



## President Richard Glass acknowledges Daniel Goulburn's contribution as President of Wolper

### INSIDE THIS ISSUE

#### AROUND THE HOSPITAL

- 🌳 President's Message ..... 2
- 🌳 Coronavirus Precautions at Wolper ..... 3
- 🌳 NSW Jewish Emergency Management Plan activated ..... 3
- 🌳 Changes on the Wolper Board ..... 4

#### COMMUNITY PROGRAMS

- 🌳 Wolper Jewish Hospital Health Foundation grant recipients ..... 5
- 🌳 Rabbi Kamins honoured..... 5
- 🌳 Nutrition tips ..... 6

#### HOSPITAL HAPPENINGS

- 🌳 Shabbat Dinners ..... 7
- 🌳 Purim Joy ..... 7



**WOLPER**

Editor: Michelle Stockley  
 8 Trelawney St Woollahra NSW 2025  
 P: +61 2 9328-6077  
 E: info@wolper.com.au  
 www.wolper.com.au



## President's Message

In writing my first 'President's Message', I had cause to reflect upon my 15 years of association with Wolper. I've had the privilege of serving as a Director, Honorary Secretary and Vice President variously under four outstanding Presidents - Murray Landis, Graeme Einfeld OAM, Dr David Golovsky AM and most recently Daniel Goulburn OAM. Our community is indebted to them for their contribution to Wolper being the iconic organisation it is today, and it is both humbling and an honour to have the opportunity to follow in their footsteps.

I would like to congratulate the recently appointed Board office bearers, being Daniel Goldberg, Andrew Cohen and Josephine Holland. I am very much looking forward to working with our Board members and John Tucker (CEO), Tina Boger (Director of Clinical Services) and their talented management team over coming years. I would also like to acknowledge the outstanding contribution of our now Immediate Past President, Daniel Goulburn OAM.

Wolper Jewish Hospital fulfils a unique role in our community, not only in being Australia's only Jewish hospital, or by virtue of the outstanding standards of medical care provided by our dedicated health professionals. Being a true community hospital many of our patients are not Jewish, and Wolper is uniquely placed to provide a bridge to between the Jewish and non-Jewish communities. Prior to social distancing, on any Friday night a large group of patients gathered in the lounge enjoying a Sabbath dinner. The majority of those people are not Jewish. They participate with enthusiasm and invariably leave Wolper with a greater understanding of Judaism, and a sense of empathy for all things Jewish. And the benefit of that can't be underestimated. We look forward to reintroducing these dinners.

Those of you who have visited the Hospital recently will have observed our current building activities which will enable us to optimise our site use, upgrade our facilities

and improve efficiencies. We are adding three additional patient rooms, refurbishing our café, upgrading our reception area and renovating our copious roof space to provide new accommodation for our administration and marketing teams. Management and our builders are endeavouring to minimise disruptions to patients and visitors and we appreciate your forbearance.

At the time of writing, we are very focused on the coronavirus pandemic. Our clinical team moved quickly to impose more stringent restrictions on entry to Wolper than required by NSW Health, in order to protect our generally older patient cohort, our staff and visitors. We thank you for your understanding. At the time of writing we have had no COVID-19 infections. You will read in this issue of Pulse the importance of social distancing. There are particular risks to older community members, however some young people may be infected with no symptoms and in turn infect others. Some young people can also be struck down by COVID-19. We urge you to take this seriously, and we send our best wishes to any members of our community directly or indirectly impacted by this insidious virus.

