

OUR RIVERSIDE STORY



The heartbeat of Riverside Manor
Retirement Estate

Edition 1
Autumn/Winter 2025

INTRO

Our Riverside Story is a heartfelt celebration of the people, connections, and moments that make Riverside Manor a true home.

A great place to call home





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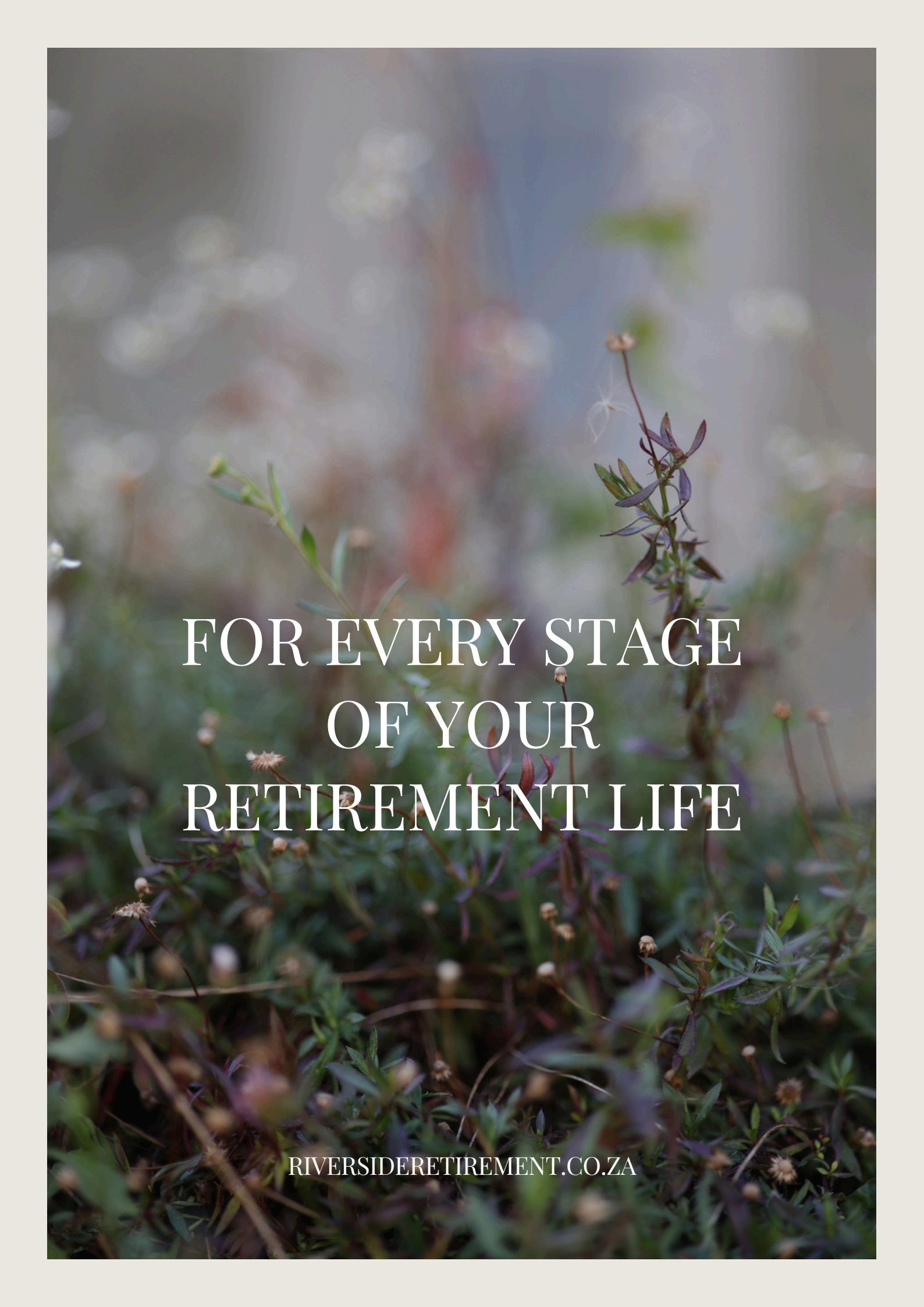
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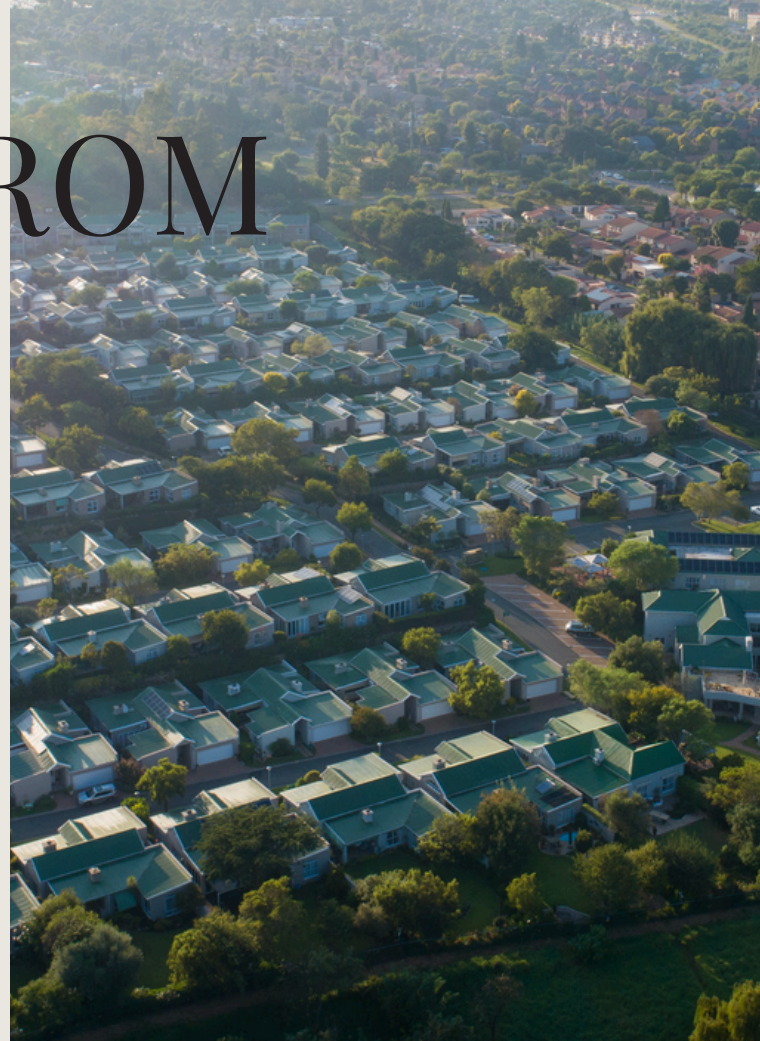
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FOR EVERY STAGE
OF YOUR
RETIREMENT LIFE

