

WOLPER WISHES YOU A SHANAH TOVAH

& A
SWEET
JEWISH
NEW YEAR



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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

By the time you read this note we anticipate the current building works at the Hospital will have concluded and our Hospital environs will have reverted to its more peaceful, scaffold-less and dust-free self. A big 'thank you' to our Wolper staff for their understanding and co-operation throughout this period, particularly given all their additional duties and activities to keep everyone safe and well during this pandemic.

I'd like to express my gratitude to CEO John Tucker and DCS Tina Boger for maintaining our quality standards despite the disruption. I'd particularly like to acknowledge Daniel Goulburn – our Immediate Past President – for his leadership of our building project which commenced during his presidency. When Daniel volunteered to see the project through to its completion I didn't hesitate. It has been a time-consuming endeavour and we have all been the beneficiaries of his experience and commitment for which we are very grateful. We also appreciate the understanding, patience and forbearance of our valued patients and their visitors as we know at times the noise levels were quite intrusive. The changes may not be evident to all but you can read more about our renovations on page 3 of this newsletter and when next you are visiting don't forget to visit our newly renovated cafe adjacent to the ground floor garden terrace.

The COVID-19 pandemic has continued to impact all our lives and I appreciate our patients' and visitors' acceptance of our precautions. I'd also like to acknowledge the wonderful job being done by our management and staff. Physical distancing has meant that we have had to limit the numbers involved in some of our activities such as Day Rehabilitation and MoveWell but we hope to be able to increase those soon.



Those of us in NSW are very fortunate to be experiencing a much lower level of restrictions than those in Victoria, and our thoughts go out to our 'cousins down south'. We must continue to follow the guidelines of NSW Health and to treat those as the absolute minimum you do to protect yourself and those around you. This is an insidious disease and we know now that up to 70 per cent of people testing as positive for COVID-19 had no symptoms at all but were contagious. We now know that younger people are no less likely to get the virus, indeed the highest rate of infection growth in Victoria is amongst young people. And even people who recover can have lasting and significant side-effects. Please don't be complacent, stick by the rules, and if you are at risk wear a mask when you are out and about. We are coming into the period of the Jewish high holy days where traditionally we would gather with family and friends, in close quarters in homes and synagogues. Our recommendation is that anyone attending synagogue, irrespective of their age, should wear a mask and that those at risk not attend.

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. To our non-Jewish readers, thank you for your ongoing support and friendship.



Richard Glass
President, Wolper Jewish Hospital

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facebook



Follow us on
Instagram

Wolper's renovations are nearing completion and we'd like to THANK YOU

If you've been to the Hospital lately, you'll know that we have been undergoing renovations for most of this year. This has in fact been the most extensive update to the building since our major redevelopment in 2010.

The works undertaken included:

- Conversion of 3 offices, on the Level 1 rehabilitation ward, into private patient rooms, each with an ensuite.
- Three new consulting rooms have been built on Level 2 for medical specialists.
- The cavernous roof space has been cleverly utilised to offer new open-plan office space for administration and clinical staff as well as storage areas for clinical equipment and medical records.
- Extension of the existing lift to service Level 1 and the new staff and storage areas on Level 2.
- Refurbishment of the reception area on the ground floor.
- Upgrade of the Grossberg Family cafe and our patient terrace on the ground floor.
- Painting, recarpeting and wallpapering in patient rooms, gym and other areas.

As you can imagine, these extensive works have been noisy and dusty. The extension to the existing lift meant it was out of commission for quite a few weeks causing delays for patients and a slightly different route to the gym or to the hydrotherapy pool.

While working on content for this newsletter, both Andrew Driehuis and Marcelle Segal, medical and rehabilitation ward managers both mentioned how good-natured and understanding our patients have been about the disruption caused by the renovations.

We'd like to thank our patients, their families and visitors who have been understanding and accommodating during these hectic and unprecedented times! We really do appreciate your support.



Building commences in Wolper's roof



New workstations



New areas for collaboration

OPPORTUNITY TO ENDOW A ROOM

Honour the memory of a loved one by endowing one of our new patient rooms.

