

MAURICE ZEFFT NEWS

January 2024 Edition



HAPPY
2024
NEW YEAR

THE ZEFFT EXPERIENCE AWARD - DECEMBER

We are delighted to announce that Kripa Thapa has been named the recipient of the Zeffert Experience Award for December 2023. As our Registered Nurse Supervisor, Kripa showcases impressive leadership qualities and maintains a positive, can-do attitude that inspires those around her. Her commitment to excellence has earned her glowing reviews from residents and their families, who appreciate her responsiveness to requests and adept handling of issues that arise during weekends. Kripa has also demonstrated exceptional enthusiasm in implementing our new continence program, which has been met with resounding success. She is a true embodiment of MZH's core values.

WELCOME TO THE NEW STAFF WHO JOINED US IN DECEMBER 2023 AND JANUARY 2024

Enabling Companions

Bisma Inayat & Morgan Lombe
Deepicka Sutar & Bwalya Kasonde
Ambika Mongar & Ruth Mwangi
Ugyen Lhamo & Choki Choki
Ma Cristina Julian



Physiotherapy Assistants

Marycke Pienaar & Brianna Snel

Registered Nurses

Yao Wen
Maureen Adero
Frida Maeda



Catering

Mickey Batchinitcha

Accounts

Leah Simeon



DECEMBER AND JANUARY BIRTHDAYS

Joyce Maric
Margaret Dellaca
Miriam Pager
Marie Kent
Dulcie Trobe
Evelyn Blumberg
Margaret Bigwood
Dorothy Burn



Len Clements
Jenny Shub
Sol Bell
Eli Kitay
Sylvia Gordon
Gloria McPherson
Rhoda Berman
Rodney Van Proctor



PIXIE THE PONY VISITS MZH

The residents were in for a delightful surprise when Pixie the pony and her mum, Stacey, came to greet the residents. No long faces here! Pixie arrived with her best sparkly shoes to give hugs and cuddles to all.





DULCIE TURNS 100!

Dulcie Trobe, OAM, celebrated her 100th birthday on 17 December with family and friends who came from far and wide to be with her at her home, Maurice Zeffert.

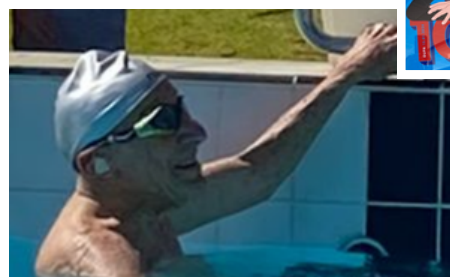
Of course, there was cake, laughter and lots of mazel. There were also speeches, the most important one was written by Dulcie, with the help of her three daughters, and delivered by Dulcie. She began by saying she had 'been looking forward to this day since I was 99 years and 1 day old! It has been, and still is, a wonderful life filled with love and joy.'

Born in 1923, Dulcie had an idyllic childhood filled with love. At sixteen, her mother died from a heart attack and her father decided she and her sisters, Sylvia and Paula, should go to Australia to live with their grandfather and aunts. It was there where Dulcie met and married Ross and they had three girls - Valerie and twins, Carol and Ruth. She volunteered with National Council of Jewish Women and was President for a total of ten years, and started the Jewish Seniors Club which she ran for twenty years. She was awarded an OAM for her extensive volunteer work.

Mazeltov, Dulcie. We wish you continuing love and joy.



ELI KITAY IS 100 YEARS OLD!



'Well, I'm an old man', but I'm not that bad.' So said Eli Kitay at the age of 91, as reported in The West Australian on 15 February 2015 in an article by Liam Croy entitled Nonagenarian still setting records.*

And Eli is still 'not that bad.' In fact, he is very good! He recently celebrated his 100th birthday with family and friends from around the world, enjoying the fact that he had reached such a wonderful milestone and is still moving, swimming, taking a keen interest in world events and his family as well as reflecting, thinking and 'getting wiser'.

