

COUNTLESS LIVES POTENTIALLY SAVED

GIFT OF LIFE AUSTRALIA IS PROUDLY SUPPORTED BY
THE WOLPER JEWISH HOSPITAL HEALTH FOUNDATION



Gift of Life volunteers L to R: Dr Jessica Henegan, Dr Kerri Jankelowitz-Rosettenstein, Marilyn Jankelowitz, Kerry Alice, Shula Endrey-Walder OAM, Emma Sharp and Debbie Redelman.

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WOLPER
JEWISH HOSPITAL

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President's Message

This edition of the Wolper Pulse is dedicated to Gift of Life Australia (GOLA).

GOLA's website notes its mission as being "to raise awareness about the life saving potential of Stem Cell, Bone Marrow and Cord Blood transplants and to increase the representation of Jews on the Australian Bone Marrow Donor Registry (ABMDR)."

Wolper Jewish Hospital's association with GOLA dates back to GOLA's beginnings 20 years ago and continues today through the financial support provided by the Wolper Jewish Hospital Health Foundation.

I pay particular tribute to Shula Endrey-Walder OAM who was instrumental in GOLA's foundation and continues to play the most active part in its activities. Shula, who is a past director of Wolper, deserves the community's sincere thanks for the wonderful work she has done over so many years and continues to do by directing every GOLA activity.

I suggest readers of Wolper's Pulse newsletter take the time to read our interesting articles on pages 3 and 5 about GOLA especially the wonderful life-preserving successes it has facilitated.

I would also like to draw readers' attention to Wolper's now well-established Medical Evaluation & Rehabilitation Program that provides restorative care for elderly patients with complex medical needs.

The unit is run by our outstanding physicians who specialise in medical rehabilitation of the aged and is supported by a full multi-disciplinary team which includes physiotherapists, occupational therapists, nursing staff, exercise physiologists, a speech pathologist, dietician and discharge planner.

The goals of this inpatient rehabilitation program are to enable elderly patients to return to a safe and independent lifestyle within their home and community.

With an aging demographic in our community Wolper is responding to this very important and growing clinical need by providing this innovative medical service.

I take this opportunity to wish all our readers a very happy Rosh Hashanah, a meaningful Yom Kippur and well over the fast. May the coming year 5778 bring good health and much happiness to you and your families.



Daniel Goulburn
President, Wolper Jewish Hospital



Check out Wolper's Wellbeing Video Library

Wolper Jewish Hospital's Wellbeing seminars aim to educate and encourage discussion around topical health-related issues.

If you missed a Wellbeing session or want to revisit a session, you can easily catch up.

All Wolper Wellbeing sessions are recorded and are available for you to view via the Wolper web site at www.wolper.com.au/news/video

Our Wellbeing library includes videos on:

- Living with Diabetes
- Dying with Care
- Parkinson's Disease and Rehabilitation
- Am I Fat?
- Forgotten Cancers
- Managing Medications
- Kidney Awareness
- Sleep and Sleep Patterns
- Sexuality in the Maturing Population
- Let's Talk Dementia
- Suicide and Depression
- Medicinal Cannabis
- Stroke: Recognition, Response, Recovery & Strategies for Prevention
- Type 2 Diabetes: Signs, symptoms, treatment & prevention

Upcoming Wellbeing sessions are also listed on www.wolper.com.au or on page 5.

GIFT OF LIFE AUSTRALIA: Offering help and hope for curing Blood Cancers

Mission

Blood stem cell or bone marrow transplants are the only possible cures for many people diagnosed with leukaemia or other fatal blood disorders. The transplant donors must be specifically matched to the patient's DNA and are most likely to be found within the patient's family.

As DNA is inherited, the likelihood of finding an unrelated match is highest within one's own ethnic group. Only 1-in-3 patients find a match within their family and the remaining 70% have a 1-in-10,000 chance of finding an unrelated match on the world-wide bone marrow registries.

Gift of Life Australia's mission is to raise awareness of the life-saving possibilities of stem cell, bone marrow and cord blood transplants and to increase the representation of Jewish and other ethnic minority groups on the Australian Bone Marrow Donor Registry – ABMDR. Due to the Holocaust, Jewish families today are not large and therefore there is even less chance of matches being found within the family.

History

In 1991 Jay Feinberg of New York was diagnosed with Acute Myeloid Leukaemia. The only possibility of a cure was a stem cell or bone marrow transplant from a matching donor. None could be found in his small family. His two brothers were a match for each other but not for him. Nor were there any matching donors listed on the American or European donor registries. In desperation his parents, Arlene and Jack Feinberg, sold up everything in New York, created "Friends of Jay" and hit the road to find an Ashkenazi Jewish match in the USA to prevent their son from dying.