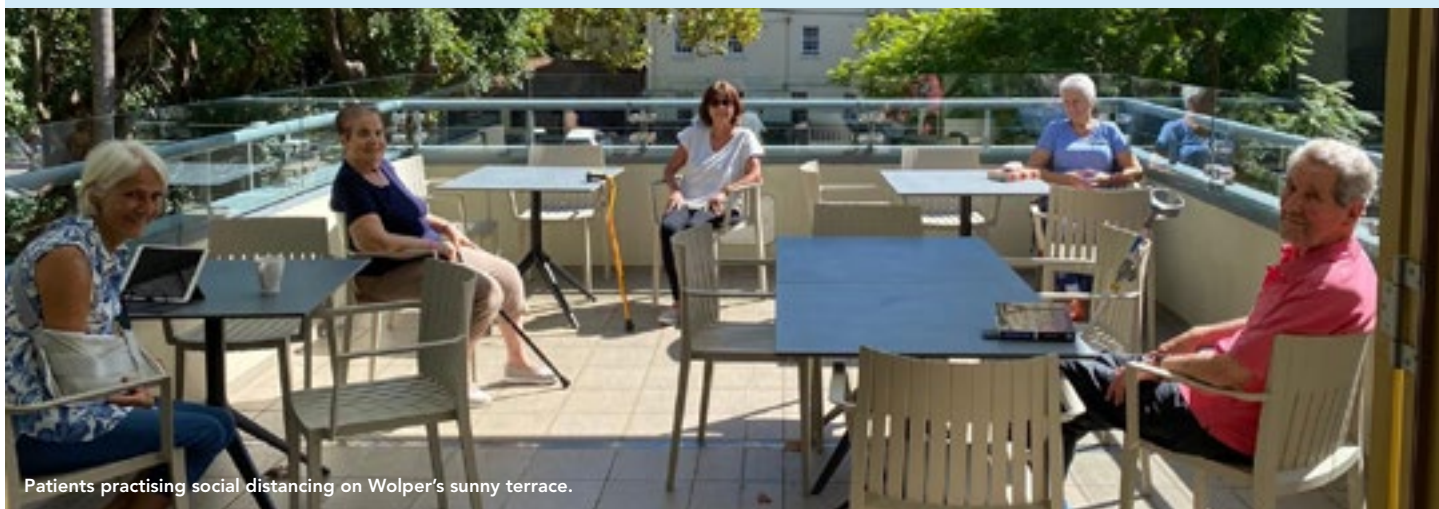
The festival of Pesach, or Passover, is approaching and I wish those readers who observe Pesach 'chag Pesach sameach', and may your seders be full of joy and celebration. To our readers who observe Easter, I wish you and your families a meaningful and inspirational celebration. But all please respect social distancing. Many families are collectively celebrating not in person but by connecting over the internet. It's going to be new and we can make it a lot of fun.

Keep well and stay safe.

**Cover photo: Immediate Past President Daniel Goulburn OAM accepts a donation for his preferred charity, in recognition of his distinguished service as President, from incoming President Richard Glass**



**Richard Glass**  
President, Wolper Jewish Hospital



Patients practising social distancing on Wolper's sunny terrace.

## Coronavirus precautions at Wolper

**On 30 January 2020, the World Health Organization declared the COVID-19 outbreak a Public Health Emergency of International Concern. On 11 March, a pandemic was declared.**

Wolper's Medical Advisory Committee together with management closely monitored the situation and have placed restrictions on people entering the Hospital in an effort to safeguard the health and wellbeing of patients, visitors and staff. Precautions have been put in place, as follows:

- Patients are now limited to one visitor per day, for 15 minutes. The visitor must be the same person everyday to reduce the number of people entering the Hospital. Visitors are only permitted between 3.30pm & 4.30pm. This important measure has been met with understanding and support by patients, families and friends. Palliative care patients can have 2 visitors at a time.
- People returning from international travel from any country in the last 21 days are not allowed to enter the Hospital.
- Visitors are screened at Reception to ensure no one enters the Hospital who is unwell or who, based on self-reporting, has had direct contact with someone with COVID-19 or awaiting test results. All visitors and staff have their temperature taken at reception – anyone with a temperature over 37.5 is asked to seek medical advice and are not able to enter the Hospital.
- MoveWell classes, private physiotherapy sessions and Wolper Physio at Home services have been suspended. These services will resume when it is safe to do so.
- We have cancelled all patient social activities at the Hospital, including our communal Friday night dinners, and visits to the Hospital by entertainers and school students.

- Staff who are able to work from home have been encouraged to do so reducing the number of people entering the Hospital.
- Multiple education sessions have been held for staff to provide updates on the management of COVID-19.
- Social distancing is enforced throughout the Hospital
- We have ceased the regular visits by Rabbis as they often visit multiple patients across many hospitals and there is the risk of cross-contamination. Provisions are made for patients who wish to speak with a Rabbi. We have also ceased volunteer visits to the Hospital.
- We have introduced more intensive and more frequent cleaning throughout the Hospital with a particular focus on shared/common areas and surfaces.
- All clinical staff are now required to change into "scrubs" when they start their shift rather than wearing their regular uniform. This will further assist in maintaining a high level of hygiene within the Hospital.
- Patients and staff members who have cold like symptoms are tested for COVID-19. Staff members are immediately sent home and patients are placed in isolation until test results become available (within 24 hours).

