

Montefiore *Life*

Sir Moses Montefiore
Jewish Home



Rosh Hashanah 2017
montefiorehome.com.au



A time for renewal

First look at our new apartment development inside...

Hand in hand

Fay & Julian Markovitch on
embracing life at Monte

Home comforts

Join a pilot program to support
people living with dementia

Bright future

Setting a new aged care
research agenda with CheBA



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HAL GOLDSTEIN CAMPUS

120 High Street
Hunters Hill NSW 2110
T 02 9879 2777
F 02 9879 2700
huntershill@montefiorehome.com.au

RANDWICK CAMPUS

36 Dangar Street
Randwick NSW 2031
T 02 8345 9100
F 02 8345 9199
randwick@montefiorehome.com.au

WOOLLAHRA MANOR

23 Nelson Street
Woollahra NSW 2025
T 02 9362 3777
F 02 9362 3504
woollahra@montefiorehome.com.au

www.montefiorehome.com.au

On our cover: Fay and Julian Markovitch, Montefiore Woollahra residents since 2016. Cover image: Nadine Saacks



Montefiore is a member of the JCA family of organisations

Reform and renewal ahead

DAVID FREEMAN AM



President David Freeman AM with Federal Minister for Aged Care Mr Ken Wyatt AM, MP
on the Minister's recent visit to Montefiore Randwick.

Photo by Nadine Saacks

Montefiore Home is regularly highlighted within the industry as a benchmark for residential aged care, with the result that we welcome to our campuses representatives from many other organisations wanting to exchange knowledge and experiences – which we willingly provide. We were fortunate to host the Federal Minister for Aged Care and Minister for Indigenous Health, The Hon. Ken Wyatt AM, MP, at Randwick recently for such a visit. It was both interesting to hear his perspective on the industry here and overseas, and also gratifying that – after spending time touring the grounds and facilities with Robert and myself – he quickly grasped the essence of what Montefiore is all about.

“The community that lives within an aged care facility makes it what it is,” the Minister told us. “There’s a beautiful feeling of connectedness here, of peace but also the opportunity to engage with others.” Mr Wyatt was speaking of the residents and dedicated staff that he met, but we know that it’s connectedness in a broader sense that is integral to what we do. Our members, our tireless volunteers and our generous supporters help to make us not just a vibrant organisation, but a model for aged care of which our whole Jewish community can be proud.

Although we are a robust organisation, we rely on government funding models, resident fees and the generosity of individuals within the community to pursue our charitable works. These include research, improved

facilities and services, and financial subsidy for the approximately 40 per cent of residents on a pension.

For this reason, we welcome the Minister’s continued progress at the Federal level in residential aged care reform and deregulation, which will allow Montefiore greater flexibility to match our fees to the true value of the constantly evolving services we offer.

“Our members, volunteers and generous supporters help to make us not just a vibrant organisation, but a model for aged care we can be proud of as a community.”

We also applaud the recent NSW State Government announcement regarding scrutiny and regulation of the Retirement Village industry, in recognition of the need for clarity and security for consumers. This is pertinent as we progress plans for our new independent living apartment development at Randwick. We’re excited to share more on this huge step for Montefiore on page 5.

Finally, and on the theme of new horizons and renewal that Rosh Hashanah brings, I wish all our residents, families and members a Shana Tova on behalf of the Montefiore Board and Management. [L](#)

Funding the future

ROBERT ORIE

Photo by Daniel Linnet



For me, one of the most significant recent decisions by the Montefiore Board of Management has been to confirm funding for a further five-year partnership with the respected Centre for Healthy Brain Ageing (CHeBA) UNSW Sydney.

We first founded the relationship with CHeBA and its Co-Director Professor Henry Brodaty, who also holds the position of Montefiore Chair of Healthy Brain Ageing, in the early days of our Randwick Campus. I am thrilled that this will continue into the future, with several important areas of aged care and dementia research already agreed upon.

I am sometimes asked why, as a non-profit ourselves, we offer funding to another organisation. The answer in this case is simple. Firstly, dementia research matters – to our current and future residents, their families and of course the wider community. Secondly, it allows us to choose research projects, which are then undertaken directly within the Montefiore facilities.

Over the past five years, we have seen the direct benefits of the CHeBA relationship every day here at Montefiore. By tailoring research to our needs and implementing its findings, we have developed new staff training around person-directed care and our Philosophy of Living, improved oral and

dental care practices for our residents, and reduced the use of medication and improved behaviour management techniques in dementia care.

“Dementia research matters – to our current and future residents, their families and of course the wider community.”

We have already agreed upon several research projects and priorities to cover in the next stage of our partnership, about which I encourage you to read more on page 4. One of those will involve, in due course, exploring new models and quality of care to guide the proposed new Dementia Care Building, which forms part of the next stage of our Randwick development along with the independent living apartments (see page 5).

The generosity of the Montefiore community helps us fund this important work with CHeBA, through donations and initiatives such as the Silver Ribbon Tea Club. Turn to page 10 to read more about the Club's most recent event, and how you can become a member. [\[1\]](#)

Setting a new agenda for dementia research

A new five-year funding agreement will allow Montefiore to commission research and implement best practice in all areas, from home care to residential and dementia care.

Photo by Nadine Saacks



CHeBA Co-Director Professor Henry Brodaty with Montefiore President David Freeman AM and CEO Robert Orie

“We look forward to continuing our productive collaboration for the benefit of all whom Monte serves – its clients, residents and families.”

Montefiore President David Freeman AM and CEO Robert Orie recently announced a renewed five-year funding partnership with the Centre for Healthy Brain Ageing (CHeBA) at UNSW Sydney.

“We’re proud to extend our support for the important work of Professor Henry Brodaty and the team at CHeBA,” says Mr Orie.

“The research projects Montefiore has funded since 2012 have had a direct impact on the quality of life of our residents, and indeed people with dementia everywhere.”

Says Professor Brodaty, who holds the positions of Montefiore Chair of Healthy Brain Ageing and Co-Director of CHeBA: “We at CHeBA look forward to continuing our productive collaboration with Montefiore, in order to achieve excellence in care for the benefit of all whom Monte serves – its clients, residents and families.”

A roadmap of research opportunities to explore over the next five years has been agreed upon, driven by the needs of Montefiore staff and clients. CHeBA’s Professor Lynn Chenoweth and Janet Cook are already working on the first new project, improving family carer and direct care staff relationships to provide better shared care planning and delivery.

A second proposed project will assess the health, function and wellbeing of people moving from the community to residential care, to better support positive transition.

Further CHeBA research under discussion includes exploring new models and quality of care to guide the proposed Randwick expansion (to include a new Dementia Care Building in addition to Independent Living Units). CHeBA will also continue to collaborate with Montefiore on staff training, joint publications and fundraising.

This next phase of the partnership will build on previous successful research projects including development and implementation of the Person-Centred Environment and Care Assessment Tool (PCECAT), which has assisted in staff training around the Montefiore Philosophy of Living (POL) and the oral and dental management project.

Dementia-specific research has included the HALT project to reduce the use of antipsychotic medication; and the Integrated Cognitive and Sensory Program that led to improved behaviour management in residents with dementia.

“We can’t think of a better investment than to fund evidence-based best practice for our clinical and allied health programs,” says Mr Freeman. “We are pleased to extend this partnership, which continues to make a meaningful difference to our residents and clients.” ¹

Building a new future for Montefiore

With development approval confirmed, we're excited to reveal more about our forthcoming luxury independent living apartments, **M by Montefiore**.