If you are interested in a beautiful silver door plaque with your loved one's name on it please contact John Tucker, CEO on 9328 6077 or ceo@wolper.com.au



This room endowed by
Family Name Here

56



New breakout area



Mental Health Matters

Covid-19 has greatly changed the way we live. Isolation, separation and uncertainty have become features of our lives. The potential for an adverse impact on mental health is clear.

To support our community Wolper ran a series of Wellbeing Q&A webinars through June – August focussing on various ways the pandemic is impacting mental health. Outstanding panels of highly qualified experts provided commentary, advice and answers to audience questions with between 250 – 400 people attending the various sessions.

Our topics included:

- Managing the mental health of your child/adolescent in the age of Covid-19
- The path back to a 'new normal' – managing depression, anxiety and suicide risk
- Supporting older people in a time of crisis
- Helping teenagers cope with the anxiety and uncertainty of a Covid-19 world

We variously partnered with COA, JewishCare, Jewish House and Maccabi for these sessions which provided practical tips for managing ourselves and advice on supporting others, as well as highlighting the excellent services these organisations provide to our community.

Advice on being aware of how you're feeling and knowing that it's OK to reach out for help when needed were key messages delivered.

If you or someone you know needs a hand please reach out to the resources listed below:

24 hour Crisis Services

Hatzolah - 9371 2222
Lifeline - 13 11 14
Lifeline SMS (6pm-12am) - 0477 131 114
Jewish House - 1300 544 357
Suicide Call Back Service - 1300 659 467
Kids Helpline (5 – 25 years) - 1800 551 800

Counselling and Support Services

JewishCare - 1300 133 660
Jewish House - 1300 544357
SANE - 1800 187 263
Alcohol and other drugs Information Service - 1800 250 015
Beyond Blue Information Line - 1300 224 636
MensLine - 1300 78 99 78
GriefLine - 1300 845 745

Web Sites and Resources

COA - coasydney.org
JewishCare - jewishcare.com.au
Jewish House - jewishhouse.org.au
Suicide Prevention Australia - suicidepreventionaust.org
Lifeline - lifeline.org.au
Suicide Call Back Service - suicidcallbackservice.org.au
Kids Helpline - kidshelpline.com.au
Beyond Blue - beyondblue.org.au
Black Dog Institute - blackdoginstitute.org.au
Headspace - headspace.org.au
R U OK? - ruok.org.au

Recordings of these Wellbeing sessions as well as many others are available for you to view at wolper.com.au/videos

Wolper management has also been working hard to support the mental health of its staff by making support services available and providing information on loneliness and social isolation. Managers have been talking to their teams about their wellbeing and how to overcome feelings of worry and anxiety.

Cody Kane, our Physiotherapy and Day Services Manager, is showing his support to his team by wearing crazy socks every day. Cody says "Mental Health issues have long had a stigma attached to them. I feel that wearing crazy socks is a subtle way to raise awareness and remind my staff that mental health is important and there is support around if they need it."



Coronavirus Update

An expert view from Assoc Professor Richard Chye

Complacency among young people is a major issue

Wolper Jewish Hospital's visiting medical officer Professor Richard Chye sits on a number of committees involved with developing and refining NSW's COVID-19 response. He is the co-lead of the NSW Health Palliative Care COVID-19 Clinical Communities of Practice and a member of the NSW COVID Clinical Council. He has also been involved in reviewing St Vincent's Hospital's clinical emergency procedures for COVID-19.

At the time of writing, Victoria is in stage 4 lockdown and cases are being confirmed in Queensland and New Zealand after long periods of zero cases. NSW is reported as being on "a knife's edge".

According to Professor Chye, "these hot spots and clusters of up to 100 cases are situations that we can regard as our 'new normal'. These flair ups will continue to reoccur until a vaccine is available. I feel that NSW Health is well prepared to deal with these clusters."

