

Montefiore

Life

PESACH 2018

In Living Colour

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and the art of
successful ageing





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Artist's impression

Life

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PESACH 2018

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On our cover

Artist in residence: Dawn Kagan paints with Art Therapist Lea Dagleish in the studio at our Hunters Hill Hal Goldstein Campus. Photo: Daniel Linnet.



Montefiore

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WHILE RESIDENTIAL AGED CARE REMAINS AT THE HEART OF WHAT WE DO, OUR GROWING REACH NOW EXTENDS TO HOME CARE AND INDEPENDENT LIVING.

● As we go to print with this Pesach issue of *Montefiore LIFE* magazine, we're in the midst of launching the display suite and sales campaign for **M by Montefiore**, a luxury retirement living precinct at Randwick comprising 79 private apartments.

If you're a regular reader and have been following progress, you'll know this is a project that's been more than 10 years in the making – thanks to the vision of all the members of the Montefiore Development Committee. This new benchmark for independent living will be a significant step for the Sydney Jewish Community and for our organisation. It allows us to both answer demand for luxury retirement apartments, and to direct proceeds towards the next stage of development at Randwick, a purpose-built dementia care building.

This additional offering in our continuum of care has resulted in another significant change we are making. We are in the process of rebranding the organisation from 'Sir Moses Montefiore Jewish Home' to simply **Montefiore**. While residential aged care remains at the heart of what we do, the shift reflects our growing reach

into home care and retirement living, all of which will sit under this master brand. Read more about these exciting changes on page 14.

Also included in the rebrand are our vital community touchpoints. First is the **Montefiore Foundation**, for those members and donors who assist us in subsidising people on a pension to ensure they receive the highest standards of care, as well as supporting us to undertake capital works. **Friends of Montefiore** will now represent all those who dedicate time to volunteering, communal events and more. Throughout this issue of *LIFE* you'll find stories that demonstrate how integral this network is in our mission to support the older members of our community.

David Freeman AM, President



Clockwise, from far left: President David Freeman AM & CEO Robert Orié; Peter & Michelle Gonski; Edward Ross & Sue Inberg; the display suite kitchen; Melanie Lindenberg & Gary Hendler; Rodney & Sharon Naumberger; Bruce Wallis & Trevor Pogroske; Tom Mautner & Leora Ross.



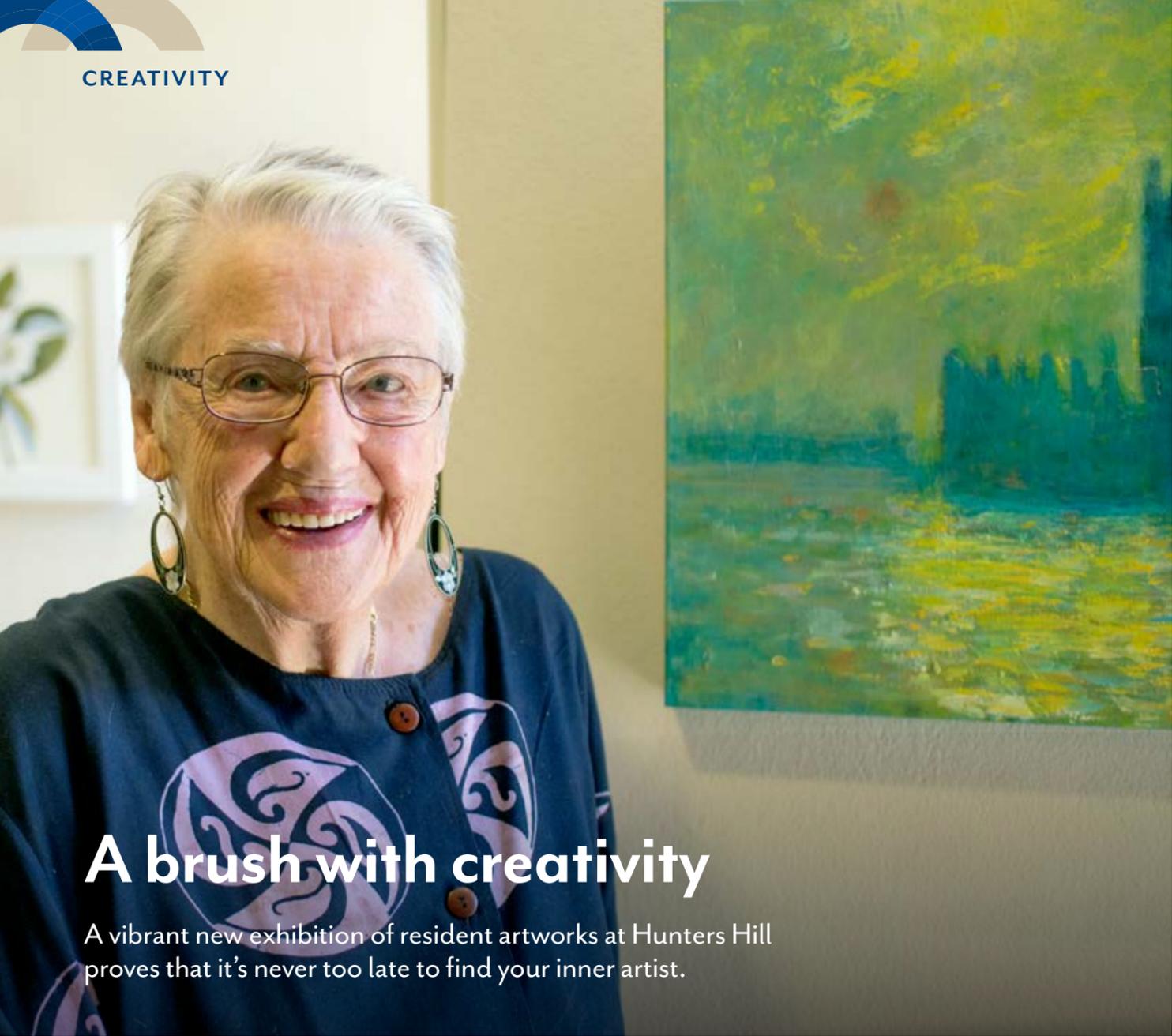
M goes to market

Sales for our much anticipated M by Montefiore development launched this month, with a series of Display Suite viewings and information sessions.

Montefiore has ushered in a new era of independent living with the sales launch of M by Montefiore, the Randwick development of 79 luxury 1, 2 and 3 bedroom apartments. The first of two information sessions was attended by more than 130 community members, and the display suite opened with a series of VIP viewing sessions. Construction of the two buildings is expected to commence mid-2018 on the King Street side of the existing Randwick property.

The M by Montefiore Display Suite is now open at 120 King St, Randwick. To find out more or book your appointment, call 1800 952 229 or visit mbymontefiore.com.au





A brush with creativity

A vibrant new exhibition of resident artworks at Hunters Hill proves that it's never too late to find your inner artist.

“Before I came to Montefiore, the only thing I'd painted was my kitchen,” said Dawn Kagan, as she spoke on behalf of the other resident artists celebrating their creativity with a recent exhibition of more than 100 works at Hunters Hill. Like many of her fellow artists, Dawn first picked up a paintbrush when she moved to Montefiore in 2014, making the vibrant results of their regular art sessions all the more remarkable.

Opening the exhibition in front of the gathered artists, their family and friends, Montefiore supporter and artist Dr Ian Penn spoke of art as a powerful expression of individuality. “It builds bridges between people, and in art you can recognise each person's spirit or neshama.”

Visit the Hunters Hill Art Room on any day of the week and you'll find an inspiring environment, fostered by art therapists Lea Dalglish and Roxanne Taylor (programs also run at Randwick and Woollahra). They work with residents of all skill levels to encourage them to experiment with new techniques and styles. “Magic happens in this room,” says Lea. “When people first start they're naturally hesitant, however over time their confidence grows and they find they can create works beyond their expectations. The residents are really supportive of each other's work, too.”

