

MY CONNECTION



L-R Karen Kahalon (granddaughter),
Brigetta Paneth (GSH resident), Ari
(great granddaughter) and Lisa Levick
(granddaughter)



Lisa Kennett OAM
President

A message from our President & CEO



Gayle Smith
Interim Chief Executive

Welcome to the Spring edition of *My Connection*.

We want to firstly acknowledge the ongoing war in Israel. As we approach the 12-month anniversary our thoughts and prayers are with the hostages, the IDF and the people of Israel. We share the devastation of the recent hostage losses and pray for a peaceful resolution and we acknowledge how impactful the war is for Jewish people, and continue to support those in need.

Equally, we are aware of the cost of living pressures for our community. Many in our community are doing it tough and we continue to see ongoing demand for mental health, employment and financial and housing services.

We are growing our services for people with a disability. We offer support to understand and navigate the NDIS and also provide in-home support, respite and short term accommodation, employment assistance and group programs. These services are delivered in ways that best support individuals to achieve their goals and aspirations.

Our Community Aged Care services support community members to live happy and healthy lives in their own homes. Increasingly people are choosing to stay in their own homes for as long as possible. Our services include domestic and daily living support, and nursing and allied health services, tailored to meet the needs of each of our clients. We continue to support Holocaust Survivors to live in their own homes.

Our Residential Aged Care Homes provide a unique Jewish offering for members of our community seeking residential care. An important part of this service is respite care for those who are continuing to live in their own home but may require short term residential support. This may be when family members are taking a vacation or to provide a planned break for full time carers.

Over the last 12 months we have had 303 respite admissions across our 3 Residential Aged Care Homes. Our residential services have a range of facilities and options available to meet the needs of the Jewish community.

We continue to focus on our staff and making sure that **our care and service delivered to residents and clients is being provided by our own staff**, improving the quality and continuity of care. This year we had record low staff turnover and have recruited 378 new staff to our Jewish Care family. We are using less agency staff, directly impacting the quality of service and care. With the workforce shortage in health and social care, this is an amazing achievement.

Our organisational mission is to provide *excellent care and support underpinned by Jewish values*, and so we make sure to listen and respond to feedback from our residents, clients, families and the Jewish community. We have established a Consumer Advisory Committee, which includes community representation from across the broad spectrum of our community.

We continue to meet and exceed all the standards that apply to our services. This year we have had audits for **Rainbow Tick Accreditation, Child Safe Accreditation and NDIS Accreditation**. We received exceptional feedback about the care and support we provide.

We are again grateful for the community support of our Annual Appeal. We raised in excess of \$3.84M and acknowledge the generosity of our donors. The annual appeal is so important to the work of Jewish Care and we thank you.

On behalf of the Board and all of us at Jewish Care, we wish you and your families a very happy and healthy New Year.



**Rabbi Ralph
Genende OAM**

What a difference a day makes

What a difference a day makes, or an hour, or just 20 seconds. Life is unpredictable, but there is also an awesome capacity to each moment. In one brief stroke, our lives can be overturned. Yet we can also achieve something we never thought possible. It is this idea that underpins Rosh Hashanah and Yom Kippur, known in the Jewish calendar as The Days of Awe.

Jewish wisdom reminds us that there are many things we cannot change. The most haunting lines in this season's prayers are surely, "On Rosh Hashana it is written... who shall live and who shall die, who in a good time and who by an untimely death...". Shakespeare put it elegantly when he said, "There's a divinity that shapes our ends, rough-hew them how we may."

Yet, Rosh Hashanah and Yom Kippur offer a profound opportunity for personal transformation. There is much we can do to make a difference if not to the wider world, then to ourselves and those around us. Love, forgiveness, compassion and charity can realign the focus of our shaken planet. Remember, that this prayer ends with the assurance that we can change a predicted decree.

October 7 brought shock and suffering to all of us. What a difference that day made to our sense of security, our assumptions about our identity, our survival and our place in the world. The people of Israel are still distressed, and Jewish people are still shocked at the ferocious hatred of our enemies and the antisemitism of those we considered friends. Those in need in our Melbourne community now have the extra burden of insecurity and fear.