He believes that one of our greatest enemies at the moment is complacency and the fact that in many cases it's the actions of young people that spreads this disease which has the greatest impact on older people. However Professor Chye warns us that the young are not immune, Whilst many will recover, there will be others who are young and may not know they have an underlying condition who may then develop more severe consequences from a COVID-19 infection.. There are now many studies which show changes in infected young people who were asymptomatic, especially in the lung, brain and nerves. Whilst they do not pose an immediate problem, I am worried about how these changes in the lung, brain, nerves and even heart will develop into longer term problems in the future."

Currently, there is a lot of focus on the wearing of masks. Professor Chye commented that "face masks are just part of the protection people can use against the virus. In fact, it is number four on the list. Most important measure is physical distancing, then hand hygiene and cough/sneeze etiquette."

Finally, Prof Chye commented on the thing that many of us have on our minds. In his humble and very learned opinion "people should not book overseas travel for at least 12 months."

COVID update from Tina Boger, Director Clinical Services

At Wolper, we continue to closely monitor the situation with COVID-19. We are adjusting our practises in line with government recommendations and in close consultation with our Medical Advisory Committee.

Visitors:

Visitors are limited and screened on arrival at the Hospital. The latest visitor information is always available via the front page of our web site. Visitors should check this before coming to the Hospital.

Face Masks:

All staff are required to wear a surgical face mask whilst working. All staff have been provided with two x 3 layer water resistant, reversible and reusable face masks in the Wolper colours for use outside of the Hospital.

Similarly, all patients are required to wear a mask whilst outside of their rooms and visitors are required to wear a face mask whilst in the Hospital.

The 3 layer water resistant, reversible and reusable face masks are available for sale at Hospital reception for \$10 each.

Training:

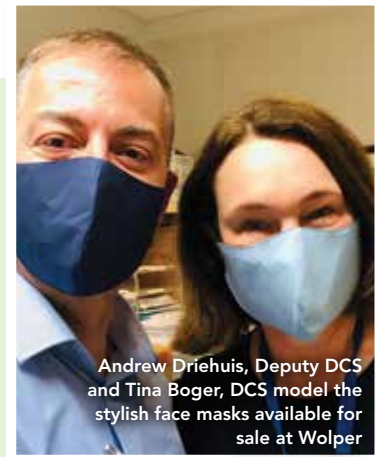
Mr Andrew Driehuis (Infection Control Co-Ordinator) has been conducting practical training sessions on the application of PPE. The sessions have been very educational for staff and you can read more about this on page 7 of this newsletter.

MoveWell and Physiotherapy Services:

A COVID-19 Marshal has been appointed to ensure hygiene practises are maintained and to oversee physical distancing in the gym and hydrotherapy pool.

Thank you to our staff:

Wolper's management team arranged for cupcakes to be delivered for all staff members as a token of appreciation for all their hard work during this very stressful period.



Andrew Driehuis, Deputy DCS and Tina Boger, DCS model the stylish face masks available for sale at Wolper



Registered Nurse and COVID marshal Liz in action in the Wolper gym



Cupcakes for our hard-working staff



Benefits of Exercise – for your body & mind



When many of us set out our new year resolutions to improve our health and fitness earlier this year, little did we know the additional challenges we would face. Words we had never heard of or rarely used have now become ingrained in our vocabulary – *COVID-19, social or physical distancing, border closures and isolation* have become the norm and their impact on mental health and wellbeing has been significant.

COVID-19 has reminded us that exercise is beneficial both physically and mentally. Evidence continues to mount that exercise improves psychological health by improving mood, increasing mental alertness, improving self-esteem, reducing stress and anxiety and boosting energy with as little as 10 minutes of activity.

In the current environment, attending a gym or community exercise program can be daunting or just not feasible for some. Rest assured exercise doesn't have to be undertaken in a gym – you can try a variety of activities to find one you enjoy. For example swimming, walking the dog, jogging, a walk around the block while listening to music, riding a bike, bushwalking, yoga and strength training at home are all beneficial.

The following are some helpful tips to help get you started or reaffirm what you may already know:

- Aim for 30 minutes a day of physical activity which can be broken down to 10 minute bouts throughout the day and taking rest when needed.
- Sit less and break up long periods of sitting with walking or incidental activity such as housework or gardening.
- Walk with a family member or friend while still maintaining physical distance.
- Exercise within your capabilities.

