

Montefiore

Life

ROSH HASHANA 2020

Warm
WELCOME

**M BY MONTEFIORE
OPENS TO OUR
FIRST RESIDENTS**

UNITED FRONT

COMMUNITY SUPPORT
THROUGH THE PANDEMIC

BESTSELLER

EDDIE JAKU'S BOOK
HITS NUMBER 1

COVID-19

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Life

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On the cover:

Pearl Chipkin in her new M by Montefiore apartment.
Photo by Justine Perl

Montefiore

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Montefiore is a member of the JCA family of organisations



Donate your ticket price

Montefiore is now spending around \$12,000 each week – \$600,000+ annually – on PPE (personal protective equipment) to help safeguard our vulnerable residents and staff during the COVID-19 pandemic. This year, rather than holding an Annual Raffle, the Montefiore Foundation is calling on our supporters to donate the equivalent ticket price instead towards the ongoing cost of PPE.

HERE'S HOW YOUR DONATION CAN HELP:

- \$8** buys 1 week of surgical masks for a staff member = 1 RAFFLE TICKET
- \$40** buys 6 face shields = 5 RAFFLE TICKETS
- \$70** buys 1 box of gloves = 1 BOOK OF 10 RAFFLE TICKETS
- \$140** buys 1 box of gowns = 2 RAFFLE TICKET BOOKS
- \$700** buys 1 day of surgical masks for all staff = 10 RAFFLE TICKET BOOKS

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tomorrow
forever
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Welcome

In March this year, when we should have been bringing you the Pesach issue of this magazine, the COVID-19 pandemic took hold around the world and life as we know it changed dramatically. Since then, we've faced lockdowns and outbreaks across the country, a recession, and a huge shift in the way our organisation operates to protect the most vulnerable older members of our community. You can read more about our preparedness and precautions on page 4.

Now, six months on, we are bringing you this special issue of the magazine to share more about how the Montefiore family – our residents, clients, families, staff, volunteers and community – has weathered this unprecedented period.

We appreciate in particular the cooperation and understanding of our residents and their loved ones through visitor restrictions at our Residential Care campuses – we know how difficult it has been and continue to do

“WE'RE
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everything possible to support you through this challenging time.

On that note, I must pay tribute to our dedicated workforce who go above and beyond every day in their commitment. They've adapted to new precautions and procedures, undergone extensive additional training, and continued to provide outstanding care. Take a look at some of the ways we're continuing to deliver engaging programs for residents on p 16, 24 and 26.

The way our community has rallied around has also been remarkable, including the many volunteers and intergenerational groups who have continued to connect remotely (p 22).

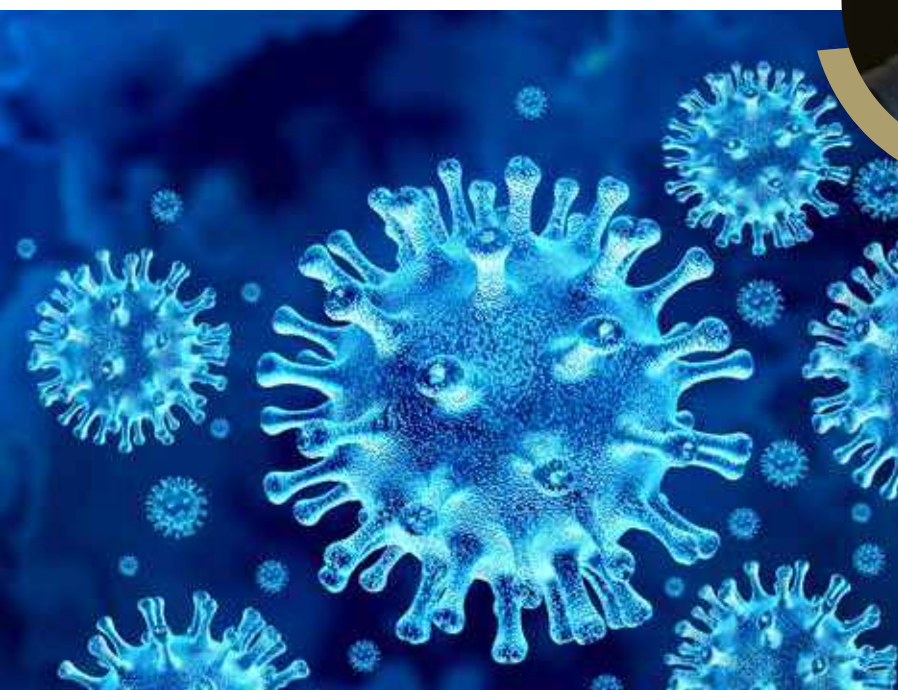
Thanks to all who joined as Montefiore members, renewed your membership and donated during our own recent campaign and the JCA Annual Fundraising campaign. Your support is valued now more than ever as we face huge ongoing costs arising from essential precautions, training and equipment.

As such, in lieu of holding the Annual Raffle this year we are asking for donations towards supplies of essential personal protective equipment (see opposite).

On a final optimistic note, I am pleased to report that the M by Montefiore retirement living development, an initiative planned to help ensure the future of the organisation, is now open (p 6). We're thrilled to welcome the first residents who have already begun moving into their new homes.

Wishing you all Shana Tova – a happy and above all, safe and healthy, New Year.

David Freeman AM, President



community transmission in Sydney is ongoing and we continue to follow NSW Health directives specific for Residential Aged Care providers. It is this advice that has seen the most recent closure to visitors at our sites (which are located in or close to hotspot zones), and we thank all our residents and their loved ones for their continued patience as we wait to safely reopen.

Below is an update of the other planning and precautionary measures we have in place to protect our at-risk residents and workforce.

Planning & precautions

The Montefiore COVID-19 Management Team (MCMT) continues to work closely with the NSW Public Health Unit to implement all directives and ensure we are following the latest guidance and information regarding cases and hotspots in NSW.

All staff, visitors and contractors are now wearing surgical masks onsite as recommended by NSW Health, as well as undertaking a temperature check and completing a daily health declaration and annexure regarding hotspot locations. Supplies of Personal Protective Equipment (PPE) including masks are now in place.

Outbreak management

An Outbreak Management Plan has been established, overseen by Director of Quality, Compliance & Risk Angela Sacks (see opposite). This plan covers everything from signage to infection control protocols and communications. Dedicated COVID-19 Care Zones are in place at each of our residential care sites, to be used in the event of an outbreak. If required, these zones can be activated immediately and quarantined from the rest of the site, including separate staffing and equipment and other precautions.

In the event of a positive case in a resident, the NSW Public Health Unit (PHU) and

Ministry of Health would be involved within two hours, and a decision made on whether residents are admitted to the Care Zone onsite or transferred to a hospital facility. Our Outbreak Management Team would provide the NSW PHU with information to assist in contact tracing and risk assessment.