For 99-year-old Yetta Bregman, her delicately drawn and coloured botanical works build on previous creative experience. “I've always drawn, but this is the first time I've painted,” she says.

● **“ART BUILDS BRIDGES BETWEEN PEOPLE, AND IN IT YOU CAN RECOGNISE EACH PERSON'S SPIRIT OR NESHAMA.”**



Jack Finkelstein's portraits include the likeness of Nelson Mandela hung in the exhibition and a work-in-progress of fellow resident, decorated WWII veteran John Waxman. “You have to be very precise about skin shadows and highlights, which Lea is helping me with,” he says. “I love coming here, time passes quickly when I'm painting.”

Frances Factor's more contemporary style includes experimenting with texture. “For this one I added sawdust to the green,” she says of her exhibited piece, *The Secret Garden*, a mixed media work of girls in bushland.

At the exhibition launch, Ian touched on his own experience with his late mother Lola at Montefiore Randwick, and the important role art therapy can play when illness and cognitive issues make communication hard.

Artists in residence at Hunters Hill. Clockwise, from far left: Dawn Kagan; Yetta Bregman; Frances Factor with Dr Ian Penn; Art Therapist Roxanne Taylor, Creative Therapy Manager Maxine Radus, Art Therapist Lea Dalglish & volunteer Elize Polivnik; Jack Finkelstein; Toba Elias.

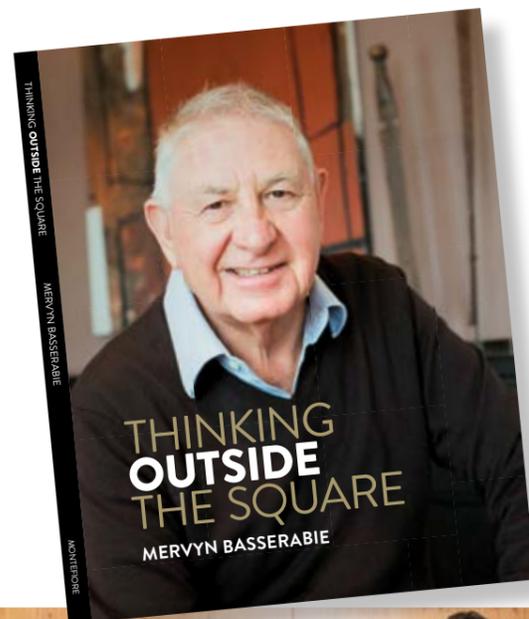
“I felt my mother disappearing from me, and I couldn't reach her. By painting and drawing together with her we found a new way to connect and have a conversation,” said Dr Penn. “I'd encourage any families in a similar situation to spend time with loved ones this way.”

Dr Penn, a respected cardiologist and academic as well as an artist, has previously donated two scholarships to Montefiore in memory of his mother, both focusing on the importance of creative therapy.

“Ian's two scholarships, for Continued Education and Improvement in Art Therapy, and the Alive in Music Program, have helped Montefiore bring creativity and joy to many residents,” says Community Relations Manager Esther Wakerman. ■

Telling our stories

A new biography series is extending our acclaimed Life Story program to honour those who've made an outstanding contribution to the community.



● Family and friends of Mervyn Basserbie, the Sydney property developer and communal philanthropist, gathered at Montefiore Randwick late last year for the presentation of his life story, *Thinking Outside the Square*. Basserbie's wife Lorraine, daughter Donna, son Gavin and grandson Alex spoke about the man of the hour, as did friends Robert Magid, Allen Linz, and Central Synagogue's Rabbi Levi Wolff.

Each painted a picture of a true *mensch* who radiates positivity and is always ready to give time and energy to his family, many friends and business contacts. Local Jewish and Israeli causes are close to his heart, Montefiore among them, and giving to the community seems an intrinsic part of his makeup. As Mervyn says in the book: "Each charity is like a family, and to be a member of a family is an honour and a privilege."

The book is the first commissioned as part of a new initiative inspired by the unique Life Story program offered to people living in

Residential Care, which has been running for more than a decade. We are now extending the program to the wider Sydney Jewish Community, to record and celebrate the lives of people who've made an outstanding contribution.

"We're honoured to present Mervyn with his story," says Life Story Coordinator Rene Ichilcik. "We trust it will be treasured and enjoyed by family, friends and community members for many years to come."

Mervyn engaged in the project with the author, Ilona Lee AM, who volunteered many hours interviewing Mervyn and Lorraine and writing his story. In *Thinking Outside the Square*, she captures memories of Mervyn's early life in Johannesburg, and the family's move to Sydney in the 1990s that has seen them both achieve success in business and become pillars of the community.

"Nobody is more generous," says Robert Magid of his friend, a strong supporter of Jewish causes at home and in Israel. ■

From left: Mervyn Basserbie with his biographer Ilona Lee AM at the launch of his Life Story; three generations of the family celebrated with Mervyn.

● "EACH CHARITY IS LIKE A FAMILY, AND TO BE A MEMBER OF A FAMILY IS AN HONOUR AND A PRIVILEGE."



Dignified freedom

Spiritual dean **Rabbi David Rogut OAM** shares his thoughts on how we can interpret and apply the Pesach message of freedom to Jewish life in the modern world.

● The Festival of Passover is richly graced with symbols, each assisting in the annual re-enactment of the Exodus scene. The zeroa or roasted shankbone is one of the symbols that carries a vital message for Jews today. The zeroa symbolises the Pascal lamb and speaks to us about true and dignified freedom.

According to the Midrash, the lamb was specifically chosen because it was worshipped by the Egyptians as a deity. By boldly slaughtering a god of Egypt, our forefathers showed that their erstwhile oppressors no longer held any fear for them. The hour for dignified freedom had struck.

A study of the Biblical chapter dealing with the Pascal sacrifice teaches our generation a timely lesson. The lamb was to be prepared in advance, slaughtered on Passover eve, then roasted whole and eaten in company. It was, however, to be eaten in a carefully prescribed manner.

"Thus shall you eat it... your shoes on your feet, your staff in your hand and you shall eat in haste" (Exodus 12:11).

"And there shall be no plague upon you to destroy you" (Exodus 12:13).

With a little imagination, one soon realises this text offers us a prescription for the attainment of freedom, and how to retain dignified freedom for generations. The Torah enlightens us that in order to taste freedom as a people, in order to be sure that "there shall be no plague upon you to destroy you," there must be basic prerequisites.

Firstly, to "stand with your shoes on". When in the history of mankind did we stand before the nations of the world with our shoes on? On the contrary, Jews stood like beggars in the doorway, grovelling and abjectly pleading for justice. People who act like beggars are unfortunately treated all too often like beggars. More often than not, an insensitive, merciless and cynical world coldly slammed the door in our faces.

At one time the most essential figure in the Jewish community was the *shtadlan*, who used his influence whenever necessary to lobby against laws and decrees harmful to his people. In times of immediate peril, the *shtadlan* would hastily seek an audience with the local official or petty tyrant. By pleading, coupled with large payments, he would succeed in preventing the evil decree.

This is not the road to freedom. Freedom comes to those who learn the ability to stand before the world with our shoes on, not like beggars.

The second requirement for true freedom is "let your staff be in your hand." How long has it been since we as a people stood before the nations of the world with a stick in our hands? For centuries the Jew was reviled, beaten and driven from pillar to post. When did we think of striking back? The Jews picked themselves up, dusted themselves off and thanked Divine Providence that they were still alive.

This is not the road to freedom. Freedom comes to those with the courage to use the stick when all else fails.

Finally, we are told "and you shall eat it in haste". When in history have we Jews known the meaning of haste? If patience is a virtue, on that score alone we are the most virtuous people in the world. "Still have I borne it with a patient shrug, for sufferance is the badge of all our tribe..." are the words that Shakespeare puts in the mouth of Shylock.