Yet for all this, we can still transform the bitter into better, the acidic into sweet. And this is what drives Jewish Care. We believe in our community and making a difference. We are confident those who can will support those who cannot. As Helen Keller put it, "I am only one... I cannot do everything, but I can still do something."

As the song says, "24 little hours can bring the sun and flowers where there used to be rain... What a difference a day makes. And the difference is you."

Wishing you and yours a year as sweet as apples in honey, of good health and happiness and one of Shalom al Yisrael Ve Haolam – peace for Israel and for all on this earth we share.

Shanah Tovah Umetukah, Rabbi Ralph



A conversation that could save a life

In August, Jewish Care staff and volunteers had the privilege of attending a professional development session with special guest speaker and renowned mental health advocate Rabbi Shalom Hammer, who was visiting Australia from Israel.

Since the loss of his daughter Gila z"l to suicide in 2019, Rabbi Hammer has channelled his grief into advocacy, working tirelessly to support vital conversations about mental health and suicide prevention. Drawing on his own lived experience, Rabbi Hammer shared key insights and strategies to empower participants to support someone in need.

Alongside our staff audience, Rabbi Hammer also delivered a session to almost 100 parents and carers as part of our Raising Healthy Family series, addressing the difficult yet very real issues facing young people today.

Participants in both sessions reflected on the powerful impact of his words and personal story: "I'm so grateful to have had this opportunity. It's a hard conversation – but one our community has to have," said one of the participants.

Lifeline: 13 11 14

Suicide Call Back Service: 1300 659 467

Jewish Care: 8517 5999



Cassie Barrett and Rabbi Shalom Hammer



An inspiring conversation for our young achievers

Mentees and mentors from Jewish Care's Young Achievers Program recently had the opportunity to hear from Rachelle Unreich, an award-winning journalist and the author of 'A Beautiful Life', her mother Mira's powerful story of Holocaust survival.

Rachelle generously joined our Young Achievers to share her reflections on love, hope and faith. Along with these inspiring words, mentees and mentors explored a range of discussion questions on Jewish identity, resilience and belonging.

"I found Mira's story incredibly powerful. A particular lesson I took was the faith and hope she had; I hope to learn myself the way Mira saw the good in every situation, even in the worst of times," said one mentee. "This was so empowering – hearing it means something to me that I don't even know how to put into words," said another.

Rachelle commended the mentees for their thoughtful participation, saying that she had "never before seen a group of such engaged and interested young people".

"When joining the program, many of our mentees – especially those from non-Jewish schools - described how much they wanted to find a space where they could connect with other young people and just celebrate being Jewish," said Chanie Belfer, Youth Mentoring Coordinator. "Particularly after October 7, it's so important to have that."

We are so appreciative of Rachelle's time, and so proud of our mentees and how they contribute to our community.

2024 Rosh Hashanah Appeal

**Help us sweeten
what has been
a bitter year.**

Make this Rosh Hashanah a meaningful experience and see the difference a donation can make to those in our community who are in serious need.

“Jewish wisdom reminds us that there are many things you cannot change, events that make you feel that no matter what you do the world goes on in its own way. Rosh Hashana and Yom Kippur offer an opportunity for personal transformation. There is much we can do to make a difference, if not to the wider world, then to ourselves and those around us.” Says Rabbi Ralph Genende OAM, Rabbinic Consultant at Jewish Life.

The past year has been one of shock and suffering for so many across our planet. For Israel and the Jewish people that one day, October 7, changed everything. What a difference a day made to our sense of security, our assumptions about our identity, our survival and our place in the world.

The people of Israel are still in deep distress, and our Jewish people are still in deep shock at the ferocious hatred of our enemies and the blatant antisemitism of so many we considered our friends.

So many in our Melbourne community are hurting and those who were already in need before October 7 have taken on an extra burden of fear and insecurity and Jewish Care has been an important place for them to turn to.



