



Graham Einfeld (Left) – former Wolper President, with Harry Aizenberg (Right) – former Wolper CEO, examining plans for the Hospital’s major renovations in 2008

Remembering
GRAHAM EINFELD OAM

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WOLPER
 JEWISH HOSPITAL

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President's Message

It was with great sorrow that we pay tribute to the late Graham Einfeld OAM. Graham, who passed away on 3rd June, was a Life Governor of Wolper Jewish Hospital and a founding Trustee Director of the Wolper Jewish Hospital Health Foundation. Graham served on our Hospital board for 20 years including full terms as Honorary Treasurer and President. Graham's commitment to the Jewish community was extensive and of long-standing. He served on the board of Moriah College, including as Treasurer and Vice President, as well as having been Treasurer of JCA, a board member of Jewish House and held leadership roles with Maccabi. Graham's understated, gentle manner belied his extensive commercial acumen and significant contribution to our community; he was the epitome of the quiet achiever. Our thoughts are with his family and we wish them long life.

Wolper continues to be a-buzz with activity with our in-patient wards well patronised and our day rehabilitation programs continuing to build a solid following, including our private and semi-private physiotherapist services which are available to all without any need for a referral from your GP.

We are now well into winter and we encourage all our Friends of Wolper and their families to ensure they are well-protected with both the flu vaccine and COVID boosters, to protect not just yourself but also older and more vulnerable family members.

Wolper, as you know, is more than just a hospital and the development of our community outreach by way of our support of Gift of Life Australia, our Community Genetics Program and Wellbeing seminars continue apace. Our Wolper Jewish Hospital Health Foundation continues to invest in the broader community, with current grant recipients including Australian Jewish Fertility Network, Jewish Suicide Prevention Strategy, Shalom Gamarada and One&All.

We are very grateful to our Friends of Wolper for their support. If you haven't renewed your membership, or have not been a member, I encourage you to sign up. You will receive priority invitations to the very exciting events we have planned for you throughout the coming financial year - and that warm feeling that comes from knowing you are supporting the only Jewish hospital in Australia! Of course, Friends also receive our newsletter and other member benefits.

Finally, I would also like to thank Murray and Pepa Landis and family for generously donating the Royal Doulton Limited Edition 'Celebration of Faith' set of plates that now grace our reception entrance; it has never looked better!



Richard Glass
President, Wolper Jewish Hospital

Tina presenting at the business planning day which took place at Emanuel Synagogue



General Manager's Update

We have been busy at Wolper so it is a good time to provide an update.

We recently conducted our annual patient satisfaction survey and achieved a result of 96% satisfaction. This fantastic result can be attributed to our wonderful staff and doctors who provide outstanding care to our patients. Some of the areas where we had shown improvement were:

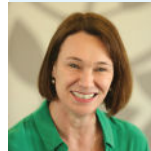
- pressure injury wound information given to patients
- awareness of procedures for suggestions, complaints and compliments
- involvement of carer/family in planning of care.

We will be undergoing our 3 yearly accreditation audit later this year. Short notice assessments are now conducted meaning we will only receive 24 hours notice of the audit. We have a robust quality system in place so we are confident we will do well in the audit. Spare a thought for residential aged-care facilities that receive no notice at all!

We have developed a Diversity and Inclusion Policy that recognises our diverse workforce. Having staff from varying backgrounds helps to create a work culture in which everyone feels listened to and involved. Studies have shown that having diverse teams also enhances productivity. We recently celebrated our diversity – please see page 6 for more on this.

Senior managers and five Board members recently participated in a business planning session which was facilitated by an external consultant. The session was very productive and a plan is being developed and will be ratified by the Board. We are facing some challenging times related to rising supply costs as well as increases in other costs combined with very small increases from private health funds.

Finally, I recently attended the Australian Private Hospital's Conference. It was great to network with leaders from other facilities and to discuss the latest industry happenings.



Tina Boger
General Manager / Director Clinical Services



Remembering Graham Einfeld OAM – a real mensch

Wolper Past President and community stalwart Graham Einfeld OAM has sadly passed away.

Graham served on the Board of Wolper Jewish Hospital for over 20 years, including as Honorary Treasurer 1994 -2004, and President 2004 – 2009.