Nor is this the road to freedom. Freedom comes to those who do not hesitate, those who learn not to procrastinate but to strike while the iron is hot.

This is the eternal lesson of the zeroa. Modern Israel was proclaimed on *Erev Shabbat*. The leaders shrugged off recommendations to delay the proclamation. Israel had to maintain its new freedom surrounded by a sea of hate in a world of hostility, by not relinquishing the stick. Israel was forced into wars and confrontations. Those who want to be free must be prepared to fight for it.

Today Israel and world Jewry stand before the nations of the world with dignity. Despite the bias and lack of integrity on the part of many journalists, newspapers and TV stations, we remain dedicated to the task of dignified freedom for ourselves and all members of the global family.

Passover is the annual reminder that shows us how to attain this freedom and how to retain it. This is the message of the zeroa on the seder plate.

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

Time to celebrate

The lead-up to Pesach is always the busiest time of year for our hard-working Spiritual and Cultural Department. In amongst Tu B'Shevat and Purim festivities comes overseeing the koshering of the kitchens, and preparation for a series of special seder dinners. More than 800 residents, their families and friends share in the celebrations across our Residential Care campuses. Education is also key at this time of year, as we bring insights into Jewish traditions and ceremonies to our 1000-plus staff from diverse backgrounds.



Emanuel School students with Joyce Falk, Purim Randwick



Kesser Torah College students with Hilda Graham & Iris Kliman, Purim Woollahra



Purim biscuits featured alongside hamantaschen at our Randwick & Hunters Hill cafes



Jenna Dave & Rabbi David Rogut OAM, Chanukah Randwick



Fay Markovitch with Phillip Levy, Chanukah Woollahra



Rose Marue, Purim Hunters Hill



Sheila Corne & family, Chanukah Randwick



Jan Owen, Tu B'Shevat Woollahra



Lilly Mosberg & Lilly Berger, Purim Woollahra



Joe Guralnek, Tu B'Shevat Hunters Hill



Lynda Dave, Toby Hammerman and Benny Kaplinsky, Purim Randwick



Estelle Hartstein, Tu B'Shevat Randwick



Almond, lemon & olive oil cake



● Lynn Niselow recently joined Montefiore as Assistant Catering Manager. She has enjoyed a diverse working life, ranging from fashion buyer

through running a successful catering business to a community organisation executive. In 2014, her passion for food led her to join the Monday Morning Cooking Club, gathering stories and cooking heirloom recipes for their most recent book *It's Always About the Food*. Her light yet luscious lemon cake is the perfect way to finish off the seder. "I taught this recipe at a Passover cooking class several years ago. I love it because it doesn't taste like a Pesach cake, it's just a delicious, gluten-free dessert to serve at any time of year."

*½ cup (125ml) olive oil, plus extra to grease
2 cups (200g) almond meal, plus 2 tbs to dust
1 cup (220g) caster sugar, divided into 3
Grated zest of 2 lemons, plus ¼ cup (60ml) lemon juice
6 large egg, separated
½ tsp salt
½ cup (50g) flaked almonds
Icing sugar and candied lemon slices, to serve*

Preheat the oven to 175°C. Grease a 21cm springform cake pan with olive oil and line the base with baking paper.

Place the 2 tablespoons of extra almond meal into the greased pan, shaking to dust the sides well.

In a large bowl, mix together the almond meal, ⅓ cup (75g) sugar and the lemon zest.

Place the egg yolks into the bowl of an electric mixer, add another ⅓ cup (75g) sugar and beat until the mixture is light and fluffy. Gradually beat in the olive oil, then the lemon juice, and lastly the almond meal mixture.

In a separate bowl, place the eggwhites and ½ teaspoon salt. Using clean beaters, beat until soft peaks form. Gradually beat in the remaining ⅓ cup (75g) caster sugar.

Fold the eggwhite into the almond mixture in 3 stages, then pour into the prepared pan. Sprinkle the flaked almonds over the top of the mixture.

Bake the cake for 40 minutes until golden brown and a skewer inserted into the centre comes out clean.

Cool completely before removing from the pan, then serve dusted with icing sugar and topped with lemon slices if desired.

Can be made a day ahead. **Serves 8.**



Fighting falls & fractures

Avoid the pitfalls of brittle bones with this guide to fall and fracture treatment and prevention from **Associate Professor Peter Gonski**, a specialist geriatrician and Montefiore Board Honorary Secretary.

- Falls and resulting fractures are more common as we age. Falls occur as a result of mechanical causes (slipping, tripping, losing balance, poor footwear choice), medical causes (loss of balance due to vertigo, Parkinson's Disease, stroke, cognitive degeneration); acute illness such as infection, anaemia or a drop in blood pressure; and general weakness or wasting (sarcopenia).

Falls are more likely to result in injury, and particularly fracture, if our bones are brittle. Age, low Vitamin D levels from insufficient sun exposure, and hormonal conditions can all contribute to brittle bones. The problem is more common in females (although it also affects males), and genetics also plays an important part.

Post-fracture treatment

If you have sustained a fracture associated with a minor injury, your GP or specialist will advise whether you need osteoporotic treatment. Minimal trauma causing a fracture of a bone likely indicates either osteopenia (not overly brittle bones, but below normal bone density) or osteoporosis (low bone density/brittle bones).

- ABOUT 75% OF PEOPLE AREN'T ADEQUATELY ASSESSED FOR BONE DENSITY OR TREATED AFTER SUSTAINING A LOW-IMPACT FRACTURE.**

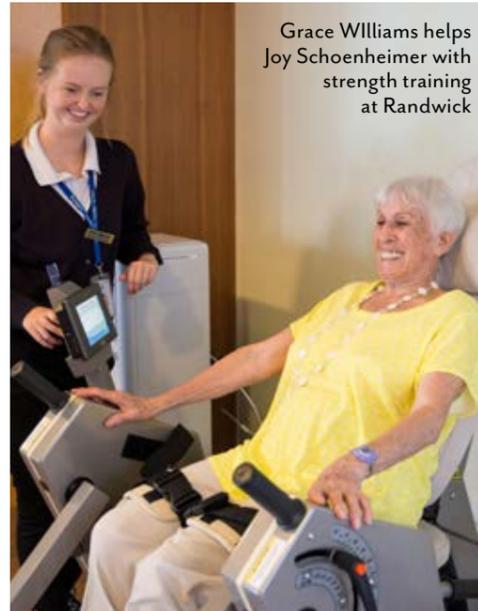
About 75% of people are not adequately assessed or treated after sustaining a low impact (fragility) fracture, yet there are many ways to reduce the risk of a second fracture. If you experience even a minor fracture, be sure to see your GP to discuss treatment options.

Medication options

There are many very good medication options for osteoporosis – oral, subcutaneous and intravenous – which reduce the risk

of having a second fracture. If you have been on one of these osteoporotic treatments for years and still develop a fracture, your doctor may consider changing you to another medication. Tooth problems are a rare side effect of these drugs, but if your dental health is relatively good you shouldn't be concerned. Just let your dentist know if you're having work done.

Bisphosphonates (such as Fosomax, Actonel and Aclasta) reduce bone breakdown. Prolia (Denosumab) is an antibody and works in a different way to decrease bone breakdown. Forteo is reserved for patients with severe osteoporosis. Finally, Evista (Raloxifene) is an oestrogen receptor-modifying drug prescribed to females, and does show some benefit though it's less commonly used. ■



Grace Williams helps Joy Schoenheimer with strength training at Randwick

PRACTICAL PREVENTION

If you've fallen and sustained a fracture, remember the acronym 'WIPP'. **Why** did the fall occur? **What** was the injury? **Prevent** osteoporosis. **Prevent** further falls. Follow the below recommendations to reduce your risk of future injury:

- Stop smoking
- Limit alcohol to 1-2 standard drinks daily.
- Ensure your diet has enough calcium.
- Exercise to improve your balance and strength (for example walking, weights, tai chi, Stepping On program).
- Check your vitamin D levels and spend more time in the sun if your GP or dermatologist agrees.
- Your treating clinician should also check calcium, possibly hormonal levels (eg thyroid, testosterone) and consider a bone density scan.
- Have an occupational therapist or experienced clinician review your home to reduce tripping risks (eg loose mats, objects, clutter).