In fact, in just the last 12 months, we received over 10,000 calls for assistance and provided 186 families with tailored support to meet their needs. From assistance to enrol their children in school and help accessing uniforms, to help with finding employment and emotional support.

Here's what one of our clients had to say:

“After the attacks I felt so low I didn't know where to turn. A friend told me to contact Jewish Care, and I am so happy I did. It was honestly the first time I've truly felt heard and understood. For this, I will be forever grateful,” Ilana said.

There has never been a more important time to transform the bitter into better, to convert the acidic into sweet and despair into hope for those in serious need.

The longevity of our organisation can be attributed to the funding received from you, our valued supporters and donors.

Thank you for your support and may you and your family be blessed with a sweet, happy and prosperous New Year. Wishing you a Shana Tova from all at Jewish Care.

To donate to Jewish Care, please complete the enclosed coupon and send your donation in the reply-paid envelope today, or phone 1800 539 474. Alternatively, you can donate online at www.jewishcare.org.au/RH2024 or scan the QR code.



Around the Homes

Residential Home Windsor (RHW)

The story of the ‘Japanese Schindler’



In July, Sydney author Linda Margolin Royal visited RHW and shared the captivating story of her debut novel, “The Star on the Grave”. Staff and residents from across our homes were enthralled to hear how Linda’s personal history inspired her to write this powerful work of fiction.

Drawing on her family’s story of escape from Nazi-occupied Poland in 1939, ‘The Star on the Grave’ recounts the heroism of the Japanese diplomat Chiune Sugihara, who courageously defied his government and secretly issued visas to thousands of Jewish refugees. Amongst them, were Linda’s father and grandparents.

Linda’s novel opens up a little-known chapter of history, weaving a narrative of family bonds, heartbreak and hope. It is a moving tribute to the ‘Japanese Schindler’, to whom she and thousands of others owe their lives.



TOP: (L-R) Linda Margolin Royal and Rebbetzen Miriam Wainstein
BOTTOM: (L-R) Linda with Chris from the Avenue bookshop in Elsternwick

Empowering the future:

Collaboration between Jewish Care and Monash University

In a groundbreaking initiative, Jewish Care and Monash University have partnered to develop the skills of students in the field of aged care. As well as providing valuable learning experiences for the students, the collaboration is also enriching the health and wellbeing of our residents with fresh faces and new ideas.

In total, 24 Occupational Therapy students and three Psychology students are enjoying their placement at RHW across an eight-week period. They are

establishing meaningful connections and gaining insights into the multifaceted aspects of aged care.

We are grateful to be a part of this initiative which supports the growth of future healthcare professionals. We are also excited that students’ feedback is paving the way for new social engagement opportunities, wellbeing programs and communal experiences tailored to our residents’ interests and needs.

For further information on our three residential homes, please call Simone on (03) 8517 5504 or visit www.jewishcare.org.au

Residential Home Carnegie (RHC)

Lost and found. The tale of two Lili's

In May, a touching reunion took place at Residential Home Carnegie (RHC) when our volunteer Lili visited for her regular Yiddish singing session. To her surprise, Lili recognised a resident as the bride from a wedding she attended as a child.



Lili explained that she had found a ring at that wedding. It was beautiful, but what thrilled her most was that it was engraved with her initials, which were L.L at the time. Her mother suggested the ring belonged to the Kallah (bride) whose name was Lilly and who's initials, until that day, were also L.L.

Little Lili nervously approached the bride who was overjoyed and grateful for the child's discovery. Little Lili celebrated with the newlyweds and returned a beloved item to its owner. A double mitzvah indeed!

Decades later, the two ladies reunited and sang Yiddish songs with joyful voices and a spark in their eyes. It was a magical moment of special connection that truly captured the essence of Jewish Care.

(L-R) Lili Sievicz and Lilly Deseur

King David kids inspiring initiative

In an inspiring intergenerational initiative, King David students brought fresh energy and enthusiasm to residents at RHC through the school's Year 9 Nitzan program.

