

Our friends contribute in different ways

Patricia Baitz has knitted bed socks for patients for 25 years

The CHCB Ladies Auxiliary in 2018



Bethlehem Ladies Auxiliary members from left to right Sue Clarke, Barb Black, Loretta Gillespie and Joan Simpson at the Elsternwick Club

Patricia Baitz's husband passed away from cancer at Bethlehem 25 years ago and she was so inspired by the care that he received that she has been contributing to the hospital ever since.

When she started contributing to the hospital it was as a volunteer. Patricia was an avid gardener and she became famous for pruning the large roses bushes at the hospital entrance along Saturn Street. She also assisted with the Community Palliative Care Service and visited patients in their home, sitting with them so that their carers could get some respite.

Trish found working with the nurses truly inspirational, learning things that she says we now take for granted - like the power of playing music and speaking to a patient.

"The little things can make a big difference" Patricia says. "I also used to help with patients' makeup or give them a foot massage. Human contact is such a powerful thing" she said.

Patricia was inspired to knit bed socks when she was sick herself. "If you are not well and your feet are cold you feel miserable. I decided to knit socks so that those who needed it most were able to be as comfortable as possible. Besides, the knitting keeps me off the streets" she smiled.

Patricia has lost count of the number of bed socks she has donated to the hospital but says she has no plans of stopping any time soon. Thank You Patricia for making countless patients very happy over the years!

Cavalry Health Care Bethlehem Ladies Auxiliary is a small band of women who organise 5 card luncheons each year on the second Monday of February, May, July, September & November at the Elsternwick Club, 19 Sandham St; Elsternwick from 11.00-2.30.

Our remaining 2018 dates are: 14 May, 9 July, 10 September and 12 November

If you would like to organise a table of 4 to play solo/bridge or mahjong please contact Pauline Atkins on 9589 5362. The cost for the luncheon is \$20. Donations for prizes are gratefully accepted. Every year, thanks to the contribution of all those in attendance, the Auxiliary raises significant funds which go towards purchasing vital equipment that has a real impact on improving patient quality of life. **This year, the Auxiliary is raising money for a communication device to assist MND patients who have lost the power of speech to communicate with their loved ones.**

If you have contacts with clubs who raise charity monies we would really appreciate making contact. Most clubs like to support a charity in their area and may not think of Calvary Health Care Bethlehem as local but they do provide a vast range of services and support for persons with neurological disease across the state especially those in surrounding bayside suburbs. The specialised equipment these patients require is very expensive and not supported in any adequate way by Government funding. Please contact me on Loretta@gillespieassociates.com.au or **0439 866 886**.

A big thank you to the Elsternwick Club



Elsternwick Club General Manager Stephen Hamilton (centre) with Glen Dickens (l) and Peter Alogaras have been valued supporters of the Card Luncheons for a number of years. To all three, a big thank you from the Auxiliary and us all at Bethlehem!

ITS NEVER TOO LATE TO BECOME A FRIEND

If you don't currently receive the Friends of Bethlehem newsletter and would like to receive it - in your letterbox or via email we would be happy to send it out to you.

To register your interest, please email Lorraine Fraser at: lorraine.fraser@calvarycare.org.au. You can unsubscribe at anytime.

If you are interested in becoming involved with Bethlehem as a volunteer please contact our Volunteer Co-ordinator Geoff Healey on 9595 3211.



Health Care Bethlehem

Friends of Bethlehem
Autumn 2018

CEO Message



Welcome to 2018 as we continue our work to grow the health service into an integrated health precinct with other services on site.

It is the passion and commitment of all of our staff that ensures we are able to continue delivering the best possible patient care and continue to extend our reach as leaders in our provision of consultancy, external education and clinical research particularly in the area of progressive neurology.

In the meantime, I hope to see you all at the Garden Morning Tea in April which will be an opportunity for us as an organisation to thank all of our valued supporters and to demonstrate how some of the initiatives and work that is happening is helping our patients to live well and to improve their quality of life.

Until then, may I wish you all the best for 2018 and hope to see you soon.

With last year's VCAT hearing of the CHCB redevelopment design application adjourned until 19 March this year and the outcome unlikely to be known until late May we continue to concentrate on developing our culture of safety and quality, and one of continuous improvement as well as focusing on the future and the development of an integrated Model of Care with additional services.

Every one of our staff is part of the Bethlehem story and help us to achieve our mission of caring for the sick, the dying and the marginalised and I look forward to working with them all over the coming year.

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Join us in April for Morning Tea in the gardens!

Calvary Health Care Bethlehem is delighted to invite all Friends of Bethlehem to a Garden Party at the health service on 12th April 2018.

GARDEN MORNING TEA
for Friends of Bethlehem
10.00 am
12 April 2018
Bethlehem Gardens

RSVP 9595 3416 to Lorraine Fraser



Breakfasts building
Community networks



Building on from their work in 2017, the Bethlehem Community Advisory Council will host four stakeholder breakfasts over the course of 2018 to spread the word about the important work done at Calvary Health Care Bethlehem.

Breakfast guests are invited to tour the the facility and to hear about the the health service, the recent health promotion work that Bethlehem has been doing in support of its role as a specialist palliative care facility as well as its leading work implementing assistive technologies to support patients with a Progressive Neurological Disease.

Guests have given positive feedback about the knowledge they gained and many of the guests are now "Friends of Bethlehem". If you want to know about the work of the council please contact Sam Kelly on 9595 3341.

