Christelis. Nick shared his leadership journey based on his years as a consultancy specialist and managing partner of Nick Christelis & Associates, in aligning strategy, people and performance. An afternoon of conversation and insight sharing, together with light snacks was just a taste of things to come.



Mother's Day Brunch

A Mom is a blessing that no one can replace. Our Royal View community celebrated Mother's Day - in style!



WELCOME

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

ADRIENNE KOLLENBERG

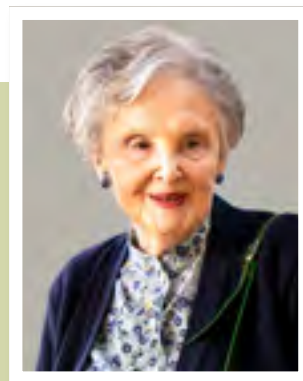
Are you a day or night person?

Night owl. I love staying up late reading and watching TV.

What Star Sign are you? Scorpio.

What is your life's mantra?

To try the very best to enjoy the good things and not hang onto the bad.



STELLA AND ALEC TABAK

Do you see the glass as half full or half empty?

Stella: Half full.

What are you most excited about?

Stella: I am very excited about being at Royal View.

What is the most essential life skill?

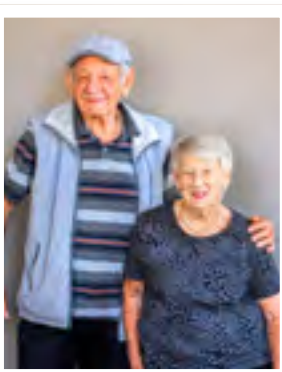
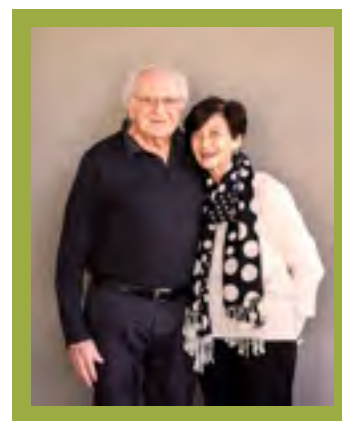
Stella: Kindness, as it is contagious.

What is your star sign?

Alec: Aquarius.

What are your hobbies?

Alec: I love to read a lot, watch TV and birdwatch.



THELMA AND ERNIE MELANDOWITZ

What have you learned about life so far?

Ernie: Life can be very challenging although being at Royal View has its compensations.

Thelma: Life can be both good and challenging but one can always learn from it.

On what it takes to be happy?

Ernie: To be in a serene environment, causing absolute relaxation and forgetting about the outside world.

Thelma: To be comfortable and relaxed. To have a place of comfort.

What are your hobbies?

Ernie: Stamp collecting and playing the piano. Reading both fiction and non-fiction books.

Thelma: Playing bridge. Reading. My favourite author is Nora Roberts.

DOREEN KATZEN

What is your life mantra?

When the good times come, grab them with both hands.

Are you a glass half full or half empty type of person?

Always half full.

What are you most excited about?

To live my best life at Royal View for as long as I can.



JUDITH PELUNSKY

What is something you haven't done yet but want to try?

Climb a mountain.

Do you have any daily or weekly rituals?

I am not a person that lives by a schedule but a once a week visit to

the hairdresser is my ritual.

Favourite Song?

I love Hallelujah because I love the mood and feel of it when sung by Lenard Cohen or Rena Flemming.



JULIUS AND VIVIENNE GORDON

Are you a cat or dog person?

We are definitely dog people!

What is something you've always

wanted to do but haven't?

Vivienne: To go on a cruise to the Caribbean.

Julius: I've always wanted to be a vet and perhaps go on 'SA's Got Talent.'

What do you look forward to?

Vivienne: Seeing my grandchildren and making Royal View our new home.

Julius: Getting settled into a new home.

BELULAH JANKELOWITZ

What is the best part of your day?

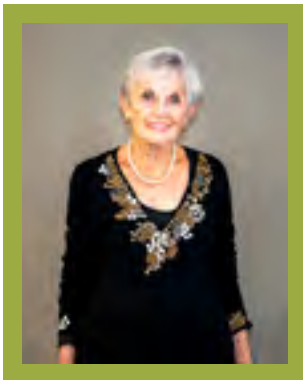
I like to wake up very early and enjoy the sun rising. I am always up by seven and either walking my dog or in the garden.

Beach or a mountain holiday?

I used to love the beach but the sun is pretty treacherous and after my cancer, I tend not to spend too much time in the sun.

Bucket list item?

To visit Poland and go on a type of 'March of the Living.'



DAWN AND ERNEST BARNETT

What is your favourite ice cream flavour?

Dawn: Vanilla as I can add a topping I like.

Ernest: Woolworths Stracciatella.

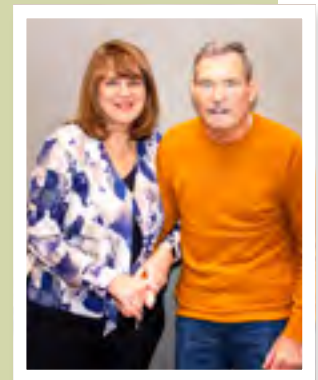
What is your favourite movie?

Dawn: The Holiday or any romcom genre.

Ernest: Dances with Wolves.

What's the most beautiful place you have ever seen?

Chamonix in France. We saw it in the snow on a skiing holiday with friends.



JENNIFER SWEIDAN

What have you learned about life?

Family is the most important anchor when going through rough times. They are dependable and always there for you.

Do you see the glass as half full or half empty?

I always see the glass as half full because something good always seems to replace the bad.

Best Movie?

Bridges of Madison County is the best movie ever. It is a beautiful love story and one day I would love to find my Robert Kincaid.



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

Celebrations

MILESTONE BIRTHDAYS

MARCH

Shirley Shafer
Arnold Karmer

APRIL

Carol Davidson
Judith Feinberg
Molly Cohen
Julia Teichner

MAY

Judith Pelunsky



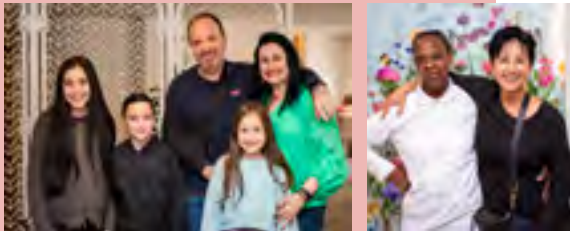
MELROSE MANOR

Melrose



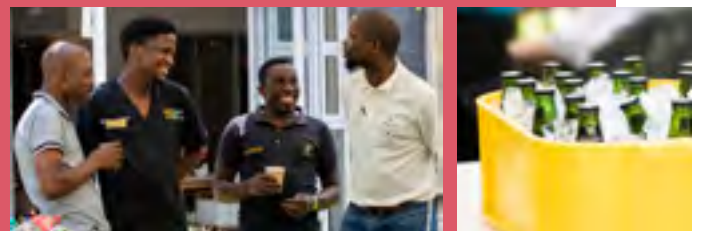
SUNDAY LUNCH WITH THE FAM!

"Family is not an important thing.
It's everything." - Michael J. Fox.
Our residents and their families
had a beautiful morning at Melrose
Manors family day. Delicious food,
fun games and laughter were shared
by everyone.



Gents Club

Golfing legend Denis Hutchinson was the special guest at our monthly 'boys club' lunch hosted at Melrose Manor and joined by our residents of Royal View. Out in the garden over a few drinks and some delicious food, stories were told, and laughs were shared.





Melrose Manor residents were treated to a classic French fine dining experience. Accompanied by Kristel Birkholtz, an award-nominated violinist and singer/songwriter, on violin.

LE DÎNER GASTRONOMIQUE



Health Day at Melrose Manor

The theme of our health day was 'The Importance of Sleep.'

Tanya Muir, a specialist occupational therapist and Dr Adam Stern shared their insights with our residents on this important topic.



"A good laugh and a long sleep are the best cures in the doctor's book."



Shirli Sergay's 90th birthday party

Celebrations

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

MILESTONE BIRTHDAYS

APRIL

Shirli Sergay
 Phylis Swidler
 Ria Schoeman

MAY

Fay Glauber

WELCOME

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



SYLVIA ADERMAN



WULFIE KANARECK

RAY DE GOEDE

Ray was born and raised in Zimbabwe. She studied nursing initially in Zimbabwe and then in Natal. She furthered her studies by doing different courses in New Zealand, South Africa and the UK. Ray has enjoyed a long and successful career.

What is your favourite holiday?

Beach or mountain?

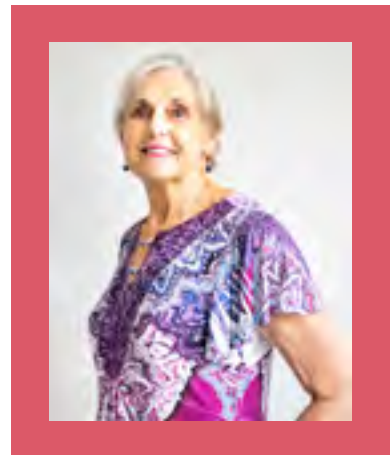
I love water, so a beach holiday is always my dream holiday. The sound of waves is magical, the smell of salt in the air refreshes me, and watching the movement of waves is like meditating.

Are you an early bird or a night owl?

I'm a night owl who enjoys the quiet of night when I seem to be more clear headed. Certainly, it's not easy for me to shake off my morning sluggishness. Slowly does it for me in the morning.

Your favourite movie?

My favourite movie is Pretty Woman. I found the romance and humour uplifting.





