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"I loved every part of my care here...

...you can't make it more perfect"

Louis Solomons

Mr Louis Solomons, who is 102 years old, has recently been discharged from our rehabilitation service for older people. Our cover photo shows Mr Solomons with his physiotherapist Gillian Heavey and occupational therapist Wei Hong Zhang. His doctor was Dr Nic Mills, of whom he said "Doc, your smile is better than any pill." Everyone at Wolper wishes Mr Solomons all the very best.

INSIDE THIS ISSUE

AROUND THE HOSPITAL

- President's Message 2
- Medication education..2
- Prof Chye's medicinal cannabis clinic.....

- Private Physio & EP..... 5
- Wellbeing 20195
- Wolper & JewishCare 8
- 🌸 From the kitchen......8
- Activities of Daily Living Kitcher
- COMMUNITY PROGRAMS
- Wolper donates Hatzolah vehicle......

🦇 Vale Shula

Endrey-Walder OAM ... HOSPITAL HAPPENINGS

- Personal Perspectives:
- Miriam Briggs......10
- Staff Member of the
 - Year: Carmela Galvan. 1



WOLPER

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President's Message

WOLPER JEWISH HOSPITAL recently lost a very good friend, Shula Endrey-Walder OAM who passed away in January this year.

Shula founded Gift of Life Australia (GOLA) in 1998 and was also a director of Wolper from 1996 to 2009.

GOLA's mission is to raise awareness of the lifesaving potential of Stem Cell, Bone Marrow and Cord Blood transplants and to recruit potential donors, particular from our Jewish community and other ethic backgrounds, to the Australia Bone Marrow Donor Registry.

Over these 25 years, Shula was tireless in her efforts to have as many people as possible tested as suitable donors so that matches could be made with blood cancer sufferers. And she succeeded on many occasions saving lives.

Throughout this period, Wolper has supported GOLA financially and for providing physical facilities for this testing to be conducted. Wolper's Board of Directors has now taken on the task of making sure that the remarkable work that Shula started is continued well into the future.

I draw readers attention to page 7 of this edition of Pulse to read more about Shula's life and legacy to our community.

Last month Carmela Galvan, Clerical Support Officer of the ground floor Medical Ward, was awarded 2018 Staff Member of the Year. Each quarter members of staff nominate a colleague who they feel has provided exemplary service to patients and visitors and each year the senior management select from the nominees the staff member of the year. On behalf of Board of Directors and all members of Wolper, I congratulate Carmela Galvan on being awarded this honour.

Without exception when I mention to Jewish and non-Jewish members of the community that I am Wolper's President their response without fail is that the medical care and attention provided by our doctors, nurses, physios and all admin, kitchen and other staff is absolutely outstanding.

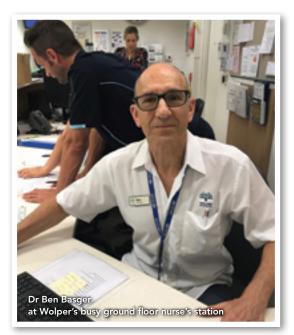
Organisations including not-for-profit private hospitals like Wolper are only as good as their staff. We are extremely fortunate to have John Tucker as our CEO and Tina Boger as our Director of Clinical Services. They are both outstanding managers who have created a cooperative corporate culture and engendered loyalty amongst their staff.

On behalf of the community I take this opportunity to publicly thank all staff of their outstanding work and dedication to the Hospital.

I wish those readers of Pulse who celebrate Pesach – Chag Kashruth Pesach. May your seders with family and friends be joyful, educational for your children and full of celebration. To readers who celebrate Easter, I sincerely hope it is truly meaningful and to those who will be taking advantage of the long weekend to relax, please stay safe and well.



Daniel Goulburn оам President, Wolper Jewish Hospital



Medication education at Wolper

Ensuring that patients are fully informed on all aspects of their care is important to Wolper Jewish Hospital.

