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WOLPER

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Message from the CEO

It is my pleasure to commend this edition of Pulse to you, our regular newsletter aimed at keeping you abreast of developments around and about Wolper Jewish Hospital.

In our previous newsletter, Hospital President Daniel Goulburn OAM noted that I have been CEO of Wolper Jewish Hospital for five years. Not a patch on my predecessor Harry Aizenberg's thirty-two year stint but a notable milestone nonetheless.

I would like to take this opportunity to reflect a little on those five years.

With its proud fifty-eight year history as Australia's only Jewish hospital, and its enviable reputation and performance built on so many years of dedication, care and hard work by so many, my role has been to help maintain and enhance this esteemed operation. I have had an exciting and varied career in healthcare and beyond. I have faced enormous challenges and difficult environments in my career. So I know from hard-won experience over twenty five years as a CEO what an honour and privilege it is to work in a facility that is at once performing well, busy, successful, sustainable, safe, deservedly well regarded and mission driven by the Jewish and broader communities.

Firstly, the committed Board of Directors, Office Bearers and Committee Chairs ensure the highest levels of corporate governance and operational performance. They are advised by a Medical Advisory Committee that understands and closely monitors clinical excellence at Wolper Jewish Hospital.

Secondly, the executive, management team and management committees are true professionals who are focused on patient care and the patient experience day in, day out. This is a high performing and responsive culture, clinically led with aplomb by Tina Boger as Director Clinical Services.

Thirdly, Wolper's staff and key contractors both long serving and new know they work somewhere special, where staff are supported and recognised for their commitment and dedication. As mandatory safety and quality standards are

amended and required of all health service organisations, training, education, change and evolution have become part of the Wolper way. Our aim is to balance the best of Wolper tradition and Jewish culture with the introduction of the latest facilities, technology and practices required to deliver safe, quality care in our fields of special expertise.

Fourthly for this reflection, is the supportive Jewish and Eastern Suburbs communities in which Wolper operates. The JCA of whom we are a proud member organisation, our Members and Friends, the Rabbis and other pastoral care visitors who help support our patients, our MoveWell community exercise class attendees, our Wellbeing seminar attendees, the friends and relatives of our patients and our neighbours in Woollahra....the list goes on. However, each one of these persons and parties enhances the experience of our patients, be they inpatients, day patients or other gym and hydrotherapy beneficiaries.

Refurbishments and redevelopments mark the history of Wolper Jewish Hospital and that is set to continue. In my time the Hospital has invested in the complete rebuild of the kosher kitchens, refurbishment of the Medical Ward and now staged refurbishment of the Rehabilitation Ward. Security and CCTV have been upgraded. This continues ... we have many irons in the fire right now keeping architects, interior designers, project managers and other trades and construction professionals busy so watch out for further announcements in the coming months and year.

Finally, I note that the Wolper Jewish Hospital Health Foundation has also been operating for just over five years, coinciding with my time as CEO of Wolper. As Executive Officer of the Health Foundation and Secretary to the Foundation's Trustee Board, I am deeply involved with the grant application and allocation process. I gain real personal pleasure and satisfaction from the resultant community interaction with so many worthy causes and community organisations.

The latest round of successful grant recipients are listed on page 3 of this newsletter. These new grants bring the total allocated since the establishment of the Foundation to more than \$783 000.

I hope you enjoy this edition of Pulse and I thank you for your ongoing interest and support.



John Tucker
CEO, Wolper Jewish Hospital



Follow us on
Instagram





CONTINUED FROM FRONT COVER:

"I cannot thank Darsh enough for everything he has done for me..."

The attention and care he has shown me, and the passion he has for ensuring each of his patients recover stronger and healthier, is just wonderful.

Mrs Marlene Ryan with one of Wolper's exercise physiologists Darsh Nair. Marlene has been attending Wolper's private physio and exercise physiology services and recently spoke to the Australian Jewish News about her amazing recovery from back surgery. We thank her for her time and kind words.



Membership renewal time

Friends who have not yet renewed their annual membership should do so now.

As a Friend of Wolper you will continue to receive this very informative Wolper Pulse magazine, invitations to Wolper's well-respected and popular Wellbeing program and priority invitations to Friends of Wolper events at special Friends pricing.

You can renew your membership at wolper.com.au/membership/ or by calling Wolper on 8324 2233.

Congratulations to our grant recipients

The Wolper Jewish Hospital Health Foundation is pleased to announce its latest grant recipients.

New grants were awarded to:

Australian Jewish Fertility Network – support for the appointment of a part-time General Manager to establish the AJFN as a sustainable not-for-profit corporate entity.

Bell Shakespeare – support for their "Behind the Scenes" anxiety and depression prevention program for senior students.

