



Health Care Bethlehem

Friends of Bethlehem

Spring 2019

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GM Message



We have had a very busy and rewarding year since our last newsletter in Autumn.

It is with great excitement that I can tell you that construction on the new Calvary Health and Retirement Precinct will commence later this year with a target completion date set for late 2021. This is an extremely exciting time for us all and I am looking forward to witnessing with you all the plans for our precinct coming to fruition over the next few years.

As part of the National accreditation process undertaken by health services across the country, accredited assessors visited CHCB for 3 days last month. The accreditation was a marked success, with assessors recommending that Bethlehem be awarded full accreditation with all actions met. The accreditation process enabled us to showcase the work we do in our two areas of expertise and demonstrate the high quality, compassionate services we continue to deliver whilst operating in temporary facilities. The visiting assessors were very impressed with all aspects of our service and commended us on our family centred approach to care.

In May as part of National Volunteers week, we celebrated the contribution that our volunteers make to improving the patient and family

experience "Making a world of difference". Over the last year, our volunteer service has continued to evolve and provide a wonderful service across all areas of the organisation. Whilst the move to Parkdale saw the retirement of a number of volunteers, it has also provided the opportunity for us to engage with our new local community, with the majority of new volunteers coming from the local area and providing us with opportunities to connect with the Parkdale community.

As part of National Palliative Care week, we hosted a popup event in Elsternwick Plaza involving Bethlehem music therapists, a community People's choir and play activities for children. The event was a huge success and a great way to promote awareness about palliative care in the local community.

In anticipation of the commencement of demolition, in November we plan to hold a farewell ceremony in the car park at the Kooyong Road site. If you are interested in attending, please email us at community.relations@calvarycare.org.au and we will send you an invitation as soon as we finalise the date.

We look forward to keeping all Friends of Bethlehem updated on the progress of our new redevelopment over the coming months and years and will continue to update you on the ongoing work we do caring for the marginalised in our community as we build an even a greater community of support.

HELP US SAY GOODBYE TO KOOYONG ROAD

In November 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



Tax Appeal donations keep the wheels moving in our tech room



Donations received from this year's tax appeal have been very gratefully received by Bethlehem clinicians and have already been put to good use for the benefit of patients. We are very appreciative of all the support.

The funds that you contributed enabled us to replace the demonstration technology in our Tech room. They were also able to support the ongoing costs associated with providing the Photovoice Project as well as enabling us to purchase a number of new ipads. Thank you for your wonderful contributions.

The need to raise funds for vital tech equipment to enhance patient's lives continues.

If you are interested in helping us purchase more new equipment please call our Fundraising Manager Michelle Rule on 9595 3348/0408 106 000 for further information or email Michelle at michelle.rule@calvarycare.org.au

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

or email us at: 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.

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



IN February 2020 Bethlehem at Parkdale will again extend an invitation to the local community with a sausage sizzle, Live Music, Kids activities and a number of stalls. The Open Day will be an opportunity to highlight the different work being done at Bethlehem to

improve the care experience of our patient groups. All Friends of Bethlehem are welcome to attend the event. We will send details closer to the event and invite you to come down and grab a sausage and hear what we have been up to.



Mindfulness for MND initiative improving wellbeing of those with Motor neurone disease

The psychology team at CHCB is continuing research on an exciting new intervention for people with Motor neurone disease (MND) and their family members. People with MND and their family members are more likely to experience psychological illness and a lowered quality of life, so there is an urgent need for appropriate and effective psychological interventions for these patients.

Mindfulness-based stress reduction has been demonstrated to improve wellbeing in a range of health conditions, and a recent Italian study has shown it to be useful both for people with MND and their support persons.

The program developed at CHCB is the first Australian group mindfulness program for people with MND and their support persons. The first group of participants have completed the course and feedback about the program has been overwhelmingly positive in relation to the benefit for patients of sharing their experiences and the extent to which it helped them to cope with the challenges of this disease. Psychology staff are now recruiting for a second group of patients and support people.

Rotary Bentleigh Moorabbin gift helps Bethlehem to grow our Music legacy work and patient Quality of Life



Earlier this year the Rotary Club of Bentleigh Moorabbin Central made a valuable contribution to the Music Therapy department at Bethlehem that will assist patients to live well.

The donation has enabled the department to purchase much needed equipment to build on the work it has been doing supporting patients and their families as they navigate the many physical, emotional and spiritual challenges that may arise at the end of life.

Music therapy can be effective in enhancing pain relief, comfort, relaxation, mood, confidence, resilience, life quality and well-being for patients and with the new equipment allow the team to record patient/family songs, create original music or to work on an existing favourite song, both of which provide significant therapeutic benefits to the patient.

STOP PRESS



Work has started at Caulfield South!