To this end our Clinical Pharmacist, Dr Ben Basger, conducts an education session every second week on the medications used within the rehabilitation wards.

He describes the different types of medications used and why different people are prescribed different medications.

All medications can cause side-effects, especially when taken along with other medications for existing conditions. Dr Basger covers these and other issues in his talk. Naturally there is plenty of time for questions.

The sessions are open to all patients, their family and/or carers and even outpatients attending Day Rehabilitation.

Dr Basger's advice does not replace patients' doctors' advice but is meant to further explain or clarify the reasons behind doctors' advice.

"It is a credit to the Hospital's Board of Directors that they take patient education so seriously and encourage and support these sessions to take place; it's just another initiative that makes the care at Wolper so superb," said Dr Basger.



Professor Richard Chye's medicinal cannabis clinic at Wolper

At Wolper's recent Wellbeing session on pain, Professor Richard Chye delivered a fascinating talk on the use of medicinal cannabis in pain relief and on his private clinic which is located at Wolper Jewish Hospital.

Professor Chye is an internal, pain and palliative medicine physician. He is one of Wolper's Palliative Care consultants and the Director of the Sacred Heart Supportive and Palliative Care Health Service at St Vincent's Hospital.

His clinic at Wolper is dedicated to assessing the applicability of pharmaceutical grade medicinal cannabis for adult patients who need help with pain and symptom control.

According to Professor Chye, the areas in which medicinal cannabis could be effective include neuropathic pain and spasticity, nausea and vomiting associated with chemotherapy, poor appetite and weight loss in HIV, fibromyalgia, PTSD, and intractable epilepsy in children intolerant of antiepileptic medications (e.g. Dravet's syndrome).

There are many anecdotal reports of the therapeutic benefits of cannabis but scientific evidence to support the safety and efficacy of these products is very limited. In his clinic, Professor Chye prescribes medicinal cannabis to patients who have been unsuccessful with more



traditional medications. In fact this therapy is a last resort.

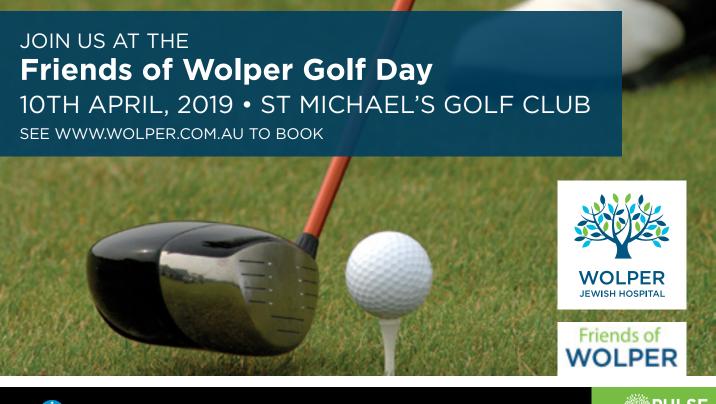
As a pain therapy, medicinal cannabis has not been found to relieve pain completely. Overall, patients with chronic non-cancer pain have been found to achieve 30% reduction in pain.

The range of adverse effects recorded in the clinic include nausea, dizziness, fatigue, vomiting, confusion, diarrhoea, headache, hallucinations, or anxiety. For some patients, the biggest issue with the treatment is the fact that in NSW it is illegal to drive when taking prescribed cannabis medicine.

Professor Chye has a very down-to-earth approach to medicinal cannabis. He says, "Cannabinoids must be considered a medium which can benefit patients, but needs careful monitoring for side effects. It works for some, but not for others."

New patients considering the use of medicinal cannabis for pain and symptom control, should speak to their GP or their medical specialist for a referral.

See www.drchye.com.au/our-clinic for referral details.





Around the Hospital



Physical activity and chronic disease

Most people know that medication can help manage chronic disease. You may have a tablet for high blood pressure, maybe a pill for diabetes. But did you know that there is one intervention that can reduce your risk of virtually all chronic diseases? This intervention can also be used to help you manage virtually any chronic condition, be it cardiovascular disease, diabetes, dementia, mental illness, chronic pain, osteoarthritis or cancer. So what's the intervention? It's physical activity.

