

SEP 2023

LIVING



BY AURIA

STILL GOT IT

At 71, Greta Pontarelli
rules the Pole Dancing World

TEAM AURIA

Building bonds beyond work

PHOTO FUN AT AURIA

Our residents
strike a pose!




AURIA
SENIOR LIVING



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DEAR RESIDENTS AND FAMILIES

I frequently express how much I enjoy reading the various pieces in this magazine on our residents' extraordinary lives and achievements, both past and present. The latter is crucial, since as individuals live 'healthier' into old age, the chance to contribute to society and accomplish new and exciting things with their lives expands.

With this in mind, we've introduced a 'feature' to our magazine called 'Still Got It!' that highlights older folks from all over the world (not just in our Auria communities) who are still accomplishing significant things. Greta Pontarelli, a world-champion pole dancer in her 70s, is the subject of our first column.

Having objectives, a sense of accomplishment in life, and the capacity to stay physically fit and strong as people age, is vital to the quality of life, so I hope everyone takes inspiration and lessons from Greta's tale.

Back to Auria, our communities have been busy as usual - most significantly, our Wellness and Care Centres at Royal View have opened, which means that this community is now 'complete'. It is wonderful to see the community truly

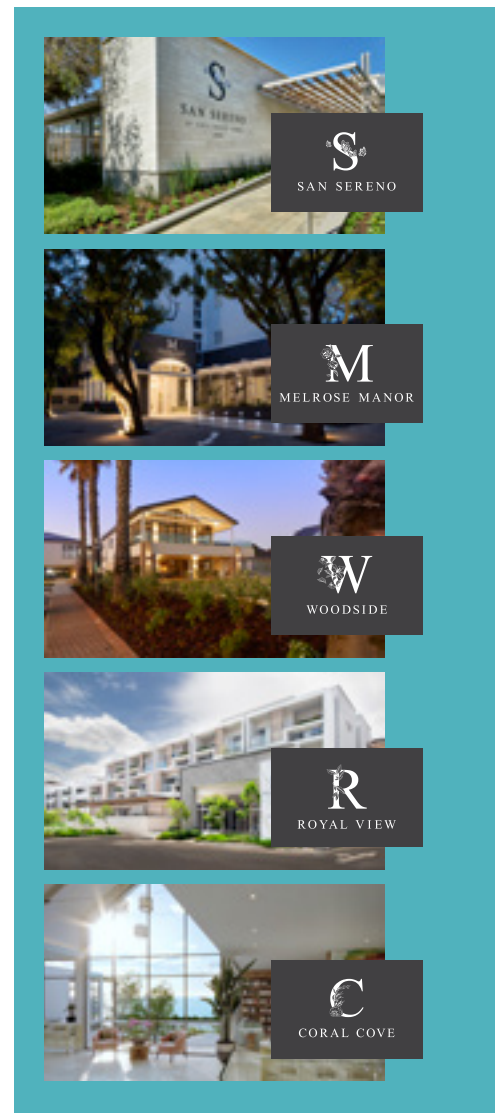
taking shape with many fascinating 'goings on' on a daily basis.

In July, we were able to announce the start date of construction for our Coral Cove community in KZN. We hosted a high-tea event for future residents at the Oyster Box Hotel, which was 'oversubscribed' and turned out to be a most enjoyable afternoon for the over 130 attendees - indeed a glimpse of the future 'social life' at Coral Cove!

The true 'heart' of Auria is our fantastic staff of over 450 individuals who come to work every day to ensure that our residents enjoy their best quality of life, every single day - and who do this so genuinely and with such care, competence, and kindness. Sinazo Vambe, of our San Sereno care team, gives some of her ideas on this topic - what attracts her to care as a career - her 'Why' in doing what she (and indeed all of us!) does on a daily basis.

I hope you enjoy reading this issue of Living by Auria.

Warm 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 we interact with.



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

Molly Mathabathe, Housekeeper

🗨️ Communication

Nkosi Gumbi,

Food and Beverage Supervisor

👥 Teamwork

Lameck Mnynga, Food and Beverage Stock Controller

🏆 Excellence

ROYAL VIEW STAR PERFORMERS

Tsietsi Moloane, Housekeeper

🗨️ Communication

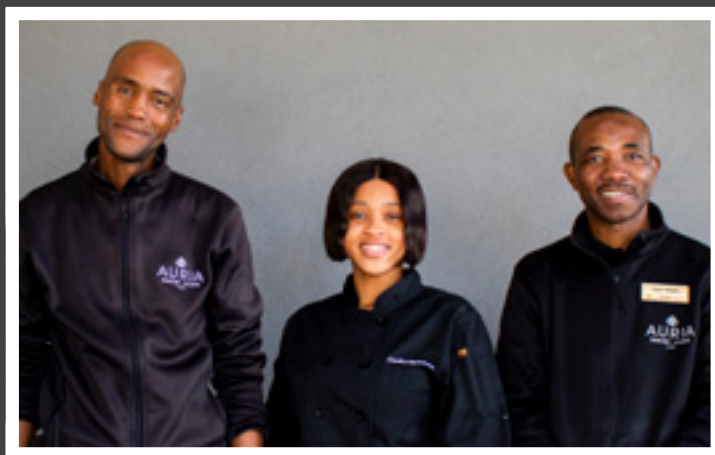
Candice Ngalalume,

Commis (entry-level chef)

👥 Teamwork

Sam Mafa, Driver

🏆 Excellence



WOODSIDE STAR PERFORMERS

Olwethu Maarman, Waitress

🗨️ Communication

Nellie Breytenbach, Clinic Nurse

👥 Teamwork

Lawrence Mavalantiya,

Maintenance Team Member

🏆 Excellence



SAN SERENO STAR PERFORMERS

Priscilla Ngwenya,

Front of House Supervisor

🗨️ Communication

Ntombi Dlulani, Carer

👥 Teamwork

Tabane Dube, Chef de Partie

🏆 Excellence





CORAL COVE
—
Sheffield Beach

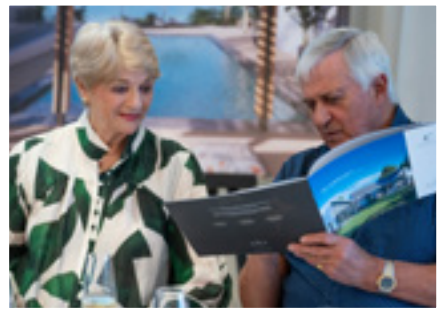
CORAL COVE CONSTRUCTION HAS BEGUN!

**Future Coral Cove Residents
get a taste of the social life to come!**

To celebrate construction commencing at Coral Cove, residents were invited to join the Auria Senior Living team for a high tea at The Oyster Box Hotel. We were excited to update residents on changes made to the Coral Cove pavilion and wellness areas and exciting development updates.



Launch at
*The Oyster Box
Hotel*



Barry Kaganson (CEO of Auria Senior Living), Penny Rey Coelen (Coral Cove's First Resident), Geoff Perkins (MD of Collins Residential Group)



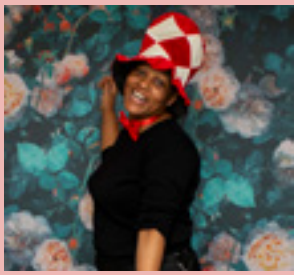
MELROSE MANOR

Melrose



PHOTOBOOTH DAY BRINGS SMILES

Melrose Manor recently hosted a Photobooth Day, creating a joyful atmosphere for both residents and our Auria team. Armed with playful props and vibrant backdrops, moments of laughter and camaraderie were captured, filling the day with smiles and fun memories.



MELROSE MANOR'S KNITTING CLUB



UNSUNG HEROES

Warm The World is an organisation that donates wool to the JWBS (Jewish Women Benevolent Society), which then donates it to Melrose Manor and many other organisations. Eva's Knitting Club ladies knit and crochet squares, which are then handed to JBWS, who link the squares to make beautiful blankets. The blankets are then distributed to other organisations and charities. On Mandela Day, these photographs were taken at Slovoville, an informal settlement between Soweto and Roodepoort, where 40 children

received blankets and over 67 children received meals.

Our Melrose Manor knitting club is contributing to 'Warm The World'. Congratulations, ladies; your efforts make a difference!



WARMING THE WORLD

**BY BERENICE SILBERG
(MELROSE MANOR RESIDENT)**

Picture this, every Wednesday, right when the clock hits 2pm, the knitting needles start to dance and the yarn starts to roll! This isn't just your average knitting session - oh no, it's a lively bunch of ladies with deft fingers, fast at work, their nimble hands creating magic with wool and thread.

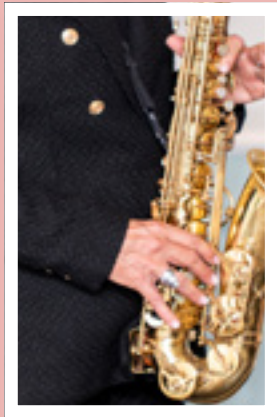
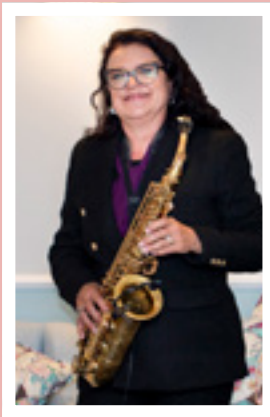
These wonderful women, or our 'Woollen Wizards', as we like to call them, aren't just doing this for the sheer joy of it. They're on a mission, a warm, fuzzy mission for 'Warm the World'. Their nimble needles weave not just yarn, but also love and warmth into each square they create. These squares are destined to become cosy blankets for those who need them most, providing much-needed warmth during the nippy winter months.

At 3pm like clockwork, the needles take a break. It's time to recharge with a hot cup of tea or coffee, accompanied by mouthwatering scones, fresh from the Melrose Manor kitchen. This delightful pause offers a chance to share laughs, stories, and a fair amount of scone crumbs!

This isn't just a knitting group, it's a friendship circle. It's a place where productivity and pleasure intermingle, with each of the ladies bringing their own unique spark. Some days, the room bustles with the energy of up to 15 chatty, giggly, scone-nibbling gals.

Among these wonderful women, there's Eva, our ever-smiling wool captain. Her dedication is legendary! Rain or shine, Eva makes sure there's never a shortage of wool or laughter in the group.

To Eva and the entire squad of 'Woollen Wizards', we say, "Keep those needles dancing and the yarn rolling!"



Women's DAY

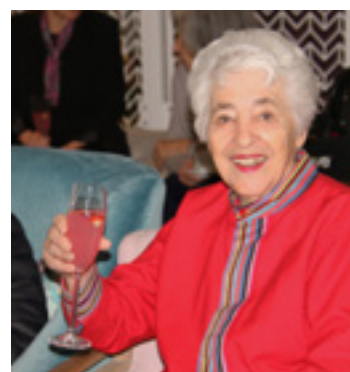
AN AFTERNOON WITH

Connie Bentlage

Our Melrose Manor residents spent a wonderful afternoon enjoying the musical stylings of well known saxophonist Connie Bentlage. Her dynamic energy filled the room as our residents tuned in to some live entertainment.

Marlene Bethlehem, a professional tennis player, activist, and author, came to Melrose Manor to share her life journey with our residents.

Her book, 'To Serve with Love,' explores the impact of serving in a community and the impact that one person can have.



WELCOME

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

CAROL AND NORMAN SIFRIN



Where are you moving from and why did you choose Melrose Manor?

We have lived in the area for over 25 years. It was an easy decision to make as we love the area and are very familiar with it.

Favourite holiday - beach or bush?

When the kids were young we would enjoy beach holidays the most. Because our kids are overseas our favourite holidays are now with them. Spending quality time with our kids and grandkids is now our favourite holiday.

What is your favourite entertainment channel?

Carol: That's an easy one. We have BritBox. I love British TV series and movies.

What are you looking forward to at Melrose Manor?

Carol: The hassle-free environment at Melrose Manor will allow us time to relax and simply enjoy our time here. I am an avid bridge player and I play three times a week online. That should keep me quite busy.

Will you be partaking in the wellness and exercise calendar?

Carol: I enjoy keeping healthy and active, however, this will not be done in the pool (aqua aerobics). The closest I get to the water is a daily shower.

Norman: I have lived a very healthy and active life. I watch what I eat and maintain activity.

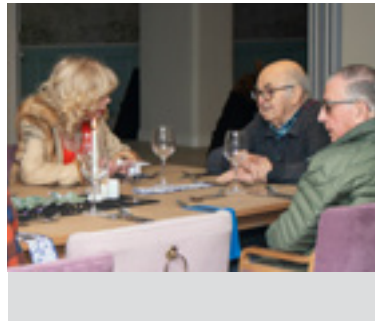
Creativity Uncorked

Our Melrose Manor residents added a splash of colour and creativity to an evening of fun. Channelling their inner artist whilst sipping on a glass of wine, the paint and sip was a hit.



FINE DINING

We recently had a fabulous Dine Out event at Melrose Manor, complete with a three-course meal and live music. The menu was a hit, the music was great, and the special décor really set the mood for a memorable night!





SAN SERENO
—
Bryanston



WORLD MUSIC DAY

To celebrate World Music Day our residents at San Sereno were treated to a performance by Saxophone extraordinaire, Femi Koyas. What an incredible afternoon.



What matters MOST

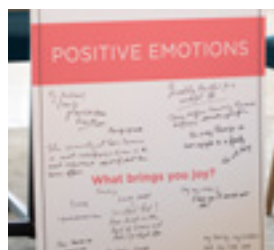
'What matters most to YOU?'

is an international event that aims to encourage and support more meaningful conversations and focus on what matters to you. Our San Sereno residents together with our Team shared meaningful exchanges during the day.

"Being part of the Auria team has shown me that care is much more than I originally thought it was. It means being present, listening, helping, laughing, loving and creating memories.