Day Centre supporters
central to the success of
our Christmas Fair



The Day Centre would like to acknowledge and send heartfelt thanks to the following businesses who assisted with the 2017 Christmas Fair: **The Rotary Club of Bentleigh Moorabbin, Gardenvale Meat Supply, The Walnut Cake Shop, Wild Holly Cake Shop, Alison Monkhouse Funerals, Andrews Funerals** and countless staff who donated their own books and plants to the special day. Funds will go towards assisting with key Day Centre activities throughout the year.

Picture Power program set to expand



Calvary Health Care Bethlehem would like to develop the innovative and very successful 'Picture Power' program into a permanent program over the next few years dependant on external funding support. The program focuses on a range of photo-sharing and digital story-telling methods, including use of social media such as Facebook and Instagram to increase communication and social participation. Assessment of the program has demonstrated how successful it has been in enabling families living with a progressive neurological disease to communicate more effectively and stay socially connected after participating in the group.

Since completion of the 2 year pilot, staff training and a staff training manual have been completed to support the program so that more patients and families can participate and benefit from the group. The positive results of the pilot program have been conveyed to key stakeholders, and a number of case studies and presentations are scheduled for professional forums and conferences in 2018. If you are interested in the program and would like to know more, please contact Lorraine Fraser on 9595 3416.



Bethlehem's "Enrich Choir" debut their talents in front of a hundred guests at Christmas Carols

The Enrich Choir for people with Huntington's disease commenced rehearsals in October 2017. Comprising mainly of people who had never sung before, the group rehearsed weekly in the lead up to Christmas last year, culminating in the performance of three songs at the Bethlehem Christmas Carols concert in December. The choir's performance was very successful with positive feedback reported by choir members, family, Bethlehem staff and the audience.

The money received as part of the tax appeal has supported the choir in several integral ways, including funding taxi vouchers to assist choir members who can no longer drive to attend the choir, providing study music stands to enable choir members to be self-sufficient during performances and the purchase of essentials such as tea and coffee to enable participants to enjoy a social break in the middle of rehearsals to encourage resource sharing and peer support.

In keeping with the participant-led nature of the group, the Enrich participants have decided on four concerts for 2018, roughly every three months with the plan being for the 2018 year to conclude with their second performance at the Bethlehem carols. The group is currently working on a new repertoire, including a song in a language other than English, two part songs and an arrangement of a well-known hymn incorporating solos from different group members.

Priorities for the group in 2018 include recruiting new members, continuing to learn a challenging repertoire, staging concerts and continuing to improve social connectedness within the group. **If you would like to know more about supporting the sustainability of this program contact Lorraine Fraser at: lorraine.fraser@calvarycare.org.au.**

Bethlem initiatives raising
community awareness in
2018



Since last year, the Bethlehem schools' project, which began as a one-off hospital immersion for Secondary School students has evolved into a sustainable educational resource/workshop incorporating the documentary film "Embracing Life: conversations about palliative care, death & dying" (which you can see at <https://youtube.com/watch?v=u2LkXJQqCQE>). It continues to be used, also as a means of exploring 'keys to well-being' at any stage of life, through any loss or challenge.

This year's Bethlehem Health promotion project will be a 'spin off' of last year's Maple Key to Wellbeing Project which involved patients, families, staff & volunteers planting a literal and figurative seed by re-planting Japanese maple seedlings found in the hospital car park caring for them and leaving them as a legacy with a story to those left behind. The story was retold at the Dying to Know Day at Federation Square with a impromptu public performance of Joni Mitchell's "Big yellow taxi". This year, timed for Easter, "Palms for Psalms"- will be another impromptu



Bethlehem at forefront of national MND stem cell
research project

Leading Motor Neurone Disease advocate Neale Daniher and 24 other MND patients attended clinic at Calvary Health Care Bethlehem in December, January and February to donate skin samples in a world first drug screening program.



FIGHTMND is helping fund the program which is being run by the Florey Institute in collaboration with the Centre for Eye Research Australia, University of Melbourne, the Australian MND Registry with help from Calvary Health Care Bethlehem.

The Program will collect samples from the forearm of as many Victorians with MND as possible to begin a large-scale search for potential treatments for MND. The aim of the program is to rapidly find potential treatments for MND, and make them available for Australians living with MND.

It will involve 185 patients donating their skin cells over the next few months. The donated cells will then be reprogrammed in the laboratory from adult cells back into stem cells, which

musical presentation that will be held in a local community space. The aim of this year's event is to inspire people to start a conversation about living well at end of life', by sharing 3 bits of information that define them (what is important /sacred to you?).

Seedling Palm trees will be given away, along with end of life resources. Bethlehem is always seeking input and willing to engage with new and different community groups on future projects with the aim of improving end of life experiences.

There are a number of other projects in the pipeline including the production of

can then be developed into any cell type in the body - in this case Motor Neurones.

Millions of Motor Neurones - the cells that MND sufferers lose - can be generated from one skin sample. These cells have the identical DNA as the individual MND patient.

This drug-screening platform uses a robot to maximise the numbers of cells and drugs that can be screened at a time, increasing the testing rate by 160-fold.

The program is a world-first for MND and reinforces Australia as a leader in MND research.

If you want more information, click on the "Drug Screening Platform" tab on the FightMND home page: www.fightmnd.org.au.

a music video, dinner and drinks events, Will writing and Power of Attorney Information events as well as a mosaic art project.

Stories are a very powerful medium. If you would like to help others and you have a story that you would like to share or you would just like more information, please feel free to contact:

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