

FRIENDS OF SHALOM COURT ASSOCIATION SPECIAL EDITION

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To celebrate Rosh Hashanah we have put
together a special edition of FOCUS.

SHALOM COURT

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From the Chair

We are now at our third quarterly FOSCA newsletter for 2022, and as you can see, we have not been idle. Firstly a big thank you to those who came for the AGM, and got a chance (you will have all received the Minutes) to have their say, and listen to Jack Porus and myself as well as Chris (on the marketing). It was your opportunity to ask any questions you may have, and to hear first hand what is going on.

The Governing Board and Trust Board continue to work very hard for the future of Shalom Court. By the time you read this, work will have begun on replacing the roof on the lower lounge of Shalom Court which will not impact at all on Phillip/Fisher/Albert Houses. The roof has been leaking for some time, and we hope to continue to use this lounge for functions.

We will soon be installing a new call bell system, and another system (known as V Care), and we are on track to launch our new website and accompanying brochures, as well as being on Instagram and Facebook.

Following this, work will begin on a section of the obsolete cottages at the back, and there are several cottages that will be refurbished. Our plan is that these cottages be independent living cottages, catering for people 55+ who would like to be part of Shalom Court, but not requiring Resthome or Hospital level of care. It is aimed at retired people and the units will be restored to a beautiful standard. Rent will be very reasonable, and we are also hoping to be able to have one unit at some stage, to rent out to visiting families of our residents. Carparking will be an issue, so a fee will be charged for being able to use a carpark on our grounds. So watch this space.

Since our last edition, Robert Vaassen moved on to another facility, and we farewelled Ian McClean (see this newsletter) who was with us for two years.

We have welcomed Janet Pezaro, Wendy Walsh, Charlotte Maram and Agnes (Ness) Paykel, and have had several respite residents for short periods of time. As I write this, we are 24 out of 26 beds full.

Shalom Court also hosted a 3-day Eden course, where 4 of our staff attended and Juliette has spoken more about this in her piece in this newsletter.

We are looking forward to hosting you for Succot on 9th October (again, see this newsletter) and it is very important that you RSVP to the email provided please. We welcome you to bring your partner/family, but if they are not a FOSCA member, then there is a cost of \$35 per person.

Again, huge thanks to HBH who continue to manage the home beautifully. We have full staff and are grateful for their continued help. Also a big thank you to members of the Jewish community (ably organised by Sylvia Treister) who come for Friday night Kiddush and also Jewish festivals. There are other volunteers who also help in so many ways, including the Entertainment committee.

If you would like to volunteer in any capacity, please contact Michal on office@shalomcourt.co.nz and she will be more than pleased to chat with you.

Please take the time to read the explanations about the upcoming Jewish festivals in this newsletter.

I would like to wish you all, on behalf of the two Boards, a healthy and happy New Year (Shana Tova) and I hope to see many of you on the 9th October for a special Israeli lunch.

Esther Haver – Chairperson

Celebration of Shalom Court Succot – Jewish Harvest Festival.



Shalom Court warmly invites all FOSCA members, volunteers and Shalom Court staff to a special SUCCOT luncheon

October 9th • 12-2PM

Israeli lunch catered by our own Michal

If you want to bring someone who is not a FOSCA member, we would welcome them, but a cost of \$35 per person as a guest. \$15 for children under 13

RSVP TO MICHAL ON: OFFICE@SHALOMCOURT.CO.NZ BY 30TH SEPTEMBER

Understanding Jewish High Holidays

Rosh Hashanah- L' shanah Tovah U'Metukah (Have a good and sweet year!)

Rosh Hashanah commemorates the creation of the World and marks the beginning of the Days of Awe, a 10-day period of introspection, reflection and making resolutions. (teshuva). It culminates in the Yom Kippur holiday, also known as the Day of Atonement.

An important element of the holiday is the ceremonial sounding of the shofar made from a ram's horn. The sound of the shofar is understood by some as the cry of the soul yearning to be closer to Hashem, and by others it is understood to be a 'wake up call' from Hashem (G-d). "A call to get serious about life and make a difference"

This is a time for family and friendship - and also tzedakah - the act of giving to those less fortunate. Symbolic foods are incorporated into meals, at this time - the traditional round challah represents the circle of life, while apples dipped in honey stand for a sweet and prosperous year.