Interior concepts illustrating the Club Lounge and a balcony view of our new luxury independent living apartment development, M by Montefiore.

The definition of 'ageing' is changing, with people living active, independent lives for longer. "Montefiore is already advanced in planning for that shifting landscape," says President David Freeman AM, "both as an organisation with more than 125 years of expertise in aged care, and one that has an innate connection to the needs of Sydney's Jewish community."


"We're delighted to confirm that we now have planning approval for our new independent living development," says CEO Robert Orie. "And excited to reveal a new name – **M by Montefiore** – as well as a first look at some of the interiors and public spaces that set these luxury residences apart."

M by Montefiore will comprise 79 premium 1, 2 and 3 bedroom apartments, due to begin construction on the King Street side of the Randwick campus early next year.

The stand-alone development will see residents live independently in their own luxury apartments with all the inclusions you'd expect. "The apartment design is a pairing of classic and contemporary aesthetics, featuring premium materials such as timber and natural stone, and capturing sunlight and natural ventilation,"

explains Kate Richards, Head of Interiors Sydney at architecture firm Jackson Teece. "We've incorporated luxurious finishes and fittings, at the same time following principles of facilitated living that will allow residents to live fully and with dignity."

Additional five-star features at M by Montefiore include weekly cleaning, room service, a wellness spa, club lounge, cinema and business and function centres, as well as access to a 20m lap pool. "Clever planning means a balance of privacy and security," adds Kate, "while encouraging community connection and a sense of belonging in the public spaces."

Also on offer are the added security and support of priority access to Montefiore's industry leading allied health and home care services, which will allow residents to enjoy independence in their own homes for longer. 

To register your interest now, contact Residential Accommodation Manager Justine Spies, ph: (02) 8345 9135 or email: jspies@montefiorehome.com.au



A New Year Message

RABBI DAVID ROGUT OAM

The significance of Rosh Hashanah, the Jewish New Year, is found in the word Shana. On the one hand it connotes change – we hope and pray that the New Year will bring about a change in those areas, conditions and relationships which render life difficult or unbearable. We approach the New Year with a resolve and determination to change some of our ways, to improve ourselves and to make ourselves into better persons.

“It is part of wisdom to take with us into the new year the precious and inspiring treasures into which we have come during all the past years of our lives.”

This is the challenge that comes to us with every New Year. We are called upon to take courage and abandon old habits that have left us in a rut, crippling our potential for doing good. On Rosh Hashanah each of us is bid to become a new being.

On the other hand, Shana also implies ‘to repeat’. The good and holy life to which Rosh Hashanah summons us does not begin with today. Our tradition-laden yesterdays, our accumulated wisdom and experience, knowledge and philosophy are not like the pages in an outworn and dated calendar. The past always remains with us. Background does not fade away. The yesterdays are there as anchors to save us from drifting in an uncharted sea of novelty and change.

Indeed, it is part of wisdom to take with us into the New Year the precious and inspiring treasures into which we have come during all the past years of our lives.



Photo by Nadine Saacks

On Rosh Hashanah, we pause... we look before and after, we pray for what is potentially there in ourselves, in our fellow human beings, in G-d's order of the universe and of human history.

This is the challenge of Rosh Hashanah. We are urged to master the art of making good use of the past so that

we may add to the riches of our tradition by lending it new zest and contemporary meaningfulness.

Vicky and I wish the President, Mr David Freeman AM, Executive, Board of Management, staff, all our residents and families a happy and healthy New Year. May we all be written into the Book of Life. [L](#)

Full circle

A look back on Yom Ha'atzmaut and Lag B'omer celebrations for residents and their loved ones, plus an update on the Spiritual & Cultural team's busiest period, the High Holidays.

YOM HA'ATZMAUT

Residents celebrated Israel's Birthday in May. Blue and white decor set the festive tone, and there was entertainment from Dalia Dior and Fay Sussman at Randwick, Nadav Kahn at Woollahra and Leon Beshle, Alex Llyukevitch and Nikolai Dyumin at Hunters Hill. Randwick residents also enjoyed a spectacular blue-and-white cake after lunch as they sang Happy Birthday.

FOR THE CALENDAR

- This year we'll be seating close to 800 residents and guests at our Rosh Hashanah dinners each night, a huge undertaking for our spiritual and catering teams.
- Kol Nidre and Yom Kippur services will be held at both Hunters Hill and Randwick, with a Shiur and Yizkor service at Woollahra on Yom Kippur.
- We'll soon be building seven sukkot across our homes, so please join us for our Sukkot teas, as well as Simchat Torah celebrations.



Eli & Bessie Stein



Moshe & Batia Gitli celebrate



Creative Therapy Manager Maxine Ratus and RAO Joel Adinaden



Dalia Dior entertains residents at a celebration lunch



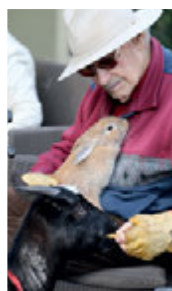
Randwick staff in blue and white



Lionel Green cuts the birthday cake



Joyce Wood and Jan Owen feeding the sheep



Leslie Gathy



Maya Amieson

LAG B'OMER

Also in May, families joined residents for our annual Lag B'omer Family Fun Day. There were rides and entertainers to keep the children amused at Hunters Hill, while at Randwick and Woollahra the farmyard nursery allowed young and old alike to enjoy being up close with cows, goats, rabbits, guinea pigs and more. [L](#)



Sylvia Agranat with son Roy



Noah Markovitch



Children enjoyed the day

Dementia support at home

Monte Help@Home is offering people living at home with dementia access to a trial support program as part of a new University of Sydney and Flinders University research project.




Montefiore is among the first NSW aged care providers to take part in a new program that focuses on improving the wellbeing of people living with dementia at home, by giving them and their carers solutions to daily challenges. The COPE (Care of People with Dementia in their Environments) program aims to support people to remain at home and maintain their independence longer.

Similar programs overseas following the ‘dyadic intervention’ model (focusing on both carer and client) have been shown to be effective in delaying functional decline, and this Australian rollout is part of the NHMRC Partnership Centre for Dealing with Cognitive and Related Functional Decline in Older People. “Carers who received the program in the US reported improvement in general wellbeing and increased confidence in their ability to support their family member with dementia at home,” explains Professor Lindy Clemson, co-lead investigator for COPE and Professor of Occupational Therapy and Ageing at the University of Sydney.

People living in the community with dementia and their carers are encouraged to sign up for COPE through Montefiore, being offered free of charge for a short period. The program is conducted over up to six sessions with Montefiore’s COPE-trained occupational therapists, Pallavi Shaik, Laura Connolly and Belle Sarkis. “We customise the program for each individual,” explains Pallavi, “with elements including adjusting the home environment, altering communication styles, and structuring routines and meaningful activities.”

How much the person living with dementia is involved will depend on the individual, but the carer participates in each session and will master strategies to address key concerns – managing behaviour, decreasing dependence in everyday activities or engaging the person with dementia in leisure activities. “They’ll also learn to generalise these strategies to new challenges that may arise,” says Pallavi, “so the carer feels confident they can continue to support the person with dementia to live at home into the future.”

“We customise the program with elements including adjusting the home environment, altering communication, and structuring routines and meaningful activities.”

Says Monte Help@Home General Manager, Karen Jordan: “We’re pleased to be offering our clients the opportunity to take part in this valuable program. Once the study is complete, we plan to continue to feature COPE as part of the suite of allied health services that sets Help@Home apart as a care provider of choice.” 

