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ROSH HASHANAH 2018





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Life

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ROSH HASHANAH 2018

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On our cover

Cycling Without Age: Sam Gelber and Win Rubens are the first residents to experience our new trishaw with volunteer rider Adrian Boss.
Photo: Daniel Linnet.



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Welcome

The community that surrounds and uplifts us is the key to Montefiore's ongoing capacity to offer quality care and support to older people. So many of the outstanding stories in this issue of *Life Magazine* demonstrate just how vital that community network is, and all those people who give generously of their time and efforts to lend a hand. First is the inspiring new Cycling Without Age initiative on our cover (page 4), joined by an intergenerational playgroup that is bringing joy to young and old alike (page 10). Not to mention recent awards for our volunteers, including high school students. As any among them would tell you, they gain as much as they give through spending time with our residents and clients.

Despite a challenging Federal Government funding environment, our organisation continues to innovate across the board in an effort to offer best-practice clinical and allied health services – and to provide every individual with the choice, dignity and wellbeing they deserve.

I'm pleased to introduce a new smaller-scale living model that will bring significant changes to the way we support people living with dementia in Residential Care (page 7).

Help at Home has been exploring new territory, too, with services now extending from aged care to clients living with a disability in the community under the National Disability Insurance Scheme (page 18).

The sales campaign for the M by Montefiore retirement living development has also launched in earnest since our last issue. With a significant number of apartments reserved, this puts us in a strong financial



position to commence building. With the appointment of a construction firm imminent, we're ready for the next phase as we break ground in September – read more on page 6.

I hope you enjoy this issue of the magazine. With the rebrand of Montefiore now complete, you'll also find regular updates on all the latest happenings at our new website montefiore.org.au.

Finally, I'd like to wish all our residents, clients, families, members and staff Shana Tova on behalf of the Board and Management.

David Freeman AM, President

Above: Federal Minister for Aged Care the Hon Mr Ken Wyatt AM, MP, CEO Robert Orie & President David Freeman AM at the recent launch of the government ELDAC initiative hosted at Montefiore (p 17).

BREAKING NEWS Our Integrated Cognitive and Sensory Program to support people living with dementia has just won a national Better Practice Commendation Award. Read more at montefiore.org.au



Left: BikEast's Adrian Boss with Sybil Goldberg & Phyllis Glasser.

10,000+ volunteer riders. So far, the oldest Cycling Without Age 'pilot' has been 89, and the oldest passenger 106, a testament to the fact that age is no barrier.

The initiative was first brought to Montefiore's attention by local cycling group BikEast, which went on to source a generous anonymous donor for the trishaw, as well as helmets from Woolys Wheels. They'll also provide the volunteer cyclists who will make rides through Centennial Park and the surrounding neighbourhood a regular part of our Leisure & Lifestyle program.

BikEast Cycling Without Age coordinator Adrian Boss says: "We've been working towards this since we first heard Dorthe speak in 2016, and our members are lining up to volunteer their time as pilots. We can't wait to get started at Montefiore, and are in talks with local councils to fund further trishaws, too." **M**

Residents and family members interested in the program should speak to their Leisure & Lifestyle Coordinator. For more on Cycling Without Age, visit: cyclingwithoutage.org.au



Clockwise from top: Dorthe Pedersen, Leslie & Marcelle Plaut; Larry Vincent, Adrian Boss, Director of Professional Services Janine Grossman & Dementia Specialist Dr Jacki Wesson; Adrian Boss, Win Rubens & Sam Gelber.

Freedom riders

Montefiore is thrilled to be among the first aged care providers in Sydney to be part of the international Cycling Without Age program.

Montefiore is proud that the Randwick campus has launched as the first Eastern Suburbs location for Cycling Without Age (CWA), a Danish organisation pairing riders with people living in aged care.

The aim is to give older people the chance to experience the wind in their hair and the freedom of riding a bike again – in this case a motor-assisted, custom built trishaw that holds two passengers – as well as helping to create social connections between younger riders and residents.

Speaking at the July 24 launch of the Montefiore program, visiting co-founder Dorthe Pedersen said: "What our passengers tell us they enjoy most isn't the cycling, it's the social aspect. It's about moving slowly, seeing life at street level, interacting with neighbours and using your senses to take in the sights and sounds. The trishaw itself is a conversation starter, too, people want to know what it's all about."

Dorthe helped to establish CWA in 2012, working with founder Ole Kassow who began taking residents of a local aged care facility near his home for free rides on a trishaw, to help them overcome mobility challenges and get back on their bikes. The program now extends to more than 35 countries around the world, with 1500 trishaws powered by

Photos: Giselle Haber, Daniel Linnet



Breaking ground

With a construction firm appointed and building set to commence soon, there's no better time to explore our new luxury retirement living option.

It's been a busy and successful six months as the new M by Montefiore luxury independent living development launched to the market. Deposits have now been taken on more than a third of the 79 one, two and three bedroom apartments.

This foundation puts the organisation in a strong position as we prepare to break ground in September, with Development Approval confirmed and the successful

building tender just announced as Richard Crookes Construction.

"We're excited to be working with the highly regarded team at RCC, led by managing director Jamie Crookes," says CEO Robert Orie of the firm, which brings a wealth of experience in retirement living and luxury residential projects. "We look forward to welcoming the community to celebrate our official ground breaking in September." **M**

Below left: an artist's impression of a three-bedroom apartment master suite.



"STAY TUNED FOR YOUR INVITATION TO OUR SPECIAL GROUND BREAKING CEREMONY ON SEPTEMBER 20."

VISIT OUR DISPLAY SUITE

Discover more about M by Montefiore in our display suite. Drop in during the week for a coffee while Sales Manager Linda Begg (right) shows you through our display kitchen, fixtures and finishes, scale model of the complex and unique floorplans for each of the remaining apartments.

Open Monday to Friday, 10am-4pm (Sundays by appointment)
120 King St, Randwick (next to the Burger Centre)
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From left: Randwick Special Care Unit Deputy Care Manager Sunita Tamang, resident Dr Peter Kark & Executive Care Manager Lara Boss; Director of Professional Services Janine Grossman & Dementia Specialist Dr Jacki Wesson.

