



SAN SERENO

BY AURIA SENIOR LIVING

SAN SERENO NEWS

AUGUST

2020



KEEPING MINDS & BODIES ACTIVE

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Die Strelitzia Reginae

DEAR *Residents*

Hello all,

WELCOME TO OUR LATEST EDITION OF SAN SERENO NEWS!

There have certainly been vast changes over the last few months, and it seems at times as if the entire world has come to a complete stop. The “new normal” in our daily lives revolves around social distancing, limiting interaction and isolation. There are many joys however, and what has been wonderful to observe is the support neighbours have provided each other during this time. We would like to encourage residents to continue to maintain contact – from afar. I have seen residents help each other with everything from face masks, flat car batteries, groceries, Wi-Fi or just companionship and it is wonderful to observe, especially during an international crisis.

As we venture through the various national lockdown phases, we will continue to adjust our services, activities and controls and ensure we keep our residents and team safe.

I hope you enjoy what we have to share with you in this edition. Remember that we are in this together, which makes us stronger. Stay home and stay safe.

Warm regards,
Rui Antunes
General Manager



THE SAN SERENO *Team*

GETTING TO KNOW...

KABELO *Mathe*



Two months ago, Kabelo was appointed to join Bronwyn at the concierge desk. Many knew Kabelo from the Care Centre where she did her Primary Nursing Training and worked for ten years. Now everyone can enjoy her cheerful smile and her efficient and patient attention.

Kabelo was born in Zimbabwe but completed her education in Bryanston. She has a very

cute eight year old son, Mpho, meaning gift, who attends Bordeaux Primary School, and she is a very proud Mom. She hopes to study Accounting part time through Unisa next year.

We are delighted to welcome Kabelo and wish her well in her new venture. We are actually quite a nice bunch Kabelo and hope you will be very happy!



TAMARA *Segal*

Tamara joined Auria as Marketing Coordinator in July and is loving the challenge. She was born in the UK, started school in Botswana and spent her childhood in Johannesburg, matriculating from Greenside High. She did a diploma in tourism and various marketing and client relationship courses. In her early twenties, she moved to London and lived there for four years, working with the Y2K and Euro conversion project teams at Deutsche Bank. Back in Johannesburg, she worked for a couple of reputable tour operators, focusing on operations and marketing. She met her husband in 2008 and they moved to Uganda, running a high-end

lodge in Bwindi, the home of the mountain gorillas. They then moved to Mozambique, with their young son, Dylan, for two years and then back to Uganda, this time to Kampala to run a large operation comprising of a luxury safari company and four exquisite lodges. Five years later they moved to Kenya where they lived on a farm in the glorious tea fields of Tigoni, commuting into Nairobi for work. They returned to Johannesburg in 2019 where they are now settled. Tamara loves yoga, personal growth, her little family and reading; and she says her favourite country of all is Uganda.

Auria has an employee recognition initiative to identify members of our team who have made an extra effort with assistance, service and care to residents. Residents are encouraged to participate in helping us to identify Star Performers as we cultivate a culture of excellence and appreciation at San Sereno.

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

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

AURIA'S
- STAR -
PERFORMERS
★ ★ ★ ★ ★

SR IRENE MAKHALA

Our Care Centre has benefited from having Sr Irene as part of our team. She is always willing to go that extra mile with a big smile on her face. Sr Irene arrives ready for the day ahead; and with her soft voice and quiet demeanour, she manages to get through any situation. She is a role model who is friendly and approachable and offers support wherever it is needed.



BERNADETTE MEKGOE

Bernadette is a Care Worker who has such a positive outlook on life that it is seen in everything she does. She is a great team player who does all she can for her residents and fellow colleagues. Bernadette is hard-working and reliable.



YVONNE NGQAQU

Yvonne covered the Security Supervisory position whilst Queen was away on leave. She did an excellent job and continues to perform under challenging circumstances. Yvonne led the security team without fault and is worthy of appreciation and acknowledgment.



MILLICENT MHLABENI

Millicent has been such a star over this lockdown period and is always available to help where needed. She has assisted residents with various requests at all hours of the day and even assists with rebooting our own IT system for remote support. Thank you, Millicent.



EDWARD MAREDI

Whilst there have been a few challenges to overcome in the kitchen during lockdown, Edward has assisted in leading the team. He has had to think quickly and efficiently and resolves problems as they arise.



OUR AURIA

Superheroes

We wanted to share this poem from the Appletons...what an incredible expression of gratitude for Auria's staff.



A GRATITUDE POEM FOR THE AURIA TEAM

The virus arrived and decided to stay
On the frail and elderly it wanted to prey
What would happen to us we began to fear
But no worries the Auria team was here
With a steady and decisive hand at the helm
They ensured the virus did not overwhelm
So let us thank those who took good care of us
They all played their part, no bother, no fuss.

To the nurses and care staff one and all
Who really stepped up and answered the call
Keeping our community healthy day by day
Showing your love and compassion along the way
So we stand and applaud for what you have done
Selflessly keeping us healthy, you are number one.

People in lockdown needed to eat
With the restaurant closed this was no mean feat
Delivering to homes became the norm
Well done to the staff who weathered the storm.
Lockdown meant no families, no visitors inside
Our security team took new rules in their stride
Strict monitoring required, their vigilance the best
Ensuring a safe environment for us to rest.

All internal activities were suddenly banned
We would be bored, frustrated where did we stand
No problem, do not worry said front of house
Who gave us crosswords, activities with a click
of the mouse
What a kind and thoughtful gesture is our
weekly treat
Be it chocolates, cookies or croissants to eat
To all those involved our gratitude to you
For lifting our spirits with something to do.

To management and admin what can we say
Your efforts have helped to brighten our day
From day one you introduced innovative ways
To ensure care and safety during the coming days
You kept us informed every step of the way
Which ensured the many rumours were kept at bay
By what standard can our gratitude be measured
Through your thoughtfulness, that will always be
treasured.

