

MY Connection

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Reaching Higher



Bill Appleby, CEO

At Jewish Care, we welcome Spring with new exciting developments and inspirational stories about our community's latest achievements.

Thanks to the tremendous support from our community, our Annual Appeal was a huge success raising over \$2.8 million. As always, we are touched by the tremendous generosity of our donors and appreciate their kind involvement helping us to deliver important community services.



Mike Debinski, President

At Jewish Care we have wonderful, caring staff and volunteers who go above and beyond to make our services so special. We are delighted to congratulate Mary McHugh, Facility Manager at Smorgon Family Nursing Home, for receiving a greatly deserved SACS Consultancy Leadership Award in the Non-Executive Not for Profit Sector.

The construction of our Disability Respite Centre is nearing completion with an anticipated opening in December 2015. Following a magnificent donation from Michael and Michelle Coppel the Centre will be named The Coppel & Piekarski Family Disability Respite Centre. We are very grateful for the support received from Michael and Michelle

Our St Kilda Rd Site (Stage 1) design and architectural plans are now complete and we are planning to begin construction in early 2016. For more updates on our Capital Campaign developments, see page 4.

"A journey of a thousand miles begins with a single step."

~ Laozi

Over the past months, we held a series of Raising Healthy Families parenting forums assisting parents with parenting techniques and providing information to improve family dynamics. Facilitated by experts in children's wellbeing, the forums were conducted in an engaging and informative manner. We are looking forward to hosting more forums in the near future. For details, refer to page 7.

Our Young Achievers continued to challenge their limits thanks to our skill-building mentoring program, while Jewish Care's Financial Team developed a Financial Literacy Program for Jewish schools which was launched at Leibler Yavneh College.

Looking ahead, Jewish Care's plans are ambitious and forward-thinking and as our business loans recipient, Oded Teper, says on page 6, 'I believe that you create your own reality. If you really want it to happen – it will.'

As we celebrate Rosh Hashana, we wish you and your loved ones, a year of health, success and wonderful beginnings. And if you would like to help us make this New Year a whole lot sweeter for people in need in our community, please fill in the coupon on the back page.

Thank you for your continuing support of Jewish Care. Thank you for helping our community to reach higher.

Bill Appleby
Chief Executive Officer

Mike Debinski
President

INBOX

I express my bottomless gratitude to Jewish Care's personnel, whose assistance, heartiness, warmth and financial support helped me escape a truly dramatic predicament on my way to achieving medical registration and becoming a medical practitioner.

The cost of the preparation course and the exam I had to take came up to an unbearable \$5600. Being temporarily unemployed, after paying \$3600, I found myself unable to pay the rest of the required sum.

Fortunately, I was helped financially by Jewish Care to resolve this problem. Realising that I am not the only one who is in need in our community, I am even more grateful for your assistance.

My special appreciation goes to Helen Vikniansky and Marilyn Kraner, whose care allowed me to feel a genuine community spirit. Thank you.

~ Igor, Community Services client

We have just returned from our holiday and I wanted to thank all concerned with the operations of the Adult Respite Centre for the wonderful and considerate care given to our daughter whilst she was staying at the Respite Centre.

Coming home to a smiling, happy girl who is eating and sleeping well is an added bonus to the benefits of our break away. Thank you again and please pass on our appreciation to all of the carers working with our daughter during her stay.

~ Janette, mother of Disability Services client



Share your feedback about Jewish Care services by emailing yoursay@jewishcare.org.au

Front cover:

Jewish Care's Business Loans recipient, Oded Teper, flyboarding in Melbourne



Thank You For Caring!

Jewish Care's 2015 Annual Appeal raised \$2.8 million, which could not have been achieved without the support of our community.

These funds will be used to assist thousands of people with a range of vital community services that receive little or no government funding including financial services, employment and training, housing assistance, counselling, healthy ageing services and many others.

What Is The Impact of Your Donation?

Your donations help Jewish Care to assist more than 5000 people in our community who count on us every year.

The service figures below demonstrate the impact of your donations. Thank you for making a difference to those in need.



21,265

Hours of care provided to children and adults with disability at Jewish Care Respite Centres



14,259

Hours of direct support provided to clients with disability to enable them to maintain independent living in the community



2,405

New clients assisted with Jewish Care services



621

Individuals and families assisted through difficult times to manage their financial needs



284

Individuals and families were supported to manage multiple and complex needs such as domestic violence or child abuse



400 supporters gathered at Jewish Care's Annual Dinner



The Leo and Mina Fink Award Recipient Masha Zeleznikow OAM with CEO Bill Appleby



**Annual Dinner Committee members
From left: Georgia Danos, Melissa Davis, Miriam Farkas and Andrew Blode**



From left: Gary Smorgon House resident Moshe Fried and chazzan Dov Farkas performing

A Dinner to Remember

Jewish Care's 2015 Annual Appeal Dinner was held on Wednesday May 13, at Leonda by the Yarra in Hawthorn, with 400 supporters showing their commitment to the wellbeing of the Victorian Jewish community.

