

# Friends of Bethlehem

## Spring 2018

### Inside this Issue:

**Our temporary move to Parkdale** 1

**Xmas in July Report** 2

**Building nursing capacity in residential aged care** 2

**Garden Party** 2

**CAC Breakfasts** 3

**International MND Symposium** 4

**Volunteers assist in a variety of ways** 4

**The CHCB Ladies Auxiliary Report** 4

### CEO Message



Since we last communicated with you our team has been busy settling our patients into our new temporary home in Parkdale. In April we received the welcome news that the CHCB development application to create an integrated health and retirement precinct on the current Calfield site was approved by the Victorian Civil and Administrative Tribunal. This development will include traditional Bethlehem specialist services alongside residential care and retirement apartments. Together with primary care services, retail, social and recreational facilities, the precinct will provide an integrated model of care that will enable people to live well and age in place as their care needs change. There is one final step to be achieved, with the Calvary Project team and National Leadership team currently developing the final Business case for Board approval.

In anticipation of building commencing, we have temporarily relocated all our services to Parkdale which will enable us to continue to deliver services within our local catchment. We have leased the former Como Private Hospital in Como Parade for a minimum of two years and plan to move in early September. Whilst we are there we will continue to deliver the same high quality compassionate care for our patients and their families and will continue to progress the work of the last 12 months in

developing our model of care for the future. We have occupied the current site for over 75 years, so as we prepare for the journey to Parkdale, and say farewell to the old buildings, we have been working with both our local Sisters and staff to identify what it is that makes Bethlehem so special. As the Sisters are no longer involved in the running of Calvary services, we all hold responsibility for continuing the Missions of the Sisters of the Little Company of Mary and I want to ensure that we don't lose the "Spirit of Bethlehem" when we move.

We are preparing for a number of events as we relocate to the site in Parkdale. We have a commitment ceremony and afternoon tea for staff and volunteers in August prior to our move. We plan to host an open day at Parkdale to introduce ourselves to the local community there and we would also like to host a special farewell to this site with our friends, supporters and current Caulfield local community in the next few months. I will keep you updated in relation to this event.

I hope that you will continue to be a "Friend of Bethlehem" whilst we are in transition and that you will also be part of the journey commenced by the Sisters, as we continue to care for the marginalised in our community and help us to build a greater community of support.





### This September, we are moving!

- Temporarily relocating to Parkdale
- Specialist patient - centred care
- Modern single rooms with ensuites
- Large consulting rooms for clinic
- Assistive Technology specialists
- NDIS Provider

Calvary Health Care Bethlehem  
152 Como Parade  
Parkdale  
bethlehem.com.au

## 2nd Annual July dinner celebrates Christmas in July and Bethlehem's long-standing ties with the community



This year the Community advisory Council drew upon its extensive links with the community to hold another July dinner after the huge success of last year's celebratory 75th Anniversary dinner.

The theme of this year's dinner was a Christmas in July and gave the opportunity for staff to meet with community supporters to both thank them for their support and to talk about the latest work we are involved in improving the quality of life of our patients and their families.

### BECOME A FRIEND

If you don't currently receive the Friends of Bethlehem newsletter and would like to we would be happy to send it out to you.

To become a Friend of Bethlehem you can register via the website here: <https://www.calvarycare.org.au/public-hospital-bethlehem/friends-of-bethlehem/> or via email to Sam Kelly at: [sam.kelly@calvarycare.org.au](mailto:sam.kelly@calvarycare.org.au). You can unsubscribe at anytime.

**If you are interested in becoming involved with Bethlehem as a volunteer please contact our Acting Volunteer Manager Geoff Healey on 9595 3211.**

## The Annual Friends of Bethlehem Garden Party seeks a new garden for 2019 :)



Another annual event, the Friends of Bethlehem Garden Tea Party held in March again this year is developing into a significant event on the Bethlehem calendar. The event held to acknowledge the different contributions made to the organisation by our Friends of Bethlehem is an ideal opportunity to say thank you and to showcase some of the key projects that the health service is engaged in each year.

We simply could not do what we do without our generous special supporters.

