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WOLPER

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President's Message

Wolper Jewish Hospital established the Wolper Jewish Hospital Health Foundation in 2014 with the aim of funding health and wellbeing initiatives that will deliver clear benefits to the Jewish and general communities.

The Wolper Jewish Hospital Health Foundation is fully funded by the Hospital and since its establishment it has financially supported many community organisations and programs. The grants made over the last 4 years total \$612,000.

Although the Foundation is in essence part of the Wolper Jewish Hospital, it has a separate Board of Trustees which has the very difficult task of allocating funds to many worthy organisations which are performing absolutely wonderful and essential health-related activities in our community. Grants are made following a very thorough and extensive approval process.

Organisations that have financially benefited from the Foundation include Hatzolah, the NCJWA (NSW Division)'s Mum for Mum programme, Shalom Gamarada, Parkinson NSW, Camp Sababa, NSW Friendship Circle, Holdsworth Centre, Centre of Aging, Jewish House, Hereditary Cancer Clinic and Gift of Life.

Wolper Jewish Hospital also funds additional "outreach" programs including:

- The Schools and Community Genetic Testing programs
- The very well attended free Wolper Jewish Hospital "Wellbeing" educational seminars held five times per year.

The Boards of Directors of both Wolper and the Foundation are extremely proud that the Hospital is able to financially support all of these health and wellbeing programs for the benefit of the Jewish and general communities.

I wish all our readers a very happy Rosh Hashanah, an extremely meaningful Yom Kippur and well over the fast. May the coming year 5779 bring good health and much happiness to you and your families.



Daniel Goulburn OAM
President, Wolper Jewish Hospital

Accreditation and Governance Update

New edition of Health Service Standards

The second edition of the National Safety Quality Health Service Standards (NSQHSS) was released in November 2017 by the Australian Commission on Safety and Quality in Health Care. The second edition addresses gaps identified in the first edition, including mental health and cognitive impairment, health literacy, end-of-life care, and Aboriginal and Torres Strait Islander health. The second edition also consolidates and streamlines standards and actions to make them clearer and easier to implement. Assessment to the second edition will commence from 1 January 2019.

Wolper Jewish Hospital has systems, policies and procedures in place to ensure compliance with the existing and new standards. The Hospital remains fully accredited against the existing NSQHS Standards, undergoing periodic external review from time to time to ensure ongoing compliance. We will next be audited against Standards 1 to 3 in September 2018, with full accreditation against all second edition Standards scheduled for March 2020. The Board, Medical Advisory Committee as well as consumers are asked for their feedback and contribution as part of this ongoing cycle of review.

A recent focus at Wolper, forming part of Standard 3 – Health-care Associated Infection, is antimicrobial resistance. The recent Wellbeing Q&A on this topic, reported separately in this edition, reflects Wolper's commitment to this critical issue by educating the community.

Updated Hospital By-laws

At its June 2018 meeting, the Board of Directors of Wolper Jewish Hospital approved an updated set of Hospital By-laws that govern the appointment of Visiting Medical and other clinical health practitioners to Wolper Jewish Hospital. Last updated in 2013, these By-laws continue to ensure the right clinicians are providing the right services to our patients.



Building and garden upgrade continues at Wolper

Recent visitors to Wolper Jewish Hospital will have noticed changed arrangements to gain access to the Hospital in order to visit patients or to attend Day Services.

To ensure the safety and security of patients, visitors and staff, our carpark gates have been replaced and are now kept closed.

If you seek to enter the Hospital car park in a vehicle, please pull up to the intercom found outside the gate and press the speaker button. You will be asked to state your name and the purpose of your visit (patient name or Day Rehab/MoveWell class). Front office staff will open the gate for you once they have confirmed the purpose of your visit. During busy times, visitors are asked not to tailgate and to follow these instructions, one vehicle at a time.

There is also a pedestrian gate on Trelawney Street and people gaining access to the Hospital on foot will be asked to follow the same procedure.

