

Montefiore

Life

Side by side

WORKING
TOGETHER
FOR WELLBEING

PESACH 2019



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Cover photo:
Daniel Linnet.



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Montefiore

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Your membership matters

When you renew your Montefiore membership or become a member, you're joining in our mission to provide industry-leading aged care to all in the community who need support – now and in the future. We are proud of our 130-year history as one of Sydney's largest and most respected not-for-profit Jewish organisations. We believe everyone has the right to live with choice, dignity and wellbeing, which is why Montefiore offers subsidised care to more than 30% of our residents.

Montefiore



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OR VISIT: [MONTEFIORE.ORG/AU/MEMBERSHIP](https://montefiore.org/au/membership)

Welcome

There is no doubt that the past six months have been challenging for the aged care sector as the Royal Commission into Aged Care Quality and Safety has commenced proceedings. I am pleased to say, however, that our organisation stands ready to face these challenges, and to play a part in shaping future industry oversight and government funding models that will improve care for all older Australians.

At Montefiore, our underlying philosophy has always been to bring choice, dignity and wellbeing to the people we care for, so it is heartening to see Choice and Dignity first among the newly released Aged Care Quality Standards by which all residential aged care, home care and social support programs will soon be accredited. You can read more about these standards and an update on the Royal Commission on page 6.

As ever, individual examples speak volumes about our ethos, and none more so than our cover story featuring the remarkable relationship between inspiring resident Joy Schoenheimer and dedicated Physiotherapy Manager Henry Chien (page 4). More special moments are captured this issue in our Special Care Unit, as residents engage in meaningful daily activity with the 'Breakfast Club' ahead of our move to an innovative small-scale dementia living model (page 9).

Also making strides is our M by Montefiore retirement living development, with construction at Randwick now in full swing and on schedule (page 8). As a non-profit organisation, it is worth reminding our community base that proceeds from this development will go towards funding a further specialist dementia building on the site.



Above: President David Freeman AM and son Marc at the M by Montefiore Ground Breaking.

As many of you prepare for Passover at home, this month we also invite you to take a glimpse behind the scenes of preparations for the festival at Hunters Hill, Randwick and Woollahra. It's a remarkable team effort to make the holiday a truly special one for all our residents and their families (page 10).

Wishing all our Montefiore family, friends and supporters a Chag Sameach on behalf of the Board and Management. **M**

David Freeman AM, President

BALANCING act

Artist **Joy Schoenheimer**, 90, and physiotherapy manager **Henry Chien** talk about the friendship they've formed while working together to manage Joy's Parkinson's Disease symptoms.

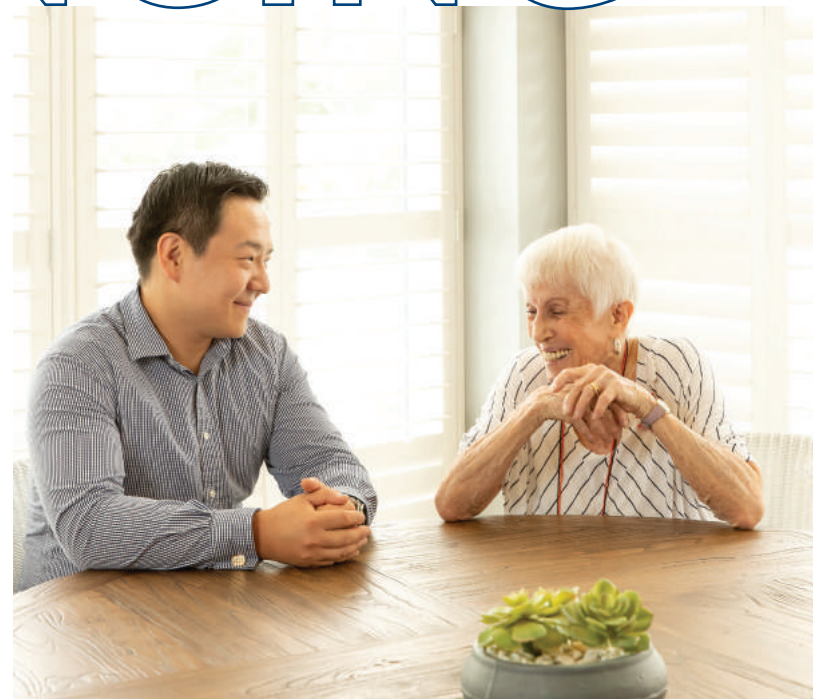
JOY'S STORY

I was first diagnosed with Parkinson's Disease in my 80s – that's why I decided to move from my home in Queensland to Montefiore Randwick in 2013. I grew up in Bondi, so it was familiar yet different returning to Sydney after more than 60 years away.

Now being at Monte is like being part of an extended family – you can always find a connection with someone. And everything you need is here to stay healthy and on your feet. I make the most of all the opportunities to keep as well and mobile as possible.

I see Henry once or twice a week, and he puts me back together again. He's a caring young man who gives a lot of himself over and above the call of duty – very bright and a broad thinker, as well as a good physiotherapist. Henry brings me new ideas and explains what's happening to my body from a medical point of view. He'll often come in and tell me he's been thinking up a new exercise for me overnight.

We first started working together after Henry attended a seminar on the PD Warrior program – exercise is important for Parkinson's. He was looking for a guinea pig to test it on, and he thought I'd be up for the challenge and willing to give it 100%.



"I WOULDN'T
BE AS WELL
AS I AM TODAY
IF IT WASN'T
FOR HENRY."

So we started doing that together, as well as working on the HUR exercise equipment, which is perfect for people like me with balance issues. We also used to walk down to Centennial Park to practice on different terrain with my walker, and that's when we would talk about our personal lives and backgrounds. He shares pictures of his dog and his baby daughter, which I have in my room. He's even programmed my phone alarm to remind me about my medications.

I absolutely believe I wouldn't be where I am or as well as I am today without Henry.

HENRY'S STORY

I've been working at Montefiore for 12 years, first as a physiotherapist and now as Physiotherapy Manager for the Allied Health department. I've worked in hospital and rehabilitation settings as well, but I find working with older people really fulfilling. I've always been close to my grandparents and like them, the residents here have lived very



interesting lives. I find making those personal connections fascinating, and they help to build trust in the therapeutic relationship, too.

I don't like to hear doctors say: "You're 90, what can you expect?" Even at that age people still have a lot of living to do, and it's our role to help the residents explore what that looks like, and feel the best they can.

Parkinson's Disease has been an interest of mine for a while. I like finding new exercises and ideas to challenge Joy. We've tailored the PD Warrior program to meet her needs and use Nordic walking poles for mobility, while the HUR exercise equipment helps with strength and conditioning. That's on top of traditional physiotherapy interventions. We are very fortunate that Montefiore invests heavily in resources, training and innovation for both staff and resident benefit.

