



Senior Living

MAGAZINE

Thrive after 55!



**East Coast Radio's
Keri Miller**

**Inspired by
'Nan' to
Stay Active!**

VOL. 7

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Welcome

Welcome to the 7th edition of Senior Living and the second issue for 2021.

This edition sees us catching up with East Coast Radio's vibrant breakfast personality, Keri Miller, on maintaining physical flexibility for mental health - an especially relevant topic considering all the current restrictions that we are still experiencing.

You can also learn more about the historical drama that was Operation Bernard - an intriguing 1943 plot to produce counterfeit British currency.

Don't miss the competitions throughout this edition to stake your claim on some fabulous prizes. All winners will be announced on the Senior Living Facebook page, so make sure you have liked the page - we will also contact all winners directly.

We need you to please be our eyes and ears on the ground, so if you hear of any great discounts or special programmes especially for seniors, please be sure to let us know, so that we can include these in future issues or on our social media platforms.

Bruce Jackson, Magazine Co-ordinator and Durban Representative.

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Discounts & Special Offers.... pg 4
A Grotesque Plan pg 6
Retrenched! What Now? pg 10
Peace in the Home pg 12
Garden Corner pg 14
Collector's Corner pg 16
Cooking Corner pg 18

Puzzle Corner pg 20
What is the Legal
Practitioners Fidelity Fund pg 22
Keep Moving, Stay Flexible .. pg 24
Funny Corner!..... pg 26
Hearing Health..... pg 30
The Road Less Travelled pg 32

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A Grotesque Plan



On the 18th of September 1939, a Nazi plan was conceived to bring about the financial collapse of Britain.

Arthur Nebe (the mastermind behind the plan) suggested forged notes be dropped over Britain. Joseph Goebbels described the plan as being an “einen grotesken plan” (a grotesque plan), whilst Walter Funk objected, saying it would breach international law. Adolf Hitler ultimately gave the plan the green light.

Back in 1939, the British Pound notes were printed in black on white rag paper, and displayed an engraving of Britannia in the top left corner. A watermark appeared across the middle of every note, differing depending on the denomination. The notes had approximately 150 minor markings, assumed to be printing errors, but were in fact security measures to identify forgeries.

In early 1940, plans got underway in Berlin. Headed up by Alfred Narjocks, and assisted by Albert Langer (a code breaker), ‘Operation Andreas’ was set in motion. The two men divided the task into three parts: producing identical

paper; producing identical printing plates; and duplication of the serial number system.

An analysis of the paper revealed that it was rag paper, so it would have to be handmade.

An analysis of the paper revealed that it was rag paper, so it would have to be handmade. Initial efforts produced paper that differed in colour from the original. It was concluded that the team had used new rags, which were then sent to local factories who used, cleaned and returned them to better simulate those used by the British. Further colour mismatches were corrected by matching the chemical composition of British water used for making the paper and ink. To duplicate the serial numbers, Langer examined currency records from the previous twenty years. As no records were kept, it was deduced that the

Germans used adapted cryptanalysis techniques to break the sequences. After struggling for seven months, the engravers finalised the plates required. They specifically struggled with reproducing the vignette of Britannia, subsequently nicknaming it "Bloody Britannia".

By the end of 1940, Narjocks had been removed from the programme which continued under Langer until he left in early 1942, at which point it was just shut down, having produced around £3 million in forged currency, most of which was never used.

In July 1942, the operation was revived under Himmler and renamed 'Operation Bernard'.

In July 1942, the operation was revived under Himmler and renamed 'Operation Bernard'. Whilst the original intention was to drop the forged notes over Britain, causing financial chaos, the new directive was to use the counterfeit money to finance German Intelligence operations under Himmler's control.

Major Bernhard Krüger replaced Narjocks, and on searching through the offices used by 'Operation Andreas', found the plates and machinery previously used. He was ordered to use prisoners from concentration camps, primarily selecting those with skills in banking, engraving and printing.

In September 1942, the first 26 prisoners arrived at Sachsenhausen concentration camp, where the unit was set up isolated from the rest of the camp. Kruger adopted a polite approach with prisoners supplying them with cigarettes, extra rations and a radio. Production started in January 1943, taking a year to return to the levels previously achieved by 'Operation Andreas'. Two 12-hour shifts with around 140 prisoners ensured non-stop production. The printed sheets were dried and cut using a steel ruler. Ageing of the notes was achieved by 40 - 50 prisoners standing in lines and passing notes amongst themselves to accumulate dirt, folds and marks. Some notes were even marked with English addresses and names on the back of the note as was the practice at the time. By mid 1944, the operation was peaking with a total output of 65 000 notes per month from six flatbed printing presses.