Friends of Refugees of Eastern Europe (F.R.E.E.) – support for their Senior Citizens Club 'Bis 120' which brings elderly Russian speaking members of the Jewish community together at weekly functions.

Maccabi NSW – support for their Maccabi Life community health and wellness expo.

Funding extensions were granted to:

Holdsworth Community – support for their Seniors Wellbeing Program.

JewishCare for the Jewish Suicide Prevention Strategy – continued support for the first Jewish specific suicide prevention strategy in NSW.

Maccabi NSW - providing first aid training and kits for coaches and managers of Maccabi sports teams.



WOLPER
JEWISH HOSPITAL
HEALTH
FOUNDATION



Works produced during art therapy sessions on display at Wolper

Art Therapy at Wolper

Patients at Wolper are fortunate to be able to enjoy art therapy classes with our Art Therapist Kate Jensen. Art Therapy uses the creative art making process to improve or restore the mental, emotional, physical and spiritual wellbeing of an individual. It uses simple techniques including; drawing, painting, collage, clay work, crafting, meditation and music to tap into our inner landscape and explore our personal imagery. Often it is the creation of the art that is the most important aspect of art therapy as the client finds the art process itself soothing and self-regulating.

Art therapy can

- Promote self-awareness and self-esteem
- Empower the participant as new skills are discovered
- Release tension and anxiety
- Provide a way to share things through images, symbols and colours that could not be expressed verbally
- Allow the outward expression of what is happening internally
- Uncover personal insights and inner strength to cope with life changes
- Create an environment where healing can occur
- Offer an opportunity to reminisce about a life well lived or integrate painful/traumatic experiences

Everyone can benefit from art therapy and there is no need to be good at art to do it. The art process can provide an alternative means of exploration, communication and healing as it can access parts of the brain that are not available through verbal communication. This can be particularly helpful for individuals suffering from dementia.

The art therapy programme at Wolper is facilitated by an accredited Art Therapist. Each client session involves the creation of a sensory space including music chosen by the client, elements of nature, variety of art materials and exercises that incite curiosity.

If you would like further information about art therapy at Wolper please contact Kate on 0412 061 210.

Wolper OT's ground breaking research



Weihong Zhang and John Tucker, Wolper CEO

One of Wolper Jewish Hospital's Occupational Therapists, Weihong Zhang, has presented her research into improving gait in older adults with cognitive impairment at the annual Occupational Therapy Australia National Conference

at the International Convention Centre in Sydney. This year the Conference attracted 1300 professionals and Weihong's session was well attended by important researchers in the OT field.

Weihong has been working in the area of geriatrics for over 10 years and is currently undertaking PhD study at the University of Sydney. Her research is focused on gait (a person's manner of walking) disorders, cognitive impairment and falls in older people. Her systematic review on interventions to improve gait has recently been published in the prestigious Journal of the American Geriatric Society.

Weihong's pilot study educates eligible study candidates on how to safely move about in order to improve gait and reduce falls. For example, participants are taught how to transfer safely out of a chair to standing or how to transfer into a car or bath. All study candidates have experienced a fall due to gait issues and most have been hospitalised at Wolper. Weihong sees her clients in their home after discharge over a period of 3 months. To date, 15 Wolper patients have been involved in the research project.

The study enjoys the full support of Wolper management and staff as well as the Hospital's accredited geriatricians Drs Sandy Beveridge, Elizabeth Harper and Nic Mills.

"It is fascinating to follow the progress of patients from admission to Wolper through to their discharge," Weihong has commented. "I am fortunate to be working in a clinical setting which matches my research so closely."

In the near future, an additional research project will be launched which will explore the characteristics of gait disorders in the elderly using technology such as wearable sensors. This project has also received the full support of Wolper management.

Stay tuned for further information on this fascinating research.



WOLPER
JEWISH HOSPITAL

MoveWell

AT WOLPER JEWISH HOSPITAL

**Wolper's
MoveWell
Program promotes
a healthy and
active lifestyle
for all members
of the
community.**

Classes and programs offered include:

- Aqua aerobics in our hydrotherapy pool
- Strength & Conditioning classes
- Balance and Falls Prevention classes
- Parkinson's Disease specific classes
- Pilates style classes
- Tai chi classes

All sessions are held at Wolper Jewish Hospital and are open to all members of the community.

All classes are run by Accredited Exercise Physiologists and Physiotherapists.

**For further information,
details on fees or to book,
call 8324 2296 or email movewell@wolper.com.au**



NEW EVENING MOVESTRONG CLASS 5:00PM TUESDAY

Held at 5:00pm on Tuesdays, MoveStrong is suitable for anyone who is independent and looking to improve strength, flexibility and fitness. The class is conducted in a circuit format using exercise machines and free weights to strengthen the whole body and improve fitness.