Mind & menu

Our research partners at **CHeBA** explain how the Mediterranean and Okinawan diets can help you maintain brain health.

- Your brain consumes nearly 25% of the energy your body produces from the foods you eat, just to maintain regular functioning. For ideal cognitive function, your brain needs a diet high in essential vitamins and minerals, proteins, good fats and carbohydrates. Diet, exercise and a healthy weight are critical to preventing age-related mental function decline and the development of dementia.

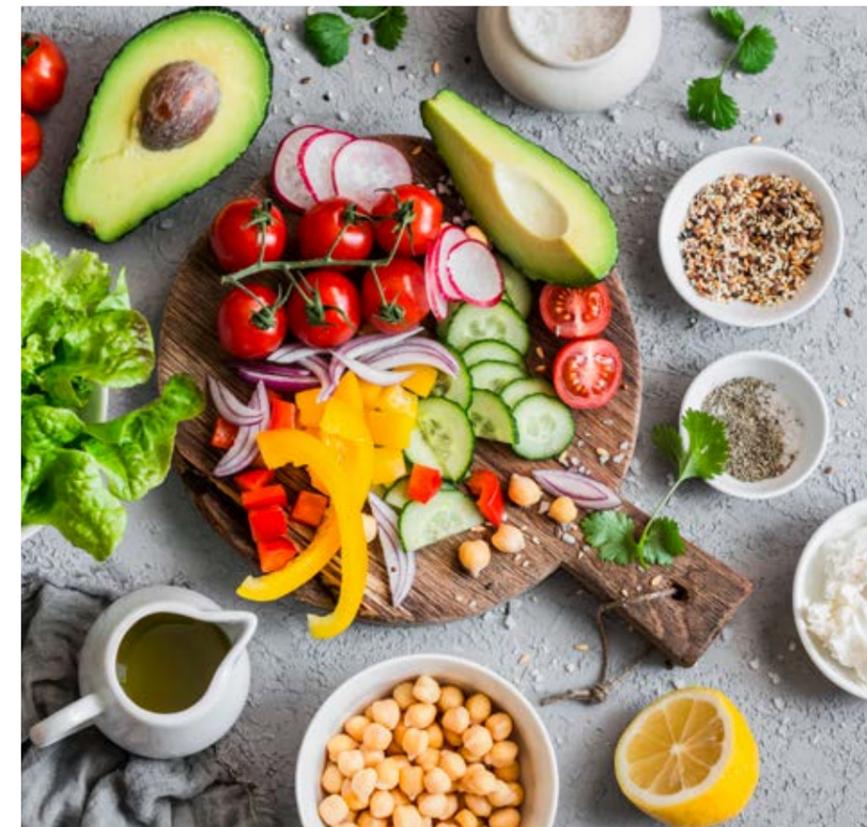
Research confirms that a balanced diet is essential for brain function and health, plus dementia prevention. The Mediterranean diet and Okinawan diet (based on that of the long-lived inhabitants of the Japanese island) are both highly effective for improving brain health and possibly reducing risk of Alzheimer's disease and other dementias.

Research supports the need to address dietary deficiencies (such as iodine or thiamine) that may result in compromised brain function. However, it's important to note that all brain functions reduce markedly when the diet is chronically nutritionally poor – from concentration to processing speed, new learning capacity and cognitive tolerance.

With studies of mid-life habits finding that adults with a healthier diet had significantly higher cognitive performance, especially on memory tasks, it's a no brainer to address your nutritional intake for better brain health!

Make for the Med

The Mediterranean diet is a predominantly plant-based, antioxidant-rich dietary pattern known for its cardiovascular and brain health benefits. It involves consuming abundant vegetables, fresh fruit (usually for dessert), olive oil, plus grains and pulses (complex carbohydrates). Fish and poultry are primary proteins, with little red meat. Low to moderate amounts of wine also feature, usually red.



The Mediterranean diet has been shown to improve brain health.

Turning Japanese

The Okinawan diet is another with benefits for brain health, longevity and possible dementia prevention. The first rule of this diet is to eat only until you feel 80% full. The second is to eat healthy, mostly plant-based foods. Okinawans eat more vegetables (particularly green and yellow vegetables) than most people, as well as whole grains, tofu, fish and other legumes. They eat very little sugar, red meat, dairy or eggs. Lastly, Okinawans combine a healthy diet with regular physical activity. ■
For more on healthy brain ageing, visit: cheba.unsw.edu.au

- STUDIES OF MID-LIFE HABITS FIND THAT ADULTS WITH A HEALTHIER DIET HAVE SIGNIFICANTLY HIGHER COGNITIVE PERFORMANCE.**

LEARN THE SECRETS OF LIVING TO 100

The second international Living to 100 Conference will be hosted by the Centre for Healthy Brain Ageing (CHeBA) UNSW later this year. Interested members of the public are invited to join Day Two of the conference, to hear expert advice and the latest research on successful ageing, from exercise to diet, genetics, social engagement and technology.

WHEN: Fri, Sept 7 & Sat, Sept 8
WHERE: ICC Sydney, Darling Harbour
PRICE: Early Bird \$250, ends May 31. Extra discount for Montefiore members, email: m.chungue@unsw.edu.au
BOOKINGS & INFO: cheba.unsw.edu.au (02) 9382 4122

Practice makes perfect

A new cognitive training program is helping people living at our Residential Care campuses tackle normal age-related memory changes, with positive results.

● Cognitive training is a growing field of research and interest for people of all ages, from school students to those exploring neuroplasticity and healthy ageing. Over the past six months, the Occupational Therapy team has successfully trialled a Memory and Ageing Program across all Residential Care by Montefiore campuses.

This education and intervention program is designed for older adults who are experiencing normal age-related memory changes. The evidence-based program was developed by Dr Angela Troyer of Baycrest Health Sciences, a Canada-based global leader in geriatric residential living, healthcare, research and education.

Montefiore Occupational Therapy Manager Pallavi Shaik explored several options before choosing this program to bring to Montefiore. “The Baycrest program has been shown to increase participants’ knowledge of memory and tools to assist with everyday memory situations, as well as increased satisfaction and confidence with their own memory,” she says. (The program isn’t intended for individuals who have been diagnosed with mild cognitive impairment, Alzheimer’s disease or any other condition with a significant memory impact.)

Pallavi first trialled the program over 10 weeks with two Hunters Hill residents, and it was subsequently extended to Randwick and Woollahra with Occupational Therapist Amy Glaser. “The course has helped me in a practical way,” says Woollahra’s Peter Turville. “I’ve created better habits, writing in a diary and finding a place for everything.”

Through instructor-led discussions, exercises, and evidence-based strategies, participants gain a better understanding of how memory works and changes with age;



Peter Turville and Lilli Rosenthal took part in the Memory and Ageing Program at Woollahra with Occupational Therapist Amy Glaser.



● **“THE MEMORY AND AGEING COURSE HAS HELPED ME IN A PRACTICAL WAY. I’VE CREATED BETTER HABITS.”**

learn how to identify and implement helpful lifestyle changes; and practice strategies to improve their recall and confidence.

For Irina Spinadel, the course helped her gain perspective: “Amy gently made us aware that we could use strategies to improve our memories, without being embarrassed by the fact that the memories of people in their 80s cannot possibly be what we used to expect.”

As more staff undergo training to run the Memory and Ageing course, any interested residents should contact their Registered Nurse or Allied Health team member to see if they are suitable candidates. ■

Montefiore residents and Moriah College students connect through music in a shared listening program.

