



Health Care Bethlehem

# Friends of Bethlehem

## Autumn 2019

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### GM Message



underpin all the work we do over the next two years to ensure that we continue to deliver the best possible care to our patients and families.

The Key principles that will inform our evolving model of care are :

- o Person and family centred
- o Living well
- o Consumer driven
- o Seamless integrated care
- o Excellence, Quality and Safety
- o Research generating, evolving learning
- o Sustainable

The plans for the redevelopment have gone out for tender and we will soon be entering a detailed design phase with staff and our Consumer Reference Group. We will continue to keep you updated on our progress.

The newsletter provides you with a range of updates as to what is happening at Parkdale, if you would like more information or to become more actively involved with any of our activities please contact us at [community.relations@calvarycare.org.au](mailto:community.relations@calvarycare.org.au).

All the best for 2019

Welcome to our first newsletter for 2019. It is hard to believe that summer has gone and we are now well into March.

As you are aware, we moved all of our services to Parkdale in late August last year and this will be our temporary home for the next two years whilst the Redevelopment of the Caulfield site occurs. 140 patients responded to a survey over the last 3 months that has provided us with important information so that we could identify areas for improvement at the Parkdale facility. However, it is pleasing to note that the majority of patients are finding the new environment, clean, spacious and comfortable and we have been making a concerted effort to improve access to parking. We are currently reviewing work spaces as well to ensure that we have the best possible environment for staff whilst located here at Parkdale.

Last year we finalised the work on the Model of Care for the future integrated site after feedback from patients, families, staff and key stakeholders. The Model of Care will now

### HELP US SAY GOODBYE TO THE WALLS THAT HAVE WITNESSED A THOUSAND STORIES

In May/June 2019 we are planning a farewell for our hospital buildings in Kooyong Road as we redevelop the site and would like to involve all of our friends as well as members of the community to join us at the event to say goodbye to "the cream building on the hill". If you would like to register your interest in this event, please email us at [community.relations@calvarycare.org.au](mailto:community.relations@calvarycare.org.au)



## Friends of Bethlehem share their memories of the health service

At the end of last year Bethlehem General Manager Dr Jane Fischer wrote to wish you a Merry Christmas and happy festive season and update you on the health services transition to our new temporary home in Parkdale.

Friends and supporters of the health service were invited to share their own messages with patients and staff of the organisation and ever since our inboxes have been inundated with messages of support and fond memories of the health service, some of them from many years ago.

We thought we would share with you here two of those messages of support. A timely reminder of the important impact the work we all do across Calvary has on the people that rely upon our services.

*"To the patients, staff and volunteers. Best wishes to everybody during this Christmas period. May your Christmas be love-filled. I admire your grace, dedication, humility and courage". Craig*

*"I have wonderful memories of Bethlehem Hospital since 1968. I had my 4 children at this hospital, 1968, 1970, 1974 and 1976. In the early 2000's my husband was a patient with complications of Huntington's Disease. God bless the staff at Bethlehem Hospital". Denise*

### RECRUIT A FRIEND

Help us build a community of support and recruit a friend or family member to become a Friend of Bethlehem. They can register via the website:

**[bethlehem.org.au](http://bethlehem.org.au)**

or email us at: [community\\_relations@calvarycare.org.au](mailto:community_relations@calvarycare.org.au).

You can unsubscribe at anytime.

### SHARE A STORY

If you are a patient or a carer or you know of someone that has a story of care that you would like to share with others we would love to hear it. Please email us at [community\\_relations@calvarycare.org.au](mailto:community_relations@calvarycare.org.au).

## Bethlehem Open Day welcomes Parkdale community with a sausage sizzle, music and kids activities



Bethlehem extended an invitation and opened its arms to the community at our new home at Parkdale in December with a sausage sizzle, Live Music, Kids activities and a number of stalls. This was an opportunity to highlight the different work being done at Bethlehem

to improve the care experience of our patient groups. Many locals braved the intense heat to come and hear more about the health service and we plan to hold another one in the course of the year.



## ENRICH Music Program - making a difference

The Enrich Choir, a singing group designed for people with Huntington's disease, continued their stellar year by performing at the inaugural Bethlehem at Parkdale Christmas Carols Concert late last year. The choir performed four songs which featured solos and duets from different choir members, a two-part harmony and the choir dividing into three parts to create a percussive vocal line to compliment the melody.

This concert also marked the debut of the Enrich Choirs t-shirt which had been designed by one of the choir participants who is also an artist. The t-shirts which were made possible by the generous donations received from the philanthropic community and were a point of much pride and enthusiasm for all the choir members with one participant commenting "now you feel like you're part of this group and everyone knows that, it gives us an identity that's bigger than us, as individuals".

Family and friends attended the concert, in addition to the staff, patients and community members. Many family members and members of the choir expressed their enjoyment of the evening and noted that the choir seemed to have grown in numbers and confidence since the previous concert four months before. One family member provided the feedback:

*"The sound and their presence is now filling up the room and you can see the joy, and what it means to everyone written across their faces and that spreads to everyone who is watching."*

The Enrich Choir will recommence for 2019 in early February with more concerts planned for this year. If you or anyone you know would be interested in participating in the Enrich Choir please contact the Music Therapy Department on 9595 3447.

## The Honda Foundation generously supporting patients with MND



The Honda Foundation, with a special endorsement from Astoria Honda Brighton, has very kindly donated funds enabling the purchase of a smart scanner controller.