Eli is a lifelong learner, keeping up with world events and what is going on in the community and in his family. He developed a love of running and swimming while at school and after taking a break from both whilst in the working and raising a family phase of his life, returned to both in his later years. He was running up to fifty kilometres at the age of seventy, 'never at the back, always in the middle of the pack.' In swimming, he holds the 200 m, 800 m and 1500 m Australian Masters freestyle records for the 90-94 age group.

Eli's ancestors are not long-living so he is still amazed that he has reached this milestone. He has been reflecting on his life and the ethos he follows - keeping body and mind alive by moving, not sitting, and doing things like Wordle and Sudoku regularly - which is clearly a factor in his longevity and abilities.

Eli Kitay's active engagement in life is a motivation to all who aspire to age well.

*<https://thewest.com.au/news/wa/nonagenarian-still-setting-records-ng-ya-385416>



FAREWELL AND THANK YOU TO RABBI BRAD KITAY

On 08 December 2023, we hosted a morning tea to farewell Rabbi Brad, his wife Michal and their five children who returned to Israel on 16 January. Many residents, their families and staff have been touched by the involvement, love and generosity of this wonderful family. Yvonne Goldman spoke of her memories of the school-age volunteer Brad; his ideas for events that included a residents ball; and, more recently, last year's memorable First Night Seder when the Kitay children re-enacted the exodus from Egypt. And Rabbi Brad spoke eloquently about how much coming to Maurice Zeffert had meant to him throughout his life. We wish the whole family good health and happiness.



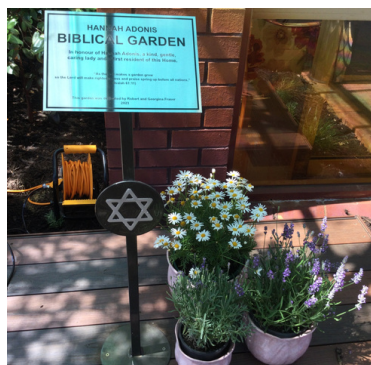
RABBI COLEMAN'S BIRTHDAY CELEBRATIONS



A lovely morning tea was held in honor of Rabbi Coleman's 105th birthday. Many residents, staff and Rabbi's family joined together to celebrate, sharing stories about their personal relationship with him and the impact he has had on their lives. The home has had the pleasure of his services as our honorary Rabbi over many years.

BIBLICAL GARDEN - OFFICIAL OPENING

Our 2022 MZ Giving Day included asking for support for proposed projects, including one called Themed Gardens. Gina and Robert Fraser expressed their interest in the garden project and raised the possibility of donating funds for a Biblical Garden, having seen one in Israel some years previously, to be dedicated to Gina's grandmother, Hannah Adonis, an idea which we embraced wholeheartedly. After detailed planning, purchasing and planting, the Hannah Adonis Biblical Garden, featuring plants mentioned in the Torah, was opened on Monday 18 December. Gina and Robert's extremely generous donation, their knowledge, dedication, research and love have given us a garden that is a space to contemplate, find some peace, enjoy the plants, gain information from the plaques, reflect and remember.



ICARE

MZH has successfully implemented a fully integrated clinical system that is user-friendly and can be configured to meet specific needs. To achieve this, we adopted the Telstra Health Clinical Manager, Medication Manager, and CareKeeper as an integrated Clinical Management Software. The primary reason for the switch was to access the CareKeeper app, which allows care staff to quickly access care plans and complete tasks at the bedside using a mobile device. This eliminates the need to spend time at a care station and allows care staff to spend more time with residents. The implementation was completed successfully by the end of 2023.



A new book club is launching on 15 February especially for seniors. With immense gratitude to our volunteer Joyce, the brain child of this new venture, we are inviting residents and friends to come and have a sticky beak at our first meeting. Please contact reception to put your name down if you are interested.

Recently, some visitors have parked their vehicles in staff bays near Keren Or or in undesignated areas, causing inconvenience to other drivers. Please park your vehicle only in designated visitor car parks to avoid such issues.

SNAPSHOTS FROM DECEMBER 2023 AND JANUARY 2024