Generations in harmony



● There’s been dancing in the halls at Montefiore Randwick, as residents and Moriah College Year 9 music students participated in a recent pilot Intergenerational Music Program. Longtime volunteer Norm Lurie brought the program to Montefiore through his association with the Australasian Music Publishers Association Ltd (AMPAL), which donated mp3 players to facilitate the sessions and permission to use the tracks.

“Everybody is musical,” says Norm, a former music publisher who also performs as a singer. “Each of us has particular songs that instantly take us back to a certain time in our lives.”

Music Therapist Lesa Groves worked with residents, including some living with dementia, to learn about their preferences and create a playlist, before 10 specially selected music students joined them to plug into the soundtracks of their lives and listen together.

“The profound effect music has on both memory and mood has been well documented,” explains Creative Therapy Manager Maxine Radus. “And as a shared listening experience the program offers a relational component and invites the opportunity for people of diverse ages and background to connect.”



From top: Irene Meltzer listens to some favourite music as part of the Randwick program; Allan Shaffer shares his choices with Moriah College’s Sara Goldberg.

● **“EACH OF US HAS PARTICULAR SONGS THAT INSTANTLY TAKE US BACK TO A CERTAIN TIME IN OUR LIVES.”**

Each student and resident pair built rapport over the four-week trial, as they discussed their thoughts on the music, and the memories and meaning behind some of their choices.

“The students responded to the project with such maturity and sensitivity, it was remarkable,” says Rene Ichilcik, who runs the Montefiore Intergenerational Program. Student Mia Sher adds: “It gave me an insight into other generations and their favourite styles of music, which I wouldn’t usually have listened to.”

The pilot shared listening program has been such a success that plans are already underway to press play and expand it to other Residential Care by Montefiore campuses. ■

The Montefiore experience

A new look for Montefiore is coming, to reflect the way we are adapting to meet the needs of the community and remain one of Australia's leading specialists in aged care.

● “The definition of ageing is changing, and we must evolve with it,” says Montefiore President David Freeman AM. “Our goal is to ensure that people maintain choice and independence throughout the ageing process, and that we have a presence wherever the community needs us.”

This has been the driving force behind a complete rebrand recently endorsed by the Montefiore Board, reflecting the fact that the organisation now offers much more than a traditional ‘nursing home’ model, instead providing a continuum of care that supports the community throughout the ageing experience.

Montefiore is proud of its 125-year history as a Jewish community organisation and one of Australia's leading aged care providers. Over the coming few months you'll notice a change in the way we look and represent ourselves in the media and online, but what won't change is our commitment to delivering the best possible care for all who need it, and empowering each individual to live a fulfilled life.

The organisation will now be known simply as **Montefiore** (rather than ‘Sir Moses Montefiore Jewish Home’), and beneath that sits a new identity to each of the components that make up our ‘family’.

The campuses at Randwick, Woollahra and Hunters Hill will fall under **Residential Care by Montefiore**. The home care service will continue to be known as **Help at Home by Montefiore** with a fresh look, and the new independent retirement living units have already launched as **M by Montefiore**.

Just as important, of course, are our communal touchpoints. Membership, donations and bequests will fall under the **Montefiore Foundation**, while **Friends of Montefiore** represents the many volunteers and supporters who so generously give their time and energy through volunteering, community programs and events. The traditional crest will be reserved for special purposes.

Keep an eye out for this new look in the media and on our new website montefiore.org.au in coming months.

Montefiore



From Russia, with love

Around 45% of residents are Russian-speaking at Shirah Nursing Home, Hunters Hill Residential Care, but these days you'll hear a lot more of the language spoken by staff. “We're aiming to be the first bilingual unit,” says Franco Tatad, Shirah Executive Care Manager (pictured below, with Russian resident Berta Krimatat). Since he took on the role permanently in November 2017, Franco has made it



his mission to bridge the language divide and foster communication and connection between staff, residents and families. His initiatives include bilingual “Hello, my name is/Privet menya zovut” posters, and working on a new staff Learning & Development program. “It's still early days,” says Franco, “but residents and families understand that we're working towards this goal, and that we value their culture and history.”

Updates from across the organisation, including a new dementia specialist appointment for Residential Care, Help at Home on show at the NSW Seniors Expo, and a vital vaccination program for the coming flu season.



Free trial for dementia support program

Help at Home by Montefiore has five places available free of charge in a trial of COPE (Care of People with Dementia in their Environments), a program designed to support and empower people with dementia and their carers. Offered in conjunction with University of Sydney and Flinders University, this practical program is delivered by Montefiore occupational therapists and nurses. It includes a comprehensive assessment, support for carer wellbeing such as stress management techniques, and tailored activities and strategies to promote independence and overcome challenges.

If you or the person you care for would benefit, please contact Occupational Therapist Belle Sarkis, ph: 0412 573 762, e: bsarkis@montefiorehome.com.au

Vital vaccinations

Following last year's unprecedented influenza season in NSW, the Clinical Resources Department will commence the 2018 vaccination program for residents, staff and volunteers. Ensuring that vaccination rates across all groups remains high is the best way to protect against



spread of the virus, which is particularly dangerous for immune compromised groups including the elderly. In 2017, 84% of Montefiore residents and more than 400 staff participated, with Clinical Resources hoping for even higher uptake this year.



Leisure & Lifestyle goes north

Late last year, the Hunters Hill Diversional Therapy team began the transition to a Leisure & Lifestyle Department, following the success of this approach for Eastern Suburbs campuses in 2016. The change is in keeping with our POL commitment to fostering choice, dignity and wellbeing through person-directed care. The L&L team will renew focus on individual assessments to recommend personalised therapeutic activities. Evidence shows that one-on-one and small group interventions have positive

effects on resident wellbeing. The broader Leisure & Lifestyle team will also continue to provide and promote an extensive range of group activities and events to engage, not merely entertain. Kate Costigan (pictured with Amelia Lazarow) is now Leisure & Lifestyle Manager at Hunters Hill, with Laura Connolly her Eastern Suburbs counterpart. Luda Norilov is now Lifestyle Events Coordinator across all Residential Care campuses, while Tanya Levy joins the Spiritual Department as Cultural Coordinator.

New dementia specialist role

Director of Professional Services Janine Grossman has announced the appointment of Jacqueline Wesson to the newly created position of Dementia Specialist. Jacki comes with a wealth of experience in dementia and research, having worked for 16 years with Professor Brodaty (OAM) and the clinical team at Aged Care Psychiatry, Prince of Wales Hospital. We welcome Jacki to the organisation this month, where she will drive the development of Montefiore's forthcoming new model of dementia care, as well as coordinating the research projects that form part of our ongoing CHeBA partnership.



Rock stars of POL

Our Philosophy of Living (POL) represents "Montefiore's commitment to delivering the best possible care for each resident and client, by empowering them to choose how they want to live their lives, with dignity and wellbeing." That's the unifying statement developed by more than 100 staff who attended two POL Strategy events. Guest speaker Phil Lee (pictured with the POL Committee), kicked off with an inspiring session on 'How to be a rock star at work'. Attendees then discussed their successes and challenges in rolling out the strategy, leaving empowered as POL Champions for their area of the organisation.

Green light for wellbeing

The addition of a garden salad to the complimentary staff lunch menu has been embraced at all campuses as part of the Wellbeing@Montefiore program. Already proving more popular than soup and sandwich options, the salads are designed to accompany a healthy BYO protein such as egg, tuna or chicken. Staff also had the option to take part in a nutrition education program late last year, and 2018 has kicked off with free 10-minute massages and Pilates lessons.



