

Montefiore *Life*

Sir Moses Montefiore
Jewish Home



Pesach 2017

www.montefiorehome.com.au

All Things Matza

Jan Owen

Former Board Member
Comes Home

Philosophy of Living

Unit Certification for
Woollahra Manor

Allied Health

Falls Risk Prevention



Montefiore Welcomes Our First Group of Volunteers For 2017

Clive Goldschmidt, Alan Joffe, Aubrey Cohen, Henry Blanter, Tomas Svec, Aimee Le Febvre, Yula Geredov, Hymie Glass, Philip Jaffe, Dorothy Gliksman, Kitty Finger, Paul Markey, Rina Yancovitch, James del Marmol, David Goodman, Jacob Tworetzky

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Front cover: Woollahra Manor resident and former Montefiore Board Member, Jan Owen

Cover photos by: LINNETFOTO

Montefiore Hosts Information Evening

BY PRESIDENT DAVID FREEMAN AM

'The feedback from the information evening has been overwhelmingly positive.'



Aged care, like most areas of healthcare, is complex, highly regulated and in a constant state of change. Subsequently, we are often asked questions on what range of services do we offer, what is the cost of care, how can our services be accessed, aged care legislation and most recently about home care deregulation. All valid questions and ones that at times we don't have full answers to largely as a result of ongoing changes in Government legislation and funding.

Recently, we hosted a community information evening at our Randwick Campus in an open forum to help address some of these questions. I was pleased to participate as part of a panel of Montefiore subject experts which included our CEO, Robert Orie; Director of Client and Community Relations, Melanie Lindenberg; General Manager Community Services, Karen Jordan and our Group Residential Accommodation Manager, Justine Spies.

Over 130 people attended the event which commenced with visual presentations from members of the panel who provided insight into the full range of services offered by Montefiore, including adult day care services, home-care and residential care and accommodation. The exciting plans for the next stage of building at Randwick, including the seniors' living apartments, were also shown.

I found it interesting to note there was a level of confusion amongst the attendees regarding the difference between an accommodation payment relating to residential aged care, which operates under the provisions of the Commonwealth Aged Care Act, and that which applies to seniors' living apartments, or Independent Living Units as they are also known, which operates under the NSW Retirement Villages Act.

In residential aged care, the accommodation payment is based on a **refundable** entry contribution, known as a Refundable Accommodation Deposit (RAD), which can be paid as a lump sum, rental equivalent or combination of the two.

Conversely, the entry contribution payable for accommodation in an independent living unit is generally

subject to a retention amount, known as a Deferred Management Fee (DMF), which is deducted from the refund of the entry contribution upon departure. The amount of the retention increases based on the length of stay and is typically capped at, say, 30% after the resident reaches 5 years of occupancy.

As regular readers of *LIFE* would be aware, planning is well advanced in relation to the construction of 2 blocks of independent living units at Randwick with approximately 40 apartments in each block. The apartments have been designed specifically for the elderly and with a high level of finish and amenity. We hope to begin marketing these apartments in the near future and we look forward to bringing this to the community.

In order to make the option of entering one of our apartments fair and more community minded, we are considering a plan to reduce the financial impact of any retention applied to the refund of an entry contribution due to the DMF by offering residents a share of the uplift in the value of the entry contribution upon the resale of apartment.

If successful, the provision of independent living units will go a long way to supporting the other charitable activities that Montefiore undertakes on a daily basis. For this reason, we hope the community will throw its full support behind this new initiative.

The feedback from the information evening has been overwhelmingly positive and, based on the level of interest generated by the recent event, we are planning to hold another similar forum in the not too distant future (photos from this event can be viewed on page 26).

CHAG SAMEACH

On behalf of the Board of Management, I'd like to take this opportunity to wish our residents, family members, staff and supporters Chag Sameach and a happy and joyous Pesach. 🌟

An Ever Changing Landscape

BY CEO ROBERT ORIE



As expected, 2017 started with the industry abuzz around the pending de-regulation of home care services across the country. As a business, Montefiore has long supported this change to address the changing face of the consumer, afford them greater choice, and of course ensure portability of where and how they spend their money. As announced in the last edition of *LIFE*, much of our preparation started in late 2016 and included the rebrand of Montefiore HomeCare to Monte Help@Home. All of this has enabled us to continue business as usual, broaden our offerings and welcome new clients to our already expanding home care business across the Sydney area.

The start of the new year also meant a range of changes to the Aged Care Funding Instrument (ACFI), the tool used to determine care subsidy levels, designed to contain Government expenditure and which will continue to impact aged care services, policies, programs and practices in Australia.

As the Deputy Chairman of the aged care sector's peak body, Leading Age Services Australia (LASA), I assure all readers that we will continue to advocate for appropriate levels of Government funding to ensure we adequately meet the needs of the growing population of older Australians.

On the political front, none of us expected changes at the Ministerial level in health and aged care following the resignation of the Hon Sussan Ley as Minister for Health and Minister for Sport. While the Hon Greg Hunt MP replaced Sussan Ley, in another surprising move, the Hon Ken Wyatt MP was appointed to the position of Minister of Aged Care and Indigenous Health. Ken Wyatt was previously an assistant Minister looking after the aged care portfolio under Susan Ley. He has now been elevated to a senior cabinet position.

'The industry has been advocating for years the need to have the aged care portfolio individually represented by a senior cabinet position.'

I believe this is an excellent move as Minister Wyatt has a relatively good understanding of aged care issues and the industry has been advocating for years the need to have the aged care portfolio individually represented by a senior cabinet position. Whilst it will share the position with indigenous health, clearly it will give aged care greater prominence within cabinet discussion.

Now with 2017 well underway, we like other aged care providers will continue to monitor the impact of legislative and financial changes, however, with the ongoing investment and support from the community, the Board, staff and our care recipients, Montefiore is well placed to service the needs of current and future generations. 🌟

A Passover Message

BY RABBI DAVID ROGUT OAM

'Freedom is of the very essence of the Divine within G-d and the human being.'



Rabbi and Rebbetzin Rogut

Passover is a challenging festival celebrating the ideals of freedom. It is an opportune time for us to ask questions concerning freedom. Why is freedom so vital to the growth and development of the individual and civilisation alike?

Why do stagnation and decay tend to gather where freedom has been arrested and crushed? Why has the return of freedom served as adrenalin to revive a dying people? Why have enslaved peoples frequently risked all to drink anew from the invigorating waters of liberty?

The answer to these questions is to be found in the religious faith, hopes and yearnings and moral striving of humanity. Freedom is of the very essence of the Divine within G-d and the human being.

Within the heart of each of us, it may be said, burns a small light. When tragedy befalls us, when life's burdens appear too great to bear, we suddenly find the stamina to carry on. We often marvel at the human ability to survive after many vicissitudes of life. For a time all seems lost. Hope in a brighter day that will bring release from sadness and trial appears futile.


Yet, just when the hour is darkest, we take new courage. A kind word from a friend, consolation by a dear one or the realization that we are not alone in our grief, buoys us up. The background of gloom descends, the curtain of hope rises. Life seems to take a new and fresh meaning. The flame of faith in a brighter tomorrow leaves one with more meaning. The flame of faith in a brighter tomorrow burns once more within our hearts with a radiant glow. We find freedom from despair; we find freedom of faith.

It is this flame of hope which has continuously burned in all its brilliance in the hearts of the Jewish people. Israel was nurtured at the cradle of freedom when our people were but wandering nomads in the desert, shepherds tending their flocks. Since then freedom has ever been engraved upon the Jewish heart.

The first commandment, *I am the L-rd thy G-d who brought you out of the land of Egypt, out of the house of bondage*, clearly and unequivocally announces to all mankind that G-d is the champion of freedom. Judaism has always maintained that if we desire to be free, we must be free to strive after G-d. Human freedom becomes the searching after the Divine.

A religion that espouses the concept of freedom and belief in G-d can never perish. A people which seeks to build the citadel of life upon this foundation cannot die. Herein is to be found Israel's immortal Song of Songs to the nations. Its melodic strains have come from the hearts and lips of a people who, while knowing anguish, have always been dedicated to the cause of freedom.

