









## Wolper wishes you a Shanah Tovah Happy Jewish New Year

Wolper staff members Zee, Tracey  
and Ben with apple and honey

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## President's Message

**I write this message with mixed emotions, as it is my last as Wolper Jewish Hospital's President. Under the Hospital's constitution all office bearers have a 5-year maximum term and in accordance with this requirement I am required to retire at our Annual General Meeting in November.**

I was appointed to the Hospital's Board of Management in 2008 and I was privileged to serve as the Hospital's Honorary Treasurer for 5 years before taking on the Presidency in 2014.

During my term as President and in accordance with modern good governance principles for not-for-profit organisations the Hospital's Board has transitioned to a Board of Directors allowing the Hospital's management to manage the day-to-day activities and for the Directors to formulate policy, assess risk and develop strategy.

I am extremely pleased to report that Wolper continues to be extremely successful with very full patient occupancies and reporting very satisfactory financial results. We continue to be self-sufficient not relying on any government funding or communal financial support.



The constant feedback and compliments I receive as President from members of the Jewish and general communities regarding the outstanding medical care provided by the Hospital has been most satisfying.

All not-for-profit organisations need Board renewal and I take great comfort in knowing that the current and future Wolper Board of Directors is extremely well placed for the challenges ahead so that the Hospital continues to be very successful.

It has been an absolute honour to have served Wolper as its President, Honorary Treasurer and Director. I am very happy to assist the incoming Board of Directors in any way as the Hospital's Immediate Past President.

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

**Daniel Goulburn OAM**  
**President, Wolper Jewish Hospital**

## Vale Phyllis Glasser

Phyllis Glasser was a member of the Board of Management of Wolper Jewish Hospital from 1974 to 1985. She also served as an office bearer of the National Council of Jewish Women Australia (NSW).

Specifically, Phyllis was Hon. Treasurer when the title for the land and the building in which the Hospital is currently located was transferred from the Trustees of the Hospital Visiting Committee of the NCJWA (NSW) to the Hospital in 1982

Phyllis' name appears on the plaque installed at the front of the Hospital to commemorate this event.

The Directors, Management & Staff of Wolper Jewish Hospital wish a long life to Phyllis' son David Glasser and all her family.



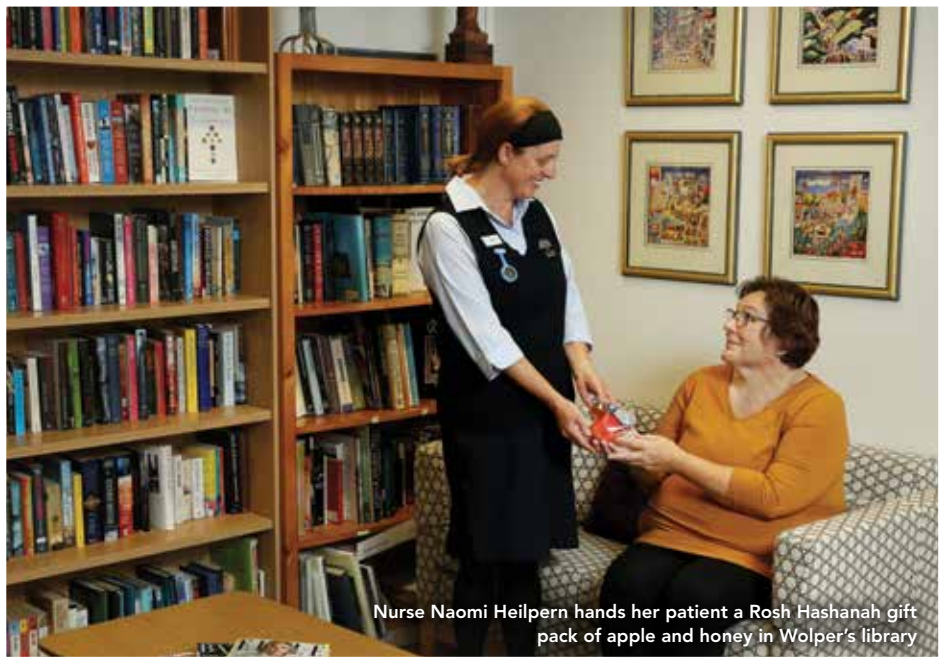




## Rosh Hashanah wishes to you

Rosh Hashanah, literally meaning the "Head of the Year", is the Jewish New Year. Jewish people observe many traditions at this time including candle lighting, going to Synagogue for prayers and to hear the sounding of the *shofar* (the ram's horn calling us to the *Torah*) and *tashlich* (ceremonial casting away of our sins into water). And naturally there are the family feasts!

On our Rosh Hashanah lunch and dinner tables you will find round challah bread, apples dipped in honey, honey cake and *tzimmes* (sweet stew of root vegetables) all reflecting our wishes for a sweet new year. Sephardi Jews (those originating from Spain) traditionally eat dates with coconut, chives, pumpkin, pomegranate, apple jam and tongue.



