



Wolper marked R U OK Day by holding mental health education sessions for staff run by our psycho-geriatrician Dr Louisa Norrie, and of course there was a special staff morning tea.

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WOLPER
JEWISH HOSPITAL

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From the President's Overflowing Desk

As we approach Rosh Hashanah, the Jewish New Year, the activities and tempo of the Hospital are more closely approximating 'business as usual' than they have for some time. We are hopeful – but ever cautious – that we have the worst of the pandemic behind us.

Our new leadership structure is proving very effective. The Hospital's General Manager and Director of Clinical Services, Tina Boger, is ably supported by our new Business Manager Tina Sinclair who is focusing on all non-clinical matters. We are operating at close to full occupancy but – as always – if you are anticipating a stay with us don't hesitate to reach out in advance to let us know.

Whilst our Friends of Wolper are generally familiar with our onsite activities, I thought I would touch on some other aspects of how Wolper engages with the community.

Wolper's Community Genetics Program has been in place for some 25 years and tests participants, at no charge, for 9 specific genetic flaws that are more common to people of Jewish heritage. The program is available to Year 11 students at specific schools, as well as pre-conception testing for those who weren't tested at school and are planning to start a family. Wolper also provides funding for the BRCA Jenescreen program which tests for three faults within the BRCA1 and BRCA2 genes which have been shown to be more common in people of Jewish Ashkenazi ancestry. You can read more about this program by visiting the website at www.genetics.wolper.com.au

Wolper's Community Genetics Program is unique and has greatly benefited the Jewish community. Wolper has worked closely with the Royal College of Pathologists of Australasia to lobby the Australian Government to issue a Medicare item number for genetic screening, which would make such screening far more accessible generally and enable other ethnic groups to more easily adopt a similar program. In that submission, Wolper's Community Genetics Program is used as the case study, an exemplar of what can be achieved to minimise the risk of children being conceived with specific genetic faults, often with tragic consequences.

Wolper has for over 25 years supported Gift of Life Australia (GOLA). Blood cancers can often be cured by stem cell transplants, most likely from a family member. If a match with a family member is not available the next option is a stem cell match with a person of the same ethnic group. Acknowledging that minority groups are under-represented on the Australian Bone Marrow Donor Registry, GOLA's mission is to actively recruit healthy Jewish people aged 18 to 34 years to register thereby increasing the chances of finding a match with an Australian donor. My article on the facing page provides more important information relating to this important initiative.

Our Wolper Jewish Hospital Health Foundation, solely funded by our Hospital, has issued grants in excess of \$1.1M since 2014 to support health and wellbeing initiatives across the Jewish and broader community and continues to seek applicants twice-yearly.

On a different note, Wolper is increasingly focusing on not only caring for our patients and staff, but also our planet. Our recently established Environment and Sustainability Committee has already a good number of initiatives underway including the installation of solar power panels, the recycling of batteries, re-sourcing of our thousands of water bottles used each year and being more forthright with our suppliers as to their sustainability measures. You can read more about this program on the facing page.

As we approach Rosh Hashanah I wish you and your family – on behalf of our staff, management and our Board – good health, Shana Tova U'Metukah and G'mar Hatimah Tova — may you be inscribed in the Book of Life. Chag sameach!



Richard Glass
President, Wolper Jewish Hospital



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GOLF DAY
2ND NOVEMBER, 2022
ST MICHAEL'S GOLF CLUB
SEE WOLPER.COM.AU TO BOOK






A Petition to Save Lives

Gift of Life Australia (GOLA), founded by the late Shula Endrey-Walder OAM and supported since inception by Wolper Jewish Hospital, is dedicated to addressing the under-representation of Jewish people on the Australian Bone Marrow Donor Registry (ABMDR). This is important as if a person with a blood cancer cannot get a stem cell match with a family member, their next best chance of a cure is a match with a person of the same ethnic background.

Unfortunately the Australian stem cell donor pool has been shrinking. This is due to lower levels of blood donations during the pandemic, people’s general reluctance to undergo a blood test, and older donors on the register becoming ineligible by virtue of age or health.

This is particularly an issue for people in minority ethnic groups which generally are under-represented on the ABMDR and therefore find it harder to find a matched donor.

In most developed countries samples are collected by cheek swabs and have been, in many instances, for over 20 years. It is less invasive, more scalable, lower cost and is proven to secure more registrants. Despite a successful cheek swab pilot program – Strength to Give – in which GOLA participated this method has not been adopted as yet in Australia.