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A NOTE FROM RLE



**Dear Riverside Residents, Friends,
and Families,**

It gives me great pleasure to welcome you to the inaugural edition of Our Riverside Story. This magazine is a celebration of everything that makes Riverside Manor such a special place, the people, the stories, the sense of community, and the moments that make this a great place to call home.

**Warm regards,
Malcolm Lobban**

Dear Residents,

A community is only as strong as the connections we nurture, and at Riverside, those connections are thriving. From the laughter around the Friday evening dinners to informative talks and generous acts of kindness, our estate truly feels like home.



From the Chairlady of the Lifestyle Committee

As the Lifestyle Committee, we're committed to creating spaces and events that bring joy, wellness, and a sense of belonging to every resident. Thank you to everyone who participates, volunteers, donates, and helps to keep the Riverside spirit alive.

The proceeds from your kind donations of household goods to our Lifestyle Shop and Morning Market make it possible for us to bring you all sorts of enjoyable activities. Thank you for your on-going support.

Here's to stories shared, friendships formed, and a magazine that brings it all together.

**Sincerely,
Cheryl Richardson**





Communal Braais

As winter fades and spring returns, we're looking forward to enjoying braai on the lawn again. There's something about a smoky sunset, the buzz of conversation, and boerewors on the grill that just works. The communal braais have become a Riverside favourite, a highlight for many.

You'll often find Marietjie and Tristan or Yvonne or Khosi, hard at work behind the braai tongs, serving up smiles and sausages with style. And not far off, you're likely to see Stan and Les, content as can be, enjoying a classic treat, ice creams in hand, soaking up the easy rhythm of the evening.

It's moments like these that remind us what community really means, sharing food, laughter, and life together.



Celebrating Community

Jean, Cheryl & the Easter Basket raffle



Congratulations to the lucky winner of our Easter basket raffle! The basket was a visual and culinary delight, packed with handmade, knitted Easter bunnies lovingly created and donated by Judy.



Each bunny, stuffed with a hidden Easter egg surprise, was — in the words of residents — "egg-quisite". Thank you, Judy, for the time and talent you pour into bringing joy to the community.





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Learning & Living

The Owl Project Talk

On Tuesday, 6 May, we were fortunate to host Sara from THE OWL PROJECT.ORG. Her presentation was both fascinating and enlightening, covering the importance of raptors in our ecosystem and how we can play a role in their conservation.