Here's how physical activity can improve your health:

- Physical activity improves the health of your heart, arteries and veins. This reduces your risk of cardiovascular disease, heart attack, and stroke. It also helps you manage high blood pressure and high cholesterol.
- Physical activity improves your metabolism, helps manage weight and reduces your risk of developing diabetes. For people with diabetes, exercise can help to manage this condition and prevent its progression.
- Physical activity helps to maintain bone strength and joint health. This reduces your risk of osteoporosis and helps to manage osteoarthritis. Exercise has also been shown to help with managing chronic pain.
- Physical activity has been shown to be beneficial in preventing and managing mental illnesses including depression and anxiety. It also reduces your risk of dementia and Alzheimer's disease.
- Physical activity can reduce your risk of some cancers such as colon cancer and breast cancer. It can help to

maintain energy, strength and fitness during and after cancer treatment.

• Physical activity helps to maintain balance, strength and function and reduces your risk of falls.

The concept of using physical activity to improve health is not new; in fact, Hippocrates (460-377 BC) wrote "in order to remain healthy, the entire day should be devoted exclusively to ways and means of increasing one's strength and staying healthy, and the best way to do so is through physical exercise". Now, dedicating your whole day to exercise is just not practical; however, what we know now, that Hippocrates perhaps didn't know, is that 30 minutes of activity per day is enough for most Australians.

The key is getting started and getting started safely. For those who haven't exercised before, we recommend getting some guidance. You could do this by engaging with an Exercise Physiologist, or by joining a community class or exercise program.

Wolper Jewish Hospital promotes active living through its MoveWell Community Exercise Program. We are also investigating ways that Wolper can better support local community members to engage with Exercise Physiologists and learn how to exercise, safely.

If you would like further information on exercise for chronic disease management, contact the MoveWell Coordinator at Wolper Jewish Hospital on 8324 2296 or movewell@wolper.com.au



Around the Hospital 💥



NEW! Wolper Private Physiotherapy and Exercise Physiology

Individuals are now able to book private appointments with members of Wolper's physiotherapy and exercise physiology staff.

Wolper's physiotherapists are highly trained in treating a wide variety of conditions such as injury, post-surgical, illness or concerns related to ageing. Treatment is



delivered on a one-on-one basis within the Hospital's well equipped physiotherapy gym.

The Hospital's accredited exercise physiologists prescribe specific exercises to patients with chronic diseases, illnesses or injuries with the aim of improving or managing their conditions. Treatment involves a personalised assessment and goal setting session, followed by individual or small group exercise sessions. Examples of people who may seek exercise physiology services include people with diabetes, cardiovascular disease, muscle or joint problems, neurological disorders, anxiety and depression, chronic pain or cancer.

For more information contact Wolper Jewish Hospital Rehabilitation administration on 8324 2261 or see www.wolper.com.au/services





Kalence Community Programs

Wolper Jewish Hospital donates new Hatzolah vehicle



Wolper has proudly donated a new responder vehicle to Hatzolah.

The new, larger vehicle enables Hatzolah to carry extra equipment and is kitted out with specialised scene lighting allowing the service to operate optimally at calls to outdoor locations after dark.

There are also extra radios and batteries on board, and space to house extra supplies.

"The new vehicle is able to carry more equipment and can be used to re-stock our other vehicles while on-scene, making us more ready to respond when we are needed," said Rabbi Mendy Litzman, founder and president of Hatzolah Sydney.

The new specially appointed Toyota Prado went into action just hours after Rabbi Litzman picked the vehicle up, attending a cardiac arrest victim. "We were on the scene literally within 5 minutes of taking the call from Ambulance NSW," said the Rabbi.

