



Emmy Monash
Aged Care

emMY news

14 November 2018

RESIDENTS



READY FOR ACTION!

Edna Unglick, Exercise Physiologist and Total Health Physio team member, welcomed residents to our gymnasium this week. She spent time conducting personal assessments and will then write up a tailored exercise program for regular activity in the gym. Over the coming weeks more residents will be assessed and invited to participate in appropriate exercise sessions in the gym during supervised hours on Mondays, Wednesdays and Fridays. Residents Les, Peter and Sam were very keen to be part of this new program!



SPRING RACING RAZZMATTAZ

Israeli singer/songwriter Vered Harel and her pianist livened up the Alter Family Function Room last week for Oaks Day celebrations. Over afternoon tea, Vered entertained with her charismatic spirit and stunning vocals, singing many well-known Israeli tunes and some soulful jazz numbers. The Lewinsky Plaza was also abuzz, where Vered playing the piano for residents to sing along to over a special afternoon tea of fruit and rugelach.



GREEN THUMBS IN SPRINGTIME

Each week, residents join CCW Assistant Dodi outdoors for some weekly garden therapy. This time they cleared spent pansies from a raised garden bed and planted petunias in its place. Josef has also been busy in the garden recently, watching over his new herb and vegetable seedlings as well as the many flowering garden beds at this time of year. Time spent in the garden can be accessible to everyone – even if simply to admire the surrounding colours and fresh air. The benefits are vast, from increased mobility, relaxation and social connections to reduced stress levels.

CEO'S MESSAGE

What a milestone Hetty and Abe Seigel have reached – they recently celebrated their 70th wedding anniversary as well as Hetty's 94th birthday. I recall meeting Hetty and Abe when they came to Emmy ten years ago, when Abe was determined that they be together in their new home. They have become a very special part of Emmy for ten years now, and I wish Hetty and Abe a hearty Mazal Tov on this momentous occasion, and warm wishes for many more happy memories together.

Last week's spring racing carnival events gave everyone the chance to dress up and enjoy themselves. It was lovely to listen to Israeli singer Vered Harel performing for residents, she certainly had the audience in the palm of her hand with her soulful vocals and big smile.

It's exciting to see the staff at Total Health Physio meeting with residents and Emmy staff, working together to introduce new programs and opportunities. Over time there will be an expansion of these programs including outdoor activities as weather permits. Of course, this time of year means that Chanukah is just around the corner, and I'm looking forward to seeing friends and families unit over the festivities.

Tanya Abramzon
CEO



Save the date

Emmy Monash
Chanukah Family Day
Sunday 2nd December



RESIDENTS



MAZAL TOV TO HETTY & ABE

It's not every day that one gets to celebrate a 70th wedding anniversary, let alone a 94th birthday as well, but Hetty and Abe Seigel have done just that. Hetty and Abe marked the special occasion with a small party of family and friends at Emmy.

Our very best wishes to Hetty and Abe on this incredible achievement, celebrating 70 years of love and companionship, and many happy returns on your birthday, Hetty – Mazal Tov!



MOBILE VOTING COMES TO EMMY

In preparation for the upcoming State Election, the Victorian Electoral Commission is bringing a mobile voting service to Emmy.

On Tuesday 20th November, residents can have their say and cast their vote in state politics.

VOLUNTEERS



VOLUNTEER SPOTLIGHT

Meet Ray Miller, one of our new volunteer bus drivers. Recently retired and keen to give back to the community, Ray is helping to fill the roster of bus drivers who transport residents to and from various programs and activities.

The strength of our volunteer community is clear when an existing volunteer brings a new face into the Emmy fold, welcome Ray! This week Ray drove residents to Mount Scopus College, Gandel Besen House campus to participate in the Safta Program with the kindergarten students.

STAFF



STAFF OAKS DAY BBQ

The sun was shining on Oaks Day as staff got together to enjoy a social BBQ lunch. Adelia and the catering staff put on a delicious spread of barbecue foods, salads and punch that was enjoyed by many. Staff got into the spirit with fancy fascinators and Maintenance Manager Trent was almost unrecognisable in a tie and jacket.

A big thank you to Kerri Stuart and Debbie Jacobs for organising the event and to catering staff who prepared and cooked the lovely food.

UPCOMING EVENTS



ST KILDA SHULE CHOIR

Join us and St Kilda Shule in a choral Carlebach-style Kabbalat Shabbat service on Friday 30th November at Emmy.

Led by Chazzan Brett Kaye and the St Kilda Shule choir with Rabbi Glasman in attendance.

Light Kiddush to follow, where we will thank members of Victoria Police for their support of our community.

Commencing at 6.30pm, Goldschlager Family Synagogue

NOVEMBER

Sunday 18th

Mitzvah Day – baking with Darchei Shalom

Monday 19th

JCCV AGM

Tuesday 20th

State Election mobile voting

Thursday 22nd

Melbourne Recital Centre concerts: Ziggy & Miles

Sunday 25th

Annual General Meeting
Concert: Melbourne Yiddish Choir with Tommi Kalinski

Thursday 29th

Residents Meeting

Friday 30th

Kabbalat Shabbat service with St Kilda Shule choir

DECEMBER

Sunday 2nd

Chanukah Family Day

Thursday 6th

Rabbi Genende Chanukah talk

Wednesday 12th

Staff End of Year Party