That year, Jay came across a genetics related article in the prestigious "Human Genetics" journal. He contacted one of the authors, Shula Endrey-Walder to understand why the ABMDR had only a handful of Jewish potential donors enrolled. This simple query led to Shula starting to test potential donors at Wolper Jewish Hospital on Sunday mornings and the establishment of Gift of Life Australia.

In the meantime, Jay's parents had tested over 60,000 potential donors resulting in 45 matches for other people but sadly none for their son.

In 1995 at the very last testing session in Wisconsin, a young girl, Becky Faibisoff was the very last person to be tested and she was found to be Jay's miracle match. Later that year, Jay was transplanted with Becky's bone marrow cells and whilst recovering from the successful transplant, he decided to continue the life-saving organisation his parents set up and called it "Gift of Life".

In 1998 Gift of Life became the only Jewish registry in the USA and a member of the World Marrow Donor Association. Also that year, Gift of Life Australia was officially launched

with Shula Endrey-Walder recruiting many volunteers to assist with administration, awareness raising and blood collection.

By the year 2000 Gift of Life Australia had augmented the Jewish and minority groups' presence on the ABMDR with more than 5,000 potential donors.

This was achieved with the encouragement of the Australian transplantologist Professor Jeremy Chapman AC, President of the World Marrow Donor Registries and Chairman of the Australian Bone Marrow Donor Registry's Board under the umbrella of the Australian Red Cross. Also instrumental were Rabbi Dr Dovid Slavin and the Board of Wolper Jewish Hospital.

In 2005, Woman Power nominated Shula Endrey-Walder as a "Quiet Achiever" in Sydney's Jewish community. At the beginning of 2010 she was honoured with the Order of Australia Medal for testing potential donors within the Jewish, Japanese, Chinese, Croatian, Indian, Sri Lankan, Australian and New Zealand indigenous communities and for increasing the representation of ethnically diverse donors on the world-wide registries, as well as for conducting genetic carrier testing in the Jewish and school communities and for raising awareness of the BRCA 1 and 2 gene faults found in Ashkenazi Jews, all in a voluntary capacity.

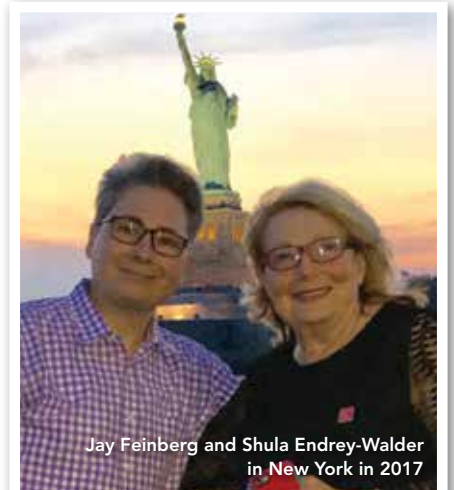
Since its beginning, Wolper has been a strong supporter of Gift of Life. Today, support continues through the Wolper Jewish Hospital Health Foundation and Shula Endrey-Walder OAM with her volunteers continue to test for potential donors at the Hospital, Jewish day schools, synagogues, churches, community centres and Red Cross Mobile donor units.

Potential donors must be healthy, 18-45 years of age, 50+kg, neither pregnant nor feeding and willing to help save a life.

All it takes is completing the Red Cross/ABMDR Medical questionnaire and giving a small blood sample.

To book into a testing session at Wolper, please contact Shula Endrey-Walder on 0414 780 444 or email info@giftoflifeaustralia.org.au. Testing is held at Wolper on Sunday mornings by appointment.

In Melbourne, please contact Mordi Joseph on 0490 332 415 or email info@giftoflifeaustralia.org.au





Back L to R: Wei Hong – occupational therapist, Hila Katanov – physiotherapist, Rosslyn O'Connor – physiotherapist, Joan Washer – discharge planner, Marcelle Segal – occupational therapist, Dr Louise Crowley – resident medical officer, Dr Ben Basger – clinical pharmacist
Front L to R: Prof Sandy Beveridge, Dr Elizabeth Harper, Dr Nic Mills

Wolper's new Medical Evaluation & Rehabilitation Unit

Wolper's Medical Evaluation & Rehabilitation Unit provides restorative care for patients with complex medical needs. The Unit is run by Drs Sandy Beveridge, Elizabeth Harper and Nic Mills – well known geriatricians who specialise in rehabilitation. They are supported by a full multidisciplinary team including physiotherapists, occupational therapists, nursing staff, exercise physiologists, a speech pathologist, dietitian, discharge planner and pharmacist.

