



Emmy Monash
Aged Care

emMY news

12 June 2019

Please support our 2019 emMY appeal

RESIDENTS



PLACEMENT STUDENTS

We currently have four placement students studying Certificate III Individual Support — they will be qualified PCA's soon. Our partnership with Holmesglen TAFE allows students to gain hands-on experience and introduces them to the high calibre care environment at Emmy. Please say hello to Olga, Miki, Susrini and Yvonne (not pictured) when you see them.



MANY COOKS MAKE LIGHT WORK

The smell of vegetables cooking spread throughout Emmy recently as residents and volunteers came together with Caulfield Shule's Social Action Initiative, Darchei Shalom. They cooked some delicious vegetable soup and sandwiches to provide to those less fortunate in our community. Another way our Emmy residents give back and celebrate National Volunteer Week.



PHYSIO TIPS FOR WINTER

Especially during these colder winter months, keeping your muscles warm is key to helping prevent aches and pains. Try these active tips from Total Health Physio to stay warm and help your circulation through winter:

1. Go for a walk around your entire floor. Challenge yourself to get further each time.
2. Talk to your Team Leader about visiting the gym at Emmy's Wellness Centre. Toni, our dedicated personal trainer will put together a program for you that will no doubt keep you warm.
3. If gym isn't your thing, join in the weekly exercise class to get your heart pumping as you exercise to the music with our physiotherapists.
4. While sitting, move your ankles up and down to keep the circulation through to your feet.

CEO'S MESSAGE

What makes Emmy so unique is our holistic care and personalised approach for each resident. We are constantly building meaningful connections with our community and finding new ways to enrich and add value to the lives of our residents. This was demonstrated in spades at the recent Volunteer Celebration Party. It was a full house of supporters who came together to celebrate the exceptional work of our volunteers. They are an integral part of our community and on behalf of the entire Emmy family, I thank you for your ongoing support.

With the change of season and colder weather upon us, so are winter colds and flu. This year we have again provided Emmy staff with free flu vaccinations and our Clinical Care Team have ensured staff are well trained to minimise potential impact and protect our residents' health. Please remember to always use the hygienic hand wash available at Reception and throughout the building. If you or your family show cold symptoms, please wait until you are feeling better before visiting Emmy.

Our Annual Appeal this year focuses on fostering connections and enhancing wellbeing. With your donation, Emmy Monash will be able to continue to provide person-centred holistic care and redefine the aged care experience. Thank you for your support.

Tanya Abramzon,
CEO



Fostering connections and enhancing wellbeing

DONATE TODAY www.emmymonash.asn.au or call 8508 9300

RESIDENTS



MONTESSORI FOR DEMENTIA

Whether residents are tackling wooden puzzles, singing together or building towers of blocks, our dementia trained CCW team are making a real difference in residents' lives. Dedicated Montessori programs engage residents in appropriate activities that can recall fond memories, enhance cognitive abilities and bring a sense of accomplishment and happiness to their days.

VOLUNTEERS



MAZAL TOV!

At our annual Volunteer Celebration Party we heard straight from the heart of residents, staff and community partners about the positive impact and world of difference that volunteers make to the lives of those at Emmy. The Heart of Emmy was awarded to some worthy recipients: Syd Crawcour, Martin Israel and Ella Stonier Watson. We also recognised Zarra Bodna, Steven Smith, Karen Spiegel-Neumann and Lea Teller who were recipients of the City of Glen Eira Volunteer Awards for their years of service. Emmy thanks all our volunteers for their amazing support.

STAFF



WELCOME TO NEW STAFF MEMBERS

A warm welcome to PCAs Agnes Feher, Nyaksi Nyakuok (not pictured) and Bashudev Bhandari, and to Daniel Baraket — Emmy's newest Catering Assistant and Mashgiach.

We are very pleased to be growing our workforce with talented team members and we wish them every success at Emmy.

STAFF



FAREWELL JUDY

It is with regret that we announce Judy Fetter's resignation. Judy has worked at Emmy for nearly six years and has been instrumental in raising our profile through her role as Donor Relations Manager and as General Manager Operations. She has worked diligently to strengthen our organisation and meet the needs of our residents and the community. Judy has accepted a part time role as Executive Director at JCCV, allowing her to continue working within the Jewish community and enjoy more quality time with her family. Thank you, Judy for the amazing work you have done at Emmy. Your wisdom, valuable insights and support is greatly appreciated and will be missed. We wish Judy all the best as she embarks on a new chapter in her career. Judy's last day at Emmy is Friday 5th July.

Please join us to say farewell to Judy at an afternoon tea on **Wednesday 3 July at 2.30pm** in the Alter Family Function Room.

UPCOMING EVENTS

JUNE

Wednesday 12th
Sing-a-long with Serendipity

Thursday 13th
MDA 'Wish Ambulance' talk

Residents & Families
Engagement Meeting, 2pm
Alter Family Function Room

Friday 14th
Erev Shabbat Service,
Goldschlager Family Synagogue

Saturday 15th
Shabbat Service and Kiddush,
Goldschlager Family Synagogue

Sunday 16th
Concert: Tim Chiang, pianist

Wednesday 19th
emMYkids, Lewinsky Plaza

Thursday 20th
Rabbi Genende talks about
'Challenging times, challenging
opportunities'

Friday 21st
Progressive Service,
Moshe and Miri Meydan Cinema
and Media Room, Level 3
Erev Shabbat Service,
Goldschlager Family Synagogue

Saturday 22nd
Shabbat Service and Kiddush,
Goldschlager Family Synagogue

Sunday 23rd
Concert: Jason Fookes

Tuesday 25th
Zumba Gold session

Friday 28th
Erev Shabbat Service,
Goldschlager Family Synagogue

Saturday 29th
Shabbat Service and Kiddush,
Goldschlager Family Synagogue

Sunday 30th
Concert: KGB Performance

THE HARVARD KROKODILOES

Harvard University Krokodiloes are coming to Emmy!

Sunday 7th July at 1.30pm
Be entertained by Harvard's oldest a cappella group as they perform their signature blend of jazz and swing songs.