Rosh Hashanah, or Jewish New year will be celebrated this year from sundown on Sunday September 25, through sundown on September 27, 2022.



Understanding Jewish High Holidays

Yom Kippur – the holiest day in the Jewish Calendar

This year, Yom Kippur will be observed this year from sundown on Tuesday 4th October though sundown on Wednesday 5 October.

Only adults are commanded to fast for the duration (25 hours). Unwell adults are exempt from fasting.

At this time, according to Jewish teaching, Hashem opens the “Book of Life” each year to inscribe a person’s fate for the coming year, but Hashem does not seal that fate until Yom Kippur.

A popular form of well-wishing is “Gmar Chatima Tova” or “May you be sealed for good” (in the Book of Life). Yom Kippur ends with a joyous celebration and the breaking of the fast

A heartfelt thanks and yeshekoach (kia kaha) to Lenny Bloksberg from Beth Shalom who performed the mitzvah of blowing the Shofar once again at Shalom Court.



Understanding Jewish High Holidays

Sukkot 2022 (October 9-16, 2022) Feast of Tabernacles

“You shall dwell in booths for seven days....so that future generations will know that I caused the children of Israel to dwell in booths when I took them from the land of Egypt
“
(Vayikra 23:42-43)

Sukkot is a weeklong Jewish holiday that comes five days after Yom Kippur. Sukkot celebrates the gathering of the harvest and commemorates the miraculous protection G-d provided for the children of Israel when they left Egypt.

We celebrate Sukkot by dwelling and eating in a foliage-covered booth (known as a Sukkah) for 7 days. The holiday of Sukkot can be appreciated as a reinstatement of our faith in Hashem’s everlasting protection over us.

On Sukkot, Jews make special prayers over the lulav and etrog. The lulav is a long palm branch around which have been wrapped branches of myrtle and willow. The etrog looks like a lemon. Like most Jewish ceremonial items, the lulav and etrog have philosophical meanings. It reminds us to strive to be a community bound together (like the myrtle and willow wrapped around the palm branch) by both learning and good deeds.



Understanding Jewish High Holidays

Simchat Torah Festival in rejoicing in the Law (16-17 October 2022)

Simchat Torah is one of the most joyous Jewish holidays and is celebrated after Sukkot. It is a celebration of the conclusion of one and the beginning of another annual cycle of readings from the Torah. The Torah (“instruction” “teaching” or “Law”) is the compilation of the first five books of the Hebrew Bible, namely, the books of Genesis. Exodus, Leviticus, Numbers, and Deuteronomy.

The final portion of the Book of Deuteronomy is read in the synagogue, followed by the beginning of the Book of Genesis. In this manner, the annual cycle of Torah continues unbroken.

Simchat Torah conveys a clear message about the centrality of Torah in Jewish Life. It is a source of Jewish Identity and it is the day on which the whole community gathers together to come into direct contact with the Torah and to express joy in having received it.

This weekend as we see the conclusion of the Jewish year 5782 and the entering of the New Year 5783 in the Jewish calendar, we wish residents, staff, family and Friends of Shalom Court, a happy and sweet year and may we all be written in the Book of Life for good.

We also invite you to join us in our Sukkah in Shalom Court on Sunday 09 October at 12-2pm, bookings are essential to celebrate Sukkot. Chag Sameach!



Understanding Jewish High Holidays

Glossary of Hebrew words and their meaning

Shofar A shofar is an ancient musical horn typically made of a ram's horn, used for Jewish religious purposes

'Teshuvah' (returning) when a person repents for his sins he is actually 'returning' to the right path and following God's commandments.

Tzedakah charity

Challah a special bread usually braided and typically eaten on shabbat and most major Jewish holidays

Hashem Literally means "The Name". used in Judaism to refer to G-d to avoid the sin of taking G-d's name in vain. (The third of the Ten Commandments, "You shall not take His name in vain.")

Baruch Hashem Thank G-d

Mitzvah The literal meaning of the Hebrew word mitzvah is commandment, but the generally accepted sense is that of a good deed. Chasidic teachings explain that performing mitzvot helps us to connect or strengthen our bond with Hashem

Shanah Tovah Good Year (Greeting)

Chag Sameach Happy Holidays

This has been compiled from a variety of sources.