When Joy and I were practising walking outdoors, we'd talk about her children and her childhood experiences, and I'd share mine, too. The day we achieved our goal of making it to Centennial Park, she just wanted to keep on



going through the gates – sometimes I have to remind her not to overdo it!

Working with Joy has taught me a lot about the power of positivity. She's always inquisitive and ready to try something new – I think it's part of being an artist, which is something that stays with you. It's important to keep engaging in new challenges and interests for mental and physical wellbeing.

With Joy and everyone I work with, building rapport is rewarding. But it's also important to treatment and how much trust someone puts in you. Taking time to explain the science behind what you're doing results in more active participation.

Joy and I know a lot about each other now, and she's even met my dog, Grizzly, and daughter, Christie. If she's having a bad day with her spinal stiffness or feeling down with her various ailments, what helps Joy is coming down for a morning hug to start her day and to have a heat pack to help ease her pains in our Wellness Centre while we catch up. **M**

"WORKING
WITH JOY HAS
TAUGHT ME
A LOT ABOUT
THE POWER OF
POSITIVITY."

Facing the future

CEO Robert Orie shares the latest updates on the Royal Commission into Aged Care Quality & Safety.

The Royal Commission into Aged Care Quality and Safety commenced hearings in Adelaide in February this year. As Montefiore is among the 100 largest aged care providers, the organisation was invited to complete a written submission to the Commission, which we did in January.

The current scrutiny of the aged care sector reinforces how critical it is that we are vigilant as an organisation regarding the care, safety and wellbeing of our residents. At Montefiore, we welcome a Royal Commission that focuses on improving our aged care system – both by investigating the unacceptable failures of care that have come to light, and also by highlighting the additional funding and reform needed to ensure all older Australians receive the support and care they deserve. This includes the more than 40% of our residents who receive subsidised care.

It is encouraging that most providers, union and peak body representatives called to the Commission thus far have each noted the importance of investigating whether there is sufficient funding to enable providers to actually deliver the quality of care expected by the community.

In recent years, increases to Government subsidies and consumer contributions have not kept pace with the real increases in the cost of care. While the recent Government announcement of a one-off grant to assist

providers in financial stress is well received, it will not solve the long-term needs of the sector in relation to financial sustainability.

I would like to take the opportunity to reassure you that as an industry leader, Montefiore is committed to delivering quality, person-directed care for our residents and clients, and their families. We demonstrate this every day by:

- Maintaining the highest possible staffing levels, including a carer to resident ratio that greatly exceeds industry standards.
- Providing 24-hour registered nursing coverage in every Care Unit.
- Employing allied health experts who work in interdisciplinary teams to provide the best individual outcomes.
- Ensuring each staff member undergoes thorough Police and reference checks before being employed.
- Investing in extensive Learning and Development programs to ensure all staff follow best practice. **M**

If at any time you have queries or concerns regarding your care or that of a family member at Montefiore, please do not hesitate to contact your Executive Care Manager, or our Customer Assurance Department ph: (02) 9879 2777 or email: feedback@montefiore.org.au.

“IT IS CRITICAL THAT WE ARE ALWAYS VIGILANT REGARDING THE CARE, SAFETY AND WELLBEING OF OUR RESIDENTS.”

Photography: Daniel Linnet

Raising the bar

What do the new government Quality of Care standards mean for Montefiore, our residents and clients?

Maree Canty and Yoni Hersh are preparing Montefiore for the introduction of new government Quality of Care Standards.



While the Royal Commission has been dominating headlines, another important change for the aged care sector is underway. The new Aged Care Quality Standards come into effect on July 1. While previously different standards applied to residential, home care and social support programs, now all aged care providers will be assessed according to a single set of eight standards to achieve Australian Government accreditation.

“The existing standards have been in place since 1997, and are out of step with the current needs of aged care users,” explains Yoni Hersh, recently appointed General Manager of Quality, Risk & Innovation. The new standards shift the definition of ‘good care’ to focus on outcomes achieved for the consumer, and how a provider demonstrates that.

“It’s a challenging time for the aged care sector,” Yoni adds, “but we also have a unique opportunity to effect positive change.”

Montefiore is well placed to meet the new Standards’ increased customer focus, in particular the first – Consumer Choice and Dignity. “The Philosophy of Living implemented across the organisation in recent years also focuses on Choice, Dignity and Wellbeing, so our values and work systems are already aligned,” Yoni adds.

As part of the accreditation process, each provider must submit a self-assessment to the Aged Care Quality & Safety Commission against the Standards, which is followed by an unannounced visit that includes an audit of records and interviews with consumers, family members and staff. The three Residential Care by Montefiore campuses are due for accreditation in coming months.

Maree Canty, General Manager of Clinical Services, agrees that the new standards intersect well with our established holistic approach. “My role is to implement governance and clinical systems that are flexible enough to support staff as we work to meet each consumer’s individual needs,” she explains.

Montefiore’s clinical and allied health experts are key to our unique interdisciplinary model of care. “Each team member offers their own skills and knowledge as we work with each consumer to achieve what they want from their care,” Maree adds.

“Increasingly people entering residential care and their families want us to focus on dignity of choice and quality of life – what brings joy and happiness.” **M** For more info on the new standards, visit: agedcarequality.gov.au

Photography: Nadine Saacks



From the ground up

The latest on our luxury retirement living development at Randwick, which is well and truly up and running with construction progressing on schedule.

It's been an action-packed six months for the M by Montefiore development at Randwick. The building site was officially declared open on September 20 last year at a Ground Breaking Ceremony, where President David Freeman, CEO Robert Orie and the members of the Montefiore Development committee turned the first soil, along with some of our future M occupants.

Since that time, Richard Crookes Construction has transformed the site. Hoarding has been erected, the King Street entry and driveway have been moved, and excavation works of the basement levels are nearly complete. Thanks to all the residents, visitors and staff for their patience with noise and access changes during this phase.

A 55-metre crane was erected on February 28, 2019, a milestone for any



Clockwise from above: the 55m-high site crane was erected in February; scenes from the September Ground Breaking Ceremony.

construction site and a process that was fascinating to watch over the course of the day. Now that excavation is nearing completion and the crane is in place, work is continuing on schedule with the construction of the building structure commencing in March. **M**



VISIT OUR DISPLAY SUITE

Discover more about M by Montefiore in our display suite. Drop in for a coffee and view the display kitchen, fixtures and finishes, scale model of the complex and unique floorplans for each of the remaining apartments.