Mother's Day Lunch

A Mom is a blessing that no one can replace. Our Melrose Manor community celebrated Mother's Day - in style!





SAN SERENO
—
Bryanston



BOWLED OVER

Congratulations to the winners Stuart Lee, Marlene Varcoe, and Derek Orwin, of this year's Presidents Bowls Cup Championships at San Sereno.

Although it was a friendly competition, the President Cup fostered a genuine sense of camaraderie among the bowlers, which is exactly what the event is all about.



ROCK 'N' ROLL at San Sereno

Another great night at San Sereno with SA's very own Elvis Presley, Tony de King, entertaining the residents with Chef Werner and his team serving mouth-watering dishes as always.



SAN SERENO
—
Bryanston

Keeping our residents informed with IVOR RIMMER

San Sereno residents were presented with an informative talk on Ivor Rimmer's recent trip to Türkiye, as part of a team that volunteered to assist with the aftermath of the massive earthquake that ravaged the country on 6 February 2023. Ivor is the National Coordinator of Search and Rescue ZA and he led a team of seven SARZA members who were selected to assist as part of the Gift of the Givers Team. The South African Team were one of the first to arrive and the presentation highlighted what transpired during their time there.

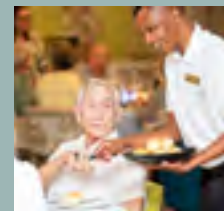


St Patrick's Day Dinner

Residents dressed in green for the evening's festivities.

Everyone enjoyed Lemon and Limelight's performance. Chef Werner delighted our residents with his St Patrick's inspired menu which included smoked salmon trout and broccoli pancakes, snail and pea risotto, rolled braised beef and flaky pastry bathed in a Guinness jus and an Irish coffee, dark chocolate and whiskey whoopie pie to finish.

The evening's magic was a sure winner and is a shining example of one of Auria's unique offerings to its residents.



EASTER LUNCH

The best way to spend Easter is with family and friends, and that is exactly what our residents at San Sereno did on the Easter weekend. What a fantastic afternoon filled with love, laughter and of course delicious food.





SAN SERENO
—
Bryanston

Celebrations

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

MILESTONE BIRTHDAYS

MARCH

Erina Tobitt
Marie Wotherspoon
Zoe Howie
Marion Barns

APRIL

Roy Sampson
Brenda Willemse
Dorothea Thain
Ingrid Poplett
Dawn Leech
Marie-Louise van Niekerk
Molene Richards

MAY

Mike Boyns
Rex Glanville
Desire Bosman
Jennifer Else
Maritze Couvaras
Cynthia Currin
Frances Hammond
Vicky van Blerk
Joan Ruffel
Betty Till



WELCOME

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

JUNE PARSON AND ANTHONY MARTIN

What is your mantra for your life?

June: To keep positive and live life to the fullest every day.

What is something you have always wanted to do but haven't yet tried?

June: Go to Masai Mara in Kenya, explore Namibia, see the flowers in Namaqualand.

What do you look forward to every day?

June: Waking up and seeing the beautiful view from our apartment.

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

Anthony: When I was 57 I went to the top of Kilimanjaro and that was the most beautiful view I have ever seen.

If you could re-live any decade of your life, which one would you re-do?

Anthony: I would relive this past decade 2013-2023, I met the love of my life June Parsons and every day has been amazing with her.

What is the best part of your day?

Anthony: I have always enjoyed sport and keeping fit, the best part of my day is going to play Bowls and going to the gym.

COLOURFUL CELEBRATIONS

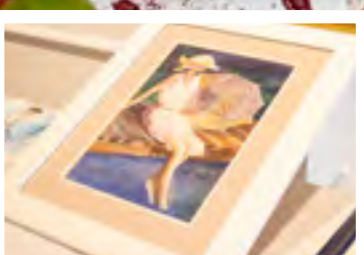
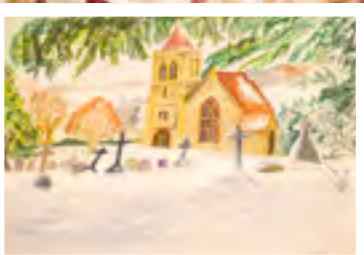
In Celebration of World Creativity and Innovation Day, our San Sereno Residents were treated to a colourful selection of Asian cuisine.

The delightful flowers in the Chinese boxes upped the ante when it came to attention to detail.

Our residents shared their delight with a standing ovation for the Auria Team!



An Artist Palette



**Savour the Spectrum:
A culinary canvas
where art meets
appetite!**

Chef Werner and his talented team created their very own masterpiece at San Sereno's latest Artist Luncheon.

Art has never tasted so good!

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 which 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.

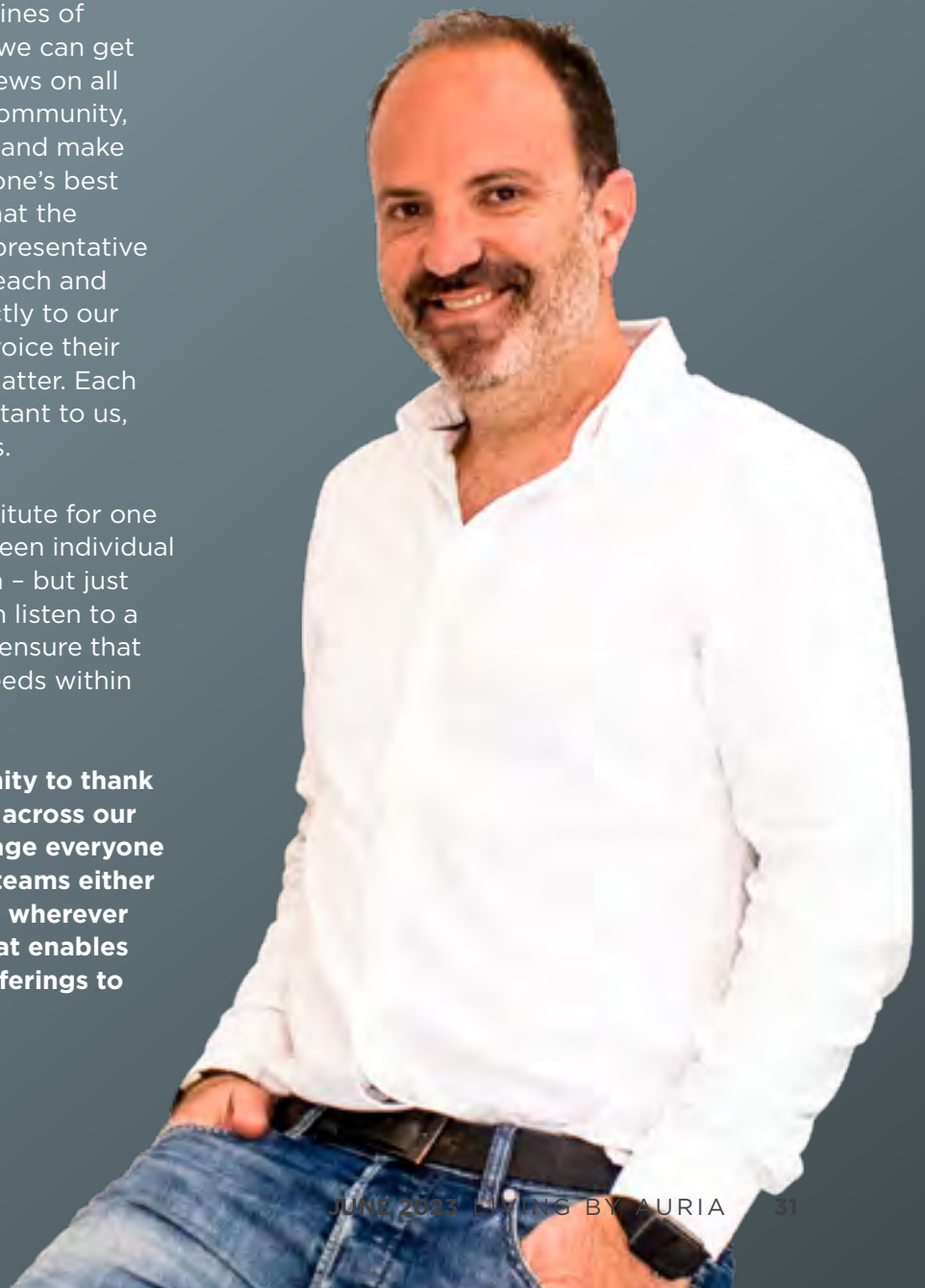
I'd like to take this opportunity to thank all of our ResCom members across our communities and to encourage everyone to provide feedback to our teams either directly, or through ResCom wherever possible, as this is really what enables us to improve our service offerings to our residents.

**BARRY KAGANSON
CEO AURIA SENIOR LIVING**



RESIDENTS COMMITTEE

at a glance



Let's meet our San Sereno ResCom members...

"ResCom is an invaluable channel of communication between Residents and Auria Management."



ROY ANDERSON

"I have been privileged to combine a business and a military career."

After qualifying as a chartered accountant, Roy rose to become the senior partner of Ernst & Young. Thereafter he became CEO and President of the JSE and subsequently CEO of Liberty. Roy has served as chairman of Sanlam and director of Standard Bank, SAB, Murray & Roberts and Aspen Pharmacare. Roy was commissioned into the Artillery and commanded the Transvaal Horse Artillery. He retired last year from the Reserve Force with the rank of Major General.

Roy is now involved in military veterans' affairs as National President of the Gunners' Association and serves on the trusts of the Military History Museums in Saxonwold and Delville Wood.