So ten out of ten to the team for its ongoing care,
The residents know, Auria superheroes are there.
Because through it all Auria acted real smart
So we give thanks to the team with a grateful heart

Brian & Cherith Appleton, 29 Delft

LIFE IN LOCKDOWN

A “PROTECTIVE BUBBLE” AROUND OUR *Communities*

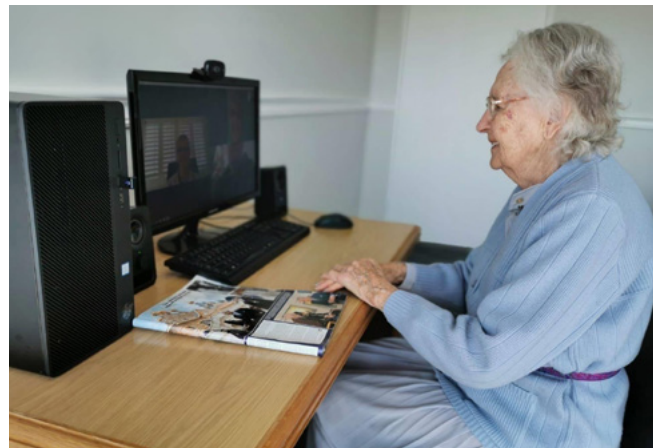
Since the start of the COVID-19 pandemic we have put in place extensive measures to create a ‘protective bubble’ around Auria communities. One of the most stringent of which was the introduction of a 14-day shift roster for our staff, implemented in mid-March. Initially, our entire team stayed on site with us for five full weeks. Staff now go off for a break, with incoming staff spending the first 7 days in our off-site quarantine accommodation, where they are monitored for symptoms and undergo PCR-testing (conducted by Ampath Laboratories) before starting their 14-day shift cycle. This has required, and will continue to require, great commitment and personal sacrifice from all our staff.

To-date, we have conducted nearly 1600 tests, the majority of which have been proactive (where the staff member or resident has not been symptomatic). This has ensured that we are keeping infection rates within our communities to a minimum, and where there are positive cases, we can isolate them early.

As the global medical community’s knowledge about COVID-19 grows consistently, we continue to monitor local and international developments and best practices; and to alter our containment strategy whenever necessary. We are doing all we can to offer safety, peace of mind and the best possible care to our residents. Every single day.

HONESTY CAFÉ

Our little “convenience shop” based at Café Auria at San Sereno is working well to help keep residents stocked up with basics and limit outside trips to shopping centres.





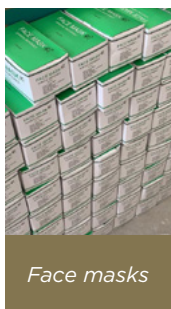
Staff have pulled together to ensure our protective bubble is secure; and we are so proud of what they have achieved, the sacrifices they have made, and the grace with which they have done so.



Protecting our staff and their families



New beds for staff quarantine accommodation



Face masks

GO TURQUIOSE

Go Turquoise 4 The Elderly runs each year from 15th May to 15th June. Our teams wore their turquoise ribbons in support of this campaign which encourages individuals, families, businesses and organisations “to do what they can to make the world a better place for the elderly – especially those not accommodated by a community or family support structure”. There are just over 2.75 million older people in our country, of which 1 million are over the age of 75. Now, more than ever, we must be mindful of those in our society who are more vulnerable.



HEALTH & WELLBEING



Our creative team of Biokineticists have been sharing exercise videos and information via the WhatsApp group, which we hope have been helpful.

If you have not yet joined the WhatsApp group, please contact Joanna directly at my.biokineticists@gmail.com or 084 208 9707.

LEARN MORE ABOUT OUR BIOKINETICIST, JOANNA COETZEE

Joanna completed her Honours degree in Biokinetics at Stellenbosch University, as well as several post-graduate qualifications in various treatment modalities. She facilitates a training programme for students at the University of the Witwatersrand. Joanna has been providing her services to our San Sereno residents since 2007.

STRENGTH & BALANCE

Exercises

She has a great interest in helping people with musculo-skeletal injuries and the rehabilitation of chronic conditions. These include:

- Degenerative spine disorders, such as spinal stenosis and intervertebral disc disorders
- Shoulder impingement and rotator cuff injuries
- Injuries and disorders that affect gait, such as the replacement of a hip, knee or other joints, and foot and ankle injuries or dysfunction. Pre- and post-operative care
- Parkinson's disease, multiple sclerosis and other neurological or motor disorders

Joanna has put together some easy-to-do exercises for us all to practise in the comfort of our homes.



SINGLE LIMB STANCE: It's best to start off with a simple balance exercise. Here's how you do this one: stand behind a steady, solid chair (not one with wheels), and hold on to the back of it. Lift up your right foot and balance on your left foot. Hold that position for as long as you can, then switch feet. The goal should be to stand on one foot without holding onto the chair and hold that pose for up to a minute.

WALKING HEEL TO TOE: You might read this and wonder, "How is walking an exercise to improve balance?" This exercise makes your legs stronger, which enables you to walk without falling. Put your right foot in front of your left foot so that the heel of your right foot touches the top of the toes of your left foot. Move your left foot in front of your right, putting your weight on your heel. Then, shift your weight to your toes. Repeat the step with your left foot. Walk this way for 20 steps.



CLOCK REACH: You'll need a chair for this exercise. Imagine that you are standing in the centre of a clock. The number 12 is directly in front of you and the number 6 is directly behind you. Hold the chair with your left hand. Lift your right leg and extend your right arm so that it points to the number 12. Next, point your arm towards the number three, and finally, point it behind you at the number 6. Bring your arm back to the number three, and then to the number 12. Look straight ahead the whole time. Repeat this exercise twice per side.