Once at reception, visitors will find a self-registration kiosk rather than having to sign-in. Once all details are entered, a badge will be issued which must be worn at all times within the Hospital. Repeat or regular visitors will be pleased to know that the kiosk recognises return visitors, streamlining the entry process for greater convenience. Front office staff are available to assist with this registration process.

Additionally Wolper's popular coffee cart has relocated to its permanent location in the ground floor lounge. New outdoor furniture on the terrace and wider menu choices make this a wonderful place for visitors to catch up with patients or to wind down after a therapy session.

Other developments recently undertaken include upgraded landscaping for staff outside the staff dining room and installation of new, and enhancement of existing, CCTV cameras.

Further works planned in the current financial year include refurbishment of the Hospital's main reception area and further landscaping of Hospital grounds, including enhancement of outdoor sitting areas used by patients and their visitors.



The coffee cart at Wolper now offers sandwiches, yoghurt, pastries and other snacks

Staff Appointments at Wolper



Chloe Carr

Chloe has been appointed to the Clinical Team Supervisor role on the Rehabilitation Ward after Alex Holloway relocated to Byron Bay for a

sea change. Chloe has been working on the Rehabilitation Ward since January 2018 and has been a valuable asset to the team.



Cody Kane

Cody Kane has been appointed to the role of Physiotherapy and Day Services Manager. Many readers will be familiar with

Cody as he has been working as a physiotherapist at Wolper since March 2014. He was appointed to the role of Physiotherapy Manager in 2016 and has most recently been overseeing all day services in addition to managing the physiotherapy department.



Lauren McGuinness

Lauren joined Wolper in January 2018. Her role is Exercise Physiologist and MoveWell Coordinator and

she brings a wealth of knowledge and a burst of energy to all her duties. Lauren is available to book your MoveWell classes or answer any questions you may have about the program.



Left to right: Stuart Hedge, Becky Martin – physiotherapist, Lauren McGuinness – exercise physiologist, Natalie Ernesti – physiotherapist, Jennifer Stacy – speech pathologist, Brian Sherman AM

Day Rehabilitation for Neurological Patients

The neurological program within Wolper's Day Rehabilitation service takes a holistic approach to patient care. Therapy is based on principles of the Lee Silverton Voice Treatment (LSVT) programs BIG and LOUD. LSVT BIG trains people with Parkinson's disease to use their body more normally, as they often move differently, with gestures and actions that become smaller and slower. LSVT LOUD is an effective speech treatment for individuals with Parkinson disease and other conditions.

The neurological program at Wolper aims to

- improve patients' self-perception and awareness of their movements and verbal output;
- increase the bigness (or amplitude) of movements; and
- improve vocal loudness by stimulating the muscles of the voice box (larynx) and other muscles used for speech, with a series of exercises. The single goal to "speak LOUD!" improves breathing, the function of the voice box and speech clarity to maximise speech intelligibility.

The program includes intensive and high effort exercises tailored to each patient needs.

The ultimate goal of the therapy is to drive re-calibration of the brain, also known as neuroplasticity, so that the participant uses bigger movements automatically throughout their daily life. This results in more comfortable, more capable and more confident movement.

Since launching in August 2017, over 40 neurological patients have participated in Day Rehabilitation at Wolper. Our multidisciplinary service includes physiotherapy, exercise physiology, speech therapy, occupational therapy, and hydrotherapy and can be tailored to the individual as not all forms of therapy may be required or be appropriate.

To provide the highest level of care we offer two types of programs: a standard program of 2 sessions per week over a 4 week period, or a more intensive program similar to the LSVT guidelines where patients attend 4 session per week for a 4-5 week period. This decision is guided by our Rehabilitation Medicine Physician who oversees the program together with the patient, as compliance is essential in reaching patient goals.

We interviewed Brian Sherman AM and Stuart Hedge who were participants in the Day Rehabilitation neurological program at Wolper. Brian is a well known Sydney-based business man and philanthropist. Stuart Hedge was diagnosed with early onset Parkinson's disease while in his 40s.