The next morning tea will be held in March 2019 and invitations will be extended through the summer edition of the Friends of Bethlehem newsletter.



## Bethlehem Nurses improving resident quality of life through training programs across residential aged care

In order to build the capacity of referring facilities to identify palliative care residents earlier and in keeping with our role as a specialist palliative care service, we approached two residential aged care facilities at the end of 2017 to discuss the possibility of becoming trial sites for an in-reach program. In January 2018, our staff began by gathering information about methodology, staffing ratios, and palliative care process, which informed the beginning of the trial.

As a result of the research, the in-reach program was developed to provide aged care facilities with the skills and knowledge to better identify residents who are on the palliative pathway so that they can engage with palliative services earlier. The Palliative In-Reach Program has proactively identified palliative patients.

Based on work already published by Calvary in Canberra and the Australian Catholic University, guidelines/triggers have been identified and given to the trial sites to help them identify residents that could be considered for palliative care at newly-formed needs identification meetings, held monthly at each aged care facility.





## Bethlehem's Community Advisory Council breakfasts proving to be a great success

Building on from their work in 2017, the Bethlehem Community Advisory Council has been hosting stakeholder networking 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 facility and to hear about 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.

## Like us on Facebook!

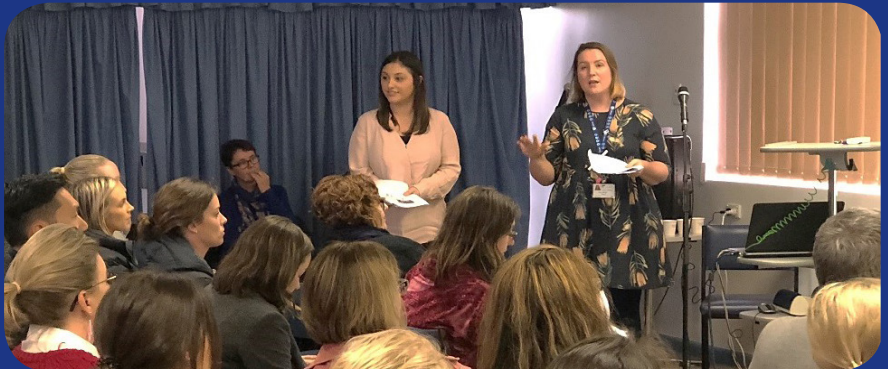
Bethlehem now has a Facebook page. Look for us online at : <https://www.facebook.com/calvarybethlehem/> and like our page and become a friend.



Over the course of the year, we will keep you up to date with Bethlehem news and events and developments in health and other areas that we think will be of interest to our patients carers and friends.



## PND Workshops - Building the capacity of Community Clinicians to support and manage people living with a progressive neurological disease



Designated by the Department of Health and Human Services, Calvary Health Care Bethlehem is a Level 5 Statewide provider of services to people living with Progressive Neurological Disease (PND).

This role carries several responsibilities, one of which is building the capacity of community based services to support and manage people living with PND closer to home. To this end the multidisciplinary team has been running workshops for community clinicians, to supplement the well-established telephone consultancy and telehealth services.

Late last year a survey was circulated to community services, seeking information regarding areas of interest for future workshops.

Over 130 responses were received and through this process it was

identified that people wanted to know more about the identification and management of cognitive and behavioural strategies.

As a result the multidisciplinary team ran a workshop titled "The Myth of Non-Compliance:- Multidisciplinary care for people with cognitive/behaviour changes living with Progressive Neurological Disease (PND)" for over 50 participants (with more than 20 names added to a waitlist for the next one).

Participants included a variety of clinicians, including allied health nursing and case managers from throughout Victoria and interstate. Responses to workshop evaluation forms circulated on the day were overwhelmingly positive and plans are already underway to run a further workshop later this year in response to community interest and need.



## Our friends contribute in different ways

### Volunteer helps patients in the community



*Community Volunteer Lawrence Easton talks about his experience volunteering with community palliative patients at Calvary Health Care Bethlehem*

#### **What is it that you enjoy about the volunteering work that you do with people at the end of their life?**

I find this particular volunteering opportunity very personable, making it all the more enjoyable; chatting with my patient and the family always feels very heart-warming. The palliative care community is also an incredible community.