Montefiore is offering 15 COPE places free of charge to people living in the community with dementia. Contact Occupational Therapist Belle Sarkis, ph: 0412 573 762 or email: bsarkis@montefiorehome.com.au.

Better Practice in action

Several clinical and allied health staff presented some of Montefiore's innovative programs at the Better Practice 2017 conference, themed Rethinking Aged Care.



Dietician Jenna-Rae Hallam (seen here with Randwick resident Norman Krass) presented at Better Practice on the Dietary Coordinator role.

The national Better Practice conference is a key event for aged care professionals, run by the Australian Aged Care Quality Agency (AACQA) and comprising the annual Better Practice Awards as well as presentations from aged care practitioners. "It's an honour to have been given the opportunity to share some of our experiences and the programs we've developed," explains Director of Professional Services Janine Grossman, "as well as gain insights from other industry experts that we can bring back to Montefiore."

DIETARY COORDINATORS: BRIDGING THE GAP


Montefiore won a Better Practice Award in 2016 for the introduction of the Dietary Coordinator role, which has grown from one part-time position into two full-time roles. Dietitian Jenna-Rae Hallam and Dietary Coordinator Lukasz Kuczynski presented, sharing the ways in which Dietary Coordinators ensure collaboration among dietitians, occupational therapists, speech pathologists, nursing and catering staff to ensure around 2000 meals are safely delivered to 700 residents daily.

RESIDENTIAL CONSUMER DIRECTED CARE CAN BE QUANTIFIED

Choice, dignity and wellbeing have been at the heart of our approach to residential aged care since the introduction in 2015 of the Montefiore Philosophy

of Living (POL). General Manager of Residential Care Services Margaret Flynn and Woollahra Executive Care Manager Natalie Bolel presented on quantifying these standards of consumer directed care, which we achieve via POL Unit Certification. "To achieve certification, each unit within our homes must meet six POL standards," explains Margaret, "for example organising rosters to ensure continuity of care; accommodating each resident's preferred waking, showering and dining times; and ensuring allied health and clinical teams adapt their appointments to residents' schedules."

SEXUALITY & INTIMACY: IMPLEMENTING CHANGE

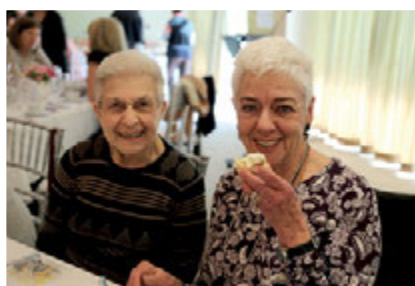
"We've been working on our approach to this area for several years now," says General Manager of Allied Health Services Tracey Clark, who co-chairs the Sexuality and Intimacy Working Party. Tracey presented in conjunction with Social Work Manager Jeannine Lew and Dr Catherine Barrett of Victoria's Celebrate Ageing to share some of the challenges and successes, which have included developing new policies and staff training, and introducing inclusive language and 'Do Not Disturb' signs. "One of the key aspects has been to support staff, residents and other stakeholders to explore their own values, belief systems and attitudes around sexuality, intimacy and positive ageing," Tracey adds. 

Tea and conversation

Our latest Silver Ribbon Tea Club event combined a delectable morning tea with insights on smiling through the ageing process, all in support of dementia research.



Dahlia Gordon & Sugar Cohen



Resident and SRTC member Winifred Rubens with Marcelle Grollman



Ladies' Committee co-president Wendy Englander & past president Cathy Shapiro



Volunteer Helene Gonski with board member Leora Ross



Silver Ribbon Tea Club guests Carol Pryer & Susan Lechem



Guest speaker Professor Carmelle Peisah with Community Relations Manager Esther Wakeman and Director of Client and Community Relations Melanie Lindenberg



Margaret Dolowitz and friends celebrating her 70th birthday

More than 60 people gathered for a high tea with a difference, held by the Montefiore Silver Ribbon Tea Club in the Stephen & Julie Lowy Lounge at Randwick on 9th August. Accompanying the pretty floral table decor, dainty sandwiches and delicious sweet creations were some frank, funny and inspiring insights from guest speaker Professor Carmelle Peisah. As an old-age psychiatrist, Prof Peisah shared her tips for keeping your mind healthy and happy even when your body is *tsekrochen* or feeling the effects of ageing.

"The Club has gone from strength to strength since we launched last year," explains Community Relations Manager Esther Wakeman. "For the price of a cup of tea (or two) each week, you gain complimentary access to these events and help Montefiore to support dementia research and the work of CHEBA in the process."

"There's no such thing as feeling 100 per cent, it's all about your outlook and resilience."

New Montefiore Community Visitor Margaret Dolowitz added to the atmosphere by generously gathering a large table of friends to celebrate her milestone birthday at the event.

To join the Silver Ribbon Tea Club, ph: (02) 8345 9119 or visit: www.montefiorehome.com.au com

Stay smiling at every age

Guest speaker at the Silver Ribbon Tea Club, psychiatrist Prof Carmelle Peisah shares her top five tips to remember about mental health and ageing.

1. LOVE YOUR GP

Find a GP who you trust to take both your physical and mental health concerns seriously. If you can, get in the habit of booking an extended appointment, so you can address all your issues at once without rushing.

2. DON'T ACCEPT THAT MENTAL ILLNESS IS 'NORMAL'

Depression and mental illness as you age can be common but that doesn't make them a 'normal' part of ageing. They can and should be treated.

3. CARERS NEED TO LOOK AFTER THEMSELVES TOO

Whether you're a husband, wife, adult child or sibling looking after a family member, you can't do it alone – so make sure you enlist the help and support you need from your own network.


4. DON'T EXPECT TO BE IN 'PERFECT' HEALTH

Expect to have pain and various chronic conditions, there's no such thing as 'feeling 100 per cent'. The important thing is how you perceive your ongoing health issues, your optimism and your resilience.



Professor Carmelle Peisah

5. WHAT'S GOOD FOR YOUR BODY IS GOOD FOR YOUR BRAIN

Exercise, blood pressure control, diet, socialising and performing complex mental activities are all good for you. This includes both your mood and your risk of dementia. 



Prevention and cure

An update on our latest practices to benefit resident health and wellbeing, which include a growing influenza vaccination program and a renewed focus on 'deprescribing' or medication reduction.



BEST SHOT AT FLU CONTROL

As you may have seen in the news, 2017 has been called Australia's worst influenza season in 15 years, with several strains of the virus affecting more than 70,000 people across the country.

"The more residents and staff who are protected through our vaccination program, the better our chance of preventing outbreaks," says Director of Professional Services Janine Grossman. "We can't completely eradicate influenza from our campuses, but we can take every measure to minimise the risk and protect our residents who are among the most vulnerable to the virus."

While Montefiore Hunters Hill has been affected by flu over winter, our high vaccination rates have been an important factor in reducing the impact on residents across all campuses. This year, 84 per cent of residents received the highest quality Quadrivalent Influenza Vaccine, formulated to contain the four influenza strains prevalent for the 2017 season. More than one third of vaccinations are now administered by Registered Nurses, making it easier for more residents to access this vital protection.

Staff vaccination rates this year were higher than the long-term average, with 417 staff encouraged to participate through additional clinic times and prompting on the Montefiore Intranet.

Family and friends play an important role in protecting our residents too, of course. Given the widespread presence of influenza this season, any people showing flu-like symptoms should avoid non-essential visits to our campuses.

