



“Losing I, finding ME”

Marina Solar is the daughter of Czechoslovakian immigrants, who lost family during and after WWII. For the past 30 years, life for Marina has been extremely difficult in many respects. Marina has 3 children. After a divorce when the children were very young, she raised them alone.

Looking back she believed that she called on all her physical, financial and mental reserves to survive. Despite many challenges Marina has always been a high achiever. She has worked as a Registered Nurse, a Midwife and an Educator, and is an avid reader. Marina gained further qualifications during the past 2 decades with certificates, diplomas and a Masters degree.



Just as Marina thought she was totally alone, in 2010 she contacted Nina from Jewish Care’s Mental Health and Wellbeing team. “At that point my life improved dramatically. Dealing with multiple mental health issues, including Asperger’s Autism and Schizophrenia, challenged me in many ways. “For the first time in decades,” Marina said, “I felt that, with Nina, I finally had a caring professional with experience and knowledge, who provided strength, wisdom, insight and perspective to help me find myself beyond other people’s issues. It’s also beneficial that the organisation, JewishCare, has many appropriate and varied resources available for each individual in need.”

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Person Centred Practice

You may have heard about the practice of Person Centred Thinking (PCT). What is it and how does it impact on JewishCare and its clients?

PCT refers to a variety of approaches that include:

- Acknowledging that the person receiving the help and their family are the primary authorities on what they need
- Working collaborately with the families involved to define what outcomes they want to achieve
- Learning through shared action ie. see what works and what does not
- Valuing and emphasizing the strengths of the person
- Using all available personal and community resources

While JewishCare has always taken a very person centred and holistic approach, changes to government funding especially in respect to disability, mental health and aged care has motivated us to focus more formally and comprehensively on this concept.

As a result everyone in the organisation is completing training on Person Centred Thinking. This includes not just the staff who deal with clients but all staff including corporate services.

Everyone is onboard to ensure that JewishCare remains the leading provider in our community.



The Story of Nancy and Maurice

Nancy and Maurice Goldberg are both 92 and have been married for 69 years.

They came to Australia from South Africa in 1963 and were both very involved in the Jewish community.

Since arriving they have experienced a large number of medical issues including a brain tumour, bowel cancer, back and vision problems, pneumonia and a stroke. Although they have been as independent as possible, relying only on some help from their children, one year ago both had falls resulting in broken bones. Maurice broke his hip and Nancy broke her arm.

At that point a nurse suggested they needed some help at home. Their first choice was JewishCare and they managed to each get a government funded CACP (low to medium care) package which provides up to 6 hours of help per week.

These packages, which provide help with showering Maurice, shopping and meal preparation and keeping their Bondi Junction flat safe and tidy, make all the difference.

Nancy said: “ The support we get from JewishCare enables us to stay out of a nursing home. We have a lovely flat and want to stay here for as long as possible. Adam from JewishCare looks after us so well. He always makes sure that the field workers arrive on schedule and they are all very obliging and efficient. This support has been a godsend to Maurice and myself and our children. We feel very fortunate because I know there are many people who are waiting in a long line to obtain a package of care.”

Community Leaders March of the Living (MOTL) by JewishCare CEO Claire Vernon

I was privileged to be able to participate in the 2014 MOTL on the inaugural Australian Community Leaders Tour. We commenced the tour in Berlin, travelled on to Poland and participated in the March from Auschwitz to Birkenau and then completed the March in Jerusalem.

Our groups formed part of the International MOTL which was attended by thousands of mainly Jewish young people from across the world, including a group from Australia.

The three days in Berlin were lead by a Professor of



History and not only did he give excellent information on the Nazi regime and the strategy and planning of the Holocaust, he considered the importance of memorials and how Germany is publicly recognising what happened during the war.

In Krakow there are a number of reminders of the ghetto including a section of wall over which you could see ‘hands’ imprinted on the wall of the house which was a bit eerie considering the current JewishCare logo (see photo below).

The MOTL involved a march from Auschwitz to Birkenau where a ceremony was held. Warsaw contains a number of memorials including a section of the ghetto wall and a walk commemorating Jewish residents and businesses. We spent a morning at the Genesia cemetery including a moving memorial from one of the group whose grandparents are assumed buried in the mass grave.

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Michael Perr

63 year old Michael Perr came to Australia from South Africa in 1968 and soon had a job at the Australian Stock Exchange Sydney where he worked in a number of roles including the bookshop, share transfers and the mailroom. He was highly regarded in the organisation and was often responsible for closing and locking-up the premises. For over two decades he has lived in the same flat in Elizabeth Bay, initially with his father, but since his death in 1996, he has lived there alone.

All the while Michael was living with a mental health condition. An episode at work in 2012 resulted in Michael being hospitalised for four months at the Caritas Unit of St Vincent's Hospital. When he was about to be discharged his cousin Isaac who was then 91 years old and has been an ongoing source of support, suggested Michael contact JewishCare's Mental Health and Wellbeing team. From that point, this team has been an important part of Michael's life and particularly when Michael actually stopped working in 2013.