This unique program allows students to select a community organisation for volunteer work, helping them grow beyond the four walls of the classroom and get involved in the wider Jewish community. We were delighted to welcome ten students who opted to volunteer with us at Jewish Care.

We took great care to ensure each student felt at ease in this new environment, tailoring activities to match their interests and skills. Every Wednesday afternoon for five weeks, our home was buzzing with activity.

From board games, music, and arts and crafts, to managing our cafe, the students formed relationships with residents in a variety of heart-warming ways and brought smiles to everyone involved.



New resident Shirley LeBransky with two year 9 students from King David School

Around the Homes

Gary Smorgon House (GSH)

Celebrating Tu B'Av, the Jewish day of love

On 19 August, the GSH community came together to celebrate Tu B'Av, the Jewish day of love. It was a magical afternoon brimming with joy and connection, and a reminder of the remarkable power of love, gratitude and belonging in nourishing our residents' health and wellbeing.

Residents indulged in an afternoon cocktail party and Tiki bar, treating themselves to a delicious assortment of fruit mocktails, milkshakes, and chocolate-dipped strawberries. Music and chatter filled the room which was decorated with flower arrangements lovingly created by our residents themselves.

Tu B'Av is celebrated in modern-day Israel as a holiday of love, hope and possibility, much like Valentine's Day, but with ancient roots. The Talmud tells us that on this day, the daughters of Jerusalem would dress in white and dance in vineyards by the light of the moon to signal their readiness for marriage.

Beyond its historical significance, Tu B'Av holds profound meaning in our lives today. The timeless values of love, gratitude and belonging have fortified our community across generations and they're now more important than ever. Embracing these values is not only proven to support individual health and wellbeing, but also bolsters our collective strength and resilience as a community too.



“It’s very easy to feel like you belong.”

Brigetta Paneth, GSH resident.

How long have you been living at GSH?

Just over a year, after coming in for Respite a few times.

Why did you choose GSH?

I looked around and fell in love with the heimish, Jewish atmosphere. That was important to me because I am orthodox and enjoy celebrating the High Holy Days.

What are the staff and other residents like?

The staff are very caring and accommodating, nothing is ever too much for them. I have made lovely friendships with the other residents. It's a very nice group of people living here.

What is your favourite activity?

I love celebrating the High Holy Days as they are so festive and run so smoothly. It really is a great atmosphere during the holiday period. I also love getting my hair done in the salon once a week and my nails done every two weeks.

Do you go to the synagogue on site?

I go to the shul a lot for simchas and really like that people from the community join us on shabbat. My four sons often come and visit me on their way home from shul.

Does it feel like home?

Absolutely! I have made my room my own and feel very comfortable here. Rabbi Nerenberg makes the Yiddishkeit so easy to follow that I feel a part of it, which is important to me. I would 100% recommend other people in the community to come to GSH, it is very easy to feel like you belong.



Celebrate Rosh Hashanah at the Active Living Centre in Caulfield

Our upcoming Rosh Hashana event at the Anne & Eric Smorgon Active Living Centre (ALC) on 26 September promises to be a vibrant celebration. It will be a special opportunity for the Jewish senior community to come together for an enriching experience full of traditional food, music, dancing, and cultural performances where everyone is encouraged to get involved.

In the past, our Rosh Hashana events have been a big hit, prompting overwhelmingly positive feedback. Last year at the Schwartz Family Synagogue in Windsor,

Israeli dancers had many of our seniors up and moving, and the Didgeridoo performance by Uncle Ron Murray, alongside the traditional Shofar sounding, created a multifaith experience for everyone there to enjoy.

For our seniors, these events not only provide entertainment but a sense of belonging which is especially important around the High Holidays.

By coming together with their peers in celebration, we show our seniors how much they are valued by the community, providing nachas all round.



Residential Home Windsor, multifaith celebrations for 2023 Rosh Hashanah event

Be.You.