Guest speaker Natasha Katz, an Enrolled Nurse at Smorgon Family Nursing Home, shared her story of working at Jewish Care and how the residents have become her extended family, so much so that she chose to hold her recent wedding in the gardens of Montefiore Homes.

During the Annual Dinner, guests were treated to a very special performance by talented chazzan Dov Farkas and an incredible Gary Smorgon House resident Moshe Fried. Born in Poland, Moshe lost his parents and one brother during the war but miraculously survived. Although he spent time in the concentration camps, his beautiful voice kept him alive when he would sing for bread in front of the German officers.

Longstanding volunteer Masha Zeleznikow OAM was awarded The Leo and Mina Fink Award for her incredible commitment to Jewish Care over the years. Earlier that day, Masha also received the Victorian Minister for Health Award in the category of Outstanding Achievement by a Volunteer: Supporting Diversity.

We extend our sincere gratitude to the Annual Dinner organising committee of Melissa Davis, Andrew Blode, Hilary Cohen, Georgia Danos and Miriam Farkas for their passion and dedication in making the event a true success.

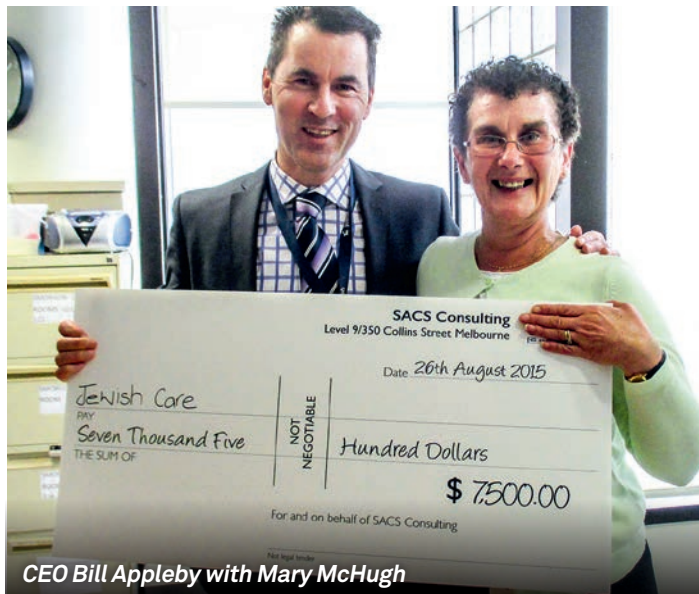
Special thanks goes to our event sponsors Kay & Burton, Wingate Group, Lowe Lippmann, JR Group, Seek, Guests Accounting, Newmark Capital, Qualitas, Gary Peer, Spotlight Foundation and Teska Carson.

Thanks also to real estate agents Bustin Simon, Besser & Co, Gary Peer, Buxton Bentleigh, RMP and Luxe Property for donating community boards.



Please donate generously to Jewish Care by visiting www.jewishcare.org.au/donate or calling 1800 JEWISH (1800 539 474)

Leading the Way



Jewish Care Victoria's Facility Manager at Smorgon Family Nursing Home, Mary McHugh, won the Non-Executive Not for Profit Leadership Award at the 10th Annual SACS Awards, held on 26 August 2015 at The Grand Ballroom, Sofitel Melbourne.

The Leadership Awards were conducted by SACS Consulting, acknowledging examples of leadership behaviours that affect the experiences of colleagues and stakeholders and inspire people to innovate and make improvements themselves.

Mary was awarded the honour for her transformational five-year journey at Jewish Care. The dedicated, hardworking Facility Manager has achieved significant leadership outcomes, receiving the Jewish Care President's Award for Excellence in 2014 and Team of the Year Excellence Award in 2013.

Although Mary began her career at Jewish Care during challenging times, she has proven to be a successful team leader and mentor. Whilst striving to build the next generation of aged care staff, Mary has introduced many impressive initiatives such as regular team brainstorming and the 'Dining Together' program encouraging volunteers to engage with residents over shared meals.

Grateful for her award, Mary explained that she had observed how other leaders at Jewish Care presented themselves in the face of adversity, which inspired her to be the best she can be and never lose sight of what she wants to achieve as a leader.

"The highlight for me has been the opportunity to make a difference to the lives of our residents," Mary said.

For the future, Mary endeavours to "have the ongoing opportunity to assist in developing how we as an organisation, care and support our residents – with Jewish Care being a leader in the aged care industry. Most importantly, I strive to continue my passion for the job I love in an organisation I love working for."

Mary was awarded \$7500 from SACS Consulting to contribute towards fostering leadership development.

Capital Campaign Update

The Coppel & Piekarski Family Disability Respite Centre

With construction nearing completion, we look forward to opening the doors for service in December 2015.

St Kilda Rd Site (Stage 1)

Design and architectural plans are nearing completion and we are targeting commencement of construction in early 2016.