It's a selfless act that comes effortlessly because the residents make it so easy, they are warm and accepting, and they give us as much care as we give them."

Melanie Snoek, Front of House Manager

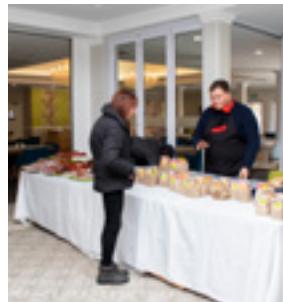




SAN SERENO
—
Bryanston

Winter Market

Our residents had a great time sipping hot chocolate and browsing the various stalls in the San Sereno's lounge. A cold winter morning was definitely warmed up by live music and freshly made pancakes, with delightful gift and clothing stalls to peruse.



*Gin me up,
Scotty!*

San Sereno's gin bar was a big hit. Gin Fizz, Tom Collins, Watermelon Gin Punch, and French 75, to mention a few gin-inspired cocktails on the menu, were served to our participating residents. Of course, the good old classic of Gin and Tonic was also available.



FATHER'S DAY LUNCH

A big shout-out to all the hard-working and loving dads out there!

Our residents celebrated Father's Day with a lunch and an opportunity to connect with their families. It was a day to strengthen bonds, share stories and just appreciate the dad figures in everyone's lives.



The Baboon at 89

Rodney and Yvonne Bastion, San Sereno residents share their love for sculpture with the community.

A superb life-size bronze from Charles Greig, sculpted by Donald Greig. It has created enormous interest in the community, by residents and gardeners alike. One dear lady, even said she was certain that she saw it move. Another person suggested that we move it to the boundary fence, to add to San Sereno's security upgrade.

“We have spent an enormous amount of time in the bush and have been fascinated by the structure of baboon troops. The patriarchs, come and go through power struggles, whereas the matriarch's off-spring have higher status in the troop. Much like humans, they are very caring and family orientated.”





SAN SERENO
—
Bryanston

Celebrations

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

MILESTONE BIRTHDAYS

JUNE

Peter Gain
Hermann Wenhold
June Houghton
Margaret Hubens
Lydia Cuyler
Betty Till

JULY

Valerie Bonnell
Iris Fair
Marion Webber

AUGUST

Denise Colle
Marilyn Giacoppo
Yvonne Combrink

MILESTONE ANNIVERSARIES

Hugh and Avril Moffat
(66th Wedding Anniversary)

Owen and Beryl Leibbrandt
(63rd Wedding Anniversary)

Steve and Bunty Murray
(66th Wedding Anniversary)

WELCOME

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

SHIRLEY AND LAWRENCE DEY

What are you most excited about right now?

Lawrence: I am excited to finally be here at San Sereno.

What is your mantra in life?

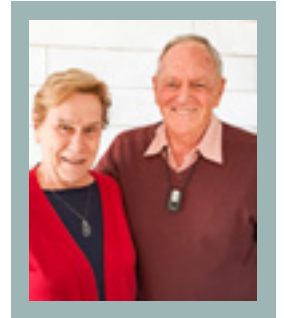
Lawrence: Gaining an understanding of people

What is the most beautiful place you have ever seen in person? The sunsets from our house, Garden Villa 4. And we love to see the flowers in Namaqualand.

Where are you from? We are both from Johannesburg and proudly South African. Any sport that South Africa takes part in, we will be there cheering South Africa on.

What's the best place you have travelled to?

Shirley: Antarctica – it is unspoiled and to just see the blanket of white is beyond imagination.



SALLY PENALUNA

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

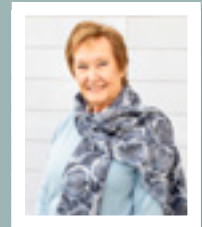
I am very content but would love to go on a small cruise.

Are you a dog or cat person?

Without a doubt a dog person.

I don't have a fur baby at the moment but adore my children's dogs. They are my granddoggies.

What do you do for fun? Vacationing with my family, playing bridge and gardening.



TRISH VAN ZYL

What do you think is the most essential life skill? To get to know people.

Are you an early bird or a night owl? I really don't like waking up early; I enjoy doing activities in the evening. So I guess that makes me a 'night owl'.

Do you prefer a beach holiday or mountain holiday? Beach holiday.



Quiz Night

BY MARIE-LOUISE VAN NIEKERK



There are enough brainiacs at San Sereno with a world of general knowledge to make any quiz night there a fun evening. Brian Appleton is a great host and apart from a single TV question - difficult for all the teams - he really aims the questions at our generation.

Teams can join or otherwise, if you are on your own, you are allotted to a team and the fun begins.

The tapas-style sharing platters were a wonderfully inventive way to enjoy the food and still guess the answers.

Auria, as always, really pulled out all the stops. Each member of a team winning a round received a present and the members of the overall winning team each received a generous basket of goodies.



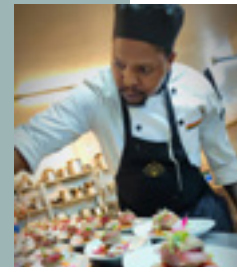
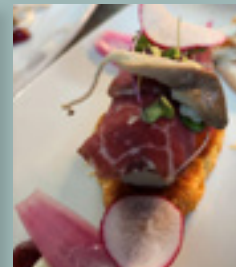
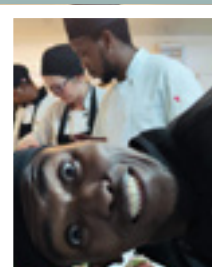
We wonder about having a Zoom challenge between teams from the other Auria communities. San Sereno will take you on!



KITCHEN SHENANIGANS

At San Sereno, even the staff had a blast at our fabulous August Dine Out.

Our residents were treated to a meal where the mushroom was the hero ingredient. Well done to Chef Werner and the team for keeping things interesting – and delicious!





WOODSIDE
—
Rondebosch

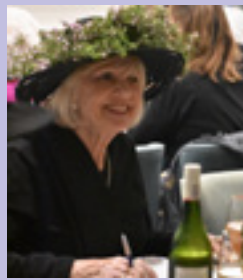
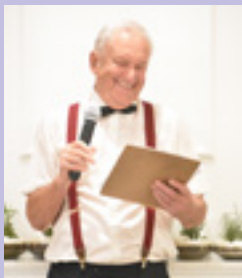
THE GREAT BRAIN-OFF

The Quiz night was an event to remember, with Chef Justin whipping up an array of delicious snacks to fuel the fun. Residents formed teams, each boasting a creative name and a designated leader, competing for a variety of awards including 'Best Dressed Team' and 'Best Team Spirit', in addition to vying for the top spots in the quiz itself.



Warm Welcome Tea

Our residents enjoyed the opportunity to mingle and welcome Melissa Gabriel, Woodside's General Manager to the community.



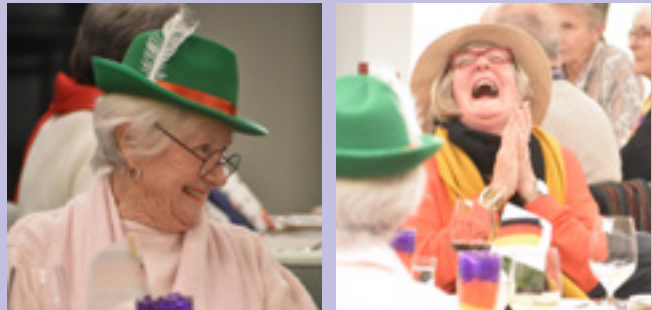


WOODSIDE
—
Rondebosch

“Liebe geht durch den Magen”

“Love goes through your stomach.”
A famous German quote, which aptly captured the German inspired Dine Out.

Our residents did not disappoint and showed up in all their German glam for a fantastic evening.



THE DINING ROOM AT WOODSIDE IS **MADE FOR DANCING!**



Big thanks go out to our remarkable Woodside residents, Brian Burnett and Pat Dewil, for delivering an incredible playlist from the 50s, 60s, and 70s during our Mediterranean dine-out event. They kept everyone entertained throughout the entire evening. Meanwhile, Chef Justin and his team consistently impressed with a selection of mouth-watering dishes. As always, it was a night to remember.



Woodside residents, Pat Dewil and Brian Burnet





BINGO EVENING

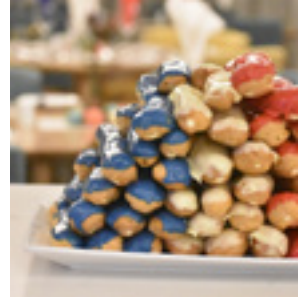
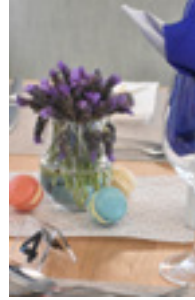
Let the games begin

Bingo evening was in full force at Woodside and residents had the best time. With our very own China and Noel being the master of ceremonies and keeping everyone entertained, we can't wait for the next one.



Bon Appétit DINE OUT

Woodside turns Parisian for a night! Our stylish residents pulled out all the stops! Their French attire met the French menu and resulted in an evening of joie de vivre!





WOODSIDE
—
Rondebosch

WELCOME

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

ANDY AND ANG MACLAURIN

Where are you from?

We got married 47 years ago in Cape Town but spent most of our working lives in Johannesburg. After retiring from our professions, we moved to Knysna and returned to Cape Town in 2012.

Tell us a bit about your children

We have three daughters; one in asset management in the UK with two sons. The second (who is a twin) lives in Johannesburg and owns a physiotherapy practice and also has two sons. Our third daughter lives in Cape Town and runs her own web-design business. She has three children; a son and two daughters.

What is your favourite holiday?

When the children were young, end-of-year family holidays were mostly spent in the Transkei. Everyone looked forward to our annual pilgrimage. Later in life, holidays to the Arctic, Norway, Ireland, Scotland and its isles have been destinations we have found most enjoyable - equal to the beach holidays that the Seychelles, Zanzibar and Cinque Terre offered.

JILL AND DES HUGHES

What do you enjoy?

We both enjoy social golf, travelling to places that provide beautiful scenery for

photography, and birdwatching. I also enjoy walking and reading, and Des enjoys lunches and golf with old friends and plays social bridge as often as possible!

What do you look forward to each day?

Waking up in relatively good health, a fine cappuccino from Café Auria and a glass of wine at the end of the day.

What is your favourite travel destination?

From a travelling point of view, I guess that Italy takes the spot for the most beautiful, but Egypt for the most interesting.

What would your life advice be to someone?

Choose your battles, don't sweat the small stuff, and open your gratitude box daily.



ANDY AND ANG MACLAURIN

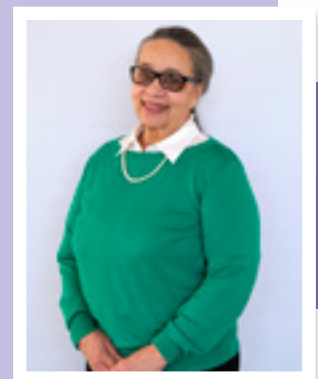
AMY SIDEGO

What are you most excited about right now?

I am fortunate to have already had friends among the Woodside residents. Having met quite a few of the other residents and employees since, the conclusion I have come to, is that it is a happy and welcoming community. I am looking forward to being a part of that.

Where are you from? And where are your favourite travelling destinations?

The beautiful coastal town of Knysna is where I was born and raised. We've lived in Rondebosch since the mid nineties, so it is a huge plus to be in my usual stomping grounds. And between Knysna and Cape Town, we've had stints in Johannesburg and Copenhagen. Each one of these holds special memories.



Celebrations

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

MILESTONE BIRTHDAYS

JUNE

Pieter Waker
John D'Arcy-Evans

JULY

Grace Smith
Arlene Halvorsen
Mike Donnelly
Catherine Cullis
Janet Perrott

AUGUST

Pamela Clemo
Irma Kerby
Barry Jordan

MILESTONE ANNIVERSARIES

JUNE

Kay and John Powell
(60th Wedding Anniversary)

Dorothy and David Hamilton
(60th Wedding Anniversary)

Shirley and Jimmy Lowndes
(15th Wedding Anniversary)

Jessie and Neil Blackshaw
(50th Wedding Anniversary)

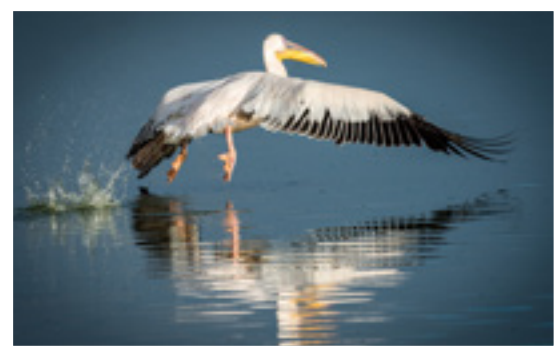
Dorothy and Michael Brooks
(65th Wedding Anniversary)

Ken and Adrienne Andrew
(55th Wedding Anniversary)

PHOTOGRAPH COMPETITION

This year's theme for Woodside's photography competition was "What Makes You Happy."

Seeing what makes all our residents happy certainly made us happy! Out of a total of 33 photo submissions we would like to congratulate our top three residents. These images are incredible!