The goal of Wolper's inpatient rehabilitation program is to enable patients to return to a safe and independent lifestyle within their home and community.

Our physiotherapists and occupational therapists assess and plan an individual treatment program specific to each patient's needs to maximise function and to promote independence.

Physiotherapy takes place twice a day, once in the morning and once in the afternoon.

One session will be one-on-one with the physiotherapist, focussing on the patient's specific needs and goals.

The other session may be a group based class which is a great way to interact and socialise with other patients or it could be a hydrotherapy class in the pool.

Sessions run for approximately 45 minutes.

Whilst in the Hospital, patients will also benefit from a full medications review conducted by Wolper's pharmacist Dr Ben Basger.

Referral to Wolper's Medical Evaluation & Rehabilitation Unit is by your medical practitioner. Our physician will assess you following your admission.

For further information, please contact Wolper's medical ward manager on 9328 6077



Like

Look us up on facebook!
facebook.com/wolperhospital



Gift of Life: Success means a life saved

There are many Gift of Life success stories to share:

In 2004, 23 year old Michael Faust, a fit young athlete from Sydney was on a tennis scholarship in Arizona USA when he started to feel unwell and returned home. He was immediately diagnosed with Acute Myeloid Leukaemia and sadly, no one from the Faust family was found to be Michael's tissue type match.

The search to find a match for Michael took two years and amazingly, an American, Michael Striegold from Texas was found to be the perfect match.

Two years after Michael Faust's stem cell transplant the two Michaels met in front of over 800 people at a Gift of Life Gala in New York. There wasn't a dry eye in the house. Since then, the two Michaels meet every year in New York and spend a week together as brothers. In 2014, Michael Faust got married in Sydney and of course Michael was there to celebrate this wonderful occasion with him.

Melbourne-based Esther Lever was tested in 1995 as a potential donor for both Jay Feinberg and for fellow Melbournian Yehuda Kaplan, a long-serving Gift of Life volunteer. In 2005 she was found to be a match for an Israeli teenager. Two years post-transplant, Esther met her recipient, Einat, in Israel. Four years later Esther received a letter to

say that Einat was healthy enough to be recruited into the IDF. Last year, Esther and her husband were guests of honour at Einat's wedding in Israel.

In October 2006 Gift of Life Australia, in conjunction with Our Big Kitchen, held a BBQ and a blood testing session at Tamarama Beach. Roy Gruenpeter was one of many people tested that beautiful evening. Six years later he received a call to say he was a match for a leukaemia patient and of course he did not hesitate to donate his stem cells. Two years post-transplant Roy was asked if he would like to meet his recipient who lives in Melbourne. Bernhard Krupp and Roy met in June 2015. On meeting, Bernhard who has three sons, welcomed Roy as his fourth son. Both Roy and Bernhard are of South African / Lithuanian Jewish descent. Bernhard is doing well and volunteers his time to help with Gift of Life Melbourne testing sessions.

Paul Seshold of Sydney was transplanted with stem cells from Yaakov of Chicago. Paul and Yaakov met in 2015, two years post-transplant.

In April 2017 an outstanding number of 30 potential donors including brothers from the Jewish fraternity Alpha Epsilon Pi and team mates from Maccabi Football were tested at Wolper Jewish Hospital.



Esther Lever (left) with Einat at her wedding



Wolper Wellbeing Program 2017

**All programs at Event Cinemas,
Westfield, Bondi Junction, at 7.30pm**

**Wednesday
13 SEPTEMBER** **CARDIOVASCULAR DISEASE
AND ATHEROSCLEROSIS**

**Wednesday
29 NOVEMBER** **Q AND A: ANXIETY AND STRESS**

**For more
information
call 9328 6077
or visit
www.wolper.com.au**



WOLPER Wellbeing PROGRAM

Wellbeing Seminar on Dying with Care

The World Health Organisation describes palliative care as an approach that improves the quality of life of patients and their families facing life-threatening illness. Key to this is the prevention and relief of pain and treatment of other physical symptoms as well as psychosocial and spiritual issues.

Wolper's Wellbeing seminar on 'Dying with Care' focussed on palliative care and related issues including how to know when palliative care is needed, how to access it and what people can do to plan a "good death" while they are well.