Brian Sherman

How have you found participating in Day Rehabilitation at Wolper?

I have learnt how important is consistent daily exercise. The physiotherapists are always upbeat, helpful and focussed on getting the best outcomes from me.

What are the most significant changes you have experienced through participating in the exercise therapy at Wolper?

Strength in my quads and increased balance which is of vital importance. The increase in strength and balance has helped my confidence in terms of walking and I'm now able to play some tennis each week.

Why do you think exercise therapy is important for people living with Parkinson's disease?

Regular exercise enables independence for longer periods of time due to increased mobility.

You can read more about Brian Sherman's Parkinson's journey in his new book, "The Lives of Brian".

Stuart Hedge

How have you found your experience in participating in the program at Wolper?

I find the program to be very good. It is well organised and all the staff are very professional.

I recommend Wolper to everyone I meet with Parkinson's as I know they are one of the best rehabilitation clinics. Most people know of the hip and knee rehabilitation that Wolper offers but not many have heard of the Parkinson's services so hopefully it will continue to grow moving forward.

I am as fit as I can be and have a very positive mind set.

I look forward to every Friday morning when I can be found in Wolper's MoveBig class which is part of their MoveWell program.



What is it like living with Parkinson's as a young man?

As a young man I was diagnosed at 40 with early onset Parkinson's disease. I was forced to retire at 52 not by choice but this disease does not discriminate. I have met a few men in the same boat as myself, men with kids who are now finding it hard to even play games with them. I am lucky as my wife, who is also my carer, comes from a large family so I have a very good support group within them. I also think as a person with

Parkinson's it is important that you keep your mind active with positive things as sitting around can get you down. Every Tuesday I meet two of my best mates at a local cafe for a coffee and a get together. Then every second Monday we all get together with our wives at a local club for dinner. There are the low points such as trying to get assistance from a local community taxi service to be told that government funding will not cover you as you are under 65 and therefore ineligible for funding.

Referral to Wolper's Rehabilitation Day program can be by your Neurologist or GP and the referral needs to be addressed to Dr Tracy Murrant. It can then be faxed to 8072 1862 or emailed to dayrehab@wolper.com.au.

It is important to note that referrals must meet health fund requirements to be accepted into the program.

For more information, please contact Rehabilitation Administration on 8324 2261.

JeneScreen – online BRCA genetic testing for the Jewish community

Proudly supported by the Wolper Jewish Hospital Health Foundation, an online BRCA1 and BRCA2 testing service has been launched for the Sydney Jewish community by Dr Lesley Andrews from the Prince of Wales Hospital Hereditary Cancer Clinic.

BRCA1 and BRCA2 genes normally help prevent cancer by making proteins that keep cells from growing abnormally. If a faulty BRCA1 or BRCA2 gene is inherited from a mother or a father, the chances of developing some types of cancer significantly increase, as these proteins cannot do their job properly.

- The average woman has a 13% chance of developing breast cancer and a 1% chance of developing ovarian cancer.
- A woman with a fault in the BRCA1 or 2 gene has a 70% chance of developing breast cancer
- A woman with a fault in the BRCA1 gene has a 40% chance of developing ovarian cancer.
- A woman with a fault in the BRCA2 gene has a 20% chance of developing ovarian cancer.
- A man with a fault in the BRCA2 gene has a 15% chance of developing prostate cancer.

If a man or a woman carries a BRCA1 or BRCA2 fault, their children have a 50% chance of inheriting the same genetic fault.

In the Jewish community, 1 in 40 people have one of the three specific faults in the BRCA1 or BRCA2 genes which lead to an increased risk of ovarian, breast and prostate cancer. This compares to 1 in 400 people in the general population having a fault in one of these genes.

Until now, testing for these faults in BRCA1 and BRCA2 has been offered to Jewish people with a personal or family history of breast and/or ovarian cancer through genetic clinics. However, many Jewish people who carry a BRCA1 or BRCA2 fault are not aware of a family history of cancer,

especially if they have small families, or lost a large portion of their families in the Holocaust.