£5 "Operation Bernhard" Bank of England "White Fiver" counterfeit bank note showing watermark. Credit: Bruce C. Cooper.

Back in November of 1939, British intelligence had advised the Bank of England that it had learned of a plot to simulate the English currency. This had prompted the bank, during the ensuing years of the war, to release a £1 note with a metal security thread running through the paper, banning imports of all notes, stopping production of £5 notes, and warning the general public of counterfeit possibilities. However, the bank only detected the actual existence of the counterfeit currency in 1943 declaring them, "the most dangerous ever seen".

In May 1944, the unit was ordered to begin forging US Dollars, which was far more complex. By January 1945, the forgers had produced twenty samples of the \$100 bill, minus the serial number, the algorithm still being in process. Banking experts rated the printing and engraving to be excellent, although the paper was considered inferior to the real bill.

However, the bank only detected the actual existence of the counterfeit currency in 1943 declaring them, "the most dangerous ever seen".

The produced counterfeit notes were put through a laundering operation run by Friedrich Schwend, a known dealer in illegal currency. He was given two objectives (along with a healthy commission): to exchange the forged notes for genuine US Dollars or Swiss Francs, and to assist with financing special operations. His agents, some of

whom were Jewish to throw off suspicion, were informed that the forgeries were currency that had been impounded from banks in occupied countries.

Early March 1945 saw the advance of the Allied armies, prompting the operation to be ceased and moved to an alternate concentration camp in Austria. A further relocation followed with an order to terminate all notes, equipment and prisoners. What was not destroyed, was loaded onto trucks and sunk in lakes.

This delay is what ultimately saved the lives of all these prisoners...

The prisoners, according to the order, were to be transported to Ebensee concentration camp, where they were to be collectively executed. The prisoners were divided into three groups to facilitate transportation, however on the last trip the truck broke down, forcing the guards to march the prisoners to Ebensee and delaying things by two days. This delay is what ultimately saved the lives of all these prisoners, as Ebensee was liberated the day after the third group's arrival, on the 6th of May 1945 by US forces.

**Article compiled by Bruce Jackson.
Sources: Wikipedia - Operation Bernhard and the Jewish Virtual Library.**

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Retrenched! What Now?



Senior Living spoke to Coach Kim Knight about life after retrenchment.

When I was in high school, my Dad was retrenched. It was as emotionally devastating for our family, as a tornado is physically damaging to a landscape. As a result of the shock, fear and uncertainty, my father developed asthma virtually overnight. Thirty-five years ago, there was no support for such a situation. We had to muddle through it on our own. Nowadays, fortunately there is so much more support.

Get out there and get known.

Here are four top tips if you've been retrenched or are facing imminent retrenchment:

1. Get clear on your current financial standing. Take a sober look at your expenses. Speak to your short and long-term financial advisors. Identify where you can cut down on costs immediately.
2. Brainstorm all your options for this next chapter of your life.

3. Put a plan in place.
4. Look after your mental and physical health.

You may find out that it's not as easy to get customers as you thought.

- Be very specific about what you are selling.
- Know who you are selling to (you are NOT selling to everyone).
- Get out there and get known. No one can find you if you are sitting behind a desk.

If you've just started your own business but don't have funds to afford a designer, try CANVA (visit <https://www.canva.com/> for further information).

Source: Kim Knight | Kim Knight Coaching | kim@kimknightcoaching.com | 079 936 6459

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Peace in the Home

Peace Cottage opened its first home in 2012, and is now proudly offering care and assistance via five homes in the Upper Highway area.

The available accommodation is a combination of outside independent cottage units (suitable for couples), and rooms inside the main house (based on need and preference), and is inclusive of all meals and domestic services.

All the homes have beautiful open gardens...

All the homes have beautiful open gardens and communal lounge and dining areas, and are managed by a registered nurse, complemented by a team of highly competent staff who are on site 24/7.

Peace Cottage offers the following levels of care across the homes:

- Independent living
- Assisted living
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- Rehabilitative care and transitional care
- Alzheimer's and dementia care
- Palliative care

Care is complemented by an array of support services offering on site visits and assistance.

Peace Cottage also offers a supervised home nursing service, whereby your needs are managed in the comfort of your own home, with the level of care being tailor-made to suit your individual needs. This service is complemented by a Sister on call 24/7.