Open Monday to Friday, 10am-4pm (Sundays by appointment)
120 King St, Randwick (next to the Burger Centre)
P 1800 952 229 **E** mbymontefiore@montefiore.org.au
W mbymontefiore.com.au



Photography: Nadine Saacks

Clockwise from right: Dr Peter Kark & homemaker Sammareta Campbell; dining attendant Anton Urbina & Thomas Meyer; Hilda Gottlieb; Sammareta & Don Howard.



The Breakfast Club

We're heading towards the new Montefiore Dementia Model, with breakfast just the beginning.

Something as simple as making your own toast and coffee in the morning may not seem like a big deal, but for a small group of residents living with dementia in the Randwick Special Care Unit, it's the first step towards implementing our innovative new model of support. The Montefiore Dementia Model (MDM) will create smaller, more

home-like spaces and greater engagement in everyday activities, especially food - with the support of staff in the new role of 'Homemaker'.

Ahead of the renovations now underway, Dementia Specialist Dr Jacki Wesson worked with the SCU team and Catering Department to create the 'Breakfast Club' as a demonstration project to inform future steps. Explains Jacki: "This was

just a taste of how we intend life in our dementia units to evolve." The response from residents, staff and families was positive.

Where usually residents would take their breakfast over the counter or wait to be served in the dining area, during Breakfast Club there was a new buzz about the SCU kitchen. Residents chose

and poured their favourite cereal, cracked and mixed eggs to cook on the stove and thoroughly enjoyed making and eating their own hot buttered toast. Homemakers provided support by coordinating the meal and engaging residents in parts of the process, then all enjoyed their fresh cooked breakfast.

The MDM is moving towards residents living in clusters of 10-20 people, with greater participation in daily activities. As in most homes, the kitchen will be the hub.

"Current research shows that small-scale living and meaningful participation offer significant benefits for people living with dementia in residential care," says Jacki, "so we are looking forward to the completion of renovations at Randwick in May, and the eventual rollout of the MDM to other campuses." **M**



Photography: Daniel Linnet

Countdown to Pesach

Those who celebrate Passover know how much effort it takes to prepare a home and domestic kitchen for family festivities, so spare a thought for our Spiritual, Catering and Hotel Services teams who start planning five months ahead. Here's a glimpse of what happens behind the scenes to ensure a memorable Pesach for residents and families.

5 MONTHS OUT

Spiritual & Cultural, Catering and Hotel Services teams plan out the schedule of pre-Passover cleaning, food inventory, Seder menu and activities.

3 MONTHS OUT

The Spiritual & Cultural team and Rabbi David Rogut OAM consult with the Catering Department on planning the traditional Seder menu.

5 WEEKS OUT

Invitations to Seder sent to residents and families (this year using online bookings for the first time). Each Pesach, Montefiore hosts 1800 diners across both Seder nights at all sites.

4 WEEKS OUT

Dedicated store room prepared for deliveries, and Kosher for Passover dry goods ordered in consultation with Catering Department and Rabbi Rogut OAM.



3 WEEKS OUT

Chefs from all campuses meet at Randwick for a 'cook-off' of the Seder menu, to work through logistics and methods. This is followed by a tasting with the Catering Manager and Spiritual & Cultural team. Highlights include a salmon platter, beef brisket and almond berry tart.

4 DAYS OUT

The cleaning of milk and meat kitchens begins for each of the dining rooms and cafes. After dinner on Wednesday, all the crockery and cutlery change over to Passover sets.

1 DAY OUT

All kitchens, dining areas and food served are now Kosher for Passover. Seder food preparation begins.

2 WEEKS OUT

A strip tank is installed for koshering of all cooking pans and equipment, a process that continues until Pesach. Lounges, dining rooms and cafes are thoroughly spring cleaned of all chametz.

SEDER NIGHTS

Tables are rearranged and set for Seder in this year's colour scheme. Ten Sederim are held across Randwick, Hunters Hill and Woollahra dining rooms each night, with services led by

the Rabbi, regular faces including Benny Kaplinski and Zelwyn Orbach, as well as family members. Kitchen and dining staff are all hands on deck as well as nursing, Leisure & Lifestyle and Spiritual departments to ensure everyone has a wonderful experience.

DURING PESACH

Rabbi Rogut OAM has now spent 15 Passovers as Spiritual Dean, and oversees Yom Tov synagogue services at Randwick and Hunters Hill. Over the rest of the holiday, families are invited to join residents for Pesach Teas with food and entertainment. **M**



Above: Spiritual & Cultural team Tammy Kleviansky, Tanya Levy & Lynda Dave discuss the Seder menu with Randwick & Woollahra Head Chef Sunil Pajnoo. Right: Sunil at work with Hunters Hill Head Chef Antonio Ligato and chef Ashok Pangeni; plating up an almond & berry tart.



Top right: The chefs present their dishes for tasting to Food & Beverage Assistant Samantha Tosh-Templeton, Catering Manager Catherine McGoldrick, Cost Control & Food Safety Officer Dipesh Shrestha & Dining Room Supervisors Gavin Schneier & Ganesh V'thaver.

PESACH BY NUMBERS

20 Seder dinners held
1800 Seder guests served
2500 matzah balls cooked
1700 boxes of matzah served
12000 eggs used



Lessons of the Seder

Spiritual Dean **Rabbi David Rogut OAM** shares his thoughts on the significance of the Passover Seder.

The purpose of the colourful Seder ritual is to help us to transcend the limits of time and space and recapture the mood of Exodus; to experience personal involvement.

When we relive great moments of our people, we unify Jews in all countries of the Diaspora into one people. Though divided by language barriers and thousands of kilometres, at Passover we become one people.

There is a third requirement for each of us at the Seder. In addition to retelling and reliving the story of Passover, we are duty bound to relearn the lesson of the Festival – the lesson of G-d's providential care. It is the same lesson which our forefathers learned centuries ago.

As we face the challenges that confront our people, we must learn to hold on tenaciously to our belief that G-d is on the side of those who champion the cause of righteousness and freedom.

In every generation there have

arisen those who have pledged themselves to the destruction of Jewry. History spells out their ignominious defeat and doom.

This is the heart and core of the Passover lesson. Retelling the story and reliving the exodus are only the stepping stones to relearning the message of freedom.

Heinrich Heine, who had drifted very far from his Jewish moorings, rightly grasped the lesson of Passover when he said: “ever since the Exodus from Egypt; freedom has spoken with a Hebrew accent.”

Passover reminds us of G-d's providential care and concern. It reaffirms our faith and refreshes our hopes. It assures our people that we can face the future with confidence.

Vicky and I wish the President David Freeman AM, Executive, Board, Staff and all our valued Residents beautiful Sedarim and a happy and festive Pesach – *Chag Kasher ve Sameach*. **M**

We will soon gather around our Seder tables observing the mitzvah of *vehigadeta levincha*, retelling the detailed background panorama leading up to the Passover festival.