This has always been Israel's optimistic spirit... the eternal challenge of the Festival of Passover. May our unsettled world learn the lesson of freedom for all countries and people. May we witness a free world embracing all of humanity.

Vicky joins me in wishing the President, Mr David Freeman AM, Executive, Board of Management, staff and all our valued residents a happy and festive Pesach – Chag Kasher ve Sameach. 

Philosophy of Living (POL) Unit Certification for Woollahra Manor



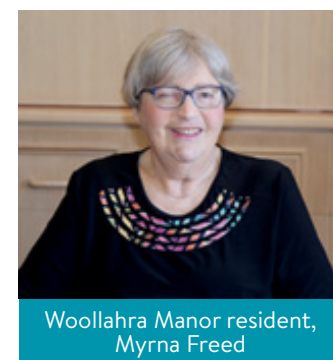
Woollahra Manor resident, Sarah Katz receiving her laundry from Care Service Employee, Julie Ellis

In the latter half of last year Montefiore introduced a staff *POL Unit Certification Program* comprising of 6 key areas a care unit must review and implement in order to be POL certified as part of the Home's POL strategy. This includes, staff rosters, rising, showering and settling patterns, revised meals, cleaning and laundry times, flexible activities and appointments, focused Interdisciplinary Team (IDT), and stakeholder engagement.

'One thing that has made a difference to me is the new eating times. I like to rise early and now I am able to eat breakfast half an hour earlier which I really enjoy.'

Most recently, Woollahra Manor has become the first Montefiore unit to be POL Unit certified, confirming the unit's review and implementation across the 6 key areas of the unit certification program. "As a follow on to Woollahra's POL award at the end of 2016 in recognition of our Interdisciplinary team (IDT), we are delighted to be now fully POL certified," commented Natalie Bolel, Executive Care Manager, Woollahra Manor.

Woollahra Manor resident, Myrna Freed said, "Montefiore has always been concerned with dignity and individualism, they were always so good to begin with. One thing that has made a difference to me is the new




Woollahra Manor resident, Myrna Freed



Woollahra Manor residents, Fay and Julian Markovitch

eating times. I like to rise early and now I am able to eat breakfast half an hour earlier which I really enjoy. I also like that it doesn't have an exact time, if I'm running a bit behind I don't feel like I'm late."

Residents, Fay and Julian Markovitch also said that the Home, staff and food are fantastic. "We really enjoy the more meaningful activities introduced by the POL."

Similarly, Care Service Employee, Julie Ellis has enjoyed being part of the weekly IDT meetings and through a better understanding of each resident's preferred rise times, she knows when best to deliver a resident's laundry so as not to enter their rooms whilst they are sleeping or resting. 

All Things Matza

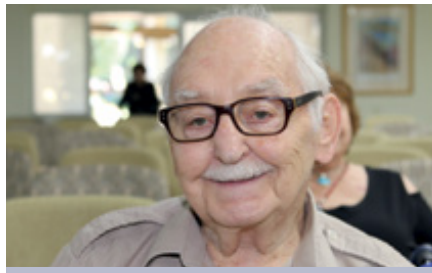
Our residents share their favourite accompaniment with matza, their most inventive matza creations and their favourite Seder dishes for Pesach.

What is your favourite matza accompaniment?



JOSEPH GURALNEK
HUNTERS HILL

Butter is the first thing I think of when I think of matza - for butter or worse!



CYRIL HERR
HUNTERS HILL

Avocado, no butter – just avo.



INGEBORG CAHN
HUNTERS HILL

Melted chocolate sauce. I can eat anything with matza, but chocolate is my favourite.

What is the most inventive dish you have made with matza?



RAE SEKEL
WOOLLAHRA MANOR

I used to make little matza cakes in a skillet. They are like latkes, but with matza meal and flavoured with cinnamon, nutmeg, sultanas and sometimes mashed bananas. They tasted nice served cold and very handy for picnics or to take to peoples' homes. I put cinnamon into everything for Pesach to add flavour.



LILLY BERGER
WOOLLAHRA MANOR

Matza Layer Cake which consists of 4 to 5 layers of matza, each softened by a light sprinkle of coffee then spread with Nutella. Sometimes I would top it off with thickened or whipped cream and/or a sprinkle of shaved (grated) dark chocolate. This recipe was based on memories of my mother's cooking before the war. I never had the chance to learn to cook from her but, being a woman, I was able to put two-and-two together after I got married.

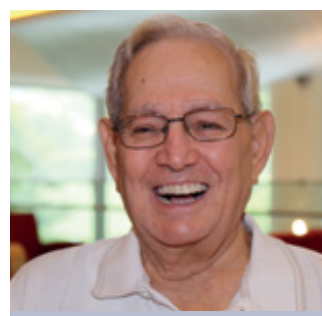


MORRIS PLATUS
HUNTERS HILL

I mix it up with eggs and fry it like a pancake. It is from Lithuania.

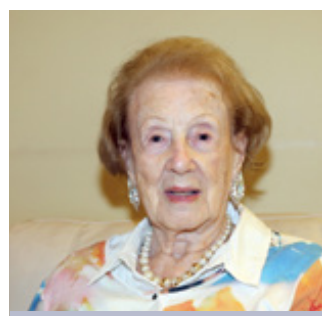


What is your favourite Seder plate food?



EZEKIEL SASSOON
RANDWICK

Halek – the Sephardi name for charoset. Date syrup and walnuts that are crumbed was my favourite because it was sweet and enjoyable. My mother used to make it. Simply delicious.



MIGNON CATZEL
RANDWICK

My special item on the Seder plate would have to be charoset. I used to make it myself with green apple, nuts and wine. It is tasty and delicious.

Mock Liver

Serves 12

INGREDIENTS

- 600g sliced mushrooms
- 600g chopped onions
- 100g margarine
- 600g walnuts
- 6 hard boiled eggs
- pickles
- salt, pepper, paprika to taste

METHOD

- 1 In a large pan sauté the onions and mushrooms until the onions are golden brown.
 - 2 When cooked, place in a food processor with the eggs, nuts and seasonings then process until smooth. Process less for a coarser texture.
 3. Garnish with pickles.
- Can serve with matza.



Learning About Jewish Festivals



Event and Cultural Co-ordinator, Avremi Joseph

A program currently being delivered from the Religious Department with great success includes informal talks aimed at educating staff across all departments about the relevance and meaning of each Jewish festival.

The talks presented by Event and Cultural Co-ordinator, Avremi Joseph at the Randwick and Woollahra Manor Campuses and Luda Norilov at Hunters Hill aim to educate staff about the why, what and how to celebrate each Jewish holiday. This enables staff to be better informed and more

'The talks are informal and very productive.'

importantly how to interact with residents in a more meaningful way during this time.

"The talks are informal and very productive," said Avremi. "Instead of holding a formal education session where it is difficult for staff to be off the floor for too long, I now walk around the Home and attend team meetings from kitchen to catering to maintenance to Directors to nursing and care staff thus increasing my reach to sometimes over 100 staff per festival talk. During Purim I discussed the foods we eat, why we eat them and the story behind this joyous festival. This allowed staff to have a better understanding of why our residents want to go to shule and why they eat special food such as hamentashen, which the staff also got to taste," added Avremi.

Spiritual, Cultural and Community Engagement Manager, Lynda Dave said, "The positive response received has been overwhelming. There has been an opportunity to increase more reach as well as being more convenient for staff, more personal and more enjoyable. As well as learning the significance of each holiday, staff are better equipped to support residents' wellbeing around the holiday season," added Lynda. 📖

The Life of a Gentleman



Colin Bloch, Russel Levy, Dianna McQuaide, Bill McQuaide, Heather Bloch, Gus Milner and David Levy

At the recent launch of resident, David Levy's Life Story, the word gentleman came up often as his many friends and family attending spoke about him and shared memories of happy times together. A well-loved resident at Montefiore Randwick, David is always gracious, well-mannered and ready to have a friendly chat.

'He has done so much for all those who could benefit from his care.'

One of David's admirable passions is his love of helping others and volunteering for many different organisations both in South Africa and Australia. David has been acknowledged and received a number of prestigious awards for his services to numerous organisations.