CHANGE YOUR NORMAL



Disability Respite Centre & Short-Term Accommodation Now Available 24/7 for Children and Adults.

Jewish Care Respite are leaders in delivering dynamic, individualised learning for adults and children with disabilities. We specialise in care for those on the autism spectrum and those with complex physical and intellectual disabilities.

Our Program Offering:

- Short-term accommodation (STA respite)
- Children's groups (holiday programs) with community access every Sunday and school holidays

Our Facilities Include:

- Accommodation for up to 6 adults and 6 children during the day
- Overnight stays for 5 adults and 5 children
- Separate wings for adults and children
- Purpose-built, kosher meals, and dietary requirement options

Eligibility:

- Must have a NDIS package including STA funds
- Participants aged 7 and older
- Open to Jewish and non-Jewish residents of Victoria.

For more information on our services and programs please contact us on (03) 8517 5999.



www.jewishcare.org.au

New mental health funding to support community

In recognition of the acute and ongoing mental health impacts of the October 7 attacks and ensuing crisis in Israel, the Commonwealth Government has commissioned culturally-appropriate services to help support the mental health needs of the community.

The South Eastern Melbourne Primary Health Network (SEMPHN) has engaged Jewish Care to support community members to understand and access mental health and other related services; administer a small pool of funding to facilitate access to psychological supports; and deliver mental health education, resources and capacity-building activities to support wellbeing across the community.

A community consultation has recently been undertaken to inform project development. Key findings

will shortly be released, as well as shared with the Federal Government to support a greater understanding of the diverse and ongoing effects for the Victorian Jewish community.

"The insights that were so generously shared not only supported project design; they provided a powerful glimpse into the varied experiences and impacts of October 7 and beyond," said project lead Cassandra Barrett.

To learn more about the program, including eligibility and contact information, visit www.jewishcare.org.au/israelMHsupport

Any Jewish person living in Victoria who is experiencing distress as a result of the ongoing crisis is eligible. For a confidential discussion of your support needs, contact Jewish Care's Front Door on **8517 5999**.

Honouring the dedication of our volunteers

On 26 May, in celebration of National Volunteer Week, we held a special event at the Melbourne Holocaust Museum. The event brought together volunteers from across the organisation for an enriching experience of connection and community.

Sixty attendees toured the museum's exhibition, 'Everybody Had a Name,' which they said was both educational and emotionally profound. The atmosphere at the lunch that followed was one of warmth and appreciation, and since each volunteer brought a friend or family member, it was a poignant reminder that the spirit of giving and generosity can unite people of all kinds.

Our volunteers are an integral part of the Jewish Care family. Through this event, we hoped to convey just how essential and valued their contributions are to Jewish Care. In the context of history and current events, we aimed to deepen their understanding of the profound impact they have on our community and the importance of their role in creating a better future for all.



Doreen Levine (right) and her sister, Anita Epstein.

Doreen is the warm and welcoming face you'll see at Residential Home Carnegie's cafe every Thursday. She's been a devoted volunteer at Jewish Care for 20 years. Doreen loves meeting people and hearing their stories when they come in for a cuppa and feels her work is not just fulfilling for the residents but is deeply rewarding for her too.

Volunteering Opportunities – Can you help?

We have various volunteering opportunities available. If you are interested in a new and exciting opportunity or know someone who might be, please contact us at volunteers@jewishcare.org.au or call **03 8517 5933**.

- **Beautician**
- **Youth Aspire Mentor**
- **Ten Pin Bowling Assistant**
- **Cafe Assistant**
- **Pet Visitation Companion**
- **Lecturer and Discussion Facilitator (English or Russian)**
- **Senior Lunch Assistant**
- **Exercise Instructor**
- **Friendly Visitor**
- **Russian Speaking Friendly Visitor**
- **Craft Enthusiast**
- **Cooking Demonstrator and Presenter**
- **Concierge**
- **Musician**
- **Mini-Bus Driver**
- **Gardening Companion**

Thank you for supporting us to support OUR community

During a year overshadowed by events on and since October 7, and the impact of the increases in cost of living, our community's unwavering generosity shone through, resulting in an extraordinary \$3,852,666 raised in our 2024 Annual Appeal.