Community Housing

A town planning permit has been approved and we are finalising the design of 33 new living units for people at risk of homelessness.

Carnegie Aged Care Facility

The town planning permit application has been lodged, the site cleared and architectural plans are in development for a new 120-bed aged care residence.

Gary Smorgon House Extension

In line with our strategy to provide a Healthy Ageing service in the southern region, we have commissioned architects Design Inc to commence high level architectural drawings for a new Active Living Centre extension to Gary Smorgon House.



The Coppel & Piekarski Family Disability Respite Centre's construction is nearing completion



Open space living and dining room



Cents for Senses

People with disability often use all their resources and energy to make sense of what is going on around them, which can be confusing and confronting. Thanks to sensory therapies and the use of specialised equipment, children and adults with disability can explore their senses and the world around them in a calming, therapeutic environment.

In July, we launched our first online crowdfunding campaign called 'Cents for Senses'.

Aiming to raise \$21,530 for essential equipment needed for sensory rooms in our new Disability Respite Centre in Caulfield, the 30-day campaign reached its target.

Thank you for helping us fundraise for this important community cause.



To find out more about Jewish Care's Disability Services and the new Disability Respite Centre, please contact (03) 8517 5999, visit jewishcare.org.au or email info@jewishcare.org.au

Changing Perceptions

Living with disability is challenging, but just like everyone else, people with disability deserve to realise their full potential for self-development and social inclusion.

We are about to release our latest video project celebrating the wonderful achievements of people with disability in our community. Be inspired by watching a trailer of our soon to be released series 'Changing Perceptions' at youtube.com/jewishcarevic.



AFL Kicking Goals with Community Inclusion

Residents of The Manders Villas, Jewish Care's independent living units for people with disability, experienced a day of footy as part of the Australia Post AFL Multicultural Program.

Two of the Program's Community Ambassadors and brothers, Joel and Ryan Kuperholz, liaised with Jewish Care to invite our clients to attend a football match.

The offer was gladly accepted by five residents from The Manders Villas and a family of new immigrants who absolutely loved to participate in a special behind-the-scenes tour of Collingwood's Westpac Centre and watch Collingwood play against Greater Western Sydney from seats behind the cheer squad.

"It was a really wonderful experience to take this group to the football. Seeing their angst over a tricky play, their encouragement of umpires on what they should be

calling and their advice to the coaches was a constant commentary," Joel said.

"We definitely intend to visit our new friends at The Manders Villas for more kick to kick!" Ryan added.



Towards a More Independent Life

Ben* is a 20-year-old man living with disability in our community. He has been diagnosed with autism and leukodystrophy – a complex condition affecting the white matter of the brain, the spinal cord and vision.

At the time of the diagnosis, Ben was reliant on his mother to cook for him and refused to eat a variety of foods. So too, Ben often broke his glasses and his mother eventually gave up on replacing them.

In 2013, soon after turning 18, Ben started to attend our Adult Respite Centre.

As a result, he developed his independent living skills and has learnt to cook breakfast and lunch as well as cleaning up after himself. Ben has also learnt how to use a washing machine and dryer and now does his own laundry. He vacuums his room and mops his bathroom, leaving the Adult Respite Centre neat for the next person.

Last year, Ben brought a bag of small potatoes into the Centre. He proudly said that he had grown the potatoes on his own. Following this experience, the respite staff decided to set up two veggie patches at the Centre to allow Ben to explore his new interest further. Ben was very thankful and since then has made sure to water the veggie patches throughout his stay.

Ben enjoys watching “Nicko’s Kitchen” on TV and likes to discuss new cooking ideas with our staff, who make an effort to bring cooking magazines into the Centre for Ben to browse. Thanks to gardening and cooking activities, Ben has expanded his nutritional choices and often comes up with new meal suggestions.

Due to Ben’s deteriorating eye sight, our respite staff encouraged him to wear glasses. This has had a profound impact on Ben’s life, helping him to attend the veggie garden and become even more independent.

** Name was changed to protect client privacy*



Reaching Higher with Interest Free Loans

In 2009, Oded Teper moved to Australia from Israel to attend Le Cordon Bleu Culinary Institute in Sydney. After graduating, he spent two years working as a chef in Melbourne and started the not-for-profit organisation C-Care, who distribute meals to community members in need.

In 2013, Oded launched his second business, ‘Go Flyboard’, which was very different from anything he did in the past and involved a new extreme water sport called flyboarding.

“Flyboarding is very popular around the world because it’s unique,” Oded said. “Imagine a water-jet powered board connected to a jet ski, which pumps water through a long hose due to pressure in the air and underwater. You can fly up to fifteen metres in the air or swim like a dolphin! It’s magical.”

In order to bring the sport to Melbourne, Oded had to create the very first flyboarding safety management system in Victoria.

When Oded reached the second summer season, he realised that he required financial assistance to purchase more equipment, build a caravan, open other locations and offer new attractions.