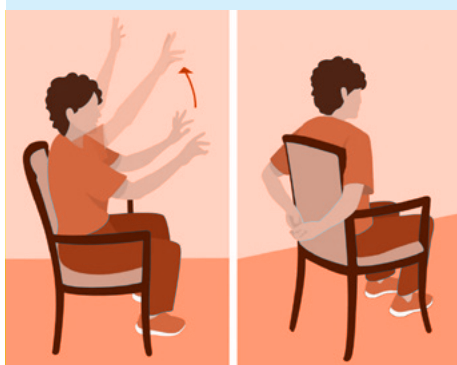
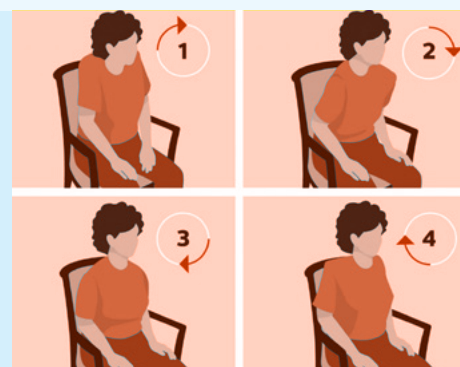
SINGLE LIMB STANCE WITH ARM: This balance exercise improves your physical coordination. Stand with your feet together and arms at your side next to a chair. Lift your left hand over your head. Then, slowly raise your left foot off the floor. Hold that position for ten seconds. Repeat the same action on the right side.

SIDE LEG RAISE: You'll need a chair for this exercise to improve balance. Stand behind the chair with your feet slightly apart. Slowly lift your right leg to the side. Keep your back straight, your toe facing forward, and stare straight ahead. Lower your right leg slowly. Repeat this exercise ten to 15 times per leg.



MARCHING IN PLACE: Marching is a great balance exercise for seniors. If you need to hold onto something, do this exercise in front of a counter. Standing straight, lift your right knee as high as you can. Lower it, then lift the left leg. Lift and lower your legs 20 times.

SHOULDER ROLLS: This is a simple exercise and you can do it sitting or standing. Rotate your shoulders gently up to the ceiling, then back and down. Next, do the same thing, but roll them forwards and then down.



HAND AND FINGER EXERCISES: The following are exercises to improve flexibility. In the first exercise, pretend there is a wall in front of you. Your fingers will climb the wall until they are above your head. While holding your arms above your head, wiggle your fingers for ten seconds. Then, walk them back down. During the second exercise, touch your hands while they're behind your back. Reach for your left hand while your right hand is behind your back. Hold that position for ten seconds, then try with your other arm.

HEALTH & WELLBEING

OUR FAVOURITE WEBSITES

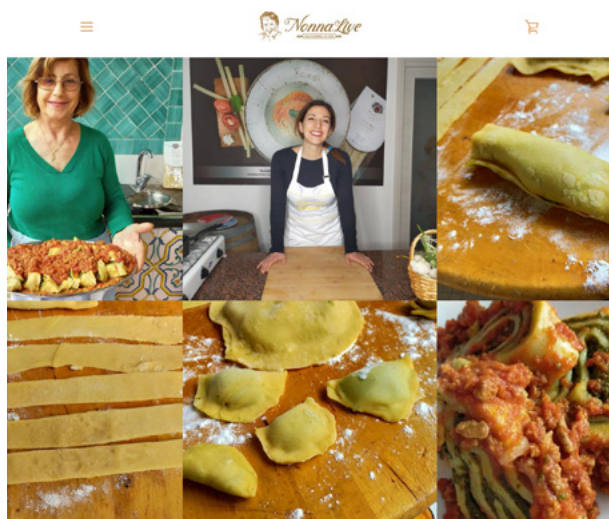
Over the last few months we have been sharing ideas and online activities to keep us all engaged and connected.

Here are some of our some of our favourites.

A PASTA MASTERCLASS

Being more isolated in our homes, we have discovered how food truly holds the keys to our happiness! 84-year old Nonna usually runs her amazing classes in workshop form based in the Italian countryside. Now her classes have moved online. Let Nonna, alongside her granddaughter, Chiara, take you through the essentials of pasta-making.

Look up: Nonnalive.com

**SAFARILIVE**

SafariLIVE is an award winning, expertly hosted LIVE safari, broadcast directly from the African wilderness into your home.

Look up: wildearth.tv/safarilive

VIRTUAL FUN

Spectacular Pub Quizzes.com has a variety of amazing quiz nights coming up! Play online with friends and family with platforms like Zoom, WhatsApp Video or Skype.

Look up: spectacularpubquizzes.com

ANDREW LLOYD WEBBER'S CLASSIC MUSICALS

Any dream will do. Except this is all real. Yes, you get to enjoy a dash of musical brilliance with the launch of a new channel dedicated solely to Andrew Lloyd Webber's shows.

Look up: The Shows Must Go On!
on YouTube.

CARD GAMES

Here are 13 of the best single-player card games as well as a list of 40 great card games for all occasions. Play online with friends or family with platforms like Zoom, WhatsApp Video or Skype.

Look up: playingcarddecks.com and then search a little further for: 40+ great card games for all occasions.

IMPROVE YOUR MEMORY SKILL

A good memory isn't something you are born with: memory is more like a muscle. It is built through work, repetition and training. Start some good habits that will help to improve your recall and train your brain.

Look up: seniorlink.com and search further for: the best brain games for seniors.

TEN-MINUTE EDUCATION

Look up: Glad You Asked on YouTube

It promises to educate you on a wide range of new topics of your choice within ten minutes.

KEEPING MINDS AND BODIES ACTIVE

The residents of San Sereno have been busy! There are various initiatives aimed at keeping everyone engaged and active during this time. **Some of these include:**

FACE MASKS

Our residents have displayed their true beauty within the tough times.