During his time as Treasurer, Graham not only ensured the Hospital ran efficiently and strengthened its financial base, he was instrumental in working with management and the Board to develop a clear vision for Wolper’s involvement in community health. A number of programs were initiated during this time including the Tay Sachs program (now part of the Wolper Jewish Hospital Community Genetics Program) and Wellbeing seminars. These two programs continue to this day and are highly successful. In 1998, as Honorary Treasurer, Graham oversaw the transfer to Wolper of the services of the recently closed Scottish Hospital. This included its Rehabilitation Unit. This proved to be the future for Wolper and two years later, the Rehabilitation Unit was expanded and a new hydrotherapy pool was built. Later he was instrumental in the difficult decision to close Wolper’s unprofitable surgical theatres and to sub-lease them.

Graham was elected President in 2004 and by 2008 the operating theatre leases were terminated and that space was used to accommodate a state of the art physiotherapy gym. The hydrotherapy pool was enlarged and all wards were converted to private rooms with ensuites. In 2007 he said, “Demand for rehabilitation services was growing strongly and with an ageing population it became apparent that the Hospital would need to provide more space to service this growing need. It also became clear that inpatients preferred the privacy of individual, self-contained rooms which we incorporated into the refurbishment plans.”

Also during this period, Graham established the Community Partnership Committee and fostered such initiatives as Gift of Life Australia, and support of Hatzolah and Camp Sababa.

Having fulfilled his 5 year term as President, Graham served as Immediate Past President for two years from 2009. His outstanding service to Wolper was acknowledged in 2014 with his appointment as Honorary Life Governor. Graham was an important contributor to the establishment of the Wolper Jewish Hospital Health Foundation that same year and served as a founding Trustee Director.

Graham also held leadership positions with Maccabi, served as treasurer, vice-president and trustee of Moriah College, treasurer of JCA and was a board member of Jewish House.

Speaking of Graham, Richard Glass, President of Wolper, stated that “Graham was a talented, committed and honourable man – a real mensch – who gave so much



Graham Einfeld OAM with fellow Wolper Presidents:
L to R Murray Landis 1999–2004, Graham Einfeld OAM 2004–2009, Daniel Goulburn OAM 2014–2019, Dr David Golovsky AM 2009–2014, Mr Richard Glass 2019–present

of himself and expected nothing in return. A true quiet achiever. Those of us who were fortunate enough to work closely with him were the beneficiaries of his wise counsel and measured approach. He was a giant of the community, a true gentleman and much loved. He will be greatly missed but his legacy will live on.”

Dr David Golovsky AM (Wolper President 2004-2009) described Einfeld as a “quiet, unassuming tower of strength to the Jewish community”, while Daniel Goulburn OAM (Wolper President 2014-2019) said Einfeld will be dearly missed by all those who had the pleasure of working with him. “Graham was extremely committed to the Jewish community over many decades,” said Goulburn. “He always quietly worked without fanfare, but he had a huge influence on many other communal leaders.”



Above: Indulging in one of his favourite past-times at the Friends of Wolper annual golf day 2017. Graham with Peter Berger, George Ujvary, Dr Allan Shell and Sam Skurnik



Unique patient-centred medicine review discharge service at Wolper

As we get older, we often begin to accumulate more and more medicines for various medical conditions. These medicines may work well, not so well or not at all. They may also cause side effects that may not be obvious – side effects such as unsteadiness or forgetfulness that may be blamed on old age.

Wolper Clinical Pharmacist Dr Ben Basger, assisted by colleagues from Sydney University, commenced a research study into older people and their medications in 2006. This study has resulted in the publication of seven articles in international peer reviewed medicine, geriatric, pharmacy and pharmacology journals. The most recent one was published in April 2023 and the previous six articles have been cited over 500 times by other researchers in their own studies - such has been the value of the work done.

The research has led to the establishment of a medication review service for older patients at Wolper. Previously, upon discharge a patient's medication was reviewed by the clinical pharmacist and a letter was sent to the patient's GP making recommendations for any changes needed. The research showed that these recommendations were not always taken-up. This was due to a number of factors including GP time pressure, the GP not being aware there was a problem, complacency and a lack of follow-up from the patients themselves.

Our new approach at Wolper involves taking the time to talk directly to patients about their medicines in terms that are easy to understand and meaningful to them, usually in the company of a relative, carer or friend. Issues that are discussed include why the medicine was prescribed, how it works, how well it is doing its job, whether there is a better medicine available, whether there is a choice of not having to take a medicine at all, whether the medicine may be causing problems which another of their medicines is treating and whether there are side effects. Everything that is discussed is written down in plain English as recommendations and given to the patient upon discharge from Wolper.