The JeneScreen BRCA testing program enables all members of the Jewish community to be tested for these three faults. This testing is being offered to all Jewish people free of charge, irrespective of a known personal or family history of cancer. Currently the program is being carried out as a research study.

You are eligible to participate in this study if you:

- are 18 years or over
- have at least one Jewish grandparent
- have not previously undergone BRCA testing
- are not aware of any family members being identified as a carrier of a BRCA fault
- have not been diagnosed with cancer within the last 12 months

What is involved?

1. Register on the web site www.genetics.wolper.com.au/brca to gain access to all of the information.
2. Review the information.
3. Complete an online questionnaire.
4. Decide if you wish to be tested.
5. Provide online consent to undergo the genetic test.
6. A cheek swab DNA collection kit will be mailed to you. You can then mail back your DNA sample.
7. Results will be returned either by email or at an appointment at the Prince of Wales Hospital in Randwick.

If you are not eligible but are still interested in undergoing testing please contact the study coordinator, Dr Nicole Cousens at Prince of Wales Hospital. She can be contacted by phone on 02 9382 5188 or email nicole.cousens@health.nsw.gov.au.





Community Programs

Gift of Life update

Gift of Life Theatre Night

The acclaimed director, Moira Blumenthal, once again kindly dedicated an evening to raising awareness of Gift of Life's life-saving program.

The outstanding performance of "The Man in the Attic" with its wonderful stage set and powerful acting was a full house. Joining us on the evening were two blood stem cell recipients obtained from Gift of Life donors.

Testing session in Canberra

Unfortunately the testing session was hampered by torrential rain. Only 12 folks braved the weather to be tested at the Jewish Community Centre as potential blood stem cell donors to save the lives of Jewish blood cancer patients. Thankfully 4 wonderful medical folks volunteered to help with blood collection. Many thanks to Dr Alan Shroot and Dr David Reiner. Help was also on hand from specialist blood collectors Deb Sims, Tim Riegerix and Debbie Redelman.

Saliva kit trial

The Australian Bone Marrow Donor Registry in association with Gift of Life trialled the use of saliva kits instead of blood collection to test potential donors at the April 2018 testing sessions.

At the Yom Ha'atzmaut celebration on Thursday 19 April at Moriah College 25 potential donors were enrolled onto the ABMDR using these saliva kits.

The Wolper Jewish Hospital Health Foundation is a proud supporter of Gift of Life Australia



Debbie Redelman (left) and Shula Endrey Walder OAM (right) from Gift of Life with a staff member from the Israeli Consulate at the testing session in Canberra.



Shula Endrey Walder OAM with Paul Seshold stem cell recipient

Friends of Wolper 'Girls Night Out'

The latest Friends of Wolper function was held at the premiere of the movie Ocean's 8.

The evening was a great success with 120 Friends and guests attending to enjoy a glass of wine, some kosher snacks and a good laugh. There was also an update from Dr Lesley Andrews on the new JeneScreen online BRCA genetic testing program. You can read more about this on page 5.

Wolper's Friends of Wolper functions are a great way to stay connected with the Hospital and to enjoy a memorable social event. Recent events have included an evening with 2014 Australian of the Year Adam Goodes late last year and an evening with Justice Michael Kirby AC CMG. There's also the annual Wolper Golf Day.

To find out about future events please keep an eye out on our website, www.wolper.com.au, and on the Wolper Facebook page.



Anna Berger and Julia Golding



Like

Look us up on Facebook!
facebook.com/wolperhospital

Dr Allan Shell awarded JCA Shofar Award



Daniel Goulburn OAM (left) – Wolper President, Dr Allan Shell and Stephen Chipkin – JCA President.
Dr Shell holds his JCA Shofar award trophy and Raymond Weil watch

Wolper's long serving Board member and member of the Medical Advisory Committee, Dr Allan Shell, has been awarded the 2018 JCA Shofar Award for outstanding service to the Jewish Community.

