

Vox Volunteers

September 2021

Message From Rabbi Rogut OAM



A happy, healthy and fulfilling New Year

“And now, O Lord, impose Thy fear upon all Thy works”

The opening words of this Rosh Hashanah prayer sets the theme for all our High Holiday prayers and strikes a universal note. Majestic and lofty in aspiration, it also reveals the grandeur of the Jewish soul, that it is not for ourselves alone that we pray, but for G-d's universal sovereignty.

According to Rabbi Saadiya Gaon even the blowing of the shofar is to be understood in this light, that we truly acclaim the sovereignty of the Almighty over the whole creation.

The Montefiore family is extremely fortunate in securing the outstanding contribution of our many devoted and dedicated volunteers who cherish Jewish ideals and bring comfort and uplift our residents.

Despite the many challenges of Covid-19, our volunteers keep in touch with the residents boosting their morale and assuring them of physical return in the near future.

Vicky and I wish the volunteer team and all the volunteers
Leshana Tova Tikateivu

Mock chopped liver

(One for the vegetarians)



1 cup sliced mushrooms
1 cup chopped onions
3 Tbs margarine ... I use olive oil
3 hard-boiled eggs
1 cup walnuts*
Salt, Pepper, paprika to taste

In a large pan sauté, the onions and mushrooms until the onions are golden brown.
Process the nuts*, eggs and onion/mushroom mixture with seasonings.

Serves 6
(Best to double the recipe)

Vicky Rogut

* For some, it is customary not to eat nuts on Rosh Hashanah as the numerical value of the Hebrew letters of the word nuts is the same as that of sin. However, I believe that the addition of all the other ingredients negates the inclusion of walnuts.

Thoughts from Hazel

Our gratitude to you for your continued commitment and support means a great deal to our organisation. The last 9 weeks we have been supporting our residents as much as we are able to.

We are pleased to personally engage with them and some virtual volunteers a couple of times during the week.

Like us, they too have longer uncoloured hair and it's interesting to observe and feel that we are all in the same boat, paddling towards the other side and hoping that we will be able to welcome you back soonest.

Take a listen to the lyrics – here (We are all in the same boat) <https://youtu.be/uL2KHtxlzn8>

In between times- I've been reading Lord Jonathan Sacks book called Morality.

In it he explains:

“Morality is precisely un-self-help. It is about strengthening our relationship with others, responding to their needs, listening to them, not insisting that they listen to us, and about being open to others.

We each have to take responsibility for our lives. The decisions, the willpower, the stamina, and resilience are up to us. But for most of us it is the other people who make the necessary difference to our lives, guiding us, inspiring us, lifting us, and giving us hope. It is the quality of our relationships that more than anything gives a sense of meaning and fulfilment. Most important of all, it is the ability to love that lifts us beyond the self and its confines. Love is the supreme redemption solitude”.

Thank you for inspiring me with your continued love and commitment to Montefiore.

May the coming year bring us our freedom once again so that we can continue to make a difference to the lives of our Monte family.

A Thank you letter, received

Just want to thank you for your phone call, it was most appreciated, that you are keeping in touch with us.

I miss coming to Monte, and helping out wherever I can... living at home in lockdown by myself is not much fun... but like everybody else I will survive, when I receive phone calls like yours... keep well and safe ... and hope we will see each other soon...

Warm regards Eva

Bringing the outside in...

Shelley speaks with her jewelry group weekly over facetime. The interaction makes her feel warm and fuzzy. She says “I miss them very much. They inspire me so much.”

“It's nice to talk, but it is not the same as in person.”- Sigrid, Randwick resident

Edith remarked “Facetime is better as we can see her face when we talk.”



[Click to see this activity in action](#)

Bingo on Tuesday

Virtual bingo with David and Jeanette Milston occurs weekly. We thank them for keeping on keeping on - They bring so much joy to our consumers.

We remind ourselves why we play bingo. As we age, our coordination and reflexes deteriorate. Games like bingo can help the elderly keep their dexterity. Due to the fast and repetitive nature of the game, research has shown bingo is a great way for seniors to significantly improve their hand-eye coordination. Physical health is strengthened too. It also improved listening and short-term memory skills and encourages socialisation. These factors are essential for seniors to maintain a happy and healthy lifestyle. Some of our regular participants has this to say about their Tuesday treat...

- Fay mentioned “It's nice relaxation, it's done very well. I'm deaf and I can hear every number called. It's comfortable as well”.
- Bernice commented “I enjoy it – the bingo is brilliant. The side comments are awesome too.”
- Sam: says I'm very excited to come and play”
- Sigrid smiled and said “I look forward to it. An hour of being together with other residents too”.



[Click to see Bingo in action](#)

Some thoughts from Jane

I enjoy seeing our Resident Volunteers keeping “the flag flying” for the volunteers with their in-house activities. I enjoy seeing our Resident Volunteers keeping “the flag flying” for the volunteers with their in-house activities. Here is Len running the weekly bingo with his regular players. A win win situation for all. Thanks to all our resident Volunteers for keeping going. Bravo!



Volunteer **Norm Lurie's** very popular discussion group continues to entertain and challenge our residents even on ZOOM. Thanks, Norm, for your continued support!



Thoughts from Arlene

It has been wonderful to facilitate a weekly Skype call with Sam & Raffy. They both share an avid interest in creating objects to help people.

We heard a story of how Sam designed a hoist for a lady who was having trouble carrying her shopping up 3 flights of stairs. The lady was so happy with the outcome that she started buying more. The hoist stopping working. After Sam investigated why it was not working anymore, he realised he had to adjust it to accommodate the extra weight.

You may notice in the photo; the tablet is standing on a green stand. Raffy created this on a 3D printer, so we could use it at this time.



Wanted:

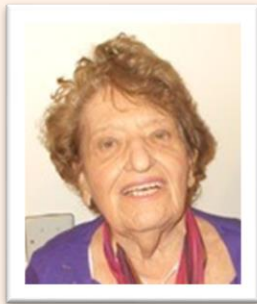
Do you have an old typewriter to give away? Please let Arlene know alatham@montefiore.org.au

VALE



Jacob Tworetsky

We will miss Jacob. His sense of humour, ready smile, and assistance with the shabbat bag packing



Kitty Finger

Kitty was a valuable member of our team. Ever ready to speak to the student volunteers in the afternoons about her experiences and teaching them relaxation and breathing and meditation techniques



Andrew Parker

Andrew was a valuable member of our team at Hunters Hill. He brought much happiness and enjoyment to our Hungarian residents. We will miss you, Andrew.

Here's something to look forward to when we see each other again...

I LIKE Hugs

It's wondrous what a hug can do,
A hug can cheer you when you're blue.
A hug can say I love you so,
Or I hate to see you go.
A hug is Welcome Back Again!
And great to see you or where've you been?
A hug can sooth a child's pain,
And bring a rainbow after rain.
The hug! There's just no doubt about it,
We scarcely could survive without it.
A hug delights and warms and charms,
It must be why God gave us arms.
Hugs are great for mothers and fathers,
And chances are some favourite aunts,
Love them more than potted plants.
Kittens crave them, Puppies love them,
Heads of state are not above them.
A hug can break the language barrier,
And make the dullest day seem merrier.
No need to fret about the store of 'em,
The more you give, the more there are of them.
So, stretch those arms without delay,
And give someone a hug today!

L'Shana tova to you
and your nearest and dearest