For enquiries please call 087 153 5095 or 082 594 8900 (Kerry) or email admin@peacecottage.co.za.



Sister Kerry Deare

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Peace Cottage Nursing Manager

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PLANTING IN TERRACOTTA POTS

When talking pots for plants, the gold standard is the terracotta pot. These beautiful orange-brown clay planters are great for both houseplants and outdoor container gardening. Did you know that their porous, coarse nature allows for air and water to easily pass through, preventing water from being trapped? This, in turn, results in less chance of diseased plants.

But to get the most out of these classic pots, there's one important step you have to take. Did you know that once you have cleaned your pots in readiness for your plants, **terracotta pots should be soaked in water?** These pots are made from clay, so soaking them will prevent the pot from stealing your plants of precious water from the soil. Leaving out this step means running the risk of the pot absorbing lots of water from the soil and creating a really dry environment for your plant.

Ideally, you should soak your terracotta pots overnight. You can do this in a bucket, a sink, or if you're soaking several at once, the bath tub is ideal. If you're impatient to begin planting or are pressed for time, you can soak your pots for a few hours. However, for the best results, an overnight soak is definitely recommended. Not only does a deep, thorough soaking protect the soil from drying out, it also helps to prevent the pots themselves from cracking due to cold weather or excessive dryness.

One last tip is that you need to ensure that your terracotta pots have a hole at the bottom so that proper drainage takes place.



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Collector's Corner

With Daryl Kriel,
from Kensington Bond

Success is not always lauded by others.



You would expect his employers to be very pleased with this, however William adopted the practice of signing his name or initials on nearly all of the pottery he designed, and personally oversaw the production. His employers resented his notoriety and closed his studio down. This did not deter young William, as he set up his own factory and successfully made innovative pottery, eventually handing the business over to his eldest son Walter.

Moorcroft pottery is beautiful with its deep rich colours and is highly collectable, and some of the earlier William pieces can fetch a pretty penny.

William Moorcroft was employed by James Macintire and Co Ltd at the age of 24 in 1897. Within a year, he became the head of their art and pottery studio. William designed a very innovative range of pottery called Florian ware. He won a gold medal at the world fair.

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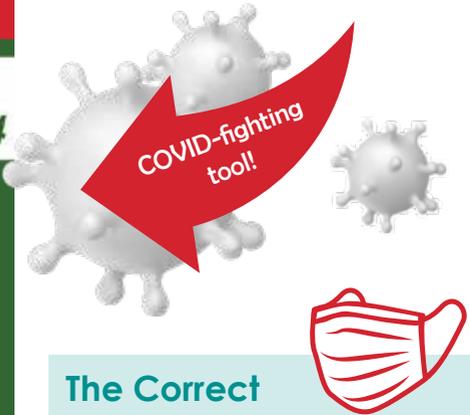
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Marie Biscuit Tart

Ingredients:

- 1 packet of Marie Biscuits
- 1 tin of condensed milk
- 2 eggs
- 120g margarine
- ½ cup of lemon juice
- ½ cup of castor sugar

Method:

- Preheat the oven to 120 °C.
- Grease a tart dish.
- Break the biscuits finely and rub in soft (not melted) margarine.

- Line a well buttered dish with the mixture to form a shell for the tart.
- Beat egg yolks, add the condensed milk and beat well.
- Add lemon juice and beat further.
- Pour this mixture into the tart shell.
- Beat the egg whites until stiff and add castor sugar.
- Spread this over the top of the tart.
- Bake for 10 - 15 minutes at 120°C.

**Source: Recipe Roundup,
Mrs D. Squire**

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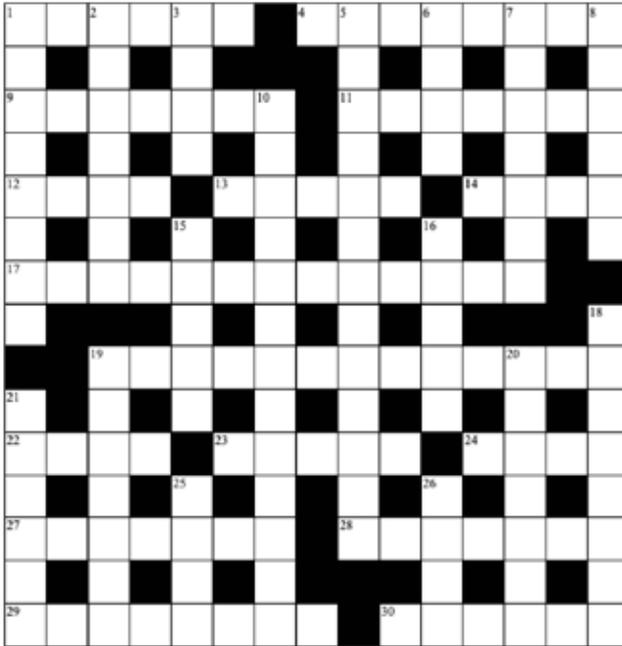
Brain Squeezer