For Israel and Jewish people globally, our sense of security, identity and belonging has been challenged. In our own Melbourne Jewish community, those already facing hardship are now bearing the added burdens of uncertainty and fear. Jewish Care has been the place they can turn to for help and hope.

Over the past 12 months, we have received over 10,000 calls for assistance and provided 186 families with the support they need. Your contributions ensure that we continue to provide essential services for community members who are:

- Grappling with mental health challenges
- Impacted by family violence
- Struggling to meet basic needs

- Facing housing insecurity
- Seeking employment
- In need of financial counselling and emergency financial aid

These services rely heavily on your support as they receive little or no government funding. We sincerely thank you for supporting us to support OUR community. Together, we will continue to make a difference in the lives of those who need a 'hand up', and we are only able to do it with your support.

An extra special thank you to our incredible committee members

Major Donor Committee:

- Karen Goldenberg
- Rocky Kozica
- Lorelle Krulis

Annual Dinner Committee:

- Georgia Danos (Chair)
- Tahli Koch
- Melanie Smorgon

Generations of Women Committee:

- Melissa Davis (Co-Chair)
- Miriam Farkas (Co-Chair)
- Rachel Arber
- Hilary Cohen
- Lauren Hunter
- Keren Zelwer

New Friends of Monte Committee:

- Debra Kiven (Chair)
- Emma Carp
- Vicki Gordon OAM
- Natalie Hershan
- Helen Landau
- Rochelle Mendel

**We at Jewish Care
extend our sincere gratitude**

Thank You!

**for Supporting us to support
OUR Community and donating to our**

Annual Appeal 2024

 **JewishCare**

Caring for our community for over 175 years

www.jewishcare.org.au

(L-R) Delysia Payoff OAM, Nova Peris OAM OLY, Gayle Smith and Debra Kiven



Inspiring new connections at the New Friends of Monte Lunch

In June, our New Friends of Monte (NFOM) lunch drew a crowd of over 400 attendees who were captivated by the powerful words of keynote speaker Nova Peris OAM OLY. In a heartfelt conversation led by Professor Melissa Castan, Nova shared stories of her background and the connection she feels with Judaism.

This year's event marked a new chapter with a refreshed committee. Debra Kiven, daughter of Delysia Payoff OAM who chaired the event for three decades, took on the role of the Master of Ceremonies. Alongside Debra, the committee comprised of family members of past committee members, now embracing their philanthropic roles and giving back to our community.

The NFOM lunch was not just an event; it was a testament to the power of resilience, connection and philanthropy. Nova made history as the first Aboriginal to win an Olympic Gold Medal and the first Aboriginal woman elected to Federal Parliament. Melissa is the Director of the Castan Centre for Human Rights Law at Monash University. Her late father, barrister Ron Castan, played a pivotal role in the Mabo case win in 1992.

Many thanks to our generous major supporter the Pratt Foundation and our speaker sponsors, River Capital and UHG Foundation. Funds raised are supporting our mental health program which has been a long-held priority of Jewish Care, but which has never been more vital than it is today.



(L-R) Natalie Hershman, Emma Carp, Vicky Gorgon OAM, Prof. Melissa Castan, Nova Peris OAM OLY, Debra Kiven, Helen Landau and Rochelle Mendel