Our Sages tell us: “He who relates the Passover story with all its nuances is indeed meritorious in conduct.”

We go even further than merely retelling the story of Exodus and attempt to relive the past by eating matzah and other foods symbolising our exodus from Egypt. We declare that the matzah we eat is the very same as that eaten by our forefathers. As Israel Zangwill expressed it: “the Jew at the Seder table, as he eats the matzah, is eating history.”

PURIM SPIELING

Staff, residents and Jewish students came together to make Purim a joyous and colourful celebration across all our campuses. Kesser Torah College read the Megillah at Woollahra, Emanuel School entertained Randwick residents with a performance, and Hunters Hill residents enjoyed a special concert (pictured is Claire Beutum with Jenna Dave). JEMS students provided *mishloach manot*, residents at each campus helped to create the colourful masks used as table centrepieces on the day, and all enjoyed the catering team's delicious hamentaschen. See Social Scene on page 24 for more.



Portrait: Nadine Saacks

Just add love

Love, tradition and history are secret ingredients in a new cookbook featuring Holocaust survivors' recipes, like these Passover macaroons from resident Lena Goldstein OAM.

Losing precious family recipes from her own grandmother, Leah, prompted author Iris Makler to begin researching her new cookbook, *Just Add Love*. “I realised when she passed away that I would never eat her honey cake again, as nobody had ever written down the recipe,” says the Sydney journalist, currently based as a foreign correspondent in Jerusalem. For the past four years, Iris has captured memories and traditional recipes from 20 ‘grandmothers and grandfathers’ – all Australian Holocaust survivors of diverse backgrounds.

The oldest person featured is the remarkable Lena Goldstein OAM, who recently celebrated her 100th birthday at Montefiore Randwick and continues to share her story with the community. Cooking for Passover always reminds Lena of the same time of year in 1943, when the Warsaw Ghetto Uprising took place. She escaped, went into hiding and became one of two family members to survive.

For her grandson, Ben, cooking together is also a reminder of all Lena and her generation endured, and an expression of gratitude for his very different life at the same age. “Bitter or sweet or both, it's the reason we are so close,” he says, “and why we all love each other so much. You can't lose your family like that again.”



Almond macaroons

These almond biscuits are Lena's go-to Passover recipe. Just almonds, sugar and eggwhites – and you can't stop eating them. Lena has devised a streamlined version, with no need to beat the eggwhites, just mix them a little with a fork. “I tried it both ways, and it didn't make a difference. In fact, it is better this way,” says Lena.

Makes 12

3 eggwhites
250g ground almonds (I use 190g almonds and 60g walnuts)
45g (6 large tspn) sugar
1½ tspn lemon juice, or to taste
½ tspn almond essence
Blanched almond halves, to decorate

Clockwise from below:
resident Lena Goldstein OAM,
with grandson Ben; her
almond macaroons.



- 1 Preheat oven to 180°C (160°C fan-forced). Grease a flat baking tray, or cover with baking paper.
- 2 Beat eggwhites with a fork till slightly firm, no need to beat till stiff. Mix in nuts and sugar. Add lemon juice and essence. The mixture should be sticky. Check for taste.
- 3 Drop the mixture tablespoon by tablespoon onto the baking tray, leaving space to spread during cooking. Flatten out and place half an almond in the centre of each biscuit.
- 4 Bake for 10 minutes till brown and just dry. Don't overcook! You want them to be chewy. Leave to cool. **M**



Just Add Love
by Iris Makler
(RRP \$49.99) is
out now in store
and online at:
[justaddlove.
net.au](http://justaddlove.net.au)



The right moves

Professor Henry Brodaty AO, CHeBA Co-Director and Montefiore Chair of Healthy Brain Ageing, on the link between physical exercise and brain health.

Exercise is one of the best medicines available and its health benefits are indisputable. There is conclusive evidence that physical inactivity increases the risk of heart disease, high blood pressure, stroke, obesity, diabetes and depression. All of these are risk factors for dementia, and yet still Australia is among the world's least physically active nations.

Not only does physical exercise assist to improve mood and quality of life, it will also help you to live longer. Regular exercise has direct positive effects on brain function, being linked to improved cognitive performance (memory and thinking ability).

It is true that what is good for the heart is good for the brain and importantly, exercise can correct other risk factors associated with cognitive decline by improving fitness and muscle mass, reducing obesity,

risk of falls and blood pressure and controlling diabetes.

Like the heart, the brain is adversely affected by high levels of blood pressure, blood sugar and cholesterol. Exercise also improves mood, helps combat depression and makes bones and muscles stronger.

Research studies provide evidence that the more people engage in physical activity and exercise the greater the protective benefit.

Importantly, it is never too late to start exercising; it has been shown to improve cognitive function in people

with mild cognitive impairment and dementia as well as promote the formation of new nerve cells.

One study of people aged 70 and older who were randomly assigned to an exercise program had an increase in the short-term memory part of the brain, while those assigned to no exercise had the expected reduction in brain volume on MRI scans.

A combination of weights or strength training and aerobic exercise such as vigorous walking, swimming or cycling appears best. For many people, exercising with friends or in a group helps with motivation and offers the bonus of socialising, also linked to better cognitive health.

More exercise is generally better, with the minimum recommended amount being 30 minutes, five days a week. You should be puffed and sweaty afterwards.

CHeBA is passionate about the link between physical activity and brain health, and the Wipeout Dementia campaign designed to promote this has engaged surfers up to 82 years old!

With a recent analysis showing that physically inactive individuals have an 80% higher risk of dementia, the message for all Australians is to get moving! Everyone can benefit from exercise, irrespective of age, gender, ethnic background, health or body size and shape. **M**

For more information on healthy brain ageing, visit: cheba.unsw.edu.au



"PHYSICALLY INACTIVE PEOPLE HAVE AN 80% HIGHER RISK OF DEMENTIA, SO THE MESSAGE FOR ALL AUSTRALIANS IS TO GET MOVING!"

Care in focus

Meet **Nurse Practitioner Sara Flatley**, who works with nursing staff and GPs to improve health outcomes for people living in residential care.

The specialised clinical role of Nurse Practitioner (NP) is a rare benefit to residents in aged care. Montefiore first initiated an NP service in 2012, and gained a national Better Practice Award in 2014 recognising this innovative program that focuses on early intervention and minimising hospitalisation for our residents.

Sara Flatley joined Montefiore in 2018, where she works with nursing staff, residents' GPs and specialists to provide advanced clinical assessment, undertake diagnostic work and therapeutic management plans, make clinical referrals and review and prescribe medications.