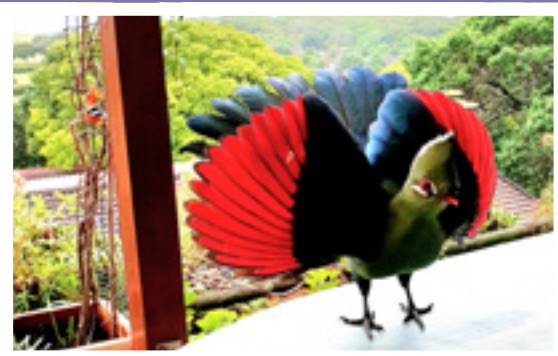
FIRST

Ken Woods with the Pelican



SECOND

Pat Dewil with the Elephants



THIRD

Des Hughes with the Lorie

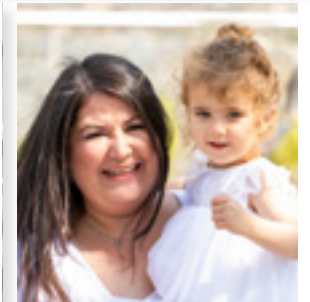
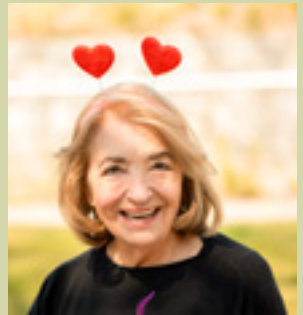


ROYAL VIEW
—
Sandringham

STRIKE A POSE

Our Royal View residents spent a fun afternoon with their nearest and dearest capturing moments for their family album.

A picture says a thousand words!

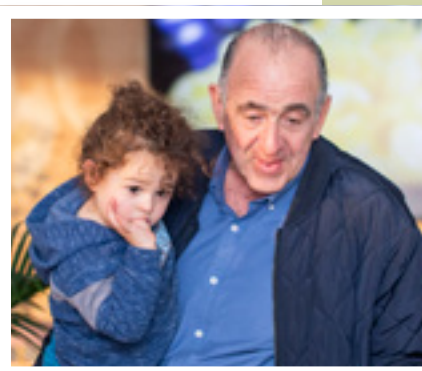
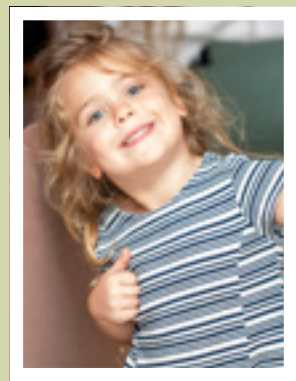




ROYAL VIEW
—
Sandringham

A MOVIE WITH NANA AND OUPS!

Our Royal View residents enjoyed a 'drive-in style' movie experience with their dearest grandkids. Peter Pan and Wendy kept the audience engaged on the big screen!





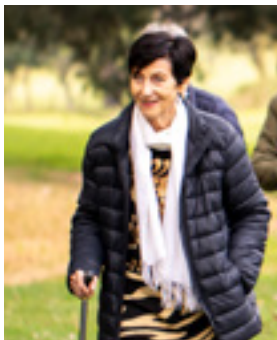
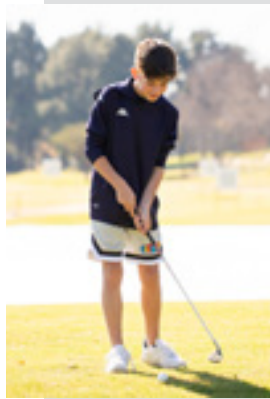
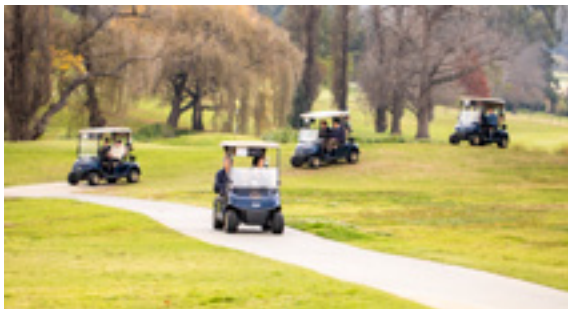
Father's Day *Golf Day*

Our Father's Day Golf Day at Royal View was an absolute blast!

Ten participants gathered, to up their golf game with Martin Briede offering tips on crushing those long drives and nailing those putts. A lavish buffet lunch followed. Good vibes, good food, and some killer golf swings!

Bird Watching

Residents of Royal View enjoyed a late afternoon sunset bird watching right on their doorsteps on the magnificent Royal Johannesburg golf course with bird and wildlife photographer Trevor Barnett.



AURIA BARISTAS GET PERFECT SCORE!

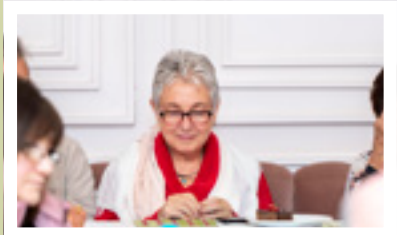
99% and 100%! Independent test scores for our Café Auria Baristas at Royal View.
Well done DK and Tracey.



One is fun,

let's get this game begun!

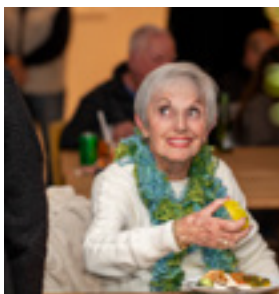
Our very first Bingo Night at Royal View with host, Marcell Norman was a huge success! Prizes and great fun were the order of the evening.



OPEN MIC NIGHT

Just give our residents a mic and they will rock it.

What a fantastic evening everyone had at Royal Views' first open mic night! We are warming up our voices for the next one.



**Rich, creamy,
and delicious:**

Chocolate!

A masterclass in sweet indulgence. For International Chocolate Day, our residents were treated to a master class in producing unique chocolate truffle masterpieces by chef Ashley and Callebaut. Chef Chantal Moinar, a chocolate aficionado, led the class.





ROYAL VIEW
—
Sandringham

WELCOME

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

AUDREY BERKOWITZ

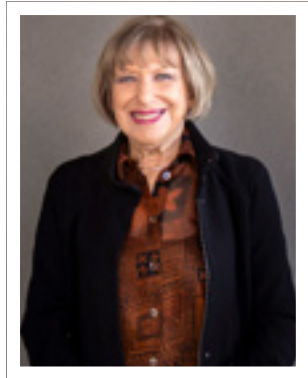
What do you think is think is the most essential like skill? Education.

Where is the most beautiful place you have visited?

Barberton Valley or Venice in the winter with all the white lights.

What is on the top of your bucket list?

I love to travel so it would be to go to Japan or China.



LOIS AND LENARD BROOKS

What are you most excited about?

Living the rest of our lives at Royal View and meeting new people.

What do you do for fun? Socialising after lockdown has really been wonderful. It is exciting doing it again.

How many children and grandchildren do you have? Two children and two grandchildren.



THOMAE CAVALEROS

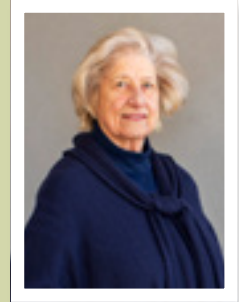
What was your favourite game as a child?

We were four children and did everything together. We used to play the game 'family' where everyone got a role such as mom, dad, etc.

Beach or mountain holiday?

Mountain, I love the Drakensberg.

Life advice? Choose to be happy.



CLIVE AND ELAINE FRIEDLAND

What is your life motto?

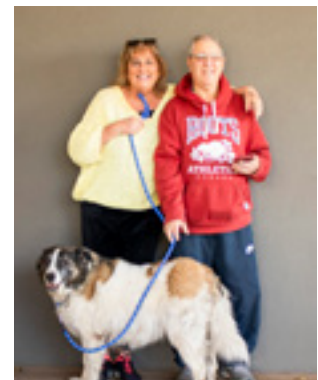
Three things: **1:** Do unto others as you would like to be treated. **2:** Be kind and compassionate to both animals and humans. **3:** Be generous always, and pay it forward it's amazing how that turns out.

Children? We have two incredible children.

Both now in their forties and both very successful lawyers. My daughter lives here and my son in Canada.

Where is the most beautiful place you have visited?

The Cape but Israel has my heart.

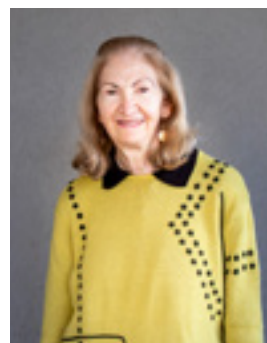


MARLENE GOLDBERG

What is your life mantra? Trust in myself and the decisions I make.

What is the most important life lesson you've learned in your life? Empathy, coping with stress and emotions and to be kind and thoughtful.

Favourite season? Summer.



BERYL SHARPE

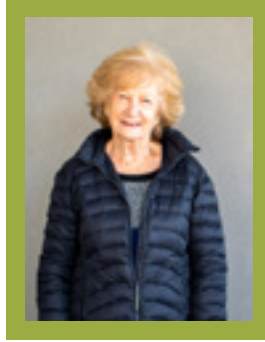
Are you the youngest or oldest child?

Youngest of four siblings.

Are you a dog or cat person? Dog person for sure!

Are you an early bird or night owl?

Night owl.



HILARY AND MICHAEL SOSNOVIK

Where are you from?

Hilary: Born in Pretoria and lived there till I was 14 then moved to Johannesburg.

What do you do for fun?

Hilary: I like to garden and eat good food

What is something you've always wanted to do?

Hilary: Ride a motorbike

If you could have dinner with anyone dead or alive, who would it be?

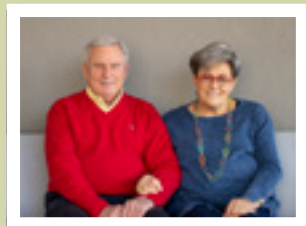
Michael: Rabbi Jonathan Sacks. He is one of the most profound intellectual speakers I have come across.

How many children and grandchildren do you have?

Michael: Two children and three grandchildren (best things in my life).

Where is the best place you've travelled?

Greece, we went on a catamaran.



PAULA AND STEPHEN GOLDBERG

Where is the best place you travelled?

Paula: Plettenberg Bay, we have a house there and I just love being on the beach and in the area.

Stephen: Europe and Israel, I travelled there for six months in my twenties.

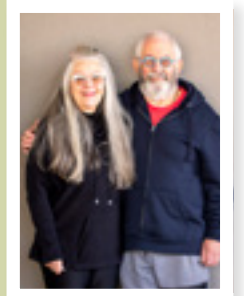
What is your life mantra? To be happy, healthy and spend as much time as we can with the family.

What do you forward to every day?

Paula: Spending time with my husband.

What is one lesson your learnt in life?

Stephen: To always be kind to people.



JUDITH AND HYMIE FEINBERG

What is the best part of your day?

Judith: doing all my work and being busy

Hymie: When the sun starts to shine and sitting outside and enjoying the sunshine.

How many children and grandchildren do you have? Four children and eight grandchildren.

What is on the top of your bucket list?

We just want to live as long as we can and enjoy life to the fullest.

DOREEN COHEN

If you could relive any decade what would it be? When I was 10 - 20yrs old.

What is the best place you have travelled? Mitzpe Ramon in Israel.

What is your favourite childhood memory? Going down to Durban for holidays.

Celebrations

We believe that every day is worth celebrating, but some are extra special.

MILESTONE ANNIVERSARY

MAY

Linda and Herbert Mayer
(50th wedding anniversary)

MILESTONE BIRTHDAYS

JUNE

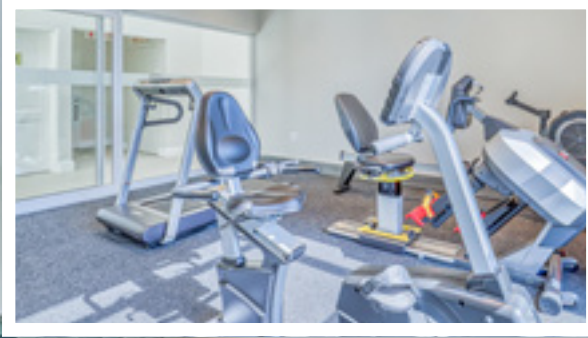
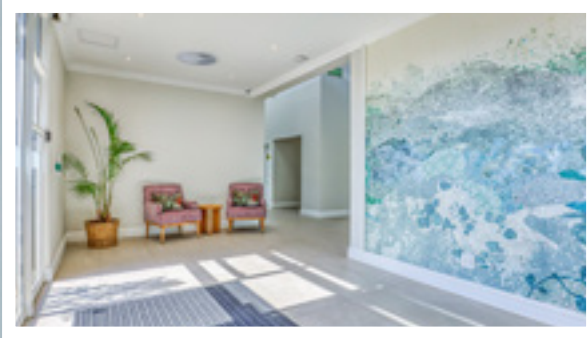
Julius Gordon

JULY

Brenda Rosenberg
Jessica Kotzen
Sonia Sutton

AUGUST

Ernest Melamdowitz



Wellness and Care Centre at Royal View is complete!

A state-of-the-art Wellness Centre with a heated swimming pool, doctors' consulting rooms, a physiotherapist, biokineticist and fully equipped exercise studio will ensure that residents enjoy enhanced physical, emotional and social health. Pilates, yoga and aquarobics classes will be on offer to residents.

Continuing care means that you and your family have the comfort of knowing that should your health needs change, there is no need to worry about moving away from the community.

CARE SERVICES AT ROYAL VIEW INCLUDE:

- Assisted Living, Frail Care and Dementia Care
- 24-hour nursing and emergency response
- Respite Care
- Geriatrician and GP visits on a regular basis



BY MARIE-LOUISE VAN NIEKERK
(SAN SERENO)



TEA WITH A TOP CHEF



Only Auria would be able to recruit a chef of the calibre of Werner Snoek to San Sereno.

Although we have all marvelled at the inventiveness and absolute magic of Werner at Dine Outs and other functions, few of us really appreciate his background.

On 4 July, Werner entertained the ladies (and a few gents) to a splendid tea and regaled us with some of his remarkable stories.

Werner is a true Northern Suburbs boy, growing up in Johannesburg. He matriculated at Fourways High and did his chef training in Hermanus. Werner was the youngest executive chef ever to work at the five-star Saxon Hotel. He achieved this feat at the age of 27. The Saxon also has even more meaning to him as he met Melanie, the love of his life, when they were both working there.