The award was presented at this year's JCA campaign events in front of a sell-out crowd at Sydney's Hordern Pavilion. Unfortunately Dr Shell was overseas at the time, so Wolper's Vice President Richard Glass accepted the award on his behalf. The honour is awarded to a person whose contributions have enhanced the impact of the JCA or its member organisations and who is a role model for acting in the best interests of the community.

In 1989, Dr Shell was invited to join Wolper's Medical Executive Committee and in 1997 he joined the Board. During his twenty years on the Board, he held various positions including Honorary Treasurer, Vice President and Honorary Secretary. As a member of the Hospital's Community Partnership Committee and later as its Chair he, together with former CEO Harry Aizenberg, was instrumental in the development of Wolper's very successful Wellbeing seminars.

In his nomination submission, Daniel Goulburn OAM wrote: "Dr Shell has excelled in every role [he has taken on in the Hospital], always working with absolute dedication and commitment for the benefit of Wolper and its patients."

Upon retiring from the Board in 2017, Hospital Members recognised Dr Shell's outstanding service to the Hospital by appointing him an Honorary Life Member.

Speaking at the reception held by Wolper to acknowledge his award, Dr Shell remarked

"I am sure that Sam Karpin, whose vision it was to establish a 'Jewish Hospital of excellence' in Sydney, would be extremely proud of how well respected Wolper is today both within the Jewish and the wider communities. Particularly now, when we are almost 100% full on a daily basis, and our rehabilitation program is the premier-go-to hospital for post-operative treatment in the Eastern Suburbs."

Dr Allan Shell is a man of whom Wolper and our community can be proud. We wish him a hearty mazal tov!



WOLPER Wellbeing PROGRAM

Wellbeing on Respiratory Disorders – in partnership with the Lung Foundation Australia



Wolper's Wellbeing program kicked off this year with a discussion on Respiratory Disorders. In Australia, about 7 million people have some form of COPD (Chronic Obstructive Pulmonary Disease). COPD is an umbrella term for conditions including emphysema, chronic bronchitis and chronic asthma.

Our speakers included:

Professor Guy Marks: Respiratory physician; epidemiologist; Prof of Respiratory Medicine, University of New South Wales

Professor Sheree Smith: Prof of Nursing, Western Sydney University

Dr Renae McNamara: Specialist physiotherapist in pulmonary rehabilitation, Prince of Wales Hospital

Our speakers informed us that there is no cure for COPD but treatment can allow suffers to breathe more easily. Different treatment approaches are needed with exercise

being the most important therapy that someone living with lung disease can include in their regime.

The good news is that most people with COPD are able to live fulfilling and long lives.

Wellbeing on Antibiotic Resistance – in partnership with NPS MedicineWise



The O'Neill report, delivered in 2016, stated that by 2050 more people will die worldwide from diseases caused by antibiotic resistance than from cancer.

This statement commenced our highly informative Q&A session moderated by Julie McCrossin on antibiotic resistance.

The panel discussed the need to ensure that antibiotics are prescribed appropriately, are taken as prescribed, and that governments and corporations invest in research aimed at developing new antibiotics and new technologies to diagnose and treat infections.

We learnt that antimicrobial resistance is inevitable and that all we can do is reduce our use of antibiotics.



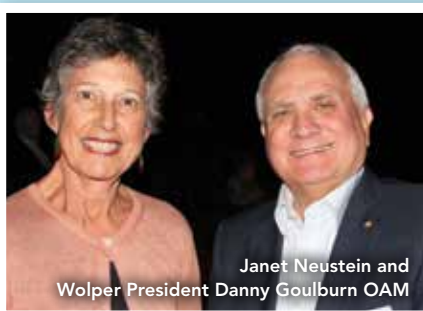
Jake and Sue Selinger



Panelists for the Wellbeing on Antibiotic Resistance



Tina Boger and Emily Pezzoti



Janet Neustein and
Wolper President Danny Goulburn OAM



Michelle Hilton and Julia Golding



Josephine Holland and Richard Glass

Our panel members included:

Professor Jon Iredell: Infectious Disease Physician and Microbiologist Westmead Hospital, University of Sydney

Professor Michael Gillings: Professor of Molecular Evolution, Macquarie University

Associate Professor Maurizio Labbate: Senior Lecturer in Microbiology, University of Technology Sydney

Professor Brett Mitchell: Professor of Nursing, Director of Lifestyle Research Centre, Avondale College of Higher Education

Wellbeing on Healthy Ageing – in partnership with CHeBA



It was a full house for our Wellbeing session on Healthy Ageing!