Staff preparedness & training

Nursing staff with previous relevant hospital experience have been selected to work in the COVID-19 Care Zones, and have received additional training to manage care of any infected residents should the need arise. All staff continue to receive training in the latest precautions and protocols.

An agreement with a nursing agency is in place to provide personnel should large numbers of our staff be required to self-isolate, and contingency plans are also in place for replacement catering staff.

Support for consumers & families in residential care

Providing leading care continues to be paramount, including maintaining allied health and leisure and lifestyle programs, as well as offering additional social support.

Clinical staff continue to monitor residents for symptoms, and units or neighbourhoods are temporarily isolated whenever a COVID-19 test result is pending.

A detailed communications plan is in place to ensure all residents, families and staff will be kept updated by phone and email as needed in the event of an outbreak. An email enquiry line – covid19info@montefiore.org.au – is available for all resident, family, staff and community queries related to COVID-19 at Montefiore.

We are continuing to offer emergency respite care with no waiting period for individuals struggling to manage at home, including a complimentary two-week stay.

Home care support

Help at Home by Montefiore has also implemented stringent precautions and procedures. All care staff wear masks while in

clients' homes, and complete daily health and location checks. Care Coordinators pair clients and carers together to minimise multiple contacts, and new services including video companionship calls and online shopping assistance have been added.

Day programs

Both the Burger Centre (Randwick) and Club Monte (Hunters Hill) day centres have been closed for in-person sessions as a precaution. The Burger Centre continues to offer remote video sessions and engagement via phone to clients and families, with Dance for Parkinsons also continuing online. Club Monte has also been offering remote engagement and support. **M**

For the latest updates, visit:

montefiore.org.au/covid-19-updates



Quality first

The Montefiore COVID-19 Management Team (MCMT) was formed in March to steer the organisation's response to the COVID-19 pandemic. In her new role as Director of Quality, Compliance & Risk, Angela Sacks (*above right*) has led risk management and outbreak planning across the organisation. "With the support of the senior leadership team, we've made huge progress in this area over the past six months, implementing robust prevention measures across the organisation. We are also well prepared in the event of a positive case at one of our sites," she says. Angela's team, including Executive Quality & Compliance Manager Gabrielle Kenaghan and Executive Manager Clinical Governance Sabrina Scandurra (*above left & centre*), liaises with the NSW Public Health Unit and the Aged Care Quality & Safety Commission to ensure we are following the latest guidance and best practice in infection prevention and control, staff training and reporting.

Prepared for the pandemic

CEO Robert Orie shares all the procedures, planning and precautions Montefiore has introduced during the COVID-19 pandemic.

This year has been the most challenging by far of my career in the aged care sector. Despite the many logistical and financial issues we have faced, I am immensely grateful for the dedication and diligence of our leadership team in establishing a plan to steer us through the crisis. The Montefiore COVID-19 Management Team has met daily since March, constantly reviewing the latest advice and working together to implement planning and precautions.

I am equally proud of the way every staff member has embraced new precautions, procedures and training, at the same time working together to find innovative ways to provide the very best care for our consumers.

While New South Wales has fared relatively well over the past few months,

"I AM PROUD OF THE WAY EVERY STAFF MEMBER HAS EMBRACED NEW PRECAUTIONS, PROCEDURES & TRAINING."



ON THE move

After two years of construction, **M by Montefiore** has opened the doors to its first residents, heralding a new standard for spectacular seniors' living in Sydney.

Following much anticipation, the M by Montefiore development is complete and ready to welcome members of the community looking for a contemporary, cosmopolitan alternative to traditional retirement living.

"This is a project that's been years in the planning, and it's certainly a proud moment for the Board and the Montefiore Development Committee in particular," says President David Freeman AM. "The project's purpose is twofold – first, to respond to demand for high-end independent living. And, importantly, to help ensure Montefiore's financial security and ability to meet the future aged care needs of the community. This includes the more than 30% of people receiving subsidised residential care."

So far, there has been significant demand from couples and singles in their 70s and up,

says CEO Robert Orie: "M by Montefiore was conceived in response to the growing trend towards modern, urban retirement living."

The development has been designed for those wishing to combine independence with maintenance-free living and the reassurance of added support on hand if needed.

The two buildings, 100 & 110 King St, Randwick, house 79 one, two and three bedroom apartments as well as five-star facilities including a club lounge, private cinema, pool and fitness centre.

The complex was designed by acclaimed architects Jackson Teece to the highest standards, featuring premium fixtures and finishes. Despite some logistical challenges caused by COVID-19, the project was completed on schedule by Richard Crookes Construction and the first residents moved in during the first week of September.

●

"M BY
MONTEFIORE
ANSWERS
GROWING
COMMUNITY
DEMAND FOR
MODERN,
HIGH-END
RETIREMENT
LIVING."



Opposite: the two complete M by Montefiore buildings. Clockwise from above: The display apartment living room; Pearl Chipkin was one of the first to move into her apartment in early September; the display apartment bedroom; the indoor pool.



Among them is Pearl Chipkin, who is now settling into the two-bedroom apartment she selected in 2018. She was drawn to the model of private apartment living, with the reassurance of Montefiore's leading support if needed. "We've been involved with Montefiore for many years," says Silver Life Governor Pearl of her family, which includes her son Stephen (the outgoing JCA President), and daughter Deborah Frank.

It's been an eventful time for Pearl, with the move from her Darling Point home of 23 years and the wedding of her granddaughter taking place in the same week. "This has been a difficult year for so many," she says. "I'm one of the lucky ones to be here."

While the COVID-19 pandemic means a traditional grand opening for the building isn't possible, at the time of going to print more than 100 people have registered for a virtual tour

and live Q&A on September 15. Sales Representative Linda Begg is also busy booking private tours, many for people who've been considering a move and are keen to secure their choice of remaining apartments. **M**

BOOK A PRIVATE INSPECTION TODAY

Inspections are welcome by appointment – visit the display suite and furnished display apartment, view the available floorplans and tour the apartments of your choice.



Contact Sales Representative Linda Begg:
P 1800 952 229
W mbymontefiore.com.au
E mbymontefiore@montefiore.org.au

Moments IN time

A return to Sydney offered **Lara Ritch** the opportunity to connect with the wisdom, passion and insight of the older generation as part of a new social media storytelling project.

Walk the halls of one of our Montefiore Residential Care campuses, and you'll see display cases outside resident rooms known as a Memory Box, where the occupants can display their most treasured items, from souvenirs collected in their travels to precious photos of family past and present. These boxes allow residents to stamp their identity on their new home, and give staff and visitors a starting point for conversation and engagement.