Living better

Montefiore's new model for living well with dementia will tailor international best practice and smaller-scale environments with our leading support services.

Since the pioneering Dutch dementia village De Hogewyk launched nearly a decade ago, international best practice has been moving towards smaller-scale, more homelike environments for people living with dementia in residential care. Research has shown benefits to include a better quality of life, lower hospitalisation rates and lower emergency department presentations (Dyer et al, 2018).

With a purpose-built facility at Randwick on the horizon, the organisation is forging ahead now with a new Montefiore Dementia Model (MDM) for our existing residential care units. This will provide the best support for people with dementia to live well with choice, dignity and wellbeing.

"With the MDM, we're taking a new approach that represents the best of both worlds," explains Director of Professional Services Janine Grossman, who has attended the International Dementia Design School and visited leading care providers locally and overseas researching the best way forward. "We're taking the more intimate, small-scale living environments of the Dutch model,

and overlaying the leading interdisciplinary clinical and allied health care that Montefiore is known for."

Ultimately, the new MDM will see residents live in renovated, home-like neighbourhoods of 10-20 people, with an emphasis on engagement in everyday activities. Also key will be the choice and flexibility of routines that are already hallmarks of Montefiore's Philosophy of Living.

Under the guidance of Janine and newly appointed Dementia Specialist & Research Coordinator Dr Jacki Wesson, the Randwick Special Care Unit (SCU) has commenced the transition led by Executive Care Manager Lara Boss. This pilot program will then see the MDM extend to Hunters Hill and other relevant services. Residents' families are key to the process, and have been included on the main working party, already in progress.

Under the MDM, residents will be invited to actively participate in household activities – with the support of a new staff 'homemaker' role – including cooking, doing laundry, exercise and other leisure activities. "We don't just want SCU to look more like home, we want it to feel that way, too," adds Lara. "A warm, comfortable space for people to live well with dementia."

Ahead of more extensive renovations, communal spaces in SCU are already being adapted to create smaller sitting areas. As Jacki explains: "Environment can have a big impact for people – making spaces more intimate promotes healthy conversation and positive interaction." **M**

For more information on the new Montefiore Dementia Model, contact Dr Jacki Wesson, jwesson@montefiore.org.au

Photos: Giselle Haber



Life in the balance

Spiritual dean **Rabbi David Rogut OAM** encourages us to make a change for the good in his High Holiday message.

The Talmud (*Rosh Hashanah 16b*) records that Rabbi Keruspedai said in the name of Rabbi Yochanan: “Three books are opened (in heaven) on Rosh Hashanah. One for the thoroughly wicked, one for the thoroughly righteous and one for the intermediate. The righteous are forthwith inscribed in the Book of Life. The wicked are inscribed in the Book of Death and the fate of the intermediate is suspended from Rosh Hashanah until Yom Kippur. If by then they become meritorious in conduct, they are inscribed in the Book of Life. If not, their names are recorded in the Book of Death.”

This teaching presents a tremendous challenge to every Jew during the 10 days of penitence. Whilst we usually categorise people into good or bad stereotypes, the truth is the overwhelming majority of people are neither. Few would consider themselves as *tzadikim* or pious saints. Likewise most are not wicked, but belong to the in-between group. Most of us are so close to the good life for which we pray during the *Yamim Noraim* that often all that is required is one single step to carry us into the camp of the righteous.

At the end of World War II in a cell of a huge concentration camp, the liberating American Army found six Jewish inmates who showed signs of a terrific struggle before their death. Frightened by the onrushing US forces, the Nazi jailer fled and in haste dropped the keys. There in the doorway lay the keys, which to these men meant freedom and life itself.

Six hearts began beating faster and six pairs of hands stretched full length in a desperate effort to reach these precious keys. But, alas,

what tragedy, they lay just a little beyond their reach. So they fought and shrieked and tore at their flesh in madness until they died. And there lay the keys, nearly within reach.

Life is like that. Only G-d knows why it must be so. Why accidents of fate play havoc with the lives of the innocent. But there are areas in life we can do something about, where we enjoy *bechirah* – the freedom to choose between alternatives and to decide for ourselves,

Regrettably so few exercise the Divine gift of volition. We do not attempt to take the one decisive step which carries us over into the camp of the righteous, and remain forever in the category of the in-betweens.

Sadly, the quality of our Jewish lives today is weakened by the plight of indecision. Year after year we attend High Holiday services and often feel inspired and spiritually uplifted. We may even inform the Chazan that the services were moving and the Rabbi that his address was inspirational. Yet we fail to act decisively and resolutely about our own personal religious standing. We seem to be willing to remain forever in the camp of the in-betweens.

People are often afraid to face the changes in their daily habits and routine of life that such a decisive step would entail. Our Sages teach us that they consider the penitent to be even greater than the righteous (*Berachot 44b*). They appreciate how difficult it is to break with an evil past and face a new life. But by the same token, it is these decisions that make our lives truly fulfilling.

In the ancient city of Athens, there was a law that punished only those who remained neutral in case of revolution or insurrection. If indecision

and neutrality could ruin a city, how much more the individual?

As we usher in the *Yamim Noraim* may we all make a concerted attempt to move out of the world of in-betweens and petition Hashem to inscribe us in the Book of Life. 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. **M**

“MOST OF US ARE SO CLOSE TO THE GOOD LIFE WE PRAY FOR, THAT OFTEN A SINGLE STEP WILL CARRY US INTO THE CAMP OF THE RIGHTEOUS.”

Photo: Nadine Saacks

Right: Dennis Broit and resident Phillip Mintz at the Cyril Rosenbaum Synagogue.

A mensch and a minyan

For the past 20 years, Dennis Broit has been a stalwart of the Cyril Rosenbaum Synagogue at Hunters Hill, assisting the Rabbi or Brian Levitan on Shabbat and festivals, along with residents including Phillip Mintz. As a past board member and treasurer of Montefiore,

Dennis began attending with the late Hal Goldstein. The tradition later took on more meaning. “It was always family time with my father and brothers growing up,” he explains, “and when my father lived here at Hunters Hill with dementia, he would only react to us when we joined him in shul on Shabbat.”