He contacted Jewish Care and received an Interest Free Business Loan.

“I was confident that I could repay my \$25,000 loan knowing my business potential,” Oded said.

As a result, Oded was able to invest the necessary funds into business development, which helped him grow his clientele and make ‘Go Flyboard’ profitable.

Today, ‘Go Flyboard’ attracts people of all ages who want to challenge their abilities and try something fresh, fun and totally mind-blowing.

“I believe that you create your own reality. If you really want it to happen – it will,” Oded said. “Sometimes you have to ask for support and we are lucky to have Jewish Care to make our community stronger, and sometimes you give back to help others.”



To find out more about Jewish Care’s Interest Free Loans, please visit www.jewishcare.org.au/loans or contact (03) 8517 5999



From left: Marilyn Kraner, Inspector Lauren Callaway, Dr Michael Carr-Gregg, Bill Appleby, Danny Blay and Helen Cunningham

Raising Healthy Families

Over the past few months, Jewish Care's Individual and Family Support Team has held a series of informative and educational forums assisting community members with parenting tips, strategies and techniques to improve family wellbeing.

The first forum, Raising Happy Families, featured keynote speaker Dr Michael Carr-Gregg. A renowned child and adolescent psychologist, he empowered the audience of over 50 people with skill-building parenting techniques. Participants appreciated the presentation, asked many questions and shared a few laughs.

Other experts included Helen Cunningham, Maternal and Child Health Coordinator for Glen Eira City Council, Inspector Lauren Callaway who spoke about the police response to cybercrimes, and Danny Blay, a leading speaker and trainer on men's use of violence towards women.

More forums in the series focused on the topics of The Early Years; Shaping Children's Behaviour; The Developing Brain; Communicating and Relating to your Adolescent.

"Jewish Care is pleased to be able to support parents and families in our community to make better choices", said Marilyn Kraner, Jewish Care's Manager Individual & Family Support Services. "We are looking forward to continuing this series during 2015 with potential for more to come in 2016."

In addition, as part of our Mental Health Promotion Program, Jewish Care hosted a community forum in recognition of Body Image and Eating Disorders Awareness Week with Dr Rick Kausman who spoke about improving relationship with food, practicing mindful eating and listening to our bodies.



To watch Danny Blay's presentation on shaping the behaviour and attitude of young boys, go to youtube.com/jewishcarevic

What's on?

29 Oct - Parenting in a Technological World Dr Michael Carr-Gregg

How much screen time is too much? What is the impact of social media and access to unlimited information on our children? Computers, iPads, Smartphones, gaming, Twitter, Facebook, Instagram and finding a voice for the parent in the technological world.

Venue: Beth Weizmann Community Centre
Time: 7:30-9pm

25 Nov - Impact of Stress on Children with Dr Nicky Jacobs

Like adults, children and young people experience stress, peer pressures, bullying, exposure to drug and alcohol, family conflicts or separation etc. This forum highlights the impact of stress on children as a way of assisting parents to know how best to understand and support their children's needs.

Venue: Beth Weizmann Community Centre
Time: 7:30-9pm



If you would like to register, please contact Marilyn Kraner on (03) 8517 5928 or mkraner@jewishcare.org.au



Andrew Bolt addressing over 430 participants at the Annual Friends of Montefiore Brunch

Friends of Monte Brunch Bolts Away!

The 32nd Annual Friends of Montefiore Brunch, sponsored by The Pratt Foundation, was once again a great success, raising almost \$100,000 for the new Coppel & Piekarski Family Disability Respite Centre.

Held at Leonda by the Yarra on 19 May, the Brunch attracted a larger-than-ever audience of over 430, drawn to listen to keynote speaker Andrew Bolt, Australia's most-read columnist. His thought-provoking presentation traversed many areas from freedom of speech in the media to the importance of public opinion on issues such as Australian immigration, which certainly drew discussion and debate.

The money raised will be put towards a purpose-built children's playground in the new \$8.5 million Disability

Respite Centre, and will be known as the Friends of Montefiore Liberty Playground. It will include the Liberty Swing, the world's safest and most recognised swing for children and adults in wheelchairs.

Jewish Care CEO, Bill Appleby, thanked the Friends of Montefiore committee, headed by Delysia Pahoff OAM, for supporting such an important cause and for their tireless efforts over the last 32 years.

"This event has been going and growing over three decades and continues to be a wonderful fundraising and social event for the Jewish community. This year it attracted more of the younger generation which was a delight to see," Mrs Pahoff said.

Double Support for Holocaust Survivors

Our Holocaust Survivor Support Program (HSSP) has doubled in size thanks to a very generous funding boost from Claims Conference. Since January, we have supported over 850 Holocaust survivors with home and personal care needs, medical aids and equipment, dental assistance, and other emergency supports significantly improving their quality of life.