The long-standing support of cheek swabs in overseas countries has reportedly increased their donor pools by 32% whilst the donor pool in Australia has decreased by 3.5% with a significantly older donor base. Australia now relies on 85% of stem cell donations for potential cures coming from overseas and it is even higher for ethnic minorities. The cost of importing stem cells is many times higher than being



able to use locally-sourced stem cells. Australia needs a local donor pool that better reflects the needs of our multi-cultural population.

A decision by the Australian government to approve and fund the use of cheek swabs is critical for this shortfall to be addressed. That would allow GOLA to more effectively resume its potentially life-saving activities. GOLA strongly encourages the Federal and State governments to work together – as a matter of urgency – to bring this to fruition.

I strongly encourage our community to support the Change.Org petition at www.gola.org.au

For some this could be a matter of life or death.



Richard Glass
Chair, Gift of Life Australia

Wolper goes green

In 2021, Wolper’s Board of Directors pondered the question: What could the Hospital do to minimise its environmental impact and support sustainability?

To facilitate this, the Environment and Sustainability Committee was established to oversee the development of initiatives to reduce greenhouse emissions, reduce waste and improve environmental sustainability. The Committee comprises members of staff and management. Initiatives already underway include an audit of single use items throughout all areas of the Hospital, awareness-raising of current recycling programs including batteries, toner cartridges, water bottles and rubbish separation. We are also in the process of installing solar panels on the roof of the Hospital.

Wolper has become a member of the Global Green and Healthy Hospitals (GGHH) network which is an international network of hospitals, health care facilities and health organisations dedicated to reducing their environmental footprint and promoting public and environmental health. Membership offers access to tools, resources, events, webinars, and more to support affiliates in reaching their environmental goals.





Peter Wynn – a champion, a legend!

If you know your rugby then you are bound to know legendary rugby league player Peter Wynn. Peter is a former professional rugby league footballer who played for the Parramatta Eels from 1979-1990 during the "Glory Years" when the club won 4 premierships.

I sat down to chat with Peter about his football career and, even as a rugby novice, I was so impressed and in awe to hear about the kind of successes that Peter has had in his career and in life.

Peter grew up in Werris Creek, a small town near Tamworth, and started playing rugby when he was just 4 years old. He also developed a love for mathematics and his academic prowess led him to receive a scholarship to study mathematics at the University of Wollongong. He pursued a career in teaching and taught Mathematics at Maroubra Bay high for 10 years. In 1988 he resigned from teaching and went into retail and opened the very successful sporting goods store in Parramatta called 'Peter Wynn's Score'. The shop is still going strong today, some 34 years later.

During this time, his life on the rugby field took off. Peter proudly told me he played in the grand finals and won the Premiership with the Parramatta Eels in 1982, 1983 and 1986. He sadly missed the 1981 grand final because of a knee injury.

Peter has played at all levels of representative rugby league: Country, City, state, State of Origin and Australia. In fact Peter was part of the NSW team that won their first ever State of Origin over Queensland in 1985 and he was named "Man of the Match" in game 1 of the series.

Peter underwent rehabilitation at Wolper following knee replacement surgery in September. He has had a big year with surgeries having had a hip replacement in April. The rehabilitation he has been receiving at Wolper is meeting all his expectations. He talks very highly of Wolper and the professionalism, care and attention to detail of the staff. He is also enjoying the delicious food.

During his admission, news of the death of Queen Elizabeth II was announced. Peter was fortunate to meet the Queen while he was a member of the Australian Rugby League team



Victory for the Parramatta Eels at the 1983 Rugby League Grand Final – Prime Minister Bob Hawke with Peter Wynn

at a state reception held at the Sheraton Wentworth Hotel in Sydney.

Peter recalled, "The Queen and Prince Phillip entered the room and walked around on the red carpet. When she came past me she stopped and I said to her 'Your Majesty is opening our stadium on Friday'. The Queen replied, 'Do you play for the Parramatta Eels?'. I said 'yes' and she said "Is it a new stadium or has it been used before, as occasionally I open things that are not quite new?"

I replied 'It's brand new'. 'Very good,' was the Queen's response, 'I look forward to the opening'.

The Queen wished me luck and moved on.