These measures will be applied indefinitely until we consider it safe to return to our normal practices.

We are pleased to report that we have had no incidence of this virus at Wolper.



## The NSW Jewish Emergency Management Plan has been activated

The Jewish Emergency Management Plan (JEMP) was activated on 12 March 2020 in response to the global spread of the coronavirus. JEMP is an alignment of community organisations working together to identify and address the needs of community members as the pandemic unfolds. These organisations include ECAJ, NSW Jewish Board of Deputies, CSG, JCA member organisations, Jewish House and Hatzolah.

The JEMP has established a number of professional groups to respond to this unfolding crisis, including the Crisis Medical Sub-committee (CMS) which is tasked with

aligning, to the extent possible, the community's responses and planning in the event of major medical escalations. The Chair of CMS is Richard Glass, President of Wolper and in coming days a Mental Health Sub-committee will also be established.

Wolper worked with JEMP to try and "flatten the curve" by creating a series of advertisements promoting the importance of social distancing. We have included them on the back cover of this newsletter.

For more info on JEMP see [www/csgnsw.org.au/alerts](http://www/csgnsw.org.au/alerts)





## Changes on the Wolper Board



Members of the Wolper Jewish Hospital Board of Directors

Wolper's 58th Annual General meeting saw the appointment of a new President, Vice President, Honorary Treasurer and Honorary Secretary.

Mr Richard Glass was elected Wolper's seventh President after serving as Vice President for 5 years. He has been a Board member for 16 years and has previously also served as Honorary Secretary..

"It is an honour and a privilege to be elected as President of such an iconic organisation as Wolper Jewish Hospital, an exemplary provider of quality healthcare services to the broader community", said Richard Glass.

"I look forward to continuing to work with our outstanding management team, dedicated staff and committed Board of Directors, to build upon Wolper's excellent reputation," he continued.

Glass added "I am very proud of the important role played by Wolper as a channel through which our many non-Jewish patients develop a greater understanding of, and empathy for, Judaism."

"I would also like to pay tribute to the outstanding contribution of the outgoing President, Daniel Goulburn. Danny has worked tirelessly across the organisation and has really made a difference" said Glass, adding "I am delighted that Danny has agreed to continue to Chair the Wolper

Jewish Hospital Health Foundation for the next two years."

Mr Daniel Goulburn OAM retires as President having served the maximum five-year term and assumes the role of Immediate Past President.

On reflecting on his time as President, Goulburn said "It has been an absolute privilege to serve as Wolper Jewish Hospital's sixth President. I am extremely proud that I have, on behalf of the Hospital received so many compliments from members of both the Jewish and general communities about the extraordinary health care that Wolper provides."

Other changes to the Board were confirmed as follows:

- Mr Daniel Goldberg was elected Vice President.
- Mr Andrew Cohen was elected Honorary Treasurer.
- Ms Josephine Holland was appointed Honorary Secretary.
- Dr Leslie Andrews, Dr David Ende, Mr Eric Lowenstein, Ms Jessica Newman and Professor David Sonnabend AM were re-appointed or continued as Board members.
- Dr Philip Redelman continues as Chairman of the Medical Advisory Committee and as a Director.
- Mr Daniel Goulburn OAM assumes the position of Immediate Past President and as a Director of the Hospital. He continues at the Chair of the Wolper Jewish Hospital Health Foundation.

## Wolper Jewish Hospital Health Foundation announces grant recipients

The Wolper Jewish Hospital Health Foundation has announced its next round of grant recipients.

### Grant extensions were awarded to:

**Camp Sababa** – support for medical supplies and nursing costs at their camps for young people with disabilities

**Jewish House** – funding of a support worker for the Homebase program which assists clients leaving crisis accommodation

**NSW Friendship Circle** – support for wellbeing staff at their Adventure Getaways for young people with disabilities

**Parkinson's NSW** – funding and facilities for their counselling service at Wolper Jewish Hospital

**Shalom Gamarada** – a full residential scholarship for an indigenous medical student

**Sydney Children's Hospital Foundation** – support for a research associate undertaking Acute Lymphoblastic Leukaemia clinical trials

### The Foundation was very pleased to add a new organisation to its list of supported organisations.

**Kids Giving Back** offers opportunities for children and young people aged 6-18 years, together with their families, to undertake voluntary work with other charitable organisations.