Werner's credentials are too numerous to talk about here but suffice to say that, he was invited on two occasions by the South African Ambassador to Britain to cater for very important functions in London.

The first time, not knowing London at all, he called upon another South African chef and friend and from a kitchen the size of a small domestic kitchen. Subsequently, things improved and the kitchen at Alexander Palace left nothing to be desired and he wove his magic.

We are certainly very privileged to be able to have Werner at San Sereno.



In this, our second feature on our Auria residents' committees, I'm pleased to introduce some of our residents of Woodside, who comprise our residents' committee.

By way of history, Woodside Village was developed in 1996 by the South African insurer, Norwich Life. Auria was fortunate to acquire a majority interest in Woodside in 2021, and during the time since, it has been our pleasure and privilege to be able to work with the residents committee, and indeed all of the residents of the Woodside community, to improve and enhance their quality of life at this beautiful established community in Cape Town's Southern Suburbs.

Originally, the community was established with a village 'Management Association' so the residents serving on this body, (essentially a 'residents committee') are elected to the Board of the Management Association. Practically, this body functions in an almost identical way to our other Auria residents' committees and forms a representative group of residents to interface with Auria Management and to advise on matters impacting the community. 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.

We are extremely grateful for the support, input and friendship of those on the Woodside residents' committee, who have done so much to ensure that the transition to Auria's involvement in Woodside was a smooth one. We are also pleased to have been able to take so much of the burden of managing the community off the hands of the residents' committee - in order that they can enjoy life at Woodside without the responsibilities that come with managing such a community.

In forthcoming issues of the magazine, we will be introducing you to the members of our residents' committees in all of our Auria communities.

BARRY KAGANSON
CEO AURIA SENIOR LIVING

RESIDENTS COMMITTEE

at a glance



Let's meet our Woodside ResCom members...

"Ensuring that our residents enjoy their best quality of life, every single day."



KEN ANDREW

Ken began his career with Unilever before earning his MBA from UCT. As Marketing and Operations Director, he co-founded Gradtek Limited with three MBA classmates. They sold the firm, and Ken entered politics as Western Cape Director of the Progressive Reform Party. Ken's tenure as an MP spanned 23 years, rising to the position of Federal Chairperson of the Democratic Party (DP) and culminating as the first Chairperson of the Standing Committee on Public Accounts (SCOPA), DP delegate to Codesa, Multi-Party Negotiating Process (Kempton Park) and Constitutional Assembly. Ken was also the founding Director and Partner of Unicorn Publishing Company (suburban freesheet newspapers) which was sold to Argus Publishing Company. Ken now enjoys being a non-executive chairperson of a family business, The Baby Food Company, and is also the current Chairman of the Woodside Board.

"When asked to make myself available to serve on the Board, I remembered once being advised: 'You are either a contributor or an oxygen thief, leaving others to do everything'.

I have not for one moment regretted joining the Board. The arrival of Auria Senior Living as the Woodside managers has enhanced my enjoyment as the Board is no longer bogged down dealing with mundane day-to-day issues. With the cooperative and empathetic attitude of Auria management and the team-spirit mindset of the Board members, it is a real pleasure to make contributions to the well-being of the residents. There are always interesting challenges, but I have no doubt that our Board adds weight to the Auria promise of 'ensuring that our residents enjoy their best quality of life, every single day'. I thoroughly enjoy being part of that endeavour."

"What struck me most when we moved to Woodside nearly four years ago was how friendly and welcoming the residents were" says Ken and together with Adrianne are happy to call Woodside their home.

"I feel it is important to give something back and to try and be a voice from within the community and to keep feedback positive."

JILL DONNELLY

Jill came to South Africa in 1967, from England, on a one-year working holiday and never left. She worked as a bookkeeper for 20 years. She was then involved with the Friends of the Children's Hospital as their voluntary Treasurer and thereafter worked with Project Daphne in the same capacity.

"I became involved with our local Woodsider Magazine and the Entertainments Committee. We worked hard in those days organising functions and it was wonderful when Auria took over and we could sit back and enjoy entertainment without lifting a finger.

I feel it is important to give something back and to try and be a voice from within the community and to keep feedback positive."

Jill and Mike have been happy residents since 2011 and believe that they have benefitted tremendously from living at Woodside.



"Auria has lightened our load considerably, and it has been an absolute pleasure dealing with management of this calibre."



ROY MELVILLE

Roy went into retail after graduating from UCT and began his career as a store management trainee at Bradlows. He then moved to Rennies Group, where he project-supervised the establishment of the first Makro Cash & Carry stores in South Africa and then ran the Johannesburg company while overseeing the Durban and Cape Town development.

He worked in retail operations, development, and strategic planning at Morkels after a brief spell at supermarkets.

During his latter career years in business, he was Managing Director of Moresport, South Africa's largest sports retail enterprise, which encompassed Totalsports and Sportsmans Warehouse. Roy retired at 55 and says it was the best decision he ever made since he could spend more time with his family and travel.

"I have been serving on our Woodside Board for six years, both as Chair and Vice Chair. It has been both a challenging time and a rewarding one. From planning for the anticipated 'day zero' when the Cape Town taps would run dry to then having to develop best practice to protect our village from the unknown threats inherent in the Covid-19 pandemic. All of this changed immeasurably when Auria became an integral part of all our lives. It has lightened our load considerably, and it has been an absolute pleasure dealing with management of this calibre."

"There is an old saying that 'the farmer's eyes make the sheep grow fat'. You can't run a farm sitting in the kombuis with your cup of coffee. You can't run a retail business sitting behind a desk. You similarly can't contribute to the welfare of a community like Woodside unless you are out there observing, listening, and interacting with both residents and staff and then importantly, doing.

In this way I hope I have played a small part in adding to the quality of our lives here."

Roy and Liz have been at Woodside since the beginning of 2016.

SUE FOLB

Sue began her career as a secretary and translator for a reinsurance brokerage business in London. Sue joined and headed the Newlands/Langa branch of the Black Sash and Women's Movement for Peace after migrating to South Africa, marrying Peter, and having children.

She then worked as a marital counsellor for FAMSA and earned her master's degree while advocating for divorce mediation among Cape Town attorneys. Sue was instrumental in the creation of FAMAC (The Family Mediators' Association of the Cape) where she spent 15 years training attorneys and mental health experts in mediation alongside an attorney. From 1994- 2003 Sue was the warden of Fuller Hall, a women's residence at the University of Cape Town.

Sue and Peter lived in Pringle Bay for ten years after retiring, where she was secretary to the ratepayers' association for three years and a committee member of the Kogelberg branch of the Botanical Society in Betty's Bay for three years, taking children from the outstanding Pikkewyntjies pre-primary school to the Harold Porter gardens.

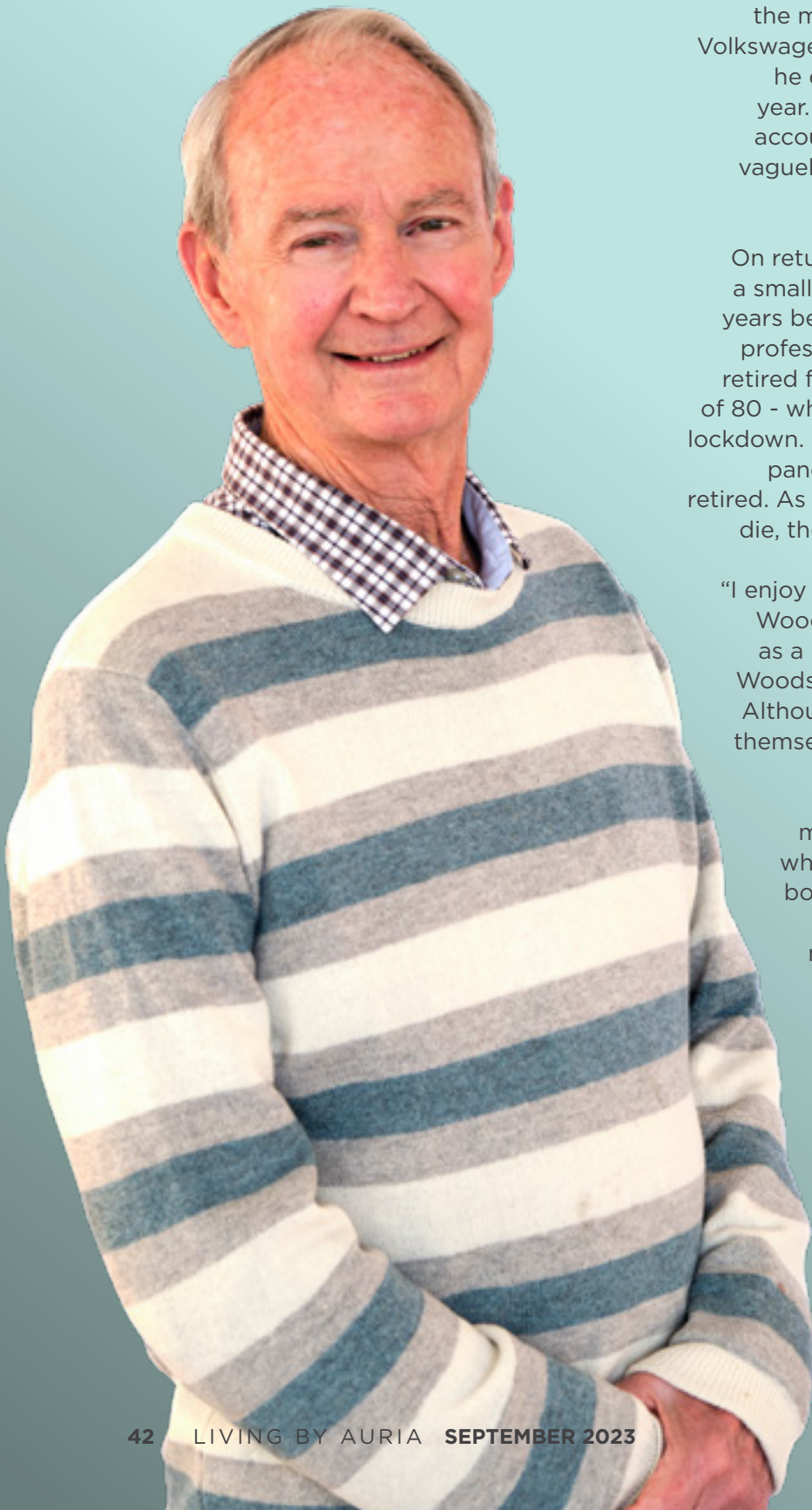
"My four-year term on the Woodside Board will come to an end next year. I have greatly enjoyed being at the interface between residents and management, which I believe is a vital role for the Board. Before Auria took over I was part of a small team visiting residents living alone to check that they were coping or had any special unmet needs. With Auria in the driving seat, it has been a privilege to get to know the remarkable team, both from Head Office and within Woodside."

Peter and Sue moved to Woodside just over eight years ago. With the recent passing of Peter, Sue emphasises that she couldn't be in a more caring community and is grateful for the special friendships that she has made over the years.

"I have greatly enjoyed being at the interface between residents and management."



"Old accountants never die, they merely become unbalanced!"



CLAUDE KIRKMAN

Claude started his professional career as an articled clerk with Deloitte & Co. in 1961. After qualifying, he moved into a commercial position as one of the management accounting team at Volkswagen in Uitenhage. Soon thereafter he decided to work in London for a year. He obtained a position with the accounting firm Annan, Dexter & Co., vaguely associated with Deloitte & Co. in South Africa.

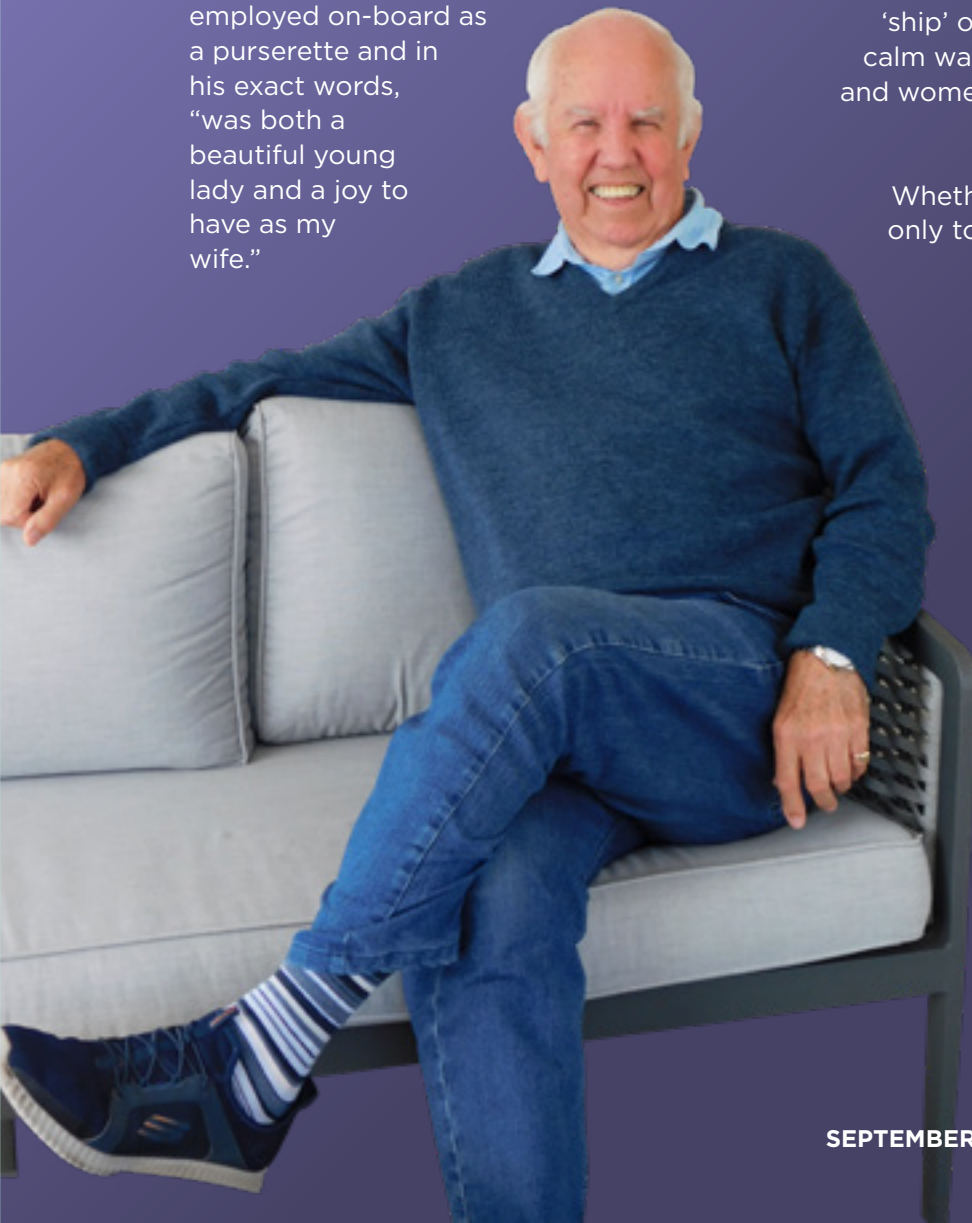
On returning to Cape Town, Claude ran a small family vinegar factory for a few years before re-entering the accounting profession where he remained until he retired from Kirkman Lanfear at the age of 80 - which coincided with the Covid-19 lockdown. Had it not been for the Covid-19 pandemic, he may well not yet have retired. As he says, "Old accountants never die, they merely become unbalanced!"

