

Montefiore

# Life

ROSH HASHANA 2019

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EXPERIENCE



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# Life

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ROSH HASHANA 2019

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**On the cover:**  
Vickie Eskenazi  
& Jane Silverman.  
*Photo by Justine Perl*



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## FROM THE PRESIDENT



Left: President David  
Freeman AM with  
Michael Rabin at the  
M by Montefiore viewing.

Another new opening is that of our Help at Home by Montefiore office in Double Bay, the central hub for this expanding area of our aged care service offering (page 9).

As progress continues on schedule for the M by Montefiore luxury retirement living development at Randwick, it was my pleasure recently to welcome future and prospective residents to morning tea with a bird's eye view over the building site, and the opportunity to meet the construction project managers and architect as well as their new neighbours.

While all these new buildings and openings are exciting to see, the heart of our organisation is of course, the people. Inspiring residents like Fryda Mann (p 12), dedicated staff such as longtime social worker Dafna Stern (p 11), caring family members including Julie Chiert (p 6) and communal supporters like those who gathered for our latest Friends of Montefiore events (p 16).

It's all of you who make up our remarkable Montefiore family, and to whom I wish a happy and sweet New Year on behalf of the Board and Management.

David Freeman AM, President

## Welcome

Since I last wrote to you, several long-planned initiatives have come to fruition across the organisation, so it is fitting that we cover them here as we head into the Jewish New Year.

First is the opening of our newly renovated dementia unit at Randwick (page 4), which has been reconfigured into several smaller scale living spaces designed to be more homelike. Not only does it look fresh and inviting, it is also the testing ground for the Montefiore Dementia Model (MDM), an innovative model of living and support that will eventually be rolled out for people with dementia at all Residential Care campuses.



# FEELS like home

An innovative model of support and newly renovated, home-like living spaces have come together for residents living with dementia at Randwick.

An exciting next step for Montefiore's dementia living is now underway at Randwick, with a complete renovation transforming the high-care Special Care Unit (SCU). The all-new interiors have been redesigned into several smaller, domestic-scale living, dining and kitchen areas.

Watching residents relax in a sunny corner lounge area, or family members make tea at the island bench in one of the two open kitchens, it's clear that the new environment is already having an impact on quality of life.

"We really want families to be involved, allowing residents to feel like they have continuity of their past life in terms of sharing meal times together and being with their loved ones," explains Janine Grossman, Director of Professional Services.

The changes go much deeper than the cosmetic improvements to the space, however, as SCU is also a testing ground for the new Montefiore Dementia Model (MDM) that will ultimately be extended to other dementia units across the organisation. Grossman has spent several years researching leading dementia living environments and best practice support around the world, for the past 18 months alongside on-staff Dementia Specialist Dr Jacki Wesson.

The MDM is a tailored application of this knowledge, combining domestic-scale living spaces, the latest behavioural techniques in supporting people with dementia, and new

'homemaker' staff who bridge traditional care, dining and lifestyle roles.

"The advantage of integrating this style of living within existing residential care campuses," Grossman adds, "is the continued access to the breadth of Montefiore's other leading nursing, clinical and allied health services and staff."

According to Dr Wesson, the MDM is based around encouraging people with dementia to be more actively involved with familiar daily activities.

"Home-based activities – cooking, cleaning, gardening, laundry – are often familiar tasks that are relatively easy to participate in for people with cognitive impairment," she says.

The model also focuses on supporting changed or responsive behaviours and quality of life through environment and activities.

"The way we support people living with dementia is really in quite an exciting space at the moment," adds Dr Wesson.

**"THE WAY WE SUPPORT PEOPLE LIVING WITH DEMENTIA IS IN AN EXCITING SPACE AT THE MOMENT."**



Clockwise from left: SCU resident Gary Glass with homemaker Barbara; Michelle Baskin with mother Hilda Gottlieb; Dr Jacki Wesson & Janine Grossman; one of the two new kitchens.



While homemakers are undergoing training in how to enable residents to participate in this way, it's also a learning experience for residents. People who have been living in residential care for some time will be encouraged to re-learn some of their daily life skills. "As with all these types of skills, if you don't use it, you lose it," Wesson explains. Those coming from their own home into the new dementia living space will be encouraged to maintain participation in the things they enjoyed doing when living independently.

For Executive Care Manager of Randwick's dementia care units Rebecca Saidman, the proof is in the daily interactions and feedback she's already seeing in the new SCU.

"One family member told me recently that she'd never seen her mother seem so happy and settled. As these are our highest care residents, they spend the majority of their time here in SCU, so it's wonderful to see them comfortable and enjoying their new surrounds." **M**

For more information on the new Randwick Dementia Living area or to arrange a tour, please contact Justine Spies, (02) 8345 9135 or email [residential@montefiore.org.au](mailto:residential@montefiore.org.au).

## FINISHING TOUCHES

Interior designer Lisa Stein usually applies her talents to private residences, which is precisely why she was selected to plan the living spaces and finishes of the new SCU. "It's been a challenge, but so rewarding to see it all come together," Stein says of collaborating with the team to create the feel of a high-end home, at the same time ensuring that it met the needs of a working aged care unit and the new MDM. The result is an elegant, welcoming and practical space filled with shared wooden dining tables, comfortable seating grouped into various living zones, and stylish décor accents. As with any home, the kitchens are the heart of the new SCU, featuring stone-clad island benches and domestic appliances. Homemakers and dining staff bake and prepare food here,



Lisa Stein

and residents are encouraged to participate in food preparation. Seating around the islands make them a hub for interaction and leisure and lifestyle activities.