"I enjoy my role as chairman because of the interaction with Residents and committee members as we strive to ensure an ongoing great living experience at San Sereno. Heading the security portfolio is also a responsibility I take seriously. I liaise closely with Rassie, the head of security, as well as with the Mill Hill Security Committee. Each of us has a role to play in ensuring safety and security at San Sereno."

Roy and Wendy have lived in San Sereno for two years and believe that it was the best decision that they have ever made!

DOUGLAS GIBSON

Following matriculation from Potchefstroom High School for Boys, Douglas embarked on a career in law and politics that spans decades. Early tenures included working at the Department of Justice, the University of South Africa, and the law firm Bowman, Gilfillan and Blacklock. At 22, Douglas entered politics, eventually serving as Benoni Town Councillor and Management Committee Chairman. Concurrently practising law, merging his firm with Moss Morris, Mendelow Browde in 1990, while representing Yeoville as an MP.

In Parliament, Douglas served as Opposition Chief Whip and spokesperson on Justice, Safety and Security, Defence, and Finance, even contributing to the Judicial Service Commission (JSC). In 2007 Douglas was appointed as ambassador to Thailand, Laos, Cambodia, and Myanmar (Burma) which made history as the first opposition MP named ambassador since 1994.

Upon returning to South Africa, Douglas dedicated his time to public speaking, lecturing on World Affairs on cruise liners, and writing. He chaired the R20 billion board for City Power Johannesburg SOC Limited for a year.

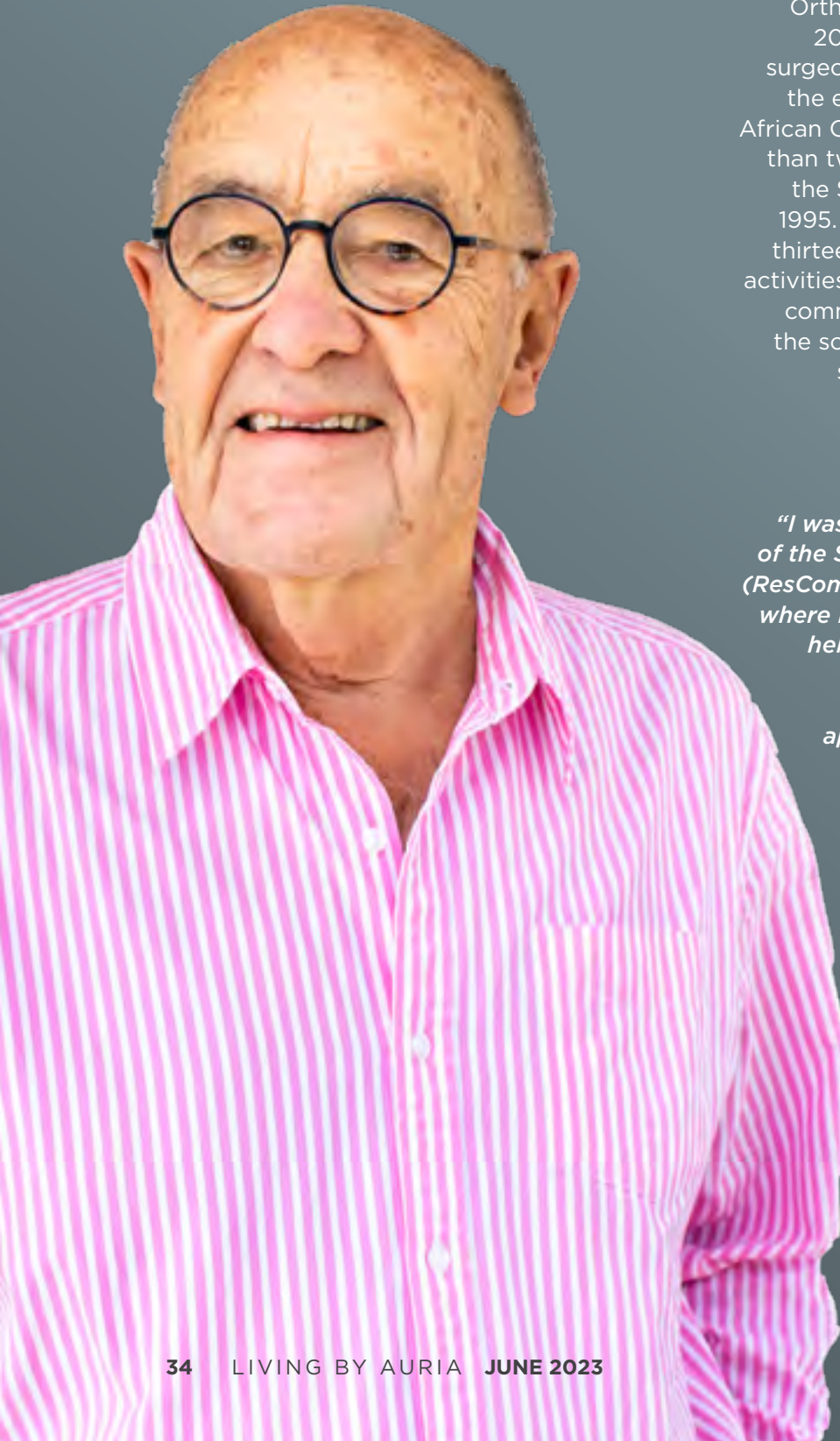
"I really enjoy serving on the ResCom of San Sereno and doing whatever I can to represent our residents and their interests in what we see as the best senior living destination in South Africa."

Pam and Douglas have been living at San Sereno for four years in August and are loving it!

"I enjoy doing whatever I can do to represent our residents' interests."



*"The
greatest
wealth is
Health."
Virgil*



DR JOS VAN NIEKERK

Jos earned his medical degree in 1960 and went on to specialise in Orthopaedic Surgery. From 1968 until 2020, he worked as an orthopaedic surgeon in Johannesburg. He served on the executive committee of the South African Orthopaedic Association for more than twenty years and was president of the SAOA for two years, from 1993 to 1995. He was also a director of PPS for thirteen years. His other extracurricular activities included serving on the medical committee of Transvaal Rugby and on the school committees of his children's schools during their school years.

He also served his church as a member of the Church Council.

"I was privileged to serve as Chairman of the San Sereno Residents Committee (ResCom) during the Covid-19 pandemic, where I believe my medical background helped to support the management in the challenges caused by the lockdown. It has always been my approach that one should become involved in your community and your Association wherever you may be and whatever you are doing. For this reason, I enjoy serving on ResCom and making contact with other residents. In this way, I believe that everyone can help our community to function in a more structured and supportive manner."

Jos and Marie-Louise have lived happily in San Sereno since February 2017.

HEATHER FERREIRA

Heather's career was in Public Relations and Communications. She served as the divisional director of Communications.

"I enjoy doing the newsletter and keeping the lines of communication open with our residents. I believe ResCom plays an important role as a conduit between Residents and Management. Communication is a two-way street and ResCom endeavours to keep those lines of communication open and factual, giving feedback to residents on issues that affect them."

Heather and Frank have been happy residents at San Sereno for six years.

"Keeping those lines of communication open..."



COLIN STEYN

Colin's career has spanned over 40 years in the property industry with positions of Chairman of Barlow Rand Properties Ltd, Managing Director of Rand Mines Properties Ltd, Non-Executive Director of Growthpoint Properties Ltd and Chairman of the Audit Committee and member of the Property Investment Committee.

"I most enjoy being of service to the residents of San Sereno."

"ResCom plays a very important role in assisting Auria management in keeping San Sereno as an international quality senior living experience. Although Auria management takes full responsibility for residents' concerns, ResCom has the opportunity of liaising regularly with Auria management to suggest improvements, list and discuss any concerns, and assist in any proposals that Auria management chooses to raise.

I most enjoy being of service to the residents of San Sereno because it allows me to not only meet many residents but also assist Auria Management in providing suitable facilities to us to enable residents to attend church services of their choice, as well as inviting and encouraging residents to come together in fellowship and to grow closer to God."

Colin and Dawn have been living in the San Sereno community for three and a half years.



"The Bowling Green: a wonderful facility and asset to the San Sereno community!"