We would like to say a special "Thank You" to our Auria Facemask Makers; Jenny Wethmar, Maritze Couvaras, Jill Jones and Glynn Lambooy. Thank you for generously donating hours of your time, patience, and love, in making hundreds of beautiful facemasks for our community and staff at San Sereno and Melrose Manor. You are highly appreciated.

From all of us at Auria



PAINT AND WINE

Just before lockdown, I took part in another Paint & Wine evening! I personally want to convey to Management & everyone concerned my appreciation of such an enjoyable evening. A mere 'thank you' cannot really express just how much I appreciate all the events San Sereno offers to my fellow residents and me.

Barbara Crewe, Villa No 10

OUR COMMUNITY



KNITTING CLUB

Due to the Corona Virus and lockdown, we were unable to have an exhibition of all our knitting this year. We did however have a very successful year! A big thank you goes to all our knitters: the Monday regulars and the home knitters!

We have produced a total of 536 articles this past year, made up of the following:

- 23 large, 51 medium and 49 small jerseys and 2 sleeveless pullovers
- 67 baby articles
- 52 pairs of mittens, 66 scarves and 164 beanies
- 49 blankets and 13 toys

Our charities this year were Thusanang Care Centre at the Winterveld Mission, CHOC Children's Ward, United Way S.A. and Mammoritithando Nursery School and The Baby Box project.

We always welcome new knitters, so get in touch to find out more. Our new email address is mrsa@pitqif.com

Rosemarie Andrew

MINDFULNESS CLASSES

Our online Zoom Mindfulness classes are going so well. Thank you Ashika! You definitely help us with "keeping our heads above the water" and provide us with great tools to keep focused on the positive and understand how to deal with what is happening around us on a daily basis. We really appreciate the difference you are making in our residents' wellbeing.

OUR COMMUNITY

KEEPING SPIRITS HIGH

Mother's Day



Even though we all had to stay apart, we managed to bring loved ones together with a special video for all our moms, grandmothers, aunties, sisters, godmothers and good friends.

Thank you to all the family and friends who contributed to the video and who helped make this day so unique.

VE DAY

Alan Munro played the bagpipes to commemorate the 75th Anniversary of VE Day on the 8th May. Alan shared his lifelong love of piping and all things Celtic to residents who practised social distancing while enjoying a sundowner at our Fishpond.



FATHER'S DAY



On Sunday 21st June all the fathers at San Sereno were spoilt. It was a different kind of day as we could not visit with our children and grandchildren. However, the Auria team made up for it so perfectly by delivering good wishes, a message and some very special shortbread.

Once again Auria you are just unbelievable.



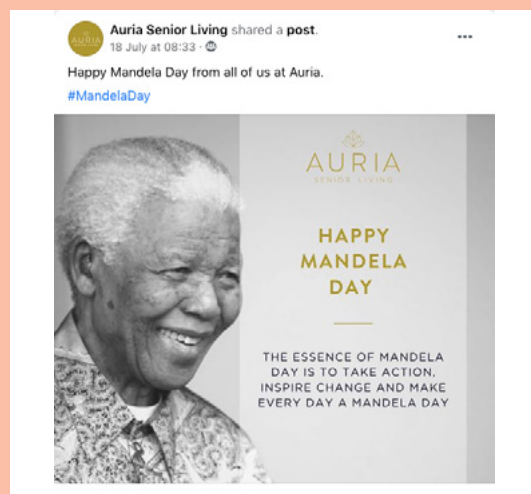
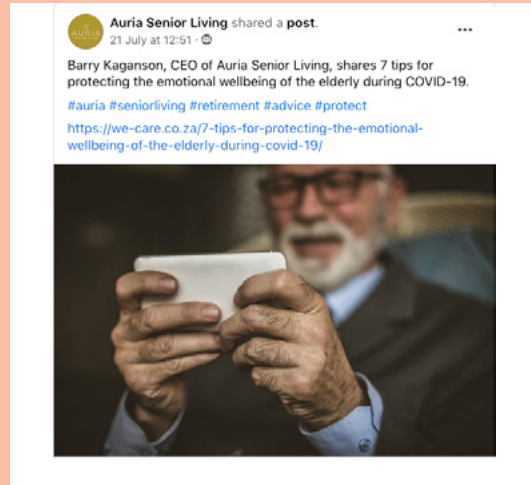


AURIA ON FACEBOOK

Please join our Auria Facebook Community:
The full name is
AURIA SENIOR LIVING COMMUNITY
and it is a private group.

This group will allow you to stay up-to-date with all the important news and notices pertaining to our Auria community, and to share comments and photos. Thank you to those that have been actively involved...it is much appreciated. Please be sure to invite your family so they can also be a part of our community.

We also have a Facebook page, open to the broader public.
The full name is: **AURIA SENIOR LIVING**.
Please like this page, share it with friends and family, and interact with us here!



HAPPY HOUR

Goody Bags

Happy hour goody bags were introduced to remind residents that they are part of a caring and connected community. A little gift and card are delivered every week to everyone's home, and they create pure joy!



ON REPATRIATION AND ISOLATION IN THE TIME OF COVID-19

BY HEATHER WIUM 133 MIDAS

On 22 February 2020 I left for my yearly visit to my son who lives in Broome, Western Australia, where he is the Senior Medical Officer for the Region, due to return to South Africa on 24 March. A week before I was due to fly, SAA were grounded and South Africa went into Lockdown. It appeared that I would now have no means of returning. I applied for an extension to my visa and also arranged for further Medical Insurance as it now seemed I would be in Australia until at least the end of 2020.

On 25 March I heard that the South African and Australian Governments, together with SAA, were arranging for the repatriation of Australian citizens stuck in South Africa and that SAA would transport them to Australia. In return, SAA would also transport South African citizens back to South Africa. It all happened very suddenly with me having to liaise with the S.A. Embassy in Canberra and the SAA officials in Sydney and Perth. The upshot of all this 'red tape' communication was that I was requested to journey to Perth on 27 March. I spent 3 days in a hotel there and it was only on the evening before I was due to fly home that I had confirmation I was, indeed, on the flight!