The HSSP team includes assessment officers, a case manager, client support and project staff who assist as many survivors as possible. The team also assists survivors to apply for restitution from the German and Austrian Governments.

i The Claims Conference funding is limited to Holocaust survivors who meet a specific set of criteria as determined by the funding body. For more information and requests for assistance, please contact (03) 8517 5999 or info@jewishcare.org.au

 **Claims Conference** ועידת התביעות
The Conference on Jewish Material Claims Against Germany



The youngest Holocaust survivors we support are
69-70 years old.

Recognised by the Claims Conference as so-called "fetus cases," these individuals had not been born by the end of the Holocaust but their mothers were pregnant and had suffered through the atrocities.





Our Young Achievers enjoyed a 2-day-camp in Anglesea

YAP: Investing in Our Youth

Jewish Care's Young Achievers Program (YAP) has been jam-packed with personal development workshops focusing on healthy lifestyle and skill-building.

Our 18 Young Achievers thoroughly enjoyed a 2-day camping trip in Anglesea, with kayaking and mountain bike riding being voted as the best and most challenging activities. Back in Melbourne, participants improved their presentation and circus skills and loved the Great Race challenge with their mentors.

Generously sponsored by private donors for over 12 years, YAP welcomes Jewish students aged 15-18, from non-Jewish and Jewish schools, who are motivated, goal orientated and driven to achieve.

The program aims to develop positive self-esteem, provide a supportive connection to the Jewish community and improve life skills while also assisting financially.



Applications for the 2016 Young Achievers Program close on 16 November 2015.

For more information about YAP enrolments, please call Lana Block on (03) 8517 5626 or email yap@jewishcare.org.au

Join our 2015 Annual General Meeting

Date: Wednesday, 18 November

Venue: Monash University, Caulfield Campus

Highlight: An engaging panel discussion on the topic of *Next Generation: Tomorrow's Change Leaders*

RSVP by Monday 2 November by contacting Melanie on (03) 8517 5733 or mmcnamara@jewishcare.org.au

Financial Literacy for Jewish Students

In Winter, Jewish Care's Financial Services Team ran an early intervention Financial Literacy project at Leibler Yavneh College. Presented by members of Jewish Care's Financial Services team and Financial Planners from Adapt Wealth Management, the project's objective was to assist students with money management and practical financial skills they will need later in life.

The course ran over 5 weeks and was divided into 6 modules: Goal-Setting, Income & Budgeting, Banking and Credit Cards, Life Events, and Investing and Financial Services in the Jewish community.



Year 10 Business students at Leibler Yavneh College with Jewish Care's Doron Abramovici and Lawrence Shamrakov and Reuben Zelwer from Adapt Wealth Management

9 Tips to Help You Save Money

Better money management is achievable with the right attitude. Thanks to money saving tips from Jewish Care's Financial Team you can reach your goal faster.

1 Understand your weaknesses
Be aware of what extra items, for instance, takeaways and daily coffees, are costing you more than you can afford?

2 Analyse your spending into 'needs and wants'
Think about what your essential needs are (like food, clothing and rent) and what are the 'wants' you have (such as an overseas holiday)

3 Plan your goals
Put together a realistic plan with goals that are both measurable and achievable.

4 Keep a diary to manage 'spending' leakages
You will be amazed as to how much you spend on items that could be considered as 'little luxuries'.

5 Prioritise your spending
Buy in bulk or switch to cheaper generic brands. A meal menu plan might also help to save!

6 Set a budget and stick to it
Look at each item of income and expenditure and see where you can decrease your spending.

7 Track your progress
There are many budgeting tools available online such as www.moneysmart.gov.au

8 Save something every day
Put away your loose coins in a money box and remember that \$1 a day = \$365 a year, \$3 a day is almost \$1,100 a year!

9 Pay yourself first
As soon as you get paid, transfer some of your money into a high interest goal account that you can't touch for a number of months to help achieve your financial goal.

i For more information about our Financial Services, call (03) 8517 5999, visit www.jewishcare.org.au or email info@jewishcare.org.au

Supporting Job Skills for Ultra-Orthodox Community

Jewish Care's Employment and Education Centre has successfully secured a grant for a Community Vocational Pathways Project. Aiming to respond to the employment needs of the Ultra-Orthodox community, the project will identify and develop vocational skills courses. An important part of the project is careful consideration of culturally sensitive factors of the Ultra-Orthodox community such as strict adherence to Jewish traditions and values.

The \$50,000 grant was received from the State Government Department of Education as part of the Adult, Community and Further Education

(ACFE) Capacity and Innovation Fund.

"We are proud to assist community members who are willing to improve their learning skills, gain a qualification, return to study, and secure a job in the most inclusive, culturally specific way", said Simon Jedwab, Service Development Manager at Jewish Care's Employment and Education Centre.

"In addition, we are busy developing a special guide for local institutions, which will identify the lifestyle requirements of the Ultra-Orthodox community, to assist learners in furthering their education and to improve their employment outcomes."

i For more information about our Employment and Education opportunities, please contact (03) 8517 5999 or info@jewishcare.org.au

Did You Know?