Isaac said " It has been a longstanding ambition to access this sort of help and to integrate Michael into the community. I really commend the program and its emphasis on well-being and preventing future relapse. The Mental Health and Wellbeing team continue to make a big difference to his life. He could not be getting better care."

JewishCare caseworker Kara Sandler comes from an occupational therapy background and has regular contact with Michael and provides numerous types of support including liaising with his psychiatrist and the Hospital, visiting his flat once a month to make sure it is tidy, safe and functional, accompanying Michael on his frequent ferry trips to Manly, ensuring he gets to the War Memorial Hospital where he



attends physiotherapy to help control the physical side effects of his medication. Importantly Kara also schedules regular office based sessions with Michael to establish realistic goals and to see what he wants to achieve in the future. This has resulted in Michael using the gift certificates he received as a present when he left the Stock Exchange to replace his old broken TV and with Kara's help, Michael is considering replacing his 35 year old refrigerator. These sessions also lead to Michael applying for his Seniors Card which will make a significant differences to his finances.

Michael said " JewishCare has made a big difference to me, I really like attending the Shabbat dinners at Saber Street and the weekly Coffee Club meetings. Everyone at JewishCare has been very good to me."

WGEA Report Notification to staff

Annually JewishCare is required to submit a report to the Workplace Gender Equality Agency (WGEA). This years report covering 2013/14 was filed in June.

The figures and statistics are derived from employees working here on the 30th June 2013. Next years report will be based on employees working here on the 30th June 2014.

The report is given to the Agency who then determine whether our practices are gender neutral and non discriminatory. The WGEA look at topics such as; the relative earnings between genders, flexible work practices, EEO (recruitment and promotion practices), staff consultation and our policies on sex based discrimination and harassment.

It is another example of JewishCare complying with government reporting requirements.



JEWISHCARE MATTERS



Chai Foundation

Thanks to the generous support of The Chai Foundation, over 200 members of the community have been assisted with relief and financial support over the last three years. Since July 2011 when JewishCare commenced assessing applications and distributing help on behalf of the Foundation, over \$280,000 has been distributed to needy people. While most clients receive support for a matter of months while they get over a short term of crisis, some elderly clients have been receiving help for an extended period.

Initially the vast majority of this support was in the form of food vouchers from Coles supermarkets. More recently non voucher help has accounted for almost 40% of the support provided. This has primarily involved contributing to rental commitments of people facing eviction as well as helping with pharmaceutical and medical expenses not covered by Medicare or PBS and buying household appliances and helping to pay for overdue utility bills.

“This financial support from The Chai Foundation has enabled JewishCare to provide really meaningful support to vulnerable members of the community. It fits perfectly into our Person Centred Thinking and together with the involvement of our staff and volunteers enables JewishCare to make a significant difference to many people’s lives” said Claire Vernon CEO of JewishCare.

In addition, The Chai Foundation also provides an annual grant, typically of \$3,000 to over 45 families who have a member with a disability. In keeping with a Person Centred Approach the family uses

this allocation for the things they prioritise to be most valuable. This could involve the provision of respite care, or payments for therapy to clinical professionals.

David Lowy of the Chai Foundation said “JewishCare’s well recognised clinical and financial expertise ensures that the Foundations funds are allocated in the most appropriate way and in manner that will bring the greatest benefit to members of the community who are in need”.

Rebecca White volunteer and service user

Rebecca White has been volunteering for JewishCare for over a year. Every Thursday she comes to Saber Street and helps the Disability team with whatever tasks need completing that week. This might include photocopying, packaging, scanning, making up folders, typing. JewishCare has many volunteers who provide clerical and administrative support but Rebecca is the only one who lives in a JewishCare supported accommodation house. Rebecca shares a house in Mascot with two other people with a disability and she has lived there for 15 years.

Rebecca said “I have Asperger’s, schizophrenia and epilepsy and I really like helping out at JewishCare and I think they like me coming as well. I really like working for Elle (Fleischmann) and I just do whatever she needs me to do, with no fuss”.





Since February Rebecca has also been working three times a week at Disability Services Australia where she carries out assembly and packaging tasks.

Elle said “We take a very Person Centred Approach in delivering services to the people we support. Rebecca is quite unique in many ways, she is very bright, is a musician who plays the violin in a band and enjoys playing the piano. She likes to be engaged and occupied and have some ongoing challenging tasks to perform. Asking her to help out with administrative tasks which she is so good at, benefits both JewishCare and Rebecca.”

Exercise and good nutrition

For many years JewishCare has been providing activities for community members from the Former Soviet Union (FSU) which aim to reduce isolation and encourage them to more fully participate in their local community.

Each Monday up to 25 people meet at ‘The Factory’ in Waterloo. They go on outings, have topical discussions and listen to educational presentations. JewishCare staff member Yuliya Reznikov arranges these activities and often drives the bus which takes the members out.