David has been a generous supporter of Montefiore Home and has sponsored the shop fittings for both the Hunters Hill and Randwick boutiques which were dedicated to his late wife, Gai. Due to David's passion for Montefiore, the Lions Club of Bondi have for a number of

years generously sponsored the bus for Masada College primary students to visit our Hunters Hill Campus, where the students entertain and share Kabbalat Shabbats with our residents. Many of David's Lions friends attended the presentation and endorsed his contribution to the Lions Club of Bondi.

At the presentation David mentioned how fortunate he was to be a resident at Montefiore where the care is wonderful and he is well looked after and he feels very much part of the Monte family. Although he lives in the Home, David is still involved with the Lions Club attending their meetings. He also enjoys his weekly lunch outings with friends.

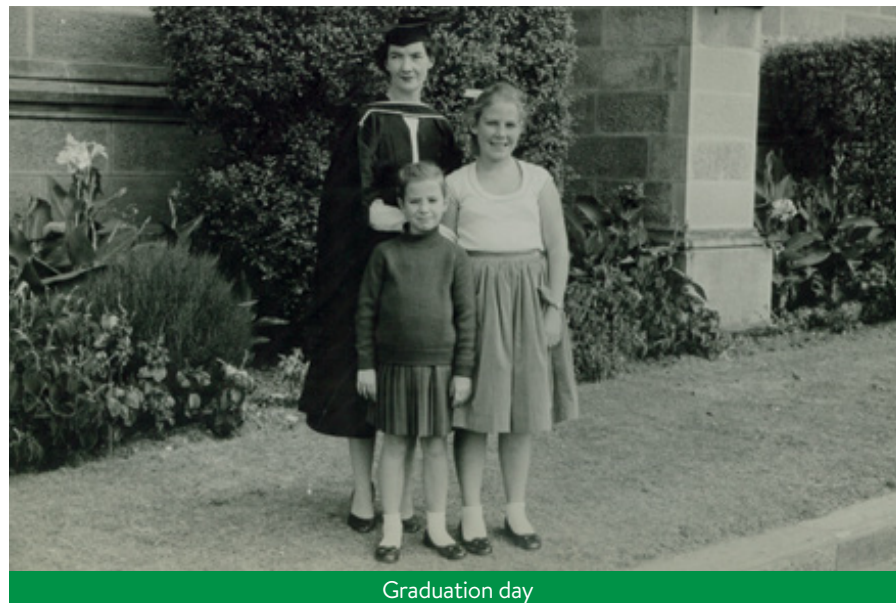
In her author's comments, Life Story volunteer, Margot Ulman stated, "When I was asked to interview David Levy and learn about his life history, no one warned me what a charming, dynamic person I was to encounter. He has done so much for all those who could benefit from his care. I feel that David will continue with his good work as long as he can. It has been a privilege spending time with him." 📖

Perpetual Scholarship in Appreciation for Montefiore's Care

Margaret and Catherine Lyons were devoted to their dear mother, Cass a resident of Montefiore Randwick for 3 years.

"Allowing Cass to be Cass was the most important thing to Catherine and Margaret," recalls Andrea Van Gramberg, Executive Care Manager of Special Care Unit. "They often thanked the staff in the unit for accepting Cass for who she was and allowing her to be that person. They both have told me on several occasions that this is why Montefiore is such a special place."

The sisters were very impressed with the services Montefiore offers and comforted to see their mother receive the highest quality of care which enabled her to maintain her dignity in her final years. "Cass really enjoyed the Sunday concerts and having a coffee at the cafe. We were constantly amazed by the number of staff, even those outside the dementia units, who greeted her by name and shared a joke with her. We remain



Graduation day

'We remain extremely grateful to Montefiore for making her life so much fun and taking the stress of her care from us.'

extremely grateful to Montefiore for making her life so much fun and taking the stress of her care from us."

The Cass Lyons Perpetual Scholarship for Further Education in the *Living with Dementia* Training Program will ensure that all staff working with residents living with dementia have the most up to date knowledge, skills and tools enabling them to offer the best care every day.

As a lawyer, Cass would always give legal advice to those in need. This also occurred in the unit when she was a resident. To know that the perpetual scholarship is going towards educating the staff ties in well with who Cass was as a person.

It is through the generosity and foresight of benefactors



Cass during her time at Montefiore

like the Lyons family, that we are able to continue to provide this high standard of care for our residents.

This is indeed a fitting tribute to Cass and a generous gift which will keep on giving.

If you wish to donate a perpetual scholarship please contact Esther Wakerman on 02 8345 9110 or ewakerman@montefiorehome.com.au

Cass in the 1940s

A Welcome Visitor

Rita Opit has worked in the Jewish Community for over 30 years and took up the position of Community Visitor when Montefiore Randwick opened its doors 10 years ago.

Rita's youthful appearance and boundless energy belie the fact that she is a great grandmother. Her friendly smile and genuine interest in people instantly makes one feel comfortable. This is one of the reasons why she has been so successful having visited and befriended more than 100 people over the years, some of whom have no family and very little contact with anyone else.

As a Community Visitor, Rita engages with those living in the

community who may enjoy or benefit from social activities such as meeting at a local cafe or enjoying other social outings. She has established warm relationships with people and constantly kept them informed and involved with the Home as well as shown appreciation to the community for their interest and support.

"It's a very rewarding and worthwhile occupation, one in which you get back much more than you give," says Rita. "I have met such interesting people and made many good friends," she adds.



Randwick resident, Lionel Green with Community Visitor, Rita Opit

A rewarding opportunity has arisen for an enthusiastic Community Visitor to join Montefiore Home on a permanent part time basis **Please call Esther Wakerman on 02 8345 9110 if you wish to discuss or apply.**

Monte Help@Home DID YOU KNOW?



In February you can move your homecare package to Monte Help@Home



Hydrotherapy, Physiotherapy, Remedial Massage and more available



Registered Nurses, Occupational Therapists and Social Worker on call



Flexibility of 1 hour to 24/7 care

WIN

Reference this ad for your chance to win and trial Monte Help@Home*

Call 1800 251 537
www.montefiorehome.com.au



*By referencing this ad, your name will be entered into a draw to win a one-off free Hydrotherapy session or 3 hours of domestic assistance/shopping. To be eligible for the draw, this offer is only valid for new clients to Monte Help@Home (formerly Montefiore HomeCare) and cannot be combined with other promotions. This promotion cannot be exchanged or redeemed for cash. Offer closes on 31 March 2017 and winning client will be informed by phone/email. Offer expires 30 June 2017. LTPS-16-10112.

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MONTÉFIORE

Never Too Old to Teach



Randwick resident, Zeita Rose with Ava Sackar

‘The students especially enjoy the special attention from the residents and hearing an old fashioned song or story.’

The Moriah Early Learning Centres open their doors to Montefiore each week and invite residents to interact with the students. This is made possible by the support of the Moriah staff who generously integrate the residents’ visits into their program and also the volunteers who accompany the residents to either Moriah Glenayr Avenue or Randwick Pre-school.

Students are excited when the residents arrive in the classroom. Residents are greeted with a warm welcome and some even receive a hug from the students. This is a special time of sharing stories, songs and information between the residents and students, and developing a relationship with a *very old lady*.

The students especially enjoy the special attention from the residents and hearing an old fashioned song or story.

Our residents always say how much they love interacting with the students who are always so warm and friendly. They are also delighted to see the little children in such a loving and caring environment.

When asked what the residents’ visits means to the students, they reply, “We love them. They are fun, kind and read lovely stories.”

This program enhances the beautiful connection where students also visit the Home for Kabbalat Shabbat.

Montefiore is grateful to Moriah Pre-schools for making our residents so welcome. 🙏

SCEGGS Darlingtonhurst Student Volunteers

Montefiore recently welcomed SCEGGS Darlingtonhurst student volunteers to our Randwick Campus. As part of their community service or Duke of Edinburgh Program, students volunteered their time to the Home to give back to society and interact with our residents.



SCEGGS Darlingtonhurst student volunteers, Maddy Kowalenko, Louise Godhard and Teya Phillips

Ladies’ Committee Succeeds Again

We were delighted to end our 2016 year with a successful clothing stall at the Randwick Campus. This proved to be a great success and allowed bargains galore for all.