Help at Home on Show

Help at Home by Montefiore will launch its new look as one of 50 exhibitors at The NSW Seniors Expo in April. The expo showcases the latest in lifestyle, technology, health and government services. Visitors will have the chance to learn more about our home care service while enjoying a complimentary five-minute massage. April 5-6, Hall 4, International Convention Centre (pictured below), Darling Harbour. Entry is free, visit: seniorsfestival.nsw.gov.au

Cafe society

Next time you're visiting our Hunters Hill Hal Goldstein Campus, stop by Cafe Ruben and the adjoining lounge (below), where you'll find a fresh new look for the refurbished space in warm contemporary tones, plus an expanded menu. The latest resident art exhibition is on show in the lounge, as seen on page 4.



Survivors speak

Montefiore residents tell their stories of the Shoah and life afterwards in *We are Here: Talking with Australia's Oldest Holocaust Survivors*, a new book by **Fiona Harari**.

Lena Goldstein of Montefiore Randwick with author Fiona Harari.

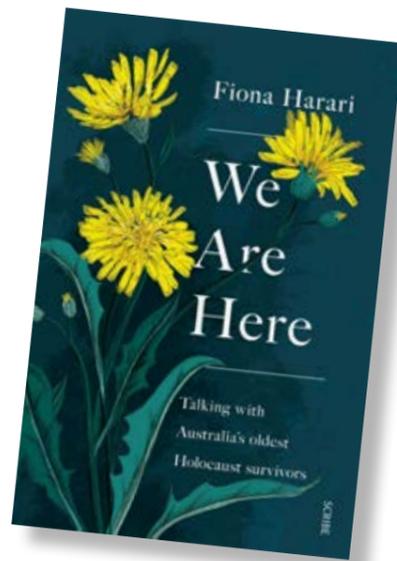


● Growing up in 1970s Melbourne, freelance journalist Fiona Harari says her family was notable in having no Holocaust survivor history, though its presence “formed the wallpaper of my childhood.” It was through conversations with her own mother-in-law and travelling back to Budapest with her that she developed the idea for her new book, *We are Here: Talking with Australia's Oldest Holocaust Survivors*.

“I wanted to know what happened during the war, but also what happened next – how they rebuilt their lives,” says Sydney-based Fiona, who realised that time was running out to record the stories of the last adult survivors as they approached 100. So she found 18 Australians (to represent *chai*, the Hebrew symbol for life) born in 1926 or earlier. Some had endured the camps, others had been in forced labour, hidden or assumed false identities. Among them were Montefiore residents Rena (Regina) Schuldener, Sam Gelber and Jack Green, as well as the late Marianne van der Poorten and Mala (Amalia) Sonnabend.

Recently moved to Montefiore Randwick, 99-year-old Lena (Helena) Goldstein also features in *We are Here*, and appeared with

● “NOW WHEN I LOOK AT MY CHILDREN AND GRANDCHILDREN, I'M SO PROUD OF THE FAMILY WE CREATED.”



Fiona in an ABC TV 7.30 interview last month. The pair formed a special friendship in 2013, when Fiona was researching a story at a survivor support group convened by Montefiore board member Renee Symonds. “Lena and I hit it off immediately and have stayed in touch,” says Fiona. “She even taught me how to bake.”

Fiona undertook rigorous research for the book, to fact-check each survivor’s story and leave no room for doubt or denial. On a trip to Poland she was able to retrace Lena’s steps and phone her along the way to share her discoveries. She found both the caretaker’s bathroom and the bunker area where Lena hid, after escaping the Warsaw Ghetto just before the 1943 uprising. Lena’s reason for sharing her story over so many years? “Before I went into hiding, I told my brother, Salek, that I didn’t want to do it and be the only member of my family to survive. He replied that it was our duty to try, so somebody was left to bear witness to what happened.”

Several themes run through every story in the book, Fiona says. First is that each attributes purely to chance their own survival over those who perished. The second is the appreciation each has for the opportunity to rebuild their lives in Australia.

“When my late husband and I married after the war, we didn’t want children because we couldn’t bear the idea of losing anyone else we loved,” says Lena. “Now, when we gather to celebrate I look around at my two sons, my grandchildren, their partners and friends, and I want to show two fingers to Hitler – I am so proud of the family and life we created.” ■

We are Here by Fiona Harari (Scribe, RRP \$29.95) is available now.

The spirit of volunteering

At our recent awards presentation, 16-year-old student volunteer **Anna Coutts-Trotter** shared these thoughts on her Montefiore experience, as she gave a joint address with her mother, the Hon Tanya Plibersek MP.

● Tuesday afternoons are my favourite time of the week. My friend Ali and I rush here from Randwick Girls’ High School as fast as we can to play a made-up trivia game with the residents of Monte Terrace Randwick, aiming to get as many people as we can to join in.

I’ve been visiting the same people for the past two years, and each week they’ve forgotten who I am as they are living with dementia. But every time we visit, they thank us again, telling us how grateful they are to see us, asking us questions about ourselves many times over. “What school do you go to?” “Are you Jewish?”

Communicating with people who have short-term memory loss is something that people don’t find easy. By now, I think I have a pretty good strategy. I answer the question every time they ask it. And if they’ve forgotten what they’ve said to me previously, I gently remind them. I’ve learned how important it is not to become frustrated or impatient – that will only upset them. Sometimes in our trivia game, they forget the question. Last week I asked “Where can I find Rome?” and someone yelled so confidently “In England!”. Instead of telling her that the answer was incorrect, I replied “Yes, London is in England” and she smiled.

Professor Henry Brodaty OAM, Montefiore Chair of Healthy Brain Ageing, has perfectly described the strategy that we as volunteers use to communicate with people with dementia. “We learn how empathy and understanding can calm agitation and aggression, we learn the importance of considerate consideration.”

There are few things in my life that come close to being as rewarding as volunteering at Montefiore. Walking into the room and seeing the residents’ faces light up, taking



Montefiore President David Freeman AM with the Hon Tanya Plibersek MP, Member for Sydney and Deputy Leader of the Opposition, who spoke at the event with her volunteer daughter Anna.

● THERE ARE FEW THINGS IN MY LIFE AS REWARDING AS VOLUNTEERING AT MONTE TERRACE. IT'S INCOMPARABLE TO ANYTHING ELSE I DO DURING THE WEEK.

15 minutes to leave afterwards because they all want to hug and thank me. It’s incomparable to anything else I do during the week. To the residents, we bring a young energy and bring the outside world in.

There’s one charming man who asks me each time if I support the Liberal Party, because Malcolm Turnbull is a close friend of his. I’ve learned it’s easier just to answer yes, to avoid a horrified expression and disappointed shake of his head. He also offers to take me to Hawaii, so I must be doing something right.

What we do is important. Monte Terrace residents aren’t able to go out for the day, visit their families or whatever else it is that they want to do. We as student volunteers entertain them and keep their minds stimulated. We’re all happy to listen to the same stories and see the same photos thanks to what we’ve learned about dementia. Ali and I enjoy seeing how happy they are to have young people make the time to listen to them.

The famous Jewish leader Hillel aptly summed up the necessity of giving back: “If I am not for myself, who will be for me? But if I am only for myself, who am I?” ■



SPIRIT OF VOLUNTEERING AWARDS

More than 160 people gathered at the Randwick campus for the recent Spirit of Volunteering event. The day included an awards presentation and inspiring keynote addresses by The Hon. Tanya Plibersek MP, Member for Sydney and Deputy Opposition Leader and her daughter Anna, whose speech is featured on page 19.

“Volunteering draws on the same qualities it takes to be a good citizen,” said Ms Plibersek. “Engagement, connection and responsibility.” She, along with Montefiore President David Freeman AM, CEO Robert Orie, Volunteer Manager Hazel Stein and Volunteer Coordinator Jane Silverman, presented 48 awards in categories including Leadership, Commitment, Team Player and Goes the Extra Mile.



Helping hands

The latest news updates and events from our dedicated group of volunteers, as well as the Montefiore Ladies’ Committee.

CONVERSATION STARTERS

Some of our volunteers provide company, conversation and even a little controversy through discussion groups at our Residential Care Campuses.