The flight back was full with no 'social distancing'. I had been obliged to sign a document stating that I was aware of this and, should I subsequently develop Covid-19, I would have no recourse or claim on SAA or the SA Government. At 2 a.m., upon landing at OR Tambo, we disembarked on the tarmac with no access to the terminal buildings. The luggage was placed on the tarmac and, after claiming it, we were transported in kombis with a police escort to the Indaba Hotel in Fourways. On arrival at the Hotel I was shown to an en-suite room which was to be my home for 2 weeks. I was allowed no contact whatsoever with my fellow travellers – my meals were delivered to my door which I had to take in only once the room service person had departed. I was also allotted 10 minutes

each morning for a walk in the garden – again on my own. I was provided with clean bedlinen and towels and had to make my own bed – there was no cleaning service but I was provided with laundry soap! The only human contact I had at all was with the medical personnel who arrived twice a day to take my temperature and, in the final week, to take a throat swab from me. The only recourse to entertainment was the TV and watching films etc. on YouTube. Fortunately I was provided with unlimited free WiFi so my iPad became my companion!

The night before my release from isolation I received official confirmation that I was Covid-19 free. My biggest concern was that, had any one of my fellow travellers tested positive, I would have had to remain isolated for a further period of time. That evening I was also requested to fill in and sign various official forms all pertaining to my release the following day.

On the morning of my release I had to be at reception by 9 a.m. This was the first time I was able to catch sight, from a distance, of my fellow travellers. San Sereno had arranged with Thulani to fetch me. Thulani was not permitted to enter even the grounds of the Indaba Hotel. The whole outer perimeter and entrances to the hotel were guarded by the army. I was escorted to a kombi and taken to the pick-up point where I was to meet Thulani. Having signed yet another document confirming I knew Thulani I was finally released into his care!

I would like to mention that I could not fault the compassionate care and helpful service I received from both the SA Government officials in Canberra as well as the SAA Staff in Sydney. Three unprepared months away from home proved to be quite stressful under the circumstances, especially those last two weeks in complete isolation. You have to force yourself to stay Mindful and Positive.

Not your usual sighting!

BY KENOE LAUBSCHER, 309 NERINA

I was so excited when I saw a crab at the doorway of my courtyard! After a short walk with Marge Fraser, I returned home and got hold of Louise Muirhead to see if we could find the crab again. Luckily, we did, at the other end of the courtyard, and it looked completely dried out and partly covered in mud. Its body size was about 7cm wide and the legs were about 6cm long. We managed to get it into a Tupperware container and took it down to the fishpond, above the bridge where there is shallow water. Naturally, it immediately slid off and hid under some moss, where we hope it will be far happier.



The rescued crab



SAN SERENO SECURES PLATINUM AWARD FOR OHS ACT COMPLIANCE

The Occupational Health and Safety Act in South Africa secures the health, safety and welfare of employees and others within any working environment; protecting the public from the health and safety risks of business activities and eliminating workplace risks at the source. San Sereno scored 97% for 2020's assessment, which is quite a phenomenal achievement!

Well done to our team!

HERBERT *Prins*

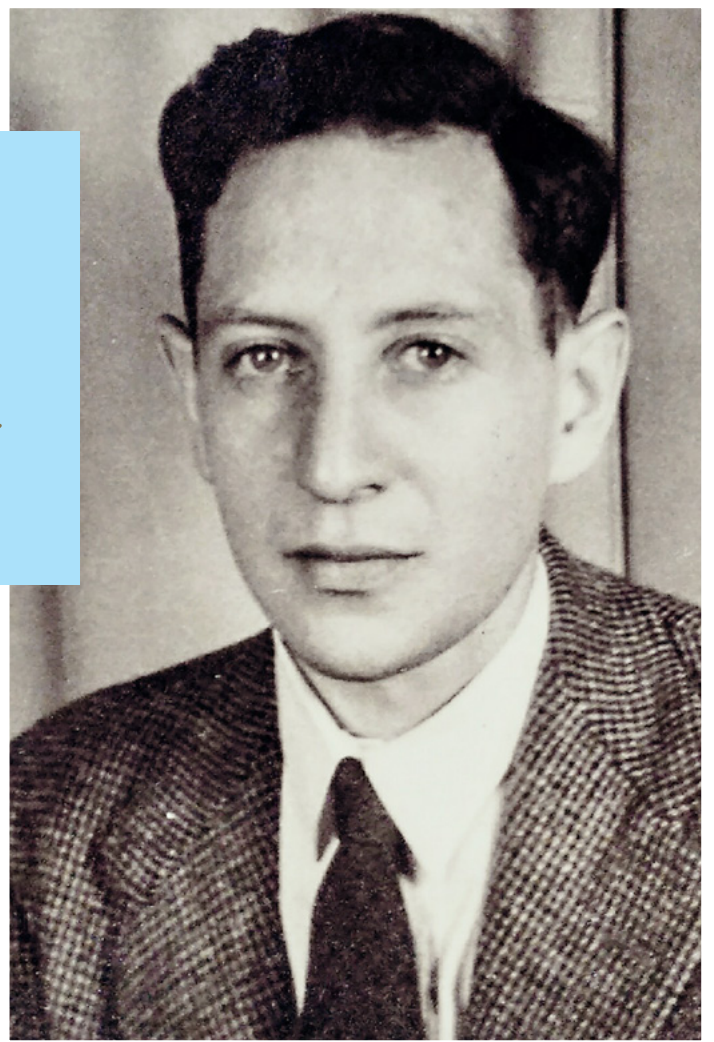
28 APRIL 1927 - 15 APRIL 2020

Herbert Prins was a resident at Melrose Manor – our new Auria community in Melrose, whom I first met when we acquired the property in July 2019. Herbert was a highly accomplished architect, with extensive contributions to, and impact on Johannesburg and other cities, as well as to the architectural profession as a whole. We had discussed our refurbishment of Melrose Manor with Mr. Prins, and he provided our architects with some valuable design changes to facilitate ease of access for certain of our residents. We will be forever grateful to him for these suggestions, which we incorporated into our plans.