## Family matters

**Julie Chiert** shares some insights into her mother Leonie's move to our Randwick Nursing Home, and how she has been supported to live with dignity and wellbeing while facing rapid-onset dementia.

One day last March, on her way to pick up my kids, my mother Leonie reversed out of my driveway and accidentally bumped my neighbour's car. The following week, she went to leave a shopping centre car park and forgot how to drive. Two kind strangers helped her, one driving her car home and the other following. After a few months, she could no longer remember how to write and shuffled her feet instead of walking. After many medical investigations, we were told she had dementia with Parkinson's Disease-like symptoms.

The world was turned upside down for our close family, as Mum rapidly continued to



"MOVING HERE HAS HELPED MUM TO REGAIN HER DIGNITY AND LIVE A FULL, HAPPY AND SOCIAL LIFE."

deteriorate until she needed support 24/7 and was having frightening hallucinations. When an ACAT (Aged Care Assessment Team) decided she was unable to return home from hospital, they asked where we'd like to send her.

Though we knew of Montefiore through the Jewish community, we had no idea what to expect as none of us had even visited before. Patti the social worker came out the next day – what an absolute angel. She explained the process to my brother, sister, husband and me, arranged a visit to Randwick for us, and made sure Mum understood what was happening and got her consent.

When we arrived at the high-care Nursing Home area on Level 4, the nurses and residents were all smiling, happy and busy with activities. The rooms were large, bright and airy. Though everything went smoothly with the move, I won't lie – it took time for Mum to settle in. She had been taken out of her home and not because she wanted to leave, but because she had to. The staff have been incredible at working through all of this with her, making her comfortable and happy in her new home. She stopped having hallucinations and started smiling and laughing again.

Mum now goes to challah baking every Friday which I help with, and the grandkids all look forward to eating her delicious challah with cinnamon and choc chips when we bring Mum to one of our houses every Friday night. She has always been a talented artist and has her paintings hung all around her room, so her highlight is art therapy sessions she attends with the amazing Ruth, Jodi and Aviva. I join her on Tuesdays.

The Montefiore Experience for Leonie has been one that has helped her regain her dignity and live a full, happy and social life where she is completely cared for, especially now we have learned that she has the fast-progressing Lewy Body Dementia. For me and the family, it means we have peace of mind that we have put Mum in the hands of an incredible, professional place that is well equipped to care for her and support her as an individual. **M**

## Forging ahead

Future M by Montefiore residents mingled with the architect and construction project managers as well as their new neighbours, all with a view over the progress on site.

From the top floor of the existing building at Randwick, future and prospective residents were treated to a bird's eye view of the construction of M by Montefiore at a recent function where they mingled with President David Freeman, CEO Robert Orie and representatives from Richard Crookes Construction and architects Jackson Teece.

Work on the new luxury retirement units is continuing on schedule, with foundations complete and the first residential floors and common areas now taking shape. Over the coming months, the outlines of the buildings will begin to emerge.

A full display apartment is expected to be ready at the end of this year, and our Display Suite is open for anyone wanting to view the selection of one, two- and three-bedroom apartments still available, each with unique floor plans. **M** Visit the Display Suite Mon-Fri, 10am-4pm (Sun by appt), ph 1800 952 229 or visit: [mbymontefiore.com.au](http://mbymontefiore.com.au)



Left: President David Freeman AM & JCA President Stephen Chipkin.



Above right: Cynthia Reingold & Gail Reingold. Right: CEO Robert Orie, General Manager of Marketing & Engagement Ariella Roth & Jackson Teece's Damien Barker.



Above: A bird's eye view of construction. Left: Adele Myerson & Pam Karp. Far left: Sales Manager Linda Begg with Dr Hyman & Zelia Kotkin.





Peter Singleton  
of Woollahra with  
Sydney Centenarian  
Study Coordinator  
Dr Catherine  
Browning.



and regular exercise sessions at Randwick.

"We develop a strong rapport over time," says Dr Browning, "If possible, we like to visit our participants every six months, gaining insight into their health and memory as they approach 100 years and beyond." One of the most enjoyable aspects of the project for CHeBA researchers, she

adds, is meeting extraordinary people like Peter and learning about their interesting lives. "We hear about their history, their children and grandchildren, and look forward to their 100th birthday celebrations when they reach that milestone."

Each participant in CHeBA's Sydney Centenarian Study is invited to take part in an interview in their home, to answer questions about their history, health, diet, memory and lifestyle. A brief physical examination includes measurements of height, weight and blood pressure.

"It doesn't matter if participants have memory, hearing, visual, or mobility difficulties – we can accommodate individual needs, says Dr Browning. "By seeing participants with a wide range of abilities, we get a more accurate picture of what it means to be a Sydney Centenarian."

And to all the people considering joining the study? Peter Singleton says: "Just do it!" **M**

*Would you or someone you know – aged 95 and above – like to take part in the CHeBA Sydney Centenarian Study? Please contact Dr Catherine Browning, ph: (02) 9385 0433 or e: c.browning@unsw.edu.au. For more on CHeBA, visit: cheba.unsw.edu.au*

## Tale of **the century**

Discover more about the Centre for Healthy Brain Ageing (CHeBA) UNSW's Sydney Centenarian Study, which includes many Montefiore residents.

Every year, the likelihood of living to 100 and beyond increases. The possibility of achieving this exceptional age is on the one hand exciting – after all, throughout history, humankind has been intrigued by the fountain of youth concept. However, longevity can come with significant challenges.