Our financial education and matched savings program Saver Plus helps families and individuals to meet educational expenses, reach a savings goal and build money management skills.

Run in partnership with Brotherhood of St Laurence, ANZ and the Victorian Federal Government Saver Plus encourages people to focus on planning and budgeting and to establish a habit to save.

As part of the program, up to \$500 of savings are matched for education-related expenses such as purchasing computers, school books and uniforms, as well as covering extracurricular activities and camps.

i To find out more about Saver Plus, please contact (03) 8517 5999 or info@jewishcare.org.au

Mobile App Keeps Community Connected

Have you downloaded our new mobile app? Offering a quick and easy way to connect with the organisation, our app provides many useful features such as key contact information and direct links to available volunteering and job positions and weekly Shabbat times and Jewish calendar. It also allows users to view Jewish Care's latest videos and entertaining content.

Most importantly for Jewish Care, the app's value lies in its ability to provide fingertip access to donate at the touch of a button. Tax receipts are instantly emailed to the donor and a full record of all transactions stored in the user's account.

"We realise that there is rapid growth in people donating to their favourite charities via

online and mobile platforms. This app allows our supporters to engage, connect and donate wherever they are at any time," Jewish Care CEO, Bill Appleby said.

Jewish Care's Marketing and Communications Manager, Ayal Tusia said, "Our mobile app is just another exciting addition to our expanding online and mobile presence. Combined with our website, Facebook, Twitter, Instagram, YouTube and recently launched Blog, we are truly connected to our community allowing us to better inform and communicate at all levels."

The app is free to download from the Apple App Store or Google Play by searching for Jewish Care Victoria.



Let's Share a Meal!

In June, an important volunteer-driven program called Dining Together was launched. Matching our high-care residents with volunteers, the program enriches the meal experiences of elderly people with social, emotional and practical support.

In Jewish tradition, meal time is often considered to be a social occasion for families and friends to share. Thanks to reintroducing meal time as a communal experience, our aged care residents and volunteers are able to build new meaningful friendships.

Volunteers undergo an initial training and are required to spend about half an hour with a resident at each meal time.



Volunteer Anne Korman with resident Sylvia Briggs at Smorgon Family Nursing Home



If you would like to join this terrific and truly rewarding initiative, please contact our Volunteer Resource Centre on (03) 8517 5917 or volunteers@jewishcare.org.au

The Soul of Jewish Care

Earlier this year, we launched our new blog called Neshama, the Hebrew word for soul, as it represents the heart and soul of Jewish Care. Our blog features inspirational and thought-provoking content, heart-warming interviews and stories about Jewish Care's clients, residents, volunteers and supporters, as well as photo galleries, videos, opinion pieces and causes to support.

"We are very proud to be able to share so many wonderful and inspiring stories with our

community. The blog allows us to show a deeper insight into the organisation and the community we care for and support," said Ayal Tusia, Marketing and Communications Manager.

"Allowing us to expand on our stories with more warmth and character, the blog is a platform for our clients, residents, staff and volunteers to share their own opinion pieces too."



To read and subscribe to 'Neshama' go to www.blogjewishcare.wordpress.com





Jane Lothringer (right) with granddaughter Harriet at Jewish Care's telethon

A Life of Inspiration

Jewish Care's volunteer of many years and Montefiore resident, Jane Lothringer is an inspiration. You can often find her at the library immersed in a book with a cup of coffee, getting a manicure, browsing the Internet or heading off to shopping centres. But more often, Jane is busy volunteering at our fundraising telethons.

Jane was born in London in 1927 to Yetta and Marcus Carrier. Her father managed a dress shop, while her mother took care of six children.

"My childhood memories are very warm," Jane said.

"In Winter, my siblings and I loved ice-skating, playing snowballs and making snowmen... We were never bored. We also helped Mummy get ready for Shabbat when the whole family gathered including our cousins. But then the war began."

In January 1939, Jane's family boarded the Strathnaver Ship going to Australia.

"It was a long journey and my parents were afraid to start a new life so far away from everything they've known but I was excited," Jane said with a smile. "I still remember taking an overnight train from Sydney to Melbourne, looking out of the window and guessing what our new home would be like..."

The Carriers settled in Meredith St, Elwood. Unfortunately, soon after, Jane's father suddenly passed away.

"It was a difficult time but we all united to help Mum," said Jane. "At the age of 14, I worked at a factory cutting paper. My weekly wage was one pound and I gave it to Mum who allowed me to keep two shillings for myself. I saved the money to learn typewriting and stenography. During the war years, I also worked for the Department of Air at Victoria Barracks, while my brother joined the army to receive fortnightly allowance to help us survive.

When the war ended, Jane found work at a milk bar in the city and rarely went out. Once, however, she was invited to her friend's home for a Shabbat meal, and that's where she met her future husband.