Rosh Hashanah Lunch



L'Shana Tovah tikatevu



Eden Alternative Comes to Shalom Court

Earlier this month in conjunction with the other homes across HBH Senior Living Group, the inaugural Eden Associate 3- day Inhouse program was hosted here, at Shalom Court in our lower lounge.

Sally Hopkins, (Vice President of Eden Alternative USA, and also Executive Directive of Eden in Australia, NZ & Asia), travelled from Melbourne to facilitate the workshop, with myself assisting as the other qualified Eden trainer.

The Eden Alternative is a Philosophy of care, based on the premise that people living in long term care, suffer from loneliness, helplessness and boredom. The solution is centred around ten principles that support organisations to bring about long-term culture change. Meaning and purpose are at its core.

With 18 attendees, representing all roles from Board, executive leadership, clinical care and frontline support, they embarked on a journey of personal transformation and focusing on ways to create “Home. This is by moving away from the institutional model, to a holistic or relationship focused, person directed model of care. This is one of the key drivers of all our care homes.

Lots of initiatives and projects that can enhance the lives of our elders and frontline staff were generated during these three days. You will start to see some of these projects get underway in the coming weeks and months. We encourage our families and community to be part of this, and ultimately the wellbeing of our residents comes down to successful care partnering.

Our attendees were treated to a delicious part of the Jewish culture throughout these sessions. Michal Aharony, one of the attendees from Shalom Court, prepared all the wonderful food, sharing Jewish traditions for the three days.

We continue to work well as a team with Shalom Court and it's great to see how much the staff who attended from Shalom Court, enjoyed meeting and making friendships with other team members. I know that these will be lasting relationships, and provide helpful support in this ongoing journey to provide individualised care with dignity

HBH continues to enjoy its relationship with Shalom Court. We continue to grow together, and this is very much part of our shared values. If you'd like to know more about the Eden alternative go to www.edenalt.org

Juliette Tuckey



Shalom Court

Commitment. Care. Comfort.

Thunder the Wonder Cat

A few months ago we purchased two adult rescue cats for Shalom Court. We received Thunder and Lightning who were sisters, and Thunder at the age of around 18 mths, had already had two litters. Both cats were neutered before coming to us, and we diligently kept them in the front office for 2 weeks with food and water. They had company, but still chose to sit high on the shelves and heat pump. Then, one night someone accidentally let them out, and they escaped outside.

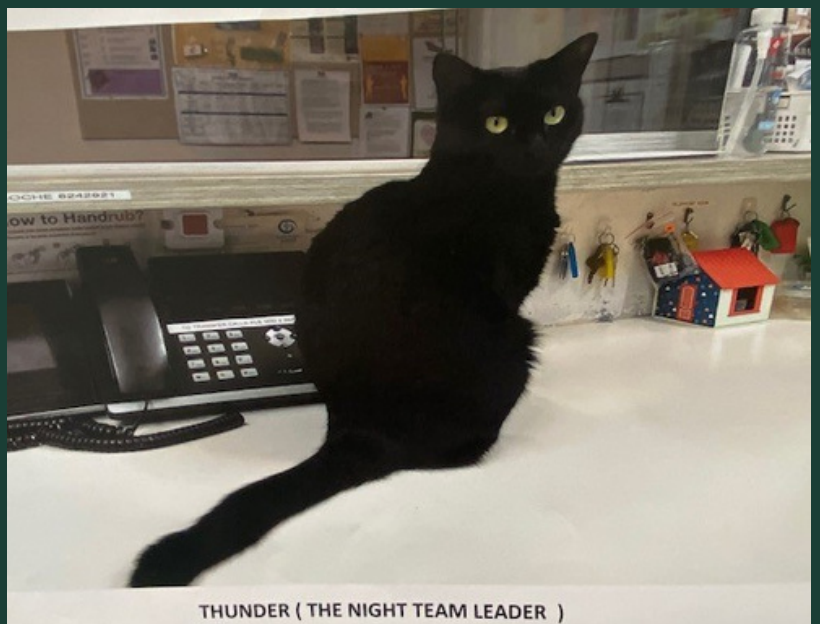
The Rescue Trust returned with cages to capture them, and managed to get Lightning, but Thunder eluded them. However, we kept leaving food out for Thunder, not wanting her to suffer as she was seen still around Shalom Court (I had thought she'd be long gone). Slowly she ventured inside and now returns each evening to spend time with the evening/night staff, and does their rounds as well.