MIKE WILLIAMS

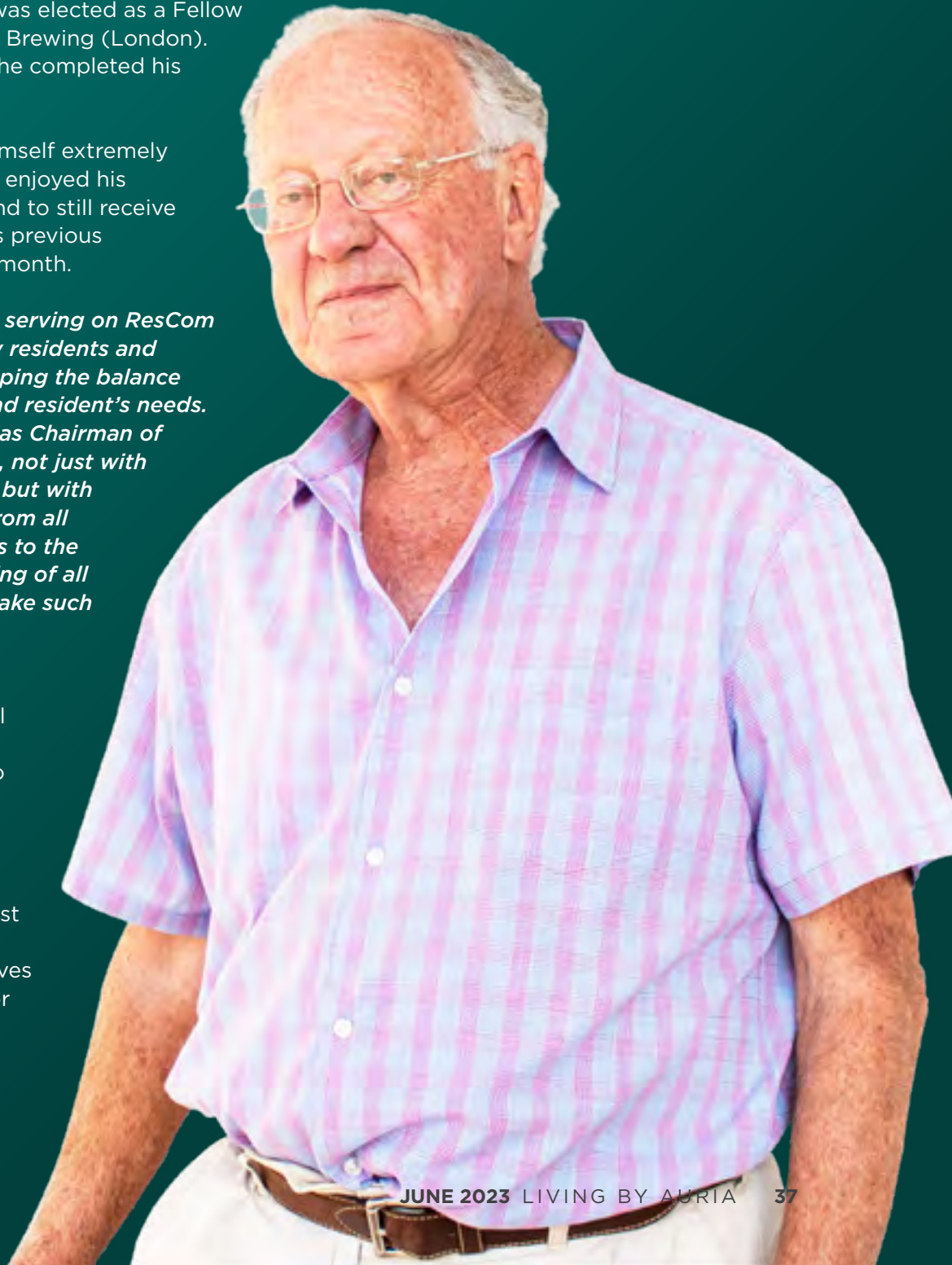
Mike graduated from UCT in 1968 and worked in the petrochemical industry in Cape Town for the next five years. His lucky break came in 1973 when he landed a job as a young engineer in the brewing industry. For the past 50 years, he has worked in the fields of engineering and science. He registered as a Professional Engineer, obtained his brewing credentials, and was elected as a Fellow of the Institute of Brewing (London). During this time, he completed his Master's degree.

Mike considers himself extremely fortunate to have enjoyed his working career and to still receive free beer from his previous employers every month.

"I believe that by serving on ResCom I can assist fellow residents and contribute to keeping the balance between Auria and resident's needs. My main focus is as Chairman of the Bowling Club, not just with bowling matters, but with extended input from all bowling members to the care and well-being of all residents, who make such good use of this lovely facility."

What a wonderful facility and asset to the San Sereno community!

Mike and Penny have lived at San Sereno for the past eleven years and consider themselves most fortunate for the opportunity.



"Representing catering at ResCom is an honour."



RAY BOWRING

Ray and her husband Les have worked in the real estate industry for the past 45 years. They own a variety of industrial properties in their portfolio. Printing companies, a wholesale hardware outlet, two forklift companies, graphic designers, and other businesses are among their tenants. There are 25 tenants in total, some of whom have been with them for 36 years. Their operations are similar to those of San Sereno; maintenance, contracts, security, dealing with tenants and their unique needs and managing staff.

"Serving on ResCom has been a privilege and, through the years, I have seen many changes at San Sereno, the highlight being the changeover from Sanlam to Auria. As a ResCom member, I enjoy liaising with residents, assisting where possible, and when not possible, referring issues to management for their attention."

They have lived at San Sereno for 18 years and Ray has been a member of ResCom for the last 15 years. They consider themselves extremely fortunate to live in this, truly serene, environment.

MARCELLE FRANK

Marcelle has spent a long and successful career, spanning 35 years in education. Prior to retiring, she held the position of Headmistress.

"As a retired teacher, I check, see requests from residents, and am generally quite bossy at asking for requests to be met timeously! As a member of San Sereno's ResCom, I enjoy the teamwork and acquiring more insight into the running of our community. The interaction with the management team is very interesting and stimulating. Residents know that we are more easily available to chat if they have a request or query. We are also then able to communicate with the relevant manager and follow up if necessary. We are also the eyes and ears for management to address any concerns and receive praise from residents."

Marcelle has been a happy resident at San Sereno for seven years.

"As a retired teacher, I am generally quite bossy at asking for requests to be met timeously!"





CORAL COVE
—
Sheffield Beach



CORAL COVE
BY AURIA SENIOR LIVING



CORAL COVE IS BREAKING GROUND

We are delighted to announce that we will be commencing the construction of Coral Cove at the end of July 2023!

Over the last few weeks, the professional team has been planning for the mobilisation and commencement of major earthworks operations at the end of July 2023, and we are eagerly looking forward to the arrival of 'big yellow machines.'

With a July 2023 commencement date, we anticipate completion of Phase 1, and therefore move-in dates for residents of October 2024.

This means that the entire Phase 1 (comprising houses, apartments communal areas and care centre) of Coral Cove will be operational and complete at this date, affording residents the opportunity to utilise the full array of Auria facilities and services.

Further to the above, we are pleased to advise that we have made some exciting changes to the communal pavilion area, and wellness centre, which we believe improves these areas vastly for residents.

We look forward to sharing more exciting Coral Cove news as development begins.



Fall Prevention

At Auria Senior Living, our mission extends beyond mere comfort and care. We are dedicated to enriching the lives of our residents through knowledge and empowerment, equipping them with the necessary tools for a safer, more engaging lifestyle.

Our key focus this quarter has been to shed light on the crucial topic of fall prevention. We have been actively organising informative talks, group discussions, and sessions within our communities. A fundamental aspect of our Fall Prevention Programme is to screen all our residents and advise where necessary. Louise Sole, our Head of Care and Wellbeing, has been instrumental in leading this initiative. She has underscored the significant role mobility aids can play in mitigating the risk of falls and enhancing independence, thus contributing to the overall wellbeing and peace of mind of our residents.

Mobility Aid Expo



MOBILITY AIDS

BY LOUISE SOLE



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.

WHAT EXACTLY IS A MOBILITY AID, AND SHOULD I BE USING ONE?

A mobility aid is any device that assists a person with walking or improves mobility. They range from walking sticks to walkers to motorised scooters to stair lifts. Overall, it is an aid that can help maintain mobility, independence, and overall quality of life.

Whether or not to use a walker or walking stick is a decision made on an individual basis, based on your specific needs and abilities and in consultation with a healthcare professional. For those who experience balance problems or mobility issues, using an aid can be helpful. However, if an individual does not experience any issues, using a walker or walking stick may not be necessary or appropriate. In some cases, using it when not needed can actually lead to a decrease in mobility and muscle strength.

Walking aids are becoming more common and widely accepted as they are not being seen as a reflection of a person's abilities or self-worth but simply as a tool to help maintain mobility. In some cases, using a walker or walking stick may actually



improve a person's appearance and self-image by enabling one to walk more confidently and with greater stability, thereby enabling a greater sense of control and independence.

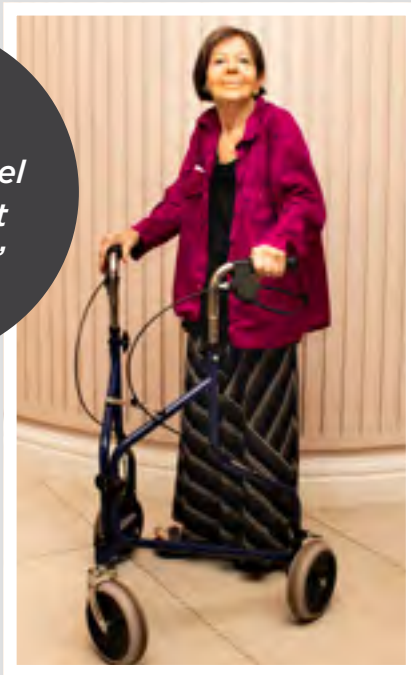
There are numerous benefits for those who experience balance problems or mobility issues. It makes it easier to move around, go up and down stairs, and participate in activities they may have avoided due to fear of falling. They can help reduce the pressure on joints and muscles in specific areas and reduce pain felt when walking. It may allow you to perform tasks and go places that previously you may not have been able to do or go without support. Knowing you have support when walking can give one more confidence and a greater sense of security, helping to reduce anxiety and fear.

Mobility is an important aspect of self-care and fundamental to maintaining a healthy, more active independent life leading to a positive overall wellbeing. I would encourage all that have questioned their balance and walking ability to consider an aid.



This is what our
Auria's Residents have
to say about using
Mobility Aids

*"It is a
pleasure, I feel
so confident
and sturdy."*



**MOLLY COHEN
FROM ROYAL VIEW**

After having a few unfortunate falls and experiencing a problem with her balance, Molly made the decision to purchase a mobility aid. She started with a walking stick and soon after decided on a walker.

With so many options to choose from, Molly found the perfect lightweight, foldable frame to support her slight stature.

Molly recommends going straight to the walker. Her recommendations have already seen a few Royal View residents, taking the plunge in purchasing their own.