In May 2014, Hatzolah became an accredited NSW Ambulance Community First Responder (CFR) unit, enabling it to respond as a back-up to paramedics during medical emergencies. immediately saw Hatzolah as an important community health initiative. We are proud to continue our support of, and association with, them. "

Since then Hatzolah's partnership with the Ambulance Service has extended with the Service relying heavily on Hatzolah to respond to all cardiac incidents in the eastern suburbs of Sydney. Wolper Jewish Hospital has been a long-time supporter of Hatzolah, this being the second vehicle the Hospital has supplied to them. In total the service now has three active response vehicles. Daniel Goulburn, President of Wolper Jewish Hospital said, "Wolper's association with Hatzolah dates back many years to when Rabbi Litzman approached

the Hospital to support

the establishment of the organisation. The Board

Rabbi Litzman was extremely proud to show Daniel Goulburn the new vehicle at Wolper the morning after taking delivery. "Everyone at Hatzolah is extremely happy and thankful that Wolper is continuing to sponsor us".

What you need to know about Hatzolah:

Residents of Sydney's eastern suburbs should save Hatzolah's number in their emergency directory – 9371 2222.

- Hatzolah is an all volunteer emergency medical services organisation staffed by male Jewish Orthodox emergency medical technicians and paramedics.
- Hatzolah responders are on stand-by 24 hours a day, 7 days a week, 365 days a year, including Shabbat and Yom Tovim.
- Call Hatzolah for all medical emergencies. Hatzolah responders will then contact an ambulance if needed.
- Hatzolah is a free service to all members of the community.





Community Programs 💥

Vale Shula Endrey-Walder OAM

As mentioned in the President's report, Wolper Jewish Hospital recently lost a very good friend, Shula Endrey Walder OAM.

The following is based on the eulogy delivered by Rabbi Dr Dovid Slavin.

Shula Endrey - Walder OAM will always be remembered as an extremely generous, loving, selfless and compassionate woman who worked tirelessly to better the lives of others and indeed saved many lives. We all felt we had a special relationship with Shula and every one of us felt we were amongst her best friends.

Shula's parents, Haim and Hannah Rosenfeld both came from what was Palestine. Their first child, Shulamit (always to be known as Shula), was born on 29 November 1944. To her the date was very special because on her 3rd birthday the UN presented its partition plan which was to become the State of Israel. Shula was very proud to share a birthday with Israel.

Around the time of Shula's Bat Mitzvah in 1956, Israel fought its second Arab-Israeli war. The Rosenfelds decided to make the move and immigrated to Australia in 1957. Shula was 13 and her brother Dov was 3 years her junior. They settled in Bondi.

Shula attended Dover Heights High School and Betar where she formed lifelong friendships. Among the many friends found was a particular family with three sisters - Gigi, Nina and Linda. Shula would spend many hours in their home. They had an older brother named Peter who claims to have never noticed Shula but I'm not so sure. Some years later at a birthday party for Linda, Peter and Shula began to chat. In 1970 Peter was off to South America to work and then to study at the Mayo Clinic. He challenged Shula to join him on this trip. Always adventurous, she joined him, eventually getting a job working at the Mayo Clinic.

In August 1971 in Rochester Minnesota, they married. After returning home Eva and Ronny were born. They were the real joy in Shula and Peter's lives. Later, she came to consider her children-in-law as her own and doted on her grandchildren Oliver, Sasha, Honey and Lazer.

It wasn't just what she did but the way she did it. Shula was elegant, charming and glamourous but she was always approachable and that was because she was totally nonjudgemental. In fact, when she gave criticism she did it in such a lovely way that you found yourself asking for more.

Shula worked as a genetic psychologist in research at various teaching hospitals and research institutions. She worked at Foundation 41 helping young mums with their new born babies becoming interested in genetic counselling and in the testing program at Wolper Jewish Hospital where she became a board member for many years. Shula came to consider the Hospital her second home and was very proud of Wolper.