Peter's love for his family shows all over his big grin when talking about them and how proud he is of all of them. He has 4 kids, 2 of which are teachers and 2 are builders, and 5 beautiful grandchildren. His grin remained when I asked him about how the Parramatta Eels are faring this year and he told me that they have a very good chance of winning. How wonderful would that be as the last time they won was in 1986 when Peter was part of this championship team.

It was an honour to chat with Peter and to ensure this champion footballer received champion rehab.



Jaqui Herman
Marketing Executive

JEWISH HOUSE APP FOR HOSPITAL PATIENTS

What a wonderful initiative! Jewish House has launched a hospital portal for Jewish patients that can be accessed from any hospital, any time. The platform provides easy access to cultural, spiritual, emotional and practical information and services.

Patients simply scan a barcode and are taken to the website filled with resources relating to prayers, customs and mitzvot. They can look up candle-lighting times, Kosher

food and medical ethics information, connect to a Rabbi or synagogue as well as listen to Jewish music, videos, articles and other materials.

Jewish House has a beautiful and reassuring message to patients: "Your well-being and health are important to us. Please know that Jewish House is here for you and your family throughout your stay."

Please see jewishhousechaplaincy.org



The buzz of our rehabilitation gym

As part of their 'Out & About' series, Cody Kane, Wolper's Physiotherapy and Day Services Manager, was interviewed by JCA on what's happening in our rehabilitation gym.

JCA is the communal hub of the NSW Jewish community as it connects the needs of the community with the services of 25 supported organisations working in the areas of aged and community care, engagement, culture and outreach, history and holocaust, Jewish education, and security and advocacy.

The buzz of activity in the rehab gym can be a side of Wolper that people often don't see or know about. At one end of the gym there are inpatients who are recovering from orthopaedic surgery and at the other end are our outpatients undergoing Day Rehabilitation. In most cases the latter have been inpatients who have been discharged but need ongoing treatment.

When Cody was asked why so many people are smiling around them he explained it's an indication of people regaining their quality of life. "We are helping people get back to doing the things they love which in turn makes them happy. Of course there are smiles."



Cody Kane being interviewed by Alexander Ulis – Digital Marketing Coordinator at JCA

Beautiful day to walk with Friends

Friendship Circle held its annual walk on Sunday 27th August. The walk is a popular fundraising and awareness raising event and is truly a celebration of families and volunteers.

Friendship Circle creates inclusive friendships between people with and without disabilities.

Wolper occupational therapist, Ariella Glasser, has been volunteering with the Friendship Circle since 2018 and says she has been 'addicted' since then. She described the wonderful feeling on Sunday of walking with so many families and the community. Ariella described it as "a sea of purple on the streets and all smiles the whole way". She added that it isn't just the participants that benefit through the work of the Friendship Circle - volunteers also gain so much from being involved.

Ariella and her fiancé were thrilled to raise \$7500, with the Friendship Circle having currently raised \$206,000 with a month still to go in their fundraising campaign.

To help Ariella reach her goal, Wolper held a morning tea for staff where donations were collected. These funds were added to Ariella's team total.

The Wolper Jewish Hospital Health Foundation is also a proud supporter of the Friendship Circle supporting their getaway camps for many years.

Well done Ariella and all who participated and supported the great work of the Sydney Friendship Circle

Top R: Ariella Glasser and her mum Leanne on the Friendship Circle Walk.

Top L: Wolper's fundraising morning tea for Ariella's team in the Friendship Circle walk

Bottom: The Wolper Jewish Hospital Health Foundation proudly supports the Friendship Circle.



WOLPER HUMOUR

Patient: "Someone decided to graffiti my house last night!"

Doctor: "So why are you telling me?"

Patient: "I can't understand the writing. Was it you?"



Get to know...

Wolper employs Resident Medical Officers (RMO) on each of its wards. A resident is a medical officer who has completed their medical training and has general registration by the Medical Board of Australia.

Dr James Carroll is Wolper's newest RMO, working mainly on the medical ward. Typically, his patients are elderly people recovering from illness or an operation requiring rehabilitation under the care of a geriatrician. Most are experiencing mobility issues so their treatment involves a multi-disciplinary team including physiotherapists, exercise physiologists and occupational therapists.

"The allied health staff at Wolper are the best I have encountered and I would be very comfortable for my family members to undergo rehabilitation here if they ever required it", said Dr Carroll.