How do you become a Nurse Practitioner?

An NP is a Registered Nurse with a further degree – in my case a Masters of Advanced Practice from the UK.

What's your role at Montefiore?

We work with our nursing and clinical staff as well as residents' GPs and specialists to help manage their care. Day to day this can involve anything from wound management to review of medications, assisting with case management and falls prevention strategies.

How does your work help residents?

The overall aim is to improve care outcomes and help ensure they stay out of hospital as much as possible. Older people are more susceptible

to hospital-acquired infections, and of course being treated here is much easier and more comfortable.

Describe your average work day?

I spend time at each campus throughout the week doing my regular rounds, juggling travel to attend to more urgent cases. I check the overnight reports for progress notes (there may be up to 100 to review) and prioritise who to see first, then check for referrals for any new cases. On average I see 8-10 people per day, for everything from a quick check-in to more lengthy assessment and treatment.

Most rewarding part of your role?

Sometimes making even a small change to someone's treatment or medication can make a big difference. Recently one patient had a skin tear that was on the verge of requiring skin graft surgery – we managed to turn it around with wound care which was a much better outcome with less pain, less stress and reduced risk of further infection.

And the most challenging aspect?

As NPs are still relatively uncommon, many GPs are unfamiliar with what we do. So it can be a challenge learning how each GP prefers to work and how we can best collaborate for the benefit of our patients. **M**

Nurse Practitioner Sara Flatley treating Randwick resident Daniel Silvers.



Ladies' new look

Introducing a new direction as the Montefiore Ladies' Committee becomes the Friends of Montefiore Committee.

With communal activities now falling under the Friends of Montefiore banner, the Ladies' Committee also feels the time is right to adopt a new name, the Friends of Montefiore Committee. "We're all excited to move forward," says Co-President Annette Joseph. "And more importantly, to welcome new members of all genders with fresh ideas and energy."

What won't change is the group's dedication to fundraising, which is achieved by operating the Randwick and Hunters Hill boutiques, the annual clothing sale and social events including theatre, bridge and trivia. Last year, the Committee raised a remarkable \$80,000 towards the Staff Holocaust Awareness program.

"All of us here treasure the Ladies' Committee and its tradition that dates back to Montefiore's

foundations," says General Manager of Marketing & Engagement Ariella Roth. "We're looking forward to great things ahead."

For more info on joining the Committee, contact Rene, ph: (02) 8345 9114.



JOIN US FOR BOWLS

All are welcome at the Friends of Montefiore Committee's Mixed Two-Bowl Triples Tournament, a fun day out that includes lunch by JunEdelmuth Catering.

**9.30am, Sunday, May 26,
Double Bay Bowling Club,
18 Kiaora Rd**

**Tickets \$45pp including lunch
RSVP May 20**

**Info & Bookings Carole Brickman,
Ph 0417 058 416**

Friends of Montefiore Committee Co-Presidents Annette Joseph & Wendy Englander with new member Sandra Malki (centre) in the Randwick Boutique.

Honouring memories

Past residents' families can now remember their loved ones with an inscription on our new Memorial Board.

Families of past residents often request a place at Montefiore to memorialise their loved ones, which is now possible thanks to the generosity of the Geyer family. Recently the Montefiore Foundation created the Gabriella & Edward Geyer Yahrzeit Memorial Board at Hunters Hill.

"Our parents spent many happy years living here," says their son Robbie, who attended the dedication with brother Dennis. "I can't speak highly enough of the staff and overall spirit of the place. It's a testament to what the Jewish community can achieve."

Ede and Ella had a longstanding friendship with Rabbi Rogut OAM, who they knew from their many years as kosher caterers. It was he who suggested a Memorial Board when the family wanted to donate in their memory.

Relatives of past residents as well as community members now have the chance to honour their loved ones on the boards at the Cyril Rosenbaum Synagogue. Inscribed names will also be mentioned during the Yom Kippur Yizkor memorial service.



The late Edward & Gabriella Geyer at Hunters Hill in 2008; Robbie & Dennis, who with sister Renée have dedicated a new memorial board in their parents' honour.



"WHEN
SOMEONE YOU
LOVE BECOMES
A MEMORY,
THE MEMORY
BECOMES A
TREASURE."

For more information on this memorial opportunity, please contact the Spiritual & Cultural Department, ph: (02) 8345 9119 or email: spiritual@montefiore.org.au

REMEMBERING A GREAT

Honour Boards recording the names of Ladies' (now Friends of Montefiore) Committee presidents have just been installed at Hunters Hill and Randwick. Included is Life Governor Shirley Cohen (pictured right with late husband Neil), who became president in 1989 and passed away nearly 18 months ago. Shirley's parents were very involved with Montefiore, and she and Neil began working at the Annual Fete in 1948, followed by countless hours of volunteering. In her time as President, Shirley focused on bringing in younger members as well as organising an array of fundraising activities from the boutique to street stalls, fashion parades, day trips and card games. During her tenure, Shirley said: "Doing something tangible to help our aged community is deeply satisfying. The socialising that goes with it is a bonus." The family's connection to the organisation continues through Shirley's daughter Sue and her husband, Vice President Gary Inberg. **M**



Shabbat to share

Our Friends of Montefiore volunteers pack more than 40 Shabbat Bags weekly, which are delivered to hospital patients around Sydney by Jewish House. A few recent special deliveries saw an additional 500 bags go out to the community. At January's Maccabi Junior Carnival, they were distributed to all the visiting competitors staying away from home (pictured), while we also partnered with COA Kosher Meals on Wheels for Purim. **M**

No place like home

Valerie Newstead explains why it means so much to continue living independently in the home she loves, with the support of **Help at Home by Montefiore.**



Help at Home client Valerie with regular carer Vivienne Levy

“At my 80th birthday I was wonderful,” says former actress Valerie Newstead, “but now I’m coming up to 90-something and I need help.” As well as relying on her two sons and their families, it’s Help at Home that provides extra support so Valerie can remain living independently in her North Bondi house with its pretty cottage garden.

“At home I’m surrounded by memories, and I’d hate to be away from it,” she adds. “This is where I want to stay.”

Help at Home’s Debbie Coulter has been working with Valerie for several years to ensure she has the right mix of care for her needs. “I’m one of five Care Coordinators who work as the central point of contact and case management, so each of our clients comes to us rather than dealing with multiple services.”

Over time, explains Debbie, a client’s support needs usually increase, in Valerie’s case from morning assistance with showering and dressing to help with sourcing additional equipment, pre-prepared meals and organising podiatry and physiotherapy. “Valerie had a fall not so long ago,” she says, “so we have also been focusing on how we can keep her safer at home.”