She's a beautiful black cat (as you can see from the picture) and we are hoping that eventually she will be bold enough to spend time indoors during the day as well.

Having an animal is part of the Eden Alternative philosophy, and Thunder is fulfilling her role, albeit initially just at night time – she is very comfortable roaming her vast property and we are enjoying her company.



Staff training in the garden



THUNDER (THE NIGHT TEAM LEADER)

Got a story, something interesting and want to share please let us know

Juliette - HBH

Exciting Changes

This past year we have seen a shift in Shalom Court's identity, our goal is making us noticeable and attractive to future residents in the market but also to keep true to our unique identity.

We undertook some early steps by partnering with a marketing company on the advice of HBH, so we are now working with Jocelyn at Inspiration point. We undertook the perception audit looking at how everyone views Shalom Court from the good and not so good, a massive thank you to all those involved.

I took on myself to change the design and layout of the FOSCA newsletter that reflects the stories of our residents and includes humour and communicates what is happening here. It is now a newsletter that tells the rich stories of our residents, celebrates events, and informs not only supports of Shalom Court, but is a powerful marketing tool.

Over the past few months, we have looked at some of the key messaging of Shalom Court and what we stand for, we have settled on the key wording for who are and that is Commitment, Care and Comfort, so what do they mean.

Commitment As a non-profit, meeting the needs of our residents is the reason we exist. Our profits are reinvested to develop new and better services, to continue providing a high ratio of staff to residents, to staff training and resourcing, to maintaining and improving our residents' surroundings, and to ensuring our residents' daily lives are filled with variety, vitality and meaning.

Our Care Commitment 1. We're committed to going above and beyond to provide high-quality, individual care to each and every resident. 2. We're committed to the Eden Alternative – a philosophy of care that puts our residents at the centre of everything we do. 3. As a faith-based organisation, we're committed to treating everyone with kindness, compassion, and respect. 4. We're committed to knowing our residents by name and treating them as individuals. 5. We're committed to respecting the diverse faiths, cultures, backgrounds, and beliefs of our residents. 6. We're committed to ensuring that everything we do, from meals to activities to daily care, enhances our residents' wellbeing and fullness of life.

Comfort As people age and become ill or infirmed, comfort becomes crucial. With spacious well-appointed rooms (each with a private ensuite), Shalom Court offers residents a high level of comfort, security, and peace. A range of activities nourish body and mind, while our location overlooking St Johns and our beautiful gardens provide a peaceful place for residents to enjoy. What's more, our faith-based approach provides spiritual comfort to our residents

We have changed the colours as you would have noticed, we discussed this extensively and went with the primary colouring of green as it was a point of difference, so many care facilities have blue and we needed to separate ourselves and the green is warm and links to the comfort, the logo was the next step and we have kept to the Jewish identity of Shalom Court. My son even said it looked like two hands holding something. We do still have a blue and that will be included in some of the marketing to come.

Next steps with in the next 2-4 weeks will see a new website with everything new and updated, we will have new signage, promotion via social media, email marketing material and other promotional material. The website will be a place that you will be able to interact with the different Jewish festivals, events and where to purchase bricks and of course to update your FOSCA details.

Thank you to Jocelyn for her hard work in making these things happen and remember to look out for more exciting changes happening soon.

Chris Harris-Board Member Marketing

FAREWELL AND THANK YOU

RACHEL

As many of you know, Rachel Dennyss has recently transferred to another facility which better suits her specific care requirements. We were sorry to farewell her and miss her presence here.

Here is an article about Rachel's life written by her good friend Naomi Johnson from Beth Shalom.

Rachel was born in South London in July 1926. She had a good childhood together with her three siblings in a family steeped in Liberal Judaism. The war years were scary for Rachel and, like many families, they were evacuated from London. After leaving school Rachel trained in nursing at Charing Cross Hospital where she subsequently worked as a nursing sister for five years.