You don't have to invest in expensive gear to get started. Furniture and household objects can transform to become great gym equipment. Please see the wonderful videos put together by Darsh, Jess and Jane from the Wolper rehabilitation team that show how you can exercise easily and safely in your home.

You can find these at

wolper.com.au/services/movewell-exercise-programs/

Stay safe and stay active.



Cody Kane

Physiotherapy & Day Services Manager

Changes in the Kitchen

In our last Pulse newsletter we let you know that Judy Amzalak, Wolper's Food Services manager has retired after 29 years of dedicated service.

In this edition we are pleased to let you know that Judy's very large shoes have been filled by Terri Maister who has been appointed to the newly created position of Clinical Dietitian and Kitchen Manager.

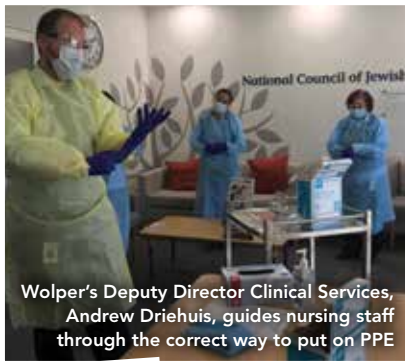
Terri started working full time at Wolper in November 2019 as the Hospital's dietitian allowing more patients to experience the benefit of a dietetics review. She applies nutrition science to support patients in achieving their goals which are defined collaboratively after fully assessing and understanding the patient's condition. For patients with complex medical conditions and/or co-morbidities, this can be a challenge. In fact, Terri sees this as "a puzzle" and she really enjoys "putting the pieces together".

Adding the kitchen manager role to her duties was a natural move for Terri. In this role she manages the ordering and supply of all ingredients and food requirements for the Hospital, schedules maintenance of equipment, manages food safety, staff rostering, patient menu development and oversees all special diet meals. Maintaining Kashrut through the Hospital and working with the Kashrut Authority also falls to Terri, who is very ably assisted in this task by Daniel Barukh.

"I'm really enjoying the unique environment I have found here at Wolper and I'm struck by the friendly atmosphere that exists between staff and patients." said Terri. "I find the wide range of patients I see here professionally fulfilling."

Terri is passionate about dietetics and the important role it plays in patient care. She finds that in the age of social media and the obsession with body perfection, dietetics is misunderstood as an evidence-based science – even by other medical professionals. In her humble manner, Terri is educating her colleagues on the essential role she can play in the delivery of high-quality care at Wolper.

Wolper is really benefiting from having Terri on staff.



Wolper's Deputy Director Clinical Services, Andrew Driehuis, guides nursing staff through the correct way to put on PPE



Hand hygiene is crucial



Only small groups could attend each PPE training session to maintain physical distance

Vital PPE Training for Clinical Staff

Personal protective equipment or PPE is crucial when coming into contact with a patient that is experiencing a range of possibly infectious symptoms.

Wolper's management has ensured that the Hospital has adequate PPE supplies to make sure all staff are safe in their work environment.

Additionally, training courses take place regularly educating clinical staff on what type of PPE they need for any given clinical situation as well as ensuring they are putting on and removing their PPE in the safest manner possible.



Palliative Care Day

We recently marked National Palliative Care Week. The theme this year was "Palliative Care: It's More Than You Think!". This theme sought to broaden the community's perceptions and understanding of palliative care, demonstrating its role in supporting the physical, emotional, spiritual, or social needs of people living with a life-limiting illness, their families and their care team.

Our palliative care service at Wolper offers a warm, empathetic and reassuring environment with our staff being specially trained to provide counselling and support for both patients and their family members. We recognise and celebrate our wonderful palliative care team throughout the year, however National Palliative Care Week ensures we honour and thank them a little more. The afternoon tea we had for our Palliative Care nurses gave us that opportunity.