“AS THIS IS
VALERIE’S
HOME,
EVERYTHING
THAT HAPPENS
HERE SHOULD
BE DONE
HER WAY...
TO SUIT HER.”

This sort of personalised care is made easier as Help at Home is able to draw on Montefiore’s expert Allied Health team, who provide Occupational Therapy, Physiotherapy and other services to clients. Help at Home is able to provide subsidised Consumer Directed Care (CDC) packages as well as private care, and now disability services through the National Disability Insurance Scheme (NDIS) too.

Continuity of care is vital to supporting clients at home, too, and Valerie looks forward to her morning visits from regular carers Vivienne (pictured) or Lynette.

“They’re so familiar with my routine I don’t have to explain, and they listen to whatever I say needs doing,” says Valerie. “It’s marvellous for me.”

“Our Montefiore philosophy of choice, dignity and wellbeing is especially important as a home care provider,” adds Debbie. “As it’s Valerie’s home, everything that happens here should be done her way, to suit her.” **M**

To find out more, ph: 1800 251 537 or visit: montefiore.org.au/homecare

The spice of life

Burger Centre and **Club Monte** visitors are enjoying wine tastings, museum tours, art therapy and more through our social support programs.



Caption: Eva and Cecile enjoy a tasting at the Urban Winery.

Choice and community participation have been the driving force as Burger Centre programming ventured further afield over the past few months, exploring new venues and experiences.

“We are being guided by the diversity of our clients and exploring beyond the usual Eastern Suburbs options, too,” says Senior Manager Bronwyn Elbourne.

A tour of the Hurstville Museum & Gallery allowed visitors to go back in time through

their exhibitions showcasing the evolution of everything from kitchenware to sports equipment and medicine. Another visit to the Nicolson Museum allowed the Burger Centre group to take in the grand sandstone architecture of the University of Sydney as well as the exhibits, and some enjoyed concerts at the Conservatorium of Music.

At the other end of the spectrum, fun was had by all on a recent trip to EQ Moore Park. All enjoyed reminiscing as they explored the former Showgrounds buildings, before a tour of the Urban Winery. The hospitality and warmth of the staff was outstanding, as were the wines and stories. Everyone left in high spirits with many L’Chaims toasted.

As the weather cools, the centre’s focus is on welcoming in diverse speakers including authors, educators and community leaders alongside regular favourite programs.

For more on the Burger Centre Randwick, ph: (02) 8345 9147 or visit: burgercentre.com.au.

SUCCESS STORIES

From the creative side to hydrotherapy, it’s always rewarding for the Club Monte team to see members getting the most out of the programs on offer. Henri Rubin is one of the Club Monte members enjoying art therapy, which commenced at the centre last year. The 91-year-old lives with dementia at home with his daughter Melissa, and his weekly art sessions are a highlight. “He’s a retired engineer, who used to have a passion for technical drawings, and painted portraits as a hobby. It’s been wonderful seeing his creativity return,” she says.

Meanwhile, client Lydia Bayer credits the hydrotherapy program with helping to get her back on her feet after several surgeries which initially had doctors saying she would not walk independently or drive again. After a few months’ regular attendance, she’s now back to driving herself to sessions. For more on Club Monte Hunters Hill, contact Cecily, ph: (02) 9879 2726. **M**



Making a world of difference

Ahead of National Volunteer Week in May, we speak with some of our inspiring resident volunteers at Hunters Hill about the rewards of helping others.

My father the late Rabbi Fabian served his congregation together with my mother, so from a young age I knew how important it was to help others. I volunteered at Montefiore for quite a few years before I became a resident myself, so continuing came naturally to me. I visit other residents and enjoy chatting to them about their earlier life, they open up to me and tell their stories which I find very interesting. It's my way of continuing to serve the community.

Diana Rozenman



Volunteer Coordinator Jane Silverman asked me if I would like to welcome newly arrived residents. I have never volunteered before but said that I would give it a go. I am not a shy person – I come from a warm family and feel confident when meeting new people, so Jane thought I had the right personality for the task. Shaking hands and sharing a warm welcome and small gift from Montefiore makes me feel good, as well as the new residents. I love the interaction, and it's nice to be recognised when you walk around the grounds, too. *Vicki Eskenazi (pictured above right with Jean Sher)*



I came to live here with my late wife who was a resident in the Nursing Home. I was very grateful to see the way she was treated with such care and respect, and I felt it would be worthwhile to 'give back'. I take residents to medical appointments and wait for them. It's a privilege to have other residents trust you enough to take them out and rewarding when they show their gratitude for your efforts. I have learnt to be more tolerant especially if someone uses a walker, as one is responsible for the welfare of that person. *Dennis Havin* **M**



I come from an observant family and am well-acquainted with the Hebrew language and Judaism, so for many years I have helped the Nursing Home residents by conducting Passover Seders. I've also widened my field of volunteering with a quiz activity on Sundays, which is well-attended, plus I announce the daily activities at breakfast in the Hostel dining room and introduce performers at the Sunday concerts. It's satisfying to help others, and when you have been in business and the father of a large family you become used to being listened to – volunteering gives me a chance to regain some of that feeling. *Justin Jones*



Volunteer Raffy Shammay OAM and Randwick resident Sybil Goldberg.

contribute to the residents' lives," Raffy explains. "Computers are my thing, so I decided that's how I could help to give back."

His weekly visits to Randwick include helping residents read and respond to messages, view and share family photos, hooking up video calls, and in the case of Sybil Goldberg, setting up a purpose-made keyboard and shortcuts to overcome her visual impairment.

Raffy says his work is about much more than tech support. "All the residents I meet have led fascinating lives. It feels good to be able to help people explore the world outside their current reality, and connect with the people who matter to them."

If you have time or a talent to share, we would love you to join Montefiore's 400+ dedicated volunteers.

For more information, ph: (02) 8345 9254 or visit: montefiore.org.au/beinvolved

Time to share

Join us as a volunteer and discover why spending time with older members of the community is a rewarding experience for all.

"Ask any volunteer and they will tell you that they receive much more than they give," says Volunteer Manager Hazel Stein. Even so, recognition is always welcome and helps to highlight all those members of the community who give their time so generously. That's why Friends of Montefiore was thrilled to celebrate with longtime volunteer Raffy Shammay recently, when he was awarded an OAM (Medal of the Order of Australia) in the Australia Day Honours for his service.

Raffy has spent countless hours supporting Randwick residents as they use technology to keep in touch with family and friends via social media, Skype and email.

"When my mother lived at Montefiore it was such a warm, safe environment – an extension of the community. And I came to realise how much our volunteers

SAVE THE DATE FOR NATIONAL VOLUNTEER WEEK

All our valued volunteers are invited to join us for morning tea, an inspiring speaker and the annual Spirit of Volunteering Awards presentation.