Since she has been using her walker, Molly insists that she is a faster walker than her husband Dave!

**PATRICIA PELL
FROM SAN SERENO**

Patricia has been using a mobility aid for five years. At first, she had a walking stick and then took the plunge and invested in a walker. She also has a scooter, that she uses when she visits Howard at the Care Centre and when she has to go to the clinic.

"I thought that using a walker was the most embarrassing thing and it meant total loss of dignity. My choices were either to use a walker or stay at home. I chose the former and could not be happier. It made me feel so comfortable and its benefits and uses are many."

Her advice for anyone who is unsure about using a mobility aid is start with a walker and take the plunge!





ELINOR LE RICHE FROM WOODSIDE

Elinor has been using a walker for a couple of years and previously had been using a walking stick. She has three walking sticks at home which she uses around the house. After a couple of falls, she decided on using mobility aids to help with her balance.

“I wasn’t nervous about getting a walker. I love it – It makes me feel confident and I like the way it is able to fold up and fit behind a car seat. It is so easy to take along whenever I am going somewhere. When I am tired of walking, I can just open it up and have a seat.”

She would recommend a walker to everyone! She even offers hers up as a test drive. She believes it is very versatile – there is one for everyone’s needs, and that if a walker gives you better balance and confidence, there is no reason to feel reluctant to get one. It doesn’t matter what others think, it just matters if you can enjoy your life to the fullest.


NAOMI KAPLAN FROM MELROSE MANOR

Naomi has been using her walker for some time. She has suffered from various challenges affecting her balance and posture. Initially, her walking stick was sufficient, however, she found herself leaning forward which affected her posture negatively.

Naomi emphasises how comfortable her walker is and is nothing short of ‘fantastic.’ Naomi enjoys staying active and her walker has aided in her ability to keep moving in comfort!

“From the first week of using my walker many residents noticed how my posture had improved.”



A painting of a coastal villa with a large green tree and a blue sea. The scene is set on a hillside overlooking the ocean. A large, leafy green tree stands in the middle ground, partially obscuring the view of the sea. To the right, a white villa with a tiled roof and green shutters is visible. The foreground is filled with lush greenery and yellow flowers. The sky is a deep blue with some white clouds. The overall style is impressionistic with visible brushstrokes.

Synchronicity, coincidence, chance or...?

What are the chances that two friends from San Sereno would both end up in the same villa in Skiathos, Greece, with their families for two 80th birthdays?

Painting by Marie-Louse van Niekerk



BY MARIE-LOUISE VAN NIEKERK (SAN SERENO)

Marie-Louise van Niekerk, her husband, children, spouses and grandchildren, 20 in all, enjoyed her 80th birthday in July 2018 at Villa Ion.

Four years later Dot Willis, her husband, children, spouses and grandchildren, 18 in all, celebrated her 80th in July 2022 at Villa Ion - the same villa!

They only realised the coincidence when Dot and JP returned. They compared islands and shared some photos and, lo and behold, it was the exact same villa!

With more than four thousand villas to rent on Skiathos, the “Mama Mia Island”, Villa Ion is only available for three weeks every year.



Villa Ion

In 2018 the villa was booked by Elise, Marie-Louise’s daughter, from Cape Town and in 2022 by Lindsay, Dot’s daughter from London. These two have never met.



Dot and JP Willis and family

The family of Marie- Louise and Joss van Niekerk



The memories of good food, wine, fun and camaraderie will stay with both these families for a long time.







Let your love light shine
with Royal View's

Roslyn Basserabie

Teacher, performer, radio personality,
author, inspirational teacher

As I strolled into Café Auria, a radiant figure adorned in canary yellow captured my attention. Her vivacious energy was palpable, and it was clear that this encounter would be nothing short of magical. This extraordinary woman was none other than Roslyn, a multifaceted talent with an inspiring story to share.

In the quaint town of Witbank, where Roslyn spent her formative years, the seeds of her potential were nurtured. This humble backdrop allowed her talents to flourish, free from the constraints of bustling city life. Yet, Roslyn's dreams extended far beyond her small-town roots; she aspired to captivate audiences on the grand stage. But when her desired dramatic arts degree was not available at Wits, Roslyn turned to teaching, transforming the classroom into her own stage.

For a decade, Roslyn devoted herself to teaching primary school children, all while raising her own family. The harmony of her professional and personal lives was a testament to her adaptability and resourcefulness. As a teacher, she honed invaluable skills in psychology, emotional intelligence, sociology, and conflict management. Her mantra, “Every problem is a solution waiting to happen,” echoed through the halls, inspiring young minds to transform obstacles into opportunities.

Roslyn’s own personal journey served as the cornerstone of her teachings. In her youth, she overcame bullying by choosing to confront her tormentor and refusing to play the victim. This courageous act would become the foundation of her future guidance.

As the curtain fell on her teaching career, Roslyn dove headfirst into the world of marketing, putting her sales skills to the test. Ros spent many years juggling her new professional path whilst continuing to uplift others with her inspirational talks on leading a life brimming with quality. Over time, she found comfort and expression in the written word, crafting two compelling books ‘From my Heart to Yours’ and ‘The Colours of My Life.’

Her writings were more than just memoirs; they were roadmaps detailing her transformative journey from hardship to triumph. She fearlessly shared how she navigated her most challenging moments, providing step-by-step guidance for others who dared to journey from their own ‘zero to hero.’ Each page was imbued with Roslyn’s resilience and tenacity, painting an inspiring picture of a woman who refused to let life’s trials dim her light.

Roslyn found herself in her early forties, with a growing desire to travel the world but no means to do so. Roslyn chose to focus on what she had rather than what she lacked. She set out on a creative adventure to discover the wonders of her own city. This choice shifted her

perspective, allowing her to see the abundance and adventure that surrounded her in Gauteng.

Roslyn’s next endeavour, as the producer and host of “Culture Vulture” on Chai FM, allowed her to share her love of the arts, entertainment, and the people of Johannesburg. She would host interesting people who were up to something exciting in and around Johannesburg. The slogan “The beauty of the world lies in the diversity of its people” accurately represents what Ros shared with her devoted listeners.

Despite her unconventional ways, Roslyn remained steadfast in her spiritual and religious beliefs, finding solace in the structure of Judaism. This framework became the compass that guided her through life’s twists and turns. And when her beloved husband passed away in 2021, she took solace in her faith and embarked on a new journey, writing her third book.

With boundless love and empathy for humanity, Roslyn has channelled her wisdom and creativity into her newest venture called ‘New Beginnings.’ It is an organisation dedicated to men and women over the age of 60, in the community, who find themselves alone. New Beginnings bears the slogan “No one needs ever be alone” with an offering of a happy place for single men and women to socialise.

Today, Roslyn’s adventurous spirit thrives in the Royal View Community, where she is set to share her wisdom through talks and events. New Beginnings may find its way onto the Royal View Event Calendar. Her life’s purpose continues to unfold in South Africa, Gauteng, a place facing its own unique challenges.

Roslyn's secret to living a life of quality can be distilled into three simple principles: something or someone to love, a purpose to fulfil, and something to look forward to. With these elements in hand, Roslyn's light continues to shine brightly, illuminating the path for others to follow.





Lucy Groenenstein

The Melrose Manor cheerleader
spreading the cheer amongst her peers

BY ADI GELBART FOR MELROSE MANOR

Lucy graciously welcomed me into her beautiful apartment, tastefully decorated and exuding a warmth that only a home can emit. Being a relatively new resident, it surprised me how everything seemed to belong as if it has always been there.

Lucy has a kind and gentle disposition with a talent for homemaking. Born in the West Rand, Lucy comes from humble beginnings and has an optimistic view of life. She describes herself as an emotional person, always wanting to be of help. She loves to make other people happy. This endearing quality has made her an invaluable asset to her family, the family business, her friends and to the residents at Melrose Manor.

Lucy moved from the West Rand to join her husband in his tax consultancy business after they married. Lucy considers her mother's advice to join her husband's business to be wise. L&C Tax Consultancy was a small business at the time. Lucy's contributions over the years contributed to the strength of its services, which are still in operation today. Lucy's daughters joined the company one by one after graduating with accounting degrees. When her granddaughter completed her degree the decision to join the family business was a 'no brainer' - all four ladies from the Groenenstein clan! An ode to girl power indeed!

Lucy has admitted that having a family business often required her to be the 'draadsitter' Anyone who is part of a family business would agree that diplomacy is a most necessary skill in navigating the potential complexities that often arise - one that Lucy mastered. 'Loyalty, support and understanding' are Lucy's top three family values.

Being at Melrose Manor has added a new dimension to Lucy's life. As a social person, Lucy has made 'too many friends to mention.'

Her favourite day is a Wednesday when she begins her day at the hairdresser. Looking fabulous Lucy joins the arts and crafts activity of the week. She loves gardening too and has joined the gardening club. In the early afternoon, there is a discussion group where opinions and information on various topics are shared. She is busier now than she has ever been and is starting to let the girls handle the business more. On the days when she is not at the office, Lucy admits to feeling quite guilty.

Always wanting to make those around her feel safe and comfortable, Lucy has taken to being the voice of encouragement amongst her fellow residents. The level of trust she has garnered from some of the residents has added to Lucy's sense of belonging.

No doubt her warm and gentle ways are being felt by those at Melrose Manor who can call Lucy their friend.

LUCY ON HER...

Favourite holiday: The beach. We spent many holidays as a family in Umhlanga.

Star sign: Aries.
I am very social.
I love people.

Favourite season:
Summer, especially the Joburg thunderstorms.

Dog or cat person:
None, but I am growing out of my comfort zone when the dogs come to visit us. The last time I managed to spend a bit of time patting a lap dog. You see I am growing. I am always looking for ways to do better!