A typical day for Dr Carroll starts at 7:15am when he participates in patient rounds with the geriatricians. The rest of his day is busy with admissions, discharges and reviewing patients.

He believes that there a number of things that ensure he is providing excellent care. These include conducting a thorough review of patients when they arrive at Wolper to establish a baseline and continued review of these metrics throughout the patient's admission to track progress. He gets to know the patient and the activities they are looking forward to returning to when they leave hospital. He keeps these in mind and focusses on things he can do that will enable the patient to achieve their goals. The weekly case conference is a good opportunity for the whole team to review the patient's progress.

Dr Carroll is impressed by the team work that he has experienced at Wolper. All aspects of patient care work like a "well oiled machine" – the communication between nursing staff, allied health staff and doctors flows seamlessly resulting in the best possible care for the patient.

He finds that Wolper is a very unique environment. Its ethos of Jewish values ensures an inclusive and welcoming environment for patients and staff and he is enjoying the strong support he receives from Hospital management.

Dr Sasha Dean has been working as the RMO in the rehabilitation ward for 18 months.

The typical patient is younger in age than those in the medical ward and have undergone some form of orthopaedic surgery such as a hip or knee replacement.



L to R: Dr Sasha Dean and Dr James Carroll

His day-to-day duties also include rounds, admissions, discharges and following up on requests and recommendations from the specialists overseeing the inpatients.

For Dr Dean, communication is one of the keys to exceptional care. He places an emphasis on communication with Wolper's consultant doctors and the patient's surgeon regarding their progress and any issues. When issues do arise, prompt investigation and diagnosis are necessary so he ensures that any scans or blood tests are undertaken as soon as are necessary.

Dr Dean also highly regards Wolper's work culture commenting on the strong sense of teamwork and camaraderie as well as its positive work environment.

Both our RMOs completed their training at St Vincent's Hospital and have connections with specialist doctors throughout the Eastern suburbs.

"Sasha is calm, reliable, competent and our patients find him reassuring. He's a great asset to the team on the rehabilitation ward." says Dr Malcolm Bowman, rehabilitation consultant.

Associate Professor Sandy Beveridge has worked with both Dr Dean and Dr Carroll at St Vincent's Hospital and here at Wolper. He says, "I trust their clinical acumen and know them to be talented clinicians. Having them as full time RMOs, rather than having a roster of different doctors, ensures patients at Wolper are receiving excellent care."



Dr Anita Nitchingham is an Admitting Medical Officer (geriatrician) at Wolper. We talked to her about her work and her patients at Wolper:



Dr Anita Nitchingham

Tell us about the patients you see at Wolper

The patients I see will often have multiple medical problems, be on several medications and may have specific concerns associated with ageing such as falls, frailty or dementia. I perform an initial structured comprehensive assessment to identify medical, physical, social and psychological issues to address. I work collaboratively with patients, their carers, allied health professionals and if needed their GP and other specialists to make a management plan that addresses the patient's health care priorities.

What drew you to this speciality?

I like the holistic nature of geriatrics which often ultimately focuses on maintaining functional independence and enhancing quality of life. It's tailor-made medicine as each patient has unique health goals they wish to attain. Teamwork is required to achieve these outcomes and I particularly enjoy working with a large multidisciplinary team including nurses, physiotherapists, occupational therapists, pharmacists and social workers.

What are the most rewarding aspects of this area of medicine?

It's an honour to work with older people within our community. Hearing fascinating stories of their life, hardship and achievements is a great privilege and constantly provides me with a new perspective. Helping patients understand their health concerns and achieving their goals is ultimately rewarding.

What are the most challenging aspects of this area of medicine?

An unexpected challenge within geriatrics has been navigating through the COVID-19 pandemic. Working across a variety of settings including the COVID wards and within nursing homes posed numerous challenges, for example communicating with hearing impaired patients whilst wearing a mask, restricted visitor policies and social isolation. Although the pandemic is not yet over it is great to see facilities and organisations constantly evolve their policies based on new evidence to balance the risk of infection and overall patient wellbeing.

What do you do to ensure your patient is receiving exceptional care?

I review my patients very regularly (almost daily) to ensure that any changes to their overall health status or new concerns can be recognised and treated efficiently. I also ensure patients and their carers understand why they are in hospital, what the goals of care are and estimated dates of discharge so that we can work together to ensure the transition out of the hospital is as smooth as possible. Beyond this, working at a teaching hospital and university ensures I'm up to date with the latest advancements in

research and evidence to inform treatment decisions.