Participants take on practical and meaningful activities to support the work of the charities whilst developing empathy, experiencing altruism and achieving a sense of belonging.

The Foundation has chosen to support Kids Giving Back in the establishment of its new Connect4All program. This program will provide an opportunity for children with additional needs and their families to come together to cook meals for homeless people. Connect4All is based on the organisation's successful Cook4Good program and will be modified for the participants' special needs.

We wish all grant recipients a very hearty mazal tov!



## 30 Years of visiting patients

At the Hospital's AGM, Daniel Goulburn OAM acknowledged Rabbi Jeffrey Kamins OAM on 30 years of commitment to visiting patients within the Hospital.

When presenting Rabbi Kamins with his very special certificate, Goulburn commented

"The care and compassion you provide when interacting with our patients greatly enhances the outstanding health care that Wolper provides. We are deeply appreciative of your voluntary service providing spiritual guidance to our patients."

Wolper's Board of Directors, its management and staff look forward to seeing Rabbi Kamins throughout the Hospital for many years to come!

Daniel Goulburn OAM (left) presents Rabbi Jeffrey Kamins OAM with his certificate recognising 30 years of dedicated service



Follow us on  
**Instagram**





## Nutrition tips for the Flu and COVID-19 season

Scientists around the globe are beginning to uncover the vital part nutrition plays in supporting and boosting an immunological response to viruses. These nutrition authorities are identifying the importance of macronutrients (protein and energy), as well as micronutrients (vitamins and minerals) in supporting the body's defence system.

It is well known that inadequate consumption of protein sources such as chicken, beef, fish, dairy products, nuts and legumes, are associated with a decreased immune system response (Hoffman 2004). Now, there is increasing research into micronutrient utilisation and evidence suggests that insufficient intake of iron, zinc, selenium, vitamin A and B can affect immune system maintenance (Gleeson, Nieman & Pedersen 2007).

As the name suggests, micronutrients are not required in large quantities. The Australian Dietary Guidelines (ADG) were developed to provide people with advice on the amount and kinds of foods needed for health and wellbeing.

In the context of COVID – 19, now is the time to focus on your health and boost your immune system by consuming a varied diet rich in vitamins and minerals.

- Different coloured fruits and vegetables have different vitamins and minerals. Picking a variety of colours i.e. green, orange, yellow, purple and white, will help you meet your micronutrient requirements (NHMRC 2013). Note that using canned foods without added salt or sugar can be just as nutritious as their fresh counterparts.
- Try cooking with grains and legumes you may not have used before such as lentils, kidney beans, barley and chickpeas. Grains and legumes are valuable sources of plant-based protein and are rich in many immune boosting micronutrients including vitamin B group, iron, zinc, calcium and magnesium (Grains and Legumes Nutrition Council 2015).

- Include a variety of animal and plant-based protein products including eggs, lean meat, fish and dairy products.
- As the days get shorter and the temperature gets cooler, cooking vegetables in dishes like soups, casseroles or stews are a great way to increase your vegetable and micronutrient intake.

A diet rich in vitamins and minerals can be enhanced by drinking adequate fluids to assist with transportation and absorption of these nutrients (NHMRC 2014). Adequate water intake is responsible for the elimination of waste products and assists in maintaining all bodily functions.

A loss of body fluids to dehydration by as little as 2% can result in reduced physiological responses including immunity (NHMRC 2014). The Australian Nutrient Reference Ranges (2014) advises that adults between 19 – 70 years of age require 8 – 10 cups of fluid. Adequate fluid intake can be in the form of tea, flavoured low sugar beverages, milk as well as water.

Now is the time to focus on your health and boost your immune system by challenging yourself to meet all your nutrient requirements. Optimising your nutritional intake, in conjunction with safe food handling, hand hygiene practices, social distancing and appropriate cough and sneeze etiquette, will help reduce the spread of COVID– 19 and improve your health all year round.

**Terri Maister, Dietitian at Wolper Jewish Hospital**

The [eatforhealth website](#) has some excellent resources including sample meal plans.