Riddle 1: Your last decent ping-pong ball fell down into a narrow metal pipe, and lodged in concrete one foot deep. You need to get it out, undamaged. How will you do this if the only items you have to use is your tennis paddle, your shoe laces, and your plastic water bottle, which does not fit into the pipe?

SUDOKU

		1		3	2			
		4	5		7			
	2		8				3	
		8	4			6		
	1			6			9	
		3			8	5		
	5				9		4	
			6		4	1		
			1	2		8		

CROSSWORD PUZZLE



ACROSS

1. Flexible tree possibly includes one (6)
4. Delightful prince (8)
9. Spa got alternative power as temporary measure (7)
11. Giving away nothing but obsolete vessel (7)
12. Neat tequila is drunk initially – why, you say? (4)
13. Turner that can be viewed from both sides (5)
14. Gave birth to dull person (4)
17. Part of the Caribbean populated by chaste women? (6,7)
19. 50 invest in city carelessly and without thinking (13)
22. Publicity fellows turned up first (4)
23. Surprisingly nitre is unreactive (5)
24. Most put up with him (4)
27. Ilona staggered across road first perhaps (7)
28. Some electricity is present (7)
29. Low a yob broke outside university city in Africa (8)
30. Glamorous former lover with old nervous habit (6)

DOWN

1. Optimistic for certain (8)
2. Working as a monk is? (2,5)
3. Close for the evening mostly (4)
5. Run on flower power? (13)
6. Gather some mature apricots (4)
7. Sinful rascal promises to pay (7)
8. Look, a goose! (6)
10. Supply given to friend for the time being (13)
15. Drunk gives gratuities at start of year (5)
16. One accepting fine is unsuitable (5)
18. Python broadcast I see sounded mesmerising (8)
19. Unbeliever elected by Castro (7)
20. Ask earnestly for new net rate (7)
21. Pal somehow gets round doctor, showing confidence (6)
25. Be aware of speaker's refusal (4)
26. Vintage unknown – that's the essential point (4)

What is the Legal Practitioners Fidelity Fund (LPFF)?

The LPFF provides cover in the event of a misappropriation of trust funds, thereby encouraging the public to confidently use the services provided by legal practitioners.

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The LPFF protects the public and not the legal profession

The LPFF protects the public and not the legal profession. It is referred to as a “fund of last resort” as the claimant needs to attempt to claim from the practitioner first, before claiming the loss from the Fund. If trust property or money is stolen by an Attorney, the Fidelity Fund will refund claimants who have suffered damage through theft, once they are satisfied that the claimant has tried to claim from the Attorney directly.

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- They have suffered a financial loss by means of theft of money entrusted by, or on behalf of, the claimant to the Attorney in the course of an Attorney’s practice.

To lodge a claim:

- The claim needs to be lodged within 3 months after the claimant becomes aware of the theft/reasonably ought to have become aware of the theft by means of an affidavit.

Contact the LPFF on 012 - 421 5351 or visit www.fidfund.co.za.

Source: Larissa Maharaj | Larissa Maharaj and Associates | 081 510 5336 | larissa@larissamaharajattorneys.com

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Keep Moving, Stay Flexible



Senior Living spoke to East Coast Radio Presenter, Keri Miller, about her thoughts on staying flexible to stay young, and her obsession with anything yoga.

If you've ever owned a pair of shoes that you seldom wear, you may be disappointed to find that once you finally take them out and dust them off for a special occasion, that they have become brittle and break on their first outing! By this same logic, if we don't keep moving our bodies, they become less flexible and stiff, resulting in all sorts of aches and pains rearing their ugly heads.

We do not get old based on the years we have lived, but at the point in time that we choose to stop moving

Sadly, my grandparents have all passed away, but my sister's partner's granny is still alive, and so I have adopted her as my own 'nan'. She's a sprightly 82, and

...and let's not forget the equally important exercise for your brain

it has not gone unnoticed that she does some sort of movement every single day. She serves as a constant reminder, that age is just a number! It doesn't matter if you're 40, 50, 60 or 70 plus, it's a great idea to do something that encourages your body to move daily, to encourage the flow of the lymph. Movement does not have to be dramatic; it may mean simply standing up for a few moments every hour, or taking a walk in your garden, and let's not forget the equally important exercise for your brain.