They were also inspiration for a new project by Lara Ritch, who following her family's return to Sydney after 12 years abroad, had been spending time with residents through the Junior Friends of Montefiore playgroup at Randwick with her daughter Hannah (pictured). When COVID-19 hit, and visitors and community groups were no longer permitted onsite, Lara wanted to volunteer in some way to stay connected to the residents.

Drawing on her background in design and experience volunteering with older people in the USA, Lara worked on ideas with Montefiore Community Engagement Project Manager Leila Aron and the Moments in Time project was born. "I'm a huge fan of the blog



Humans of New York," Lara explains, "so I wanted a way to use images and digital media to help create a meaningful connection with the community."

As in-person volunteering was suspended, Lara interviewed residents via Zoom (including some with the help of a Russian translator). Lara used each person's Memory Box mementos as a prompt to share significant moments from their past.

"I was worried the screen would inhibit residents when sharing their stories and emotions," says Lara, "but I was wrong. We all enjoyed the feeling of connection and I loved being transported to a different time."

Starting in October, the images and stories that Lara has collected over many hours of conversation will be shared across Montefiore social media channels, and she feels the timing is ideal.

"If there is anyone I want to learn from during these uncertain times, it's those who have survived war, immigration, economic hardship and loss," Lara says. "They have come out stronger and with an incredible zest for life, and I want to be surrounded by that energy."

The four stories here are just a taste of the moments in time captured as part of Lara's project. **M**



DEL & PAUL TOMCHIN

Del: I worked in my brother in law's deli and he told me: "There's a guy who comes in on Saturday or Sunday afternoons and loves his fancy food – show him what's new and he'll buy it." So Paul comes in, says "I'll take it all," then asks me out. I said no as I had dates the next two weekends. "Well, I'll book you for the third one." We both loved dancing. He was fun to be with and good company. And for the next 60 years he has cooked beautiful food for me, because I hate cooking.

Paul: I'd never just asked someone at a counter on a date before, so there was something there. I took her out in April and we were married in September!

MAURIE ZAMEL

WHAT'S THE SECRET TO REACHING 100? NOT THINKING ABOUT IT! NOT CONSIDERING THE SAGA OF OH, NEXT WEEK I'LL BE 90 OR NEXT MONTH I'LL BE 95. I NEVER THOUGHT ABOUT IT IN THAT WAY WHATSOEVER. I WAS JUST CONCERNED TO LIVE THE DAY AS IT CAME ALONG AND DO MY BEST. THE MAIN THING THAT I'VE FOLLOWED IN LIFE WAS TO TREAT MY FELLOW MAN WITH RESPECT AND I NEVER REGRET THAT THEORY – THAT EVERY PERSON I COME ACROSS IS JUST AS GOOD AS I AM, AND NOT TO THINK LESS OF THEM THAN I DO OF MYSELF.



“

KLARA GAMARNIK I had a good life growing up in Azerbaijan, though it was hard for us after my father left to support the Russian army to fight the Nazis, when I was 11. I was still able to continue my schooling, and when the war ended in 1945, I studied to become a preschool teacher. It was my career for 40 years. I always enjoyed special occasions like New Year and Mother's Day when we would prepare a special concert for the kids to perform for their parents.

”

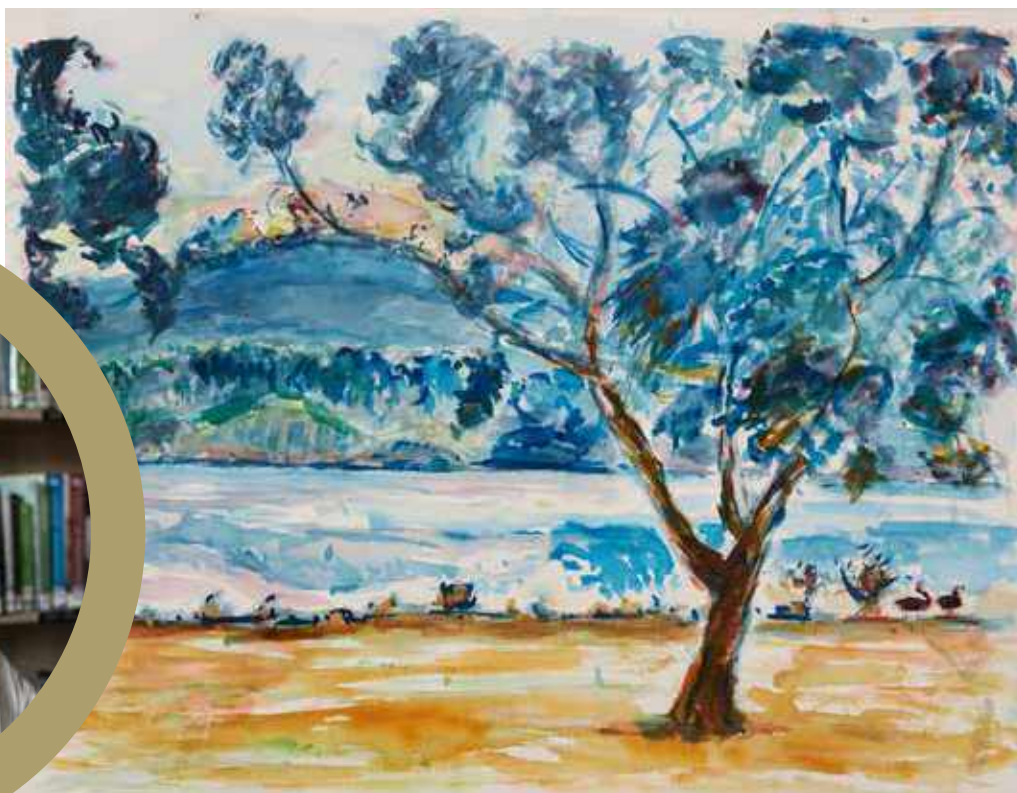


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SHIRLEY MARGOLIN

I WAS BORN ON JUNE 13TH, 1934 IN LONDON. I WAS FIVE YEARS OLD WHEN THE WAR STARTED. I WAS ON A BEACH WITH MY FAMILY AND I REMEMBER HEARING THE AIR RAID SIREN. I RAN OFF THE BEACH LIKE EVERYONE ELSE DID, AND I LEFT ONE OF MY PLIMSOLLS (WHAT WE CALLED A SANDSHOE). I LEFT IT BEHIND AND THAT WAS IT... THAT WAS THE BEGINNING OF THE WAR.

”



Season **for change**

Some words of wisdom on Rosh Hashana and the COVID-19 pandemic from spiritual dean **Rabbi David Rogut OAM**.

There is a classical Chasidic parable. A king had a son whom he loved very much. Unfortunately, as the son was growing up, the king began to see that he was heading on the wrong path. The son's behavior became more and more difficult and the king realised that he could not keep him in the palace.