Services with Rabbi Rogut run every Saturday, and all are welcome to join.



Clockwise, from left: Cultural Coordinator Tanya Levy with Succot decorations; Visiting American Bnos Kanfei Nesharim students get creative with residents Fritzi Rittermann and Joyce Edelman.



Photos: Giselle Haber, Carli Fainsinger

HOLIDAY SEASON

With Rosh Hashanah around the corner, Succot preparations are also underway at our Residential Care campuses. Visiting US students from Bnos Kanfei Nesharim summer camp joined residents recently as they created sukkah decorations using recycled CDs. Family and friends of Montefiore residents are welcome to join us for a series of Succot teas at Randwick, Woollahra and Hunters Hill. For more information, email: spiritual@montefiore.org.au or ph: (02) 8345 9294.

Child's PLAY

A new intergenerational playgroup is bringing joy to both residents and our youngest volunteers.

Visit the Stephen and Julie Lowy Lounge on a Wednesday morning and you'll hear sounds more familiar in a daycare centre or playground. Colourful toys are strewn around a playmat, while babies and children mingle with residents. Together they read, play or enjoy a cuddle while chatting with the child's mother. Some residents simply sit back and enjoy observing the children play and explore their surroundings.

These fortnightly visits to the Randwick campus are now looked forward to by all those who attend. "Children this age are very open, curious and affectionate, it really brings out the playful side in the residents," says Community Relations Coordinator Rene Ichilcik, who expanded the program from a one-on-one format earlier this year.

Seven mothers from the Jewish and wider local community, their babies and young children make up the trial playgroup, thanks to huge interest in a Facebook callout from founding member Gina Connew. Gina and her two daughters Mahlia, 5, and Rose, 2, attend regularly and have already developed a particular connection with 96-year-old Nicholas Halmay. "My girls have really taken a liking to Nick, and I personally get so much out of talking with him about his past," she says. "I hoped this group would give my

children a feeling of what it's like to give their time to bring joy to other people. Mahlia in particular loves attending, and gets a lot out of connecting with this older generation."

Gina doesn't have older family members close by, which was also a motivating factor for Laura Aubusson, who attends with her one-year-old daughter. "I wanted to give Daisy the opportunity to spend time with older people," she explains.

Academic research has shown similar intergenerational playgroups to have great benefits for people living in aged care, including those with dementia. In setting up the group, early childhood expert Lynn Katz assisted Rene in planning the activities and structure, ensuring plenty of opportunities for interaction and engagement among its members. Free play time is first, followed by morning tea, with Mahlia proudly carrying a fruit platter to share with the others. All join a singalong to finish before bidding farewell to their friends until next time.

Resident Rochel Vinokur, a regular attendee, has grandchildren of her own but loves any opportunity to interact with children: "At this age they're so full of joy, it's wonderful to see. It reminds me of my own younger years." **M**
For more information or to join the playgroup, please contact richilcik@montefiore.org.au.

Photos: Giselle Haber



Clockwise from top left:
Gina, Rose & Mahlia
Connew, Nicholas Halmay
& Rene Ichilcik; Nicholas &
Mahlia have developed a close
bond; Laya, Leah & Elija Cudjoe
with Sherar Laishevsky; Laura
Aubusson with daughter Daisy.



They live by the Confucian-inspired adage: eat until your stomach is 80% full. Their gardens are like cabinets full of preventative medicine with herbs, spices, fruits, vegetables, Chinese radishes, garlic, turmeric, tomatoes and cabbage.

Greek centenarians were more likely to engage in daily physical activities, have healthy eating habits, avoid smoking, socialise frequently, have midday naps and have low rates of depression, (Panagiotakos, 2011)

Like Buettner's findings (see box, left) another study of living longer by George Valliant in the *American Journal of Psychiatry* (2001), this time in male Harvard graduates, described seven protective factors. These were not smoking; having an adaptive coping style; the absence of alcohol abuse; maintaining a healthy weight; a stable marriage; regular exercise; and more years of education. As you can see these lists have a lot in common and make sense intuitively.

Importantly, consider the broader question: Do you want to live to 100? Many people say no, presumably because they fear a lonely old age of decrepitude and dependence on others. Many people say yes, but only if they have good health, independence, friends, family and life purpose. CHeBA's Sydney Centenarian Study of more than 400 people in Sydney aged 95-107, gives hope. Half the people did not have dementia and half were living at home in the community.

There is much we can do to take control of how long, and how well, we live. Of course ancestry plays a large part. We cannot overcome our genes, but we can influence how they're expressed, so-called epigenetics. The rest is up to us. **M** For more information on healthy brain ageing, visit: cheba.unsw.edu.au

100 not out

Professor Henry Brodaty AO, CHeBA Co-Director and Montefiore Chair of Healthy Brain Ageing, explains how centenarians can teach us the secrets to longevity.

IN THE ZONE

Want to live to 100 like those people in the world's 'Blue Zones' with the longest lived populations? Here are the most important traits they share.

1. Moderate, regular physical exercise
2. Life purpose
3. Stress reduction
4. Moderate calorie intake
5. Plant based diet
6. Moderate (not excessive) alcohol consumption, especially wine
7. Engage in family life (or family first)
8. Engage spiritually and in religion
9. Active social life

Many of us have long wondered about the secrets to a healthy, long life. Some seek to achieve this by taking pills, some look for the elixir of youth or even arrange injections of embryonic cells.

Another way to uncover these secrets is to consider people who have lived successfully to very old ages. Dan Buettner published a story in November 2005 in *National Geographic* on five areas in the world, call Blue Zones, that have high concentrations of centenarians: Sardinia in Italy, Ikaria in Greece, Okinawa in Japan, Nicoya in Costa Rica and Seventh Day Adventists in Loma Linda, California.

In Okinawa, the number of centenarians increased from 30 in 1975 to 1000 in 2016. More than one third function independently. Okinawans grow much of their own food and eat a lean diet with fewer calories, featuring vegetables, tofu, miso soup and a little fish or meat.



Planting the seeds

When not-for-profit organisation Food Faith approached Montefiore to plan a community garden, the idea blossomed into a design challenge for UNSW Landscape Architecture students.