"I enjoy my position as a member of the Woodside Board as I feel that we act as a bridge between the residents of Woodside and the Auria management. Although the Auria team always make themselves accessible to the residents, some residents do feel more comfortable discussing matters more freely with fellow residents, who happen to be members of the board. We are then able to convey these concerns to the Auria management. It, therefore, gives me a great deal of satisfaction and pleasure to see, first-hand, that Woodside is being well managed and maintained. Besides that, I thoroughly enjoy the delicious snacks given to us at the conclusion of each meeting!"

The Kirkmans have been happy residents at Woodside since 2012.

SIMON PEARSON

Simon has spent most of his life in some manner related to the sea and the boats and ships that travel in international waterways. After a year of education, he joined Safmarine and headed out to serve on cargo ships on routes that brought them to ports all over the world. He began as a young cadet officer learning navigation from experienced shipmasters, quickly ascending to the position of senior navigator for one of the world's largest shipping firms. The crewing department at Safmarine allowed him the opportunity to sail aboard recently acquired mailships that had previously been part of the Union Castle fleet but now proudly flew the South African flag. Some readers may recall the fleet of passenger ships that travelled between Southampton in the United Kingdom and Cape Town and all of South Africa's coastal ports. It was on the SA Orange (ex-Pretoria Castle) that won him a bride. Anne was employed on-board as a purserette and in his exact words, "was both a beautiful young lady and a joy to have as my wife."



"Whether my term is long or short I am only too keen to be a team player with my Woodside family."

"When invited to the Board of Woodside, it was both an honour and privilege to invest back into this residence that so many of us enjoy. I see myself as a Ship Captain walking the decks of this "ship" with a watchful eye of care for us oldies, the concern for our wonderful staff, the upkeep of our facilities (which are superb), and the safety and security for us all. To be part of a team on the 'Board' with senior management from Auria keeps the 'ship' on course and streaming through calm waters. I greatly respect these men and women who put others ahead of their own agendas.

Whether my term is long or short I am only too keen to be a team player with my Woodside family."

Simon and Anne joined the Woodside Community three years ago and describes their decision as the most sensible and rewarding decision that they made - second only to deciding to get married. With Anne's passing 10 months ago Simon commends both the staff and residents who have cared for him and included him in more activities that he can commit to.

"I have loved meeting new faces at Woodside. Auria has excelled in making this village a place of comfort and enjoyment for all of us senior folk."

"Hopefully I'll be able to continue to help in some small way for a good few years yet."

PAT DEWIL

Pat originally entered the world of commerce, which took him from Zimbabwe to Zambia and then to South Africa, where he worked for companies such as Anglo-America, Foschini, and Morkels, to mention a few.

His enthusiasm for wildlife and wild places was revived after he was convinced to return to Zimbabwe in the early 1980s. The Dewils made the decision to relocate to Zimbabwe and start a business.

The business began with raising Sable antelope and organising houseboat safaris on Lake Kariba, but after becoming a Professional Zimbabwe Guide, he transitioned into the realm of safaris. This business flourished swiftly, and they formed valuable ties with major players in the United States.

They started by developing, operating, and directing safaris in Botswana, South Africa, Namibia, Tanzania, Uganda, and even Gabon, Central African Republic, and Madagascar. After 38 years, they are still working on this project, and Pat insists that he "still gets a kick out of taking people to wild places."

"One of our very best decisions was to move into Woodside some years ago and although reluctantly at first, I put up my hand to help in some way and I've been part of the Woodside Board for a while.

I must say that this is very rewarding - to be able to help with collaborative and practical solutions to the various issues that arise from time to time, and to interact with the fantastic people that live at Woodside."

As a Woodside resident since 2016, Pat acknowledges what a privilege it has been to become part of the Woodside Community.



*"All that I
am is what
I used to
be!"*

CHARLES VILLA-VICENCIO

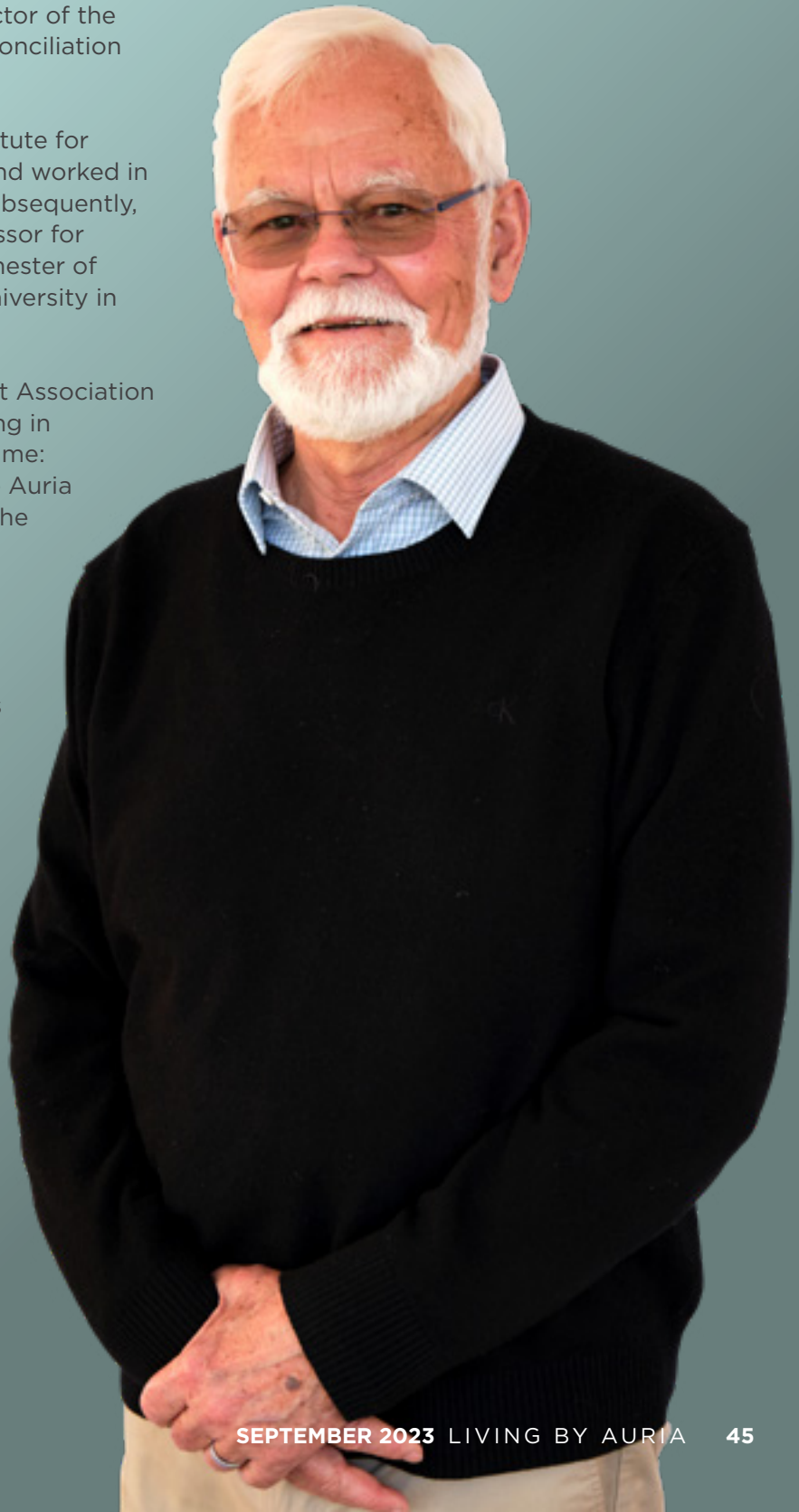
Charles taught at the University of Cape Town for twenty years, before serving as the National Director of the South African Truth and Reconciliation Commission (TRC).

He later established the Institute for Justice and Reconciliation and worked in various African countries. Subsequently, he taught as a visiting professor for fourteen years in the fall semester of each year at Georgetown University in Washington DC.

"Serving on the Management Association of Woodside results in looking in two directions at the same time: Woodside residents, and the Auria Management team, leaving the hard work to Auria.

The connect in my life is listening, learning, and communicating with graduate students in South Africa and abroad, as well as the broader South African public through the TRC. My privilege is now to communicate with fellow villagers who reflect the wisdom of their careers (plus a few other things!) in the afternoon of their lives."

The Villa-Vicencio's have been at Woodside since 2015.



SEPTEMBER

is Heart Awareness Month

HEART HEALTH

at Auria with Dr Lara Greenstein

Q&A BY ADI GELBART

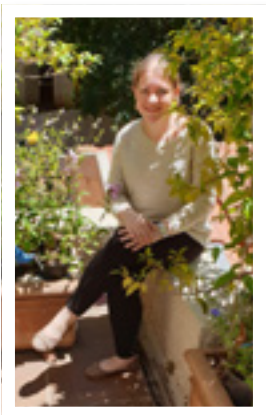
Q: How do you see your role in general within our Auria Community?

A: My major objective is to keep seniors as autonomous and functional as possible for as long as feasible. This is accomplished by cooperation with the patient and frequently includes a complete team, including the patient, their families, the doctor, nurses, social workers, biokineticists, physiotherapists, occupational therapists, and many more (no-one was left out on purpose).

I often handle issues that are unique to older adults. These are known as geriatric syndromes, and they comprise a wide range of illnesses that frequently have several causes. Polypharmacy, which simply means taking many drugs, is one of the most prevalent. It all depends on the individual. Sometimes less is more, and sometimes more is more.

Dementia or memory loss is another typical issue. Then there's the matter of fall prevention. Because one ailment frequently impacts the others, treating the elderly is difficult yet gratifying. Being in a supportive, cheerful environment is critical, and Auria provides just that and more."

Our San Sereno ladies show off their fashionable leggings!



Dr. Greenstein earned her MBBCh from the University of the Witwatersrand in 2008 and her Fellowship from the College of Physicians in 2016. She studied for a further two years as a sub-specialist geriatrician and is a South African Geriatric Society member. Dr Greenstein is Royal View's outpatient geriatrician.



Q: What are the most frequent questions residents ask you in relation to heart health?

- How do I keep my heart healthy for longer?
- Is there a miracle supplement I can take?
- Do I really have to have less salt in my diet?
- What diet should I be following?
- Do I really have to drink less tea and coffee if I have a weak heart?

Q: What are the most important things to do to improve heart health?

A: From middle age, exercise, nutrition, smoking cessation, and alcohol reduction (1 unit for women and 2 units for men daily) are crucial to heart health. Chronic disease risk factors including hypertension, diabetes, and cholesterol must be controlled.

The aim is quality, not quantity. Many individuals prefer a healthy, independent life to a lengthy life full of illness and loss of freedom.

Q: In seniors who have mobility issues, what exercises can be done to maintain a healthy heart?

A: The exercise classes offered at Auria with the physiotherapists and biokineticists include chair, balance and strength exercises. Auria's physiotherapists and biokineticists are available to assist in tailoring exercise routines for individual needs and differing mobility profiles. Aqua aerobic classes on offer at Auria, are an excellent and fun way to improve fitness and strength without negatively affecting joints.

Q What signs and symptoms pertaining to potential heart problems to look out for which may require a doctor's visit?

A: Chest pain, shortness of breath, swollen ankles and feet, effort and tolerance changes and dizziness.

Q: What is the best diet for a healthy heart?

A: The Mediterranean diet is rich in fruits, vegetables, whole grains, and lean proteins, offering a balanced approach to nutrition. Its high fibre content aids in digestion and blood sugar regulation, while healthy fats from olive oil and fish lower cholesterol levels. The diet has been

scientifically shown to promote heart health and reduce the risk of chronic diseases like diabetes and cancer. Overall, it's a sustainable and effective way to achieve long-term health and well-being. Hearty soups and smoothies also pack a nutritional punch for the not-so-hungry!

Q: What are some simple changes or activities to improve heart health in the elderly.

A: Walk through your Auria community's lovely grounds. Take your pet for a stroll at least twice a day. Incorporate additional activity into your regular routine by paying a visit to a friend for an afternoon cup of tea. Fresh air and camaraderie can help improve heart health significantly.