Our Committee were once again very pleased to present a cheque for \$75,000 to President, David Freeman AM at the volunteers’ 2016 Spirit of Volunteering recognition function held at the Hunters Hill Campus. Funds raised will go toward the *Holocaust Survivor Training Program* undertaken by all staff.

2017 is looking to be a fulfilling year. Upcoming functions include:



Ladies’ Committee Co-Chairs, Wendy Englander and Annette Joseph with Montefiore President, David Freeman AM



FOR ALL BRIDGE PLAYERS

Please diarise Sunday, 30 April at 6.00pm for our major bridge evening to be held at the Kings and Queens Diamond Bay Bowling Club. This is always a great evening. A delicious light supper will be served and great raffle prizes offered. We are fortunate to have bridge extraordinaires, Camille Hirschowitz and Allen Rosenberg at the forefront of organising of this event.

This year we are making sponsorship of tables available. Table sponsorship is \$180. All sponsors will be duly recognised. Please call Camille or Allen (details below) to sponsor a table.

Cost is \$35 per player

EARLY BOOKINGS:

Camille Hirschowitz on 0418 421 027
Allen Rosenberg on 0408 628 233
Annette Joseph on 0414 840 624



THEATRE PARTIES BOOKED FOR UPCOMING SHOWS

KINKY BOOTS

Wednesday, 5 July at 1pm - Capitol Theatre
Tickets \$95

MY FAIR LADY

Wednesday, 30 August at 1pm - Capitol Theatre
Tickets \$95

BOOKINGS:

Faye Green on 8095 9929 or 0409 771 433
Annette Joseph on 0414 840 624

Your continued generosity allows us to keep supporting this program.

‘The people are caring, it has a nice homelike feeling, and many different and interesting activities to participate in.’

Former Board Member, Jan Owen Comes Home

Always immaculate and forever elegant, Jan Owen has a long and rewarding association with Montefiore. Her story began as a volunteer at Hunters Hill in 1989 and now 28 years later she is a resident at Woollahra Manor. The most exciting part about her story is that along the way she became a Board member of the Home and was the driving force behind the acquisition of Woollahra, the very place she now lives and calls home.

Jan was born in Sydney in 1925 and describes herself as coming from a very traditional Jewish family. Her training and experience was in administration (business, diplomatic and medical). Jan and her husband, Dr Morris Owen lived in Taree where he was a Radiologist. He was also an Archivist for the Royal Australian College of Radiology. Jan ran his practice. When Morris sold the practice they moved back to Sydney.

In 1989, Jan commenced her active association with Montefiore as a volunteer working mainly in Special Care. Each week she would visit

the Home at Hunters Hill and was committed to ensuring that all residents received personal care of the highest quality in an attractive Jewish homelike environment. Jan also volunteered in the boutique and at the fete.

Morris also volunteered at the Home, being its first Archivist. Archiving was his passion.

Jan’s commitment to the elderly was evident and she was soon invited to join the House Committee (now the Operations & Quality Committee) and then co-opted to the Board

in 1993 by the then President, Hal Goldstein. Jan was a Board member for 11 years, from 1993 to 2004 and afterwards still volunteered her time at the Home, visiting Hunters Hill at least every week until 2011.

During her time on the Board, Jan was involved with purchasing the site at Woollahra. Daughter, Carolyn Owen, said, “Woollahra was one of mum’s major projects. She found the site and suggested to the Board that this would be a great place to buy. I think the site was chosen for its elegance and excellent location. She wanted a guest house feel rather than a nursing

Carolyn also commented on her mother’s involvement with the nurses. She recalls a time many years ago where Jan identified a gap in the staff’s knowledge of the Holocaust and the effect that these experiences had on residents. Jan then set up the first staff educational classes to learn about the Holocaust.

“When mum was on the Board she was older than some of the residents; she was in her seventies. She was passionate about the wellbeing and quality of life of the elderly,” she added.

Jan is now 92 years old. It will be 2 years in May since she has been living in Woollahra Manor and she loves it. Her husband, Morris was also a resident of Montefiore at the Hunters Hill Campus. He passed away some time ago.

Carolyn said, “Mum always stated, when I go into Monte I want to go to Woollahra. She was very particular about where she wanted to be and actually turned down 2 rooms at Woollahra Manor before she got the one she wanted. She wanted to live in a unit rather than a room. So when

and realised she needed extra help I planted a seed that it would be lovely to live in a place which she actually discovered. It took a while but she finally came around to thinking it was a good idea to move to Woollahra. She is actually benefitting from what she created.”

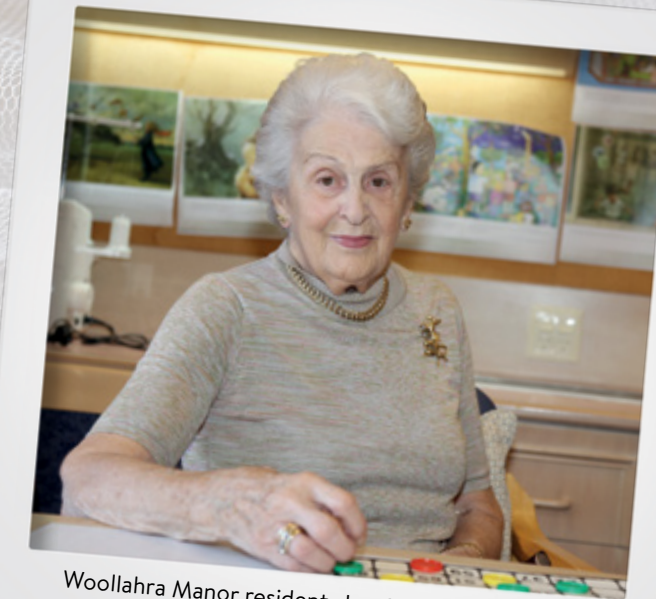
Jan likes her new home. “I am very comfortable here. They do things well. The people are caring, it has a nice homelike feeling, and many different and interesting activities to participate in. I especially love going out with my daughters and grandchildren when they come to visit me,” said Jan.

She is very modest about her role in Woollahra Manor. “Having a home for the elderly was needed, so we did it. I never thought at the time that I was going to live here. You don’t think about those things when you are young. Then suddenly you are old and you are here. This is a very worthwhile establishment. I feel it does a lot of good for older people, especially those that need that extra help,” said Jan.

“I love Montefiore. There is no better place to be at an old age. I am a happy little Vegemite,” she laughed. 🥕

a unit became available with a homely feel and beautiful balcony, she was happy to move in.”

Daughter, Annette Owen-Mulder, added, “When I was not happy with mum living alone anymore



Woollahra Manor resident, Jan Owen playing bingo



Jan Owen at Woollahra Manor in 1998



Volunteer, Jan Owen with Montefiore President, David Freeman AM

home. The site was a former Karitane Mothers’ and Babies’ Centre. Mum really was the driving force behind establishing Woollahra Manor. She also organised for the extensions to be built, which is where she is living now - in the Hal and Nancy Goldstein wing.”

Volunteers Through the Eyes of Montefiore

The volunteers are a vital part of the residents' quality of life. It provides them with friendship, companionship and a listening ear. My residents tell me they always look forward to seeing their regular volunteers.



DAFNA STERN, SOCIAL WORKER ARIEL HUNTERS HILL

The volunteers offer a lending hand. They are always hands on and helpful with one on one interaction with residents and also in group activities. A positive difference is often noticed by staff after a volunteer's visit. Their patience, dedication and presence is recognised and appreciated by the nursing staff as well.



SARA MOSES, NEIGHBOURHOOD CO-ORDINATOR, NURSING HOME RANDWICK

The volunteers play a vital and integral part in the provision of leisure and lifestyle opportunities available each day. With the help of the volunteers, the Leisure and Lifestyle Program becomes more varied and interesting, with additions that would not be possible without their support. Bringing their diverse expertise and skills, our volunteers definitely enrich our daily experience.



MEGAN MILLS, DIVERSIONAL THERAPY MANAGER HUNTERS HILL

Our volunteers are diverse in interests and bring a wonderfully woven and colourful ambience to the Home. Residents and staff deeply appreciate the visits by our wonderful team of volunteers visiting Woollahra each week. They are dedicated and committed, and form an integral part in contributing to the residents' wellbeing.