A collaboration between Montefiore, Food Faith and the University of New South Wales School of Landscape Architecture saw students compete recently to create a winning design for a garden that will bring the local community into the grounds of Montefiore Randwick. Student Emily Hanekroot took first prize for her plan entitled Montefiore Community Table (pictured above).

The project was conceived by Judy Friedlander of Food Faith – an organisation that works to promote social cohesion and environmental sustainability through food – and landscape architect and horticulturalist Peter Glass.

Glass approached the UNSW School of Landscape Architecture and briefed 86 second year students on the concept of an edible garden designed to be shared by Montefiore Randwick residents, their families and friends, as well as community groups.

"We'd like to create a garden that celebrates food heritages and cultures, brings together generations and communities, and provides a healing, sensory and therapeutic oasis," Friedlander explains.

The students presented their remarkable work at the judging day and with guidance from Marc Deuschle of UNSW, three clear winners emerged. Emily Hanekroot in first place, followed by Brett Bovis for

The Seed, and Chenyi Zhang in third place for her design Converge.

Says Peter Glass: "All the students took to creating their conceptual designs with great gusto. The results are really exciting, and I'm looking forward to the time when residents can enjoy the community garden, including social and multi-generational interactions as residents, friends and family intermingle."

The design will come to life after forthcoming construction at the Randwick campus is complete. **M**



From top: Emily Hanekroot's winning garden design; Judy Friedlander of Food Faith with winners Chenyi Zhang, Emily Hanekroot and Brett Bovis.

Remembering Betty

Earlier this year we hosted communal stalwart Betty Wilkenfeld, family and friends to celebrate her achievements and the launch of her Montefiore Community Life Story, *En Pointe*.



En Pointe

From left: Betty fitting a dancer with pointe shoes at Bloch; with her family at the Montefiore launch of her Community Life Story.



BETTY WILKENFELD

in the USA). Many attending took the opportunity to say a few words about Betty or share an anecdote about this inspiring woman who achieved success in business, while still finding the time to give back to the community and raise her much-loved family.

Bloch employee of 50 years Sandie Windsor Richards recalled the day she was hired in the business that went on to international success under Betty and her late husband Gershon, and is now run by their two sons.

Another guest on the day, Judy Lowy, praised Betty's commitment to Zionism and Jewish continuity through her communal involvement, which began with teaching in the early days of Moriah College, and led to roles at the NSW Jewish Board of Deputies, Sydney Jewish Museum and as President of WIZO NSW.

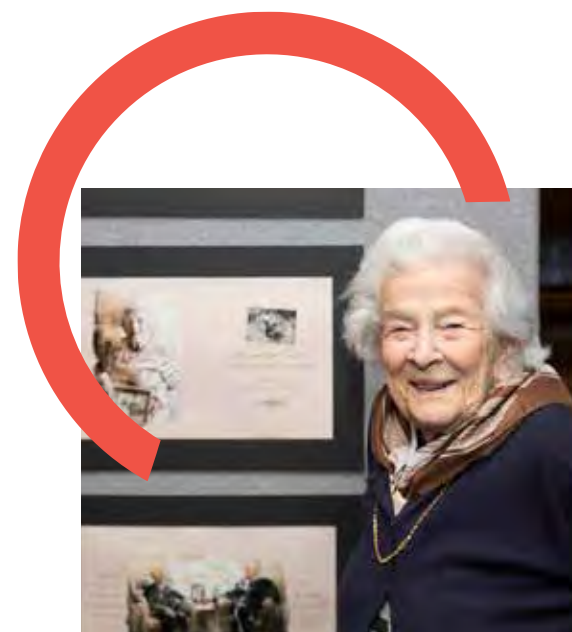
En Pointe was commissioned as part of the Community Life Story initiative, inspired by the unique Life Story program offered to Montefiore residents that has been running for more than a decade. Volunteer author Margi Fain was recognised on the day for her dedication to the project, having spent many hours with Betty to record her memories and gather images. **M**

"BETTY ACHIEVED SUCCESS IN BUSINESS, WHILE STILL FINDING TIME TO GIVE TO BACK TO THE COMMUNITY AND RAISE HER MUCH-LOVED FAMILY."

Betty Wilkenfeld, as well known for her communal work as for the global Bloch dancewear empire she founded with her father Jacob, was guest of honour at Montefiore Randwick earlier this year. The event was made all the more meaningful as, sadly, she passed away a short time later.

Family, friends and business associates gathered to celebrate with Betty for the launch of her memoir *En Pointe*. The book was the latest in our Community Life Story series, honouring people who've made an outstanding contribution to the Sydney Jewish community.

Betty's children Judy and Simon attended with their families (eldest son David is based



Clockwise from top left: Phyllis Glasser; Linie Albert & Shirley Kosmin; Audrey Goldberg, Maxine Radus & Ruth Katz; Nadine Saacks & Mimi Teeger; Robyn Kosmin, Teresa Levis, Nadine Saacks, Jacqui Israel, Leora Novik & Richard Sossen.

Tapestry of life

A personal project by photographer Nadine Saacks captures the wisdom and humour of our remarkable residents.

Photographer Nadine Saacks is a familiar face around the Sydney community as she captures those special moments at weddings and social events. But it was Nadine's turn to share the limelight at a recent launch for her book *The Tapestry of Life*, a passion project capturing portraits and words of wisdom from more than 50 Randwick residents.

"I have such admiration for older people, especially those who lived through the War," says the longtime friend and supporter of Montefiore, who credits this attitude to growing up living with her grandmothers.

"For this project, I wanted to photograph the residents in their rooms with something meaningful and special to them." The antique, old-world style Nadine brings to the images reflects the elegance, dignity and individuality of her subjects. "Each has so much wisdom and humour, and the time to share their remarkable stories," she adds.

Residents and families viewed their portraits and quotes displayed at the Randwick launch. Unsurprisingly for the always-smiling photographer, Nadine's favourite words of wisdom come from Joyce Edelman: "Be positive and look at the good side of life not the bad. Two men look through bars. One sees mud, and the other sees stars."