Q: What is an interesting fact that not many people are aware of?

A: The eyes are not only the windows to the soul but seem to be the windows to the heart too! An ophthalmic lens can detect if a person has diabetes or high blood pressure, by revealing damage to the blood vessels at the back of the eye. These abnormalities can be picked up early by an optometrist and are a good reason to stick to your scheduled eye appointments!

Q: Is there a relationship between emotions and heart health?

A: The most prevalent cause of 'broken heart syndrome', also known as stress-induced cardiomyopathy or Takotsubo syndrome, is a physically or emotionally stressful incident. Similarly, pleasurable emotional situations such as a wedding or winning the lottery might result in 'happy heart syndrome'.

The term 'lonely comorbidity' refers to the relationship between depression and heart failure, implying that depression may increase the risk of heart failure. These findings suggest that emotions have an impact on heart health.

Our Auria Community is well aware of the significance of social connections in diminishing feelings of loneliness. The wide array of events and activities provided gives the residents numerous appealing and pleasurable ways to socialise and participate, thus enhancing a sense of belonging an important aspect of well-being.



Heart health and exercise

How exercise is the best preventative medicine

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.

Regular exercise is of paramount importance as it offers a multitude of physical, mental, and emotional benefits that contribute to our overall well-being. Engaging in physical activity helps to maintain and improve cardiovascular health, muscle strength, and flexibility, reducing the risk of chronic diseases such as heart disease, osteoporosis, and diabetes.

Exercise also aids in maintaining a healthy weight, enhancing balance and coordination, thereby reducing the likelihood of falls and associated injuries. Beyond the physical advantages, exercise stimulates cognitive function and memory, promoting mental acuity. Additionally, it plays a crucial role in managing stress, improving mood, and fostering social connections, thereby enhancing overall quality of life and independence.

Our communities all offer a variety of exercise classes that include aqua aerobics, stretch and tone, step aerobics, walking clubs, Pilates, Zumba, Yoga, balance and gait, bowls and croquet.



Makes 2 portions

Teriyaki glazed Norwegian Salmon

Ingredients

- 100ml teriyaki glaze
- 2 x 180g Norwegian salmon portions
- 6 cauliflower florets, blanched
- 8 leaves bok choy
- 4 baby carrots, peeled and blanched
- 20ml extra virgin olive oil

For the teriyaki glaze

- ½ cup water
- 35ml low sodium soy sauce
- 5 teaspoons brown sugar
- 1 tablespoon honey, or more to taste
- ¼ teaspoon ground ginger
- 1 pinch of garlic powder
- 2 tablespoons cornstarch
- 30ml cup cold water
- 1 lemon, cut in half, seeds removed

Method

- Combine ½ cup water, soy sauce, brown sugar, honey, ginger, and garlic powder in a saucepan over medium heat. Cook until nearly heated through for about 1 minute.
- Mix cornstarch with 30ml cold water together in a cup; stir until dissolved. Add to the saucepan.
- Cook and stir sauce until thickened for between 5 to 7 minutes.
- Set aside to cool to room temperature.

For the Norwegian salmon

- Turn the grill element on your oven to high.
- Lightly season the salmon portions with salt and pepper.
- Place a non-stick saucepan on medium

heat, pour the olive oil into the pan and place the salmon, skin side down, into the pan. Fry for 2 minutes.

- Carefully turn the salmon and fry for another 2 minutes. Squeeze a little fresh lemon over the fish.
- Lightly brush the salmon with teriyaki glaze and place under the grill for ± 1 minute. Allow the skin and teriyaki glaze to lightly caramelize under the grill. Serve immediately.

Pour the remaining teriyaki glaze over the salmon once plated. Serve with sautéed cauliflower, bok choy, baby carrots and a potato salad.

Nutritional Value

- Norwegian salmon: high in omega 3 fatty acids and vitamins. It's great for cholesterol control, lowers blood pressure, promotes a healthy heart rhythm and reduces the risk of heart disease.
- Teriyaki glaze: low in sodium and a good balance of sugars and minerals such as magnesium, iron and phosphorous. These are excellent immune boosters and assist with healthy heart functioning.
- Bok choy: reduces inflammation in the body, which may help to reduce your risk of developing a variety of chronic health issues such as heart disease, diabetes, and cancer.

WOODSIDE'S VERY OWN 'ICONIC GEM'

Anta Gerhardi

"If you cannot enjoy what Woodside offers, there must be something wrong with you."

In a striking pair of white cowboy boots, Anta Gerhardi graciously welcomed me into her haven in Woodside. Leading me through rooms filled with a unique blend of artistic styles, it was clear that her home serves as a canvas for her myriad creative passions. Our conversation flowed naturally as we settled into her sunroom sanctuary.

With a name as intriguing as a high-end beauty label, Anta Gerhardi is anything but a stereotype. She's an independent, free-spirited woman with a knack for gardening, painting, and embodying a unique aesthetic.

Originally named Anna, this native of Paarl is an only child. She attributes her resilient nature to navigating the various challenges that have punctuated her life. Anta looks back on these hurdles as blessings in disguise, crediting them for fortifying her independent spirit and enriching her character. As a young girl, Anta's musical talents began to shine.

Adept at both singing and piano playing, she found herself on the winning end of numerous competitions throughout her formative years.

The next act in Anta's story unfurled when she moved to Cape Town to reside with her mother. This relocation proved pivotal, as it expanded her horizons and introduced a range of exciting opportunities. At 20 years old Anta met and wed her 'good-looking husband', Gavin, and unapologetically remarked that she married him for those qualities! Wisdom and conventional rationale do not dictate, considering the tenure of their 63 years together.

Fortified by her hard-earned resilience and independence, Anta seized new opportunities with both hands. She catapulted to local fame when she entered a modelling competition featured on page 6 of The Cape Argus — and won. For years afterwards, she graced this page as a regular model.







Anta's painting from the French Chateau

Throughout her years of marriage and motherhood, raising two delightful children, Anta's creativity continued to flourish, evolving to echo the various chapters of her life. She's been a performer, a member of a drama club, and an active participant in community concerts. Her artistic endeavours didn't stop there: she's also skilled in dressmaking, decoupage, fabric and porcelain painting, and even flower arranging.

One of her standout experiences was a painting excursion to a French chateau with friends and artist Jansen van Rensburg, where cooking and painting were the order of the day. Amidst the scenic backdrop, this trip proved to be the most memorable travel experience for Anta.

As for the present, she playfully calls it her "do-nothing stage," showing me around her home studio. She quickly assures me that she'll return to her creative endeavours as soon as inspiration strikes. Seven years ago, Anta and her late husband, Gavin, settled in Woodside. Though Gavin sadly passed away four years ago, Anta finds peace and 'rustig'

(a sense of tranquillity) in her Woodside community life. Whether immersed in her garden or enjoying her own company, she describes herself as a "content old soul" who thrives on social interactions and solitude.

Defying her age, Anta is line-free and radiant. I couldn't help but accept her as my personal beauty guru. As we prepared to part ways, she gifted me with some age defying tips:

- Never step into the sun without a hat.
- Apply rosehip oil to your face and neck daily.
- Use a touch of retinol cream.
- Sleep on a satin pillow.
- Avoid unnecessary stress - and AVOID getting the "MOER IN."

Anta Gerhardi is a legend! She embodies a philosophy we could all benefit from - to be unapologetically yourself!

Anta is an inspiring individual and her joie de vivre makes her a genuine standout in our Woodside Community.



Anta and Gavin



1950

YES



ANTA GERHARDI
1950-24-251



ANTA GERHARDI
in "Skorowidze"
męski-wzrost
w. woski fana-
chomina. Prica:
12. 66.

WC
SA
WYNBERG

THREE'S COMPANY

Shein Siblings Shine at Royal View

BY ADI GELBART
FOR ROYAL VIEW





Bernice and Jeff



You know what they say, 'blood is thicker than water'. However, at times it can feel more like honey - undeniably sweet, relentlessly sticky, and best appreciated from a respectable distance.

In our grand, beautiful, yet seemingly chaotic world, siblings can scatter as erratically as marbles dropped on a floor. A little distance from sibling rivalry and deep misunderstandings can often bring relief to our familial connections.



When Jeff dropped the news that the Shein family band is getting back together - right here at Royal View - I couldn't help but display my wonder and curiosity. Would this become a 'Golden Girls' saga evolving into a 'Game of Thrones' drama, or would it be a tale of familial comfort, echoing the unspoken yearning many of us have in this hyper-connected yet emotionally distant modern world?

Much to my relief, the Shein trifecta, seemingly devoid of any observable rivalries, appeared to gravitate towards the latter. Nonetheless, I ventured into my inquiries with a healthy dose of caution, ready to sidestep any brewing family awkwardness.

The Shein legacy started with Bernice Tradonsky (née Shein), with Jeff hot on her heels just two years later. Gerald, the laat lammetjie, made his debut nine years after that. Raised in the nurturing environment of Germiston, they were infused with the values of a small-town upbringing, a legacy they've passed onto the next generation.

After matriculating, Bernice took the path of secretarial college in Johannesburg and married shortly after. The couple started their own business and planted their roots in Germiston. This echoes a familiar pattern in most family dynamics where the firstborn seems to have it all figured out. Straightforward and consistent.



Gerald Shein



Gerald with his children and grandchildren

Jeff, on the other hand, tested the waters at university, but it wasn't to his taste. So, he dipped his toes in the clothing industry in Cape Town. After tying the knot at 24, he established a home with his wife and their newborn in the Fair Cape. It's worth noting that middle children often display a streak of independence and a strong individualistic drive.

Gerald, due to the considerable age gap, experienced his formative years akin to an only child. Admittedly, he was somewhat pampered. With his older siblings having flown the nest, Gerald pursued a pharmacy degree. Regrettably, the Shein matriarch passed away, leaving him and his father in the family home. Thankfully, big sister Bernice stepped in, providing much-needed stability to their father and brother.

Relocating to a residential hotel, the Courtleigh hotel in bustling Yeoville, Johannesburg, Gerald and his dad found a fitting backdrop for their new chapter. At 27, Gerald married his beloved wife and embarked on his pharmacist career in Germiston before settling back in Johannesburg to raise a family.

Despite their differing paths, Bernice, Jeff, and Gerald's shared experiences led them to Royal View. All having lost their partners, they agreed that joining our Auria community was a privilege.

Jeff was the first to make Royal View his home. In the initial fortnight here, Jeff made more acquaintances than he had in the two years at his previous retirement community with his late wife. Being the extrovert of the trio, it comes as

no surprise that Jeff has a busy social life. Monday to Friday lunch arrangements stand.

A respected member of the 'Tuesday Salad Club', Jeff is part of a 9-member cohort that's been providing financial aid to university students in the community, for 57 years. At the spry age of 84, Jeff refuses to let age define him. With his easygoing nature, he thrives on social interactions and the Royal View event calendar keeps Jeff on his toes with a sparkle in his eye.

Next in line to move was Bernice, who is still acclimatising to the 'truly hassle-free' lifestyle at Royal View. With an abundance of activities and events, Bernice relishes her independence and the companionship of her brothers.

Gerald, the most recent addition, having only been here since June, is already "pleased with his decision."

From first-born to 'laat lammetjie', the Shein siblings are redefining the family dynamic and carving out their niche in the warm and inviting Royal View community. And we couldn't be more thrilled to have them!

The Shein family



BY ADI GELBART FOR
MELROSE MANOR

Joy Coplan on making a difference

*Joy on living at Auria's
Melrose Manor presents
a special quality of life for
people who are ageing,
by enabling residents to
find meaning and giving
them tools to embrace
this chapter of their lives.*



Joy Coplan's early life in the captivating surroundings of Fresnaye, Cape Town, was far from conventional. Accompanying her father to political meetings, she was introduced to the stark disparities of South African society. The profound conversations she was privy to shaped her core values and ignited a passion for equality and social responsibility. Her compass was set, guiding her toward a life defined by profound awareness, compassion, and determination.

Her educational path led her to Good Hope High School and then to the University of Cape Town (UCT), where she pursued her degree in English and History and participated in many forums. As the secretary of the "Modern World Society," a group aimed to discuss the South African socioeconomic landscape in the 1950s, her ability and skill to connect to like-minded people began to flourish and lay the groundwork for a network that would reach far and wide.

After graduating with a BA in English and History, Joy then earned a teaching diploma and received training at Ellerslie High School in Sea Point. Her shift from teaching these subjects to vocational guidance allowed her to tap into her diverse skills, including her remarkable intuition.

On a personal level, Joy's life blossomed when she met Milton on Muizenberg Beach. Married in 1959, they moved to Harare to start their family. During the children's early years, Joy taught at various schools, a temporary role that suited her well.



*The Coplan Gang.
From left: Stephen, Keren, Jeremy and Paul*



Joy was a voting agent where Madiba cast his vote.

In 1965 the Coplan's relocated to Vereeniging when Milton accepted a senior position at Cape Gate. His 25-year success story with Cape Gate led the Coplan's to their forever home in Oaklands, Johannesburg, in 1972. There, they stayed until their children were ready to embark on their own adventures, each poised to make their unique impact on the world. And that they certainly did!

Jeremy is a psychiatrist who serves as a Professor of Psychiatry at the State University of New York. Paul has taken on the role of VP of Epidemiology and Real-World Data Sciences for Medical Devices at Johnson and Johnson, where he leads a team of epidemiologists, data programmers, and biostatisticians. Stephen, who holds honours in Linguistics and a Masters in Journalism, has embarked on a career at an IT firm in New York. Keren, equipped with her Honours in Chemistry and a Master's degree in Experimental Pathology, has chosen a different path, following in her mother's footsteps. She is now enjoying her career as a Residential Property Broker, also based in New York.

It is clear that the guidance Joy gave her children, imbued with her values of social responsibility and vision has paid off.