Patients are asked to make an appointment with their GP in order to discuss whatever recommendations are important to them. Patients have been shown to be very interested in being the facilitators of medicine changes and have proven to be very proactive. Efforts on their own behalf resulted in a large decrease in medicine-related problems and the reduction or cessation of one in five medicines. Medicines investigated included complementary and alternative medicines such as glucosamine, magnesium, multivitamins and fish oil.

The results of this research and positive feedback from patients and staff have resulted in Wolper now offering this value-added service to all medical inpatients and vulnerable older rehabilitation patients.

Wolper is proud of its contribution to improving patient care through research facilitated by Dr Basger and our staff.



Dr Basger with patient and carer

Nurse uniforms have changed a lot since Florence Nightingale's days!

Right:
Nurses Bhumi Dhungana and Sangita Khadka dressed up for our International Nurses Day celebration

Far Right:
Wolper General Manager/Director Clinical Services Tina Boger and Rabbi Rafi Kaiserblueth





Sizzling celebration for our nurses

International Nurses Day is celebrated around the world annually on 12th May – the anniversary of Florence Nightingale’s birth. Nightingale is credited as the founder of modern nursing following her work during the Crimean war where she organised care for wounded soldiers.

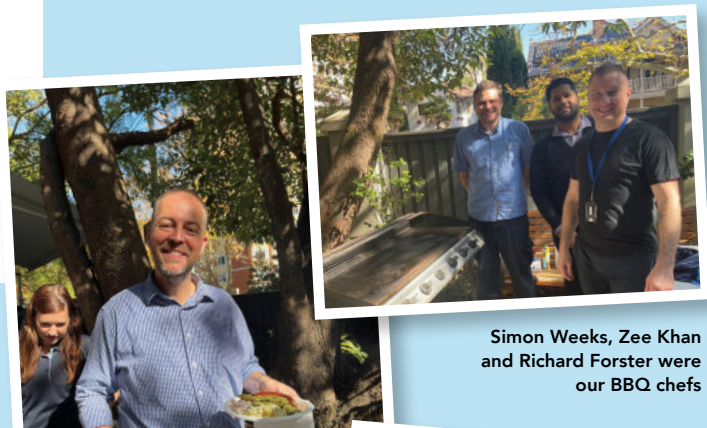
This year’s theme is “Our Nurses. Our Future.” This was timely given the World Health Organisation’s declaration of the end of the Global Health Emergency of the COVID-19 pandemic.

On this day, we remember the many tens of thousands of nurses internationally that have lost their lives or been impacted by COVID while caring for others.

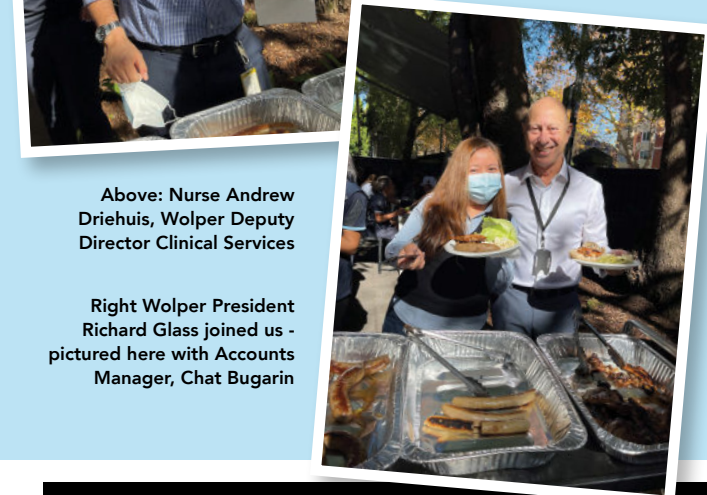
At Wolper we celebrated our wonderful nurses by coming together for a staff BBQ – our first opportunity to do so since the beginning of the pandemic.

Tina Boger, Wolper General Manager said, “International Nurses Day is an opportunity to recognise and celebrate our exceptional nurses. Our nurses play an important role in ensuring better health outcomes for our patients. We often receive wonderful feedback regarding patient care and the staff BBQ was a way to say a small thank you.”

Where would we be without our incredible nurses? We thank them for everything they do.