Nadine is already spending time with residents at Woollahra working on the next volume, with Hunters Hill to follow. **M**
For more on Residential Care by Montefiore or volunteering, visit: montefiore.org.au

Latest News

Updates from across the organisation, including a visit from the Minister for Aged Care, our new look plus dedicated staff.

Hunters Hill head chef Antonio Ligato with residents Ida Gurman, Dawn Kahana & Esther Fromer



Change on the menu

Catering teams at each Residential Care campus have been busy making changes to the lunch and dinner menus, in an effort to incorporate feedback from the resident Food Forums held earlier in the year. While each campus has its own cultural slant and food preferences, several common themes emerged and have already been implemented across the board. These include less fish on the menu each week, smaller portion sizes on request, and the addition of several simpler meal options – such as plain roast chicken or grilled salmon – in addition to the two varied choices on offer at each meal. Continued feedback is always welcome of course, fill out the forms available at each unit or email feedback@montefiore.org.au.



Have you seen our new website?

The complete rebrand of the organisation officially rolled out with the launch of our new website in May and now extends to advertising, staff name badges and beyond. Visit montefiore.org.au today to explore the new look for our master Montefiore brand, and the new identity for each pillar of the organisation that offers support to older members of the community wherever they need it.

POL ACCREDITATION COMPLETE General Manager of People, Culture and Learning Anna Santikos confirmed that all care units across Residential Care campuses have now completed POL (Philosophy of Living) accreditation. The accreditation system is designed to support Montefiore's commitment to choice, dignity and wellbeing for all our residents, and takes into account factors including individual preferences in daily routines and working in interdisciplinary teams to achieve the best outcomes for person-directed care.

Hero in our midst

Hunters Hill resident John Waxman has had illustrious careers, both military and civil. Now in his nineties, he had a wish to share his life experiences with the residents and staff, which he did recently with the help of Roberta Sutherland, a Master of Social Work student on placement. She helped him to prepare a Powerpoint presentation with a focus on his World War II service, when he volunteered to join the British Commandos in a special unit composed of German émigrés. John went on to participate in the glider-borne landings at Normandy on D-Day and also fought courageously in the battles of Saint Honorine and Caen. In June 2015, he was named a Chevalier (Knight) of the Legion of Honour for his role in helping to liberate France. Thanks to John for sharing your story and Roberta for demonstrating how person-directed care creates rich experiences for residents and staff members alike.



Minister at Monte

Montefiore was honoured to host the launch of ELDAC (End of Life Directions for Aged Care) at Randwick in June. Introduced by Federal Minister for Aged Care, the Hon. Ken Wyatt AM MP (left), the launch marked the release of vital resources to help aged care organisations provide effective support for palliative care and advance care planning.

Faces of Montefiore

Meet two winners of our latest Staff Appreciation Awards, nominated by their peers for an exceptional commitment to our POL values of choice, dignity and wellbeing. Molly Begum has worked at Montefiore since 1999, and Debbie Martin for a remarkable 45 years!



MOLLY BEGUM,
Randwick Dining
Room Supervisor

Proudest achievement at work? Every week when I return from my days off, the residents will tell me how much they missed me – that's better than any award.

Part of your day you look forward to the most? The early morning, as it sets the tone of the entire day.

What do our POL values (choice, dignity & wellbeing) mean to you? Each resident being able to live life the way they want to.



DEBBIE MARTIN,
Hunters Hill Hostel
Assistant in Nursing

What do our POL values (choice, dignity & wellbeing) mean to you? It's changed my work here for the better – residents have more right to express and follow their needs, more choice. And that makes the overall atmosphere more homelike.

Something you've learned from our residents? Compassion. I lost my own father and wish he'd been somewhere like Montefiore with this level of care and warmth.

Care in the community

Help at Home by Montefiore is now extending its leading care and allied health services to people living in the community with a disability, under the NDIS.

Over the past year, Help at Home by Montefiore has begun to extend its services beyond aged care to the National Disability Insurance Scheme (NDIS). The scheme is designed to support people living in the community with disabilities, and their carers, to promote independence and foster community connections.

With Help at Home having become a trusted name in home care for older people living independently, Montefiore General Manager of Community Services Karen Jordan says this move is a natural progression that is already working well for our first NDIS clients.

“We are registered to offer Support Coordination, Plan Management and Service Delivery under the NDIS,” Karen explains. “Many people living with a disability face similar challenges or need similar levels of support to older people so there’s a good synergy.” As with all of Montefiore’s support services, person-centred care is the key, with a team of people working to ensure each client can live the way they want to, with choice, dignity and wellbeing.

Help at Home Care Coordinators are able to work with each client to manage their NDIS package and ensure they have the home support they need – including domestic services as diverse as personal care, cooking, cleaning, shopping and companionship.

Among an ever-increasing number of NDIS providers, Montefiore’s nursing and allied health offering sets Help at Home’s services apart. “The fact we have such a large trained workforce on staff – including nursing, physiotherapy, occupational therapy and more – makes us a trusted choice,” adds Karen, “with the expertise to ensure we’re providing the best possible support.” **M**

For more on Help at Home NDIS, ph: 1800 251 537.



MEET YOU AT THE FAIRS

Help at Home is due to move to its new Double Bay headquarters in coming months, and will be joining the local community at the Rose Bay Street Fair on Sunday, October 14, and Double Bay Street Festival on Sunday, November 4. Come and say hello, find out more about our services and book in for a mini massage. For more information, visit: doublebaycc.com.au

Photo: Daniel Linnet

BLOKES AT BURGER

The Burger Centre has reversed the usual gender mix for seniors social support programs recently, with men now tipping the balance in regular attendance. “We’ve been making a concerted effort to introduce additional sport-related activities, using a range of physical and psychosocial skills, says the centre’s Senior Manager Bronwyn Elbourne. “It’s creating camaraderie and some healthy competition at times, too.”