Joy's career took a new turn in the 1980s when she entered the commercial property industry, joining the Richard Ellis Group. Capitalising on her intuition and extensive network, Joy connected landowners to CBD opportunities, renovating and renting out properties acquired at a bargain. Her time at

JH Isaacs, Russel Marriot, and Broll saw her witnessing the dynamic changes in the commercial landscape in Johannesburg.

With a highly successful career as a commercial broker behind her, Joy shifted her focus to social endeavours and community work, which she is still involved in today.

Joy's daily telephonic check-ins from Keren and weekly calls from Jeremy certainly keep her on her toes. Jeremy insists that he can tell by her voice how she is doing. Who are we to argue with a professor of psychiatry?

Joy describes her move to Melrose Manor as a 'big step'. Being faced with an uncertain future at this stage of life is a challenge. Joy emphasises that a regular practice of Tehillim reading (psalms) has enriched her life and has added a spiritual dimension to her day-to-day life. Joy remarks on how surprised she is by how much inner strength she gains from this morning ritual.

Joy's story isn't just a series of accomplishments as a wife, mother and member of her community. It's a testament to the incredible impact one person can make when driven by a love for humanity and a vision for a more equitable world. Her life's personal and professional work serves as an inspiring example of what's possible when one's heart and mind are in perfect alignment.

Describing herself as a 'creative thinker' with early guidance from her father she learned an awareness of society.

Being involved in changes within society, playing a role in changing society.

In 1994 at the Killarney Sports Club, Joy was a voting agent where Madiba cast his vote.



Joy with her daughter and granddaughter

BY ADI GELBART
(FOR SAN SERENO)

The gifts of
the East with
San Sereno's

Tracy Sunley

Tracy was one of the first San Sereno residents that I had the pleasure of meeting. Standing in front of Café Auria's display of pastries I noticed a lady to my right, adorned in a boho A-line skirt, colourful shirt and takkies. I recall my initial interest in her. I immediately recognised in Tracy an arty eccentricity shared by many creatives. It took me a full year later to finally get the opportunity to hear her story and get some insight into her remarkable life.





*What do you love about
the Eastern lifestyle?
“It inspires life - the ceremonies
are part of life. The lifestyle
is rich with meaning.”
Tracy Sunley*



Born and raised in Doonside Town, on the KZN South Coast, Tracy's fascination with nature and its abundant beauty began. She fondly recalls many hours spent alone exploring the beach and its offerings, after her parents had packed up to go home. Tracy reflects on, how as a child, this alone time on the beach, nurtured an innate connection with her surroundings and kindled a curiosity for the world.

After graduating from high school Tracy embarked on an overseas trip to Europe with three of her friends. The experience roused Tracy's independence and curious spirit. Tracy kept a diary while waitressing in London and journalled about her life every day. She was determined to savour every moment as she never knew when she would have the opportunity to travel again.

The allure of new cultural exchanges captured her attention and ignited a passion within. A seed of possibility, of exploring uncharted territories and cultures, took root in Tracy's mind, waiting for the right opportunity to bloom.

Tracy relocated to Johannesburg and worked at the Institute of Race Relations. During that time, she met her husband, John, on a blind date. He was an Englishman living in Ghana on his way to the United States via South Africa. Needless to say, John never made it to the United States. He discovered his future life

partner in Tracy. Love blossomed, they wed, and their journey as a family began, enriched with the addition of two daughters.

They moved to Durban, where they navigated the girls' school years. The call of the East finally arrived when John received a proposal to relocate to Hong Kong. With their daughters' schooling nearly complete, John embarked on this new journey first, with Tracy following suit a few months later.

By the time Tracy joined him, John had become a familiar face in the Hong Kong social scene, networking extensively and assisting many young aspirants in establishing a life in the foreign city. Their daughters, Vanessa and Kate, too, found their way to the dynamic metropolis.

The Sunleys' new home was once again complete. Their apartment, situated on the second floor of a residential block in Repulse Bay, Hong Kong, became an enclave of tranquillity and cultural immersion. With sweeping views of the China Sea, Tracy recalls her morning view admiring the Tai Chi routines on the beach at sunrise and huge liners in the distance.

The myriad of culturally rich and exotic destinations were all within arm's reach or a short plane ride away and with this, Tracy knew she had found her haven. She was in a place where her dreams of exploration of new cultures could be realised.



Machapuchare Mountain

Tracy embraced her new life with immense enthusiasm. After reading an article about orphans in China, Kate's boss Ranjan Marwah started an organisation called 'Mothers Choice'. where Tracy began volunteering. She would spend her time caring for newborn unwanted babies. This organisation served as a home for orphaned babies. Couples from China and all over the world would come to see the babies for adoption.

With the world at her feet, Tracy understood that this extraordinary opportunity of living in the East was one that she would embrace with all her heart. That she certainly did. From attending lectures and discussions to joining weekly art classes and bridge games, Tracy forged new relationships with people and places she lived and visited. From Hong Kong, Nepal, Burma, Vietnam, and India to name a few, Tracy remarks "The intoxicating culture just got into my soul."

Tracy and John owned a junk called Jabulani, a large boat that could comfortably fit 20 people. They celebrated life and often took their friends on the junk. Together they would visit many islands, enjoy all the islands' restaurants and live life to the fullest.

Their sojourn came to an end after eight years when in 1997 Britain had to give Hong Kong back to China and the English company that John worked for closed



The last of the bound-foot women in Yunnan Province

operations in the East. In a ceremony marking the end of a chapter, John was honoured for his service by being given the privilege of sounding the noonday gun. This was very rarely given to an expat and the fact that John was given this task suggests his value in the minds and hearts of his fellow colleagues.

Their swan song culminated on John's 60th birthday when they were flown to Nepal and around Mount Everest. They spent an unforgettable few days in a cottage close to Fishtail Mountain. They were termed the 'long noses' by the locals who entertained them with dance.

They returned to South Africa and began re-establishing their lives on local soil. Tracy continued to participate in various charities and began writing about her 'sojourn in the East'. With John's passing 13 years ago, Tracy sought out a new environment to call home.

From South Coast to San Sereno, Tracy Sunley's incredible journey continues, filled with the same sense of wonder that first carried her across continents. Tracy has been a resident at San Sereno for six years and she praises her lucky stars when Auria took over and transformed San Sereno into the amazing community it has become. She loves abstract painting and writing, where some of her creative energy and gifts of the East can find expression.

Her life is a poignant reminder that every day holds the promise of a new adventure, and she continues to inspire us all to live each moment with curiosity, passion and wonder.



Tracy and John



Birds and

Song

The
melodious
life of
**Jessie
Blackshaw**

BY ADI GELBART
FOR WOODSIDE

In the tranquil landscapes of Woodside, nestled amongst the diverse flora of South Africa, one resident stands out with a song in her heart and a love for birds that fills her days with joy. Jessie Blackshaw, born and raised in George, has become synonymous with the harmonious union of her two passions: music and birding.

Moving to Cape Town during her high school years, Jessie's interest in bird watching began. At the age of 17, her brother introduced her to this fascinating hobby which has blossomed into a lifelong relationship with the avian kingdom. Now, as Woodside's resident bird expert, Jessie's fascination with birds continues to

grow. "All so different with their unique qualities, and I have learnt to recognise many different bird calls," she muses. "All have their funny little ways."

Birds have long been thought of as divine messengers in various cultures. Jessie's relationship with these feathered creatures transcends mere observation. To her, they are companions, each with their unique personality, song, and dance. As she strolls through the gardens of Woodside, her ears attuned to their calls, she often reflects on the marvels that these messengers of the sky have shown her.

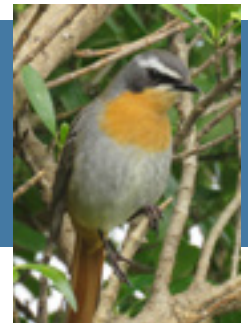
Jessie recounts her first noteworthy encounter as she prepared to deliver a lecture at her church on the birds of the Castle of Good Hope. Her objective included the Giant Kingfisher, the last bird of the talk. She was standing by her bedroom window on the morning of the event, nervously going over her speech, when she noticed two Giant Kingfishers flying past. It is a rare sighting to spot one - but two! A sign from the universe indeed. Such synchronicity cannot be random, and in this case, she felt reassured and her anxieties were allayed.

Jessie calls those special experiences 'Godwinks', moments when she feels touched by God in a unique and unexpected way. These rare and mystical sightings, Jessie believes are available to anyone with the presence of mind to receive their messages.

Jessie's involvement with birding projects like the 'Hadeda Ringing Programme' has been extremely rewarding. She spent years involved in the project and was tasked with re-sighting the ringed birds. During her time monitoring these birds, she became attached to one particular Hadeda, HC, which she spotted over 207 times during the 14 years of their interaction.

Parallel to her love for birds is her passion for music. A piano teacher by profession, Jessie grew up playing 2-piano duets with her sister, regularly entertaining church congregations and playing together in the eisteddfod. Her teaching career took her to various schools in and around Cape Town. She accepted a position in King William's Town as a piano teacher. She was also to teach the boys' choir. Without prior

"I love this bird because it lives behind our house at Woodside and also at Betty's Bay where it follows me when I'm gardening, getting very close and hoping I may dig up a worm."



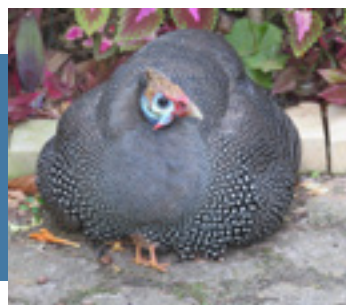
"These are the two that visit me on our stoep."

singing teacher experience, Jessie had to learn very quickly. This learning curve was challenging and enriching which added to her repertoire of musical skills and fostered a love for choral music.

Jessie's life took a family-centred turn once she met Neil. They married and set their sights on raising their expanding family. Jessie became a mother to Neil's two young children. Shortly thereafter the birth of their two daughters completed the family unit. Together Jessie and Neil spent a decade leading the church choir, with Jessie conducting and Neil playing the organ. The musical gene was prominent in the family, with their two daughters sharing a passion for music.

Jessie and her husband moved to Woodside five years ago and count themselves most fortunate to be a part of the Auria community. Jessie offers birding talks and has joined neighbour, Bev Fair, playing piano duets for residents of Woodside.

By teaching others at Woodside about the wonders of birding and sharing her love for music; Jessie demonstrates how the fusion of these seemingly disparate passions is possible; reminding us all to embrace what we love and make it an integral part of our lives.



"The Helmeted Guineafowl: with about 10 chicks under her - a protecting mother."

THE SKY IS
THE LIMIT WITH
SAN SERENO'S

Vivian Dubb

**MBBCh Bachelor of Medicine
and Bachelor of Surgery
FCP Fellowship of the College
of Physicians (South Africa)
FRCP Fellowship of the Royal
College of Physicians of London
FCP Fellowship of the College
of Physicians with Neurology**



When Vivian entered Medical School at Wits University in 1961, she had no idea that it would take 18 years of studying to reach her ultimate goal. She knew that she wanted to work with people and thought of teaching or nursing.

She was in matric at Barnato Park Girls High where she was head girl and had to decide which way to go. Her mom had a philosophy that one should always 'start at the top' and persuaded her to apply to Wits Medical School. She was accepted and obtained her MBBCh in 1967. This was the beginning!

During her initial internship, Vivian had to undergo six months of surgery. A few minutes into attending her first operation she was told by the Chief Surgeon to take her white face outside before she fainted! She fled but successfully completed her six months. After six more years of study, Vivian qualified as a Specialist Physician. As part of her training, she attended lectures in the home of Professor Asher Dubb. He was Professor of Internal Medicine at the Chris Hani Baragwanath Hospital. Over this period their friendship grew and in 1973, they were married. He was 16 years her senior and was widowed with two children. He said that the difference between her and his other students was that they had given him a gift and left but she didn't, and stayed.

She then qualified as a Cardiologist and worked in this capacity for 10 years. Vivian then decided that her calling was actually Neurology. After completing her second residency, and after 18 years of study, Vivian climbed the ladder quickly and moved straight to become Professor of Neurology at Wits, Charlotte Maxeke Johannesburg Academic Hospital (then the Johannesburg General Hospital), Helen Joseph (then J.G. Strijdom Hospital and the Chris Hani Baragwanath Hospital). She had finally achieved what she had set out to do - working with people, medicine and teaching.

She lectured to doctors, physiotherapists

and occupational therapists and loved training all these specialities over the years.

Prior to becoming a Professor of Neurology, yet another degree was required and Vivian's thesis for her PhD was on 'strokes'. She went on to establish the Stroke Society of South Africa and later was appointed as a member of the International Stroke Society based in Australia.

Right through her medical career, Vivian had to take on the medical fraternity which closed most women out. At that time, the College of Medicine had no women, and she was the only woman on the committees on which she served. She says that this has changed considerably in recent times, but she was one of the original women who helped to change the thinking of the medical fraternity.


Professor Vivian Dubb (nee Fritz) and her husband, Professor Asher Dubb, were both awarded the prestigious Tobias Medal for the top lecturers at Wits - a huge honour.

After retiring from active medicine, Vivian worked for a number of firms of lawyers and was responsible for assessing the medical injuries of claimants who had been injured in accidents.

Vivian lost her husband 17 years ago. He had published a number of articles and medical books and after retiring, she was inspired to write a few medical books herself. Now she is working on a novel based on the experiences of her mother during WW11. Her grandparents lived in Berlin but saw the writing on the wall and moved to South Africa in 1937. Her mother went to England as an 'au pair' and from there, made her way to join her parents in South Africa where she married her German Jewish husband and had three children.

Vivian enjoys tinkering on her keyboard as well as swimming and water biokinetics.

Indeed, an illustrious career and we look forward to the publishing of Vivian's first novel.



This is how Auria celebrates Mandela Day

To celebrate this year's Mandela Day, our team and residents of Royal View joined Ladles of Love in preparing nutritious meals for the less fortunate.