SPOTS ARE STILL AVAILABLE BUT GOING FAST!

**For further information and to book your classes
contact Wolper's MoveWell class co-ordinator on 02 8324 2296
or email movewell@wolper.com.au**



FRIENDS OF WOLPER E

An Evening with the Hon Malcolm Turnbull

Friends of Wolper Jewish Hospital held another successful event last month, this time hosting Malcolm Turnbull. The former Prime Minister was in conversation with news broadcaster John Mangos.

Held at the Swifts residence in Darling Point, a heritage listed mansion owned by the Moran family, the function aimed to raise awareness of the Hatzolah emergency medical response service and to provide an opportunity for Friends of Wolper and members of the community to network and enjoy a great evening.

During their conversation, Mr Turnbull spoke frankly about his legal career, political life and his ousting.

On the subject of the Wentworth by-election, he confirmed that he fully supported Dave Sharma but felt that it was best to keep a low profile at that time.

Turnbull also spoke about his warm friendship with Israeli Prime Minister Benjamin Netanyahu and said that he feels the Morrison government is doing a good job.

As always, Mr Turnbull charmed the largely Jewish audience with his skilful use of Yiddish language.

At the conclusion of the evening, Wolper President, Daniel Goulburn OAM, announced that the Hospital will be donating a new defibrillator to Hatzolah in honour this very successful event.



John Mangos interviews Malcolm Turnbull



The evening included a performance by Dr Grace Chan on Swift's magnificent pipe organ



The evening took place in the ballroom of Swifts in Darling Point



Rabbi Mendy Litzman –Hatzolah President, Malcolm Turnbull and Daniel Goulburn OAM – Wolper President



Dani Litzman, Josephine Holland – Wolper board member, John Tucker – Wolper CEO and Rabbi Mendy Litzman



Dr Allan Shell, Malcolm Turnbull, Roma Shell



Dr Joshua Swift – Wolper board observer, Sophie Deutsch, Malcolm Turnbull, Jessica Newman – Wolper board member, Lolita Lewis

EVENTS SO FAR IN 2019



Golf Day

This year, the Friends of Wolper teed off at St Michael's golf club and the day couldn't have been more perfect.

We look forward to seeing all our golfing Friends for another round in 2020!

If you would like to make sure you receive information on the next Friends of Wolper golf day in 2020, please email friends@wolper.com



POMS Movie Night

What a wonderful night we had at the premiere screening of POMS at Event Cinemas in Bondi Junction. POMS stars Diane Keaton, a woman who moves into a retirement community and starts a cheerleading squad with her fellow residents. POMS proves that it's never too late to be active and to 'bring it' which is exactly the message that Cody Kane our Physiotherapy & Day Services Manager always stresses to people. Cody spoke to the audience before the movie commenced about the importance of staying active doing any form of exercise that you enjoy and the classes that Wolper's MoveWell program has to offer.

Our movie attendees enjoyed a great night out with a lot of laughs. We also enjoyed a delicious kosher snack bag and a glass of wine.

To find out more about MoveWell classes at Wolper go to www.wolper.com.au/movewell

To be on the mailing list for future Friends of Wolper events please email friends@wolper.com.au





Wolper staff member's reflections on Auschwitz and Birkenau

Wolper's Deputy Director Clinical Services, Andrew Driehuis, visited Berlin and Krakow earlier this year to tour Jewish memorials, museums and see two of the Auschwitz concentration camps. Andrew has provided a summary of his experience at Auschwitz.

"It was a freezing morning when we set out from Krakow. As we arrived at the 1st camp, we were assigned a Polish guide aged in his early 30s. As we walked around the first set of buildings, there was an eerie silence within our group who possibly were feeling as overwhelmed as I was. As we entered various buildings, we were confronted with photographic displays of the prisoners. We saw the pitifully inadequate uniforms which the prisoners wore in temperatures that could be as low as -20 degrees celsius. There were photos of emaciated children, men and women. We learnt that the average amount of time one could survive the conditions of the camp was 2 to 3 months maximum.

We went into various buildings with an explanation of what happened therein. A prison within a prison had one cell housed four standing prisoners with an air hole measuring 6 inches by 6 inches. On the outside of this hole is a metal plate with tiny round holes in the top. The air the prisoners needed was far greater than the size of the air holes entering the building. Many prisoners died here of suffocation.

Many of the rooms contained property belonging to the prisoners which included shoes, toothbrushes, shaving brushes, glasses and personal property. These belongings were all stripped from them once they arrived at the camp and sold off or used elsewhere. These poor prisoners did not know their planned fate and packed all their most valuable or sentimental items, only to have them confiscated.