The king sent his son to a distant village to be raised in the home of peasants, watched over by his officers and spies. The king's son grew up in the village, but always maintained memories of the palace where he was born. One day the young man said, "I am the son of a king and I must return to my father." He began the long and difficult journey. Soon messengers came to tell the king that his son is on his way

to the palace. The king immediately broke into tears. He said to his servants "I know that it is a difficult journey. Go prepare my carriage and I will travel to meet my son halfway."

The meaning of this parable is clear. The king is G-d and the son represents G-d's children. There are times when we feel that G-d sends us away and is hidden from us. And there are times when we send ourselves away, hide ourselves

"MONTEFIORE STAFF HAVE CARED FOR OUR MANY RESIDENTS AND CLIENTS WITH DEDICATION, COMMITMENT AND HARD WORK."

from G-d and travel a long distance from the proper path.

The theme of the *Yamim Noraim*, the High holidays, is *teshuva* which literally means "return". It is about returning to the path G-d wants us to travel. Teshuva teaches that we humans possess the ability to turn our lives around and change the path we are travelling.

G-d also has the ability to turn around. Perhaps that is the meaning of the rather difficult Torah verse. "I kill and I make alive, I have wounded and I heal." G-d can change.

One of the most profound teachings of Judaism is that there is symmetry between what happens here on earth and what happens in the spiritual world. When we humans return to G-d, G-d also returns to us. G-d meets us halfway. We travel towards one another.

During this spiritual introspective period, let us make a sincere effort to return to G-d and G-dly values. G-d will welcome us and return to us.

Vicky and I wish the President, Executive, Board, staff and all our valued residents and families *Ketivah va Chatimah Tovah*. May we all be inscribed in the Book of Life.

Artwork: Keith Lazarus, Randwick

THE CHALLENGE OF 2020/5780

The past year has presented all of humanity with a tremendous challenge – the COVID-19 virus. Despite our great advances in the study of medicine and health we were confronted with this unknown virus, virulent by nature with deathly consequence.

It has changed all facets of normal living – education, health and business have all been seriously affected. Our government responded swiftly to this challenge and called upon all Australians to assist in overcoming the spread of the virus. The response has been positive and heartening.

On Rosh Hashana we declare that "Prayer, Repentance and Charity can avert the evil decrees." May we all be sincere in our prayers to G-d, our actions towards our fellow man and our sincere repentance to help bring about a change in the present world situation.

Montefiore staff have cared for our residents and clients with dedication, commitment and hard work. We thank them for their sterling efforts. Our hearts go out to all our residents who have spent time separated from their families, volunteers and visitors. We thank all of you for your patience and understanding.

May the New Year usher in a period of good health to the entire global family. **M**

Festivals done differently

As for the wider community, large gatherings for the High Holidays are not possible this year at our Residential Care sites. However, the Spiritual & Cultural team has been working to create special experiences for Pesach and Rosh Hashana in the dining room, and through ongoing resident activities for other festivals. "While this year will be a different and challenging High Holidays for us all, residents will still enjoy a beautiful four-course Rosh Hashana meal, meaningful Synagogue services, a beautifully decorated Succah at all sites and other festival celebrations for this joyous and commemorative time of year," says Lynda Dave, Executive Manager Spiritual, Cultural and Community Relations.



Clockwise from left: Mary Rozowsky with a Rosh Hashana card from students organised by JNF. Toba Elias ready for Pesach dinner; a travelling musical celebration for Yom Ha'atzmaut.



house of MEMORIES

During Dementia Action Week in September, the Sydney Opera House will showcase an Art, Music & Dementia Pilot Program, which Randwick and Hunters Hill residents were lucky to experience earlier this year.

Some of our residents living with dementia enjoyed taking part in a special musical event under the iconic sails of the Sydney Opera House over summer 2019/2020. The Art, Music and Dementia Pilot Program featured a trio of musicians on flute, violin and harp, who had carefully chosen pieces that would resonate with their audience. They were joined by facilitators from the Macquarie University Art & Engagement Program. The day's programme included pieces from *Carmen* and *Orpheo and Eurydice*, and encouraged residents to engage with the music and memories prompted by historical photos and artifacts.

"The program was a valuable reminder of the universal power of music to create engaging experiences for all of us," says Creative Therapy Manager Maxine Radus, whose team supported residents to take part.

Program sponsor Dr Eileen Ong was thrilled to see the pilot program come to life, after she approached the Opera House Accessibility team wanting to help develop a program for people living with dementia. "My great aunt had dementia so it's a issue close to my heart," she explains.

Residents became absorbed in the performance in the Utzon Room, before the

Right: Harpist Genevieve Lang with Leah Kaganer; residents absorbed in the performance; Creative Therapy Manager Maxine Radus with Rina Huber.



curtains were raised to reveal water-level views across the harbour while they mingled with the musicians, capping off this special experience. "It's just been the most wonderful day," shared Randwick resident Leah Kaganer. "It's like the whole world is in this room."

While the COVID-19 pandemic has put on hold further development of the program for now, as it has for similar resident excursions, the Opera House Accessibility team will be releasing the video for World Alzheimer's Day on September 21, during Dementia Action Week. **M**

"IT'S A MOVING
REMINDER OF
THE UNIVERSAL
POWER OF
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ENGAGE US."

Words of wisdom

Celebrating the success of Randwick's **Eddie Jaku** as he tops the bestseller list with his new book at the age of 100.

Amidst the challenges 2020 has presented, Eddie Jaku has celebrated some remarkable milestones – including his 100th birthday in April, and the July publication of his memoir *The Happiest Man on Earth* and its meteoric rise to number one on the Australian bestseller list.

Though celebrations outside Montefiore Randwick, where he lives with wife of 74 years Flore, were limited by COVID-19 closures, Eddie has approached it all with the attitude you would expect from someone who calls himself the 'Happiest Man on Earth'. This includes making the most of virtual and in-person opportunities to celebrate with family and friends, and spread his message via the media.

"Family is the most important thing – first, second and third," Eddie says. "We have two wonderful sons, grandchildren and their children. When we are able to have visitors, our sons Michael and Andre are here with us every day."

The renowned speaker has been sharing his story of trauma and loss in the Holocaust, and the philosophy of friendship and tolerance he adopted in its aftermath, since he began volunteering at the Sydney Jewish

"THIS IS A BOOK
THAT WILL STAY IN
READERS' HEARTS
FOR A VERY, VERY
LONG TIME."



publisher Cate Blake. "This is a book that will stay in readers' hearts for a very, very long time."

Interviews in national press, radio and on TV's *The Project* contributed to stellar sales, as the book debuted at number one for non-fiction and was the overall bestseller in the country just a few weeks later.