Continuing with Mandela Day, our amazing residents at Melrose Manor made care boxes for the Alexandra Society For The Care And Welfare Of The Aged.



“It always
seems impossible
until it is done.”

NELSON MANDELA

“Let your
greatness
blossom.”

NELSON MANDELA



“It started with
one thought, one pot,
one person and
now it’s a huge
movement.”

LADLES OF LOVE



Garden Talk

WATERWISE, ORGANIC, COLOURFUL COMPANIONS

BY NATASHA ALEXANDER

In South Africa, we as gardening enthusiasts have a unique opportunity. Amidst the challenges posed by climate change, with its unpredictable rainfall and rising temperatures, there's a way to cultivate a garden that's both vibrant and environmentally conscious.

The concept of a waterwise garden: a method that not only conserves our invaluable water resources but ensures that plants thrive even during the drier spells.

Water has become a precious commodity and the ethos of gardening has shifted to an eco-friendlier approach, using fewer pesticides and more hardy, less thirsty plants, as well as introducing companion planting. It's important to keep editing your garden and adjusting to the changes we are faced with within our present environment.



Euryops

The principle behind a waterwise garden is simple: use water efficiently. But when combined with the age-old practice of companion planting, the benefits multiply. Companion planting involves growing certain plants together for mutual benefit. For instance, some plants naturally repel pests, reducing the need for chemical interventions. Others can enhance the growth of their neighbours, either by attracting beneficial insects, providing shade, or even improving soil health.

Take, for example, the pairing of parsley and roses. This combination is not just visually appealing, but the parsley plays a protective role. It keeps certain pests away! Similarly, Pennyroyal, with its ability to deter worms and beetles. Basil has amazing benefits to your garden, the smell chases away flies, aphids, mosquitoes, whitefly, and red spider. Some other additional companions are lavender, mint and nasturtiums acting as insect repellents.

A garden's health, however, isn't just about the plants; it's about the soil too. Regular composting can do wonders by enriching the soil with essential nutrients and improving its structure for better water retention. On the other hand, mulching offers a protective layer, preserving moisture, reducing the need for frequent watering, and even preventing weed growth. Planting groundcovers to cover the bare soil helps retain moisture.



Scabiosa Africana



Some choices are: *Tulbaghia violacea*, *Aptenia cordifolia*, *Dymondia margaretae*, *Asparagus densiflorus*, *Coleus neochillus*, *Gazanias*, *Bulbine frutescens*, *Agapanthus nana*, *Bacopa sutera* and *Arums*.

Other flowering plants that enhance colour in the garden include cancer bush, *Pelagoniums*, *Euryops*, *Osteospermum*, *Aristea ecklonii*.

Mulching, composting, and fertilising are just as important in spring as they are in winter. They help feed the plants as they come out of the dormant winter phase and start actively growing again. Suitable fertilizers are 5:1:5 which is good for lawns, flowering, and growth stimulation. 7:1:3 has a high nitrogen content which is great for lawns as this helps with nitrogen recycling.

Nurture your spring garden as it comes alive by turning old mulch into the beds and adding more compost and or mulch, fertilising and planting new areas of colour by using perennial, flowering groundcovers: *Geranium incanum*, *Convolvulus*, *Verbena*, *Scabiosa*, *Scaveola*, *Pelagoniums*, *Chlorophytum*, *Ajuga*, *Plectranthus* varieties, *Diascia*, *Hemerocallis*, *Alternanthera*, *Helichrysum*, *Vinca*, *Stachys lanata* (lamb's ear). All of which offer a more sustainable cover for bare soil areas and add a lot of colour!

Residents have a golden opportunity, by embracing waterwise gardening and the principles of companion planting, you can create gardens that are not only a feast for the eyes but are sustainable and environmentally responsible.



Pelagonium



Osteospermum



Auria's very own horticulturist, Natasha Alexander

Natasha grew up on a farm in KZN, learning plant names from a young age, studying horticulture, and helping her parents in their nursery. She has had the privilege of experiencing and enjoying a life full of beautiful outdoor experiences, surrounded by plants, gardens, creativity and fun.

Natasha has been in the horticultural field for 30 years having worked for a couple of landscaping companies in KZN and Johannesburg. In 2009 she opened her own company, The Flower Station, and hasn't looked back since. Giving her the flexibility to be a hands-on mom to her three kids and allowing her to run her own florist alongside her landscaping, have been significant benefits.

Natasha loves doing residential gardens and explains

“One of the reasons I love doing residential is because I get to engage with the homeowner and help them create their personal happy place. I have found that it is all about listening to their wants and needs. Being able to give them a garden that they love spending time in is one of the most fulfilling, fun, and creative parts of my job.”

“I have been very fortunate to work with Auria for the past 5 years” and adds that being involved in the Auria communities continues to be most rewarding. Natasha began lending her expertise at San Sereno, thereafter, assisting Melrose Manor in its transformation and now also assists residents at Royal View.

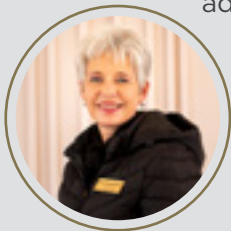
Getting to know our Auria Team

Riana *Bredenhann*



CARE CENTRE ADMINISTRATOR

Riana is the first person you meet when you enter the Royal View Care Centre. She is also a Certified Caregiver with expertise in Palliative and End-of-Life care. She has a very keen interest in furthering her knowledge. Always willing to go the additional mile to assist residents and help with extra activities. Welcome to the team and we look forward to sharing in your future success with us.



Tebogo *Malele*



SENIOR SOUS CHEF

Tebogo, a family man with a fiancé and three kids, began working at San Sereno in August. His love for the kitchen environment and understanding of people's dietary needs are evident. He values the appreciation and critique from the well-educated and well-travelled residents, as it contributes to his growth. Known to be friendly, it is no coincidence that 'Friendly' is his middle name. He is outspoken and eager to learn and has quickly become a valuable addition to our team.



Melissa *Gabriel*



WOODSIDE GENERAL MANAGER

Melissa is a seasoned professional in the hospitality sector, boasting an impressive two-decade career predominantly in hotel management. She initiated her journey with the Protea Group, contributing to various departments across distinguished properties including Fire and Ice, Cape Town, Crystal Towers, 15 on Orange, and Protea Tygervalley for over a decade. Subsequently, she affiliated herself with the Radisson Group in Cape Town, later relocating to the UAE to be an integral part of the inaugural team for Radisson Red in Dubai. She holds a certificate in Hospitality Management and has recently acquired a Certificate in Entrepreneurship Essentials from Harvard Business School. With a keen interest in animal welfare and an innate passion for people and tea, she adds a unique flair to her professional persona. We are delighted to welcome Melissa to her new role as General Manager at Woodside and are optimistic about the value she will bring to our community.

Helen *Mokoane*



REGISTERED NURSE

Helen is a registered nurse with a wealth of knowledge and experience. She is joining the Melrose Manor Care Team as the new senior Registered nurse, with Tando Ncube retiring. Helen worked as a care manager at LiveWell in Bryanston before taking the position at Melrose Manor. She has also spent several years working in clinics, hospitals, and senior living facilities. She is a firm believer in a holistic approach, prioritising each individual resident's needs. We look forward to being a part of Helen's future success with our Melrose Manor Team.





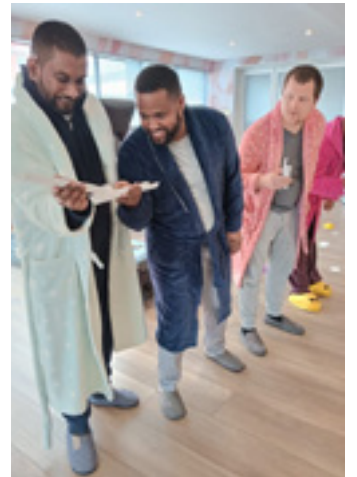
BEST DRESSED

RUNNERS UP



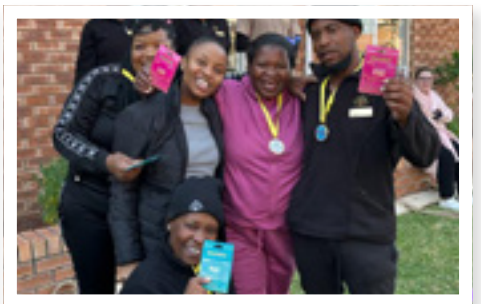
Team Building at Auria

Our Auria communities held a day of team building to honour the extraordinary staff members who make our communities so exceptional. The activities were such fun and prizes were awarded to the best-dressed team, runners up and of course the winners!



WINNERS

TEAMWORK



STILL GOT IT!

This is the first of a regular column where we will be featuring older adults who have 'still got it' and are engaged in interesting pursuits, which add positively to their personal meaning and purpose in life.

We hope to be inspired by these people who are, at the end of the day, just ordinary older people, doing extraordinary things!

BY ADI GELBART

Greta Pontarelli has still got it! At 71 years old she lives her life with passion. She shares her insights on how the sport of pole dancing has brought her joy, strength and meaning.

Her defining technique is the 'Iron flag', a captivating spin-off of the 'Iron X'. This involves getting her body practically perpendicular to the ground which takes tremendous core strength and focus. This incredible feat she performs with ease, or so it seems, and becomes even more impressive when her age is considered. However, Greta insists that her path to expertise

Greta Pontarelli is an American world-champion pole dancer with no less than nine titles under her belt. Still going strong at age 71!

photo: www.donqphotography.com





was not an easy one. Greta's mother had severe osteoporosis, and her younger sisters were diagnosed with it as well. Greta, 59 at the time, noticed that while she was in fantastic health, but she wasn't doing anything to strengthen her bones. Including weight-bearing exercise in our daily routine is one of the best strategies to strengthen bones as we age. This is because weight-bearing exercise causes the muscles and tendons to exert strain on the bones, which stimulates the bone to create additional bone tissue. As a result, bones become stronger and denser, reducing the likelihood of osteopenia, osteoporosis, and fractures.

When searching for information on the internet she discovered an article on pole dancing and its purported bone health benefits, among many others. It was love at first sight - not just an exercise, it became an avenue for creative expression too.

Greta has travelled the world performing in pole dancing championships. Her accomplishments are astounding, with nine world titles under her belt so far.

Greta's love of pole dancing has even altered her house, with poles put in her living room and garage, transforming them into personal studios. It's become her sole workout, assisting her in developing flexibility and strength.

At 61 Greta had to have a double hip replacement (from years of gymnastics on a non-sprung floor). She relays that when travelling from the airport to take part in pole dancing championships she would often require the use of a mobility aid. But because the sport of pole required mainly upper body strength, it accommodated

her injuries rather than exacerbating them.

Greta sees the stage as more than just a venue to display her physical abilities. She can express herself through the choreography and tell stories of transformation; with performances analogous to a phoenix rising from the ashes or a cocoon transforming into a butterfly. Greta likens the theme of transformation as relevant in today's world, as a people and a planet.

Pontarelli tells her experience to encourage people not to be discouraged by their age or physical constraints. At 71, she demonstrates that it is possible to discover one's passion, to discover what makes the soul sing, while still deriving the obvious benefits of this type of exercise.

Greta's impact has already been felt far and wide, with individuals writing to her to tell her how she inspired them to walk five kilometres a day or return to yoga.

Greta urges everyone to go inside themselves to identify and develop their unique ability. Nothing beats discovering that gift and sharing it with the world.

“When I do pole, I feel ecstatic. I feel like a child playing at a playground-like weightless effortless. It brings great joy to my heart. I would like people to realise that if I could do this at age 70 they could do it. Find your passion, to find what makes your soul sing.”



Letters

from residents and families



MY WHY!

I love caregiving because it allows me to touch people's lives in a profound way. It's amazing to be there for someone when they need it the most - offering comfort, support, and companionship. Seeing the positive impact I can make is truly heart-warming.

What excites me the most is the chance to build real connections. Whether it's a warm smile, lending a hand, or simply listening, these moments create bonds that mean a lot. Every person is unique, and that's what keeps this work exciting. Adapting to different needs and stories challenges me to grow and learn every day.

In a nutshell, caregiving allows me to connect with others in a deeply meaningful way. It's all about making lives better, and that's something I'm truly passionate about.

SINAZO VAMBE

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, Bronwyn and all those concerned in the kitchen for the most delicious and attractive Artist's Lunch. It is always fun and we appreciate all that is done so lovingly for us. You all go to so much trouble on our account. Your waitrons are so well trained and seem so content and cheerful too. We could not be happier here than we are and could not think of anything we would like that is different - maybe waterlilies in the pond!

DENISE COLLIE

.....
I would not have coped without the Auria team beside me who consoled, cared, advised and helped in every way possible. The Care Centre staff were exceptional and our video of them singing whilst they accompanied my husband to the car has gone around the world. And the organisation and catering for the celebration of his life on the 30th was wonderful. The Pell family were truly blessed so we say a huge thank you to the staff at San Sereno, too numerous to mention, for their love, care and concern. It's what makes living here so very special.

PAT PELL

.....
Many, many thanks to you and your team, for making my father's 90th birthday party such a special event! Please convey our appreciation to Werner and his team - the food was top notch - we really enjoyed ourselves! The service team is a winning team - they served us with big smiles, and nothing was too much trouble. Again, thank you very much.

**ERIKA BOTHA
MR WENHOLD'S DAUGHTER**

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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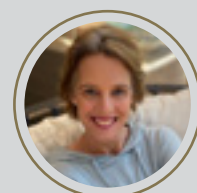
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THIS IS NOT RETIREMENT.
THIS IS LIVING.

S

SAN SERENO
—
Bryanston

M

MELROSE MANOR
—
Melrose

W

WOODSIDE
—
Rondebosch

R

ROYAL VIEW
—
Sandringham

C

CORAL COVE
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