The Sydney Centenarian Study led by the UNSW Centre for Healthy Brain Ageing (CHeBA) aims to determine which factors contribute to successful ageing. This Study collects information from volunteer research participants aged 95 and over to help researchers discover the secrets to a long life and, importantly, maintaining health at older ages.

Study Coordinator Dr Catherine Browning says we know that genes play a significant role in longevity, but lifestyle and environmental factors can influence the way they behave.

### TO ANYONE CONSIDERING TAKING PART IN THE SYDNEY CENTENARIAN STUDY, 96-YEAR-OLD PETER SAYS: "JUST DO IT!"

"The Study is interested in shedding light on these lifestyle factors so we can take charge of the way our bodies and brains age," she explains.

To date, over 400 participants have been involved in this study, including many Montefiore residents such as Peter Singleton.

"When I'm asked to do something that I think may help then I'm always happy to be involved," says the 96-year-old, who has enjoyed taking part in the study. Peter has lived at Woollahra for three years and remains active through long walks,

## Warm welcome

The **Help at Home** care team are ready to welcome you at their new headquarters in the heart of Double Bay.

While our Help at Home by Montefiore care services are available across Sydney, the team moved into new Double Bay premises recently and are looking forward to welcoming current and prospective clients.

"Our Care Coordinators are always available to discuss your needs over the phone or at your own home, but our new space gives an additional opportunity to meet and find out more about our services," says recently appointed Chief Operating Officer Tracey Cumbers. "We also have a wonderful space that we plan to use for small client and community gatherings, as well as staff education."

The move to a stand-alone office space on New South Head Rd is the next step in the development of this growing facet of Montefiore's aged care offering. Help at Home is able to offer care, nursing, allied health and domestic services to via government subsidised Consumer Directed Care (CDC) packages and private care for older people, as well as adults living with a disability via the National Disability Insurance Scheme (NDIS) clients.

"As people live independently for longer, we have seen the home care sector continue



Above: Operations Manager Amanda Guinane and Jessica Holway in the new office. Right: COO Tracey Cumbers with CEO Robert Orie.



**"OUR GOAL IS TO BE THE FIRST CHOICE FOR PEOPLE SEEKING TRUSTED, QUALITY HOME CARE."**

to grow, which has also resulted in a burgeoning number of new agencies and private carers," says Montefiore CEO Robert Orie, emphasising the importance of choosing a trusted provider "Our goal is to make Help at Home the first choice for expert case management that helps people plan the right mix of services from our quality pool of care workers, registered nurses and allied health professionals including physiotherapists and occupational therapists." **M**  
Visit the new Help at Home office at 334 New South Head Rd, Double Bay, or call us to discuss your needs, ph: 1800 251 537.



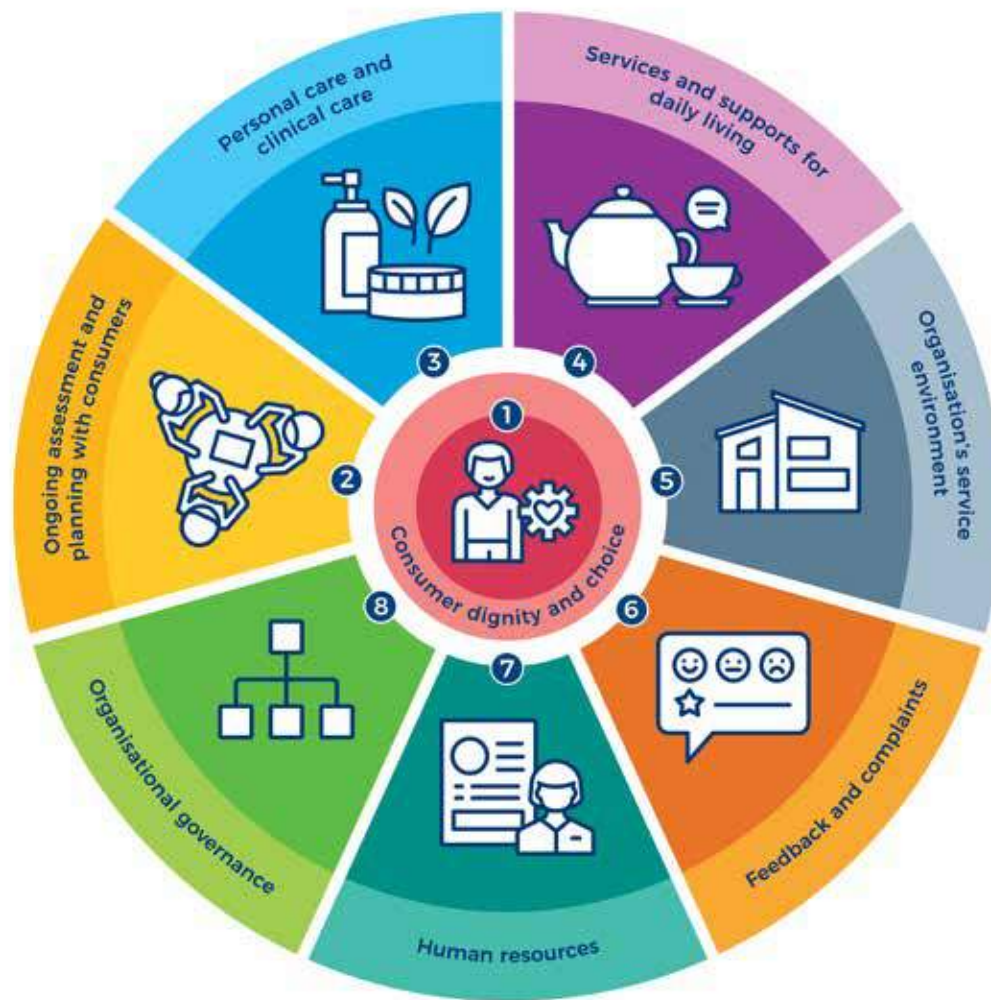
## Standard issue

**CEO Robert Orie** reports on the new Aged Care Quality Standards and what they mean for our consumers in Residential Care, Help at Home and day centres.