Simon Weeks, Zee Khan and Richard Forster were our BBQ chefs



Above: Nurse Andrew Driehuis, Wolper Deputy Director Clinical Services

Right Wolper President Richard Glass joined us - pictured here with Accounts Manager, Chat Bugarin

National Palliative Care Week

National Palliative Care Week (NPCW) is an annual awareness-raising initiative to increase understanding of the valuable contribution palliative care can make to the lives of people with a life-limiting illness, and to their families.

This year’s theme was “Matters of Life and Death” which acknowledged the contribution palliative care can make to a person’s quality of life and aimed to normalise conversations about topics such as death and dying.

NPCW seeks to broaden the community’s perceptions, understanding and appreciation of palliative care and its role in supporting the physical, emotional, spiritual, social and cultural needs of people living with a life-limiting illness, their families and their care team.

Wolper interviewed Professor Richard Chye, palliative care physician at Wolper for almost 20 years, during NPCW regarding his work and his area of medicine.

Professor Chye talked about the misconceptions around palliative care in the community, in particular the patient’s health outlook. In fact, the majority of patients are still alive 6 months after being referred to him, with 5% still alive after 12 months.

He said, “The majority of patients are not imminently dying when they are referred to palliative care – there is still quite a lot of living to do. We focus on trying to make sure that patients can live while accepting what is happening, be supported with their treatments and be able to do as much as possible for themselves.”

He concluded that he wants them “to try and use the time they have left to achieve the things they still want to do. Palliative care is about living.”

Professor Chye also commented on the wonderful palliative care team at Wolper who are the embodiment of the dedication, commitment and empathy that is required to work in this space.

You can watch the full interview with Professor Chye at wolper.com.au/videos in the Practitioner Profiles section.

Professor Chye also participated in a panel discussion following a screening of a documentary about end of life called “Live the life you please”. The film asks us to imagine a scenario where we treat end of life in the same way we treat the start of life and calls for a national conversation about making palliative care available to all Australians no matter where they live. You can read more about the documentary at livethelifeyouplease.com





Environment and Sustainability Update



Just some of the equipment Wolper has donated to MedEarth

Partnership with MedEarth

[MedEarth](#) is an organisation which works with a range of health providers to recover usable medical supplies and equipment that are no longer needed and would otherwise be destined for landfill.

Wolper has donated a number of defunct items to MedEarth including mattresses, pillows, wheelchairs, walking sticks and crutches. Excess medical supplies due to expire shortly were also donated.

MedEarth partners with international agencies to identify where these resources are required and arranges for shipment to places such as Fiji, Solomon Islands, Timor-Leste, Sudan and Liberia.

If you or anyone you know has medical equipment in reasonable condition which is no longer required please contact MedEarth at admin@meadearth.org

Wolper is thrilled to assist this worthy cause providing health resources and reducing landfill.

Our solar panels in action

We now have access to an app - My Solar Edge - which allows us to monitor and measure how effective our new solar panels are on a daily basis. We can now monitor daily production, get a live view of production and understand the environmental benefits of this.

From the date of installation we have reduced carbon emissions by 3.5 tonnes which is the equivalent of 66 trees planted!

Recycling audit

Looking at the photo below, you could be forgiven for thinking this is Wolper's newest industry-leading medical team but it's actually members of our environment and sustainability committee doing an audit of the recycling throughout the Hospital. They were checking to see if users are throwing the right waste into the right bin.

Based on their findings, the team created a display in the staff dining room that clearly shows which items can be recycled and which should be thrown into the red bin for items destined for land fill.



Celebrating our diversity

We held a staff afternoon tea to which everyone brought a dish from their country of origin.

There were delicious contributions from Australia, Fiji, Philippines, Nepal, New Zealand, Spain and Russia.

It was lovely to try so many different cuisines – we really do have some talented chefs at Wolper!





Gift of Life Update

Izaak Powell

Twenty-one year old Izaak Powell is a professional soccer player with the Brisbane Roar. His promising football career was put on hold after being diagnosed with leukaemia in 2021.

After a period of remission, his leukaemia has now unfortunately relapsed and he requires a bone marrow transplant as a long term cure. The likelihood of a stem cell match is greater between people of the same ethnic background and - given that Izaak's father is of Jamaican heritage - Gift of Life Australia (GOLA) worked with leaders of the Jamaican community in Australia to reach potential donors. GOLA also sought potential donors through Gift of Life in the USA and as a result a number of donor drives are being conducted in Florida as it is the USA state with the highest population of Jamaicans.

