

Friends of Bethlehem Autumn 2020

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GM Message



next year.

The Model of Care for the future integrated site will continue to 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:

Welcome to our first newsletter for 2020.

What a year it has been already for all of us! I hope this finds you well. This year we continue to develop Living well initiatives for patients and their families to support the model of care that will be at the core of our new health precinct.

- 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

We held an Open day on the 6th of February for our local community and friends which was very popular. We had over 100 visitors and a lot of interest shown in the work we do and a number of people interested in joining our volunteer service.

I hope you enjoy this edition which will let you know about some of the developments and good news stories that have happened at the health service over the last few months.

A formal blessing ceremony acknowledging the commencement of building was held at Caulfield on 19th February with members of the national executive, Sisters of the Little Company of Mary, the Glen Eira Mayor, local councillors and Friends of Bethlehem in attendance. Building works are due to commence in March and we are hoping that the precinct will be completed by the end of

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.



The building of the new precinct starts in March!



Respite at Bethlehem is “like coming home” for Robert



Robert visits Bethlehem from his home in Warragul every 3 months for respite.

Robert’s respite visits became necessary after his long visits to clinic became more and more tiring. By staying on the ward for respite, Robert is able to attend his clinic appointments in a much more manageable fashion over a period of days rather than hours.

He loves it. “Coming here is almost like coming home. I actually look forward to it” he says.

“From the nurses and ward support to the kitchen staff, everybody makes me feel so welcome” he says “Nothing seems to be a problem for them, it is such a relief.”



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



Bethlehem opened its doors to the community on 6th February with over a hundred people attending the health service eager to discover more about the work we do. Visitors were enlightened by a number of lightning talks and entertained by the dynamic enrich patient choir. Visitors also enjoyed a

sausage sizzle, icecreams, live music, children’s activities and information tables. We were very excited to see a number of community members expressing their interest in volunteering with us and look forward to them adding to our volunteer service in the coming months.



Demolition on Kooyong Road site has now finished with Building on the new precinct due to start in March

Demolition works at the old Calvary Health Care Bethlehem hospital site on Kooyong Road were finally completed last month and building works on the new Calvary Bethlehem Health and Retirement Precinct will commence on the site in March. The finish date for the new precinct is forecast for the end of 2021.

The design of the new health precinct being developed by Little Company of Mary Health Care (Calvary) was revised last year in response to community sentiment and will be an Australian first, combining Residential Aged Care, Independent living units and our specialist services on the new site, allowing for round the clock care and the ability for those at the end of life to be cared for in the same place as their care needs change.

After nearly 80 years providing services to address the changing health care needs of the local community, the new precinct will continue to reflect the Calvary Spirit – caring for the most vulnerable in our community, including those approaching the end of their life.

Calvary General Manager Dr Jane Fischer says that the new health precinct will be a huge benefit to the residents of Glen Eira with the addition of a medical centre, a hydrotherapy pool, a cafe and other community spaces. “Calvary Health Care Bethlehem already plays an important role in health services for the local area, and that role will become increasingly important with population growth and demographic projections for the South eastern bayside suburbs and the state.” She said.

Rowing Machine Gift making a difference to many community patients



An appreciative patient and his wife had such a rewarding experience at our palliative gym group that they decided to donate a rowing machine to add to the exercise machines available to other community patients visiting the gym.

The rowing machine arrived late last year and has been a favourite at the gym ever since. Our heartfelt thanks go to the Silverstone's for their generous gesture that will benefit patients for years to come.

Save The Date!

Let's Talk Over Tea

Tuesday 21 April 2pm – 4pm

Caulfield Cup Room, Glen Eira Town Hall

Talking about death doesn't have to be difficult. So sit back, relax, and let us guide you through the discussion over afternoon tea.

To register your interest as a participant or a volunteer, please contact:

Karen Bolger, Community Development Officer
Karen.bolger@calvarycare.org.au
 9595 3402



Bethlehem feature strongly at International MND Symposium



In December last year a number of Bethlehem medical, nursing and allied health staff attended the International ALS/MND Symposium in Perth to present papers alongside representatives from across the world.

The symposium had a big impact on all those in attendance and evidently Bethlehem staff had a big impact as well with positive comments on their popular presentations erupting in the twittersphere.