The Q&A session moderated by Dr Allan Shell discussed cognitive health and ageing, dementia (in particular Alzheimer's disease), the importance of exercising the brain as well as the body, the effect of the environment on health and the importance of diet and healthy eating.

Our panel members included:

Professor Henry Brodaty: Senior psychogeriatrician, Prince of Wales Hospital; UNSW

Professor Deborah Black: Sydney University; member of the Ageing and Health research team

Associate Professor Lisa Pont: Pharmacist; Macquarie University

Dr Nicholas Mills: Geriatrician at Wolper Jewish Hospital and St Vincent's Hospital

Video recordings of all these Wellbeing sessions and more are available on the Wolper web site at www.wolper.com.au/videos/



Harold and Lynne Seifman



Shelley and Chanan Mowszowski

From the Kitchen

Wolper's menu showcases what healthy eating is all about! Here are just a few of the big ticks!

- ✓ We choose high quality fresh food that is prepared fresh daily within the Hospital's kosher kitchens. Everyone knows fresh is best!
- ✓ The menu offers 10 serves of vegetables + 4 serves of fruit per day – well over the Australian Dietary Guidelines recommendation of 4 vegetables and 2 fruit serves per day. In any one week we will incorporate over 50 different vegetables in our meals.
- ✓ We use fresh herbs which allows us to add taste and flavour without adding salt. This will help with blood pressure control and cardiovascular health. Herbs are also great at providing those useful phytochemicals (biologically active plant compounds).



Judith Amzalak,
Wolper's Food Services Manager,
with the Hospital's daily delivery
of fresh fruit and vegetables

- ✓ We offer legumes at least 5 times a week – benefiting you with fibre, pre and probiotics and boosting vegetarian options.
- ✓ New to the menu – freshly baked morning tea twice a week – we all need a treat!

Wolper Recipe: Parsnip Soup (Vegetarian)

Serves 5-6

Ingredients:

- 8 parsnips, peeled and diced into large chunks
- 1 clove garlic, peeled and crushed
- 1 Spanish onion, peeled and diced
- 3 sprigs rosemary, remove the stem
- 2 tablespoons extra virgin olive oil
- Ground pepper
- 1L (4 cups) vegetable stock e.g. Massel MSG free
- Garnish – parsley or chives

Method:

Toss the parsnip, garlic, onion, rosemary and olive oil together.

Roast in a hot oven at 200C for 30-45 minutes.

Transfer all the vegetables to a saucepan. Reheat adding the stock and pepper. Season to taste.

Finish with chopped parsley or chives.

Bte avon!



A special gift from Beverley and Dr David Golovsky OAM

Dr David and Beverley Golovsky have made a very generous gift to Wolper Jewish Hospital by dedicating one of the panels in the Hospital's stain glass mural, Bereshit – In the Beginning.

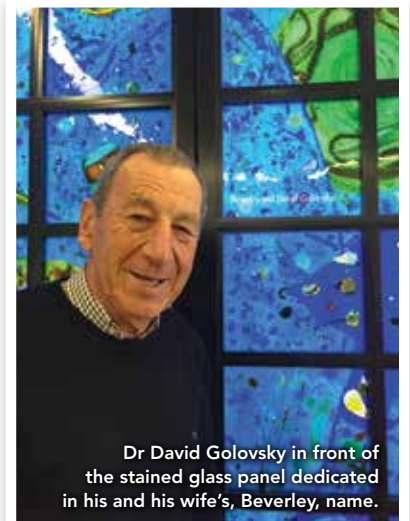
When asked about the gift, Dr Golovsky reflected on the death of his father in Wolper. Even though this occurred before the Hospital specialised in palliative care, he described the care his father and his entire family received as "magnificent".