Our Wolper palliative care staff often say it is a privilege to be a palliative nurse as they support our patients and their families through their end of life journey. They always ensure that their patients feel loved, connected and acknowledged. It's not just about supporting the physical needs of our patients but also the emotional and spiritual needs of our patients and their loved ones too. Palliative Care really is more than one thinks.





WOLPER
Wellbeing
PROGRAM



LIVE VIA ZOOM WEDNESDAY 25TH NOVEMBER

Cognitive impairment and dementia

Understanding the disease; support for patients and carers

Register to attend at wolper.com.au/wellbeing

You can view videos of past sessions, including our series on mental health in the time of COVID-19, at wolper.com.au/videos





WOLPER
JEWISH HOSPITAL
HEALTH
FOUNDATION

CONGRATULATIONS TO OUR GRANT RECIPIENTS



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

A new grant was awarded to:

Maccabi NSW – series of online events for Maccabi LIFE designed to engage with members of the Jewish community facing the realities of isolation & being home-bound, due to the Covid-19 situation.

Grant extensions were awarded to:

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

Holdsworth Community – support for their Seniors Wellbeing Program.

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.

Rosh Hashanah Recipe from the Sweet Chick

Wolper Jewish Hospital often celebrates staff, patient birthdays, Jewish festivals and other occasions with delicious kosher treats from the Sweet Chick bakery in Surry Hills.

Rebecca Balkin, director of the Sweet Chick, has provided us with this delicious recipe which is perfect for the yom tov table. She writes, "Growing up this was the apple crumble my mum always made for Shabbat and chaggim. With four young children, she made things that were quick and easy, but always delicious! The reason it's a "cheat" recipe, is because we use tinned pie apples for the filling. This is the perfect, simple and scrumptious dessert for Rosh Hashana!"

Cheat's Apple Crumble

2 cups self-raising flour
1/2 cup white sugar
Pinch of salt
125g butter, room temperature
1 egg
1 teaspoon vanilla essence
1 tablespoon cinnamon
800g sliced pie apples

1. Grease and line a pie tin. Preheat oven to 180C (160C fan).
2. Whisk together flour, sugar & salt. Using two knives, cut the butter into dry mixture.
3. Add egg and vanilla; mix until combined and dough has come

together. Press half the pastry into the base of tin.

4. Top with tinned pie apples. Sprinkle with half the cinnamon.

Top with the remaining pastry to resemble a crumble. Sprinkle with remaining cinnamon.

5. Bake for 45 minutes or until golden brown.

TIP: Replace the butter with margarine for a parve alternative.





Rosh Hashanah Vox Pop

How will the pandemic affect your Rosh Hashanah this year?
What can't it change?



**Rozanne Kaplan,
Day Rehab
Administration**

The whole synagogue experience will be different for Rozanne this year. There will be several sessions and each session will be much shorter than normal. She will need to pre-register for the session she wants to

attend. Due to the smaller number of people attending each session, Rozanne won't be sharing Rosh Hashana in the synagogue with all the people she normally would. But she will be there as always to hear the shofar blown.

Even though she won't have the usual number of family and friends at her festival table some traditional foods will not change – there'll still be honey cake and apples with honey!

**Terri Maister,
Clinical Dietitian**

Terri worries about feeling disconnected from the community, because she will not be with the whole community in synagogue as she usually is. For her, it will be difficult to focus on the meaning of the holiday because the time spent in synagogue will be so much less. The time spent in synagogue normally enhances Terri's spiritual experience.

Terri is hoping that things will be as they have been in the past at home for meals with her family. .



**Selwyn and Hedy
Jacobson, Patient and
his wife**

The saddest thing for Selwyn and Hedy will be not having their overseas family with them for Rosh Hashana. They are uncertain as to what their synagogue experience will be. They love being a part of the Chabad Double Bay community, but they won't be able to share Rosh Hashana with all the community as they usually do.

However, it will still be Rosh Hashana and they will still make sure to celebrate .



**Daniel Barukh,
Barista**

As Shabbat (Jewish Sabbath) and yomtov (Jewish festivals) are times when we switch off from the world around us, Danny feels that Rosh

Hashana will be a welcome reprieve from the stresses of the COVID-19 world. "We will take a step back and re-evaluate what has happened in the past year. This will help us to see why family, friends and community are so important", said Daniel.