What is on your bucket list: I have no fancy ideas. I am content and happy.

Looking ahead: I can see how older residents here are able to reach their age. They are free.



Lucy's daughters and granddaughter

Ian Farlam, the retired South African judge, renowned for chairing the inquiry into the 2012 Marikana massacre, is a figure many associate strictly with his professional accomplishments. However, the full picture of Ian Farlam is not restricted to his judicial work alone. After five minutes of chatting with Ian, I found a man with varied interests, passions and pursuits that are equally essential to his legacy - the man behind the judge.

He and his wife Carrol, are recent residents of the vibrant Woodside community. Their transition has been facilitated by the presence of many friends already residing at Woodside, as well as the promise of a hassle-free lifestyle in an Auria community. The difference between living a hassle-free lifestyle at Woodside and his previous lifestyle of owning a home, according to Ian, is 6000. Ian explains that when he needed immediate maintenance assistance at Woodside, he dialled 6000!

Born in Cape Town, Ian's interest in law was sparked at age 13 after reading a biography of a prominent British advocate. Young scholar par excellence, he completed his BA LLB at UCT and went on to work in the public sector as State Advocate until 1968 when he joined the Cape Bar. He practised at the bar for

25 years, becoming Senior Counsel in 1981. In 1993 he was appointed to the bench. Ian became a high court judge and then supreme court judge - a position he held until his retirement. The judicial retirement age is 70, and Ian hung up his robes to pursue other interests in 2009 when he reached "The statutory age of senility," a term coined by a former colleague.

Still providing his expertise on a part-time basis, it was the Marikana Commission of enquiry in 2012 that brought Ian back to the South African bench. What was supposed to be a four-month project took over two and a half years.

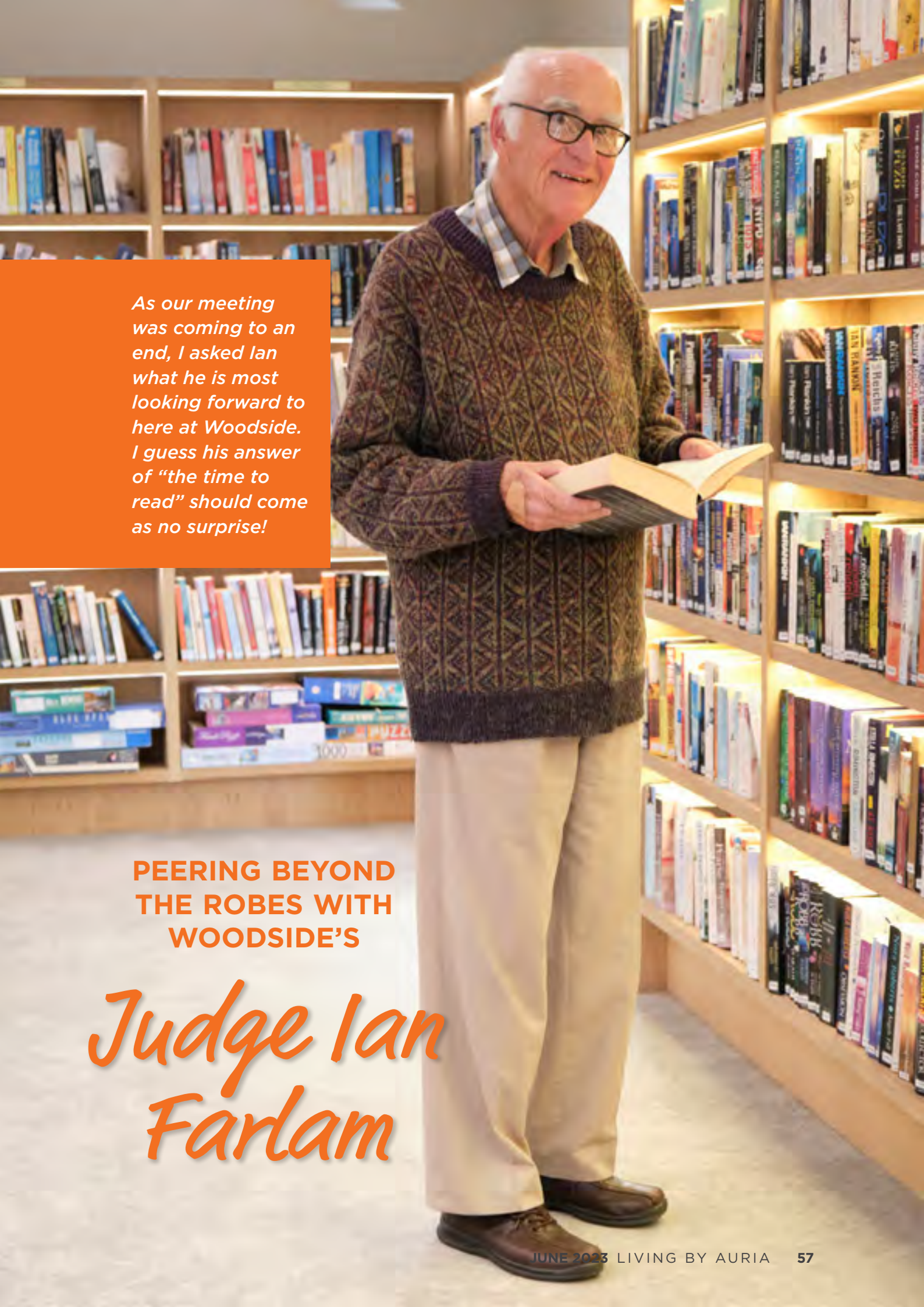
In the shadow of his illustrious legal career, Ian nurtures a diverse range of interests "that keep him out of mischief." He lends his wisdom to numerous boards, advising the archbishop, serving as chancellor of the Anglican Church, trustee of the endowment trusts of the Cape Town City Ballet and Cape Town City Concert Series, a board member of the FW de Klerk Foundation and Accountability Now.

Accountability Now is a non-profit civil society organisation based in Cape Town, South Africa. It seeks accountability from the government, parastatals, and the private sector. They urge South African leaders to be responsive to the needs and rights of ordinary

people, as enshrined in the country's renowned post-apartheid Constitution, and a member of the council of Historical Publications Southern Africa formerly the Van Riebeeck Society.

And at the core of Ian's multifaceted life stands an unwavering pillar - his wife Carrol. Ian, Carrol and their family have been assisting an extremely talented South African baritone, Theo Magongoma, to receive recognition on the world stage. In the forefront of these activities has been their daughter, Linda, who played an important role in arranging opportunities for Theo to become known not only in South Africa but in Europe. One such event was the Opera Concert hosted at Woodside, which helped raise funds which enabled Theo to participate in an important concert in the Wigmore Hall in London; this has the potential to propel Theo to stardom.

But it's Ian's fascinating obsession with knowledge that piques my interest. Ian has always been a voracious reader, and his passion for history has never waned. Ian has revealed that he has an unusual hobby. He has been collecting Harvard Classics; a 50-volume series of classic works of world literature, edited by the former president of Harvard University, designed to give all readers the essentials of a liberal education.



As our meeting was coming to an end, I asked Ian what he is most looking forward to here at Woodside. I guess his answer of “the time to read” should come as no surprise!

**PEERING BEYOND
THE ROBES WITH
WOODSIDE'S**

*Judge Ian
Farlam*

ZÖE BRUCKMANN
(SAN SERENO)

Locusts, elephants and scandalous Sunday lunches!

ZÖE BRUCKMANN REFLECTS ON HER CHILDHOOD IN KENYA

The recent coronation of Charles III has brought back memories of my childhood in Kenya. The British monarchy was going through an interesting period at the time, with one king waiting to be crowned and one who didn't want to be crowned.



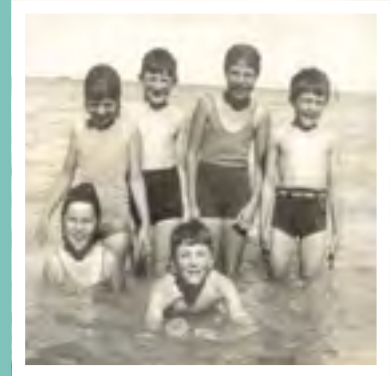
nearby. The farmers were called out the next day to try scare and chase away a herd of elephants from the mealie fields. My father was assigned to a specific field, which is how I, perched on the shoulders of a labourer, witnessed my father being charged and knocked down by an elephant. He was miraculously unharmed, and I recall this scene vividly. He died a few years later, when I was six years old.



On the farm at Kitale, Kenya



Another vivid childhood memory is falling off my mother's lap when the door to our Model T Ford flew open. I must have been around three years old!



First seaside holiday on the coast near Mombasa

My father had served in the British Army in Tanganyika before being granted land in Kenya to farm. Early memories included malaria attacks and swarms of locusts. The sky would darken on the horizon, and the children were sent out to bang kerosene tins to keep the locusts at bay.

According to accounts in novels and biographies, Kenya had a reputation for scandalous events in the 1930s. Sunday luncheons were clearly popular on farms - sometimes with large gatherings of people from all over the world. Seven different languages were spoken in my first year of school.