Following the talk, we've initiated enquiries into installing an owl box and a bat box at Riverside, a step towards making our estate even more wildlife-friendly. Thank you, Sara, for inspiring us to connect more closely with the nature around us



Morning Market

The Riverside Manor Retirement Village Morning Market on 25 May was a fantastic event that brought together vendors, residents, their families, and friends for a joyful morning. Stalls were filled with unique crafts, fresh produce, and delicious treats, creating a vibrant atmosphere. Everyone enjoyed catching up, exploring the market, and sharing good company in the beautiful surroundings of Riverside Manor. It was a wonderful way to connect and celebrate our community spirit.

The Lifestyle Cake stall in the sunny and bright River Room was very busy serving delicious cakes donated by residents. Thank you for your generous contributions. The Lifestyle shop was very popular, with all sorts of bric-a-brac sold at great prices. All proceeds go towards providing our Riverside activities.





Celebrating Youth Day



On 16 June, Youth Day, Riverside held a braai where residents, staff, and guests came together to share food and enjoy each other's company. It was a simple, meaningful way to mark the day and celebrate community. Marietjie's legendary "pap pie" and delicious salads were on the menu too.



Riverside Celebrates

a Festive Christmas in July

On 18 July, Riverside hosted a lively Christmas in July dinner that was enjoyed by all. The delicious menu set the tone for the evening, while the Dave Steel band kept everyone entertained with great music. With plenty of dancing and festive cheer, it was a night full of fun and celebration.

Thank You, Sister Boyi! You'll Be Missed.

After eight years at Riverside, Sister Boyi has left to take up a new role at a special needs school. She'll be deeply missed by residents and staff alike, having earned the love and respect of everyone she worked with. We wish her all the best on this exciting new chapter.



Hearing health is Brain Health



For many years, hearing has been viewed as an isolated sense—something that occurs only in the ears. But modern science has revealed that: hearing health is brain health. When we hear, our ears capture sound, but it is the brain that interprets meaning, processes speech, and connects us to the world around us.

The Ear-Brain Connection

The auditory system is a direct pathway to the brain. Sound waves enter the ear, travel through the auditory nerve, and are processed in complex brain regions responsible for memory, attention, language, and emotion. When hearing is impaired, these brain centres work harder, leading to listening fatigue, stress, and even changes in brain structure over time.

Hearing Loss, Auditory Deprivation, and Cognitive Decline

When hearing loss is left untreated, the brain is deprived of regular sound input—a phenomenon known as auditory deprivation. Over time, this lack of stimulation causes the auditory centres of the brain to weaken, much like an unused muscle losing its strength. Imagine a neighbourhood where roads are rarely travelled: the paths become overgrown, cracked, and difficult to navigate. In the same way, the brain's auditory pathways can fade without sound stimulation, making it harder to process speech and meaning when sound does return.

Recent studies highlight this relationship even more clearly and in depth. These studies show that people with untreated hearing loss tend to experience faster declines in memory and thinking skills, while those who use hearing aids maintain stronger cognitive performance. In other words, keeping the brain stimulated with sound helps protect against cognitive decline.

A Real-Life Story

Consider Mr. S, a 68-year-old retired teacher. For years, he dismissed his gradual hearing loss as “just getting older.” Over time, he began avoiding social gatherings because following conversations became exhausting. His family noticed he seemed more withdrawn and forgetful. When he finally visited an audiologist and was fitted with hearing aids, the change was remarkable. Not only did he reconnect with his grandchildren’s laughter and dinner-table conversations, but he also reported feeling sharper, more confident, and more socially engaged. His story reflects what research confirms: treating hearing loss keeps both hearing and brain health strong.

Signs of Hearing Loss

Hearing loss often develops gradually, making it easy to miss. Common signs include:

- Frequently asking others to repeat themselves.
- Turning up the TV or radio louder than others prefer.
- Difficulty following conversations, especially in noisy places.
- Struggling to hear children’s or women’s voices.
- Feeling exhausted after social interactions due to listening effort.
- Withdrawing from group activities because conversations feel overwhelming.

If these signs sound familiar, it may be time for a hearing check.



Meet your neighbourhood Audiologist:



Talia Aronowitz qualified as an Audiologist Cum Laude. She offers a monthly audiology clinic on site at Riverside. Her practice HearCare Plus Waterfall is located at Netcare Waterfall Hospital. For more information contact 011 304 7920

Protecting brain health through hearing care.