We do not get old based on the years we have lived, but at the point in time that we choose to stop moving. The Asian population boasts a generation of octogenarians who still regularly sit

in a deep squat and have healthy hips and spines, and they are able to sit on the floor and climb trees. KZN is the most beautiful province, with great weather that is conducive to getting outside and enjoying the sunshine while you move, move, move! And while physical movement is great, exercising your brain is also vital - so reading, doing crosswords or Sudoku, and playing cards and games are all beneficial for keeping your brain flexible.

Beginner yoga can be done in the comfort of your own home...

Being a yoga enthusiast, I am an advocate for the incredible benefits it offers. I believe that yoga is one of the best forms of exercises for all ages and fitness levels, offering various options

from beginner to advanced. Yoga is a mind and body practice with a 5,000-year history in ancient Indian philosophy. There are various styles of yoga that combine physical postures, breathing techniques, and meditation or relaxation.

Beginner yoga can be done in the comfort of your own home - all you need is comfy clothing that allows you to move freely, a yoga mat or soft carpet, and a TV/laptop so that you can follow a class online. Or, if you prefer exercising in a group, then sign up for a yoga class at your local gym or health studio or join me for a class at GuruCat Hot Yoga Studio in Umhlanga.

Follow Keri on Twitter (@kerimiller), Instagram or Facebook (@kerimillersa).



Kerri Miller, from East Coast Radio, with her adopted 'nan'.

All the items are random things that are not going to help you. All you have to do is pour some water into the pipe so that the ball floats to the surface. If you don't have any water, then think about what you drank today and if you can use that somehow.

Answer to Riddle on page 20:



Funny Corner!

Four Husbands

The local news station was interviewing an 80-year-old lady because she had just married for the fourth time. The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered.

"Interesting," the newsman thought.

He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living. She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20s, then a circus ringmaster when in her 40s, and a preacher when in her 60s, and now - in her 80s - a funeral director.

The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

I was walking down the road when I saw a TV for sale in a shop window. The sign said "TV cheap, broken volume button". I thought to myself, "Wow, I can't turn that down!"

A Cowboy and a Bartender

A cowboy walked into a bar and asked for ten shots of whisky and quickly drank the first five shots. The bartender asked him why he did that. He said, "I can do that if you have what I have". Then he drank the next five just as fast. The bartender told him not to do that, and again he said, "You can if you have what I have". So the Bartender asked him, "What do you have?" to which the cowboy replied, "Only 50c".



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Hearing Health

According to the World Health Organisation, 466 million people worldwide have a disabling hearing loss.

One third of adults over the age of 65 suffer with hearing loss, yet it takes the average person seven years before they seek help.

This is a long time spent missing out on family gatherings and conversations with children who may live far away, or being unable to hear your grandchild recite their first poem.

The impact on someone suffering with a hearing loss is significant, but it can

be improved substantially with the right treatment and technology. Today, artificial intelligence is used to manage your environment for optimal hearing, even in the most difficult surroundings.

Source: Trumè van Heerden, A Beautiful Sound.

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The Road Less Travelled

Senior Living spoke to Dallas Gilbert, Owner of Oakleigh Funeral Home, about the life of a funeral director.

"I am often asked why I chose funeral directing as a career. My standard answer is that I never chose it, it chose me. For a long time I had pondered what I would like to do with my life, and even wondered whether I had a higher calling or destiny, and if I could make a difference in people's lives.

It never occurred to me that there was such a thing as a Funeral Director (or Undertaker). Many people of my generation grew up living very protected lives. When my prayers were eventually answered, I have to say I was not impressed, and was overwhelmed. I have an extremely sensitive nature, and can be quite timid, and funeral directing did not seem like a good fit. It is very common to

be asked how I can work in such an industry. I can recall after a week or so on the job, telling myself that this is definitely not for me, surely the good Lord had made a terrible mistake. But walking towards the door, I passed a coffin with the most magnificent flowers on top of it.

As I gazed at this incredible beauty, it suddenly occurred to me that there was life after death, and that God makes good from all situations, and I realised that this was exactly where I needed to be. 27 years later, and not a day goes by where I neglect to say thank you for choosing me."

- Dallas Gilbert



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