The new Aged Care Quality Standards came into effect on July 1 this year, a change that Montefiore has welcomed as a positive one for the sector. As an organisation, we are already well aligned with the consumer outcomes focus of the new standards and have undertaken steps to ensure the transition is completed smoothly.

The eight new Standards set out what consumers can expect from Montefiore. Each standard relates to an aspect of care that contributes to safety, health and wellbeing, and we as an aged care provider have to meet an 'outcome' for each consumer and demonstrate how we are meeting that outcome. The graphic above sets out each standard.



"THESE EIGHT NEW AGED CARE QUALITY STANDARDS SET OUT WHAT OUR CONSUMERS CAN EXPECT FROM MONTEFIORE."

The Montefiore Experience (ME) is our own benchmark representing a commitment to delivering the best possible care for each individual, by empowering them to live with choice, dignity and wellbeing. This consumer-directed care underpins independence by providing choice in personal and clinical care, activities and social support offered to older members of the community.

I'm pleased to report that in the past few months, our Randwick and Woollahra Residential Care campuses, as well as Maroubra Shores, passed accreditation by the Aged Care Quality & Safety Commission for the maximum three-year term. All future assessments and unannounced visits will be conducted under the new system. **M** For more information on the new Aged Care Quality Standards, visit: [agedcarequality.gov.au](http://agedcarequality.gov.au)

## Support system

All residents living at Montefiore are supported by an on-staff social worker like **Dafna Stern**. Here she explains how her role helps to improve their wellbeing.

**D**afna Stern has worked at Montefiore Hunters Hill as a Social Worker since 2001, and currently supports residents in the Ariel Nursing Home area to live with choice, dignity and wellbeing – by working with them, their families and other staff.

### What is a Social Worker?

Our role is to support residents, their families and staff to deal with day-to-day challenges, and to enhance residents' social functioning and general wellbeing. Our core professional values include self-determination, objectivity and enhancing quality of life.

**Why does Montefiore offer a social work service?** To enhance the lives of residents and their families, including those with specific needs such as Holocaust survivors.

### What is your day-to-day role?

Before a new resident arrives to live here, I meet with them to assess their needs and answer any questions. I'll then welcome a resident on their first day as a familiar face, introduce them to their neighbourhood and staff, and even help to assign them a seat in the dining room. It's naturally difficult to leave your home and move to a new life here, so it's important to acknowledge that adjustment.

Once someone has settled in, we continue to support them. Often a resident will tell someone more familiar like a social worker when

an aspect of their care is causing concern, so we often advocate for them with the rest of their care team to support their wellbeing.

### How do you work with other staff?

It's impossible to do my job without communicating well with the whole Ariel team. If we are trying to solve an issue for a resident, we work on it with the rest of the care, clinical and allied health staff at regular meetings.

**And with families?** Our resident conferences involve the resident, staff, and family members or other primary contact to ensure each individual is receiving the best care and is supported in their needs and wants. Having a loved one in care can be difficult for family too, so we are a compassionate ear for them and address concerns where we can.

**Most rewarding part of your role?** When I see that I've helped someone make changes to the way they live

that improve their wellbeing. For example, one man who found it hard to settle in, and refused to have his computer brought in even though he used it frequently at home. I introduced him to the computer room next to the cafe, and now he's there often and always busy.

### Most challenging aspect?

The sadness when a resident passes away. Working with people here isn't like seeing a client for a weekly session, we see someone every day in their home and get to know them.

### Most surprising?

I'd worked with children in previous roles, so I wasn't sure whether I'd enjoy working in aged care. But it's actually wonderful to encounter so many people who've lived rich lives, with so much experience to share.

### When I'm not working, I...

like to travel to Israel every couple of years to visit family. I've just been there on long service leave, but it's always nice to come back to Hunters Hill. I received a very warm welcome home! **M**



Social worker  
Dafna Stern  
with Ariel  
resident  
Edna  
Rudnick.

Photography: Justine Perl





Fryda Mann with daughters Linda and Helen, and below with Woollahra chef Dominique Descat.



## Cherished recipes

When it comes to traditional Jewish cooking, our chefs are happy to learn from the experts – residents like **Fryda Mann**, who shares her favourite honey cake recipe.

“Needs more booze!” Fryda Mann and her daughters collectively agree, as they taste-test the mixture for the honey cake that has been a Rosh Hashana favourite for many years. In fact, Helen and Linda explain that they brought back three bottles of rum from a recent trip to Cuba just for their mother’s famous cake.

“The neighbours would all know when I was baking. I used to make 10 of these for *Yontef* to give to friends,” explains Fryda, who has lived at Woollahra for two years. “I’m very happy here, the only thing I miss is having my own kitchen.”

These days, the trio still cooks as often as they can at Helen’s home, and as they work together making the cake it’s clear how close they are and how much they enjoy each other’s company. “I’d be lost without them,” says Fryda. “Anything I need, they’re always there for me.”