NATALIE BOLEL, EXECUTIVE CARE MANAGER WOOLLAHRA MANOR

The volunteers do a wonderful job. They offer general assistance and some of them run groups which makes it easier so that we can give other residents attention. Together we carry out our Philosophy of Living - choice, dignity and wellbeing.



VENINA TAKA, LEISURE AND LIFESTYLE ASSISTANT RANDWICK

Raffy Shammay to the Rescue

Our volunteers make a difference to the quality of our residents' lives every day. Volunteer, Raffy Shammay is one such volunteer who goes above and beyond.



Randwick resident, Audrey Goldberg and volunteer, Raffy Shammay with the replacement teacup and saucer

Many years ago, Randwick resident, Audrey Goldberg, gave her grand-daughter, Nina a beautiful Royal Albert Petit Point Tea Service Set.

Sadly, over time a cup and saucer had broken.

Hearing Audrey lament the loss of her out of production pieces, our volunteer, Raffy was curious to see whether they could be found on Ebay. Surprisingly, they were available from Canada, for less than \$100.

'Raffy was only too happy to bring some more joy into Audrey's life.'

Raffy ordered them on Audrey's behalf, and 3 weeks later the cup and saucer set arrived, packed securely and in excellent condition. Audrey was delighted and her grand-daughter, Nina was over the moon with joy. Neither could believe they would ever replace their precious broken pieces. "Raffy went the extra mile - all the way to Canada to complete our much loved 70 year old Royal Albert cup and saucer set. For that we are truly grateful," said Audrey.



Randwick resident Sybil Goldberg with volunteer, Raffy Shammay

Raffy was only too happy to bring some more joy into Audrey's life.

Randwick resident, Sybil Goldberg is also overwhelmed by Raffy's caring nature. "He is patient and special and given me hours of his time," said Sybil. "As I have failing eyesight he has adapted my computer with a bigger keyboard and screen. It is really exciting. I can now see the print as it is so much bigger and he's saved me a lot of money too," she added. 🙏

THANK YOU RAFFY SHAMMAY



Falls Risk Prevention – Our Diversity is Your Strength



Hunters Hill resident, Toba Elias working with Physiotherapist, Katie Simpson on the step machine to reduce falls

Montefiore knows that falls are an all too common occurrence in the elderly population. They lead to a decrease in quality of life because of increased health issues and increased pain and fear. There may also be a significant financial cost associated with recovery from a fall. In Montefiore's pursuit to continually improve the choice, dignity and wellbeing of our residents we take falls prevention very seriously. Our large and diverse allied health team working in conjunction with our expert clinical care staff educate and support our residents so that they and their loved ones can make informed decisions that will decrease the likelihood of a fall.

Our award winning Dietary team works with each resident to create a dietary plan that will encourage adequate fluid intake and provide a balanced diet to ensure proper hydration and nutrition. The Physiotherapy Department prescribe progressive resistance training and

balance specific exercises to not only improve mood but also decrease the likelihood of falls. We use our state of the art HUR equipment to keep exercises exciting and innovative. We even provide individualised therapy and look at clothing, especially

'In Montefiore's pursuit to continually improve the choice, dignity and wellbeing of our residents we take falls prevention very seriously.'

footwear, to facilitate proper balance and comfort when necessary.

Our Occupational Therapists assist in falls risk prevention by looking at environmental factors that will increase independence and mobility. They consider everything from independent living equipment such as dressing aides and shower equipment, to uneven surfaces and adequate furniture spacing which allows for easy movement. Our Clinical team monitors medication interactions, which may affect balance, so that

we can proactively support our residents to reduce their falls risk. The Clinical and Allied Health team even considers the influence of sleep and pain on the individual. When working to prevent falls no stone is left unturned.

Montefiore is fortunate to have such a diverse range of Clinical and Allied Health professionals who are able to offer their expertise in an interdisciplinary environment. Collaboration of Dietary, Physiotherapy, Occupational Therapy and Nursing service expertise allows the interdisciplinary team to make reasoned and informed decisions about resident care by taking into account these many different factors. ¹

Intimacy Overcomes Adversity

Studies have shown that as one gets older the companionship and intimacy involved in a committed long term relationship becomes more important and can even have significant effects on a person's level of mental and physical wellbeing. Montefiore continues to improve its policies and ability to help adults live with choice, dignity and wellbeing by continually looking for ways to improve the levels of intimacy we provide for our residents.

Intimate relationships can mean the difference between life and death because they can provide the emotional support that helps people weather physical and psychological adversity. Stephanie A Sanders, PhD, Associate Director at The Kinsey Institute for Research in Sex, Gender, and Reproduction at Indiana University in Bloomington

'We feel happy when we are close to each other.'

For Edmund and Margaret Lee-Hausman, residents at our Hunters Hill Campus, this has been a very personal journey. The couple met in 1963 in Sydney at a dinner party and Margaret immediately knew that she was going to marry Edmund. They have been together ever since. When Edmund was admitted to Montefiore, Margaret joined him, but due to Edmund's increased medical needs he was placed in a different neighbourhood to her.

"We were used to sleeping together in a double bed. When I came to spend time with Edmund I would take my shoes off and get into bed with him – just to be together. We feel happy when we are close to each other," said Margaret.



Hunters Hill residents, Margaret and Edmund Lee-Hausman

On a daily basis Margaret would visit Edmund and lie next to him on the single bed. The couple were seeking the comfort and intimacy they had when they lived independently. However, sharing a single bed did not provide them with the dignity that they deserved, so Montefiore sourced a suitable double bed. To provide the couple with their own intimate space and further enhance their dignity, Margaret and Edmund also agreed with their care team to place a *please knock before entering* sign on their door.

Such measures have enabled the couple to retain their dignity and intimacy, whilst providing a safe environment that meets their individual medical needs. It is a win for all involved. ¹

BESTdose – Electronic Medication Management System

The use of an Electronic Medication Management (EMM) System is regarded as industry best practice and is strongly endorsed by Australian and international professional bodies.

An EMM has been cited as the most promising application of information technology to help reduce medication errors and enables prescribing, supply and administration of medicines to be completed electronically.

Montefiore has been exploring such technology and we are delighted to be moving ahead with the implementation of BESTdose in 2017. The BESTdose system has proved to be time saving and efficient in aged care facilities as it covers the entire medication cycle including prescribing by Doctors, medication ordering by RNs, review and dispensing of medication orders by Pharmacists, and administration of medicines by Nurses. It can also improve efficiency in the medication management process, such as reducing the time required to use paper based documents/charts and reduced time for the medication dispensing process by Nursing staff. BESTdose also has excellent on-demand reporting functions which allow for more superior governance.

Montefiore's Medication Advisory Committee (MAC) consisting of Clinical managers and Pharmacy representatives have welcomed the initiative to adopt the BESTdose system in 2017. With support from the team at Best Price Pharmacy and our own Clinical Resources team we are excited to be rolling out staff education and support. The first campus to commence using the system was Woollahra Manor which went live on 1 March. Camelot, Randwick and Hunters Hill Campuses



Montefiore's Medical Advisory Committee members involved in the implementation of the new system

'Montefiore's Medication Advisory Committee (MAC) consisting of Clinical managers and Pharmacy representatives have welcomed the initiative to adopt the BESTdose system in 2017.'

will follow with the rollout planned to be completed by the end of July this year.

In addition to BESTdose, we will also be implementing BESTchart, a new medication chart compliant with the requirements of the National Residential Medication Chart, NSW legislation and the Commonwealth National Health Determination 2012.

BESTchart is designed to improve medication safety and to reduce administrative work for prescribers, aged care staff and Pharmacists when ordering, administering and supplying

medicines. BESTchart will enable the prescribing and supply of most medicines, and PBS/RPBS claiming by Pharmacists where applicable, directly from the chart without the need for a separate prescription to be written. However, certain medicines will still require a traditional prescription written, in addition to an order on the medication chart. The layout of BESTchart supports informed prescribing, accurate medicines dispensing and administration, and improved clinical monitoring of residents. ¹

Research in Aged Care

Retirement living and aged care settings provide an ideal opportunity for research that can have a transformative impact on the care of the elderly. The collaborative partnership between the Montefiore Home and CHeBA is significant in terms of developing critical research programs based on the needs of the residents, translating those findings into best practice and, importantly, ensuring scalable implementation measures.