Left: Rabbi Friedman with his students visiting a patient at Wolper

## Maroubra Bar Mitzvah boys visit

We were pleased to once again have the boys from the Maroubra Synagogue Bar Mitzvah program visiting patients at the Hospital (before visiting restrictions were implemented).

The boys learned about chessed (kindness) and bikur holim (visiting the sick).

We wish them all the best!

## Shabbat Dinners

In December 2019, our Shabbat dinner was lead by Rabbi Jeffrey Kamins from Emanuel Synagogue who sang the prayers before and after the meal, and spoke about their meanings. Violinist Ben Adler serenaded guests with beautiful Jewish music and the room looked beautiful with everyone smiling and in good spirits despite being patients in hospital.

The February 2020 dinner was lead by Rabbi Rafi Kaiserblueth from Emanuel Synagogue and his 18 month old son helped him bring joy to our patients.



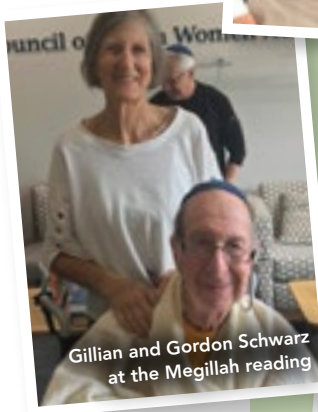
The flowers and white tablecloths set the scene of beauty. The patients and their guests learned about Shabbat and what it means, and enjoyed the ambience, spirituality and camaraderie, not to mention the sumptuous Shabbat dinner.

Rabbi Kamins at our Shabbat dinner

Photo taken before Shabbat came in and these dinners took place before social distancing restrictions were implemented at the Hospital



Wolper staff Dr David Skalicky, Terri Maister, Simona Bauer and Debbie Barukh at the Megillah reading



Gillian and Gordon Schwarz at the Megillah reading



Charles Godfrey with his Purim treats



Aubrey Schaffer with mishloach manot from Moriah Mt Zion Preschool and Early Learning Centre

## Purim joy

Purim joy came in abundance to Wolper patients.

Mishloach manot (gifts of food and drink given on Purim) were delivered to Wolper by Year 9 Hebrew students at Masada College. These students took part in a Purim twinning project with the Rogozin School in Israel, whereby students sent mishloach manot to organisations in their respective communities on behalf of one another.

As they do every year, parents from Mount Zion War Memorial Kindergarten in Bondi Road made beautiful mishloach manot that were also given to every patient.

The megillah (the story of Queen Esther and Mordechai) was read by Moishy Amzalak and Hamantashen were enjoyed afterward.

Our patients were overcome by the generosity of the groups bringing the mishloach manot, several being brought to tears.