Here’s how:

- Annual hearing checks: Have a hearing screening if you are unsure if you have a hearing loss.
- Wearing hearing aids: Hearing aids keep the brain stimulated by restoring access to sound. Hearing aids are more than devices for clearer sound—they are tools for keeping the brain active, engaged, and connected. By restoring access to everyday sounds, they reduce listening strain, improve communication, and help protect against memory loss and cognitive decline.

The Bigger Picture

Hearing health is not just about communication—it’s about keeping the brain engaged, active, and connected. Addressing hearing concerns early can improve quality of life, strengthen relationships, and reduce the risk of cognitive decline.



The Riverside Recipe Book

Residents favourite tried and tested
recipes in our Riverside Recipe Book
available at Reception for R50 per copy.



A close-up photograph of several pink roses, showing the delicate layers of petals and vibrant color. The roses are positioned on the left side of the page, partially overlapping the dark background.

A Heartfelt Thank You: A Family's Gratitude

"We would like to express our deepest gratitude to everyone at Riverside Manor Retirement Village for the exceptional care, love, and support you've shown our mom during her hip rehabilitation.

At 90 years old, she is now walking with a walker, upright and eager to keep moving forward, and that's thanks to the dedication and kindness of all the staff. From the moment we entered the village, including the security team, to Deon, Cathy, and all the staff, we have felt an overwhelming sense of compassion and professionalism.

Words cannot truly express how much this means to us. Thank you from the bottom of our hearts for everything you've done."

— With love and gratitude, Derron van Eeden and Family

Going the Extra Mile in the Pouring Rain

“On the 4th April Livingston noticed a tyre going flat on a car parked outside the Care Centre.

It was pouring with rain. He took the time to find out whose car it was – My sister’s who was visiting with my Mother, from the UK and leaving for London that night.

He not only notified her but helped change the tyre, in that rain, for her.

I cannot imagine the ramifications if he had not been so concerned and forth coming in his actions. Missed flights, pouring rain, accident...

His actions are highly commendable and although she thanked him profusely, I felt it extremely important for you to know as well.

Well done and thank you Livingston.”

— Warm regards Jo-Anne



Our Riverside Story

CELEBRATING OUR RIVERSIDE TEAM SPIRIT

At Riverside Manor, it's not only the beautiful surroundings and welcoming atmosphere that make life here special, it's also the dedicated people who work tirelessly behind the scenes to ensure every resident feels supported and cared for.

From an administrative and support perspective, we are fortunate to have an exceptional team: Bernadette, Nomsa, Tsitsi, Noxi, and Modester. Each of them brings warmth, efficiency, and commitment to their role, making a tangible difference in the daily lives of our residents. Abel, too, plays a vital part in keeping Riverside running smoothly. Overseeing security, assisting with property viewings, and acting as a trusted liaison, he is often the reassuring presence that residents and visitors alike rely on. Tristan also contributes significantly, managing and maintaining the estate's grounds. Thanks to his efforts, the gardens and outdoor spaces remain inviting and tranquil—perfect for residents to enjoy a walk, quiet reflection, or time with family.

One of the many aspects that sets Riverside apart is our catering and medical services. Unlike many other estates where these services are outsourced, Riverside has chosen to keep them in-house. This gives us the flexibility to adapt, respond, and deliver a more personalised service. Our catering team consistently goes above and beyond, making mealtimes not just nourishing, but a highlight of the day. The same is true for our medical services; being on-site, responsive, and deeply attuned to the needs of our residents allows us to offer care that is both attentive and reassuring.

A wonderful example of the Riverside difference can be seen in the way Sr Cathy, Bernadette, and Marietjie work together every day. They regularly share insights, observations, and updates to anticipate resident needs, not only meeting them, but often exceeding them. This seamless collaboration reflects the true team spirit at Riverside, a quality that is often missing in other communities.

It is this combination of personal dedication, teamwork, and in-sourced services that makes Riverside Manor truly unique, a place where residents are not just cared for, but genuinely cherished.

Of course, none of this would be possible without the leadership and personal involvement of Deon, our Director. Deon goes far beyond the typical expectations of his role. Whether it's engaging directly with residents, supporting the staff, or ensuring every detail of the estate reflects the Riverside standard, his presence and commitment are felt in every corner of the community. It is this kind of hands-on dedication that inspires the team and reassures residents that they are in the very best of care.



Looking Ahead

This is just the beginning. As the months go on, we'll bring you more stories, more smiles, and more glimpses into the daily joys of life at Riverside.

Have a story, memory, or photo you'd like to share?

We'd love to hear from you for our next edition.

Please email ourriversidestory@gmail.com

Until then — keep living, loving, learning, and laughing.