LESS IS MORE IN MEDICATION

Polypharmacy, the term used when a person is prescribed five or more medications, can lead to adverse effects such as falls, toxicity and hospitalisation. This is an unavoidable challenge in the care of many older people. In addition to having multiple health issues requiring medication, they are also more likely to suffer from impaired liver and kidney function, which leads to higher circulating levels of medications in the body and therefore greater exposure to side effects and overdose.

Some older people fall into a cycle known as a prescribing cascade, when a second medication is added to treat the unwanted side effect of the original prescription – for example taking morphine for pain, then Coloxyl with senna for constipation and Risperidone for confusion.

"We've found that many residents at Montefiore are taking more than 10 medications (although this includes topical treatments for skin and eyes)," explains Nurse Practitioner Joanne Russell. "We are working on 'deprescribing', lowering this number to reduce side effects, improve general patient wellbeing and reduce prescription costs to the residents, too."

The first step in the deprescribing process, explains Joanne, is for a patient to request a four-monthly medication review from their GP and adjust as needed. Montefiore residents are also eligible to have a Home Medicines review by visiting Medlink pharmacists on admission, and every two years thereafter or when there is a sudden change in the person's health. These independent pharmacists are able to guide the General Practitioner in the safe reduction and cessation of medications, or replacement with other non-medicated treatment options. [\[1\]](#)

Residents and family members wanting more information on influenza vaccination or medication reviews should speak to their Montefiore Registered Nurse or their own GP.

Hand in hand

Fay and Julian Markovitch have approached their move to Montefiore Woollahra as they have the many other changes and challenges in their 40-year marriage – together.



Photo by Nadine Saacks

Julian and Fay Markovitch

The first thing you notice when you sit with the Markovitchs for a cup of tea is the loving banter that still bounces between them more than four decades after they were first introduced by friends. At the time, Fay was a widow with four young children, while Julian was working as a fashion production manager and settling into Sydney life after the end of his first marriage in the UK.

“On our first proper date, we saw the movie *Dirty Harry*, which was quite scary you know,” remembers Fay. “She grabbed my

hand after 10 minutes,” finishes Julian, “and never let go.”

The pair settled and raised their family around the Eastern Suburbs, and between them their clan now extends to seven children, 13 grandchildren and five great-grandchildren. They see their Sydney family regularly, and have embraced Facebook as a way to keep in touch with Julian’s children in England. After spending their earlier retirement years on the NSW Central Coast where they were active in the Kadima


Jewish congregation, Fay and Julian returned to an apartment complex in Maroubra, “but there was no sense of community.”

While it was an illness for Fay in 2016 that brought them to Montefiore Woollahra, where they share adjoining rooms, she says “we feel very lucky to be here.” It’s evident that Montefiore is just as lucky to have the Markovitchs, now in their 80s, who’ve embraced their new home both as residents and volunteers.

“We’ve had a lot of ups and downs, but we have a pretty good life for our age.”

“Julian and Fay are full of love, fun, compassion and light as they go about their caring work assisting new residents to settle in,” says Woollahra Executive Care Manager Natalie Bolel. “They certainly make Woollahra Montefiore Home an even better place to live, and are valued and appreciated by residents and staff.”

As well as being the Home’s Mr Fix-It, Julian runs bingo twice weekly, where he perhaps relishes the chance to channel his theatrical heritage. “My grandparents were both performers on the London stage,” he explains, “and my mother’s childhood babysitter was a young Charlie Chaplin.”

On the day of our photo shoot at Randwick, Fay proudly displays the pendant Julian gave her for their 40th wedding anniversary. “We’ve had a lot of ups and downs in life” says Julian, with a twinkle in his eye. “But we’re still here, together, and we have a pretty good life for our age.” 

Five of the best

We speak to longtime supporters Harry and Vivienne Beck about the value of rewarding and training staff, and how this has inspired them to offer Montefiore's fifth Perpetual Scholarship.



Montefiore Life Governor Harry Beck and wife Vivienne are recognising the care offered to their family with a new Perpetual Scholarship.

What better way to have a lasting impact on the care Montefiore offers its residents than with a scholarship that contributes to staff training and education? For longtime supporters Harry and Vivienne Beck, it was the obvious choice when they decided the time was right to make a

substantial contribution. "We ran a pharmacy for 30 years," Harry explains, "and some staff were with us through that whole time. If you look after people properly, they'll stay and keep giving back."

The Becks and their family have been regular visitors since the 1990s, when Harry's parents Paula

and Kurt moved to Montefiore Hunters Hill, and Harry became a Life Governor as part of the Randwick Capital Appeal. He is grateful for the care received by his parents as well as close family friends Oswald and Eva Grable, who both celebrated their 100th birthdays at Randwick before they passed away in 2014 and 2015. "The Grables were like second parents to me from the moment I was born in Shanghai," explains Harry. "My father was away at the time and the nurses handed me straight over to Ossie."

The Harry & Vivienne Beck Perpetual Scholarship for Further Education and Continued Improvement will be awarded later this year, and joins four other scholarships in Montefiore's growing program.

To find out more about making a donation to Montefiore, contact Esther Wakerman, Community Relations Manager, email: ewakerman@montefiorehome.com.au or ph: (02) 8345 9110.

REWARDING EXCELLENCE

The new Beck Perpetual Scholarship joins four already awarded through our generous supporters:

The Tom & Rose Mautner Perpetual Scholarship for Further Education and Continued Improvement

Board Treasurer Tom, and his wife Rose who is a regular visitor to residents in hospital, are about to award this scholarship for the third time. Past recipients include Woollahra Acting Deputy Care Manager Muna Shrestha (pictured) and Digital Services Systems Specialist Nada Khamou.

The Lola Penn Perpetual Scholarship for Continued Education and Improvement in Art Therapy

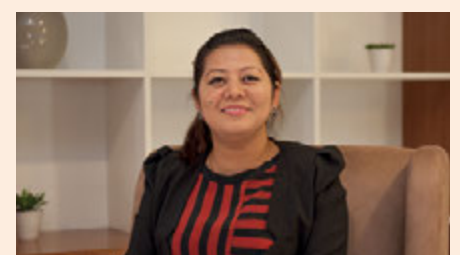
This scholarship was first awarded in 2014 by cardiologist and artist Dr Ian Penn, in memory of his mother Lola who was diagnosed with dementia at 91 and experienced an artistic awakening through art therapy at Randwick.

The Dr Ian Penn Perpetual Scholarship for the Establishment and Continuation of the Alive in Music Program

Again recognising the importance of creativity to the wellbeing of residents, this scholarship funds iPods for the Alive in Music program, where music therapists tailor specific playlists for residents that help to reduce stress, and improve their mood and wellbeing.

The Cass Lyons Perpetual Scholarship for Further Education in the Living with Dementia Training Program

Sisters Margaret & Catherine Lyons established this scholarship in early 2017 in thanks for the care received by their mother Cass, a former lawyer who spent three years in the Special Care Unit at Randwick. [L](#)



Woollahra Acting Deputy Care Manager
Muna Shrestha

A time to share

Our youngest visitors play a vital role in the life of Montefiore, participating in a range of activities with residents including bringing in Shabbat with song, music and joy.

SPENDING TIME IN THE WOOLLAHRA GARDENS

At Woollahra Manor, residents look forward to monthly visits from the children of Emanuel Woollahra Preschool. Set in a historic building in beautiful grounds, this campus offers the perfect environment for residents and students to share time outdoors reading together, and even getting hands-on with some gardening.



Resident Iris Kliman with Emanuel Woollahra friends



Resident Peter Turville teaches some gardening skills



Resident Jocelyn Friedman reads to one of the visiting preschoolers.