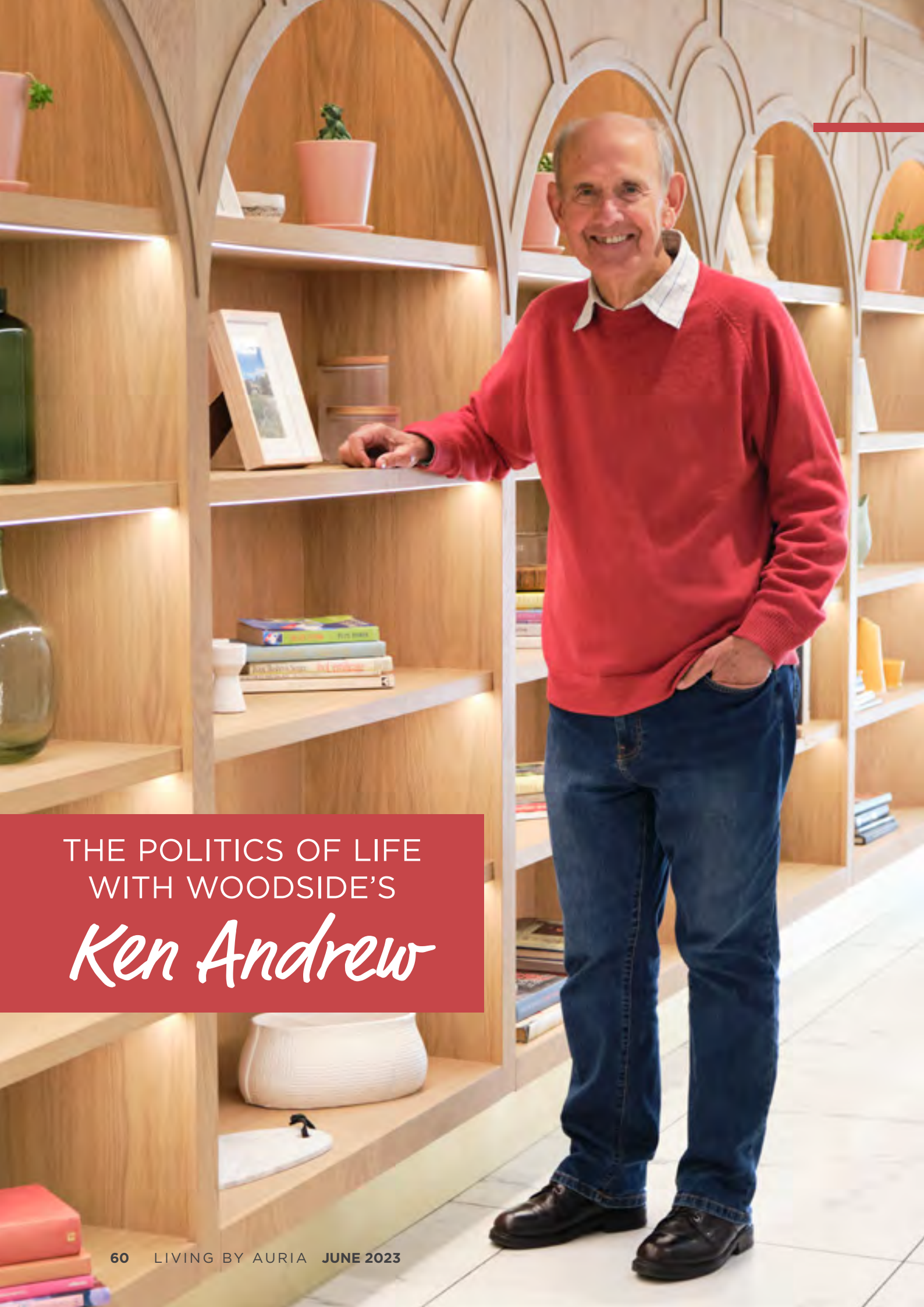
that was comfortably seated with her buttocks spread across two chairs at one lunch.

Typically, nothing remained of any crop that had not been flattened and stripped by elephants. My mother, myself and my two older sisters were walking to Sunday School on a neighbouring farm one Sunday when we were stopped by a group of farm labourers who were shouting one word at us. My mother mistook the word for 'beer,' and so hurried us along. The word was actually one used to warn her of a group of elephants

The adults sat around a large table and were lavishly wined and dined. Children were left to play on their own or to observe the adults. We noticed one lady

I also remembered a lady guest dancing around the table, almost skipping, with a glass held high. With liquid splattering all over her, she sang loudly and clearly, "Mrs Simpson's pinched our King!"





THE POLITICS OF LIFE
WITH WOODSIDE'S
Ken Andrew

Born and raised in the heart of Cape Town, Ken's leadership qualities were apparent from a young age, serving as head boy at Rondebosch Boys' High School. Further honing his abilities, Ken pursued his studies at the University of Cape Town, where he achieved a BSc degree and later a Masters in business administration, laying a strong foundation for his future career in politics.

As a student, Ken's commitment to community and public service was already evident. He chaired the Local Committee of the National Union of South African Students, showcasing his dedication to activism and student rights. This spark of public service guided him as an 18-year-old to join the Progressive Party in 1961, which would become a landmark decision in his life.

The Progressive Party, which later transformed into the Progressive Federal Party in 1978 and subsequently into the Democratic Party, became Ken's political home. He served with honour and distinction as an MP for 23 years and rising to the position of Federal Chairperson of the DP man from 1991 to 1994.

The pinnacle of his political career came when he served in the post-apartheid Parliament under the banner of the Democratic Alliance and was elected as the first Chairperson of the Standing Committee on Public Accounts (SCOPA), a testament to his enduring dedication to democracy and human rights. Ken's journey in public service continued until the 2004 general election when he chose to retire.

Ken and Adrienne have lived at Woodside since 2019 and enjoy being close to their children and grandchildren. He observes that Woodside continues to improve dramatically under Auria's leadership. Ken considers the Wellness Centre to be a 'gift from heaven', and he lives a healthy, active lifestyle.



Ken celebrating a victory during his political career

Ken summarises his call to duty with these three quotes:

*"The surest way to ensure that your worst fears become your realities is to do nothing to prevent them from happening."
Van Zyl Slabbert*

*"If you can't feed a hundred, just feed one."
Mother Theresa*

*"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."
Maya Angelou*

Ken's story is a testament to a life lived fully, with a commitment to public service and a firm belief in the values of democracy and equality.

We are proud to have Ken Andrew among us at Woodside, as his experience at the forefront of South Africa's historic transition to democracy adds to the rich tapestry of life experiences within our community.



A Pioneering

Spirit

with
Royal View's
Hana Makori

BY ADI GELBART
FOR ROYAL VIEW

Hana Makori was one of the first residents to move into Royal View, which is not surprising considering that being first has been a recurring theme in her life.

Hana's parents emigrated from Poland and Latvia to the land of 'Milk and Honey' prior to WWII. Because of their shared Zionist beliefs, they began a new life before meeting and marrying in Israel. They were intellectuals who instilled in each of their future four children a pioneering spirit. Hana, who was born in Israel on 17 October, 1945, is the first person I've met with a Palestinian birth certificate. Her humble upbringing taught her the value of a good education combined with a strong sense of purpose.

Hana began her teaching career after high school and finished it while serving in

the Israeli army. She was able to become the first soldier teacher in Ashdod, a small coastal city in Israel, due to her strong work ethic and sense of direction. Hana met and married her future husband, Joram, and they started a family. She continued to teach and advanced to the position of Vice Principal. Hana was approached by the Minister of Education about opening a new school in Ashdod, an opportunity she couldn't pass up! With Hana at the helm, the school rose to prominence in Israel and was named the country's top school. This achievement was a great honour and a source of pride for her family.

The Makoris moved to South Africa with their three children in the 1980s after Joram was offered a position representing a large Israeli company. Hana's twenty years of teaching experience came in handy when the South African Jewish Board of Education, approached her about opening a school in Johannesburg for Israeli children.

During the 1980s, many Israeli families relocated to South Africa. Hana began teaching Hebrew in King David's 10th, 11th, and 12th grades. She



In 1970 Hana received an award for the best school in Israel. Yigal Allon, the Minister of Education and Culture in Israel, handed her the award.

played a significant role in reintroducing more Israeli children to the King David Schools. Her responsibilities included serving as a national moderator and chief Hebrew matric marker. Hana, who is 78 years old, still teaches Hebrew in three schools every day from 07:00 to 17:30. She continues to be in high demand and is grateful to be able to work and give back to the community.

All three of Hana's children have distinguished themselves in their respective fields. They are all independently successful. A radiologist in Israel, a dentist in London, and a media personality who was initially headhunted by Bloomberg TV (after they saw her work in SABC) and now heads up the team of KITCO News in New York. KITCO News is a news channel which focuses on delivering insightful investment news and analysis. It is a world-leading metals and mining news organisation. The pioneering spirit and work ethic have evidently been passed down.

Hana moved from her family's Senderwood home to Royal View after her husband passed away. Her decision to retire in South Africa was primarily influenced by the incredible community support she received.

Having lived in South Africa for 42 years she is now more South African than Israeli. Her reputation precedes her, and she knows many people at Royal View because they are the grandparents of many of her former students.

Hana describes Royal View



Hana and Joram on their wedding day

as an "unbelievable place." Despite the fact that she is alone, she is not lonely. "I look forward to returning home to Royal View every day after work" comments Hana as she enthusiastically scrolls through her smart phone to show me the image of the painting she created at the 'sip and paint event.' Carla and Eli, the hairdressers at the Royal View Salon, get an A+ from Hana describing them as excellent stylists and wonderful people.

Recently, Hana had Israeli guests who remarked that they would also move to Royal View if they didn't have children in Israel!

Hana exclaims enthusiastically, "The environment here is so welcoming and warm, which gives the impression that you are not alone."

Hana is looking forward to the next sip-and-paint night and seems to be discovering wonderful new hobbies and abilities she never knew she possessed.

BY DOT WILLIS
(SAN SERENO)

San Sereno's

Owen Liebbraudt

Entrepreneur,
Sport and
Horse Racing
Enthusiast!