Nurse Naomi Heilpern hands her patient a Rosh Hashanah gift pack of apple and honey in Wolper's library

Patients who are admitted to Wolper during Rosh Hashanah will enjoy a special Rosh Hashanah meal and will receive sweet treats. We will also have people from local Synagogues come to the Hospital to sound the Shofar.

The traditional greeting on Rosh Hashanah is "Shanah tovah um'tukah" meaning "May you have a good and sweet new year" and this is exactly what we wish all our readers!

## From the Wolper Kitchen

Here's a cake recipe from the Wolper kitchen you might like to add to your Jewish New Year menu



### Gluten free Carrot Cake

Ingredients:

- 3 cups grated carrot
- 1.5 cans of crushed pineapple, discard ½ strained juice
- 3 cups plain gluten free flour (we use Well n Good Muffin mix)
- 3 teaspoons baking powder
- 2 ¼ bicarbonate of soda
- 1 teaspoon salt
- 2 teaspoons cinnamon
- 2 ¼ cups sugar
- 4 eggs
- 200 ml oil

Method

Mix all together and bake 175C for 35 – 40 minutes



# Rosh Hashanah and the people of Wolper



We asked patients and staff what Rosh Hashanah means to them. Here's what we learned.

### Marcia Silver (patient)

Rosh Hashanah is very family orientated for Marcia. It also signifies the beginning of a New Year, bringing new beginnings.

The tradition in Marcia's family is to always celebrate together as a family. Their table always has apples and honey on it, and wine, along with a beautiful dinner.

A family tradition is also to constantly talk about the food they will be serving, and who will make what.

Marcia hopes that in 5780 everyone will be well, and there will be peace in Israel and all the world.



### Ruth Rosen (patient)

The meaning of Rosh Hashanah for Ruth is the start of a New Year, family, and *shul* (synagogue).

Everyone in Ruth's family gets together on Rosh Hashanah, with each person cooking something special for the meal. They all enjoy socialising together. On the table is *chrain* (cooked beets and grated horseradish), *gefilte* fish (a poached mixture of ground deboned fish), wine and honey cake.

Ruth hopes that 5780 will bring good health for all, and tolerance in the world.



### Jaqui Hermann (Operations Assistant)

Rosh Hashanah for Jaqui signifies a time to get together with the whole family. It is a time for Jaqui to think about her hopes and dreams for the New Year. She has found Rosh Hashanah very difficult since the passing of her beloved grandmother 2 years ago.

Jaqui constantly thinks of her during the High Holidays (Rosh Hashanah and Yom Kippur, the Day of Atonement).

Jaqui's family have traditional foods on their table including apples and honey, honey cake, and carrot tzimmes. The family attends *shul* together.

The coming year of 5780 is going to be a big one, with Jaqui's son Asher having his barmitzvah right before next Rosh Hashanah. Jaqui hopes that family from overseas will come for the barmitzvah. She hopes that all her family will become more connected to their Jewish identity through the barmitzvah process.



### Daniel Baroukh (Cap Away Coffee Kiosk at Wolper)

For Danny, Rosh Hashanah is a time of reflection. He uses the time leading up to Rosh Hashanah to reflect on his life, to take a step back and look at the past year, at what he's done and what he wanted to achieve. Rosh Hashanah is about making amends, with yourself and others around you, to start the New Year afresh. It's about clearing out your debts from the past year

and starting the New Year with a clean slate.

Danny's family adhere to *Sephardi* traditions. His family originate from Persia (now Iran) and Iraq. On their table will be found pomegranates, dates, coconut, a fish head (to symbolize our wish to be heads, not tails; leaders, not stragglers), apples and honey, string beans (mentioned in the Talmud as *ruviah*, they are symbolic because their Talmudic name sounds like the Hebrew "to increase," and therefore indicates a desire for increased blessings in the New Year), spinach, leeks and of course honey cake.





Traditions for Danny not involving food are *tashlich* (ceremonial casting away of our sins into water), going to *shul* to hear the *shofar* (ram's horn) blown, and on the second night of Rosh Hashanah making the blessing over the new fruits.

Danny hopes that in 5780, his family and friends will be happy, healthy and successful. He also hopes the Wolper team will be able to continue their wonderful work.

## Dr David Skalicky (visiting specialist physician)

The High Holidays or High Holy Days, more properly known as the Yamim Noraim ("Days of Awe"), herald for David a time to reflect, connect, to pray and to be grateful for what he has.



It is traditional for David to read stories about various aspects of Rosh Hashanah to his children. The family always enjoys dinners and lunches on the two days of the festival. They use family honey cake recipes, and this year David may bake the cake himself. Their table always has apples and honey, pomegranate seeds, fish, new fruits on the second night, and tzimmes that David always makes. They all go to *shul* to hear the *shofar* (an ancient musical horn typically made of a ram's horn) blown.

David prepares for Rosh Hashanah for the whole month before, reflecting and learning.

His hopes for the coming year of 5780 are for the Jewish community, Australia and the world to have peace. His personal hopes are that he and his family try their best, and all work together to the best of their potential.

## Lola Tweg and Ruth Schneider (patient and daughter)

Lola and Ruth agree that Rosh Hashanah is a time for the whole family to come together. The New Year is a special time for them.