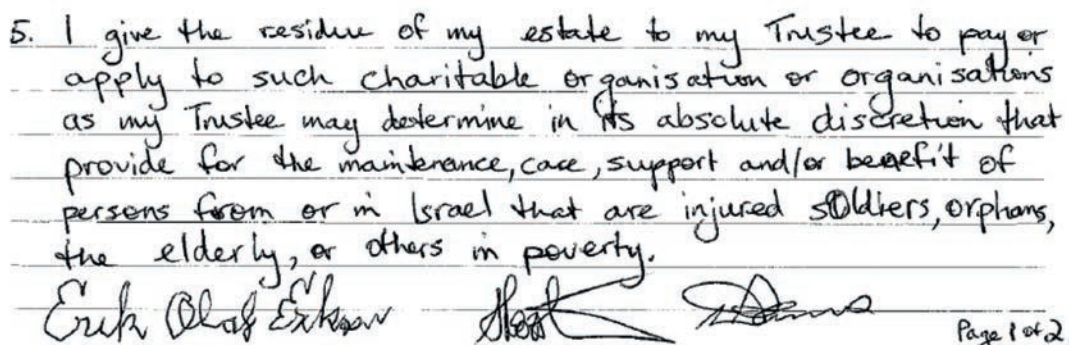
Erik Eriksen leaves a lasting legacy

\$1 million bequest gratefully received by Jewish Care

Author and researcher, Erik Eriksen, was the Queensland State Library's most enduring patron and now he's left an enduring legacy to Jewish Care. In an extraordinary act of kindness, Erik's handwritten will detailed his desire to leave the residue of his estate to an organisation that supports Israeli and Jewish families. His executor honoured this wish by selecting Jewish Care.

Erik was a dedicated intellectual who carried out independent research at the Queensland State Library. With a focus on colonial biography and the forensic sciences, his pursuits led him to author 55 books.

Erik's generous act of philanthropy serves as a reminder of the profound impact one individual can make.



5. I give the residue of my estate to my Trustee to pay or apply to such charitable organisation or organisations as my Trustee may determine in its absolute discretion that provide for the maintenance, care, support and/or benefit of persons from or in Israel that are injured soldiers, orphans, the elderly, or others in poverty.

Erik Olof Eriksen

Page 1 of 2.

Enhancing your community care

Shaping services with your voice

At the core of exceptional community care are the voices of those who experience it daily. Jewish Care's Consumer Advisory Committee play a vital role in ensuring our clients' experiences and needs are reflected in our services. Committee members, including clients, caregivers and community members, meet quarterly to guide improvements that keep our services relevant and efficient.

Your feedback helps shape our services too. We are grateful for all your insights, which inform meaningful improvements. Whether through surveys, direct communication, or focus groups, your experiences help us understand what's working and where we can enhance our services to meet the evolving needs of our community. We also gather feedback through regular check-ins, suggestion boxes, and online platforms, making it easy and convenient to share your thoughts.

For example, following your feedback, we sent out communications with clarified service descriptions to improve community understanding. Our Holocaust Survivor Advisory Committee is reviewing emergency funding requests to ensure essential expenses are covered year-round for financially struggling clients. We've also taken steps to address feedback about contacting our office, with a project underway to improve our customer services.

We encourage you to get involved. Whether through the Consumer Advisory Committee or other feedback channels, your input is invaluable in helping us deliver the highest quality of care. Together, we can build a community care system that not only meets but exceeds your expectations—because the best care is designed with your needs at its heart.

For your say, visit www.jewishcare.org.au/your-say

Meet our Donors



Mary and Graham Slade and their family have been supporters over many decades.

Tell us briefly about your life.

I am the only child of Holocaust survivors – Mela and Leon Groch – born in Lodz Poland. I was two and a half years old when my parents arrived in Melbourne in 1948 after the War.

Where did your philanthropic values and beliefs come from?

My values and beliefs came from my late father, Leon Groch, who loved to help people. When my family became financially able, I started to donate to Jewish Welfare, as it was known then. As well as being President of the Montefiore Homes, my husband Graham was on the Board of Jewish Care for over 10 years and is now a Life Governor.

How important is it that your children be community-minded and philanthropic?

It is very important to me and Graham that our children be connected to Jewish Care, and they are! My son, David spoke at this year’s Gala Dinner about the importance of supporting this vital organisation.

What are your feelings about Jewish Care and its work for the community?

I am a strong supporter of Jewish Care’s work and all that it does to provide outstanding services to those who are in need in our community – be it employment, housing, home care packages, home care and aged care homes.