The practical work done by Bethlehem staff and their years of experience adapting to the differing needs of MND patients gives them the expertise to advise on practical solutions to caring for those with MND. The overwhelming theme of all presentations was the importance of a multidisciplinary approach to the care being given to people with MND. It is an approach to care that celebrates the benefits of creativity, flexibility and adaptability to best support MND patients and their different trajectories with the disease.

Bethlehem allied health professionals Sarah, Marion, Tim, Maddie and Alex presented on the 1st day of the International ALS/MND Symposium. Their observations on managing discomfort, tips for sleeping, clever solutions for managing neck weakness and tailoring of communication technologies were all very well received.



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On Day 2 CHCB Director of Neurology Dr Susan Mathers presented on 'Improving Care Practice' and spoke to delegates about Bethlehem's models of care and our state wide service.

We also had 6 very well received poster presentations representing the



work of disciplines right across the service.

At the close of the symposium Bethlehem staff joined with symposium participants from across the globe to participate in the inaugural global walk to d'feet MND. The next international symposium will be held in Montreal in December 2020 and Bethlehem staff are already planning for the trip.

Our friends contribute in different ways

Bethlehem Consumer perspective helps improve quality and safety at Bethlehem



Consumer engagement is central to the work that we do at Bethlehem and we are very fortunate to have a number of consumers sitting on and contributing to our committee and working party meetings. Their different perspectives help us challenge our assumptions and shape our plans and projects. Consumers also assist by helping us monitor works in progress, analysing the results of audits and quality improvement activities to maximise the benefit for our patients.

Terry Butler has a unique role as a consumer as he sits on both the Clinical governance committee, which provides an overview of all the clinical aspects of our work and also sits on the infection control working party which monitors all those things that may contribute to an infection for patients, families, carers, staff and volunteers.

Terry splits his time between golf, grandchildren, beach house and Bethlehem (not necessarily in that order) sharing his knowledge and expertise allowing the infection control working party to look at their work with a different perspective. The surveyor at our accreditation in September made specific comment that we were very fortunate to have Terry in his dual roles and that his practical suggestions made an invaluable contribution to the organisation.



The CHCB Ladies Auxiliary card lunches have moved to Victoria Golf Club. Come and join them in 2020!

The Calvary Health Care Bethlehem Ladies Auxiliary has changed personnel in the last year with Loretta, Pauline, Sue, Joan, Barb H and Barb B passing over the baton. This year there will be five card luncheons held at the Victoria Golf Club, Cheltenham from 12pm – 3pm. The first luncheon is on Monday 20 April.

If you would like to organise a table of 4 to play solo/bridge or mah-jong please contact Michelle Rule on 9595 3348. The cost for the luncheon is \$35 and includes sandwiches, dessert and coffee/tea. There will be a lucky door prize and a raffle. Every year thanks to the contribution of those in attendance, significant funds are raised that go towards purchasing vital equipment that has a great impact on improving patient quality of life.

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 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

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

Help us raise funds to improve the experience for community patients visiting clinic

To best utilise their time, Progressive Neurological patients from regional Victoria and outer metropolitan Melbourne tend to attend a number of clinical appointments over the course of the better part of a day. This experience can be exhausting for patients and carers who sometimes need days to recover.

A solution has been found in the form of sophisticated electric lift recliner chairs. We urgently need to raise funds to purchase 4 electric lift recliners to allow community patients visiting clinic to rest in between clinic appointments and dramatically improve their experience.

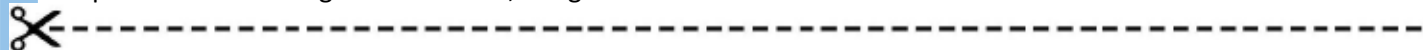
The chairs that we require are electric lift recliners low to ground, have foot rests, versatile, variable angles and easily accessible by patients. These chairs can also be used as a bed. They are good for patients who can't get comfortable, are good for

patients who are at risk of falling, they assist with pressure care and infection control.

Thank you for helping facilitate this purchase which will contribute to patient safety and also aid patient comfort and dignity.

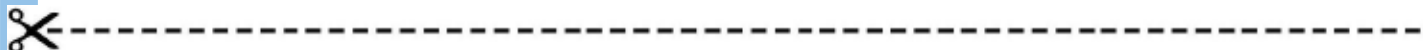


Thank you for making a difference



[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:

- \$75
- \$150
- \$250
- or my choice of \$ _____

2

This gift is from:

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