"Marcel came from Israel to study textile engineering and lived in Geelong. We liked each other but I wasn't sure if anything would come out of it, of course," Jane shared. "Then Marcel decided to surprise me with a visit. He was 'lucky' to get a lift from Geelong in a fruit van where he sat on a box of pumpkins. Surely, the pumpkins got squashed all over his suit. Since I didn't know about his arrival, I wasn't home. Mum opened the door, and even though she was not sure who Marcel was, she allowed him to come in, cleaned his clothes and fed him. After 15 months of dating, dancing at Maison de Lux and going to the Astor Theatre, we got married. I was 21 and Marcel was 23."

As a married couple, Jane and Marcel continued to work hard which enabled them to support Marcel's family in Romania. With time and assistance from Jewish Welfare, Jane's mother-in-law was able to move to Australia to reunite with her son, daughter-in-law and their two children, Lesley and Deborah.

Sadly, Marcel passed away in 1991, which was a very hard time for Jane. Her children and grandchildren, Leah, Sam and Harriet, supported her as they could but she had to start anew.

"I got involved in volunteering about 15 years ago and I never thought to stop even after moving to Montefiore Homes. On the other hand, I have so much time to give back to my community now when I don't have to think about cooking or cleaning," Jane said. "I particularly like being a part of Jewish Care's telethons as it allows me to raise funds for people in need while speaking to so many community members. I enjoy listening to them and spreading the word about Jewish Care's services. Sometimes, my granddaughter Harriet joins me too which gives me great satisfaction."



Ron Popper speaks about his late mother Irene Popper

A Way of Saying 'Thank You'

Independent and unassuming, the late Irene Popper was determined to remain living in her own home for as long as she could.

Thanks to support from Jewish Care's BlueStar Home and Personal Care Program, Irene's wishes were made possible. For the last ten years of Irene's life, she was visited by staff from Jewish Care, who assisted her with household tasks and gave her the confidence and support to manage on her own.

The impact this had on her life was made evident by her son Ron, who spoke about his late mother at our recent Circle of Care luncheon.

"Mum was fiercely independent," Ron said. "She was very appreciative of the support she received from Jewish Care, which enabled her to continue living in her own home well into her 90s. It was her wish to leave a bequest to Jewish Care," Ron explained. "It was her way of saying thank you."

In turn, we are grateful to Irene and other community members who have included a gift to Jewish Care in their Will. These gifts ensure that we continue to support people in need in our community when they need it most.



For more information about Wills and Bequests, please contact Feygl Cylich on (03) 8517 5602, email fcylich@jewishcare.org.au or visit jewishcare.org.au

A Caring Circle

In July, Jewish Care's Circle of Care Planned Giving Loyalty Club members met at Armadale Bowls Club to hear about our latest Capital Campaign development and share a delicious lunch with friends.



From left: Helen Schon with Elka Ekstein at the Circle of Care Luncheon



Jewish Care residents David and Miriam Ciechanowski

Does True Love Really Exist?

Memories of love... They stay with us throughout our life, giving us strength during the hardest times. For some, it can be love at first sight; for others, it can happen on the first date.

Jewish Care's 'My Love' campaign celebrates heart-warming romantic memories of our residents who reveal how couples used to date 'back in the day'; what practices have changed completely and what values stayed just as strong. Here is one such story.

My Mamele is So Beautiful

My Love – David and Miriam Ciechanowski

I am David, from Warsaw. I am 98 but I have a young wife – she is only 93. Miriam is so beautiful, my *mamele*...

We met in USSR where I ended up during the Second World War. We were standing in a bread-line not far from one another. Miriam was only sixteen or so. I couldn't stop looking at her.

When Miriam received her portion of bread, I realised that she was about to go for good. I got scared and asked her to wait for me, in Yiddish, of course. She did.

Since then, we've always been together. Soon we got married, hoping that the end of the War was near and waiting to go back home to meet each other's families.

But when we went back, I found two empty shops my father used to have. None of our relatives survived the Holocaust. So, we had to pick ourselves up and move forward as we had our own baby to care for. He is in his 70s now.

We immigrated to Israel and then to Australia, where we finally found a sense of home after all the tragedies and wandering we experienced in life.

Here in Melbourne I had a retail business, while Miriam took care of our three sons and helped me. She is so smart, Miriam, my love...



For more romantic stories of our residents, please visit our blog at www.blogjewishcare.wordpress.com



Lotti Tugendhaft - 95th Birthday



Rochelle Mendel - 50th Birthday



Romy Walys - Bat Mitzvah



Pauline Malkinson - 90th Birthday



Sam Gandler - Bar Mitzvah



From left: Betty Schmideg with Margaret Langley, Community Liaison Officer

Supporter Survey Winner Announced!

We received a great response from our community and will use your valuable feedback to improve our communications.

Congratulations to our Classic Cinema movie ticket winners and to our grand prize winner Bette Schmideg who received a \$500 Coles/Myer gift voucher.

Thank You!