Some groups have been enjoying table tennis thanks to a generous

community donation, as well as snooker at the neighbouring Montefiore billiards table and a recent outing to Manhattan Superbowl. The Burger Centre Men’s Shed is another successful initiative, says Bronwyn. “Our men are really enjoying spending time creating mosaic-tiled bird boxes and planters for the gardens here and to take home. They’re grouting, tiling, some have even brought in their own tools from home to share with the group.” For Burger Centre information and bookings, ph: (02) 8345 9147 or visit: burgercentre.com.au



Burger Centre clients Max Katz, Patrick McKinley, Robert Boston, Stephen Luford & Ralph Cohen

Future proofing

Given the ever-increasing number of people living in the community with dementia, The Burger Centre is currently undergoing accreditation with Dementia Australia to become a Dementia Friendly Organisation (visit: dementiafriendly.org.au). “The process looks at a complete strategy, including engaging with clients to make changes to the physical space, training staff through the University of Tasmania’s online courses Understanding Dementia and Preventing Dementia, and setting out a plan for review and continuous improvement,” says Bronwyn Elbourne. Mental health is also a current focus for the Centre, as they work with JewishCare to become the main point of contact for older people at risk as part of the Jewish Suicide Prevention Strategy jointly established by communal organisations.

VOLUNTEERS JOIN THE CLUB

Six dedicated volunteers join staff at our Hunters Hill Seniors’ Day Centre, Club Monte to bring rich and varied experiences to its clients. Each day, they engage through craft, games, walks, serving morning tea and lunch or just sitting and having a chat. Long-term volunteer Victor Baskir says, “I’ve come to consider the Club Monte regulars as being like my own family. I get a lot of satisfaction contributing in my own small way to their quality of life.” Thanks to Victor and our other valued volunteers Jonathan Karseboom, Lina Lobasso, Ruth Turner, Hilary Zwarenstein and Hugh Moran. Club Monte runs Tuesday to Friday, 10am-2pm at Montefiore Hunters Hill Hal Goldstein Campus, 120 High St. For bookings and information, ph: (02) 9879 2726 or email: clubmonte@montefiore.org.au



Above: Lina Lobasso and Jonathan Karseboom are regular Club Monte volunteers.

Helping hands

The latest news from our dedicated **Friends of Montefiore**.

TAG TEAM

As part of the recent rebrand, volunteers are now proudly sporting their new 'Friends of Montefiore' name badges. While these changes are exciting, we must acknowledge the tireless work of volunteers Betty and Mike Golland. The couple has engraved all staff and volunteer name badges as well as other signage across the organisation for more than 25 years. Betty's mother and Mike's parents have all lived at Montefiore, with Mike's father Sam also assisting in the Randwick engraving room during his time there. In more recent years, volunteer Phillip Bloom has joined in the work of engraving. We give thanks to each for their efforts, and hope they may continue to engrave signage for the wider community using the equipment at Randwick.



Above: Volunteer engravers Phillip Bloom and Betty & Mike Golland.



Clockwise from top left:
Christoph Hoch, Evie Weltlinger, Shirley Herman & Michael Rabin; Vivian Diamond, David Freeman AM, Naomi Diamond, Estelle Stern, Lea Portrate & Robert Orie; 2018 Student Volunteer Awards recipients with Benny Kaplinksy, William Nemesh & the Volunteer Department; Kitty Finger & Stella Burgess; Barry Joseph, Hazel Stein, Eddie Jaku OAM, Jane Silverman, Colin Tatz AO & Rose Mautner.



Above: Bianca, Jamie & Gail Beifus with Heather Joffe and Ben Chorzychow.

KNITTED WITH LOVE

"My heart is full after handing out blankets to residents," says Gail Beifus, on presenting them with warm, soft crochet blankets made with love by herself and the volunteer knitting group. These have been enjoyed through winter, helping people living at Montefiore to feel cosy and comfortable while enjoying leisure & lifestyle activities or a meal in the dining room.

POETRY IN MOTION

Did you know that Montefiore Randwick has its very own poet in resident Helen Zwarenstein. Helen's handwritten verse was recently transcribed and compiled by volunteers Lynne Seifman, Hélène Gonski and Camille Hirschowitz. Together with the Volunteer Department, they presented the resulting book to Helen, who was thrilled with the results. "I've always written little ditties, and my life is here now so I write about what I see," says 91-year-old Helen, "including all the wonderful staff and volunteers. There have been many Life Stories presented to residents here, but this is the first poetry collection so I'm really pleased."



Above: Resident Helen Zwarenstein (bottom right) at the presentation of her collected poems compiled by our volunteers.

Selfless service

Highlights from our inaugural student awards and National Volunteer Week celebrations.

At two recent events, Montefiore took the opportunity to thank the hundreds of volunteers – adults and students alike – who give in myriad ways, from spending time with residents to archiving and working in the cafes.

More than 90 guests gathered for the inaugural Montefiore Student Volunteer Awards on July 26. Many proud parents attended with their children, as 15 dedicated teens from local public, private and Jewish schools received awards for selfless service to the community. Student Stella Burgess of SCEGGS Darlinghurst performed for the audience, while Randwick Girls High School students Anna Coutts-Trotter and Nicole

Armstrong spoke about how spending time with older members of the community has enriched their lives. William Nemesh of the NSW Jewish Board of Deputies gave a keynote address, while all the award winners received pins, which they can display proudly on their uniforms to reflect their special relationship with Montefiore.

For National Volunteer Week in May, guests were treated to a garden party at Hunters Hill as they heard from two inspiring volunteers, Holocaust Survivor and self-proclaimed 'Happiest Man on Earth' Eddie Jaku OAM, and distinguished academic and writer Professor Colin Tatz AO.

Award recipient Michael Rabin gave an impromptu thanks on behalf of the crowd, affirming that "You get back so much more than you give. Coming here to Montefiore grabs you by the heart and takes you in, and it's a real pleasure to spend time with the residents." **M**



Stronger together

The Ladies' Committee is looking to the future, with a special event to welcome new members.

The Ladies' Committee has a proud tradition almost as old as Montefiore itself, responsible for many decades of fundraisers, fetes and social events. These days they operate the boutiques at Randwick and Hunters Hill and organise everything from bridge to trivia and theatre events for members, their partners and friends.

"We'd love to welcome new members of all ages," says co-president Annette Joseph. "If you're looking to contribute and enjoy the social side, please join us for morning tea and find out more about what we do." Why belong? First, of course, there's the

opportunity to raise much-needed funds. Last year the Committee contributed a remarkable \$80,000 towards our Staff Holocaust Awareness Training Program.