Some of Rachel's cousins emigrated from the UK for Christchurch, New Zealand. When Rachel was 29, she too came to New Zealand and settled in Christchurch initially for 3 years before returning home for family reasons. She returned to Christchurch in 1960 and married Max Dennyss from Wellington in November 1965 at Temple Sinai. Max was 22 years her senior and sadly he passed away 19 years later. Rachel nursed him for as long as she could during a long decline from Parkinson's Disease.

Rachel changed career from nursing to clerical work following her marriage. She joined NAC (the earlier name for Air New Zealand) where she worked in reservations and ticketing. Rachel and Max subsequently moved to Auckland where they joined Beth Shalom in 1975.

The Sisterhood, or later known as Community Care, was always one of Rachel's interests and strengths. A real people person, Rachel always wanted to help members of the community in times of need or to acknowledge their life cycle milestones - birth of a baby, Bar and Bat Mitzvah, engagements, weddings. Rachel headed the Sisterhood while a member of Temple Sinai and was the key person in Community Care at Beth Shalom for many years. If you wanted to know what was going on, the best person to ask was Rachel. At Beth Shalom she was familiarly known as Aunty Rachel.

Rachel was involved in many aspects of life at Beth Shalom including serving a term on the Board of Beth Shalom. She was also an active member of WIZO for many years and made many good friendships with the women in this group. The contribution made by Rachel to Beth Shalom was so significant that she was made an Honorary Life Member and in 1995 was awarded the Ner Tamid award by the Union of Progressive Judaism of Australia and New Zealand. The Ner Tamid Award honours congregational members who perform exceptional service to their congregations, community - both Progressive and Jewish - and the wider community.

As if all of this was not enough, Rachel volunteered for the Hearing Dogs Association as an Awareness Ambassador. Hearing Dogs are specially trained to alert their recipient to everyday sounds such as the doorbell, text messages, baby monitor, timer or smoke alarm. Rachel used to take hearing dogs to schools and speak to the students about the worthwhile work conducted by this charity. She was passionate about Hearing Dogs and was still doing this not too long before she moved to Shalom Court.

Rachel is very proud of her UK family, her niece Naomi Rich and her nephew Rabbi Danny Rich. She would always ask any visiting Rabbi if they had met Rabbi Danny Rich, well-known for his role as the Senior Rabbi & Chief Executive of Liberal Judaism in the United Kingdom from the middle of 2005 to 2020.

We honour Rachel with this article, acknowledging her significant contribution to the Progressive Jewish Community and also to the wider Jewish community over many years.

Juliette - HBH

Welcome Janet Pezaro

Janet Pezaro was born and raised in Christchurch NZ to parents who were of Latvian descent.

When she finished high school, she took a course in stenography and started work as a secretary to the managing director of Ballentynes in Christchurch. Janet married David Pezaro from Auckland at the age of 21 had 2 children, Susan and Mark, followed by several grandchildren and now great grandchildren.

Janet and David owned and managed a gift Shop in Auckland for more than 20 years.

David was very involved in the establishment and running of Shalom Court in years gone by. He died in 2002.

As a member of the Auckland Jewish Community Janet volunteered in many different ways. She assisted with Kiddushim for shabbat services, was secretary of the Jewish Womens Guild and actively involved with the Chevra Kadisha (Jewish burial society), Meals on Wheels and lastly as a volunteer for the Citizens Advice Bureau.

Today Janet is a happy retiree, computer literate and a devoted bridge player.

We are delighted to have Janet as a resident of Shalom Court.



Shalom Court

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Welcome Wendy Walsh

Wendy Walsh was born in Taranaki to a family with British roots.

There were 4 children and she comments that it was a tough time growing up in NZ.

Wendy loves gardening and followed her passion as a young woman to university to study the trade, but after a year into her studies, she stopped and started to work as a teacher. She went on to teach in Fiji as a primary school teacher and later on as a secondary school teacher at a girls school, and has many wonderful experiences and memories.

Wendy returned to NZ and started studying for her bachelor in Psychology and Education, and then she went for one year to the United states and studied for a Masters in Behaviour Psychology. Wendy again returned to NZ and continued her teaching.