Peter Turville with Emanuel Woollahra Preschool students



Time spent in the garden is loved by all



Moriah Early Learning's Willie Lederman with Max Lemberg OAM, who spent many years teaching Jewish studies at Moriah

KABBALAT SHABBAT AT RANDWICK

Since Montefiore Randwick opened nearly 11 years ago, students from Moriah Preschool Randwick have been weekly visitors to the Home, where their Friday Kabbalat Shabbat service is a highlight for residents.



Bradley Seifman, Joel Green, Paloma Rochat & Madison Glatter with resident Myrna Super

As the preschool prepares to move its Randwick campus at the end of the year, all the students gathered at Monte Terrace recently for a very special Kabbalat Shabbat to be captured on film. Moriah Early Learning Jewish Studies Coordinator Willie 'Uncle Velvel' Lederman led the children in song, and Director of Early Learning Cathy Milwidsky spoke of the special relationship between Montefiore and Moriah. [\[7\]](#)

New year, new flavours

Meet our new Catering Manager Saranne Chait, who shares an indulgent cake recipe that offers a delicious twist on classic Rosh Hashanah ingredients.

5 Minutes with...

Saranne Chait, Catering Manager Montefiore

Saranne has spent a lifetime in the hospitality industry, including 20 years with sister Jodi at the helm of Radical Food and Events in South Africa, a household name in Cape Town. There she also published a cookbook and made regular TV appearances, before moving to Sydney in 2015 with her seven-year-old twins, Brad and Lior, and joining Montefiore earlier this year. Here's a little more about what she brings to the table and what drives her passion for all things food.

What inspired your career in food? My mother, Michele, was an incredible cook. From a very young age she encouraged us to be in the kitchen with her, make a mess, explore. She passed away shortly after I moved here, but I continue to be inspired by her and follow her example with my own boys.

Your favourite Rosh Hashanah/holiday memory or family tradition?

Definitely the way Mum laid the table, it always looked special and signified something different. All the family heirlooms came out, along with the apples and honey, as family and close friends gathered around the table.

Food from South Africa you miss most?

Tennis Biscuits, the base for many desserts. Bobotie (baked curried mince with a savoury custard topping), milk tart and koeksisters (a sweet, plaited fried dough).

Best meal in Australia so far?

It would have to be Kepos Street Kitchen in Redfern – chef and owner Michael Rantissi's Middle Eastern food is my vibe.

Greatest career achievement?

Probably the Red Cross Children's Art Benefit Dinner in Capetown. We transformed a blank canvas into a shabby chic dining space, producing a menu for more than 1000 guests, art collectors and artists.

Dream dinner party guests, and what's on your menu?

Yotam Ottolenghi, Nelson Mandela, Heston Blumenthal, and Mum and Dad. I'd let them cook for me!



Photos by Nadine Saacks

New Montefiore Catering Manager Saranne Chait

"The generation we're catering for here really knows their food, and they appreciate simple, quality ingredients on the plate."

Tell us a little about your approach to the food at Montefiore?

The generation we're catering for here really knows their food and cooking, and they appreciate simple, quality ingredients on the plate. And of course with traditional Jewish cookery, everyone has their own family recipes and preferences, so it can be challenging to accommodate all tastes. That's one reason we've decentralised the kitchens, so we can tailor menus to the tastes of each campus and their different demographics. We'll never make everyone happy all the time, but I'm aiming for the majority by focusing on improved variety and presentation, and bringing in new flavours and trends where possible. We're starting to receive really positive feedback, which is wonderful.

Saranne's upside down apple cake

with salted caramel sauce and caramel popcorn



INGREDIENTS

200g unsalted butter
200g caster sugar
3 eggs
2 tsp pure vanilla extract
1 ½ cups (200g) flour
2 tsp baking powder
Caramel popcorn and dried apple slices, to decorate

Apple topping

4 green apples, peeled, cored, thinly sliced (about 5mm thick)
80g unsalted butter
½ cup (125g) brown sugar
¼ cup (60ml) pure cream
½ tsp pure vanilla extract

Salted caramel sauce

165g caster sugar
½ cup (125ml) cream
50g unsalted butter, melted

METHOD

Preheat the oven to 180°C and grease and line a 22cm springform cake pan.

Lay the sliced apple in the base of the pan in a circular pattern. For the apple topping, melt butter in a small pan over low heat with remaining ingredients and ½ tsp salt. Stir to dissolve sugar, then bring to the boil and simmer, watching carefully, for about 5 minutes or until the sauce turns a caramel colour. Pour over the apples in the pan and set aside.

For the cake, place the butter and caster sugar in a bowl and beat using electric beaters until pale and fluffy. Add the eggs one at a time, mixing well after each addition. Add the vanilla, then sift the flour and baking powder over the top. Fold in to combine, then spoon the batter over the caramel apples (pushing in any apple pieces remaining after lining the base).

Bake the cake for about 50 minutes or until golden and a skewer inserted in the centre comes out clean.

Meanwhile, for the salted caramel sauce, place the sugar and ¼ cup (60ml) water in a small pan over low heat, stirring until sugar dissolves.

Bring to the boil, then return heat to medium-low and simmer for 10 minutes, without stirring, until colour is a dark brown caramel. Quickly remove from the heat and whisk in the cream and butter. Add ½ tsp salt, return pan to the stove and simmer gently, whisking, for 2 minutes or until the sauce is a rich caramel colour and pouring consistency. Cool.

When ready to serve, carefully turn out the cake onto a serving platter. Pour over the caramel sauce, then decorate the cake with caramel popcorn and slices of dried apple. **L**

Serves 12



The spice route to Sydney

Born in Singapore to Iraqi Jewish parents, Montefiore Randwick resident Meda Meyer's life story celebrates her resilient attitude to life, and a love of family and food.



Meda with volunteer Helene Gonski, who worked together for three months to record her life.

The corridors of each Montefiore campus are filled with stories, some just take a little more coaxing than others to emerge. For more than a decade, Community Relations Coordinator Rene Ichilcik has run the Life Story program, identifying residents who would benefit from recalling and sharing their recollections. "When staff or a family member recommend a resident, we pair them with a volunteer who visits regularly to talk, transcribe and edit together," Rene explains. A Life Story – presented in front of family, friends and staff – is the end result, but this writing process is just as important. "Many new and lasting friendships are made along the way," adds Rene.

Meda Meyer's recent Life Story presentation was a lively and loving gathering of her extended family spanning four generations. All speak of the 91-year old as a wise and warm woman, who has always held an ability to see the bright side of life, a theme repeated in Meda's own words throughout her Life Story: "I say to myself 'be adaptable'. I have been through a lot but G-d helped and I got through the difficulties. I have a sense of humour too – laughing is good for you."

This outlook comes in spite of challenges including her wartime imprisonment as a teenager by the Japanese in Singapore, and arriving in Australia at the age of 44, as a widow who had to support her two teenage children.

Meda's daughter, Sue Szekely, speaks of the valuable life lessons her mother taught her. "In an environment that was male dominated, Mum had a feisty nature and a voice. I grew up learning the importance of independence and tertiary education

for women." Also noted is Meda's love for cooking, which granddaughter Rachel has documented in a cookbook. "Her fridge at home was always full with the best of foods," says Sue, "and for decades Mum organised banquets single-handedly for family and friends."

Among those singing Meda's praises at the Life Story presentation was volunteer Helene Gonski, who sat with her over three months to capture her experiences. "Meda is amazing. She has gone through so much but she's resilient and positive, with a great sense of humour," says Helene.