We were intending on publishing a profile/interview with Mr Prins, but unfortunately, he passed away on the 15th April 2020. In order to pay tribute to a remarkable man, we included his obituary, written by a friend.

Mr Prins was highly supportive of our Melrose Manor renovations and it is a great pity that he did not live to see it reach fruition. However, I did have a chat with him a week or so prior to his passing, when I saw him sitting in the newly renovated garden courtyard and am pleased that he was able to enjoy that. He will be missed.

BARRY KAGANSON
CEO Auria Senior Living



Herbert Maurice John Prins, a highly admired and well-loved resident of Melrose Manor, lived a long and professionally impressive life before passing away on Wednesday, 15 April 2020, following a short illness.

His career as a well-known and respected architect extended over 72 years, and he was a role model to many. Herbert specialised in heritage conservation; and his ongoing commitment to the preservation of the architectural heritage of South Africa, particularly Johannesburg, extended to just a couple of months before his death.

Herbert's vocation fell mainly into three parts: as an architect from 1948 to 1970, an academic at Wits University from 1970 to 1996, and as a heritage consultant, from 1997 to 2020. He has been lauded and awarded many times over, including the Wits University Gold Medal in 2019, the Gold Medal of Distinction from the South African

Institute of Architecture, 2002's Foundation Gold Medal from the Simon Van der Stel Foundation (now Heritage South Africa) and the Gauteng Institute for Architecture's prestigious Life Membership Award.

Herbert was born in Kimberley in 1927, schooled at St Andrews in Bloemfontein and then he earned his Bachelor of Architectural Studies from Wits University. In 1952, along with his lifelong friend, Ivan Schwartz, he left for England to enjoy the excitement of their youth through travel, adventure and work experience. Herbert landed a plum position with Frederick Gibberd who was pioneering a new approach to town planning; creating a post-war English town in Harlow, Essex. Four years later, due to his father's ill health, Herbert returned to South Africa and he joined Hanson and Tomkin Architects.

He took on design work for Wits University including the Mining and Geology Building, the new Wits Medical Library and the second Medical School in Esselen Street; and in 1970 he was invited to join the Department of Architecture at Wits as a senior lecturer.

Later that year he rallied architecture students to protest the destruction of JM Solomon House in Hillbrow. They didn't save the building, but it ignited his passion for the preservation of heritage. Over the years he taught and influenced many students who recalled his presence and authority with great fondness.

In 1997 he opened his own consultancy practice. It was an exciting time due to the dramatic changing of South Africa's political landscape. He produced impressive



heritage Impact Assessments, that became valuable archival resource material. Herbert was the heritage consultant for a number of major projects including the upgrading of Vilakazi Street in Soweto and the construction of the new Constitutional Court. Former Constitutional Court Judge, Edwin Cameron commented that Herbert's views were "knowledgeable, authoritative and compelling; and bring a truly vast array and depth of architectural design, aesthetic and cultural-historical wisdom and knowledge to the work of the Court".

In June 2020, the Herbert Prins Memorial Fund was founded. A prize in Heritage studies will be sponsored in the School of Architecture and Planning at Wits, where Herbert taught for 26 years.

Herbert is mourned by his many friends: such was his capacity for meaningful friendships that his close friends became his family. His personal assistant Liz Kirsten was his devoted helpmate for many years. He was loved and respected by all who knew him.

Extracted from Katherine Munro's Obituary, inclusive of tributes from friends, colleagues, admirers and former students. By kind permission of Liz Kirsten.



Wits University Gold Medal awarded to Herbert Prins in 2019



A man and his dog

CAPTAIN ERNEST CYRIL GRIFFITHS MC

27 September 1897 - 27 December 1986

BY ANTHONY GRIFFITHS, 24 CAESAR

went over to visit some South African friends at a place called Delville Wood. The Germans started shelling them shortly after he arrived and he was stuck there for considerable time. A lot of South Africans were killed. Cyril had jumped into a shell hole and landed up with an old school friend, St. John Carr. After the shelling he returned to his regiment.

After the war Dad never drank champagne or ate honey because at one stage the officers were billeted at a château for some months and the only things in abundance were champagne, which they drank every night with an unending supply of honey!

One month before Armistice in 1918 Cyril went to inspect a forward position in "no man's land". He knew that the Germans always shelled this particular cross roads every hour, on the hour, so he planned to go

My dad was born in London in 1897 and came to South Africa with his parents in 1910. He went to school at King Edward VII (KES) where he distinguished himself as an outstanding sportsman and athlete. In 1914 he was awarded the Victor Ludorum at KES and several of the records he set were unbroken for decades.

In 1915 he returned to England and joined the British Regular Army. He was gazetted 2nd Lieutenant in the Royal Field Artillery on 18th August. In 1916 he was quite badly wounded in the battle of the Somme where tens of thousands of allied troops were killed. He made a good recovery and returned to his regiment.

As was the case with most of his contemporaries, Cyril disliked discussing the war. Although he was awarded the Military Cross for bravery, we never got him to give us any details of what he did to earn it! Occasionally he would mention interesting incidents or experiences, like the time he





there between these times. Unfortunately his watch was slow and, as he arrived they began shelling. He was hit and badly wounded, but managed to crawl into a disused trench.

While contemplating the fact that he was in deep trouble and that his brother officers didn't know where he was, along the disused trench came a German messenger dog, a German Shepherd. It was lost and frightened. He enticed it to come to him and they made friends, huddling together until the shelling stopped. Realising that his only hope of being found was the dog, he shooed it out on the British side and as luck would have it, a search party looking for him saw the dog and tried to shoot it. It ran back to him and they followed it. When the medics loaded him onto the stretcher he said, "the dog comes too". When he later woke up in a field hospital the dog was lying under his bed. When the doctors said that they would have to amputate his leg, he flatly refused.