"Many of us have mothers who were members, or have had family living at Montefiore," says co-president Wendy Englander. "If you've been touched by the organisation, you'll know how special it is."

Says Community Relations Manager Esther Wakerman of the morning tea. "If you have a great idea for a social event, or even want to host a dinner party at home, we're ready and waiting to welcome you." **M**

ALL ABOARD THE MYSTERY BUS TRIP!

Join the Committee on Sunday, October 14, 9am. \$70 pp includes morning tea & lunch. Bookings via Faye Green, ph: 0409 771 433.

YOU'RE INVITED

Join us for a special morning tea to find out more about the Ladies' Committee and hear from guest speakers. Bring a friend, or two!

Tuesday, October 16, 10.30am
Steven & Julie Lowy Lounge
Montefiore Randwick
36 Dangar St

RSVP October 9 to Miri Gold,
 E: mgold@montefiore.org.au
 P: (02) 8345 9137

From left: Montefiore Vice President and Great Synagogue member Gary Inberg with the synagogue's Rabbi Benjamin Elton.



Rabbi Benjamin Elton and synagogue President Justice Stephen Rothman AM at the Bima for this special Montefiore Shabbat service and celebratory kiddush.

In his sermon, Rabbi Elton praised Montefiore's crucial role in supporting the older members of our community and the tireless efforts of Spiritual Dean Rabbi David Rogut OAM and Rebbetzin Vicky. He also highlighted the shared history of the two institutions that dates back to the original Montefiore property in Dowling St, Moore Park.

"The first Great Synagogue Chief Minister, Reverend AB Davis, was one of the most active proponents of the first Montefiore home and personally raised the equivalent today of \$2.5 million,"

Rabbi Elton recounted. "And the first Montefiore President was George Cohen, also a longtime President of The Great. At one time, the Great Synagogue sukkah was erected at Montefiore in Moore Park, and Havdalah was held there on Saturday nights."

Several Montefiore residents including Win Rubens and Lionel Green attended the service, with Rabbi Elton also giving a special mention to Mr Green's late father Simon, who held the position of president of both organisations.

Mr Freeman, invited to speak from the Bima, said: "Though our organisations may be 'ageing', I'm proud to say that both also remain vibrant as we evolve. Long may the Great Synagogue and Montefiore continue to serve the Sydney Jewish Community." **M**

Celebrating shared history

Montefiore board members and residents joined the Great Synagogue recently for a special Shabbat service marking the synagogue's milestone birthday.

Two of Sydney Jewry's oldest organisations joined together recently, to celebrate 140 years of the Great Synagogue and Montefiore's approaching 130th year in the historic shul on Hyde Park.

Montefiore President David Freeman AM, Vice President Gary Inberg and board representatives, five of whom are also members of the Great, joined

Montefiore
 FOUNDATION

Your donation makes a difference

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

DONATE NOW TO PROVIDE:

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

DONATE NOW! ☎ (02) 8345 9137
 MONTEFIORE.ORG.AU

JCA  Montefiore is a member of the JCA family of organisations

Setting the scene

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

VOLUNTEERS LED POPULAR CRAFT SESSIONS, RESIDENTS ENJOYED A DAY OUT BY THE WATER AND EMANUEL WOOLLAHRA PRESCHOOL STUDENTS LOOKED FORWARD TO THEIR REGULAR READING GROUP.



Day trip: Tamara Bennett, Lara Karney, Irene Retter & Lilli Rosenthal visit the Woolwich Deckhouse Cafe



Craft: Gael Hammer, Shelly Gray, Jan Owen & Eva Friedman



Teela Manasseh



Craft: Lilli Rosenthal, Gael Hammer & Myrl Bear



Shabbat: Uncle Velvel, Fay Markovitch & Moriah Preschool student Aria Shabtai



Celebrating Ada Cranko's birthday: Ronsha Shrestha & Fryda Mann



Pesach Tea: Denise Barripp & Mark Singer



Emanuel Preschool Reading Group: Ada Cranko, Jan Owen & Jocelyn Friedman



Shabbat: Moshe & Batia Gitli with a Masada College student



Couples Evening: Isaak & Elizaveta Gabo



Couples Evening: Patricia & Hilton Stevens



Jack Finkelstein with the portrait he painted of John Waxman, right



Taronga Mobile Zoo: Bernard Gruss, Dawn Kagan & Ruth Salter



Pesach Tea: Gerald & Norma Cohen



Pesach Tea: Yvonne Kay with daughter Natalie Berger & grandson Jason Berger



Yom Ha'atzmaut 70 years: Tibby Genat



April Falls Day activities





Pesach Tea: Olga Conrad with her son Ronald



Central Synagogue Batmitzvah students with Joyce Edelman.



Pesach Tea: Michael & Isabel Rosenberg with their granddaughter Emma



Win Rubens



Kesser Torah College students visit with Sheila Bauman, Estelle Hartstein, Isobel Edelstein, Rachel Katz & Carole Crooks



Susan Fisher Lag B'Omer



Pesach Tea: John Keen & Leonie Grunfeld



Gardening: Roslyn Goldstuck, Estelle Hartstein, Sheryl Simantov & Fifi Wegman



Art therapist Ruth Katz & Valma Milgate

OUR RANDWICK RESIDENTS HAVE HOSTED FAMILY AND FRIENDS FOR JEWISH FESTIVALS, SPENT TIME WITH VISITING STUDENTS AND ENJOYED A RANGE OF LEISURE AND LIFESTYLE ACTIVITIES.