"It's been such a lovely experience," adds Sue, "seeing someone like Mum being celebrated, who's led a so-called 'ordinary' life rather than one of public achievement. It means a lot to all of us."

For more on the Montefiore Life Story program, contact Rene Ichilcik, richilcik@montefiorehome.com.au



Four generations of Meyer family women



Randwick resident Meda Meyer with her extended family and Montefiore friends at her Life Story presentation



Meda with her twin brother Sassoon

“I say to myself ‘be adaptable’. I have been through a lot, but have a sense of humour too – laughing is good for you.”



Meda Meyer aged 14

Singapore in the 1940s

In this edited extract from Meda Meyer’s Life Story, she shares stories from her early life in Singapore.

GROWING UP IN SINGAPORE


We had wonderful freedom until the war came, a very happy childhood with lots of laughter and good friends. I went to St Anthony’s Convent school, attended by many Jewish children. I spoke English, Malay and Arabic. I studied hard, but because of the war I could not finish school and there was a lot of anti-Semitism around.

It was very difficult during the war. The Japanese took us to Siam Road Camp, first the men and later the women – I went in 1945 for 6 months. It was like a prison. They were cruel and I was beaten up by a soldier nicknamed “Puss in Boots”. At night we lived in fear as we heard the Japanese walking along in their boots. We were all separated even though my father and brothers were in the same camp. The entire family survived, but my twin brother Sassoon contracted gangrene in his leg.

AFTER THE WAR – STARTING OVER

I am a positive person and when I was freed I said to myself “I am a free bird and have to start life again”. All the houses were empty because they had been looted, it was an unsettled time and food was scarce – we traded rice for eggs with the Chinese. I was too old to go back to school so I went to night school and did typing, shorthand and book-keeping. I joined Habonim, had Hebrew lessons and became a Madricha and taught little kids Hebrew myself. We also had fun with friends, picnics, and concerts. We were content.

MEETING MY HUSBAND

I met my husband Reuben in the Siam Road Camp in 1945 on a Sunday, the only day we were allowed to visit the men’s section. We married in 1948 in Singapore at a big family wedding. It was a double wedding with my best friend Alina, who married my husband’s brother. We started married life in Seremban, Malaysia, where my husband’s family were the only Jews, then settled back in Singapore after a year. We had a good marriage but were only married for 18 years before he passed away. 

32,000 reasons to celebrate

National Volunteer Week is a highlight on the Montefiore calendar, as we celebrate those who selflessly contribute more than 32,000 hours of their time each year.



Service Award recipients 2017

The Montefiore community is privileged to enjoy the essential support of a thriving volunteer workforce across its four sites. Over 500 loyal volunteers, from babies to high school students, residents, retirees and those still in the workforce, contribute more than 2666 hours each month (32,000 annually). These generous community members are seen in all areas of the home from the cafe and boutique to transport, and running groups for art, knitting, music, current affairs, games, computing and languages to name just a few.

National Volunteer Week in May offered a chance to celebrate these dedicated members of the Montefiore family, with a program that included a workshop at the Sydney Jewish Museum with board member Renee Symonds on volunteering with Holocaust Survivors, a special morning tea for resident volunteers at Hunters Hill, and a Spirit of Volunteering event at Montefiore Randwick attended by more than 100 people.

There, keynote speaker Ramona Freedman shared some insights into how volunteers helped on her breast cancer journey, which began when she was just 33 with a young family. From meal drops to lift schemes to nurses who worked well past their paid hours, her “volunteer angels helped every step along the way”.

Also at the event, Volunteer Manager Hazel Stein presented awards to 44 volunteers marking 10 years of service and 20 celebrating seven years. Special awards were presented to Hunters Hill volunteers Janice Goldman for a remarkable 50+ years of service; Elizabeth Chosid who has devoted 40+ years; and Queenie Weiner, George Bluth and Necia Seskin who have each committed 15-20 years.



Faye Green, Maurice Kiss, Elizabeth Chosid, Sandra Malki & Annette Joseph



Leila Freedman, Ramona Freedman, Hazel Stein, Jane Silverman, Arlene Latham & Melanie Lindenberg

International volunteers visit Randwick



Randwick resident Cato Klein meets with one of a group of visiting American students

A group of 23 American students took time out of their August summer camp trip to learn more about our volunteer program and spend time with residents. US girls' youth camp Bnos Kanfei Nesharim visited our Randwick Campus, amongst an itinerary that included stops in Australia, New Zealand and Hawaii. The students, predominantly from New York and Chicago, spent time learning about Montefiore, its history and a message on Tisha B'av from Rabbi Rogut OAM before engaging with residents. Activities included a trivia quiz, games and knitting circle, as well as spending time with some of our centenarian residents and Holocaust survivors. Residents and visitors enjoyed each other's company, and our young guests left with some valuable life insights, as one volunteer Mimi explained: "It's so important to live your life to the fullest, as every second counts."

Volunteer in focus – Cyril Herr

Cyril Herr is a man of many talents, with a big heart and boundless energy – a hostel resident at Hunters Hill as well as a volunteer. He wears an extraordinary number of hats in his various volunteering duties, from compering all the concerts held at the campus to running a very successful and well attended men's group where he engages interesting speakers every Tuesday afternoon.

You will also find him chairing a discussion group for hostel residents on Wednesday evenings, where they cover many varied and interesting topics.

In his 'spare' time Cyril chairs our Welcome Ambassador Volunteers, responsible for welcoming our newest residents to the home and helping them to settle in. Amongst all this he also spends time with and takes care of his wife, Berenice, who resides in the nursing home.

"I like to do the right thing and be productive," says Cyril, and his efforts are certainly much appreciated by all at Montefiore.




SCHOOL BOOKS TO LIFE LESSONS

Local student volunteers are always appreciated at Montefiore. For Samuel, Scott, Oliver and Michael, in Year 10 at St Ignatius Riverview, their week-long Service Learning Program was an opportunity to learn more about Jewish culture and history as they interacted with Hunters Hill residents. All appreciated the energy, smiles and kindness they brought to each activity.

The students left us with feedback including:

"I feel that I am making a difference by helping the community and staff."

"I enjoyed talking and playing games with the residents."

"It was great experience seeing what happens behind the scenes for the residents and the nurses." 

Tea and inspiration

From the annual boutique morning tea to a huge bridge evening, our vibrant Ladies' Committee has had a busy and productive few months.



Ladies' Committee volunteers gathered for their annual Boutique morning tea

Inspirational speaker Robyn Gerber OAM, Life Coach was special guest at the recent annual boutique volunteers' morning tea, where she shared her thoughts on the importance of volunteerism not only to an organisation but to our individual wellbeing. "Whatever we do on a voluntary basis, no matter how big or how small, it can make a

difference and 'tip the scales,'" she says. Robyn has been a volunteer in our Sydney community for 30 years, staging major events, fundraising and mentoring both volunteers and professional staff of many community organisations. Her knowledge of the community and her passion for its continued growth and continuity drives her

to do what she does. Robyn explained that we must value the work we do and in turn value ourselves and our ability to be a positive factor in the amazing services of the Montefiore. The morning also offered boutique volunteers the opportunity to share ideas on improving the already wonderful service the stores offer.


BIG NIGHT OF BRIDGE RAISES \$12,000



Aidan Dorrell, Camille Hirschowitz, Annette Joseph, Allen Rosenberg & Faye Green

The latest Ladies' Committee Bridge Evening in April was attended by a remarkable 136 bridge players, thanks to the coordination of Camille Hirschowitz and Allen Rosenberg.