Longtime Hunters Hill visitor **Helen Yarad** (below) conducts her Monday afternoon discussion group



with assistance from **Rennie Chertkow**, where each week residents decide on a topic for the next. “Our Monday sessions always lift my spirits,” says Helen. “And they remind the group that the despite (or because of!) their advanced age, they still have opinions worth voicing.”

Every second Friday at Hunters Hill, **Professor Colin Tatz AO** covers thought-provoking subjects with residents, based on his numerous published articles, books and interests.

Norm Lurie’s Wednesday history group at Hunters Hill is also popular, where he covers everything from famous personalities to politics and more. “By mixing historical material with biographical profiles from the arts,

we are able to bring back memories in a contemporary setting,” he says. “From a personal point of view I enjoy the research, and being able to present using a variety of different media.”

On Wednesday evenings at Hunters Hill, resident volunteer **Cyril Herr** chairs a group that offers the opportunity to discuss a range of ideas, topics and current affairs.

Lively banter in Afrikaans can be heard in the halls of Randwick every fortnight, as residents eagerly await exchanging ideas and thought provoking issues researched by **Dr Julien Ginsberg**.

Philippa Byers has recommenced her enthusiastic news discussion group at Randwick’s Monte Terrace.



MEET THE 2018 LADIES’ COMMITTEE

The Ladies’ Committee held its Annual General Meeting on November 29. Wendy Englander and Annette Joseph remain as co-presidents, and Suzy Altit joined as a new member. The Ladies’ Committee operates the Montefiore boutique and conducts other social and fundraising

activities throughout the year, with all proceeds going towards the Staff Holocaust Awareness Training Program. At the recent Spirit of Volunteering event, they presented President David Freeman AM with a cheque for \$80,000. The annual Hunters Hill Clothing sale also raised \$9000.



BEST IN SHOW

Did you know that Montefiore also has a willing cohort of canine visitors? In the East, volunteers including Karen Alpert and Cindy Radomsky (pictured above with Randwick resident volunteer the late Zeita Rose) bring their furry friends along, while Hunters Hill receives visits through the Delta Society which specialises in pet therapy.

DATES FOR YOUR DIARY

Monday, April 30

Volunteers Sydney Jewish Museum Visit, 10am-1pm. To join, contact Arlene Latham, ph: (02) 8345 9254 or email: alatham@montefiorehome.com.au

Sunday, May 6

Trivia Madness with Wayne Shapiro organised by the Ladies’ Committee, 2.30pm, Burger Centre, Randwick. To book, call Annette Joseph (0414 840 624) or Faye Green (0409 771 433).

Thursday, May 24

National Volunteers Week Event, 10-11.30am, Hunters Hill. The theme for this year will be ‘Give a Little, Change a Lot’. Stay tuned for further details.

Tuesday, June 19

Book of Mormon group theatre event, organised by the Ladies’ Committee, 7pm, Sydney Lyric Theatre, Pyrmont. To book, call Annette Joseph (0414 840 624) or Faye Green (0409 771 433).



All aboard

Russian celebrations, a Purim cruise and all the latest happenings from our Randwick social support program in partnership with JewishCare.



PURIM CRUISE WEEK

The Centre set sail for a spectacular cruise across the seas arriving in the Caribbean for Purim. The five-star cruise came complete with world-class entertainment, cocktails, Zumba dancing, a Caribbean inspired lunch, hamentaschen, circus acts and creative costumes. The ship was steered by two fabulous captains, Executive Officer Warren Hurst and volunteer Michel Gutman, backed by a crew of many talents. Laughter, action and luxury were key to this Virtual Cruise Liner and won over many new passengers for the future.



CHANUKAH RUSSIAN STYLE

The centre was awash with colour, culture and cuisine as more than 100 community members joined the Centre's celebrations for Chanukah and New Year, which is an important date in Russian Culture. Rabbi Ullman led the Chanukah formalities, then youth ballroom dancers and musicians took to the floor before the crowd joined in with a hora. Community Engagement Coordinator Olya Vilshankaya showcased programs developed for the Russian community and supported by a talented group of bilingual volunteers. Russian-focused Wednesdays include the usual wellness, book readings, outings and exercise.



WHAT'S NEW

"2018 will be a year of growth for the centre with many new programs and partnerships," says Burger Centre Manager Bronwyn Elbourne. The Centre will team up with Centre on Ageing (COA) for an array of joint programs in 2018. Also new this year is a volunteer-led history program and a new Lead and Listen initiative, with a focus on allowing each person to showcase their unique story and reflect on their achievements.

To find out how you or a family member can attend the Burger Centre, or how to volunteer, visit: burgercentre.com.au or ph: 8345 9147.

BROADWAY IN THE GROUNDS

Montefiore Randwick threw open the gates to the community for its annual outdoor concert in December, themed Broadway in the Grounds. More than 260 community members gathered to enjoy the best songs from the best shows, performed by seasoned entertainers The Leading Men. Pop-up food stalls saw guests feasting on everything from Katz's Deli-style Reuben sandwiches to fish and chips and delicious brownies.

With building work on the new M by Montefiore apartment development due to commence in early 2018, this is the last time in several years the grounds will be used for this type of event.

The evening ended on a high note with the draw of the Montefiore Annual Raffle, which raised more than \$50,000 for the organisation. The 14 lucky winners included Susan Bernfield who took out the first prize of a Fiat Pop Auto valued at \$23,000. Thanks to all our event and raffle sponsors and the community for their support.



Dorit Krawitz, Lorraine Basserabie & Renecia Miller



Dr Hilton Immerman OAM & Marilyn Immerman



Patti & Jonathan Kahn



Raffle winner Susan Bernfield & Ariella Roth



Railea & Harold Don



Rhoda & Stephen Green



Sue & Michael Finger



Simon Wakerman, Sue Lewis, Debbie & Alex Moldovan



Social scene



Annette Joseph, Cathy Shapiro, Wendy Englander, Diane Englander, Beulah Bleiden & Rose Mautner

SILVER RIBBON TEA CLUB

A delighted audience gathered in the Stephen & Julie Lowy Lounge at Randwick, and watched intently as a group of octogenarians presented a Tai Chi demonstration led by their regular instructor Danny Newhouse. Danny was guest speaker at our recent Silver Ribbon Tea Club event, themed Let's Get Physical – Exercise for a healthy brain & Body. He explained a little about the benefits of Tai Chi for balance, mental attitude and overall wellbeing.

Next, exercise physiologist and Montefiore Health, Safety & Wellbeing Advisor Emilie Field gave a presentation on the overall benefits of all forms of exercise for our brain, physical wellbeing and our mental health.

As always, guests enjoyed a magnificent morning tea beautifully presented by the Montefiore Hotel Services department.



Danny Newhouse and his students give a Tai Chi demonstration



The audience watches the tai chi demonstration



Greta Penn & Gabby Blumberg



Diane Freedman & speaker Danny Newhouse

MONTE'S GOT TALENT

Hunters Hill residents, staff and volunteers showcased their many performance skills at a fun 'talent quest' initiated by resident and volunteer Cyril Herr.



The Allied Health Choir performed on the day



Ekaterina Saraeva



Cyril Herr

HUNTERS HILL EVENTS

The busy events calendar at Hunters Hill has included harbourside walks, couples dinners, after-dinner drinks with entertainment, and a Russian Musical evening.



Volunteer Helen Friese played harp



Picnic lunch by the harbour



Walks by the harbour



Alison & Myer Goran



Bessie & Ellie Stein



Roger & Vickie Eskenazi



Diana & David Rozenman



Rachel Harris



Serafima Lapteva at her social tea



Ruvim Polyak & Leisure & Lifestyle Assistant Ekaterina Saraeva at a Russian Musical

50 YEARS OF JCA

Together with Tracey Hayim of Live Love Learn, Randwick residents and Moriah students collaborated on a vibrant artwork for the JCA's 50th birthday.