Since 2012, Montefiore Home has funded CHeBA's Co-Director, Professor Henry Brodaty in his role as Montefiore Chair of Healthy Brain Ageing, which has generated significant research opportunity within an aged care environment. Some of the projects successfully led by Professor Brodaty and his team have included looking at humour therapy for residents, improving memory through computer-based cognitive training and reducing use of antipsychotics in nursing home residents.

This funding has also enabled CHeBA to involve leading dementia care researcher, scholar and advocate, Professor Lynn Chenoweth in the research undertaken within the Montefiore Homes. Drawing on her extensive networks and extensive expertise, Professor Chenoweth has contributed to a wide range of research projects in her role with CHeBA including, developing evidence-based nursing competencies for the care of older people; trialling facilitated case conferencing for improving end of life outcomes for people with advanced dementia living in residential aged care and their families; and evaluating the effectiveness of Dementia Care

Mapping to enable person-centred care training in nursing homes. Professor Chenoweth was involved in 6 research projects and co-authored 17 papers accepted for publication in 2016.

pilot study formed the basis for an application for a larger randomised controlled trial for improving oral health care in nursing homes.

It is a privilege to work alongside Montefiore toward the collective

'It is a privilege to work alongside Montefiore toward the collective goal of improving the quality of residents' lives in aged care.'



Professor Chenoweth is leading a research study to improve collaboration between staff and families of residents in Montefiore Home Randwick.

Dr Alan Deutsch and Professor Brodaty successfully demonstrated that Nurses can be trained to devise and implement oral health plans for nursing home residents. This

goal of improving the quality of residents' lives in aged care. Only with organisations such as Montefiore providing enough interest in their residents are we able to establish what is *best practice* within these settings and strive to translate these research outcomes across the entire industry. ¹

Dance for Parkinson's Australia



Dance for Parkinson's - the Mark Morris Dance Group

The Burger Centre is delighted to announce a new program that commenced in March in conjunction with Dance for Parkinson's Australia.

The program runs Monday's from 1.00pm to 2.00pm.

Classes are based on the Dance for PD® Program (Parkinson's Disease). All those diagnosed with PD, family members and friends are welcome to participate.


The goal is to provide quality dance and music experiences for Parkinson's patients and their caregivers. Classes focus on possibilities rather than limitations and bring dance to people who might not otherwise have the opportunity to take part in creative activities. No dance experience is necessary.

Classes start seated, move through a progressive warm-up and build to improvisation and learning of new movement sequences. They are open and appropriate for all levels.

Professionally-trained dancers are movement experts whose knowledge is useful to persons with PD.

Classes integrate movement from modern and theater dance, ballet, folk dance, tap, improvisation, and choreographic repertory. PD concerns are addressed such as

balance, flexibility, co-ordination, isolation and depression.

Classes engage the participants' minds and bodies, and create an enjoyable, social environment that focus on dancing rather than therapy. 

FOR DANCE FOR PARKINSON'S CLASSES AT THE BURGER CENTRE:

Contact Cathie Goss at
dance@danceforparkinsonsaustralia.org
or on 0414 067 045

To find out more visit
www.danceforparkinsonsaustralia.org
or find them on Facebook



Club Monte's Vital Role as a Seniors' Day Centre

Club Monte hosts 4 groups a week, Tuesday to Friday from 10.00am to 2.00pm and we cram in as much activity as possible. Members are provided with morning tea, a nourishing 3 course lunch and afternoon tea. During the morning we provide exercise classes, hydrotherapy, discussions and various games as options as well as daily newspapers or a chat with other members. Post lunch there is always entertainment or a special activity to participate in.



Club Monte Day Care Manager, Cecily Abramson with Eva Freeman and Arthur Goodman

Underpinning the basic program of Club Monte is our strong commitment to our members on 3 basic fronts giving them emotional, physical and intellectual support. Many members come to us needing emotional support due to loneliness and depression. The ability to socialise with other people of similar age, make new friends and air their feelings with staff and others goes a long way to providing relief.

On the physical front Club Monte concentrates on mobility, strength and balance. To this end we have included thera-band and weight exercises in our classes and provide the opportunity for members to attend hydrotherapy. We can also facilitate client appointments


'Underpinning the basic program of Club Monte is our strong commitment to our members on 3 basic fronts giving them emotional, physical and intellectual support.'

with other therapists including Acupuncturists, Massage Therapists and Physiotherapists.

Intellectual support is provided by means of live performances, stimulating quizzes, talks and videos on varied subjects, and lively group discussion. We also arrange exciting outings and at least once a year a lunchtime concert.

Staff are on call beyond the hours of 10.00am to 2.00pm as the


support of our members includes phone calls and often home or hospital visits to keep the lines of communication open. Our aim is to support members to be active and independent contributors to the community. Their wellbeing is always our primary focus.

If you or someone you know would benefit from our services and support please call Cecily or Hazel on 02 9879 2726. 

Wellbeing@Montefiore

In February, Montefiore's People, Culture & Learning team were excited to officially launch the *Staff Wellbeing@Montefiore (W@M)* exercise timetable across all of its campuses. This program, available to staff before or after work and during break periods, offers a variety of exercise classes designed to support physical and mental wellbeing.

The classes are a combination of stretch, Pilates and strength based exercises that are facilitated by Montefiore's Health Safety & Wellbeing Advisor, Emilie Field. One of the exercise classes is a strength based circuit utilising the specialised HUR gym equipment located at the Randwick Campus. Other classes are focused on increasing body awareness which in turn can translate across to activities at home, further supporting staff wellbeing.

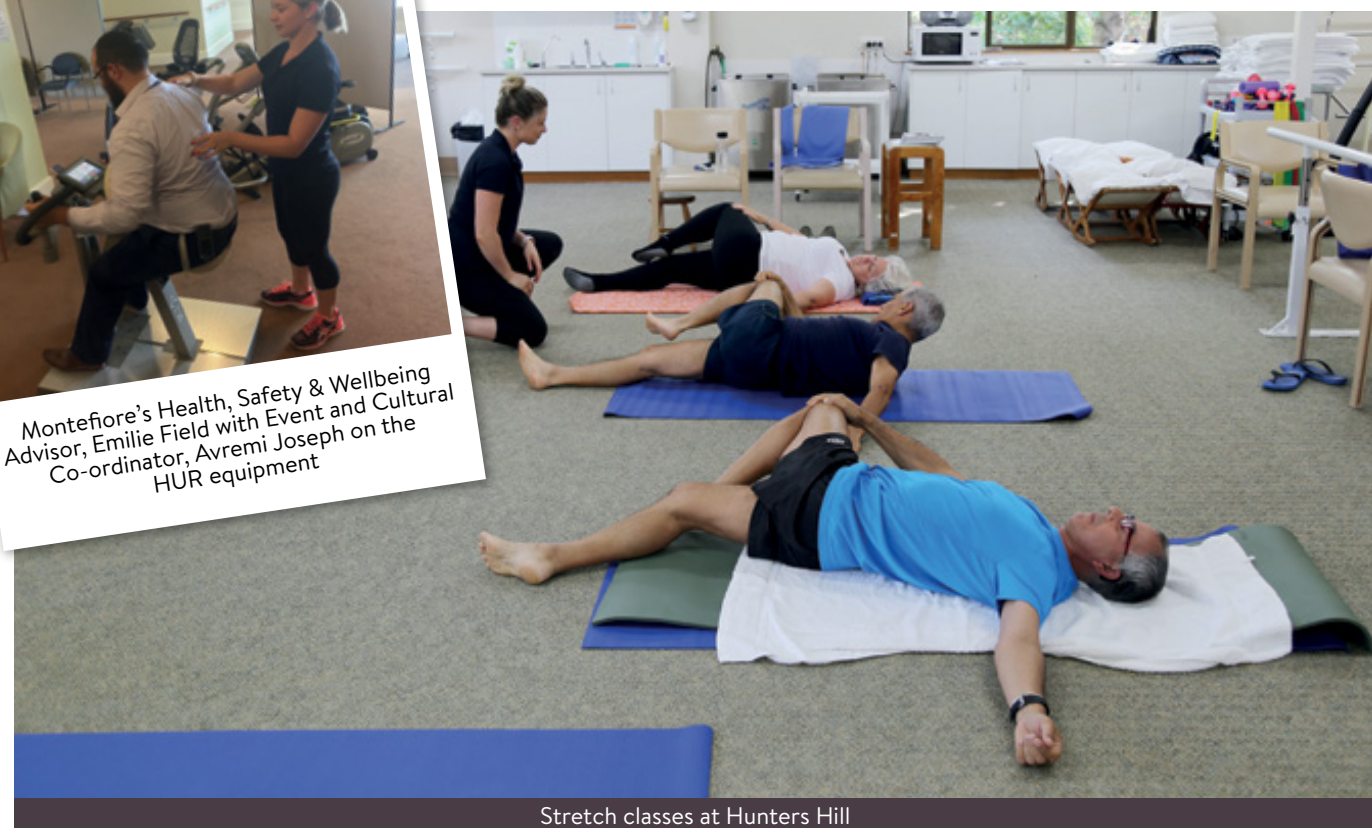
The response from staff to date has been overwhelmingly positive. We look forward to building on the current offerings and enabling as many staff as possible to access these. 