After family there are three main facets to Owen's life - Business, Sport and Horse Racing. He worked hard in each area and excelled in all three.





BUSINESS

Owen was born in Swakopmund, Namibia, where his grandfather was the town mayor. He matriculated from Kearsney College, Natal at 15 in 1949. Owen was the top tennis player and mile winner in his final year. He moved to the Durban YMCA but no university would accept him for a CA because he was too young. He decided to work and do his articles simultaneously.

He began working at Eskom in Durban as an Internal Auditor and moved on to become Bradlows' Internal Auditor in Johannesburg and Branch Manager in 1959. He was the youngest employee at 26. I asked Owen if they listened to him as he was younger than most. He replied with a definite "They had to!" He met a special girl at Cathedral Peak while travelling between Johannesburg and Durban and started commuting to Bradlows as General Manager after marrying Beryl in 1960.

He then worked in Carltonville for a year at Russels Furnishers in Johannesburg. He returned as a director at 29. Owen visited the Chairman once a week, who recognised Owen as a special young man and gave him the keys to a Brixton shop. He kept 49% of the shares and gave Owen 51%. Owen hired the Chairman's two young sons and named their business 'The Model Furnishers.' Ten shops followed in three years and later grew to 15.

When TVs were introduced into South Africa, 'hire to purchase' was offered to their clients and that is where Owen became a master debt collector. He researched that Americans and Canadians paid cash for essentials like beds and shoes and so he renamed 'Model Furnishers' to 'Mattress World.' The chairman's two sons stayed with Owen and they were listed on the Johannesburg Stock Exchange. They became the largest sellers of Sealy Posturepaedic mattresses countrywide.

Hugh Wimble told Owen about a Durban factory that made 'Trelli Doors.' Owen was always looking for new challenges. When the factory's husband and wife tragically died in a car accident, Owen franchised the business with Hugh as the main shareholder. Hugely successful, Owen retired with R450 million in sales. During that period he opened franchises in Australia, Israel, and England and visited each country 14 times,

Always looking for a new opportunity, Owen bought 'Roll-up' and 'Roll-up Seranda' - South Africa's largest roll-up door suppliers and renamed the company 'Roll-Up Seranda.' They still supply all airports, shopping centres and truck depots today. Trelli Door and Roll-up Seranda shared shareholders and Owen sold his shares to staff after retiring. Owen excelled in business.

SPORT

Owen's big 'hobby' was sport. He became a member of the Wanderers in 1957. There were 14 000 members and now there are only 5 000. He says that they attribute the reduced membership to the fact that many children don't play sport anymore after they leave school. Owen played Squash for 25 years. He took the first Veterans 45 and over team to the UK - which included Buster Farrer and Dave Quail - who were both Springboks. He was the Chairman of the Squash section and then Chairman of the Bowls and is now the Vice-President of the Wanderers Club for life.

Owen took over as Chairman of the San Sereno Bowls Club when there were only 12 members - all men! Now there are 68 members, 38 men and 30 ladies. He introduced the Bowls Social, which has grown to over 100 attendees and the Bowls Dinner for 100 diners. He always remarks that he had a good committee behind him - but what a leader he was. He relinquished his Chairmanship position this year but was elected President of the Club.

HORSE RACING

Owen never had any desire to ride a horse, but horse racing fascinated him. He met Mike de Kock, a top trainer who helped him to buy his first horse 'Lady Fern.' Mike became his horse trainer of choice.

Owen never owned more than one horse at a time but was also a member of a syndicate. Subsequently his horse 'Imperial Dispatch' won the Summer Handicap - the biggest race in South Africa. 'Smart Money' won the 'Dingaan' which was like the Durban July but for 3-year-old horses. Owen vowed that he would pull out after 100 wins; and he did - after 102!

Every year there is a Horse Racing Carnival in Dubai which runs for a month. Beryl and Owen attended this Carnival over a 14-year period. Dubai has the richest horse racing competition in the world. One of Owen's horses came third in a race and won half a million rand.

Beryl loved shopping in Dubai, particularly in the Gold Souk where all the jewellery shops were situated. They supply golf carts to take people around as there are so many shops. Beryl said it was an amazing experience. She said she had never seen such huge diamonds in her life. She loves bargaining and could end up paying a fraction of the original price. Each year she made beautiful outfits with matching hats to wear at the races.

The horses also had a great time too. They travelled to Dubai with their own trainer



and grooms. They had a swimming pool to exercise in and even a jacuzzi followed by a massage. Beryl says their 'shoes' cost more than she's ever paid for a pair! The only thing asked of the horse - was to win!

Congratulations Owen on being such an enthusiastic, amazing and successful entrepreneur who still enjoys life to the full.



Getting to know our Auria

Team



Danile

*Lehlohonolo
Griffiths*

SOUS CHEF

“My style of cooking and plating has a way of telling my story without holding back. My heart leads and my hands follow in creating magic.”

Hloni has been a chef for nine years with amazing journeys of working with local and international chefs as well as having the experience of working in Riyadh, Saudi Arabia. Joining the Auria family has opened an opportunity for expansion and growth. Being a part of the Auria team has given Hloni an environment filled with kindness, love and support. We look forward to experiencing Hloni’s magical creations.



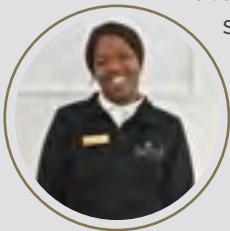
Olwethu

Maarmau



WAITRESS

Olwethu loves working at Woodside. She is a hard worker with a positive attitude. She cherishes her time with her loved ones. Olwethu sees herself growing as part of our Woodside Team, and in the future developing her skills using her office administration and business management qualifications.



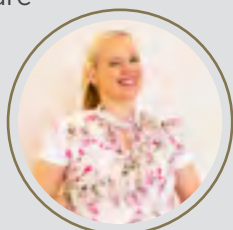
Teresa

Sheard



ADMIN

Teresa has had many years of experience in office administration. With a ‘never give up’ and ‘can do’ attitude, she believes in going the extra mile for both her work colleagues and the wonderful Royal View residents. Her supportive husband and beautiful daughter inspire her drive to be the best she can be. We are most fortunate to have Teresa on our Royal View Team and look forward to sharing in her journey.



Isabelle
Maduekwe



MEMBER OF OUR CARE TEAM

Isabelle is one of the Melrose Manor care team’s newest members. We are thrilled to have Isabelle on board as one of our nursing shift leaders. Isabelle has been a nurse for seven years and has been in the care profession for over 20 years. She began as a caregiver and worked extremely hard to obtain her nursing degree. Isabelle has worked in hospitals and clinics, but she believes her true passion is working with people. She considers working with the elderly to be her calling and believes that a strong sense of empathy is essential for providing excellent care.





Celebrating
Auria's

Superheroes



Auria Senior Living would not be what it is today if it weren't for these incredible individuals who each and every day make a positive difference in our residents' lives throughout all our communities in Johannesburg and Cape Town.



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.

Thank you Auria for the wonderful evening. All the entertainers, the ever-friendly staff were, as usual, so pleasant and efficient. The kitchen staff worked so hard on the canapés – beautifully prepared and presented. I have lived here for 23 years. We bought off plan and let the house for five years before we moved from Johannesburg. Auria has made an enormous difference in my life – the coffee shop, the get-togethers and entertainment and the exceptional staff all add up to a wonderful lifestyle.

BARBARA TUCKER

Thank you all at Royal View for the lovely gifts you dropped off at us for Pesach. Your thoughtfulness and kindness means so much to us and is so truly appreciated. We hope your Easter weekend was fun.

BARRY AND BERNICE THAL

My grateful thanks for helping to make my birthday celebration so very special... Everything was absolutely perfect. Thank you Melanie, for being so patient with me when I kept chatting about all the finer details - you did it exactly as we wanted. You were also available to ensure that the whole afternoon went so smoothly. I really appreciated your kindness. Werner, 'Chef Supreme' - the meal was totally incredible from starter to dessert! The menu you devised and the execution of each dish was perfection. I have had wonderful feedback from my family and friends. We all felt we were sitting at a fine dining restaurant and so appreciated your talent as our Auria Chef.

VICKY VAN BLERK

I would like to acknowledge and praise each and every member of staff at Woodside including Nicole Dunn, our biokineticist, Stephani van Niekerk, our physiotherapist, Francois Rossouw and the gardening team and all the security personnel. I am a relative 'newbie' and have been filled with gratitude; all the staff have been exemplary. I have experienced such care, attention to detail and such kindness. As you may recall, I have lived in the USA for many years, and never have I experienced such a high level of service and consideration. Congratulations and many thanks to you all.

SHEILA SCHUURMANS

Thank you all so much for what you have done for me through the over 20 years I have lived here. I appreciate the concern and helpfulness of you all. You are all so special and there for us as we need you. Thank you again and may God continue to bless you and everyone at San Sereno.

GLORIA HOUSE

For most of last week and over the past weekend, what with load-shedding, very hot weather, the top reservoir running empty, and some garden taps being left open all night, Joy and I were battling to keep the common ground gardens around us at the eastern end of Erica, watered and in good shape. Throughout all this time, particularly over the weekend, I was in constant touch with Edgar to keep all the systems connected and functioning. Whether it was at 8.00am in the morning, or after 6,7 or 8.00pm in the evening. Edgar was always just a call away from sorting out electrical, pumping and setting the water/reservoir systems back in operation. He remained in contact with us to ensure that our problems had been fully resolved. Hats off to Edgar - great service rendered, always smiling.

JOY AND BASIL BAGG

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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