“Mum was always the boss of the kitchen,” says Helen. “She had a catering business at one point, and our late father Barney was a kosher butcher. We have all our favourite family recipes written out.”

“We’d love more residents to share their cherished family recipes with us,” says Catering Manager Catherine McGoldrick, “so we can bring them into our dining rooms for everyone to enjoy.” So keep an eye out as Woollahra chef Dominique Descat adds Fryda’s cake to the Rosh Hashana menu this year.



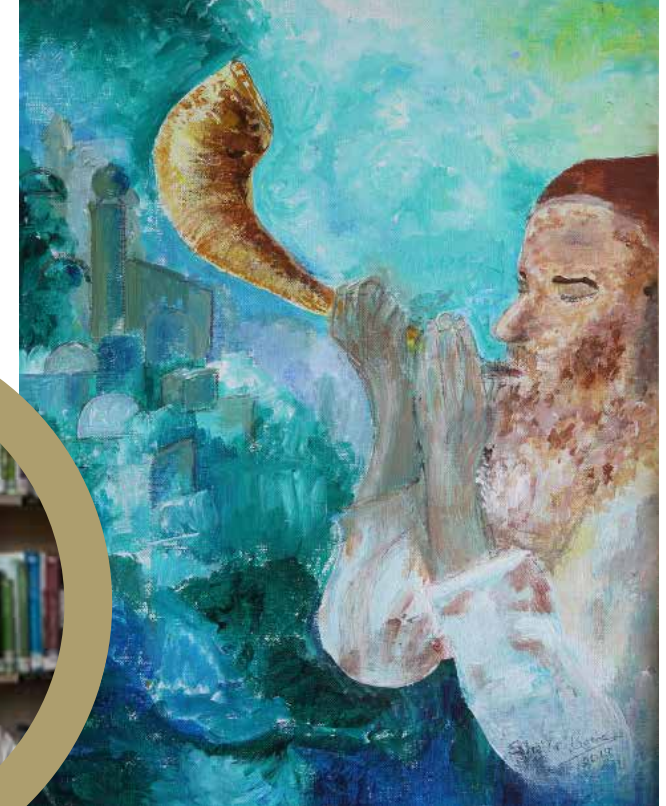
### Fryda's honey cake

“This is the best honey cake recipe – it always stays moist, and you can wrap it in foil and keep it in the fridge so you always have some for afternoon tea.”

**Makes 1 loaf**

*3½ cups plain flour*  
*1 tbsp baking powder*  
*¾ tsp bicarbonate of soda*  
*1 tbsp ground cinnamon*  
*½ tsp salt*  
*½ tsp each ground cloves & ginger (optional)*  
*1 cup caster sugar*  
*1 cup brown sugar*  
*1 cup vegetable oil*  
*1 cup honey*  
*1 cup cooled prepared strong coffee or strong tea*  
*3 large eggs, lightly beaten*  
*1 tbs vanilla extract*  
*¼ cup brandy, whisky or liqueur (optional)*  
*½ cup chopped walnuts (optional)*

- 1 Line a 20 x 30cm loaf pan with baking paper (no need to grease the pan).
- 2 Combine dry ingredients in a large bowl, and mix with a wooden spoon. In another bowl, combine remaining ingredients (except nuts) with a whisk.
- 3 Make a well in the centre of dry mixture, then add wet ingredients and stir well with the whisk to give a thick batter, making sure no thing sticks to the bottom. Stir in walnuts if using, then pour into prepared pan.
- 3 Bake for 40-45 minutes until the cake springs back when pressed gently in the centre. If browning too quickly, reduce the oven to 160°C.
- 4 Cool the cake in the pan. When cool, you can wrap it in foil and it will keep well in the fridge for several months (without nuts). **M**



## Dare to dream

The High Holidays offer the chance to transform ourselves in order to fulfil our deepest wishes for a better life, says Spiritual Dean **Rabbi David Rogut OAM**.

Rosh Hashana is about celebrating the creation of the world and the unlimited potential of human endeavour. It’s about who we really are. And it’s about the ‘Big Picture’.

Rosh Hashana – the Day of Judgement or *Yom Hadin* – commemorates the day humankind was created and transports us back into the Garden of Eden. We become ‘new beings’ offered the same choice as Adam – instant gratification or meaningful eternity. Where are our priorities?

Adam hid from G-d who called out to him: “Where are you?” That question still reverberates within each of us today. And we have the privilege of answering it again as every New Year begins. Yes, there is some discomfort involved. But

Jewish living challenges us to step outside our comfort zone to face the life’s most important questions.

What do we really value in life? How would we like to see the ideal world? What are our dreams?

On Rosh Hashana we dream of what we really want and what we can become. It is on that basis that our year ahead is judged. Perhaps it touches our deepest fears; but it can also be the greatest thrill as we come face to face with the self we could really be.

Rosh Hashana is the opportunity to stop and evaluate, recalibrate and refocus. It’s a precious gift to connect to our deepest selves. It is the re-creation – the ability to transform ourselves.

On Rosh Hashana, we internalise who we are and what we are

“ON ROSH HASHANA WE DREAM OF WHAT WE REALLY WANT AND WHAT WE CAN BECOME.”

personally willing to commit to in order to fulfil our dreams. May we meet with success in this challenge.