"Can you believe it?" marvels Eddie, "I never thought I would become an author." Montefiore residents and staff joined him to celebrate the book's success with champagne, cake and a signing. True to form, Eddie is donating all royalties to the Sydney Jewish Museum that means so much to him. **M**

The Happiest Man on Earth by Eddie Jaku (Pan MacMillan, RRP \$32.99) is available now.



Three's COMPANY

Siblings **Maureen Segelov, Sam Kutner** and **Linda Rector** are living under the same roof again for the first time in 70 years at Montefiore Randwick.

The last time siblings Sam Kutner OAM, Linda Rector and Maureen Segelov all lived together was in the family home in Brighton in the 1940s, before they emigrated to Australia. Now, over the past five years, all three have come together again living at Montefiore Randwick.

The Kutner family moved to Sydney in the early 1950s as '10-pound Poms'. Maureen was the baby of the family at 12 years old, Linda was 16, while Sam and their eldest sister Helen (who passed away in her 50s) were in their 20s and already married, each travelling to Australia separately with their partners.

"We lived in Brighton, and our father, Mayer, ran a mirror manufacturing business in the East End," says Linda, "but he wasn't well and wanted to move to Sydney to be closer to his brother who was already here."

The sisters remember the move being a difficult one in their teens. "I was horribly homesick," says Maureen. "When we arrived to stay with family in Maroubra, it was so different and wild. The taxi driver couldn't get all the way up the rough road to the house."

The death of their father less than a year after arriving in Australia was a huge blow for the family, but their mother, Minnie, decided they would stay. Sam and his wife Stella arrived after their father's passing. "It was a bad time," says Sam, "but Dr Fanny Reading [founder of the National Council of Jewish Women] took Mum under her wing. There was a lot of support from the community."

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PERSON WHO
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TOGETHER IS
OUR MOTHER."



Each of the siblings built busy, independent lives with their own families.

Linda attended Sydney Girls High School and studied fine arts. She had three children and became a curator, naming her time working with renowned architect Harry Seidler as a highlight. "He had decided to dedicate Rose Seidler House, the first home he designed in Australia for his parents, as a living museum," she says. "I helped restore it to its original condition."

Maureen attended SCEGGS followed by business college, meeting her late husband John, a neurosurgeon, while working in hospital administration. "We met in an anaesthetics room, and I asked him if his patient was alive, which he didn't like!" she recalls. They had two children, while Maureen helped in John's practice and began investing in property. "I've been through a lot in my life, as have many. I think I managed so well as we had a wonderful marriage for 40 years."

Sam and Stella had two daughters, and he pursued a career in engineering. In retirement, he joined TAD, a not-for-profit organisation creating personalised technology aids for people with disabilities. His inventions earned him an OAM and TV coverage, but Sam is most proud of the fact that two of the families he helped still visit him at Montefiore today.

Now, after moving in and out of each other's lives for many years, they have come full circle and are living close to each other once more at Randwick. "Maureen and I eat together in the dining room, while Sam usually sits with the men," says Linda.

"I know the one person who would be happiest to see us together like this is our mother," finishes Sam. **M**

Photography: Justine Perl



Siblings Maureen Segelov, Sam Kutner & Linda Rector in the grounds at Montefiore Randwick.

APPETITE FOR TRAVEL

Hands-on cooking demonstrations and world flavours have featured on the menu in Residential Care.

Who says you need a plane ticket to explore the world? Our Catering and Leisure & Lifestyle teams have banded together over the past six months to create a series of special experiences for residents encompassing cultural engagement, hands-on cooking, and enjoying global flavours together in the dining rooms.

Italy was represented at Hunters Hill and Randwick by a gnocchi-making class for a smaller group with head chefs Sunil and Antonio, followed by pasta night enjoyed by all. Randwick also experienced a taste of New York-style pizza, while Woollahra head chef Dominique has led dining room expeditions to Mexico as well as his native France for Bastille Day. While our usual family celebrations for Jewish Holidays have not been possible, Spiritual & Cultural, Catering and Leisure & Lifestyle continue to work together to make festivals special occasions.



New York-style pizza on the menu, clockwise from left: Bertha Podobrasky; Clara Cummins; Yvonne Kay; Louise Moalem; Peter Singleton.



Bastille Day lunch at Woollahra, left: Del and Paul Tomchin. Below: Head Chef Dominique Descat & Laurelle Renof.



Gnocchi-making and pasta night were a hit, clockwise from above: Clare Beutum; Pamela Mlynsky & Esther Taylor; Miriam Kaplan.



Far left: Laurelle & Sidney Renof enjoying a Mexican fiesta. Above: Olga Conrad making hamentaschen for Purim with Senior Leisure & Lifestyle Assistant Gabrielle.

Lionel's legacy

A bequest by the late Lionel Green will continue his family's longstanding support of Montefiore for generations to come.

In November 2019, Montefiore lost one of its most staunch supporters in the late Lionel Green. Mr Green spent his final years as a resident at the Randwick campus, but his relationship with the organisation dates back more than a century to his own parents' generation.

Says Montefiore President David Freeman AM: "Lionel Green exemplified the best of our Montefiore family – a lifelong supporter in word and deed, who was genuinely passionate about our mission to ensure all older members of the community receive leading care, support and Jewish spiritual and cultural inclusion. Now, thanks to the many generous donations he made during his lifetime as well as those planned through his estate, the Green legacy will continue for generations to come."

Lionel Green's father Simon was a Life Member, and President for a decade – during which the land was purchased to move the Sir Moses Montefiore Jewish Home and Isabella Lazarus Children's Home from Bellevue Hill to Hunters Hill. Lionel fondly recalled this time as a

significant part of his upbringing, as he accompanied his father there on weekends as a child. His beloved mother, Anne, was equally involved in fundraising, helping to build the strong communal organisation that remains today.

Says longtime friend and Foundation team member Rita Opit: "Lionel was very close to his parents, and was always so proud of their contribution. Over the more than 30 years I knew him, Lionel shared their love for Monte. Both before and after he became a resident, he was greatly supportive of the care we offer to older members of the community."

The Green family named a wing at Hunters Hill for Anne in 1953, and Simon in 1973. Over the years, Lionel went on to dedicate many more spaces at Hunters Hill and Randwick to his parents, with a focus on gardens and outdoor spaces as well as generous contributions to the Randwick Campus development and Torah dedication.

Lionel had also intended to name the Hunters Hill Recreation Room after his parents, a wish the Foundation will honour.



The late Lionel Green (below) made many dedications in the name of his parents Simon and Anne (left), who were deeply involved with Montefiore.



"LIONEL WAS A LIFELONG SUPPORTER WHO WAS GENUINELY PASSIONATE ABOUT MONTEFIORE'S MISSION."