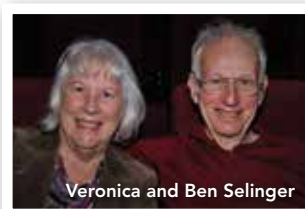
Our panel of speakers included:

- Professor Debbie Horsfall: Sociologist, Western Sydney University
- Anne Meller: Clinical Nurse Consultant, Advance Care Planning, Prince of Wales Hospital
- Dr Liz Harper: Geriatrician, St Vincent's Hospital and Wolper Jewish Hospital
- Dr Philip Redelman: Palliative care physician, Wolper Jewish Hospital and St Vincent's Private Hospital
- Des Kahn: psychotherapist and palliative care counsellor at JewishCare and Wolper Jewish Hospital.

Palliative care can be provided at home, in hospital, a hospice or a residential aged care facility. Many people indicate a preference to die at home and making this possible often depends on several factors, including the nature of the illness, the amount of care the person needs and whether the person has someone at home who can provide the physical care and support they need.

Advance care planning is a process by which people can plan their medical care in advance, while they are well. In cases where a patient is not able to make decisions or communicate due to illness, doctors and family members or carers will refer to the advance care plan to make decisions about the patient's care, honouring their wishes. Advance care planning can be an informal process, where people write down their wishes on a simple piece of paper or it can be more formal, including having special legal documents created. The most important thing is for people to let their family and carers know that they have written a plan and how they can access it.

This Wellbeing session tackled a very sensitive subject but – as always – our wonderful panel moderator Julie McCrossin, lead the discussion in a respectful and engaging manner.





George and Vera Faludi, Bill Wigoder



Anne O'Leary, Maria Grosse



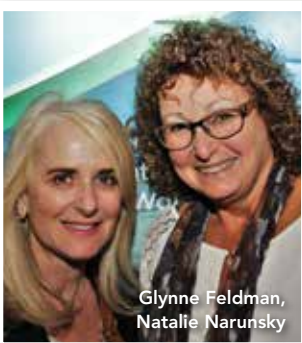
Anne and Roy Butt



Jennifer Gavshon, Brenda Kaplan



Richard Glass, Dr Margaret Redelman, Allan Shell



Glynne Feldman, Natalie Narunsky



Drs Margaret and Philip Redelman

Wellbeing Seminar on Living with Diabetes

Our panel for the Wellbeing session on diabetes included:

- Professor Bernie Tuch: Endocrinologist; Director, Australian Foundation for Diabetes Research
- Amanda Bartlett: Diabetes educator
- Dr Nasseem Malouf: Nutrition and Dietetics, Diabetes Centre, POWH
- Special audience members: Paula Katalinic, optometrist; Annie Walsh, podiatrist; and a guest audiologist.

According to Diabetes Australia around 1.7 million Australians have diabetes. This includes all types of diagnosed diabetes (1.2 million known and registered) as well as undiagnosed type 2 diabetes (up to 500,000 estimated).

Diabetes is a metabolic disorder which is characterised by elevated sugar levels in the blood. There are different types of diabetes, all of which are complex and serious. The three main types of diabetes are type 1, type 2 and gestational diabetes.

In type 1 diabetes, symptoms are often sudden and can be life-threatening; therefore it is usually diagnosed quite quickly. With type 2 diabetes, many people have no symptoms at all, while some signs can go unnoticed or might be seen as just part of 'getting older'. Type 1 diabetes accounts for 10% of all diabetes diagnoses, while type 2 accounts for 85% (Diabetes Australia data).

The incidence of all types of diabetes is increasing in Australian society – type 2 diabetes is increasing at the highest rate.

Diabetes can be managed well but the potential complications are the same for type 1 and type 2 diabetes. It is the leading cause of blindness in working age adults as well as kidney failure and the need for dialysis. It increases the risk of heart attacks and stroke by up to four times and is a major cause of limb amputations.

Management is dependent on the type of diabetes and the individual but two things are common across all types – exercise and keeping yourself as trim as possible are crucial.

The discussion at this Wellbeing session highlighted the importance of regularly seeing a diabetes educator. A diabetes educator will provide support and up-to-date information about maintaining a healthy lifestyle, healthy diet and managing the disorder so that complications don't occur.

Video recordings of these Wellbeing sessions are available on the Wolper web site for you to watch
Please see <http://www.wolper.com.au/news/video>

Dr Victor Bear AM – a very humble man who has made a very big difference

The interview for this story was conducted as research for the publication being produced by the JCA to mark their 50th anniversary.