My wife Rebbetzin Vicky and I wish President David Freeman AM, the Board, residents, clients, staff and the whole community *L’shanah Tovah Tikatevu*. **M**



# ROSH SMILES ALL

**Vickie Eskenazi** is both a resident and volunteer at Hunters Hill, where she and Volunteer Coordinator **Jane Silverman** have discovered a shared sense of humour and love of travel.

## VICKIE'S STORY

After looking after my late husband Roger at home, he needed more care and refused to come here unless I joined him, which was seven years ago. We'd moved from Zimbabwe to South Africa and Australia, but this was the most difficult as we left family and friends in the Eastern suburbs. Although I love going to spend time with my two daughters and grandchildren, this is my home now.

People used to look at me as if to ask "What are you doing living here?". I am 79 now and still independent and healthy, I go out often and only gave up my drivers' license last year. I also try to travel to Cape Town every few years to visit friends. My last trip was for my sister's 80th two years ago.

Jane is such a lovely, warm person. Everyone knows her here and she has that touch that helps to bring people together. She approached me about volunteering as a welcome ambassador for new residents, which I do with my friend Jean Sher.

People are so pleased to see a friendly face. Sometimes I see a new resident is unhappy, as I was when I arrived, and I can say to them, "Give it time. You have everything here that you could want." Eventually they acclimatise.

Jane and I have a chat whenever we see each other, and grab lunch occasionally when there's time. I think she's fabulous, and we always enjoy laughing together and talking about our holidays and travels.

"VICKIE IS A  
WONDERFUL  
ROLE MODEL  
FOR AGEING  
IN STYLE."



## JANE'S STORY

When I first came to work here at reception more than 15 years ago, I would enjoy interacting with the volunteers as they signed in. When this role came along, it was the perfect mix for my work and people skills. I love being able to support our residents, as well as give the volunteers satisfaction that their efforts are appreciated.

Our resident volunteers are extra special – they come to their roles with a lifetime of experience as well as being able to appreciate the 'Monte journey' of their peers. Vickie is one of the welcome ambassadors who greet all new residents with a kind word and reassurance. It gives comfort as people settle in and helps to begin new friendships, too.

Vickie's perfect for this role as she is good with people, and always ready with a friendly smile or a joke – she has a great sense of humour. Vickie is vibrant, independent, kind and interested in life at Monte and in the community in general – she's a wonderful role model for ageing in style. **M**

Photography: Justine Perl

Below: Cecil Albert, Marilyn & Jacques Hasson, Lorraine Kimmel & Jen Resnick at National Volunteer Week.  
Right: Susan Balint & Liz Kornhaber.



From top: Moriah College student Brendan with his invention for the sight-impaired; David Freeman AM, Myrna Kaplan, Karen Whitton & Robert Orie; Loreto Kirribilli students Sammy and Indira with Joan Bornstein; Max & George of Saint Ignatius College Riverview.



## Making a world of difference

Celebrating volunteers young and old who enhance the lives of our residents and reap the rewards of service in their own lives.

In May, Friends of Montefiore celebrated the more than 400 volunteers who enrich the lives of older members of the community during National Volunteer Week 2019. This year's theme was 'Making A World of Difference', so the crowd was treated to a globe-trotting morning tea and imaginative themed decorations created by the Volunteers Department. Social Work Manager Beverley Berelowitz shared some insights on 'The Rollercoaster of Life', before President David Freeman AM presented numerous awards for exceptional service.

Our student volunteers always receive a warm welcome from residents, and their efforts were recognised recently during the youth-focused National Student Volunteer Week. Each student received a certificate and a sweet treat during their usual visits to play games, assist with technology and much more. **M**

To find out more about volunteering at Montefiore, visit: [montefiore.org.au/be-involved](http://montefiore.org.au/be-involved)



# Caring community

It's been a busy few months welcoming new faces at a recent event series, and recognising longtime supporters.

## GAME DAYS

All cards were on the table at two recent Friends of Montefiore events. The first, a kaluki morning hosted at the home of Kim and Eli Alster with Kim's sister Deanna Stern, included a delicious morning tea and many fun rounds of the game, as well as a moving introduction from Julie Chiert, whose mother Leonie recently moved into Residential Care at Randwick (see p 6). At the second gathering, held at the home of Karen and Michael Gutman, nine tables of bridge aficionados lunched on salmon niçoise while Scientia Professor Henry Brodaty AO, Montefiore Ambassador of Healthy Brain Ageing, shared some insights and tips on the importance of cognitive and physical exercise and a nutritious diet. The bridge tournament was overseen by renowned Eastern Suburbs bridge director Pam Deverall, with winners on the day Roz Levin and Sue Finger, and Shirley Fleischer and Shelley Fleischer.



Above: Roz Levin, Karen Gutman & Sharon Ivany.  
Right: Lauren Smith.  
Below: Deanna Stern, Jackie Milch & Kim Alster.



Above: Pam Glatter, Shirley Fleischer, Shelley Fleischer, Vicky Walhausen. Left: Janine Silver, Sue Lipman & Lara Segal. Below: Tessa Rohold, Sandra Topper, Melinda Itzkowic.



President Gus Milner and Lions Club of Bondi members with the Montefiore bus, one of many fundraising projects they've contributed to over the years.



## Ticket to ride

You may have spotted the fresh new design of our buses as they ferry residents out and about around Sydney. The new look also provided the Montefiore Foundation with the opportunity to recognise the Lions Club of Bondi as sponsors of one of our Eastern Suburbs vehicles, and thank them for their dedicated fundraising efforts over many years. To find out how your company or organisation can help to support older members of our community, please contact the Foundation on (02) 8345 9137.