Her love for gardening did not cease and she enjoyed it as a hobby for many years until recent times.

For the past 70 years Wendy has loved playing bridge and plays daily online, and according to her peers, is an excellent player!

At Shalom Court, Wendy goes for daily walks (often with Janet Pezaro), and we are truly delighted to have her as a resident.



Shalom Court

Commitment. Care. Comfort.

Ian McClean z"l

Ian McLean was born in London where his father had qualified as an architect. After the outbreak of World War II, the family returned to NZ and lived in Takapuna. Ian had two channels to his working life; the first was film making. From childhood he was fascinated by film.

At 11 he was given a hand cranked projector and several old silent films. His bedroom became a cinema, and he often showed these films to his sisters and their friends, Ian providing the soundtrack. As a young adult with access to cameras to make home movies he wrote and filmed a story for each of his three siblings and their friends.

Ian trained as a teacher and with his first class made a film about smugglers at Bethell's Beach. By a twist of fate this film led him to work first at the National Film Unit and later as a producer at the newly emerging television station. There he worked on programmes like Compass, Country Calendar and for a period Town and Around.

He later returned to teaching in both primary, intermediate, and secondary schools. he viewed his role as a door opener for his students offering many different and interesting experiences alongside the curriculum to assist them to develop their skills expand their horizons.

In retirement he returned to film, editing with computer programmes, and covering many family and corporate events. He filmed many weddings, bar and bat mitzvahs, Purim, and other events at the city synagogue. This gave both of us a deep appreciation of the roots of the religious traditions into which we had been born.

Ian lived in Albert House at Shalom Court for just over two years. Some months earlier he had lost his sight overnight and as a consequence had large doses of medication which complicated the remaining ways, he could make sense of his environment. The subsequent periods of lock down cut off from ready communication with the world he had known were an additional trial. With the help of the stable staff and Shalom Ian began to recognise people by their voices and share his life with them. Both of us were so appreciative of the care he received.

Thank you. Shalom



Happy
BIRTHDAY
to you all



Hilda turning 101!



Joan turning 95!



Happy Birthday Peter C



Happy Birthday Peter W





Laughing Corner

Feeling Ready

Schwartz is sitting in his room, wearing only a top hat, when Steinberg strolls in.

“Why are you sitting here naked?”

“It’s all right,” says Schwartz. “Nobody comes to visit.”

“But why the hat?”

“Maybe somebody will come.”

The Look?

A woman on a train walked up to a man across the table. “Excuse me,” she said, “but are you Jewish?”

“No,” replied the man.

A few minutes later the woman returned. “Excuse me,” she said again, “are you sure you’re not Jewish?”

“I’m sure,” said the man.

But the woman was not convinced, and a few minutes later she approached him a third time. “Are you absolutely sure you’re not Jewish?” she asked.

“All right, all right,” the man said. “You win. I’m Jewish.”

“That’s funny,” said the woman. “You don’t look Jewish.”

Divorce

My wife divorced me for religious reasons. She worshipped money and I didn’t have any!”

Sports Joke

A yeshiva decides to start a crew team. But no matter how much they practice, they lose every single race.

Eventually they decide to send one boy down to the nearby prep school as a spy, to watch their winning crew team and find out what their secret is. After a day of reconnaissance, the boy comes back. “Listen!” he tells his teammates. “I learned how they do it — they have eight guys rowing, and only one guy screaming!”

Good vibes



Lunch and learn



Princess Gracie (Juliette's dog) waiting for meeting and then joining Robert for a snooze

Special Friday Night Dinners



Dinners on Friday night have become more special thanks to a new dining set and the wonderful Leslie Mack for his beautiful floral arrangements



Something Special

A BRICK

HONOUR SOMEONE

Recipients receive a gift certificate from Shalom Court ; it shows the donor's name, the donor's message, and the number of bricks donated.

ONLY \$2 EACH

To arrange a donation of bricks or for more information, contact Michal at Shalom Court (09)5217325 or Merle Newland 021 421678.

Details of recipient's address, donor's message, and donor's address will be required

TAX DEDUCTIBLE



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For more information

Phone: 09 521 7325

office@shalomcourt.co.nz

<https://shalomcourt.co.nz>