Our kids are the next generation, so Danny makes it all about them. He wants them to learn to be proud, and to have values and to show them that family time is very important. However, family time this year may be very different. Danny believes we need to put in extra effort to support our family and friends, and let them know we are still there for them even if we can't be physically together.

Danny will still have the usual traditional, symbolic things on the table, and will eat all the traditional foods associated with Rosh Hashana. The meaning of Rosh Hashana will not change.



Personal Perspectives – Paula Masselos

Before coming as a patient, Paula Masselos had visited a friend a few years ago at Wolper Jewish Hospital and has always been told good things about Wolper. When she needed a bilateral knee replacement, Paula was comforted by the universal agreement that Wolper is the best place to go for rehabilitation.

Wolper met Paula's expectations. "The staff are highly skilled and caring. The nursing staff, doctors and physiotherapists all worked so hard to find solutions when there were problems", she said.

Paula was surprised at how big the surgery was, especially as she felt she had prepared herself so well. She underestimated the level of pain and how long the recovery would take, but she is now looking forward to the quality of life her surgery will bring. Paula suffered with pain in both knees for many years and already had many surgeries. This surgery will enable her to re-engage with her life how she wants to live it.

Councillor Paula Masselos is the current Mayor of Waverley Council. She still works part time, and meets before her work every morning with the General Manager of Waverley Council. Paula is in her second term as a councillor, and has been Mayor since September 2019.

The COVID-19 crisis has been challenging. The Council closed three beaches, and after that Bondi was declared a hotspot. Most people have and continue to do the right thing.

This difficult time has, however, brought out the best in people. Extraordinary generosity of spirit has been shown in the community. People are reaching out and caring for others



in need and Waverley Council tries to help and facilitate this.

Paula is very proud of the Keep it Local program she initiated in partnership with the Bondi and District Chamber of Commerce, to help all local businesses. It is a database to enable people to shop and conduct their business locally. This initiative also helps create a sense of community.

Originally coming from Far North Queensland, Paula completed a double degree in psychology and social work at James Cook University. The social work opened her eyes to the world.

Paula learned to want to give something back from her family. Her parents had always been community leaders. Her grandfather was a farmer, and a councillor on the local council. There was always a strong sense of civic mindedness and contribution in the family. Living in such a beautiful part of the world also made her want to give back to the community. It makes her feel that we are caretakers of our environment, so she wants to care for both our community and our environment. She wants to ensure the community is well connected and resilient. Paula wants a stable, robust, vibrant community rather than an alienated one.

She is the proud mother of 28 year old Anton, and lives in Bronte.



Alan Jacobs, Patient

Alan Jacob's usual Rosh Hashana which is spent with friends might not happen this year.

He doesn't usually go to shule, but he will still do his own little thing that he always does for Rosh Hashana. It will still be a new start and Alan will still pray for a better year in 5781.

Dr Ben Basger, Clinical Pharmacist, Medication Management

The amount of personal reflection on this Rosh Hashana will not change for Ben, about what kind of a person we have been this past year and what kind of person we need to be going forward. Ben believes that we have been blessed with the skills to overcome the challenges of this pandemic.





Masks

The ultimate
accessory
these holidays

If you are out in public and unable to consistently physically distance from others, including attending synagogue services or gatherings with family and/or friends, we strongly suggest you wear a mask.

This is in-line with the NSW government's recent announcements encouraging greater use of masks in high-risk public settings.

The advice from the NSW Chief Health Officer Dr Kerry Chant specifically recommends:

- the use of face masks in indoor settings where physical distancing is hard to maintain, such as on public transport or in supermarkets
- the use of face masks (where practical) in indoor settings with a higher risk of transmission, such as for the staff of hospitality and customer-facing venues i.e. cafes, restaurants, pubs and clubs
 - during attendance at places of worship.

Remember: masks are just part of the defence against the coronavirus. Physical distancing, hand hygiene and cough/sneeze etiquette are crucial measures.