Milestones

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

BIRTHDAYS

Jakob Binstock's 98th

Evelyn Perets

George Bluth's 98th

Kevin & Marcelle Marks

Ursula Modell

Kevin & Evelyn Whittaker

Errol & Pam Brown's birthdays

Leonard & Carole Karpin

Miriam Kluger

Estelle Stern

Yola Center's 80th

John & Susan Balint

Gerry & Jill Fox

Wendy Codron's 70th

Nigel & Rita Nailand

Brian & Reva Rosmarin

Gary, Renee & Jayden Segal

Harold & Lesley Judelman

Ron Fendel's 70th

Jenny Shur

Bernice Finkelstein's 80th

Jack & Rosaline Pencharz

Jill Fox's 80th

Steve & Yola Center

Harold & Railea Don

Esther Fromer's 90th

Rona Malkin

Riva Treisman

Faye Gilinsky's 90th

Rennie Chertkow

Rona Malkin

Stephen & Sharon Schach

Michael Gold's 80th

Harold & Railea Don

Paulette Goldberg's 80th

Jerrold & Shirley Jacobson

Max Lemberg OAM celebrated his 100th birthday with a special Kabbalat Shabbat, attended by past and present Moriah College students.



Nancye Goldstein's 90th

Geoffrey & Nanette Bassar

Meryl Dinte

Gary & Sue Inberg

Barbara Stern

Joy Symonds

John & Betty Tintner

Peter Gonski's 60th

Anthony & Jane Dinte

Mark & Rozanne Green

Robert & Bella Kaye

Gabriel & Vicki Lips

Charles Gorlicki's 90th

Suzanne Kemp

Joss Harris' 94th

Beulah Blieden

Brian & Beryl Levitan

Gerald & Arlene Middeldorf

Mickey & Eda Millner

Sima Nuffield

Lynette Opeskin

Fred Heilpern's 86th

Ron & Susie Freeman

Steve & Susie Klein

Helmut Heydt's 90th

Myrna Kaplan

Leah James' 90th

Baron & Miri Gold and family

Harry & Beverly Platt and family

Leah Kaganer's 90th

Hannah Stern

Barbra Kaler's 80th Birthday

Rachel Moskovich

Amelia Katz's 80th

Charles & Yvonne Berman

Leila Langman's 80th

Charles & Yvonne Berman

Elana Leigh's 60th

Julian Karney & Renecia Miller

Max Lemberg's 100th

Neville Banwell

Ros Banwell

Levi's 80th

Peter & Naomi Bando

Steven & Claire Barta

Ernie & Lea Friedlander

George & Judith Gelb

David & Ruth Gold

Peter & Yvonne Halas

Mary Kovari

Davvid & Sylvana Krite

Andrew & Mary Lang

Eva Lowy

Peter & Agi Mezei

Peter & Carol Reismann

Bertram & Pauline Rosenberg

Tom Sinclair & Ziggy Revell

Barbara Stern

Chris & Margaret Tory



Julius Nadel's 100th

Paula Gottlieb, Leah, Anne & Family
Gary & Samira Grunstein
Harold Levinson

Lewis & Eva Levi
Robert & Erika Lindeman
Erica Schwartz

Frank Wittal & family
Morrie & Betty Zamel

Marion Narunsky's 80th

Benjamin & Mina Staskun

Judy Opit's 80th

Rita Opit & family

Julius Opit's 85th

Rita Opit & Family

Stanley Pogorelsky's 70th

Colin & Sue Lipschitz

June Price's 90th

Jerrold & Shirley Jacobson

Necia Seskin's 80th

Moi & Joyce Gordon

Ken Shapiro's 80th

Larry, Shell, Robs, Sam & Lou

Joy Schoenheimer's 90th

George & Gaby Nash

Pat Roby

Sigrid Westheimer

Ellie Stein's 94th

Mickey & Eda Millner

Mildred Teitler's 80th

Ronald & Valerie Coppel

Ivor Trakman's 80th

Moi & Joyce Gordon

Fay Waigensberg's 95th

Nicholas Halmay

Raya Perkal

Sigrid Westheimer

Morrie & Betty Zamel

Helen Zwarenstein

Sonia Wolk's 90th

Brian & Alice Ginsberg

Moi & Joyce Gordon

Necia Seskin

Morrie Zamel's 98th

Michael & Ruth Goulburn

Nicholas Halmay

Julius Nadel

Faye Waigensberg

Rose Zwi's 90th

Margot Ulman

WEDDING

Robert Swieca & John Robinson's Wedding

Kevin & Diane Davidson

Gary & Sue Inberg

WEDDING ANNIVERSARY

Ken & Helen Bloom's 60th

Ray & Sharon Opitz

George & Inge Bluth's 70th

Peter & Vivien Allerhand

Jennifer Gabbay

Elizabeth Green

David & Helen Layman

Kevin & Marcelle Marks

Ursula Moddel

Neil & Diane Odze

Maurice & Adrienne Swarts

Kevin & Evelyn Whittaker

Mike & Wendy Codron's 50th

Nigel & Rita Nailand

Brian & Reva Rosmarin

Gary, Renee & Jayden Segal

Harold & Lesley Judelman

Joss & Gwenda Harris' 50th

Beulah Blieden

Alex & Judith Druc

Brian & Beryl Levitan

Mickey & Eda Millner

Sima Nuffield

Lynette Opeskin

Barry & Pam Karp's 60th

Joel & Melanie Karp

Lollie & Jackie Meyerowitz

Ted & Adele Swirsky

Bernard & Lucy Levin's 50th

Ivan & Myra Kaplan

Gerald & Arlene Middeldorf

Gabby & Ann Zipser's 50th

Annette Joseph

Julius Nadel enjoyed celebrating his milestone with a party for family and friends



Care your way

Help at Home by Montefiore offers the care you need, when and where you want it. Our Care Coordinators will help you to choose from the wide range of services offered by one of Australia's leading aged care providers and delivers them into your own home. So you can enjoy the freedom and confidence to live the best life possible, independently.

**Nursing • Physiotherapy • Occupational Therapy • Massage
Wellness & Beauty • Domestic Support • Companionship
Subsidised & Fee-for-Service Care • 24/7 Hotline**

● CALL US ON 1800 251 537
WWW.MONTEFIORE.ORG.AU

Help at Home
BY MONTEFIORE

There's more to Montefiore

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

Care as individual as you.



●
CALL US ON 1800 978 711
OR VISIT [MONTEFIORE.ORG.AU](https://montefiore.org.au)



Montefiore

Life

Forward thinking

New programs lead
the way for living
well at any age

ROSH HASHANAH 2018