During its long history, Wolper has benefitted from the generous contributions of many members of the community, and indeed it is through such generosity that Wolper has been able to thrive and grow.

One of our greatest supporters/benefactors, over a great number of years has been Dr Victor Bear AM who has tirelessly given of his time, wisdom, skill and generosity.

Dr Bear trained as an ear, nose and throat specialist in Sydney and in London, and practised until his retirement aged 70. He performed surgery at Wolper, saying of the Hospital, "It's a damn good hospital. I don't think I ever had a patient say a negative thing about the place. The staff were excellent and it was easy to work there because everything worked so well."

At the Board level, Dr Bear's association with Wolper began in 1985 when he was elected the Hospital's first Medical Board Chairman. He was also elected to other senior roles including Director, Honorary Secretary and Vice President, serving with distinction until he stood down from the Board in 2001.

As I visited the Montefiore Home to interview Dr Bear for the first time, I noticed that his studio is located in the Adele Bear Neighbourhood and I immediately understood that I was meeting a man whose generosity and support had touched many communal organisations.

At Wolper, he has endowed the ground floor "Victor and Adele Bear" lounge area that is vital for patients and families in the medical ward and palliative care unit as a place of healing, coming-together, relaxation and contemplation. He has also funded the establishment of Wolper's Sensory Room – specifically developed and designed to provide Wolper's palliative patients with a sanctuary away from the more sterile hospital environment.

When asked how it felt to be supporting communal organisations through such generous donations, Dr Bear responded "What do you mean? I should sit up all night thinking how good it is? You don't give donations for that reason. I knew the Hospital and its requirements. It's such a special thing to have a Jewish hospital and therefore it's on my list. I think that's the only way to look at these things."

When I suggested he is a very humble man, Dr Bear responded, "Damn it all. I've always said if I've got it and I can spare it – they get it."



Top: Dr Victor and Adele Bear at the dedication of the lounge at Wolper named for them in 2011

Above: With daughter Dr Jennifer Baker at the dedication of the Adele Bear Sensory Room at Wolper in 2016

A short time after this interview was conducted, Dr Bear passed away peacefully in his sleep. His inspiring generosity to Wolper and other communal organisations mean that his legacy will endure.

Michelle Stockley
Marketing Manager



Quality Update

"Top Tips for Safe Health Care" is a new information brochure released by the Australian Commission on Safety and Quality in Health Care (ACSQHC).

It contains 9 tips to help you, your family, carers and other support people obtain the most out of your health care.

The tips are:

1. Ask questions
2. Find good-quality and reliable health information
3. Understand the risks and benefits of medical tests, treatments and procedures
4. Keep a list of all the medicines you are taking
5. Confirm what will happen before your operation or other procedure
6. Ask about your care when you leave hospital
7. Know your rights
8. Understand privacy and accessing your medical record
9. Your feedback helps improve healthcare safety and quality

Copies of the brochure with detailed information about each tip are in the brochure stands in our patient lounges or you can download it from the news box on the front page of the Wolper web site at www.wolper.com.au



Emily Pezzotti
Quality Liaison

Update from the Kitchen: New menus based on patient feedback

The Food Services Department is always grateful for the feedback and comments we receive. These suggestions are incorporated wherever possible when updating Wolper's menus, all of which are – of course – kosher. So after a few months of work we are pleased to announce the introduction of our new menu.

Don't worry! Our old favourites remain – especially our famous Wolper soups.

Our new expanded menu includes additional dishes such as a light meal option sandwich, second hot choice at dinner for those who do not like fish, and side salads at every meal. In addition, the option for smaller serves can be selected. Desserts have also undergone a fine tune to improve our standards of patient satisfaction!

Here's chef Jeff with the Week 2 Monday dinner offering which includes:

- Spinach and cheese strata
- Warm edamame bean salad
- Miso glazed fish
- Accompaniments such as buckwheat noodles, carrots and stir fried greens
- Additional: side salad, warm bread roll, house made chocolate custard, fresh fruit.



Wolper Staff Recognition Awards

This quarter, our Staff Recognition Awards saw 8 employees recognised for their outstanding initiative, achievement or service to the Hospital and our patients.

We congratulate the following staff: Katrina Gvozdenovic, Liz Foster, Marilyn Magnayon, Melanie Sheekey, Noi Simakhan, Paula Marsden, Priya Gurung and Ruby Martin-Cansick.