He and the dog, now named Boojum, returned to England. It took two years for Cyril to regain the full use of his leg. They both returned to South Africa in 1920 and Boojum lived to a ripe old age. Despite his war wounds Cyril played first class cricket and continued playing tennis and golf well into his 80s.

He retired in 1961 after a successful and distinguished career in the motor industry. He was a fantastic father, husband and grandfather; and had been an honorary life member of the Rand Club, Wanderers, Old Edwardians, Naval and Military Club in Piccadilly amongst others.

CAPTAIN TOM MOORE, 100, GETS KNIGHTED BY QUEEN ELIZABETH

In a rare public appearance, the Queen knighted Captain Tom at Windsor Castle. The 100-year-old, Tom Moore, a World War II veteran who raised \$40 million for Britain's National Health Service by walking 100 laps in his garden, was knighted recently.

The ceremony was remarkable in a couple of ways: It brought together two of the greatest living links to Britain's World War II history — the queen who worked as a young driver and truck mechanic during the war, and a decorated army officer who found celebrity as a charitable fund-raiser known as Captain Tom.

It also brought the Queen out of seclusion for her first face-to-face meeting with a member of the public since March 19. Conferring a knighthood on Mr. Moore was evidently worth the risk of stepping out!



DIE *Strelitzia Reginae*

BY MARIE-LOUISE VAN NIEKERK



OOK BEKEND AS DIE KRAANVOELBLOM OR CRANE FLOWER

Hier in San Sereno is ons bevoorreg om van die mooiste voorbeelde van hierdie besondere plante te he. Dit is amper asof die Strelitzias saam besluit het om hulle allermooiste blomme juis hierdie jaar te wys, om die grendeltyd vroliker te maak.

Die Strelitzia is inheems aan Suid Afrika, en alhoewel daar 'n hele aantal variante is, is die Reginae die mees asemrowende voorbeeld. Hulle kom wild voor in die Oos Kaap en Natal. Die plant is deur die bekende ontdekkingsreisiger en natuurkundige, Sir Joseph Banks, in die Oos Kaap gevind in 1773. Hy het toe 'n voorbeeld na die beroemde Kew Gardens, net buite Londen, gestuur. Dit is egter eers in 1779, deur hom beskryf en benoem. Hy het dit vernoem na Koningin Sophia Charlotte, vrou van Koning George III van Engeland. Sy was voor haar troue 'n prinses van Mecklenburg-Strelitz en dus is die benaming Strelitzia Reginae gekies om met die Genus aan te dui dat sy koninklik was – Reginae, en die spesie is Strelitzia. Hierdie blomme en plante is een van Suid Afrika se gewildste uitvoerprodukte. Interessant genoeg is hierdie plante nie struik nie maar wel meerjarige kruidagtige plante. Hulle word algemeen as 'n struik

ervaar aangesien die dik wortelstokke na jare in houtagtige stokke verander.

Hulle is baie gewild in Italië wat hulle op groot skaal kweek vir die Europese Blommemark. Hierdie manjifieke Suid Afrikaanse blom is inderdaad die stadsembleem van Los Angeles in die VSA. Hulle groei besonder goed in Kalifornië en Florida en ook in Australië. In Engeland groei hulle meestal onder glas aangesien hulle sensitief is vir ryp en temperature onder 10°C.

Die blom lyk komplete soos die kraanvoel se kop met die kroonblare wat die snawel is en die kelkblare die regopstaande kuif. Hierdie hoek van 90 grade maak dit baie gerieflik vir die suikerbekkie om hulle te bestuif aangesien hulle op die horisontale deel kan land.

Die pragtige groot bosse hier in San Sereno is ongetweiveld aangeplant toe San Sereo oorspronklik ontwikkel is. Dit maak hulle dus amper 30 jaar oud.

Ons is inderdaad so dankbaar vir die pragtige inheemse bome en plante wat toe hier gevestig is waarvan elke inwoner nou besonder genot kan put.



LOCKDOWN LETTER

BY DOT MEPHAM

ALONE - JUST YOU AND YOUR VACUUM CLEANER! A SOBERING MOMENT TO COME TO TERMS WITH.

What have we been doing during our lockdown? Well, some of us have been cleaning (or maybe not so much as who is going to come and visit?). Some have been knitting, painting, gardening, making facemasks, crocheting, cooking, baking, doing crosswords, watching TV, reading, getting up late, WhatsApping and so much more.

A few days into lockdown three people came past me. One had a sore back due to cleaning, one had a sore shoulder due to sorting a high cupboard and another was covered in scratches from cutting back some plants. One of our residents found that she was struggling to 'swirl' her mop. Apparently cleaning gear is an essential service and I know of at least two households now sporting state-of-the-art mops. We are gaining new skills.

The bridge players have become more technically advanced and are playing bridge online and one even plays with her brother in the UK. Amazing. Families are getting together on Zoom, some are proficient at online shopping and another online tip is if your hair is too long, you wet it and let it fall forward over your face, and then just cut straight across. One can always wear a hat if it does not work! I was amused to find that when I did manage to get to the shops, there was one entire side of an aisle stocked up and purely devoted to hair products - mainly hair dyes of course.

It is interesting how lockdown has affected us all. I think that many people are fitter now than they were before and there is a feeling of camaraderie when we meet on our walks with our dogs or trips to our 'spaza' shop. We are in it together. Newcomers are not strangers, and strangers are not strangers anymore. There is more time to get to know one another and have a chat - a meter apart of course. It was a liberating feeling for some to have an empty diary and peace and quiet with no construction noises and no blowers.