On their table is always something sweet, such as apples and honey, honey cake, a whole fish (having fish on the table is an omen for blessings in the year to come), and dates (they are *Sephardi* Jews). The family traditionally attend *shul* together.

They wish for good health for everyone in their family and all their friends in 5780. They hope for all their family to be together.

## Jacqueline Perry and Suzanne Amzallag (patient and daughter)

Rosh Hashanah for Suzanne and her mother Jacqueline is all about keeping up with traditions; food, family and family values.



Suzanne's husband's family is originally from Algeria, and they now live in Paris. Traditional food for them is couscous, boiled pumpkin, red capsicums grilled and fried with tomato, a whole piece of beef, pomegranates mixed with walnuts, and dates. This is following the *Sephardi* tradition.

Suzanne's son is getting married in 5780, and she is very much looking forward to that and to welcoming the new family into her family. She also hopes for good health for all her family.



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## WOLPER Wellbeing PROGRAM



Linda Cumines, Emily and Richard Chye, Amanda Sales

### Wellbeing on Pain in partnership with Pain Australia March 2019

According to Pain Australia, there are three main categories of pain:

**Acute pain** lasts for a short time and occurs following surgery or trauma or other condition. It acts as a warning to the body to seek help.

**Chronic pain** lasts beyond the time expected for healing following surgery, trauma or other condition. It can also exist without a clear reason at all.

**Cancer pain** can occur in patients with early stage and advanced disease, and in cancer survivors as a severe and debilitating side-effect of treatment.

Our speakers included:

- **Professor Richard Chye:** Palliative care consultant at Wolper Jewish Hospital and Director of Sacred Heart supportive and palliative care, St Vincent's Hospital
- **Dr Martine O'Neill:** Anaesthetist, pain medicine specialist
- **David Marishel:** Clinical Psychologist working with pain management



Our speakers: Professor Richard Chye, Dr Allan Shell, Dr Martine O'Neill, Professor Paul Glare and David Marishel

### Wellbeing on Healthy Living in partnership with Maccabi LIFE May 2019

What is healthy living and how do we achieve it? Why do we age? Why do we develop chronic diseases as we grow older? What can we do to ensure we stay as healthy as possible for as long as possible. Julie McCrossin expertly moderated this fascinating Wellbeing seminar. Our panel included:

- **Professor Luigi Fontana:** Professor of Medicine and Nutrition
- **Associate Professor Amanda Third:** Principal Research Fellow at Western Sydney University
- **Jill Margo AM:** Health Editor of The Australian Financial Review

Professor Chye spoke on the use of medicinal cannabis in pain relief and talked about his private clinic which is located at Wolper Jewish Hospital.

His clinic at Wolper is dedicated to assessing the applicability of pharmaceutical grade medicinal cannabis to adult patients who need help with pain and symptom control and have not found relief with more traditional medications.

**Video recordings of all these seminars and more are available at [wolper.com.au/videos](http://wolper.com.au/videos)**



Dr Allan Shell, John Brogden AM, Josephine Holland, Alan Woodward, Dr Michael Dudley AM, Danny Goulburn OAM



Claire Gil-Munoz and Claire Vernon from JewishCare



Esther Kubie-Madar and Ariella Galler



Rozanne Kaplan, Bethany Hughston, Elizabeth Foster, Melanie Sheekey



Dr Allan Shell, Stephanie Vasiliou, Fiona Shand, Sara Bartlett



John Brogden AM

## Wellbeing on Suicide Prevention

in partnership with JewishCare and the Jewish Suicide Prevention Strategy – July 2019

We tackled this very serious topic with a brilliant panel that included:

- **John Brogden AM:** Former State Leader of the Opposition; Chairman of Lifeline Australia
- **Dr Michael Dudley AM:** Senior Staff Specialist in Psychiatry, POWH; Conjoint Senior Lecturer, UNSW
- **Fiona Shand:** Senior Research Fellow at the Black Dog Institute and the NHMRC Centre for Research Excellence in Suicide Prevention
- **Michael Cook:** Clinical psychologist; Black Dog Institute

Suicide rates in Australia are rising.

According to the Black Dog Institute, in 2017 around 65,000 people made a suicide attempt (based on hospital admissions) and over 3,000 people died by suicide (75% were male). Suicide is the leading cause of death in Australians aged 15 – 44 years.

If you know someone that you think may be having suicidal thoughts, the panel gave some wise advice on

how to get through the immediate crisis. Treat them with kindness, compassion and empathy. Listen to them and take their pain seriously. Ask outright if they are thinking of harming or killing themselves (this is hard but it is important). Call a support service such as Lifeline together.

The Wolper Jewish Hospital Health Foundation is a proud supporter of the Jewish Suicide Prevention Strategy.

### There has been a date change for our last Wellbeing seminar for 2019

Wellbeing on Care for Carers will take place on Wednesday 23rd October at Event Cinema Bondi Junction Westfield from 7:30pm

This Wellbeing will be presented in partnership with Holdsworth Community and will be moderated by John Mangos  
We hope to see you there



# 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  
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