Staff circuit class at Randwick



Montefiore's Health, Safety & Wellbeing Advisor, Emilie Field with Event and Cultural Co-ordinator, Avremi Joseph on the HUR equipment



Stretch classes at Hunters Hill

Elizabeth Kleitman's Life Story

The benefits of the *Life Story Program* were readily apparent both before and after the death of Liza (Elizabeth) Kleitman, from Ariel Nursing Home, Hunters Hill.



Recreational Activities Officer, Julie Priest with the late Elizabeth Kleitman enjoying a dance at a Hunters Hill Cabaret theme dinner last year

'After a period of adjusting to an unfamiliar environment, Liza's health began to improve and her natural resilience, friendliness and curiosity to try new things allowed her to thrive at Montefiore.'

Liza passed away just before her life story presentation was to be held earlier this year. Fortunately, while Liza was still alive, Rene Ichilcik, who manages Montefiore's Life Story Program, took several copies of *Conversations with Liza* to her niece, Marina.

Although Liza was in the last stage of her life, Marina read the life story to her and found it to be a very moving experience. Even though Liza could not open her eyes, she listened to her story and responded positively.


Liza was born and grew up in Ukraine where she worked as a translator after having studied languages at Lviv University. She migrated to Australia in 1971 with her husband and son. In 2016 she

came to live at Montefiore while Alex, her husband of 66 years, was accommodated in to the Hostel.

"After a period of adjusting to an unfamiliar environment, Liza's health began to improve and her natural resilience, friendliness and curiosity to try new things allowed her to thrive at Montefiore," said volunteer and Social Work student, Cheryl Breheny. Liza's family were appreciative of Cheryl's efforts in transcribing, *Conversations with Liza*.

At Liza's funeral at the Chevra Kadisha, Rabbi Ulman held a copy of Liza's life story while he delivered the eulogy. He spoke about her story and recalled the contribution that Montefiore staff had made to Liza's quality of life.

Rabbi Ulman also informed the attendees that there would be prayers for Liza on the Saturday, followed by a reading of her life story.

Liza's experience with Montefiore's *Life Story Program* is testimony to the significant contributions and value of this program, organised by Rene Ichilcik and made possible by a team of devoted *Life Story* volunteers. 

Montefiore Information Evening

Montefiore recently hosted a community information evening at its Randwick Campus in an open forum to help address some of the complex questions it receives in relation to the provision of aged care services.



Panel - CEO, Robert Orie, Karen Jordan, President, David Freeman AM, Melanie Lindenberg and Justine Spies



Annette Joseph, Maurice Kiss, Wendy Englander, Cathy and Ken Shapiro



Montefiore President, David Freeman AM with Sandra Rosen and Maurice Kiss



Montefiore CEO, Robert Orie with George and Vera Faludi



Montefiore Vice President, Gary Inberg with Joyce Falk and Barbara Stern



Estelle and Phillip Bloom



Jenny Bonert, Alison Benson, General Manager Community Services, Karen Jordan with Denise and David Landor



George Rotenstein, Steven Brown, Norman Symonds and Errol Brown

African Themed Couples Dinner

In February, couples at our Randwick Campus were treated to an African themed dinner held in the Stephen and Julie Lowy Lounge. The table decorations consisted of African statues, animal print napkins and leopard print table runners as well as bright coloured flowers. The residents were also entertained with classical background music.



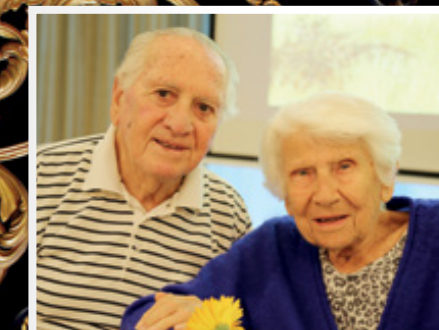
George and Gabriella Nash



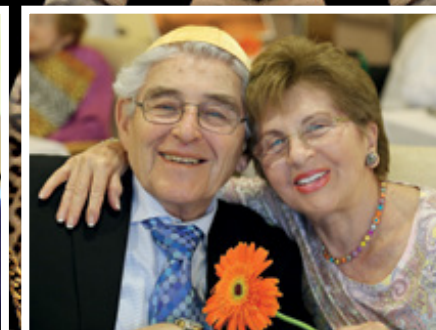
Leisure and Lifestyle Assistant, Venina Taka dancing with resident, Rebecca Chodos



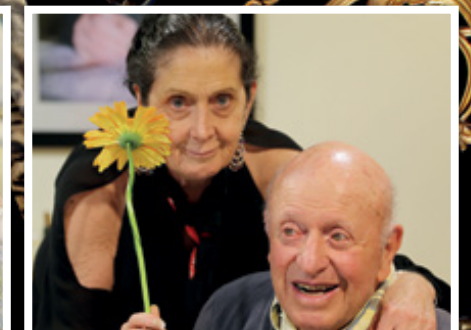
Maurice and Betty Zamel



Michael and Ruth Goulburn



Peter and Rosie Hersch



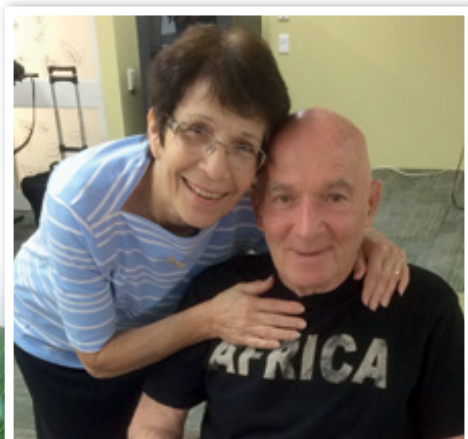
Suzie and Geoff Israel

Hunters Hill Couples Dinner

We have so many lovely couples at our Hunters Hill Campus it was only fitting to host a romantic Valentine's Day dinner for them. The dinner was held in the recreation room which was adorned with beautiful pink linen and pastel flowers to set the mood.