For some it has become a lonely time - a time to reminisce and reflect. Even in this wonderful, safe place people do have worries. People miss their families and loved ones and can feel very alone. But the Auria team appreciate this and suddenly there's an Easter egg delivered or a goody bag. We have been showered with care and are so grateful for all that the San Sereno team have been doing for us. They have given us exercise programmes, many ideas to keep us busy and kept us so well informed and we say a huge thank you to them. Also thank you to all the care givers, cleaners, chefs and the many others who have stayed focused and worked hard to keep us safe.

Although we can't fill our "love boxes" with hugs, there is so much love and kindness all over San Sereno that our love boxes are overflowing. It doesn't matter if each day is 'any day' or 'the next day', let's keep our chins up together, keep caring for each other, enjoy our beautiful community and keep dressing up on dustbin day.

Letters

FROM RESIDENTS & FAMILIES

We have received so many thoughtful letters this year, but due to space we can only share a few of them.

Please keep writing to us. Your feedback, opinions and gratitude are always appreciated and valued.

Permission will always be obtained before printing.

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Browsing Auria's website, I came across this statement: "At Auria Senior Living, our promise is simple: We ensure that our residents enjoy their best quality of life. Every single day." The purpose of this email is to thank you and every person employed at San Sereno for keeping Auria's promise during the Covid-19 lockdown.

As you know, our mother occupies garden villa 101. My brother, sister and I wish to thank you and every person employed at San Sereno for the way in which you have enhanced our mother's quality of life during lockdown. Thanks to the various initiatives launched at San Sereno we can attest thereto that she has been enjoying every day of lockdown.

We regularly receive your newsletters and updates on activities via email. We also receive photographs from our mother of the parcels delivered to her by Auria. We realise that many hours are spent planning, organising and implementing the events and programmes that so successfully care for the needs of the San Sereno residents during lockdown. We are grateful for the immeasurable sacrifices made by persons employed at San Sereno to continue rendering services during lockdown. We also applaud the introduction of the Honesty Café and would encourage you to retain it in some form or another as a permanent addition to your convenience services.

We appreciate the measures introduced by

Auria to ensure the health of San Sereno's residents. Although these measures have meant restrictions on the movement of residents and their ability to receive guests, we appreciate Auria's insight and wisdom by implementing such measures.

Please convey our heartfelt thanks to every person employed at San Sereno.

Kind regards,
LOUIS DU BRUYN

.....

Firstly, I want to thank you all for the care and concern that you have shown for San Sereno residents. The constant updates on where we stand in this difficult time is both informative and reassuring. Jessica sends creative and interesting things for us all to do online and the little 'prezzies' we receive are unexpected and delish!!! More importantly, the fact that we are allowed to walk and exercise is a huge bonus. Finally thank you for the change to my Auria contract. I am so relieved and hope I will never hear from the previous owners again!

Thank you all again.

Kind regards,
LIZ CASTEL

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Once again a big "THANK YOU" to you and your team. Your effort, dedication and hard work to keep us all happy and safe is unsurpassed.

We believe San Sereno is the safest place in S.A, and that achievement is greatly due to you personally!!!

All the best to you and your family. Take care and be safe!

Kindest regards,
DOROTHEA AND EBERHARD THAIN

OUR COMMUNITY

BIRTHDAYS AND *Celebrations*

At Auria Senior Living we love celebrations and we believe that every day is worth celebrating.

We would like to extend our very best wishes to everyone who has celebrated a birthday or anniversary over the last few months.

These celebrations may have been a little different this year, but we hope that they have been joyful. As trying as these times may have been, there has also been enormous growth for many of us, such as learning how to connect with loved ones over Zoom, and we hope that your occasions have been celebrated with those both near and far.

Ingrid and I wish to express our deep appreciation for your invitation to join the San Sereno community. We are delighted with our garden villa, the kindness and friendliness experienced on our journey as features and finishes were selected - a combination of which have all been first class. Your focus on care and wellness enables the community to benefit from the comprehensive measures to protect us from Covid-19, which is gratifying for our family.

When one considers the challenges facing South Africa, Auria Senior Living is a beacon of hope, illustrated by what we have experienced and with the prospect of incremental developments in the future.

Yours sincerely,
CLIVE AND INGRID POPLETT

Thank you for all the party packs. Of course thank the people who actually purchase and pack the gifts with such meaningful messages.

I find it so uplifting that you go the extra mile. Honestly it's just lovely. Most appreciative of this amazing gesture. I won't thank you a hundred times. Know that I am really happy chappy.

Fond regards,
TAMARA NORVALL

You never cease to amaze us with your clever ideas and succinct sayings on the cards we use as bookmarks. Thank you yet again for the seed packets, soil and pots. Interesting choice of colourful asters and impatiens. We look forward to enjoying the results in our summer garden.

Best wishes and keep safe,
DON AND DENISE.



Congratulations to Owen and Beryl Leibbrandt on their 60th Wedding Anniversary

GET INVOLVED WITH OUR NEWSLETTER

If you have a passion for writing, editing or sourcing good stories, let us know! We invite all our residents (and their families) to get involved with the newsletter, and to send us your stories, jokes, poems, photos, etc.

We would love to read about your own childhood, your children and grandchildren's achievements, your latest hobbies...this is by our community, for our community and about our community.

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AURIA ON FACEBOOK

Please join our Auria Facebook Community: The full name is **AURIA SENIOR LIVING COMMUNITY** and it is a private group.

This group will allow you to stay up-to-date with all the important news and notices pertaining to our Auria community and to share comments and photos. Thank you to those that have been actively involved...it is so appreciated. Please be sure to invite your family so they can also be a part of our community.

We also have a Facebook page, open to the broader public.

The full name is:

AURIA SENIOR LIVING.

Please like this page, share it with friends and family, and interact with us here!



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ROYAL VIEW
Sandringham



MELROSE MANOR
Melrose



SAN SERENO
Bryanston

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