The Ladies' Committee and coordinators are grateful to all those who generously sponsored a table for the evening, as well as the professional players who donated bridge lessons as the raffle prizes.

The evening raised more than \$12,000 towards the Holocaust Survivor education programme, providing essential training to all Montefiore Home staff. Co-presidents Annette Joseph and Wendy Englander thank Camille, Allen and all their committee members for their support on the evening. 

HUNTERS HILL CLOTHING SALE

SAVE THE DATE:
THURSDAY, 2ND
NOVEMBER

Pick up amazing bargains at the Ladies' Committee Annual Clothing Sale on Thursday, 2nd November. This popular event is open to all residents and staff, don't miss it!


Two new partnerships blossom

A new community transport arrangement and revitalised gardens bring fresh opportunities for visitors to the Burger Centre in Sydney's East.

TWO NEW PARTNERSHIPS BLOSSOM

Spring may have barely sprung, but the generous team at Bunnings Randwick helped the Burger Centre get an early start in July as they donated their expertise, plants and equipment for a makeover of the centre's terrace and courtyard areas. They have begun adding large pots and plants to soften the large, open eastern terrace, but it's in the courtyard edible garden that things are really buzzing.

Burger Centre clients, visitors, volunteers and staff helped to clear garden beds, lay out colourful (and edible) flowering annuals, and begin planting out vegetables and fruit trees to enjoy their harvest through the year.

Another new partnership with Randwick Waverley Community Transport will see the Centre explore new horizons with co-branded buses now picking up Burger Centre clients for activities. "This is a really exciting development for the Centre and our clients," explains Senior Manager Bronwyn Elbourne. "The access to a range of vehicles will allow us to venture further afield and offer a greater variety of outings and activities, like this week's trip to the Bowral Tulip Festival." 

For more information and bookings, ph: (02) 8345 9147 or email: info@burgercentre.com.au



Bunnings Activities Organiser Shaun Walsh with the Burger Centre's Melanie Sarif (second from left) and Ray Roy (centre), and clients Noel West, Sam Cavallaro & Bella Bass.

DRIVERS NEEDED

The Burger Centre is looking for volunteer drivers, to find out more, ph: (02) 8345 9147.

Join the club at Hunters Hill


On the northside, Club Monte is waiting to welcome day visitors for a range of activities.



Club Monte regular Beverley While enjoys art activities during her visits.

Art and music therapy are always popular with visitors to Club Monte, a day centre for seniors living independently located at Montefiore Hunters Hill. The daily program includes a range of activities that support physical, social and intellectual wellbeing – including exercise classes, hydrotherapy, games, discussion groups and more.

Beverley While of St Ives has been attending Club Monte weekly for the past five years, having first heard about the service through a friend. "I can't speak highly enough of the bright atmosphere, welcoming staff and the friends I've made," Beverley says.

Club Monte hosts four groups each week, from Tuesday to Friday including meals, with transport services also available. 

For Club Monte bookings and information, please contact Cecily or Hazel on ph: (02) 9879 2726.

Nurturing new leaders

Eleven Montefiore staff members from across the organisation have embraced the opportunity to take their management skills to the next level.



Congratulations to our Diploma of Leadership & Management graduates Andrew Cook, Elaine Goodman, Jenna-Rae Hallam, Alex Langham, Sara Moses, Wendy Pan, Sabrina Scandurra, Pallavi Shaik, Jane Silverman, Mekala Subramaniam & Sunita Tamang

“The insights into other work disciplines combined with the course material has helped us to refresh and update the skills we bring to our working day,” Senior Physiotherapist Andrew Cook told those gathered to celebrate the first Montefiore alumni of the Diploma of Leadership and Management, run in conjunction with the Northern Sydney Institute (NSI).

Andrew and 10 other staff members from across the organisation – including allied health, nursing, professional services and volunteer staff, were chosen through the open application process, and sponsored by Montefiore to participate in the 12-month course.

“It’s important for us to support the development of practical skills for our managers and emerging leaders across a number of key areas,” explains Anna Santikos, General Manager of People, Culture and Learning. “And to recognise the participants’ significant commitment of time and effort with a nationally accredited course that will help to further their careers.”

The leadership diploma is the latest in a series of successful collaborations with the NSI, which has included nationally accredited courses in Frontline Management and Aged Care.

Says another of the graduates, Senior HR Advisor Alex Langham: “The course has provided me with many practical tools and skills that I have been able to subtly apply in my day-to-day role with Montefiore. But for me it has been the shared learning opportunity with this wonderful and talented group of people that has been the stand-out experience over the past year.”

We wish the graduates a hearty congratulations on their achievements, and look forward to seeing the benefits of their newfound skills across Montefiore.

PHILOSOPHY OF LIVING VALUES RECOGNISED

Also receiving accolades in July were our latest winners in the Employee Appreciation & Innovation Awards, which offer an opportunity for outstanding staff members to enjoy recognition by both management and their colleagues as champions of our Philosophy of Living values – choice, dignity, wellbeing. The latest awards held at each campus saw staff gather to share a delicious build-your-own burger bar and waffle bars as the winners were announced. Congratulations to Eric Santillana, Tinil Varghese Wilson and Regina Williams at Randwick, Yasmin Koya and Mary Ann Underwood at Camelot and Kopila Pandey at Woollahra. **L**



Woollahra's Franco Tatad, Kopila Pandey, Scarlet Quan Liu & Namrata Baniya enjoy the waffle bar

Art@Monte

More than 120 art lovers gathered in April for 'The Art of Collecting Art', where Joanna Capon OAM and Karen Gutman brought together a panel of experts who spoke insightfully about a favourite work in their collection.



Panelist Eleonora Triguboff,
Oscar Shub & Tracey Hayim



Panelist Edmund Capon
AM, OBE & Art@Monte
organiser Karen Gutman



Panelist John Kaldor AO &
President David Freeman AM



Guests Ros Levin, Karen Midalia
& Jenny Stricker



Guests Karoline Brodaty, Ruth
Krochmalik, Kathy Wills & Judy Kaye



Michael Gutman, Danny Goldberg
& Melanie Lindenberg



Panelist Nick Tobias &
Heidi Melamed



Max Kahn & Art@Monte
organiser Joanna Capon

Big Night In

South African illusionist and entertainer Ilan Smith encouraged Randwick residents to suspend disbelief and enjoy a magical evening.



Cato Klein, Sigrid Westheimer
& Linie Albert with Ilan Smith



Ilan Smith & Mirreille Wood-Hesketh



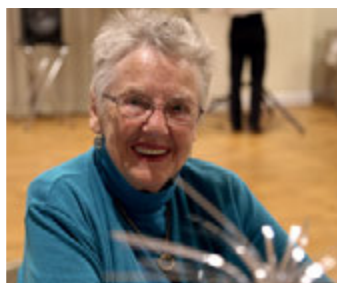
RAO Gabrielle Olasope & Esther Taylor

Broadway

Themed tables were named after popular musicals and residents were treated to 'dinner and a show' featuring entertainers performing favourite tunes at Hunters Hill.



Vicki Eskenazi, Service Operations Manager
Gavin Schneier & Sheila Goldberg



Resident Dawn Kagan



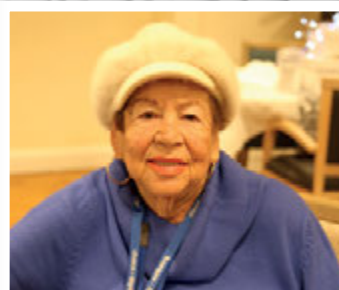
Entertainer Merianne Shepherd



Jack Finkelstein



Helen Krigstein & Cultural
& Lifestyle Coordinator
Luda Norilov



Assia Goldberg

Taronga

Things went a little wild at Montefiore Randwick and Woollahra thanks to a visit from the Taronga Mobile Zoo.