We thank the following community members for sharing their special occasions with us:

Bar Mitzvah

Neal Symons
Sam Gandler

Bat Mitzvah

Jessica Bloom
Romy Walys

40th Birthday

Adir Shiffman
Adina Bankier-Karp

50th Birthday

Lisa Kennett
Rochelle Mendel

60th Birthday

Philip Goldman
Viv Bolaffi

Special Birthday

Shirley Rutman

70th Birthday

Joseph Kay
Marianne Cooklin
Jill Haskin
Jeffrey Simmelmann

80th Birthday

David Efron
Yvonne Mushin
Joe Szuster
Renata Valentine
Stan Woolf
Pese Nowitz
Geoffrey Rose

85th Birthday

Roslyn Levy
Ellen Shafer
Shirley Upton

90th Birthday

Pauline Malkinson
Ian Meltzer
David Prince

95th Birthday

Lotti Tugendhaft

97th Birthday

Cecilia Zydower

100th Birthday

Anne Starr

Wedding Anniversary

Frank and Annette Baumann
John and Suzie Vati
Simon and Beryl Nirens

i To share your simcha, please contact our Development Team on (03) 8517 5963 or development@jewishcare.org.au

A Sensational Shabbat

Join Jewish Care on 23-24 October for a wonderful weekend of Shabbat-themed events to celebrate the International Shabbat Project!



i Register online by visiting www.trybooking.com/ILZH or contact Dalia Siegel on (03) 8517 5905 or dsiegel@jewishcare.org.au before 16 October.

Photo Gallery



From left: Tamara Henschel with Sheryl Sacher celebrating Purim at The Manders Villas



From left: Rita Rouso presenting Purim gifts to residents Barbara Berlin and Suzan Kanarak



From left: Esther Barton, Helen Szer and Chava Kraner at Healthy Ageing Program's Model Pesach Seder



Monte's Got Talent: resident Raymond Harris showcasing his art



Martin and Freda Freiberg at the Munzer Yom HaShoah Memorial



From left: Eitan Klein, Irina Grinyov and Gregg Grinyov celebrating National Volunteer Week at Jewish Care



Lia Bilis with husband Miron Kaganer at Montefiore's Victory Day



Yavneh Year 6 students made challah with Montefiore residents



Let it snow: Our Disability clients on a winter day trip to Mt Donna Buang



From left: Jennice Nussbaum, Lydia Karp and Sylvia Drever making decorations for Yom Ha'Atzmaut at the Munzer residence



Zac Chester with Rabbi Yaakov Glasman at Disability Services Shavuot party



Tisha B'Av Torah reading at Gary Smorgon House



To watch our latest videos, visit our YouTube channel at youtube.com/jewishcarevic

It's A Small World After All



Rabbi Yoseph Nerenberg, Minister Jewish Life Services at Gary Smorgon House

As one of Jewish Care's Rabbis, I often receive requests from community members to visit their loved ones at hospital or at home.

Recently, a lady named Susan* asked me to visit her father at the Peter Mac Centre, where he was undergoing treatment for a terminal illness. She said that her father had a lot on his mind and was struggling physically and emotionally and that's why she thought that it would be good for a rabbi to come.

I asked what was her father's name and what should I be aware of regarding his situation. Susan said that his name was Fred* and asked me to speak to him in Hebrew, as he had lately reverted back to his mother language.

As soon as Susan mentioned his name, I realised that I knew her father. He used to attend Jewish Care's Active Living

Centre on Kooyong Road over a year ago and I personally played chess with him on several occasions.

When I told that to Susan, she got really excited and relieved. I explained, however, that I wasn't sure if Fred would remember me, but I promised to come anyway.

Two days later I visited Fred at the Peter Mac Centre and when I asked him if he knew who I was, he responded, "Of course, I do! You are a Rabbi at Jewish Care. We used to play chess together at the Active Living Centre."

I sat beside him; we chatted for about an hour and reminisced about good old times. He was clearly in a lot of pain but for that hour I was able to comfort him and bring him to a happier place.

It is a small world we live in. And we can all help each other in one way or another.

* Names were changed to protect confidentiality

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blogjewishcare.wordpress.com

Please direct any feedback regarding *My Connection* to marketing@jewishcare.org.au



Yes, I want to support Jewish Care and make this New Year a whole lot sweeter for people in need!

MC22015

Please accept my donation of ☐ \$36 ☐ \$54 ☐ \$72 ☐ \$90 ☐ \$108

OR my choice \$ (All donations over \$2 are tax deductible)

☐ Please find my cheque enclosed (made payable to Jewish Care)

OR Please debit my ☐ Visa ☐ MasterCard ☐ Amex

Card Number

Expiry Date

Signature

Name on Card

Email

Home Phone

Mobile

☐ Yes, I would like to make monthly donations to Jewish Care

I authorise my credit card to be debited \$ per month. (Minimum \$10)

Please send me more information on

- ☐ Wills and bequests
- ☐ Simcha giving (donations in lieu of gifts)
- ☐ Becoming a volunteer
- ☐ Programs and services

Name

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