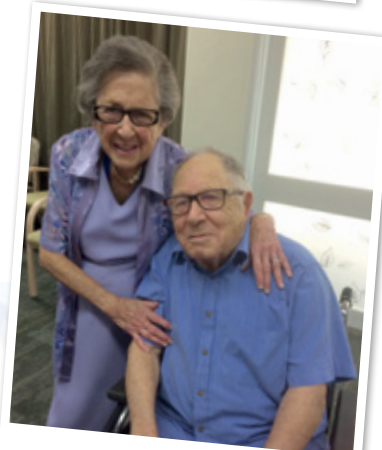
Marcelle and Kevin Marks



Paulette and Warren Blackman



Blumie and David Kruger



Dawn and Bert Kahana



Philip Mintz and Pauline Fine



Carol and Henry Cohen



Joy and Julius Mayer



Serafima and Moissei Lapteva

Helen Burgin Serves Up Her Aprons



Woollahra Manor resident, Helen Burgin showing off her apron collection

'Each has a story to tell'

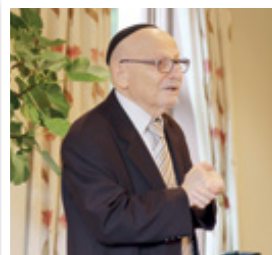
Montefiore continues to highlight our resident's passions and interests. Recently, Woollahra Manor resident, Helen Burgin and her son, James, presented her collection of aprons to fellow Woollahra residents. Helen has had a lifelong interest in the wider world and is an avid collector of memorabilia, especially aprons. She started her collection 45 years ago when James brought back an apron from Holland. Some of her aprons were made by friends and some by Helen herself. Each has a story to tell. Residents enjoyed listening to these stories and sharing Helen's passion.



Woollahra Manor residents showcasing Helen's apron collection

Tu B'Shevat

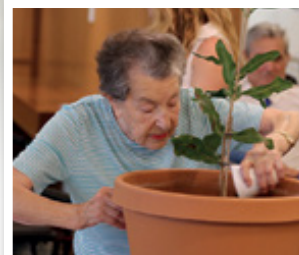
Tu B'Shevat, the Jewish New Year of the trees, falls at the time when most trees in Israel begin to bud. Our residents from Randwick, Hunters Hill and Woollahra Manor, under the guidance of Rabbi David Rogut OAM, took part in celebrating this special day by planting new trees that will grow and thrive for years to come.



Rabbi Rogut OAM



Randwick residents, Lovelle Israelson and Estelle Hartstein



Randwick resident, Lotte Weiss



Randwick resident, Nicholas Halmay with Rabbi Rogut OAM



Woollahra Manor residents, Jan Owen and Marcelle Tanner



Woollahra Manor residents, Jan Owen, Marcelle Tanner, Sarah Katz and Trudie Collins with Spiritual, Cultural and Community Engagement Manager, Lynda Dave and Recreational Activities Officer, Judy Pincus



Woollahra Manor residents, Iris Kliman and Betty Kohane

Purim

Our residents recently celebrated the joyous festival of Purim.



Rabbi David Rogut OAM and the Monte Choir



Montefiore Board Member, Renée Symonds enjoying celebrations with our Randwick residents



Hunters Hill residents, Ernest Neumegen, Cyril Herr and volunteer, Joan Rodd

Semachot

SINCE THE LAST NEWSLETTER THE FOLLOWING PEOPLE HAVE BEEN HONOURED BY THEIR FAMILY AND FRIENDS FOR A SIMCHA

BIRTHDAYS, WEDDINGS AND WEDDING ANNIVERSARIES

BIRTHDAYS

Dan Katz's 50th Birthday
Jos & Amelia Katz

Mandy Strous' 60th Birthday
Myrna Kaplan

Carol Been's 65th Birthday
Gerry & Laura Goldwater
Alan & Esther Reich

Zelia Goodman's 70th Birthday
Merv & Jane Silverman

Carolyn Hyman's 70th Birthday
Mischa & Luba Atlas

Marilyn Leibowitz's 70th Birthday
Helen Zwarenstein

Yadida Sekel's 70th Birthday
Scott Whitmont & Christopher Whitmont-Stein

Ivan Talberg's 70th Birthday
Maurice & June Hurwitz

Rael Polivnick's 75th Birthday
Michael & June Appleberg
Robert & Anne Kay
Jack & Rosalie Pencharz

Eunice Albert's 80th Birthday
Elizabeth Green

Charmian Berman's 80th Birthday
Henry & Carole Cohen

Wendy Diamond's 80th Birthday
Geoffrey & Nanette Bassar
Wesley & Sari Browne
Marilyn Davis

Meryl Dinte & Clive Israel
Ron & Loretta Don
Sandra Hart
Judy Lee
Carmel Marjenberg
Lea Portrate
Shirley Silverton
Barbara Stern
Joy Symonds



Esmond Frank's 80th Birthday

Rennie Chertkow
Henry & Carole Cohen
Heather Joffe
Brian & Alice Ginsberg
Philip & Jacqui Yudelowitz

Devorah Lees' 80th Birthday
Rhona Clennar
Ted & Adele Swirsky

Sari Nadel's 80th Birthday
Sigrid Westheimer

Gerald Raichman's 80th Birthday
Manfred & Beverley Pelstein

Jean Sher's 80th Birthday
Brenda Coburn

Sheila Zines' 80th Birthday
Beth Rose

Estelle Stern's 85th Birthday
Thelma Don

Ruby Berman's 90th Birthday
Julian & Rebe Chodos
Henry & Carole Cohen
Jos & Amelia Katz

William Block's 90th Birthday
Moi & Joyce Gordon

Elinore Burns' 90th Birthday
Broit & Revelman families

Eva Heller's 90th Birthday
Gita Buchwald

Rachel Katz's 90th Birthday
Sybil Goldberg
Nicholas Halmay
Cato Klein
Eva Streichler

Dawn Rassaby's 90th Birthday
Jenny Ceylon
Rose Mautner
Mimi Wise

Sigrid Westheimer's 91st Birthday
Ervin & Sari Nadel

Max Sernack's 100th Birthday
Rhoda Green

Phillip Goldshaft's 101st Birthday
Les & Miriam Gerendas

Lisa Frank's Birthday
Renecia Miller & Julian Karney

Ruth Gardos' Birthday
George & Inge Gertler
Maurie & Sally Kochan
Ella Nathan

Ivan Cohen's 2nd Barmitzvah
Colin, Renee, Jason-Dean
& Demi-Lee Kanowitz
Lilian Shub



Alma and Peter Goldman in honour of their 50th Wedding Anniversary



Alma and Peter Goldman - 50 years on

WEDDINGS

Amir & Jodi's Wedding
Debbie Abramowitz & family

Marc & Simonne's Wedding
Debbie Abramowitz & family

WEDDING ANNIVERSARY

Julian & Fay Markovitch's 40th Wedding Anniversary
Blanche Goldstein

Peter & Alma Goldman's 50th Wedding Anniversary
Ingrid Cohen
David & Michelle Goldman
Tom & Di Goldman
Peter & Kitty Hammerman
Toby & Judy Hammerman
Michael & Judy Lewis
Colin & Robyn Manoy
Philip & Donna Moses
Sonja Raiz
Albert & Ruth Wine
Robbie & Gillian Wyner

Les & Marcia Narunsky's 50th Wedding Anniversary
Ernest Bass
David & Dawn Hyman
Joachim & Minnie Karseboom
Andrew & Hayley Narunsky
Larry & Katie Narunsky
Michael & Nat Narunsky with David, Jax, Amanda, Michael & Ari
Anthony & Vivien Phillips
Ian & Diane Schmaman

George & Inge Gertler's 60th Wedding Anniversary
Ruth Gardos

Brian & Alice Ginsberg's 60th Wedding Anniversary
Moi & Joyce Gordon

Cecil & Barbara Krost's 60th Wedding Anniversary
Lenard & Rachelle Lever

Bernard & Shirley Maybloom's 60th Wedding Anniversary
Ron & Loretta Don



On behalf of Montefiore President David Freeman AM, the Board, Management, Staff and Residents of Montefiore, we wish you and your family a very happy Pesach.

Great ways to support the Home & Residents

- Become a Member of the Home. Enjoy the benefits and be a part of our proud heritage.
- Become a volunteer by sharing your time and talent.
- Make a Birthday, Wedding or Simcha donation or donate essential equipment – the gift that keeps on giving.
- Become a Bequestor, helping the Home continue to care for our ageing community.
- Make your newest grandchild a Junior Life Governor.
- Name a Room or honour the memory of a loved one in perpetuity at Hunters Hill, Woollahra or Randwick.
- Buy a cuddly Monte Lion Plush Toy – the cutest way to show you care.
- Visit your family and friends at Montefiore, enjoy our beautiful gardens, attend concerts or share a Shabbat with our residents.
- Promote the Home in your everyday encounters within the community.

Back cover: Wosniak Terrace Garden, Randwick Campus



Montefiore is a member of the JCA family of organisations



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