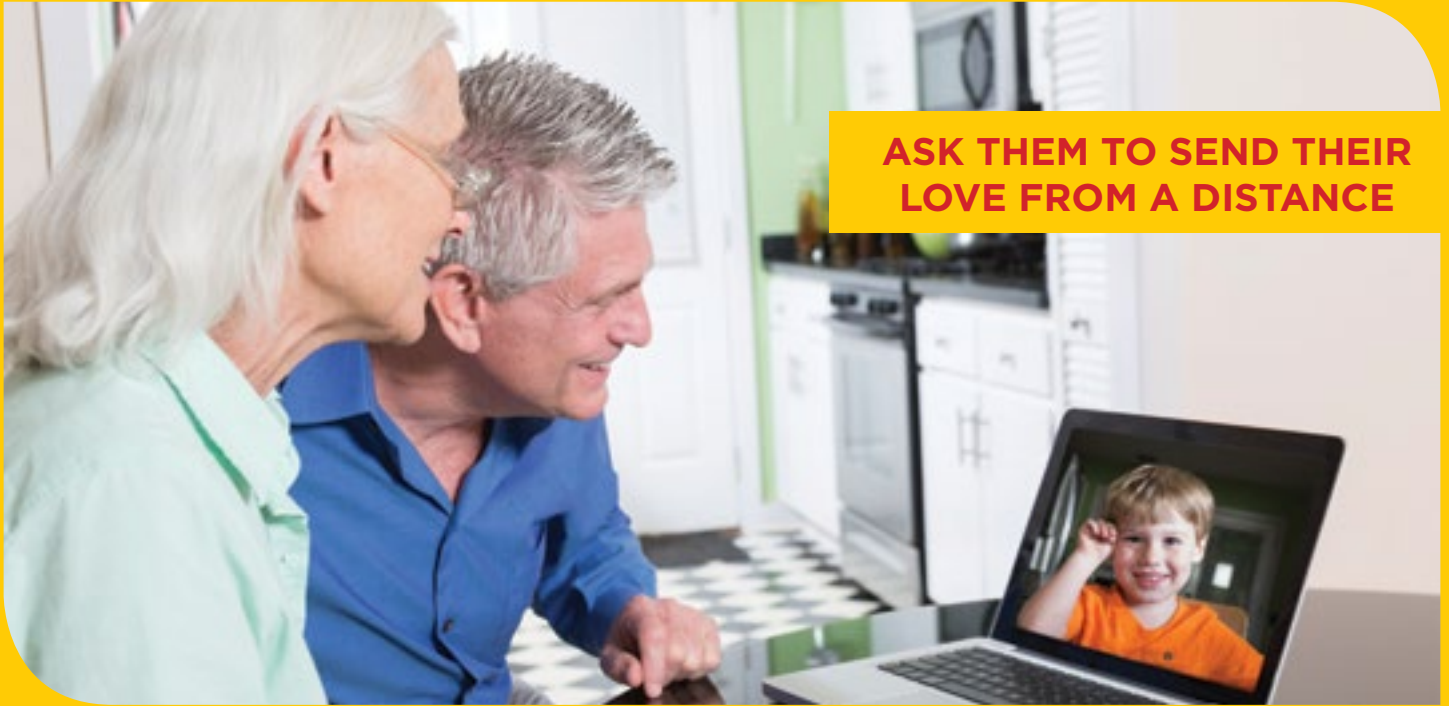
Due to virus precautions, our Wellbeing Q&A on palliative care and ethics, advertised to take place on Wednesday 6th May, will not be going ahead on that date.

The rescheduled Wellbeing program will be communicated once we are able to do so.



# STAY HOME AND STAY SAFE

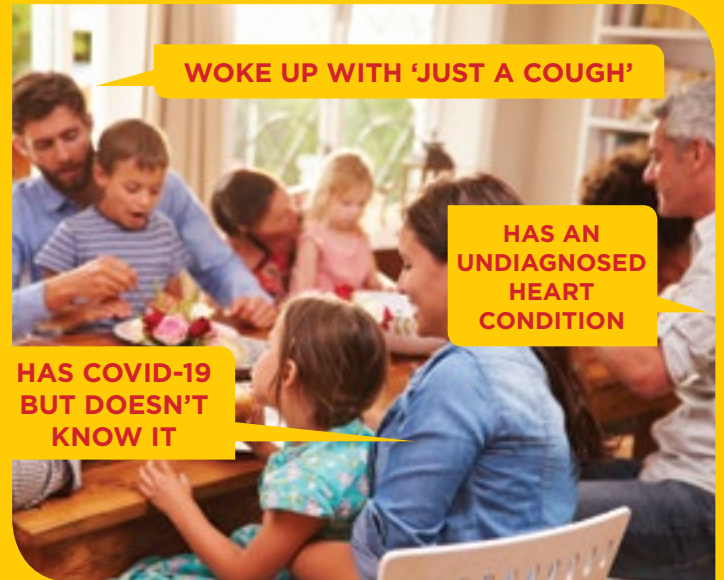
With Passover and Easter upon us, it's usually a time for getting together with family and friends. But not this year! The coronavirus pandemic means physical get-togethers must be avoided beyond your own household. The mortality rate among elderly sufferers of COVID-19 is very high. So please, stay home, stay safe and connect online!



**ASK THEM TO SEND THEIR LOVE FROM A DISTANCE**



**THIS IS NOT 1.5 METRES**



**WOKE UP WITH 'JUST A COUGH'**

**HAS AN UNDIAGNOSED HEART CONDITION**

**HAS COVID-19 BUT DOESN'T KNOW IT**

## Practising social distancing during a pandemic will save lives

### KEEP YOUR DISTANCE

Hand hygiene • Cough and sneeze etiquette • Social distancing

See [www.csqnsw.org.au/alerts](http://www.csqnsw.org.au/alerts) for information on the Jewish Emergency Management Plan (JEMP)



**WOLPER**  
JEWISH HOSPITAL



**Australian Jewish News**