Shula ran many genetic testing sessions at Sydney's Jewish schools and worked hard to raise awareness of the benefits of being tested. At the end of 1992 Shula received a call from Sue Harris in England who

needed a bone marrow match desperately as she had leukaemia. Within days another call for help came



through – this one from Jay Feinberg in New York who was also suffering from blood cancer. Jay and his family went on the establish Gift of Life America.

Those phone calls put Shula on her life-saving path. She developed an interest in blood cancers and in 1998 established the Gift of Life Australia (GOLA) program. GOLA's mission is to raise awareness of the lifesaving 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.

It's incredibly ironic that many years later, Shula herself would need a bone marrow match.

Every Sunday at Wolper, at most Jewish community events and many non-Jewish community events, Shula would take blood so that compatible bone marrow donors could be found. There were few limits to where Shula would go to find potential donors and take blood to be tested by the Red Cross for the Bone Marrow Registry.

Thanks to Shula's efforts, there are 7,000 people on the Registry. Today there are dozens of people who are alive worldwide as a direct result of Shula's efforts.

Shula also volunteered with the COA, Meals on Wheels and Our Big Kitchen. Her community work earned her a well-deserved OAM some years ago. However, Gift of Life Australia will remain her wonderful legacy and we need to keep Shula's vision and dream alive.

Over the last few years, Shula bravely confronted many medical issues. During those times, as always, Peter's love and support of her knew no bounds.

It was a special privilege to have known Shula. Through her children and grandchildren, husband, sisters-in-law, her relatives and those who she considered family, Shula's life will continue. She became a part of us, not by telling us what to do but by acting in a way that we all want to emulate. Shula will live on in the hearts of so many people whose lives she touched.

This city was blessed to have hosted Shula and considered her its own. May Shula's life be a blessing, may her memory be there to inspire us.



Around the Hospital



Wolper and JewishCare NSW work together to provide benevolent care for Jewish patients

Over the years, Wolper Jewish Hospital has provided care for Jewish patients in special need and, in particular circumstances, irrespective of whether they had private health insurance to fund their private hospital admission.

The difficulty for Wolper was to determine an individual's financial status in the context of providing benevolent care. To address this, Wolper Jewish Hospital and JewishCare entered into an agreement in 2015. Where a patient is identified that requires care and meets the Hospital's admission criteria for medical, rehabilitation or palliative care, and a bed is available in the timeframe required to treat the patient's clinical needs, JewishCare will use its expertise to undertake an assessment of the patient's financial situation to determine if a benevolent admission is appropriate and warranted.

JewishCare and Wolper are both proud to have had several opportunities to work together to put the agreement into practice, enabling a number of persons to benefit from high quality care, including excellent, nourishing Kosher meals, at Wolper Jewish Hospital in their time of need that would not otherwise have been possible.

So far in 2019, two patients have been admitted to Wolper under the terms of this agreement.

Zimra Segal, JewishCare Aged Casework Program Manager has said, "Our ongoing working relationship with Wolper staff and the support given to our clients is always appreciated.

We have recently worked with Wolper Jewish Hospital to have a client admitted to care on a concessional basis as he is a pensioner with no medical fund.

In this case, I would like to commend both Andrew Driehuis ... and Anshu Baldeo (Wolper nursing staff). Their professional manner in guiding me through Wolper's requirements together with their compassion and insight is a credit to the Hospital."

Update from the kitchen

Wolper attained a 100% success in the NSW Food Authority Audit 3 in January.

Failure to meet the audit requirements would mean we would not retain our licence to operate. The Hospital's Food Safety Program and Food Standards Code were inspected, as was compliance to NSW Food for Vulnerable Persons legislation. This included inspections of hygiene, temperature control and processing control from the supplier to plate.

We are proud to be able to serve freshly cooked, non – regenerated 'delicious Wolper food' within the highest safety standards attainable and our team is committed to ensuring this continues long into the future.

Pesach preparations are well underway in the kitchen

Here is a recipe for a simple yet delicious pesachdik cake that can be enjoyed all year round.