## RIGHT ROYAL HONOURS

Family, friends and former colleagues gathered in the Stephen & Julie Lowy Lounge at Randwick to celebrate with resident Sam Steif, who was awarded a Medal of the Order of Australia (OAM) in the 2019 Queen's Birthday Honours List for his service to the Jewish Community and the United Israel Appeal (UIA).

Many people who knew Sam from his time as president of the former Strathfield Synagogue were there to congratulate and reminisce with him, as were members of the UIA team including CEO Yair Miller OAM. Son Charles paid tribute to his father as "a man who has had to reinvent himself all through his life. He worked, raised his family and served the community in parallel, then when he retired he looked for another way to contribute. We're very proud of him." After joining the UIA as director of wills and bequests, Sam helped to raise more than \$45 million for Israel and continued to work there two days a week until the age of 91. "I'm pushing 100 but I feel alright, my only operation so far has been having my tonsils removed," he said on the day. "It's good to celebrate with you all." Congratulations, Sam, on your well-deserved honour. **M**



Sam Steif OAM with son Charles (above) and left, with Helen Sher, Helen Gold & Yair Miller OAM.



# Latest News

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



Left: Gregory Schneider (far left) met with Sam Gelber and Eddie Jaku.



## Remembering the past

New York-based Gregory Schneider, Executive Vice President of the Conference on Jewish Material Claims Against Germany (Claims Conference) was welcomed at Montefiore Randwick last month, joined by Australian representative of the Claims Conference Robert Goot AM SC. Together they toured the campus, learned more about our specialised staff Holocaust education programs and met with survivors who shared their experiences.

## CELEBRATING AGED CARE WORKERS

We joined in the inaugural Aged Care Employee Day on August 7, a national initiative by industry body LASA (Leading Age Services Australia). Management visited each campus to thank staff and volunteers personally for their dedication to caring for older members of the community, with sweet treats and a celebratory cake enjoyed by all. We look forward to adding this event to our annual calendar.



## A break for wellbeing

The staff Wellbeing@Montefiore program runs throughout the year to promote physical and mental health. At the latest 'Wellbeing Walk', staff took a well-deserved break with a cup of tea created by blending their own aromatic spices and flavourings.

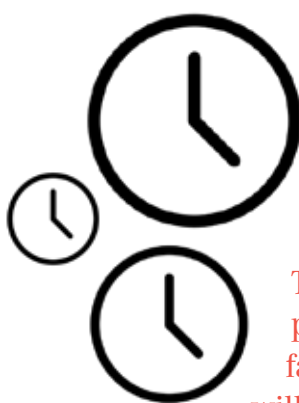


## Quality first

CEO Robert Orie announced recently that the Woollahra, Maroubra Shores and Randwick Residential Care campuses all achieved the maximum three-year term for accreditation by the Aged Care Quality and Safety Commission, which involved site visits and detailed assessment against 44 expected outcomes. "While Montefiore is always committed to quality and continuous improvement, this is an outcome all involved can be extremely proud of, given the current aged care environment with a Royal Commission and the intense investigative approach undertaken by the team of assessors."

## Centre of the action

For older people living in the community, the Burger Centre (in conjunction with JewishCare) at Randwick and Club Monte at Hunters Hill continue to offer a wide variety of social support, entertainment and therapeutic offerings, all in a warm, friendly environment with lunch and transport included. Recent Burger Centre highlights pictured include a fun themed 1960s Week, and a ceramics program run in conjunction with the Montefiore Creative Therapy department. For more information, contact the Burger Centre on ph: (02) 8345 9147 and Club Monte on ph: (02) 9879 2726.



## TIME FOR CHANGE

A significant change to Montefiore's rostering-to-pay system will have a positive impact that reaches beyond operational efficiency, says Director of Finance & Technology Mario Torresan: "MyTime will allow a singular, shared view of how we deliver care in the best way for our residents and clients. This includes the ability for managers to fill gaps with existing staff wherever possible, reducing reliance on casual agencies and improving continuity and familiarity of care." The MyTime changeover commenced in late August and will be rolled out across all sites and departments over coming weeks.



# Shared moments

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

AT HUNTERS HILL, WE'VE BEEN CELEBRATING JEWISH FESTIVALS, ENJOYING MUSICAL ENTERTAINMENT AND SPENDING TIME WITH VOLUNTEERS OF ALL AGES.



Rabbi Rogut OAM sharing a Torah reading with Boronia Public School students.



Entertainers Shirley Politzer & Dahlia Dior at Yom Ha'atzmaut.



Michael Golding sings along at an ABBA themed dinner.



Nurses from Ariel (with John Waxman) shared a traditional dance with residents.



North Shore Temple Emanuel Choir & Dance Group at Yom Yerushalayim.



Eddie Fisher plays Scrabble with a Saint Ignatius College Riverview volunteer.



Resident Margaret Jarvis & knitting volunteer Josephine Shroot.



Teefa Abram & son Mark at the SCU family housewarming.



Sheila Corne at the Moriah College Batmitzvah program with Micah Diamond, Mia Handel and Jessica Levy .



Bella Rosenfield with her great granddaughter Becky Sonnabend at the Batmitzvah program.



Pizza was on the menu for Sam Gelber and kids from the JewishCare JTeen program.



Ron Burnie, Doris Berkowitz & JTeen guest.



Joy Schoenheimer with daughter Leigh at Joy's solo exhibition 'Art without Paint'.



Irene Friedman and Mary Rozowsky enjoy the ABBA themed dinner.