Work has commenced on the Kooyong Road site of Calvary Health Care Bethlehem with drilling rigs gathering core samples of the soil in preparation for the build and internal demolition commencing before more significant demolition starts later in the year.

Bethlehem with Shannon's Bridge provide immediate improvement to patient lives



Shannon's Bridge is a not-for profit organisation based in Creswick in country Victoria that helps connect patients with palliative care services and helps build new supports where service gaps exist. Over the last year and in the process of decommissioning our site at Caulfield in preparation for redevelopment, Calvary Health Care Bethlehem has been working with Shannon's Bridge to rehouse equipment for those in regional Victoria needing access to vital equipment to enable them to stay at home at the end of their life.

The charity is named after founder Jeremy McKnight's daughter Shannon, who was diagnosed with acute lymphoid leukaemia when she was only 17. After spending almost all of the next two years in hospitals having intensive treatments, Shannon wanted to be at home when she died. To enable this to happen, local health services, doctors and communities all stepped in to bridge the gaps in care so Shannon could be at home for her final days. Since that time the organisation set up in her name has pledged to help connect patients and existing palliative care services and supports across regional Victoria.

With the equipment that Bethlehem donated to Shannon's Bridge in the last week of September, the charity was able to help a number of people

in a short period of time. In one instance they were able to provide a gentleman with MND with a shower chair, walking aids and an electric wheelchair a day after picking them up from Bethlehem's Kooyong Road site. The items enabled the man to stay at home with his family. Without them he would have been forced to stay in hospital, in another state. In another instance the loan of a hospital bed from Bethlehem enabled a 94 year old lady to die peacefully at home with her family rather than go to hospital. The provision of 2 more hospital beds enabled a man and his wife in the terminal phase of her disease to sleep next to each other and to hold each other at night.

Shannon's Bridge are providing equipment to approximately 20 other organisations in Victoria and NSW who they have assisted in setting up Community based Palliative Care support programs. Many of the areas they are servicing have no medical support whatsoever.

We look forward to continuing to work with Shannon's Bridge to support communities to address issues around illness, dying and loss, and work to change attitudes and remove the taboo about death and dying so we can all focus instead on living well.

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 with your name and address.

Our friends contribute in different ways

Community Volunteer Lindy Shaw talks about her experience volunteering at Calvary Health Care Bethlehem



What sort of volunteering do you do here at Bethlehem?

I have multiple volunteering roles at Bethlehem. On Wednesdays, I work in the Day Centre providing support to patients to enjoy their day. On Fridays I work with the Communications Manager, interviewing patients and carers about their journey in palliative care. Additionally, I talk with volunteers and employees to find out about their unique experiences working at Bethlehem. Recently, I have also begun working with the Community Development Officer to support her to bring a greater understanding of death and dying to the community, and the role of palliative care.

What is it that drew you to volunteer at Bethlehem?

After supporting my father to die peacefully in palliative care in 2014, I was struck how beautiful death can be when a loved one is nestled in a caring and compassionate community. From that experience, I decided that I wanted to help provide that to others. Volunteering at Bethlehem is a way that I can help others understand how powerful great support at the end-of-life can be.

What is it that you enjoy about the volunteering work that you do here at Bethlehem?

As soon as you walk in the doors of Bethlehem you are greeted by people who are passionate about what they do. Working with these people challenges me to be the best version of me possible. I feel very lucky that in the work I am doing at Bethlehem, I get to know the patients, carers, other volunteers and employees quite well. Spending each week at the Day Centre, I am privileged to journey with patients who love life, and live it to the fullest.

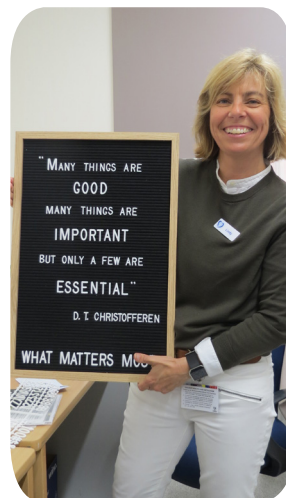
What is your most memorable experience since starting here?

My most memorable experience happens every time I interview someone. People's stories are so unique and interviewing someone about who they are, what is important to them, their illness and experiences, is a privilege and honour. They readily open their hearts and give so much of themselves each time.

What would you say to someone who might be contemplating volunteering here at Bethlehem?

Bethlehem is a family of caring and compassionate people. Working in an environment where you can support others to provide someone with the best death possible is a rewarding and fulfilling experience. Don't be afraid to use the skills you have acquired during your life to help others. There are many different areas you can volunteer in to suit you. Training is often provided to support you even better in your role. Take the first

step. You won't regret it. **If you are interested in volunteering at Bethlehem, please contact our Volunteer coordinator on 9595 3211 or Bet.Volunteers@calvarycare.org.au.**



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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