#### **What is it that drew you to volunteer at Bethlehem?**

Personally, I envisioned providing support to an individual towards the end of life as being meaningful and fulfilling. I also hope to pursue medicine and palliative care is something which I wanted to learn more about and contribute towards. Hopefully these experiences will also help me grow into a better person and health practitioner in the future.

**What is your most memorable experience since starting here?** The most memorable experience was baking a cake together with my patient, enjoying it with the family and simply chatting over the cake and tea.

**What would you say to someone who might be contemplating volunteering here at Bethlehem?** It can definitely be at times challenging but it is an incredible experience to be fortunate enough to support someone at home and at the end of life and to contribute to the field of palliative care out in the community.

#### **You can unsubscribe at any time**

If you would like to stop receiving the Friends of Bethlehem newsletter, you can do so at any time.

To opt out please email 'Friends of Bethlehem' at [community.relations@calvarycare.org.au](mailto:community.relations@calvarycare.org.au)

### The CHCB Ladies Auxiliary welcomes card players to their lunches in 2019

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 11.00am-2.30pm.

We have one date remaining in 2018 on 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.

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](mailto:Loretta@gillespieassociates.com.au) or 0439 866 886.



**Calvary**

Health Care Bethlehem

### **BETHLEHEM LADIES AUXILIARY 2019 CARD LUNCHEONS**

Ladies Auxiliary Card Luncheons will be held on the following Mondays from 11.00am - 2.30 pm at the:

**Elsternwick Club  
19 Sandham Street, Elsternwick**

11th February 2019  
13th May 2019  
8th July 2019  
9th September 2019  
11th November 2019

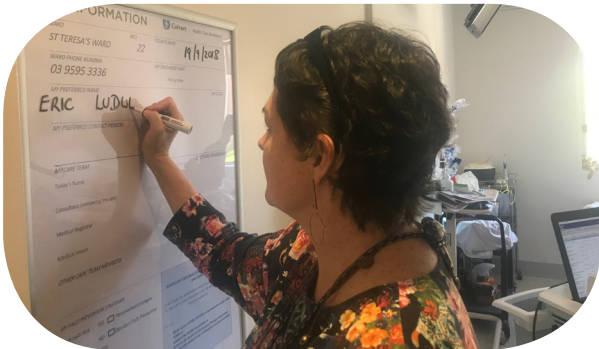
The cost of each luncheon is \$25. This covers the provision of a basket luncheon & refreshments.

To book, please ring Pauline Atkins on 0419 134 402.

Please do not park within the grounds of the Elsternwick Club. Parking available in Allison Road at the rear of the club.



Please help with patient communication, your gift will enable every patient to have a "Patient Bedside Information Board"



families. There is also an area for family and friends to write messages

Photos and drawings may also be included to assist in truly personalising each patient's board. Nursing Unit Manager Belinda McRae, who is a passionate advocate for the patients on her ward, is enthusiastically awaiting their arrival.

Thank you for making a difference

Patient information boards have been developed to provide an avenue for communication between individual patients, their family and staff who are directly involved in their care and planning. Because information capturing goals for the admission and agreed on between the patient and their treating team it can be easily read by both staff and



Click [here](#) to donate

Or print and complete the form below and send to:  
Calvary Health Care Bethlehem, 152 Como Parade West, Parkdale 3195

☒ Yes, I would like to help patients achieve the best quality of life



Health Care Bethlehem

1

Please accept my gift of:

2

- ☐ \$75  
☐ \$150  
☐ \$250  
☐ or my choice of \$\_\_\_\_\_

email: \_\_\_\_\_

3

☐ Please find enclosed cheque/money order payable to **Calvary Health Care Bethlehem**  
 OR

Please debit my Credit Card: ☐ Visa ☐ MasterCard

Card Number:

Expiry Date:   /

Cardholder Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**Donations of \$2.00 or more are tax deductible**