Almond Blueberry Cake (Gluten Free)

Ingredients:

- 7 egg, whole
- 250g sugar
- 200g ground almonds
- 1 tablespoon lemon juice
- 1 punnet fresh blueberries, washed and dried

Method

Beat eggs and sugar together for 6 minutes until thick and light in colour.

Add lemon juice.

Fold in ground almonds and blueberries. Bake 180°C for 20-35 minutes.



Activities of Daily Living Kitchen

Towards the end of 2018 the occupational therapy department was fortunate to have our Activities of Daily Living (ADL) kitchen renovated.

This kitchen is used with patients for assessment and retraining as part of their rehabilitation program.

I recall saying to Simon Weeks, Wolper's Maintenance Officer, that we need a benchtop, sink with running water, small hotplate, storage drawers, cupboards and a shelf. In less than a working week we had exactly what we requested, plus a new floor surface, lockable cupboards and an electrical safety switch. Thank you Simon!

An occupational therapist (OT) helps patients to regain or maintain the level of function and skills required to manage daily tasks, such as showering, dressing, meal preparation and more. All patients at Wolper have their own ensuite bathroom where a patient's ability to shower and perform personal care tasks safely (post surgery or injury) can be assessed.

Having a purpose built kitchen area to use with patients enables therapy to include a wider range of domestic tasks. Typical tasks might include assessing a person's ability to make themselves a cup of tea and a piece of toast or making an omelette and washing up the dishes afterwards.

As an OT we are considering numerous aspects of the given activity – can the person select the appropriate items required for the task and use them in a safe manner? Are they able to plan the steps of the task in a logical sequence and actually complete the task safely? We identify any difficulties a person may have such as unscrewing the lid of a jar, remembering to turn off the hotplate after use and maintaining energy levels to complete the activity. If needed, we problem solve with the patient to determine how the task can be completed safely whilst considering any limitations

Hand Hygiene Update

Wolper's Deputy Director of Clinical Services and Manager of the Medical Ward, Andrew Driehuis, has successfully completed comprehensive training at Hand Hygiene Australia to become Wolper's Gold Standard Compliance Auditor and Assessor.

One of Andrew's roles at Wolper is Infection Control Officer so it is fitting he also leads the monitoring of such an important aspect of infection prevention and control.

Many healthcare associated infections can be prevented by good hand hygiene practises.

Standard 3 of the National Standards, Preventing and Controlling Healthcare- Associated Infection, recommends correct hand hygiene as an essential part of an effective response to infection control and antimicrobial resistance.



related to the person's current diagnosis and medical history. These limitations may be physical, for example having one arm in a sling, or cognitive, for example forgetting to put water in the kettle before putting it on. We may recommend an assistive device or a modified technique or perhaps deem the task too unsafe.

Our ADL kitchen provides valuable information for rehabilitation team members about a person's readiness for discharge and return to home, especially if they live alone. It can also provide reassurance or a realistic view for the person of what they can or cannot currently do.

Not every rehab patient requires a kitchen assessment with their OT, but the ADL kitchen is a very valuable therapy space and an integral component of a rehabilitation setting such as ours.



Marcelle Segal Manager, Rehabilitation Services

Several new auditors have been trained to complete regular observation audits of clinical and non-clinical staff. The results of these audits are benchmarked with other participating hospitals via Hand Hygiene Australia. In the most recent quarter Wolper's compliance results were excellent with our compliance rating in excess of the national average.





Emily Pezzotti Quality Liaison



🖗 Hospital Happenings



Personal Perspectives A ray of sunshine at Wolper: Miriam Briggs



Two years ago, Miriam Briggs had a fall on her concrete deck at home, landing on her left shoulder. The next two years were filled with doctors' visits, physio, acupuncture and osteopathy as she tried to fix the shoulder and relieve the pain. But nothing worked.