Recently there has been a focus on improving the health and quality of life of the group members. Every month a health professional attends to give information about vital health issues including cholesterol, blood pressure, immune system etc and provides information about what foods are most beneficial.



The group is also encouraged to undertake appropriate exercise and each Wednesday members attend The Annette Kellerman Aquatic Centre in Marrickville and participate in swimming or water exercise.



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Importantly Nina has been able to organise much needed respite for Marina which has allowed her to breathe.

Nina also gave invaluable practical advice and useful information on a variety of issues that are relevant to Marina. Marina is welcomed into group activities, such as Theatre outings and Special Treat Days, involving a mix of people. As a carer, she joined JewishCare’s monthly carers’ support group, where she has connected with peers who have similar life experiences, who are understanding and empathetic, who share information and whom she sometimes sees socially.

“I just really, really wish I would have known about JewishCare many years ago. It is truly amazing what it does for so many people of all ages in the community,” Marina said, “JewishCare has made a wonderful and positive difference to my life.”

Community Leaders March of the Living (MOTL) continued from p2

Travelling on to Israel was a very important part of the trip and the tour in Tel Aviv included a number of museums before we travelled on to Masada and Caesarea which emphasised the history in this ancient land. We went to Mount Herzl with thousands of others for the memory of the fallen and the city fell silent as the horn sounded.

A real highlight was Yad Vashem and the tour around the memorials to the Holocaust. What an amazing museum full of so many personal stories. The memorial to the 1.5 million children was very striking and moving.

The MOTL continued with thousands marching from Safra Square, around the ramparts of the Old City

to the Kotel. It felt like an appropriate way to close the circle from Auschwitz and Birkenau. It was a validation that the Jewish community had survived and prospered since 1948 in Israel.

I really appreciate the Board giving me this opportunity.

JewishCare wins international award

It was very exciting that a JewishCare program has been recognised by the Ruderman Family Foundation, a USA based charity that guided by Jewish values, advocates for the inclusion of people with disabilities throughout the Jewish community. The Foundation awarded a sizeable prize to JewishCare’s Big Brother Big Sister program in recognition of the program’s success in ensuring that children with a disability who are assessed a being able to benefit from the program are included as “littles”.



Jay Ruderman, President of the Ruderman Family Foundation said “Mentoring programs that include individuals with disabilities are a win-win for communities. Individuals with disabilities participate in an inclusive program and the agency develops its capacity to serve a more diverse group of people. JewishCare’s Big Brother Big Sister program is widening the circle of inclusion, thereby strengthening the Australian Jewish community.”

Maroubra Friendship Club

In response to the growing number of older members of the community in the South Eastern suburbs of Sydney, JewishCare is establishing a Friendship Club at Maroubra Synagogue. This will add to the current 12 Friendship Clubs across Sydney including four for Russian speakers, which fit into the suite of JewishCare services, that contribute to helping older people to continue living in their own homes as independently as possible.

This new Club which will provide attendees with weekly opportunities to get ‘out of the house’ and connect with their peers, is due to commence after Rosh Hashana 2014.

If you are interested in attending contact Val Rubel on 93028050



JNF honours JewishCare

Marcus Einfeld presented Allan Vidor with the Sydney D Einfeld Memorial Award in recognition of outstanding contribution to the community. In honour of our award a grove of 1000 trees has been established in Israel.

Print35's supported employee's success

After 7 years of supported employment with Print35 Design Studio, Beverly Fisher is moving to Open Employment at the Holdsworth Centre where she will be a Casual Support Worker. Manager of Print35 Elena Tsetlin said "We are continually working with appropriate Supported Employees to enable them to move into Open Employment and we are thrilled that Beverly has been able to make this transition. We wish her every success"

Volunteering Pays

As well as printing invitations, cards, serviettes, providing graphic services and selling gifts Print35 Design Studio is also highly skilled at packaging.

When local businessman David Berger needed tens of thousands of promotional items which resembled \$US currency, repackaged, he called Print35.

David said "This is the second job that I have given to Print35 and they have again delivered as required and on time. I am proud to support this valuable community business which I understand employs up to 17 people with a disability and I urge other businesses to do the same".

Print35 Design Studio also provides ongoing opportunities for volunteers. This recent packaging job coincided with Moriah College students (Genevieve Goldman and Camille Basel) and Emanuel School student (Zac Sabel) volunteering at Print35. These students worked with the supported staff to complete the job. It is clear that in this case 'Volunteering Pays'.





Simchas support JewishCare

Michael Bukofzer is one of the growing number of people celebrating a simcha who are generously choosing to use the occasion to help JewishCare.

Michael said "I chose to donate some of my Barmitzvah money to JewishCare because Tzedakah is an important part of Judaism. JewishCare is a fantastic organisation involved in helping the community".



For over 75 years JewishCare has been helping those in need: children, families, older people and those with a disability or mental health issues.

We can't do it without you.

Please remember us in your will.

Call Maureen Mendelowitz on 02 9302 8003 or visit www.jewishcare.com.au

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