**Thursday, May 23, 10am-12.30pm
Recreation Room, Montefiore
Hunters Hill**

RSVP Thursday, May 2
P: (02) 8345 9254
E: volunteers@montefiore.org.au

Latest News

Updates from across the organisation, including renovations, staff wellbeing and a new online learning system.



CHANGING SPACES

While larger building and renovation projects continue for M by Montefiore and Randwick Special Care Unit respectively, residents and visitors will notice ongoing improvements at all campuses. The significant refurbishment of rooms and public areas at Hunters Hill is a large and continuing project across the premises. At Randwick, residents and families are enjoying the bright, welcoming new look of the lounge on Level 4. At Woollahra, new call bell and air conditioning systems have been installed, with further reburishments planned.



Celebrating seniors

Help at Home by Montefiore once again took part in the NSW Seniors Festival Expo at the ICC Darling Harbour, sharing information on our services with the expo's 20,000-plus visitors and offering popular mini massages.



Smoothie operators

The Wellbeing@Montefiore program is up and running (or riding) for the year as staff have been encouraged to pedal their way to a healthy fruit smoothie with Bike'N' Blend, take a break with a five-minute massage and sign up for before-work Pilates.



Hunters Hill staff take the Bike'N' Blend for a spin.

BRIDGE TO LEARNING

As part of Montefiore's commitment to continuous improvement and staff development, the People, Culture and Learning Department recently launched online learning management system Bridge. The portal will deliver mandatory training modules to all staff, plus the opportunity to tailor further education to staff based on their role or area of practice.

Creative spirit

Meaningful moments for residents supported by the Creative Therapy and Leisure & Lifestyle teams.

Building connections

Partnering with many local schools including Emanuel School, Moriah College, Masada College and Kesser Torah College as well as Academy BJE, Montefiore's Intergenerational Program fosters special connections by linking our older community members with the very youngest.

"Spending time with young people brings our residents so much joy," says Director of Client & Community Relations Melanie Lindenberg, "and is equally rewarding for the children."

Woollahra residents enjoy gardening and reading sessions with Emanuel Woollahra Preschool

children, with residents Doreen Stokes and Julian Markovich also visiting the kindy weekly to read. Students were delighted recently when Julian handmade interactive sets inspired by 'The House that Jack Built'. The project took him many hours to complete, supported by wife Fay and the Leisure & Lifestyle team.



ART WITH HEART

Hunters Hill residents again wowed family and friends with an inspiring exhibition of their latest work. Resident Jack Finkelstein, who took up painting in his 80s, introduced the exhibition and acknowledged the support and encouragement art therapists Lea Dalgleish & Roxanne Taylor offer to all who attend their weekly sessions.

Clockwise from below:
Joan Bornstein & Meredith Lucy;
Jack Finkelstein and family;
Toba Elias; Julian Markovitch
& Aidan Shapiro.



DANCING TO A NEW TUNE

When she first arrived at Hunters Hill in 2016, 68-year-old Joan Bornstein's health kept her largely confined to her room. After recently experiencing a considerable improvement, the former remedial teacher's aide (who moved here with her family from South Africa in 1981) is now thrilled to be able to participate in the many activities on offer.

"This is my new home and I'm building my life here, I call it Miracle Monte!" Joan says, paying tribute to all those who make her days more interesting – from the Rabbi to nursing staff, hairdressers, Leisure & Lifestyle and Allied Health teams.

Says social worker Dafna Stern: "It's wonderful seeing Joan discover her creative side again, in particular through music and dance therapy."

The new spring in Joan's step is obvious in this photo with dance therapist Meredith Lucy. Her favourite music to dance to? "Tennessee Moon by Neil Diamond," she says. **M**

Setting the scene

Residents, families and the community joined in a wealth of activities and social occasions at our three **Residential Care by Montefiore** campuses.

MOMENTS FROM THE ANNUAL RESIDENT ART EXHIBITION, A COUPLES DINNER, FAMILY CELEBRATIONS AND FESTIVALS.



Heather Rubin, Rona Malkin & Susan Abramowitz



Resident art exhibition: Lea Dagleish & Sigrid Friedman



Harry & Marilyn Fransman enjoy the Couples Dinner.



Sandy Creighton with mother Rachel Bass at her 103rd birthday.



Volunteer Pam Tatz worked with Harmon Levy on his Life Story.



Pauline Fine and Philip Mintz enjoy the Couples Dinner.



Volunteers Yael Zipori & Eva Robey deliver Purim mishloach manot.



Nora Katz & Glynis Notary baking for The Shabbat Project.



Sam Steif & Elvira Baumann at the Couples Dinner



Joyce Falk & daughter Jacki Gluck at Purim.



Paige Waller & Neta Rothman at Tu B'Shevat.



Lena Goldstein took part in the Randwick Girls High School Living Historian project.



Shirley Jacobson worked with Gabriella Nash on her Life Story.



Volunteers provide residents including Fritz Rittman with a manicure.



Rabbi David Rogut OAM lights the Channukiah.

COMING TOGETHER FOR LIFE STORIES, INTERGENERATIONAL PROGRAMS, MANICURES AND PURIM COLOUR.



Danielle Oppermann, BJE students Eve & Charli, Rose Fekete & Rachel Lubczanski.



Residents at all campuses created masks for Purim decorations.





Christina Zingarelli & Fay Markovitch with Yeshiva College student Mushka.



Ada & David Cranko enjoy Purim lunch.



Gloria Levy planting for Tu B'Shevat.



Lilly Berger & Yeshiva College's Chaya Mushka at Purim.



Doreen Stokes & Emanuel Woollahra
Preschool's Mahlia, Kai, Nora & Deacan.



Elana Zulaikha & Lilly Mosberg with
volunteer Cycling Without Age pilots
Adrian Boss & Larry Vincent.



Ruth Glezerson at Purim.



Four generations of Sadie Katel's family bake together
for The Shabbat Project.



Ethel Fivelman & Janine Grossman.

Milestones

Mazel Tov to the following
people honoured by family
and friends for a recent or
upcoming simcha.