How long have you been treating patients in Wolper?

I have been treating patients at Wolper for over three months.

What other hospitals do you work in?

I work as a staff specialist Geriatrician at the Prince of Wales Hospital. In addition, I am a conjoint lecturer and PhD candidate at the University of New South Wales; my research focuses on understanding brain changes during delirium (a sudden change in brain function that occurs during acute illness).

What is special about Wolper?

Wolper is unlike anywhere else I have worked. As Wolper is a relatively small hospital, there is a warm community feel. The staff are welcoming and also exceptionally dedicated and knowledgeable. Patients receive extensive therapy throughout their stay leading to improved fitness, strength, confidence and independence. Beyond the care, the facilities are excellent including access to the gym and hydrotherapy. Finally, I have never worked at a place where all of the patients rave about the food – kudos to the kitchen staff; we should never undervalue the importance of nutrition!

Dr Nitchingham has just commenced maternity leave. The management and staff at Wolper wish her all the best and look forward to her returning to Wolper in about 6 months. We are also hoping to see baby photos in the near future.

Congratulations to Alex Roberts, Wolper Physiotherapist for participating in the Australian Physiotherapy Associations' annual Pitchfest.

Six finalists pitched their innovative ideas to an expert panel.



Alex won the People's Choice award for his STIC-Magnetic Walking Aid idea which he has been developing for over 12 months. Working in rehabilitation, Alex knows first hand the inconvenience and potential problems dropped walking sticks and crutches can pose to the user. The STIC- Magnetic Walking Aid will allow users to hang their aid on a table or flat surface avoiding this hazardous problem.

The device was trialled by many patients at Wolper and the feedback was excellent. Well done Alex.

Rosh Hashanah Reflections

We asked people around the Hospital how their Rosh Hashanah (Jewish new year) experience will be different from last year? Will it be better? Or maybe not?



Ariella Glasser, occupational therapist

My Rosh Hashanah experience last year, although unconventional and lacking many guests at the dinner table, was a very meaningful one. I had to put in more effort to make it feel special. Being in isolation forced me to focus on the elements that are at the core of the holiday which I often neglect – getting too distracted by what to wear to shule (synagogue) or where my friends are going to be. Last year gave me the time and the opportunity to focus on what is important. This year, I'm very excited to incorporate what I gained from last years' experience into my Rosh Hashanah, but this time with a table filled with family and friends, hearing the shofar in shule and celebrating the New Year!

Simona Bauer, nurse

Last year we were in lockdown. We had some very special moments like listening to the shofar in the park and praying with only my family. However I felt it hard at times to connect spiritually without the help of my congregation. This year I am looking forward to being able to go to shule and be a part of my community.



Ben Basger, pharmacist

This Rosh Hashanah I will be reflecting on four questions that are asked in "Ethics of the Fathers" chapter IV: Who is wise? He who learns from all men. Who is mighty? He who subdues his passions. Who is rich? He who rejoices in his portion. Who is worthy of honour? He who honours his fellow man. All of us should be blessed with an understanding and acceptance of these answers.

Sam Samuels, accountant

Last year was difficult because we had no family with us. Rosh Hashanah lost its impact and the family connection it would normally have. The feeling of enjoyment was lost. It was also difficult not to be in shule.

This year will be the first time we will have our grandson, Remy, with us. Remy was born last November. It will also be the first time we will be celebrating at my son and daughter-in-law's home instead of our home, because of my grandson. We will all be contributing to the meal. Remy is the one good thing that came out of COVID times.

The connection of being in shule will be special.



Josephine Holland, board member

I have never been sadder than setting a yom tov (Jewish holiday) table to just seat my little family of 4. I will always remember the various yom tovim of the last two years. Extra effort was made to make the food delicious and the phone calls and gifts exchanged were all meaningful, and yet...it's not how it's meant to be. I am longing to go back to whinging about how to cram extra chairs around the table, how many kneidlach (matza balls) we really need to serve (at least 2 each), and would Mum mind making the chicken soup again this year as hers is always better than mine?

I will always remember the last two years of lockdown as special in their own way, but I am looking forward to Rosh Hashanah for this year. For devastating (and different) reasons we will be missing a couple of family members around the table. Auntie Ruth and Uncle David will be in our thoughts and part of our conversation as our way of missing them.

I am longing for Rosh Hashanah this year.