The Staff Recognition Awards are a great way for us to say thank-you to our wonderful and dedicated staff. Recipients are nominated by their peers making this a great way to acknowledge and share exceptional service. A few of the comments from the nomination forms included:

"Paula is not only an enormous asset to the OT department and Wolper in general, she is an exemplary role model for the profession of Occupational Therapy" and "On the days Liz is away the whole department feels empty without her presence".

We once again congratulate all our deserving winners from this quarter.



L to R: Priya Gurung, Katrina Gvozdenovic, Paula Marsden, Liz Foster, Marilyn Magnayon, Andrew Driehuis stands in for Noi Simakhan



Rehabilitation at Wolper Jewish Hospital

Wolper Jewish Hospital is one of Sydney's leading private hospitals offering high quality rehabilitation services. Our facilities include a fully equipped physiotherapy gym and chlorine free hydrotherapy pool. There are two options for outpatient rehabilitation at Wolper:

Day Rehabilitation

The program typically runs for three hours, 2 -3 times a week for four weeks and incorporates individually tailored physiotherapy, hydrotherapy and occupational therapy services. Treatment can run longer if needed. Ideal for:

- patients following orthopaedic or spinal surgery, injuries or trauma
- people who require rehabilitation for neurological disorders
- people during or following cancer treatment
- reconditioning following hospitalisation or illness

MoveWell exercise class program

Ideal for all members of the community wanting to lead a healthy and active lifestyle. All MoveWell sessions are offered at Wolper Jewish Hospital and are run by accredited exercise physiologists and physiotherapists.

Classes include

- aqua-aerobics and aqua-core
- tai chi
- strength and conditioning
- Parkinson's Disease exercise program
- falls and balance

Class descriptions and schedules can be found at www.wolper.com.au

FOR MORE INFORMATION

Contact Wolper Jewish Hospital on 8324 2261 or see www.wolper.com.au
For MoveWell enquiries or bookings call 8324 2296 or email movewell@wolper.com.au



Beanies for Brain Cancer

Wolper staff and patients kept cosy and warm to support brain cancer research at our 'Beanies for Brain Cancer day' held in June. Carrie Bickmore's beanies proved very popular and we sold out early in the day. It was great to see so much support and we raised \$770 for this wonderful cause!

Sacred Heart staff visit Wolper

Recently, Dr Philip Redelman, Chairman of Wolper's Medical Executive and palliative care consultant, arranged for a group of nurses, doctors and allied health staff from the community palliative care team at Sacred Heart to visit our hospital to meet key staff and take a tour of the Hospital.

Wolper and Sacred Heart have a very strong relationship with both Dr Redelman and Professor Richard Chye providing services at both facilities.

It was a great opportunity to show off our wonderful Hospital as well as to meet many of the new community team members. Both Wolper and the community palliative care team work closely to support patients, ensuring smooth transitions from home to hospital and hospital to home.



Cantor Josh Weinberger with Tibor and Eva Weitzen

The Shavuot spirit comes to Wolper

Cantor Josh Weinberger, from the Great Synagogue, performed a concert at Wolper in honour of Shavuot. It was truly uplifting and memorable, with Cantor Weinberger's astonishing voice thrilling all who attended.



Andrew Driehuis
Deputy Director Clinical Services



Would you prefer to receive the Wolper Pulse via email?

Please send an email to newsletter@wolper.com.au

HOW YOU CAN SUPPORT WOLPER JEWISH HOSPITAL

Everyone is welcome at Wolper – we are a non-denominational hospital where you will receive truly personalised expert care.

As we don't receive funds from any government sources, we rely solely on patient fees, donations and bequests from benefactors.

If you'd like to support us, there are many ways you can help. Whether your gift is large or small, it will be greatly appreciated:

- Become a Friend of Wolper for \$30 per annum.
- Make a one-off tax-deductable donation.
- Make a bequest – this is a gift of money as specified in your will and is a wonderful way to leave a legacy for future generations.
- Make an endowment. Your name can be remembered at Wolper Jewish Hospital in a number of ways:
 - Have your name associated with one of the panels in our magnificent stained glass mural, Bereshit – In the Beginning, located in the Hospital foyer, created by leading stained glass artist, Marc Grunseit.
 - Endow a room. Your name or that of a loved one will be honoured with a door plaque.
 - Sponsor a specific piece of equipment. Your generosity in providing a critical piece of equipment will be remembered with a plaque.



For more information please
contact John Tucker,
CEO Wolper Jewish Hospital
on 02 9328 6077.