



**Bialik students hand out freshly baked challah to Emmy Monash residents.**

## **EMMY MONASH**

# **Little things matter**

EVERY Friday morning residents put on hair nets and gloves and participate in the tradition of baking challah for Shabbat.

Dough is kneaded and twisted into round challah rolls and volunteers place the rolls into ovens for baking. Moments later the distinct aroma of freshly baked challah fills the Emmy Monash corridors.

As part of the aged care facility's award-winning Bridging the Gap

program, Bialik College volunteers come and help distribute the challah to residents.

Emmy's Culture, Community and Wellbeing activities and events aim to ensure all residents live a full life: socially, emotionally, spiritually and physically.

Other activities that residents engage in are tailored exercise programs, daily walks along landscaped walking paths, relaxation and mindfulness classes and Jewish learning sessions. These are the little things that help ensure the holistic wellbeing of Emmy Monash residents.