If you or someone you know is aged 18-35 years and is in good health, you could become a blood stem cell donor and potentially save the life of Izaak and others facing a similar diagnosis.

Please go to any Red Cross LifeBlood Centre to donate blood and ensure you specify that you would like to be enrolled onto the Australian Bone Marrow Registry. Or go to www.strengthtogive.org.au and request a cheek swab kit today.

Stem cell match confirmed for Murray Foltyn

In our last edition we covered the story of Murray Foltyn, a 41 year old father of two young children, who has a rare blood cancer. Murray desperately needed a stem cell match and our community, and Jewish communities around the world, quickly mobilised to find a suitable match for him. Literally thousands of people registered as donors and were tested in Sydney, Melbourne and Perth (our inaugural GOLA event in Perth) and overseas, in the search for a match for Murray.

We are happy to report that a match has been located, with a US citizen living in Russia. Following the necessary preparation, the donor stem cells are now in Australia and their transplantation to save Murray's life has taken place.

Murray's wife Claudia Milunsky was quoted in the Australian Jewish News as saying, "We are so relieved to be able to share that a match has been confirmed for Murray".

Gift of Life Australia and Wolper are very proud to have played a role in the search for a match and would like to thank everyone who came forward to register and be tested. Importantly, even though we did not find a match for Murray in Australia through our efforts and those of Murray's amazing family and friends there are now thousands more potential donors on the register in Australia prepared to save lives around the world.

For more information about Gift of Life please see www.giftoflife.org.au

JCA's 2023 Campaign

JCA is the communal hub of the NSW and ACT Jewish communities. It connects the needs of our community with the services provided by 25 member organisations in the areas of Aged & Community Care, Engagement, Culture & Outreach, History & Holocaust, Jewish Education, and Security & Advocacy. Wolper has been a member organisation since JCA's inception in 1967.

JCA plans for the future needs of our community and works together with the organisations to ensure optimal use of communal resources and the efficient delivery of programs and services.

Its annual fundraising campaign is an important source of funds for many member organisations.

You can contribute to JCA's 2023 campaign by visiting <https://donation.jca.org.au/donation-2.0>



JCA held a highly successful major event at the Australian Turf Club where all member organisations were represented, including Wolper. It was incredible to see, in one place at the same time, all these wonderful organisations dedicated to supporting the Jewish community.

Above: Wolper General Manager/Director Clinical Services Tina Boger & Ruth Guth Community Partnership Officer at the Wolper stand

THE 4 STAGES OF JEWISH EXERCISE





Festival Celebrations at Wolper

Pesach

Wolper Jewish Hospital, consistent with its strict kosher policy, ensures that during the festival of Passover (Pesach) no leavened foods can be eaten. This means all utensils, cutlery, crockery pots, pans and food preparation surfaces must be either changed, replaced, cleaned or covered in some way to ensure they have no remnants of leavened foods.

Kitchen staff worked throughout the night to implement this process. Once done, Wolper was ready for the 8 days of Passover.

On the first two nights of Passover, a special ceremony called a Seder takes place with special symbolic foods arranged on a Seder plate.

Jewish organisation JEMS prepared seder plates which we provided to our Jewish patients to enjoy. Our patients also watched a Passover concert on a designated channel on their TVs to help them feel the spirit of the festival.



Simon Weeks from Wolper and his helpers picking up the Seder plates for patients

Purim

Purim is a joyous Jewish holiday that celebrates the miraculous events told in the Book of Esther. Its traditions include the reading of the Book of Esther (Megillah), dressing up in costumes and giving of gifts of food (mishloach manot).

This year, as happens every year, Wolper received incredibly generous mishloach manot for our patients from Mt Zion Early Learning Centre, a Moriah preschool. The patients were thrilled to receive them and could not believe the generosity displayed.

A beautiful Purim concert was shown on the patient's TVs and a small number of staff and patients heard the Megillah being read in the Hospital lounge.

Our patients appreciated the mishloach manot kindly donated by the children and families of Mt Zion Early Learning Centre.



Patients with mishloach manot

Shavuot

This is a two-day festival which commemorates the date on which G-d gave the Torah to the Jewish people on Mount Sinai.

Part of its traditions include eating dairy foods and at Wolper, patients and staff enjoyed the most fantastic cheesecake!