Lionel's nephew Stephen Green now continues the family legacy with his wife Sharon, as trustees of Lionel's estate. Lionel bestowed the bulk of his estate to the Montefiore Foundation, commencing with a donation of \$2.5 million to name one of the new M by Montefiore buildings at Randwick.

Lionel Green's bequest will allow the Foundation to continue subsidising care for the more than 30% of residents in financial need. Montefiore is grateful to the trustees for their continued support during these challenging times. **M** To enquire about making a bequest, contact Montefiore Foundation Manager Brenda Kaplan, P (02) 8345 9156 or E bkaplan@montefiore.org.au

Communal spirit

We are thankful to the many community members who have supported us through COVID-19, says Montefiore Foundation Manager **Brenda Kaplan**.

With in-person communal events and campaigns on pause across the community, the Montefiore Foundation team is grateful to the many who have given generously to support the organisation, its residents and staff. This includes our 1800+ members who joined or renewed their Membership this year, and donated towards the huge costs incurred in the fight to protect our residents and sites during the COVID-19 pandemic.

To show appreciation for Montefiore's dedicated workforce and boost morale during supermarket shortages, in April we reached out for donations of goods for staff essentials gift bags – thanks to sponsors Good360, BidFood and Stuart Alexander for providing thousands of basic items and treats for these packs.

In May, Camilla & Marc and Spotlight donated material so an army of volunteer sewers could create fabric masks to help protect our staff while out in the community.



Thanks, too, to all those people who donated their iPads, tablets and laptops so staff could assist residents to keep in touch with loved ones when visits have not been possible.

The Foundation has made the difficult decision to suspend one of its major fundraisers, the Annual Raffle, given the challenging climate for many of our retail sponsors and the safety issues around in-person ticket sales. Instead, we encourage all those supporters who usually buy tickets to donate instead

towards the ongoing costs of personal protective equipment (PPE) for staff. Montefiore is now spending around \$12,000 each week on precautionary disposable surgical masks, gloves and gowns, and these costs would only increase further in the event of an outbreak at one of our sites. **M** To donate, visit: montefiore.org.au/donate or ph: (02) 8345 9137.



Clockwise from top: Cook Maribel Sicam and Registered Nurse Eduardo Pantoja with their essentials gift packs; Cleaning Supervisor Milka Uzela and Community Engagement Project Manager Leila Aron with fabric face masks; Lilly Berger connects with grandson Lesli (NSW Jewish Board of Deputies President) and family on FaceTime.



Committed to care

As a Help at Home Care Coordinator, **James Waide** supports his clients to live independently by tailoring care and services to suit their needs.



While aspects of his work have changed during the COVID-19 pandemic, James Waide and the Help at Home team are continuing to work safely with clients and carers in providing daily support, allied health services and more.

How did you start working in aged care?

After spending some of my uni placements in aged care, I felt it was an area where I could make a difference. I joined Hunters Hill Residential Care five years ago as an exercise physiologist, and moved to Help at Home a year ago.

Why did you decide to move across to Help at Home?

I enjoyed providing Exercise Physiology services to home care clients while at Hunters Hill, and saw how important it was to many people to be able to remain in their homes with the right support.

How does a Care Coordinator work with clients and carers?

Great communication is the key to my work with both clients and carers. In many cases, our first role is to educate clients and families about the packages and government

subsidies available through My Aged Care, and assisting them to make informed decisions. We set up Care Plans and thorough, detailed assessments for each client to make sure we have a full picture before putting any services in place. We also need to identify adjustments needed over time as a client's needs change, and make sure care workers are fully briefed on how this may impact their work.

What's the most rewarding part of your role?

The rapport I build with residents and clients – developing those relationships are my proudest moments.

How would you describe the Montefiore Experience? We're very consumer focused. As the health care professionals, we're there to help guide and assist our clients, but really it's all about working with them and their families on what they need and want from their experience.

What's been the greatest challenge during COVID-19?

It's been challenging as a care coordinator to be working remotely, while carers continue to work with clients in their homes. So it's been even more important to keep up communication, and keep in touch over the phone, on email and video too. We have good systems in place.

Have there been any upsides to your work during COVID?

It's really highlighted what a fantastic team we have – the way all the care workers, coordinators and management have supported each other has been fantastic, and I know it will continue. All my colleagues in Residential Care and Help at Home are friendly, professional and always go above and beyond to support each other and the clients and residents. **M**

For more information or to speak with a Care Coordinator about your needs, visit: montefiore.org.au/homecare



Thinking social

Now more than ever, finding new ways to forge social connections is important for brain health, explain the experts at the Centre for Healthy Brain Ageing (CHeBA).

Humans are by nature social beings. As such, we are not built for times like these that involve prolonged physical distancing and social isolation. Yet, human beings are adaptive and there are ways we can safeguard our health even during times of physical distancing.

When isolated, our physical, emotional, and mental health is at risk of worsening. Total isolation has been compared to the negative health impacts of smoking 15 cigarettes a day and other negative health factors, such as obesity. Similarly, lack of physical touch with others can negatively impact our self-esteem and increase rate of depression.

However, according to researchers at the Centre for Healthy Brain

Ageing (CHeBA), there is a way you can safeguard your health despite isolation, by using 'social cognition'.

"Social cognition is a term for your social thinking abilities," says Rhiagh Cleary, part of the Social Cognition Ageing (SocCog) team, who are looking at its effects over an individual's lifespan.

"THE MORE WE PRACTICE SOCIAL COGNITION, THE MORE OPPORTUNITY WE HAVE TO BOND AND STAY ENGAGED WITH OUR COMMUNITY."



"The great thing about using these social thinking abilities is that you can enhance your feeling of social bonding even when you are not in physical contact with one another."

Social cognition encompasses the ability to recognise, predict and empathise with emotions and to tailor our behaviour appropriately. The more we practice using our social cognition, the more opportunity we have to bond and to stay engaged with our communities.

"One of the best ways to do this is to treat strangers like acquaintances," says Rhiagh. She advocates that we should try to find connection in the uncommon ground, rather than only seeking out those with interests and outlooks in common. "Practicing stepping into the shoes of a stranger and seeing things from alternative perspectives helps our intellectual bonding, and helps keep us healthy in times of isolation."

CHeBA researchers on the Social Cognition Ageing Project are looking forward to learning more about social cognition. For the past two years, the team have worked with adults aged 60 to 100-plus, looking at how our social abilities change as we grow older. They want to characterise what is a healthy change in socialisation, versus the sort of change that could indicate an underlying health issue.

In the meantime, the researchers will use the knowledge gained so far to help support people during periods of isolation and post-isolation. The key message is that physical distancing does not have to equate to social isolation, and that we should all keep practising social cognition for a healthier life. **M** For more on healthy brain ageing, visit: cheba.unsw.edu.au

Volunteers go **virtual**

Our team of dedicated volunteers have spent this year finding new ways to connect with residents and each other.