What message would you convey to future generations about giving back to their community?

Jewish Care is integral to the Jewish community in Melbourne. It has helped vulnerable Jewish people for over 175 years! As such, it is our responsibility to support it in any way we can now and into the future.


Share your simcha

In lieu of gifts, ask your friends to celebrate your special day with a donation to Jewish Care.

These gifts will make a real difference to the lives of the most vulnerable in our community.

For more information or to discuss how your simcha can help to change lives, please phone **1800 539 474** or visit www.jewishcare.org.au



 Jewish Care is a Rainbow Tick accredited organisation - proudly celebrating and warmly welcoming the rich diversity of our community as we strive to be inclusive for all.



Feel at home.

Your choices, your way, knowing support is always there.

We understand the importance of finding the right care for you and your loved ones. With our commitment to exceptional care, compassionate staff and state-of-the-art homes, we are dedicated to creating a warm and nurturing community environment.

We promote an active and fulfilling lifestyle by offering a variety of engaging activities, social outings and events.

- Chef cooked meals
- Private dining rooms
- Spacious courtyards
- Private ensuite
- Beauty salon
- Onsite gym
- Landscaped gardens
- Respite care options

Everyone is welcome

Our residential aged care homes are located at Windsor, Caulfield & Carnegie.

For further information, call **Simone** on **03 8517 5504** or visit www.jewishcare.org.au





Meet our Staff

Tamara Zeltsman is the Lifestyle Coordinator at Gary Smorgon House. She has been at Jewish Care for 25 years.

How does your job impact the community we serve?

My role as Lifestyle Coordinator is to ensure the social and emotional wellbeing of our residents. Based on their interests and abilities, I develop a varied range of programs that help residents and families stay happy, active and engaged.

What is most rewarding about being a part of Jewish Care?

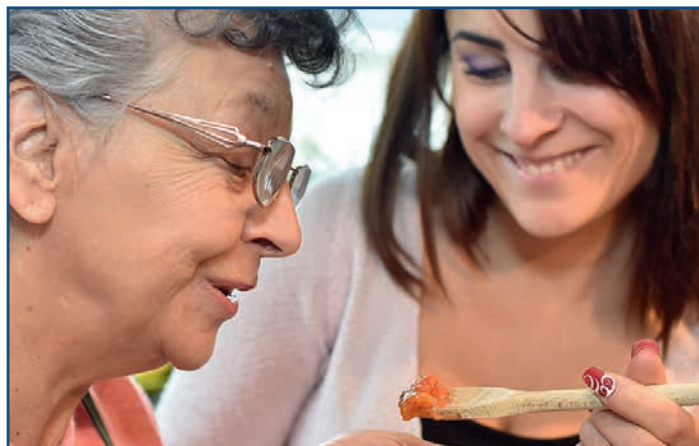
Being able to make a difference to our elders' lives using their culture and history as a guide.

What are you most passionate about?

Ensuring our residents get the best, most appropriate opportunities to pursue their leisure choices.

How have you been impacted since the events of October 7?

The tragic events sent shockwaves through the Jewish community in every corner of the world, including ours. Many of our elders and families have been impacted by the hatred we've seen, and it has reminded us that 'Never Again' is always in the background of our everyday Jewish lives. I offer support and empathy to all affected and remain vigilant to ensure the safety of our elders as well as our staff, and the community as a whole.



From your own home, to getting out and about, we are here to support you in living your best life, for longer.

- We Offer:
- Personal care
 - Home cleaning
 - Escorted shopping
 - Transport to appointments
 - Companionship
 - High quality meals
 - Support with gardening

For more information, call (03) 8517 5999 or visit www.jewishcare.org.au



ACTIVE LIVING CENTRE

Social Support Groups

Planned Events, Bus Tours, Excursion Groups, Delicious Lunches, Zumba, Concerts, Fun Games and so much more!



From Monday to Friday



Activities run between 9AM - 4PM

CALL US ON (03) 8517 5409 or email activelivingcentre@jewishcare.org.au