A superb concert was shown on the patient TVs and, for the first time since COVID, patients were able to come together in the lounge to watch it on the TV.

Watching the Shavuot concert together in the lounge



Visit by Federal Member of Parliament

Recently, we had the great pleasure of welcoming Allegra Spender MP, independent Federal Member of Parliament for the Wentworth Electorate. She made time to come to Wolper to find out more about the Hospital and to take a look around.

She met with Wolper's president and management with discussions covering the challenges faced by the Hospital, its community outreach programs as well as Wolper's involvement with Gift of Life and the Community Genetics Program.

On her social media Ms Spender called it "a great opportunity to learn more about patient-centred care and the importance of these programs."

While being shown around the Hospital she chatted with nursing and physio staff as well as patients.

Above L to R: Dr Anita Nitchingham, Tina Boger – Wolper General Manager, Kath Naish – Allegra Spender Community Engagement Manager, Allegra Spender MP, Richard Glass – Wolper President, Dr Nic Mills



Allegra Spender speaks with staff on the rehabilitation ward



Hang on, help is on its way... GLENN SHORROCK AM

Glenn Barrie Shorrock AM (born in 1944) is an English-born Australian singer-songwriter. He was born in Chatham, Kent, in England and his family immigrated to Australia when he was 10 years old, settling in Adelaide.

His father was a Yorkshire-born fitter and turner and worked at the Weapons Research Establishment in Salisbury, South Australia. The summer of 1954–55 had days of 42°C and Black Sunday bushfires ravaged the Adelaide Hills in January 1955. Consequently his London-born mother, Joyce, was not impressed with Australia and she took Glenn and his younger sister back to the UK, only to return to Australia for a second attempt a year later. The family then settled in Elizabeth, 20 km north of Adelaide. Joyce Shorrock passed away in Adelaide last August, at 102 years old.

Hearing Elvis Presley for the first time at the age of 12 changed Glenn's life – he was instantly captivated. At 17, he became a junior draftsman for the South Australia Mines Department, where he produced geological maps. A work mate there was a member of a vocal group. They sang together, and he told Glenn that he had a good voice and was good at harmonising.

Inspired, Glenn started a group called the Twilights. They started out singing Beatles songs and quickly morphed into a Beatles-type group. They relocated to Melbourne in 1965, where they were popular with teenage audiences and won Hoadley's Battle of the Sounds in July 1966. The prize included a trip to London with a recording session at Abbey Road, where they recorded the Hollies' "What's Wrong with the Way I Live?" which, along with "Needle in a Haystack" were hit songs.

The Twilights disbanded in 1969 and Glenn formed another group called Axiom later that year. They released two top-10 singles and toured the UK where they disbanded in 1971.

Glenn returned to Australia in October 1974 and joined a band named Mississippi in January 1975 in Melbourne. They soon changed their name to the Little River Band (LRB). The group went on to become one of the most successful bands in Australia and the first to achieve major commercial success in the United States.



Glenn Shorrock
AM on stage

Over the years LRB toured the world and enjoyed much commercial and critical success. Glenn Shorrock also enjoyed a successful solo career and he was inducted into the Australian Recording Industry Association (ARIA) Hall of Fame as a solo artist in 1991. In May 2001, the Australasian Performing Right Association (APRA), as part of its 75th-anniversary celebrations, named LRB's "Cool Change" as one of the APRA Top 30 Australian songs of all time. On 17 October 2004, the 1970s members of Little River Band, including Glenn, were inducted into the ARIA Hall of Fame and Glenn was inducted into the South Australian Music Hall of Fame in 2014.

He was appointed an honorary member of the Order of Australia (AM) on 26 January 2020, for significant service to the performing arts as a singer, songwriter and entertainer.

Glenn continues to tour Australia, performing for public and private events, and promotes new local music artists.

Meditation is a big part of his life. At this stage of his life, he's smelling the roses and enjoying the fruits of his labours. His health needs attending to, and that's what he's doing. "It'll be nice to dance again", he says.

Glenn's recent admission to Wolper was the first time in his life that he has been in hospital. He chose to come to Wolper based on recommendations from friends and found the Hospital to be a well-run and efficient. He found all the staff to be charming and appreciated their care and the administration of that care.

He said, "All is well, thanks for having me!" Today Glenn is still full of charisma and charm, and it is easy to see why he became a huge star. It was a privilege to have him at Wolper Jewish Hospital.