Since then, the Hospital continued to be an important part of his life.

Dr Golovsky's professional involvement with Wolper began over 40 years ago when he was a young urologist operating in Wolper's operating theatres. His teachers and mentors were Dr Lionel Jacobs and Dr Earl Owen, pioneer of microsurgery in Australia. It was Dr Owen who inspired Dr Golovsky to hone his skills at Wolper's surgical microscope, developing his men's fertility practice. Microsurgery became Dr Golovsky's forte and he still used the techniques taught to him by Dr Owen until very recently – and it all started at Wolper.

Dr Golovsky was appointed to the Medical Executive Committee (MEC), the body that oversees the clinical aspects of the Hospital, in 1985 and served for 32 years. He was appointed as a Director of Wolper in 1994 and became the MEC's Chairman in the same year. In 2009, Dr Golovsky was elected as President of the Hospital and was nominated Honorary Life Governor when he retired from this position in 2016. Dr Golovsky continues to work tirelessly for the Hospital, voluntarily taking on the massive task of bringing the Hospital's archive into order.

"The Hospital has given so much to me. I wanted to give back but also I wanted to have a lasting token acknowledging how important the Hospital has been to me for so many years."



Dr David Golovsky in front of the stained glass panel dedicated in his and his wife's, Beverley, name.



Mt Sinai College Israeli dancers with teacher Natalia Fester

Shavuot fun at Wolper

Students from Mount Sinai College came to Wolper to celebrate Shavuot with a special Israeli dancing performance. The dancers were superb and brought many smiles to the audience.



Zoe Dvir, Leon Ratner, Adi Buchman, Mia Forman



Prefer to receive the Wolper Pulse via email?

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



Maroubra Bar and Bat Mitzvah Club – learning and spreading cheer

Students studying for their Bar and Bat Mitzvahs at Maroubra Shule came to Wolper to perform the mitzvah of Bikur Cholim (visiting and aiding the sick). The students visited patients, distributing get well cards and good wishes.

Congratulations to all the Bar and Bat Mitzvah Club participants from everyone at Wolper.



Rabbi Yossi Friedman with his students writing 'get well' cards for patients at Wolper.

Personal Perspectives

Arlene Basger

"You are an individual here, it's as if they know you personally"

Arlene Basger has recently had two admissions into Wolper's rehabilitation ward, each following replacement surgery on each hip.

Prior to her first stay, Arlene knew of the excellent care she could expect and of Wolper's wonderful staff from her husband, Dr Ben Basger who has been one of the Hospital's pharmacists for 38 years.

Despite being aware of the Hospital's excellent reputation, Arlene's expectations were well exceeded during her first stay.

Six months later was back at Wolper following her second surgery and was struck by the warm welcome she received.

Arlene recalls, "You are an individual [at Wolper], it's as if they know you personally. Everyone goes out of their way to help you, to make your life more comfortable. Recovery the second time around has been really good, due in part to knowing from experience what to expect. Physiotherapy, hydrotherapy – the aim is to get the patient as independent and well as soon as possible with the care and support of all the staff. And it really works."

For the 6 months between admissions, Arlene was waiting to come back to taste the miso glazed fish with soba noodles prepared by the Wolper kitchen. Luckily it was still on the menu!

We wish Arlene all the very best!



Arlene Basger with Dr Ben Basger

Abraham Seskin

"The staff really shine"

Abe Seskin was admitted to Wolper's rehab ward after undergoing back surgery. Unfortunately all did not go smoothly and he was transferred back to St Vincent's for further extensive surgery.

Two weeks later, Abe was back at Wolper and his recovery and rehabilitation was back on track.

Abe said of his rehabilitation at Wolper, "It was wonderful. The staff really shine. They physios, the occupational therapists, nursing staff – they are all unbelievable."

Abe is now at home and we wish him all the best.

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.