



Emmy Monash
Aged Care

emMY news

18 April 2019



FELDER FAMILY CAFÉ

For the first time, the Felder Family Café will open during Pesach with a limited Kosher L'Pesach menu. Families and residents are welcome to enjoy our home cooked Kosher L'Pesach menu options.

Monday 22nd April Closed

Tuesday 23rd April 9.30am–4pm

Wednesday 24th April
9.30am–3pm

Thursday 25th April Anzac Day
11am–4pm

Friday 26th April Closed



KOSHER FOR PESACH

Yesterday our Mashgiach prepared our kitchen and Café for Pesach, as Emmy Monash will be kosher for Pesach from Thursday 18th April returning to regular food service on Monday 29th April. We request all families to be respectful and not bring any non-Pesach food to the premises during this time. We look forward to celebrating festive Seders across several dining rooms on 19th and 20th April and engaging meaningfully with our residents during the Passover period.

CEO'S MESSAGE

It is always an exciting time in the lead up to Pesach, especially when we have such wonderful spaces at Emmy to enjoy Seders and spend time with our loved ones. As you know, there are many preparations to take care of in preparation for Pesach, and Emmy becomes a hive of activity looking forward to coming together at this special time.

By the time you read this, we will have prepared the kitchen and Felder Family Café to be Kosher L'Pesach and ready for some authentic, family inspired Seder meals. And due to the overwhelming success of our communal Seders last year, we will again hold concurrent Seders for residents on the first and second nights of Pesach.

There are some interesting events to look forward to on the calendar over the page, including Julie Leder, an Emmy volunteer who will be talking about her army career in the light of Anzac Day next week. Some residents who are ex-service men and women will also be a part of this event.

I wish you all Chag Pesach Sameach.

Tanya Abramzon,
CEO



EMMY WISHES YOU
Chag Pesach Sameach



SAFETY DURING PESACH

The team at Total Health Physio have provided some tips to help keep your loved ones safe when taking them out over Passover.

1. Plan ahead — How far do they need to walk from car to house? Is the path flat? Are there any steps or street curbs? Is it litter free? Don't rush.
2. Lights on! Make sure the lights are on in the driveway and along the path to the house. The hallway to bathroom should also be well lit.
3. Wear appropriate footwear, nice flat shoes — Avoid heels ladies.
4. An arm can be comforting, but a walking frame or stick is their best friend — Use their mobility aid.
5. Absolutely no more than four cups of wine. We don't want anyone walking under the influence — Perhaps some grape juice instead.

BANDO SHARP HAIR AND BEAUTY SALON

The Bando Sharp Hair and Beauty Salon will be closed for the week commencing 22nd April.

To arrange a booking at a convenient time, please speak to Mary Lou on her return or contact Reception at Gandel House.



ORANGE AND ALMOND CAKE RECIPE

In case you are searching for a delicious dessert to serve over Pesach, try this Orange and Almond Cake, it's moist and sweet and your home will smell like oranges!

Ingredients

2 oranges, washed
250 g caster sugar, plus extra for dusting
6 eggs
250 g almond meal
1 tsp baking powder
icing sugar, to serve

Instructions

Bring a large pot of water to the boil. Wash the oranges and cook in the boiling water for 2 hours. Drain, allow to cool to room temperature, then puree. This step can be done ahead of time.

Preheat the oven to 160°C. Grease and line a 22cm springform cake tin with baking paper.

Beat the eggs and caster sugar until well combined. Stir in the orange puree followed by the almond meal and baking powder.

Pour the batter into the prepared tin and dust the top with extra caster sugar. Bake for 1–1¼ hours, until the top is golden, and a skewer inserted into the centre comes out clean.

Allow to cool in the tin. Dust with icing sugar, cut into slices and serve.

Source: Food Safari, SBS

UPCOMING EVENTS

APRIL

Friday 19th Erev Pesach

Erev Pesach Service,
Goldschlager Synagogue

Saturday 20th Pesach Day 1

Shabbat Yom Tov Service

Tuesday 23rd

Uncle Velvel Concert

Wednesday 24th

ANZAC Day talk by Julie Leder,
volunteer

Thursday 25th ANZAC Day

Erev Yom Tov

Friday 26th

Erev Shabbat Service,
Goldschlager Synagogue

Saturday 27th Pesach Day 8

Yizkor
Shabbat Service

Sunday 28th

Thirteen program

MAY

Wednesday 1st

Visit from Kate Ashmor, presenting
'The Dame'

Thursday 2nd Yom Hashoah

Speaker: Pauline Rockman,
Jewish Holocaust Centre
Michael Cohen and Yavneh students
leading the commemoration

Friday 3rd

Progressive Service, Meydan
Cinema Room, Level 3
Pop Up Kabbalat Shabbat Service
with St Kilda Shule,
Goldschlager Synagogue

Saturday 4th

Shabbat Service and Kiddush,
Goldschlager Synagogue

Sunday 5th

Concert: City of Glen Eira Band

Monday 6th

Zvi Civins: Life Long Learning Series

Tuesday 7th

emMYkids, Alter Family
Function Room

Wednesday 8th

Yom Hazikaron commemoration

Thursday 9th

Yom Ha'Atzmaut celebrations
with Vered Harel and Oded Gordon
performing

Sunday 12th

Mother's Day Concert with Danny
Silver and his band 'KGB'

STAFF



WELCOME TO NEW STAFF

A warm welcome to our new staff members:

Chandini Sharma, PCA

Kate Soloviova, PCA

Richard Ssewanyana, EEN

Jeremiah Esatiah, EEN

Simmi Kaur, Catering Assistant

We wish them all the best in their new roles at Emmy!



EMMY RUNS FOR THE KIDS

Emmy Monash staff had a chance to give back recently, raising funds for the Royal Children's Hospital Good Friday Appeal by taking part in the annual Run for the Kids event. They walked the 12.8km course across Melbourne, which took them past the front of the new Royal Children's Hospital where young patients and their parents were waving from the entrance. These events bring together staff from many areas: Clinical Care, Executive and Finance, as well as their families and is a great opportunity for some exercise, fresh air and a long chat! Despite the sore muscles, there were plenty of smiles on the day.