BAR MITZVAH

Nattan Amler
Sam & Sandra Blechman

BIRTHDAYS

Bill's 80th
Jerrold & Shirley Jacobson
Leni Abrams' 95th
Mark, Sue & Laura Werman
Bert Akres' 80th
Dennis & Gerda Maister
Rael & Sandra Polivnick
Morris & Sharon Sher
Valda Barton's 90th
George & Inge Bluth
Isabel Benjamin's 80th
Harry & Myra Nestadt
Bert & Pauline Rosenberg
Yvonne Berman's 80th
Phillip, Michelle, Amanda,
Todd & Tamara Berman
George Bluth's 99th
Dennis Bluth & Diana Marks & family
Irene Boyarsky's 100th
Joe & Racheline Barda
Michael & Barbara Cohen
David Emanuel
Anthony & Naomi Green and family
Ben Green & Helen Clayman
Nikki Green
Robert & Katja Grynberg
Gerald & Irene Marish
David & Susie Phillips
Robert & Shirley Silverton
Susie Warhaftig
Miryam Wise
Gregory & Vivian Zeltzer
Barbara Cohen's 80th
Leonard & Carole Karpin



Irene Boyarsky
(pictured right,
with her daughter
Vera and
Ben Green)
celebrated her
100th birthday
in January.

Brenda Cohen's 70th
Hilton & Linda Rosenthal
Henry Cohen's 90th
Ruben & Charmian Berman
Jan Cohen's 80th
Rod & Ruth Hymann
Hilda Elison's 90th
Rona Malkin
Hilary Fredman's 80th
David & Carole Singer
Julie Friedman's 90th
Zelma Dorfan
Brian & Alice Ginsberg
Ettie Hope
Marion Narunsky
Mary Rozowsky
Ruth Gardos' 90th
Families Bard, Winton & Besser
Ian Geller's 60th
Ian & Cheryl Singer
Olga Golan's 80th
Fae Rosenthal
Rosie Goldin's 90th
Ruby & Charmian Berman
Joyce Gordon's 80th
Necia Seskin
Magdi Grozinger's 100th
John & Susan Balint
Henry Hootman's 80th
Leonard & Carole Karpin
Pam Karp's 80th
Oscar & Yvonne Berman
Raymond Collins & Julie Brender
Myrna Kaplan
Julien Karney & Renecia Miller
Morris & Sheila Kuper
Henry & Susan Lechem and family

Dennis & Gerda Maister
Stanley & Zelda Marks
Lollie & Jackie Meyerowitz
Alan & Di Reichman
Bertram & Pauline
Rosenberg
Ralph & Daryl Schaefer
Hymie & Gabi Schreiber
Ted & Adele Swirsky
Dorit Krawitz's 80th
Ted & Adele Swirsky
Sharon Lazarus' 70th
Fiona Kaplan
Jonathan & Sorrel Sher
Len Lever's 80th
Darryl & Elaine Diamond
Frank & Lee Dreyer
Alma Levy's 90th
Daphne Doctor
Doreen Gruss
Meyer & Joan Toblib
Jules & Min Wesek
Rose Levy's 90th
Jos & Amelia Katz
Sylvia Levi's 90th
Harold & Railea Don
Isaac Mallach's 100th
Florabelle Team
Debra Marks' 60th
Clive Israel
Kevin Marks' 90th
George & Inge Bluth
Barbara Meyerowitz's 80th
Bert & Pauline Rosenberg
Sonya Neumann's 91st
Max & Shall Katz
Frankie Shall

FOUNDATION

Sima Nuffield's 90th

Abie & Sylvia Davidowitz

Phillip Palmer's 70th

Allan & Jenny Comben

John Plummer's 90th

Julian & Min Wesek

Mark Prag's 60th

Doreen Gruss

Alan Reichman's 80th

Dennis & Gerda Maister

Tom Reiner's 85th

Ken & Helen Bloom

Thea Rosmarin's 80th

Dennis & Gerda Maister

Harlene Rubin's 65th

Di Moritz & Geoff

Majorie Ruch's 95th

Rennie Chertkow

Lola Lazarus & Faye Gilinsky

Michael & Natalie Narunsky

Trevor & Brenda Satill

Gerald Sabel's 80th

Gerry & Laura Goldwater

Janice Said's Birthday

Gary, Renee & Jayden Segal

Karin Saltman's 70th

Stephen & Sharon Schach

Louise Samer's 80th

David & Carole Singer

Aubrey Schaffer's 90th

Doris Berkowitz

Glenda Bernstein

Rhona Clennar

Haim & Shirley Fleischer

Doreen Gruss

Jerry & Hannah Jersky

Peter & Ingrid Jacobson & family

Myrna Kaplan

Jos & Amelia Katz

Lily Katz

Lily Marks

Harry & Myra Nestadt

Alan & Naomi Schaffer

Frankie Shall

Lou & Sibyl Steinfeld

Jean Tobiansky

Meyer & Joan Toblib

Judy Traub

Margot Ulman

Malcolm Sender's 70th

Colin & Noreen Steingold

Greg Sernack's 70th

Dennis & Sharyn Broit

Percy Sheiman's 90th

Julian & Min Wesek

Jonathan Shein's 60th

Jeff & Estelle Malatskey

Fred Street's 94th

Bertram & Pauline Rosenberg

Queenie Weiner's 90th

Rona Malkin

Sima Nuffield

Mary Rozowsky

Philip Yudelowitz's 90th

Heather Joffe

Gerald & Arlene Middeldorf

ENGAGEMENT

Craig Shulman & Julia Glass

Arnold & Karen Lopis

WEDDING

Shmuel & Nechama Blechman

Sam & Sandra Blechman

WEDDING ANNIVERSARY

Ron & Ruth Baskin's 50th

Sue Klein

Merv & Jackie Rosen

Lol & Bev Garnitz's 50th

Harold & Lesley Judelman

Martin & Laureen Gishen's 50th

Roy & Vivienne Wainer

Raymond & Madeline Goodman's 50th

Doris Berkowitz

Judah & Bernice Finklestein

Rose Schonberg & family

Harold & Lynne Seifman

Merv & Hazel Stein

Moi & Joyce Gordon's 60th

William & Stephanie Block

Necia Seskin

Julius & Judy Opit's 60th

Phillip & Estelle Bloom

Rita, Deborah, Lisa & families

Bertram & Pauline Rosenberg's 60th

Hélène Gonski



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Care your way

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Your donation makes a difference

Your tax deductible contribution to the Montefiore Foundation will help to fund capital works, equipment, and subsidised care and accommodation for more than 30 per cent of our residents, a number that is ever increasing.

DONATE NOW TO PROVIDE:

- \$100** Leisure & Lifestyle therapy materials
- \$250** Materials for a resident art session
- \$500** Production of a resident Life Story
- \$750** 15 Yom Kippur Machzorim with personalised dedication
- \$1200** Electric wheelchair for independent mobility
- \$5000** Bus program bringing students to Montefiore for Kabbalat Shabbat with residents OR a staff scholarship for further education

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There's more to Montefiore

As one of Australia's leading aged care specialists, Montefiore offers support to older members of the community through all stages of the ageing experience. Our services include award-winning residential care, flexible in-home care and the recently launched luxury retirement apartments, M by Montefiore.

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