With the progression of Motor Neurone Disease (MND) leading to decreasing ability to walk, powered wheelchairs provide valuable independent mobility and control of position for comfort. If upper limb function decreases, conventional joystick controls may become too difficult to use independently. In this case scanning controls may be useful, using a single switch operated by the part of the body with most reliable movement. The smart scanner controller is attached to a patient's wheelchair and enables them to control their wheelchair with a single switch, allowing the user to drive the chair effectively, smoothly and most importantly safely.

The purchase of this scanner will enable patients to trial and safely practice with the staff at Bethlehem, prior to receiving their own via the MNDA Victoria equipment loan pool. Our team are now able to ensure that the equipment is suitable and that the patient feels confident and capable using this advanced piece of equipment.

CHCB worked closely with the local manufacturer to develop this new device, ensuring that it meets the complex needs of people with MND.

Thank you to The Honda Foundation for your outstanding support which is enabling precious mobility independence for our patients.

## Bethlehem Music therapist wins national Excellence in Pastoral Care Award



In September last year, Bethlehem Music Therapist Anneliis Way was recognised for Excellence in Pastoral Care at Catholic Health Australia's Annual awards.

Anneliis works with patients to develop a legacy song that can be left for family and friends, and reflect a patient's deepest thoughts about their life.

She won the Award for the work she did at the end of last year enabling the late Andrew McCutcheon, social change advocate, Methodist pastor, local and state government member to leave a song for all Australians.

Desperately disappointed about the rejection of the Uluru Statement from the Heart, Andrew wrote a song with Anneliis to reflect his deep wish for a reform, land rights, treaty and reconciliation.

The week that he died his song was

played to him. In slow and slurred speech he asked if the song might 'go viral'! At his State funeral his song was performed by Nick Seymour, Anneliis Way and Dan Kelly, and the Uluru Statement from the Heart was unfurled by Thomas Mayor, Chair of the Uluru Convention. [GO TO THE LINK BELOW TO HEAR 'ULURU WE FOLLOW YOU.'](#)

The family said that the program 'allowed Dad, Mum and the rest of us to focus on some positive action'. Anneliis' work highlights the importance of creating space for people at all stages of life to have their voice heard and to attend to the whole person. Music has transcended physical limitations and enabled Andrew to spread a final message of hope for justice and healing in indigenous communities.

[www.youtube.com/watch?v=P2jJO8M1Cw4](https://www.youtube.com/watch?v=P2jJO8M1Cw4)

## Want to go paperless? Send us your email address and we will send you your next Friends of Bethlehem as an eNewsletter

If you would like to receive future Friends of Bethlehem Newsletters via email, simply email us at:

[community.relations@calvarycare.org.au](mailto:community.relations@calvarycare.org.au) with your name and address and we will send you future newsletters via email.



## Our friends contribute in different ways

### Community Volunteer Jim Collins talks about his experience volunteering at Calvary Health Care Bethlehem



#### What do you enjoy most about being a volunteer?

What I enjoy most is the interaction with patients and their carers learning about their life experiences and how they manage their conditions. I also enjoy meeting up with the other volunteers and hearing about their experiences. There is also a very warm and welcoming environment in the day centre and it is a pleasure to work with the dedicated Bethlehem staff.

#### How did you come to Volunteer at Bethlehem?

When I retired I always had in mind that I would like to do some volunteer work of some kind. I quite enjoy driving so I thought a volunteer driving role at a hospital would be rewarding. It so happens that a friend of mine is the chair-person of your Community Advisory Council and he mentioned that Bethlehem were looking for volunteer drivers. So I contacted Bethlehem and registered as a volunteer. I started as a volunteer in the Quality & Safety Dept and then also started driving palliative care patients to the day centre on a Wednesday.

#### What is your best memory of your time volunteering at Bethlehem?

I don't have any one specific memorable experience as such. When I first started driving and learning the routine the patients had great fun in giving me directions and de-stressing the situation. The numerous appreciative comments from patients are always memorable. One of the bonuses of now being at Parkdale is that we can drive back to the city along beach road and take in the scenery which the patients really enjoy.

#### What would you say to someone contemplating volunteering at Bethlehem?

For someone contemplating volunteering at Bethlehem I would say that they will find a supportive environment with volunteer resources developed to make your role relevant and enjoyable. You will also have the opportunity to work with the skilled and dedicated staff and also share your experiences with other volunteers.

### The CHCB Ladies Auxiliary are always welcoming card players to their lunches. Come and join them 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.

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 \$25. 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. Please contact me on Loretta@gillespieassociates.com.au or 0439 866 886.

## Would you like to share your talents and experience to help others?

We are always looking for people with different talents to help us in different areas. You can join as a volunteer and help us in any of a number of ways. Currently we are looking for help to build a **Community of Support** for those with life-limiting illness to help them to **live well** and be **cared for in the place of their choice**.

If you would like to help us with the Health Promotion & Community Development at End of Life project, some of the areas in which we require assistance include:

- Helping to identify end of life issues in our community
- Contributing to the development of resources to support people at end of life
- Assisting us to host events in our community to raise awareness of end of life issues

You may volunteer as much or as little time as you would like. Any assistance is greatly appreciated. Please contact Karen Bolger, Health Promotion & Community Development Officer, on 9595 3402 or Karen.Bolger@CalvaryCare.org.au

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