While face-to-face programs have been suspended due to COVID-19, the Volunteer Department has continued to find innovative ways to keep residents connected with regular activities and volunteer visitors.

"So many volunteers have been proactive, and we've come through six months of adapting methods to maintain our programs," says Volunteer Manager Hazel Stein.

At Randwick, knitting and Afrikaans discussion groups, quizzes and bingo have all continued via video call, as well as jewellery making, virtual shiurs and armchair travel experiences. Remote packing of Shabbat Bags has also continued. At Woollahra, happy hour drinks have continued via iPad, while Hunters Hill has held virtual weekly discussion groups on topics of interest. Individual catch-up phone and video calls as well as emails have kept so many residents connected.

Student volunteers from Moriah College continue to engage with residents and learn about their history, and even the annual National Volunteer Week gathering continued with a successful Zoom event for more than 70 people. We look forward to our valued volunteers joining us again onsite at our Residential Care campuses soon. **M**

Doreen Stokes (left) and Fay Markovitch (right) catch up with volunteers Jacqui and Allen at Happy Hour drinks.



Clockwise from right: Rabbi Rogut giving residents a shiur; Miriam Kaplan catching up with volunteer Zoe; bingo with volunteers David & Jeanette; National Volunteer Week; armchair travel to Italy with volunteer manager Hazel Stein and Helen Prag; quiz time with volunteer Ken; Afrikaans group with volunteer Julien.



Smiling **through**

Thanks to our Junior Friends of Montefiore staying connected through art, song, music and more.

Our residents love their regular interaction with younger generations through our Junior Friends of Montefiore programs, including playgroup, Kabbalat Shabbat, storytime and more. While physical visits haven't been possible over the past six months, we are grateful to all the Jewish preschool and dayschool students and teachers for all the wonderful ways they have kept in touch – including many gorgeous cards, pictures, video messages and even a concert from Emanuel School primary students. “We are so thankful to all those who have helped to ensure residents maintain special relationships with their young friends, and keep a smile on their faces,” says Tanya Levy, Cultural Coordinator. **M**



Emanuel School, Kesser Torah, Masada, Moriah and Mt Sinai students participate in a joint Rosh Hashana initiative with the JNF; Mt Sinai students pictured below.



Clockwise from right: Erica Levien with her bracelet and message in a bottle from Emanuel Woollahra Preschool students; Pamela Mlynsky enjoying her Shabbat card from Mt Sinai; Moriah preschool students sharing a Zoom Kabbalat Shabbat; Lilly Mosberg with Mt Sinai students' Shabbat message; Moriah students preparing Rosh Hashana cards.



Frontline heroes

How we've been supporting and celebrating our dedicated workforce making every effort in the fight against COVID-19.

This year has made clear that Montefiore's greatest asset is its compassionate, dedicated workforce. Throughout the COVID-19 crisis, they've adapted to new precautions and training to keep our vulnerable consumers safe, and worked through often challenging personal circumstances. That's why we've been taking every opportunity to say thank you by treating staff to gift packs and weekly baked goodies, sharing wonderful feedback from residents and families, and celebrating initiatives including Aged Care Employee Day and International Nurses Day. Staff have also enjoyed taking part in a range of activities as part of our Wellbeing for ME program. **M**



Clockwise from top: Challah and cupcakes (below) made by staff using ingredients from gift packs; Chef Ken preparing staff treats; Aged Care Employee Day celebrations.



Clockwise from left: CEO Robert Orie distributes cookies for International Nurses Day (above); Wellbeing For ME prize winner Elizabeth of Shirah Hunters Hill,



New Employee Assistance Program

In March this year, the People, Culture & Learning team launched Montefiore's new Employee Assistance Program, Support Me. This counselling and psychology service provided by Associated Counsellors has been especially valuable through COVID-19, with six sessions available annually for staff and their immediate family members.

Support *Me*
EMPLOYEE ASSISTANCE PROGRAM

Rising to **the challenge**

Allied Health, Leisure & Lifestyle and Spiritual & Cultural teams have pivoted their programs to help residents stay happy, healthy and engaged.

When COVID-19 restrictions began in late March, our Allied Health and Spiritual & Cultural teams worked tirelessly to modify programs so they could continue to offer activities safely for resident engagement and wellbeing. This has included redesigning programs into smaller groups, taking exercise outdoors, conducting virtual tours of travel destinations and creating activity packs. We've also continued to celebrate milestones including birthdays, award ceremonies and more, in person and via assisted video call. **M**



Above: Leah Kaganer enjoying a Hawaiian-themed 'surprise trolley'. Right: Hilary Fredman at a JNF virtual tour of Israel; Below: Kitty Finger & Esther Taylor at a farewell baking session for Leisure & Lifestyle Assistant Ildiko.



Above: Yukhym Monas receiving an honour by the Russian Federation for heroic deeds performed in WWII
Below: Keith Lazarus in the art room.



Above (from left): Lina Lipton during a one-on-one exercise session; Del Tomchin planting tomatoes, chives and geraniums at the launch of the Happy Plants Club herb garden; Betty Wood waving a flag in honour of the Queens birthday.



Clockwise from right: Exercise sessions in the Hunters Hill gardens; Freda Oblowitz & Gillian Shenfield enjoying pre-dinner drinks; Lionel Spitz & Peter Singleton enjoy a Queen's Birthday lunch; Helen Penn in the Happy Plants Club garden; Woollahra residents on a much-anticipated scenic bus drive as restrictions ease.



Milestones

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

BIRTHDAYS

Vernon Amler 80th
Selwyn & Joeline Novos
Nanette Basser 80th
Max Kahn OAM
Lea Portrate
Beverly Adcock OAM
Geoff Basser 90th
Max Kahn OAM
Lea Portrate
Beverly Adcock OAM
Philip Baynash 80th
Michael & June Appleberg
Jeff Beder 60th
Jeff & Mervyn Rosen
Jakob Binstock 100th
Evelyn Perets
Beulah Blieden 85th
Rabbi David Rogut OAM &
Mrs Vicky Rogut
Rosemary Block 80th
Leon & Naomi Nahon
Mary Blumgart 80th
Rennie Chertkow
Bertie Miller
Carole Cohen
Alice Ginsberg
Selwyn & Ida Frank
Yvonne Rawak
Felicia Conyer 80th
Terence & Siew Nabarro
Ethel De Klerk 80th
Bertie Miller
Brian Doctor 70th
Brenda & Darryl Kaplan
Judah Finkelstein 90th
Rennie Chertkow
Barry & Isabel Gottheiner
Rhona Clennar