Steven Koppe & Winifred Rubens



Elizabeth Ziegler with a shingleback lizard



A baby ring-tailed possum



A turtle up close



Zelma Barkey, Estelle Hartstein
& Ruth Galler



Leisure & Lifestyle Manager Laura Connolly
& resident Mina Herscovici

Semachot

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

BAR MITZVAH

Myles Cohn

BIRTHDAYS

David Schach's 40th Birthday

Sam & Sandra Blechman

Dan Katz's 50th Birthday

Jos & Amelia Katz

Alan Lindenberg's 60th Birthday

Ted & Adele Swirsky

John Bear's 70th Birthday

Esther Cossman

Estelle Tracton & family

Yvonne Berman's 70th Birthday

Vernon & Anita Amler

Trevor Collins' 70th Birthday

Gerry & Laura Goldwater

Margaret Dolowitz's 70th Birthday

Tony & Sugar Cohen

Jonty, Karen, Ethan

& Joshua Dolowitz

Haim & Shirley Fleischer

Dahlia Gordon

Brian & Helen Kristeller

Sue Lechem

Lisa Levin & family

Thelma Levin

Rita Opit

Gary, Andy, Doron & Ari Shlom

Rosalind Swidler

Robert Gavshon's 70th Birthday

Hedley & Zara Gordon

Jennifer Shames

Laurie Jaye's 70th Birthday

Gerry & Laura Goldwater

Nevil Lazarus' 70th Birthday

Jonathan & Sorrell Sher

Peter Philippsohn's 70th Birthday

Irene Nemes

Vicky Rogut's 78th Birthday

Brian & Beryl Levitan

Arnie & Karen Lopis

Sarah Amoils' 80th Birthday

Jules & Min Wesek



Thanks to a very generous young man, Myles Cohn, who donated a portion of his Bar Mitzvah money to Montefiore at Hunters Hill, pictured here with his great-grandmother Seyna Fooks who is a resident and Rabbi Rogut OAM

Estelle Bloom's 80th Birthday

Harold & Railea Don

Harold & Jill Gold

Ruth Isman

Naomi Diamond's 80th Birthday

Helene Greenblau

Wendy Diamond's 80th Birthday

Maureen Segelov

Lesley Green's 80th Birthday

Phillip & Estelle Bloom

Harold & Jill Gold

Rod Hymann's 80th Birthday

Harry & Fae Rosenthal

Myer & Kathy Stein

Rena Jedwood's 80th Birthday

Jerrold & Shirley Jacobson

Rosalie Klass' 80th Birthday

Jack & Rosalie Pencharz

Molly Knep's 80th Birthday

Carol, Carole, Maureen,

Monica, Myra, Trina, Viv,

Yetta and families

Gerald Mallinick's 80th Birthday

Charles & Yvonne Berman

Adele Myerson's 80th Birthday

Jerrold & Shirley Jacobson

Ervin Nadel's 80th Birthday

Sigrid Westheimer

Arthur Resnick's 80th Birthday

David & Audrey Simmons

Elizabeth Sapir's 80th Birthday

Benny Green & Helen Clayman

Marilyn Davis

Gerry & Jill Fox

Peter & Jenny Solomon

Michael Sperber's 80th Birthday

Yvette Berson

Judy Spira's 80th Birthday

Shelley Lewis & Jemma Brender

Harry & Myra Nestadt

Susie Warhaftig's 80th Birthday

Meyer & Joan Toblib

Jackie Yudelowitz's 80th Birthday

Judy Traub

Dorothy Zylstra's 80th Birthday

Jerrold & Shirley Jacobson

Bernard Jacoby's 84th Birthday

Fred & Judy Heilpern

Julian Markovitch's 84th Birthday

Phillip Levy

Joshua Markovitch

Harry & Dottie Stein

Semachot



Randwick residents Julian and Rebecca Chodos recently celebrated their 60th wedding anniversary.

BIRTHDAYS CONT'D

Fred Heilpern's 85th Birthday

Ronald & Susanne Freeman
Bernard & Margot Machliss

Peter Klimt's 85th Birthday

Fred & Judy Heilpern

Kevin Marks' 89th Birthday

George & Inge Bluth
Esther Cossman
Barbara Stein

Ruben Berman's 90th Birthday

Julian & Rebe Chodos
Jos & Amelia Katz

Sam Chait's 90th Birthday

Zelda, Minnie & Rennie
Necia Seskin

George Cohen's 90th Birthday

Lollie & Jackie Meyerowitz

Les Davimes' 90th Birthday

Julian & Rebe Chodos
Mervyn & Hazel Stein

Molly Frampton's 90th Birthday

Eli Leibowitz & Gillian Van Embden

Eve Heller's 90th Birthday

Eric & Vera Bonyhady
Gita Buchwald
Bertha Moser

June Lotzof's 90th Birthday

Grolman family

Paul Mendels' 90th Birthday

Thomas & Susan Grossman
Beth Rose
The Girls of the Strand Arcade

Betty Strumpan's 90th Birthday

Miriam Feldman

Bobby Shandler's 95th Birthday

Michael Shandler

Amalia Sonnabend's 99th Birthday

David & Audrey Simmons

Nick Goodman's 104th Birthday



Randwick resident Nick Goodman celebrated his 104th birthday with family

ENGAGEMENTS

Natalie Pfefferman & Brad Rom's Engagement

Robert & Agie Oser

WEDDINGS

Shlomo & Chaya's Wedding

Sam, Sandra & Hyman Blechman

Gary & Ruth Blumberg's Wedding

Brynn & Simone Blumberg
Lee Costa
Michael & Evelyn Freeland

WEDDING ANNIVERSARIES

Irvin & Merle Waime's 25th Wedding Anniversary

Vernon & Anita Amler

Sid & Pauline Berkowitz's 50th Wedding Anniversary & Sid's Birthday

Tony & Sugar Cohen

Sydney & Tanya Carlin's 50th Wedding Anniversary

Vernon & Anita Amler

Alex & Ros Fischl's 50th Wedding Anniversary

Paula, Leah, Anne & family
Frank Wittal & family

Wesley & Sari Browne's 60th Wedding Anniversary

Ron & Loretta Don

Bernard & Shirley Maybloom
Lea Portrate

Julian & Rebecca Chodos' 60th Wedding Anniversary

Eve Bloch
Selwyn & Moyra Blumberg
Brian & Alice Ginsberg
Doreen Gruss
Nicholas Halmay
Jos & Amelia Katz
Cato Klein
Colin & Sue Lipschitz
Lorna Sarif
Mel, Richie & Mikey Sarif
Meyer & Joan Toblib
Judy Traub

John & Wendy Diamond's 60th Wedding Anniversary

Ron & Loretta Don & family

Egon & Miriam Sonnenschein's 60th Wedding Anniversary

Harold & Frankie Shall


Jules & Min Wesek's 60th Wedding Anniversary

Elkan & Ella Jacobson

Joe & Clare Beutum's 67th Wedding Anniversary

Mark, Sue & Laura Werman

Angel & Denise Mallach's 70th Wedding Anniversary

Marilyn Davis
Doreen Gruss 



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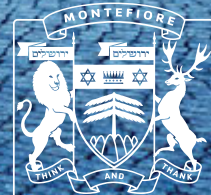
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