RANDWICK RESIDENTS HAVE HOSTED VISITING STUDENTS AS WELL AS VIPS, AND WELCOMED FAMILIES TO CELEBRATE SPECIAL MILESTONES.



Member for Wentworth Dave Sharma MP visited with Gary Inberg, Robert Orie & David Freeman AM.



Elvira Baumann, Sam Steif OAM & Emanuel students on Yom Ha'atzmaut





ABBA performers with Beverly Tow & mother Gloria Levy.



Lilli Rosenthal & family enjoy the ABBA evening.



Julian & Fay Markovitch celebrate Bastille Day.



Chef Dominique Descat, Iris Kliman & Ray Karel flip crepes at Bastille Day.



Judith Bauskin & Fryda Mann on the Vivid Festival bus.



Dr John Phillips enjoys afternoon tea with his family.



Fay & Julian join Sydney & Woollahra mayors to launch a local Cycling Without Age program.



Residents take part in a Hand Tapping music program introduced by Maccabi.



Duo Ron and Ros perform for residents at Yom Ha'atzmaut.

## Milestones

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

### BIRTHDAYS

#### Vernon Amler's 80th

Sydney & Tanya Carlin  
Cyril & Cynthia Margolis  
Marion Max

Selwyn & Joelene Novos

Irvin & Merle Wayne

#### Michael Been's 70th

Solomon & Marilyn Rabinowitz

#### George Bluth's 99th

Dennis Bluth & Diana Marks

#### Bob Borowsky's 90th

Amelia Katz  
Meyer & Joan Toblib  
Judy Traub

#### Pam Budai's 70th

Leon & Jane Lurie

#### Stephen Cassrels' 70th

Allan & Jenny Comben

#### Eric Chodos' 90th

Jerrold & Shirley Jacobson

Harold & Arlene Paradise

#### Roy Flior's 80th

Mike & Lorraine Kimmel

#### Phyliss Folk's 90th

Selwyn & Ida Frank

#### Jules Forgacs' 90th

Ervin & Sari Nadel

#### Desmond Froneman's 80th

Arnold & Karen Lopis

#### Julien Ginsberg's 80th

Nigel & Rita Nailand

Jack & Rosalie Pencharz

Ralph & Daryl Schaefer

#### Nancy Goldstein's 91st

Meryl Dinte

Barbara Stern

#### Julian Hurst's 90th

Kevin & Marcelle Marks

#### Adele Jacobs' 85th

Kevin, Nicole, Rick,  
Vic and Dean Jacobson

#### Shirley Kalish's 70th

Jerrold & Shirley Jacobson

#### Renee Krausz's 100th

Peter Fischer & Family  
Cathy Hoffer

Barry & Isabel Gottheiner

#### Rosalie Nabarro's 80th

Terence & Siew Nabarro  
Mervyn & Jackie Rosen  
Peter Adler & Coral Smith

#### Terence Nabarro's 80th

Brendon, Linda, Steph, Matt,  
Michelle, Hugh, Saul, Makalya  
& Yvonne

Peter Adler & Coral Smith

Daryl Babus & family

Mark & Barbara Berman

Peter & Melanie Gorfinkel  
Andrew, Leigh, Dani, Jordi,  
Ricki & Sasha  
Greg and Tracey Hayim, Sammi,  
Jonathan, Nicole & Julia  
Roger, Barbara, Shira, Saul & Liat  
Ivan & Myra Kaplan  
Julius & Angela Malkin  
Warren & Carol Partington  
Mervyn & Jackie Rosen  
David & Hazel Rosenfeld  
**Sima Nuffield's 90th**  
Abe & Sylvia Davidowitz  
Mervyn & Jane Silverman  
**Arthur Resnick's 70th**  
Mike & Lorraine Kimmel  
Ralph & Marilyn Phillips  
**Vicky Rogut's 80th**  
Vernon & Anita Amler  
Beulah Blieden  
Paul & Zina Conway  
Steve, Silvia and Harry Kossard  
Brian & Beryl Levitan  
Arnold & Karen Lopis  
Rael & Sandra Polivnick  
Mervyn & Jackie Rosen



Rebbetzin Vicky Rogut (pictured with Rabbi David Rogut OAM) celebrated her 80th birthday.





**Thea Rosmarin's 80th**  
Dennis & Gerda Maister  
**Ellen Walter's 90th**  
Eric Bondy  
Paula Gottlieb and family  
David & Diana Laufer  
Sigrid Westheimer  
Frank Wittal  
Richard Wittal

**Shirley Werman's 90th**  
David & Jeanette Milston  
**Morrie Zamel's 99th**  
Nicholas Halmay

**WEDDING ANNIVERSARY**

**Peter & Monica Eden's 60th**  
**Esmond & Rita Frank's 50th**  
Rennie Chertkow  
**Lester & Lynn Kalmin's 50th**  
Yvette Berson  
Michael & Lorraine Kimmel

**Max & Brenda Kawalsky's 50th**  
Fiona Kaplan  
**Roy & Marilyn Menachemson's**  
Di Englander and the twins  
**Neill & Kathy Miller's 50th**  
Hakim Family  
Henry & Susan Lechem and family  
Ted & Adele Swirsky

**Montefiore**  
FOUNDATION

# 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

**DONATE NOW!**

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# There's more to *ME*

“Dad says he has the best room in the house.  
We know he's happy here as he's making  
jokes and laughing again.”

Ron's daughter, Regina



That's why there's  
more to *ME* The  
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