Cassie Bobrow & Gabiella Nash



Beverley Kellerman & Nadia Rosenberg



Betty Zamel & Jenna Fisher

LIVING HISTORY

Year 10 History students from Randwick Girls' High School spent time with Montefiore Randwick residents to record their life stories.



Kaitlyn Krombein & Alana Coleman with Eugene Grunbaum



Kitty Finger with student Wenny Lin.



Students with Ellen Walter & Sigrid Westheimer



Rylie Muirhead, Ana Fifita & Everley Fletcher with Edith Swieca



Hayley Eather, Umaiya Rahman & Nabeeha Chodhury with Dawn Rassaby

Milestones

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

BAT MITZVAH

Esther & Hadasseh Krebs

Rael & Sandra Polivnick
Ariella Weinberg
Geraldine Woolf

BIRTHDAY

Roy Abrams' 70th

Manfred & Linda Salamon

Peter Allerhand's 70th

George & Inge Bluth
Neil & Diane Odze and family

Maria (Maya) Ameisen's 97th

Helena Ameisen
Nabil, Alice & Maya Farraq
Aliyah, Tarek & Adam Farfour
Paul, Tenery & Alex Ho-Ameisen

John Bear's 70th

Marcelle Marks

Adrienne Behr's 40th

Sam & Sandra Blechman & Grandpa

Kirsty Berger's 40th

Greg & Cassy Nathan & family

Don Blumgart's 80th

Brian, David, Harold, Herby, Moi,
Selwyn & Stan

Doug & Jacqui Yudelowitz

Dennis Bluth

George & Inge Bluth

Syd Bogan's 90th

Frank & Beverly Solsky
Ted & Adele Swirsky

Errol & Pam Brown's

Leah Corn
Harold & Railea Don
Kevin & Marcelle Marks



Five generations of family gathered to celebrate with Rachel Bass at Hunters Hill for her 102nd birthday. From left, Harold & Sandy Creighton, Barry Creighton, Devora & Yacov Einstein, Rachel & baby Leah.

Bernard & Shirley Maybloom

Julian Chodos' 90th

Suzanne, Raymond, Matthew,
Aimee, Donovan & Gabriel

Sonia Davis' 90th

Nora Bassin

Pat Roby

Cecily Sonenfeld &

John & Sandra

Colin & Maureen Diamond's 70ths

Morris & Sharon Sher

Naomi Diamond's 80th

Helene Greenblau

Daphne Doctor's 90th

Helmut & Ellen Heydt

Margot Ulman

Margaret Dolowitz's 70th

Sue Klein

Mervyn Felsher's 80th

Lilian Shub

Derek Garfinkel's 70th

Audrey Goldberg

Peter & Ingrid Jacobson

Peter Goldman's 75th

Leon Bryl

George & Dina Sofer

John & Annette Wineberg

Gerry Goldwater's 80th

Michael & Carol Been

Trevor & Jackie Collins

Lara Friedman

Sharon Friedman

Alan & Terry Gersohn

Hymie & Zoe Goldstein

Peter & Melanie Gorfinkel

Ivan & Myra Kaplan

Hugh & Sybil Mervis

Melvyn & Ailsa Sacks

Gerald & Barbara Sabel

Len & Shirley Simon

Stephen & Edna Viner

Leon Goodman's 80th

Charles & Andrea Gordon

Jonathan & Sorrel Sher

Mick Goran's 90th

Trevor & Jackie Collins

Frances Factor

Nicholas Halmay's 96th

Emil & Olga Schwartz

Judy Heilpern's 80th

Ron & Susie Freeman

Bernard & Margot Machliss

Marianne Hunter's 70th

Sheldon & Elizabeth Pozniak

Gloria Isaacs' 70th

George & Dina Sofer

John & Annette Wineberg

Brian Jersky's 60th

Doris Berkowitz, Diane & Annie

Stephen Kaldor's 80th

Lily Marks

Carole Karpin's 80th

David & Sandra Berman

Charlie Brisson & Ros Hart

Meryl Dinte

Harold & Railea Don

Gerry & Jill Fox

Lionel Goldberg

Milestones

Carole Karpin's 80th (continued)

Max Kahn & Elaine Diamond
Roslyn Roseman
David & Carole Singer
Barbara Stern
Joy Symonds
Lily Katz's 90th
Rael & Sandra Polivnick
Paula Lewy's 60th
Tom, Rose, Jacqui, Simonne,
Cliff & Loki

Greg Lake's 70th

Terry & Sue Davis

Lola Lazarus' 90th

Rennie Chertkow
Rona Malkin

Lynette Levine's 70th

Sydney & Tanya Carlin

Charlotte Lowenstein's 100th

Mervyn & Jane Silverman and family

Rhona Lubner's 2nd Bat Mitzvah

Julien Karney & Renecia Miller

Kevin Marks' 89th

Ellis & Rachel Goldberg
Sid & Laurelle Renof

Marion Max's 70th

Sam & Sandra Blechman
Vernon & Anita Amler

Renecia Miller's 80th

Barry & Pam Karp
Aubrey & Dorit Krawitz

Henry & Susan Lechem & family

Dennis & Gerda Maister

Vernon & Merle Sachs

Manfred & Linda Salamon

Ted & Adele Swirsky

Leon Nahon's 80th

Dennis & Gerda Maister

Marion Narunsky's 80th

Necia Seskin

Sonya Neumann's 90th

Darryl & Arlene Allardice

Rhona Clennar

Jerrold & Shirley Jacobson

Charles & Bev Kaplan & family

Jos & Amelia Katz

Max & Shall Katz with Jodi & Brynn

Frankie Shall

Jackie Rosen's 70th

Arnie & Karen Lopis

Marshall Tocker's 60th

Steven & Joan Gild

David Weiss' 90th

David & Carole Singer

Helen Zwarenstein's 90th

Sheila Benjamin

Craig & Lara Boss

Maadi Einfeld

Helene Gonski

John & Marilyn Lebowitz

Sol Zulaikha's 95th

Valerie Hoogstad

Ellis & Leah Jacobs

ENGAGEMENT & WEDDING

Natalie Kupferman &

Brad Rom's Engagement

Robert & Agie Oser

Kenny & Kelly Lewis' wedding

Brian & Alice Ginsberg

WEDDING ANNIVERSARY

Jim & Elaine Altman's 50th

Barbara Lazarus & David Meltz

Ken & Helen Bloom's 60th

Vic & Shirley May

Michael & Carlene

Blumberg's 60th

Jerrold & Shirley Jacobson

Barry & Pam Karp

Bert & Pauline Rosenberg

Dennis & Diana Bluth's 40th

George & Inge Bluth

Julian & Rebe Chodos' 60th

Jerrold & Shirley Jacobson

Jack & Sylvia Kameron

Roy & Diane Milunsky

Aubrey & Sharon

Goldberg's 50th

Brian & Riva Rosmarin

Roy & Viv Wainer

John & Barbara Hower's 40th

Ken & Helen Bloom

Mo & Zelda Levitt's 60th

Rennie Chertkow

Leon & Louise Miller's 40th

Jos & Amelia Katz

Les & Marcia Narunsky

Eddie & Adele Myerson's 60th

Jerrold & Shirley Jacobson

Ted & Adele Swirsky

Alan & Joan Taylor's 60th

Sid & Zara Young

Aubrey & Muriel

Schaffer's 65th

Jos & Amelia Katz

Lily Katz

Sharon Katz



Kevin Marks celebrated his 89th birthday with his wife Marcelle, 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 provided by one of Australia's leading aged care specialists and deliver them into your 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**



**Help at
Home**
BY MONTEFIORE

1800 251 537

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Care as individual as you



At Montefiore, we believe that we must look after each other as we age. As one of Australia's leading aged care specialists, we are committed to delivering quality care that helps everyone live a fulfilled life with choice, dignity and wellbeing.

That's the Montefiore experience.

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