Jean Tobiansky
Bertie Miller
George & Vivian Cohen
Jack & Rosalie Pencharz
Eddie Fisher 92nd
Ted & Adele Swirsky
Betty Forer 90th
Jerrold & Shirley Jacobson
Rita Frank 80th
Rennie Chertkow
Brian & Alice Ginsberg
Moi & Joyce Gordon
Carole Cohen
Bertie Glass 80th
Michael & June Appleberg
Isabel Gottheiner 70th
Ingrid & Seymour Maze
Barry Gottheiner 70th
Ingrid & Seymour Maze
Lorraine Grill 80th
Dennis & Gerda Maister
Bernard Gruss 90th
Paul Hirshowitz
Tal Harpaz 50th
Heather Joffe
Barbara Hower 80th
Ken & Helen Bloom
and family
Bernard & Shirley Maybloom
Harry Jacobs 90th
Doris Berkowitz
Jerry & Hannah Jersky
Peter Jacobson 80th
Aubrey & Muriel Schaffer
Jonathan & Sorrel Sher
Phil Jaffee 80th
Harry & Myra Nestadt
Helen & Jeff Einstein

Jakob Binstock (pictured with Esther Taylor & Board Member Leora Ross) turned 100.



Eddie Jaku 100th
Gary & Sue Inberg and family
Pauline Josman 80th
Jocelyn Isaacs
Judy Traub
Elliot Kaplan 70th
Derek & Haidene Maltz
Myrna Kaplan 80th
Terence & Siew Nabarro
Julien Karney 85th
Susan & Henry Lechem
Micheline Lane 80th
Phillip & Estelle Bloom
Graeme & Vivienne Lane
Henry Lechem 80th
Ted & Adele Swirsky
Mervin Levin 70th
Barry & Nicole Odes
Issy & Brenda Sher
Graham & Sharon Hurwitz
David & Avril Shear
Martin & Gillian Gersun
Lenny Lipman 99th
Lola Lazarus
Gerda Maister 80th
Hanoeh Neishlos
Alan & Di Reichman
Susan & Henry Lechem
Julien Karney & Renecia Miller
Ted & Adele Swirsky
Terence Nabarro 80th
Kevin, Rosalie, Marion,
Josh & Ash Nabarro
Andrew & Leigh Hayim

Rosalie Nabarro 80th
Terence & Siew Nabarro
Nicci Nahon 80th
Julien Karney & Renecia Miller
Nigel Nailand 80th
Bert & Eve Akres
Jacques & Marilyn Hasson
Brian & Reva Rosmarin
Gabriella Nash 90th
Andrew Leipnik
Sonya Neumann 92nd
Margot Ulman
Frankie Shall
Henry Newman 70th
Gary & Sue Inberg
Prof David Brieger &
Dr Susan Hertzberg
Janese Owen 88th
Barbara Stern
Raya Perkal 90th
Sigrid Westheimer
Manfred Perlstein 80th
Steven & Judy Lowy
Barry & Judy Marks
Morris & Sharon Sher
Cecil Rabinowitz 90th
Brenda Stoch
Anton Rosenberg 60th
Susan Benjamin
Kevin & Nicole Jacobson
Thea Rosmarin 80th
Leon & Naomi Nahon
Allan Rusanow 80th
Pearl Adams & Ian Burman
Vernon Sachs 80th
Bernard & Lucy Levin
Kim Scheftz & family
Lawrence & Jackie Meyerowitz
Morris & Sharon Sher
Brian & Helena Kristeller
Myrna Kaplan
Reuben & Tammy Wesek
Oscar & Yvonne Berman
Dorit Krawitz
Julien Karney & Renecia Miller

Muriel Schaffer 90th
Doreen Gruss
Doris Berkowitz
Rhona Clennar
Myrna Kaplan
Jean Tobiansky
Judy Traub
Lily Marks
Bernard & Lesley Gild
Frankie Shall
Cecil Krost
Amelia Katz
Jerry & Hannah Jersky
Eve Akres
Shirley Fleischer
Shall Katz
Rita Nailand
Lily Katz
Aubrey Schaffer 90th
Bernard & Lesley Gild
Ralph Schaefer 80th
Prof Steve & Dr Sharon Schach
Vivienne Shore 90th
Pearl Adams & Ian Burman
Peter & Megan Benjamin
Maurice Swarts 90th
George & Clara Shelley
Edith Swieca 99th
Sue & Gary Inberg
Shosha Szekely 90th
Barry & Isabel Gottheiner
Leon Toffler 90th
Esther Fromer
Errol Weinberg 80th
Lesley & Harold Judelman
Sigrid Westheimer 94th
Raya Perkal
Ellen Walter
Richard Winderbaum 70th
Barry & Beryl Melamet
Janine Wolman 60th
Julien Karney & Renecia Miller
Maurie Zamel 100th
Elizabeth Green
Juliette Levine
Baron Revelman



WEDDINGS

Sara Blechman & Yehuda Gross
Sam Blechman
David & Cheryl Rabie
Sharon & Graham Hurwitz

WEDDING ANNIVERSARIES

Abe & Tanya Seskin 60th
Jack & Rosalie Pencharz
Lionel & Felicia Conyer 60th
Terence & Siew Nabarro
Micha & Lyn Perry
Stanley & Zelda Marks
Harold & Railea Don 60th
Annette Joseph
Jack & Thea Rosmarin 60th
Ted & Adele Swirsky
David & Sandra Berman 60th
Max Kahn OAM
Barbara Stern
Leonard & Carole Karpin
Lea Portrate
Susie Israel
Judy Lee
Harold & Jill Gold
Geoff & Nanette Basser 60th
Max Kahn OAM
Lea Portrate
Beverly Adcock OAM
Michael & Barbara Cohen 60th
Renee Markovic
Don & Mary Blumgart 60th
Necia Seskin
Ted & Adele Swirsky 60th
Julien Karney & Renecia Miller
Roy & Lynette Levine 50th
Sydney & Tanya Carlin
Dr Leslie & Marcia Narunsky
Len & Shirley Werman 68th
David & Jeanette Milston
Harold & Yvonne Berman 60th
Phillip Berman

FAMILY SIMCHA

Avrom & Lindy Sank Family
Lawrence & Jo Sank

Caring through COVID-19

Older people remain the most vulnerable to both the COVID-19 virus and the challenges of social and physical isolation. If you or a loved one are struggling to manage at home, please get in touch to find out how we can support you with:

- **Trusted Residential Care** at Randwick, Woollahra & Hunters Hill, with quality accommodation and dining, varied allied health and leisure programs, and COVID-safe practices.
- **Respite Care** including a free two-week stay with no waiting period for ACAT assessment (subject to availability).
- **Flexible Help at Home** care provided by trained carers, companions, nursing and allied health staff in your home, as well as remote phone and video support.



CONTACT US TODAY

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