Miriam and husband Henry bought a home in Ra'anana in Israel in 2003, and divided their time between Israel and Sydney. Now Miriam spends most of her time in Israel, spending a couple of months here in summer. As the doctor she has been seeing for her shoulder is in Sydney, she decided to have surgery during her last visit. Her decision to do it here was assisted by the knowledge that she would be able to undergo rehabilitation at Wolper.

Miriam won't know the outcome of the surgery for a while, but so far her recovery is going well. She has found Wolper to be warm, welcoming and haimishe (a Yiddish word meaning friendly or homely). "The care", she says, "is superb. There is a wonderful team of physios who all know what they are doing and cater to every individual's needs. The food is fabulous, better than restaurant food. Everyone is so caring, everything is so clean, nice and comfortable".

Miriam will return to Israel in time for the Bar Mitzvah of her youngest grandson. She is looking forward to life with no more pain or disability.

Bringing love on Valentine's Day

Sincere thanks to Talia and Dr Michael Rubinstein on delivering roses to every patient and staff member on Valentine's Day. This is an annual ritual for them, and involves many many hours of hard work.







Shabbat dinner at Wolper

A large contingent of enthusiastic patients and their visitors enjoyed a Shabbat dinner in the lounge in February. The room looked beautiful and the guests were smiling and in good spirits despite some being patients in hospital. Reverend Sam Zwarenstein from Emanuel Synagogue sang the prayers before and after the meal, and spoke about their meanings.





Wolper Vice President Richard Glass and Board member Josephine Holland were present, as was Medical Ward nurse Amanda Sales.

All photos were taken before Shabbat

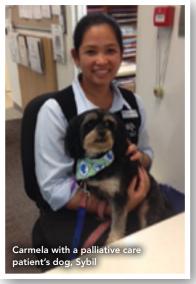
Wolper's Staff Member of the Year 2018 – CARMELA GALVAN

Carmela is the Clerical Support Officer on the ground floor medical and rehabilitation ward, assisting the nurses and ward manager with all related administrative duties. It's a very busy role – one that she has held since April 2011.

Carmela says her workmates are what she loves most about Wolper, "The nurses are like my second family. We all help each other and they are all so lovely."

Earlier this year, several Wolper staff members visited the Sydney Jewish Museum. Carmela considers this a highlight of her time so far at Wolper. "The stories and pictures we saw on survival and how strong the Jewish people were was amazing. We also heard the personal story from a Survivor of what she went through. It is great that Wolper gives this kind of experience to their staff," she said.

Wolper's staff recognition scheme was implemented in 2017 and involves staff members nominating their peers for recognition on a quarterly basis in the areas of team work, excellence in service, leading by example, continual improvement and responsibility. There is also a 'patient's choice' component to the scheme.



Management appoint the staff member of the year based on all the nominations made throughout the year.

On receiving the award, Carmela said "It is an honour. I really wasn't expecting it. I just do my job, enjoying every day that I come to work."

Congratulations Carmela!



Become part of Our future

Since opening its doors on its present site in 1961, Wolper Jewish Hospital has become one of Sydney's leading private hospitals providing high-quality care to all members of the general community, within the framework of our Jewish ethos.

We are Australia's only Jewish hospital and do not receive funds from government sources. Whilst we are a dedicated JCA member organisation, we do not seek an allocation of funds from JCA. We are a not-for-profit organisation and our revenue from our patients is to a large extent dictated by the major health funds. The health funds do not take account of the additional costs we experience, such as providing fully kosher food and our higher patient/staff ratios.

So, your support is very important to us.

There are a number of ways in which your support can be acknowledged, or the memory of a loved one honoured, within the Hospital:

- Sponsor a panel in our magnificent stained glass mural, Bereishit In the Beginning, located in the Hospital foyer and designed by leading stained glass artist, Marc Grunseit.
- Endow a room. Your name or that of a loved one will be honoured with an elegant door plaque appropriately worded.
- Sponsor, or make a donation towards, a specific piece of Hospital equipment. All donations are gratefully received irrespective of their size.
- Make a bequest to Wolper in your will



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