The room which had the most impact on me was the room with 2 tonnes of human hair visible through glass panels. This hair was used to make rugs and lampshades some of which ended up in houses belonging to SS soldiers.

As we walked around the outside of the buildings, we were confronted with many watchtowers and electric fences. As the snow began to fall, our guide reminded us that the weather conditions killed many prisoners as did the hunger and illnesses.

The intact gas chamber was most confronting and all I can remember from my visit was the thick, caked soot coating the walls and ceiling.

We finished the tour of Auschwitz 1 and made our way to Birkenau for the final part of the visit. As we arrived at Birkenau with its four massive gas chambers, you were left in no doubt that this was purely an extermination camp - it

was 25 times the size of Auschwitz 1.

The first thing that caught my attention was the many watchtowers and the lone train carriage which is actually a cattle truck. Hundreds of thousands of prisoners were brought here in them from all over Europe. They would have travelled for days and weeks in them. As these prisoners arrived, they went through a selection process. This simply meant that if they were in good health they would be put to work in the camp but if old or ill, they were taken straight to the gas chambers. This included children. I found this part of tour very, very sad.

We were once again shown brick as well as wooden buildings housing latrines, bunkbeds and workhouses. These huts were originally built to house horses and were cold and drafty with holes everywhere. How some prisoners could survive these horrendous conditions, I will never know. But amazingly some did.

We were now nearing the end of the tour. Our guide explained that he had lost his grandfather at Birkenau and that he considered it his life's work to show people what his grandfather went through. The thought of a grandson dedicating his life educating visitors in memory of his grandfather was overwhelming.

I found the entire experience at Auschwitz-Birkenau confronting as it forced you to think, ponder, and reflect. I am glad I visited this memorial site (as our guide called it) to see for myself the horrors of what happened to those poor men, women and children.



Andrew has been employed at Wolper since June 2013 and his primary role in the hospital is Manager of the Medical Ward. In his work Andrew has cared for many Holocaust Survivors.



Education at Wolper

Several health education sessions have been held at Wolper aimed at keeping staff and community up to date.

Friends of Wolper were invited to a community presentation by Dr Ben Basger, Wolper's clinical pharmacist, who posed the question – are your medications helping or harming you?

One in 30 hospital admissions of patients aged 65 and over is related to adverse reactions to commonly prescribed drugs. In most cases, the patient is taking a mix of medications. Often, the reaction is misinterpreted as a new medical condition resulting in the prescription of a new potentially unnecessary drug. Put this way, it's easy to see how polypharmacy can become an issue.

For people who are taking a mix of medications, Dr Basger spoke about the importance of reviewing their medications with their GP, specialist or pharmacist to ensure they are still necessary and not a potential cause of ill health.

Dr Basger will be holding another medications talk on Tuesday 29th October. If you would like to receive further information on this closer to the time, please email events@wolper.com.au

We are very fortunate to have great relationships with our referring surgeons and this has resulted in some valuable educational opportunities for our clinical staff. Dr Michael Solomon has presented on arthrofibrosis post total knee replacement and last month Dr Nick Vertzyas spoke about total knee replacement techniques and the role of robotics.

Our staff thoroughly enjoyed these sessions and took away important information that will enhance the care provided at Wolper.



Above: Dr Ben Basger – Wolper's clinical pharmacist



Left & Below: Wolper nursing, physiotherapy and occupational therapy staff attending the talk by Dr Nick Vertzyas



Staff satisfaction is on the rise

Wolper has conducted its annual staff satisfaction survey and the result is incredible - 99% satisfaction which is a 2% increase on last year!

More specifically, there were improvements in the areas of new starter orientation, awareness of the Hospital's antimicrobial stewardship program, patient delirium management processes, education program content, equipment repair time frames and involvement in employee competency rating.

Staff were given the opportunity to comment on areas of improvement and some of these have already been implemented by management.



Members of Wolper's physiotherapy team

JOIN US FOR THE FINAL 2 WELLBEING SESSIONS FOR 2019



Wolper Wellbeing Program 2019

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

Wednesday 4 SEPTEMBER ARTHRITIS

Wednesday 6 NOVEMBER Q & A: CARE FOR CARERS

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. 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



Visitor Kay Stein with her granddaughter, teacher Liora Hayman, and students



Patient Abraham Mihalovich, Rabbi Yossi Friedman and students

Maroubra Synagogue Bar and Bat Mitzvah Students visit

A visit to Wolper is now a regular part of the Maroubra Synagogue's Bar and Bat Mitzvah studies. Students learn about Wolper and visit patients, wishing them a refuah shleima (full recovery).

Yom Tov Concerts



Rabbi Yanky Berger entertained our patients for Shavuot



Mendy and Moishy Berger at our Pesach concert



Prefer to receive the Wolper Pulse via email?

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

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.