With thanks to Etta Sperber for generously donating this Broken Heart sculpture to the Hospital.

It is brightening up our reception area as you can see.

The inscription on the sculpture says: "When the heart grieves for what is lost, the spirit rejoices in what is found."





WOLPER
JEWISH HOSPITAL

FRIENDS OF WOLPER JEWISH HOSPITAL PRESENTS

An evening with
SIMON TEDESCHI
& **ELEANOR LYONS**

Join us for this intimate concert with two of Australia's finest musical artists. Simon Tedeschi, world-renowned pianist and Eleanor Lyons, international soprano, will perform a selection of vocal and instrumental favourites in a unique private setting.

SUNDAY 27 AUGUST

5pm arrival for canapes and drinks
Evening concludes at 7pm

Being held at a private residence
in Watsons Bay
(address will be sent after ticket purchase)

Friends and Members \$65
Non-members \$80
Book tickets online at
www.wolper.com.au/concert
or by phone 8324-2238

BOOKING ESSENTIAL
SEATS ARE LIMITED

SPONSORED BY



ELEANOR LYONS

Eleanor enjoys a varied career as both operatic and concert singer, performing in prestigious concert halls such as the Gewandhaus, the Musikverein, St Petersburg Philharmonic Hall, the Concertgebouw Amsterdam and the Sydney Opera House Concert Hall.

SIMON TEDESCHI

Acclaimed by respected critics and peers as "true greatness" (Sydney Morning Herald), Simon performed his first Mozart piano concerto in the Sydney Opera House at age nine. Simon is renowned for his performances of the music of the legendary George Gershwin.

Proudly supported by





WOLPER
Wellbeing
PROGRAM

Wellbeing 2023

Our May Wellbeing session in May looked at social media use in young people and the impact on their mental health. It also provided some strategies and solutions that parents, grandparents and carers might find useful.

Our speakers included


- Associate Professor Andrew Campbell: Registered Psychologist focused on treating mental health of children and adolescents; Chair of Australia’s first formal Cyberpsychology Research Group
- Associate Professor Justine Gatt: Group Leader and Senior Research Scientist, NeuRA Associate Professor, Faculty of Science, School of Psychology, UNSW
- Dr Gary Galambos: Psychiatrist and Medical Director at Uspace, St Vincent’s Private Hospital

If you missed the session you can watch the recording at wolper.com.au/videos/
There are many other recordings to browse through while you are there!

Calendar of upcoming seminars

<p>WEDNESDAY 19 JULY</p>	<p>Adult ADHD: Why are so many adults only now finding out about their undiagnosed ADHD? How can you live a healthy, happy and productive life after diagnosis?</p>
<p>WEDNESDAY 30 AUGUST</p>	<p>Back Pain: There are many things that you t do to live well with back pain. Learning about your back pain and the best ways to manage it is the first step.</p>
<p>WEDNESDAY 8 NOVEMBER</p>	<p>Better Sleep: We will investigate conditions that affect sleep quality, timing, or duration and impact a person’s ability to properly function. These can contribute to other medical problems, and some may also be symptoms of underlying health issues.</p>

ALL SEMINARS VIA ZOOM AT 7.30PM • REGISTER AT WOLPER.COM.AU/WELLBEING




SAVE THE DATE

FRIENDS OF WOLPER GOLF DAY

WEDNESDAY, 27TH MARCH, 2024

ST MICHAEL’S GOLF CLUB

PLEASE MARK YOUR DIARY AND STAY TUNED FOR FURTHER DETAILS!



WOLPER
JEWISH HOSPITAL

Become part of our future

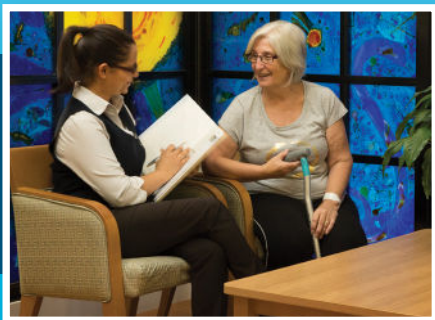
Since opening its doors on its present site in 1961, Wolper Jewish Hospital has become one of Sydney's leading private hospitals providing high-quality care to all members of the general community, within the framework of our Jewish ethos.

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
Tina Boger, General Manager
Wolper Jewish Hospital
on 02 9328 6077