



Friends of Bethlehem NEWSFLASH

1 September 2020

Dear Friend,

I hope you have enjoyed the increased communication over the last few months including our increased sharing of information on our Facebook page where amongst other stories, we have shared news about our weekly livestreams which are being loved by patients right across regional Victoria as well as providing a smile for patients, staff and Friends of Bethlehem.

Over the last few months we have also been checking in with you via phone calls and we have really enjoyed getting to know you a little better. We are keen to send more electronic correspondence to those that would like to receive it so would encourage you to send your email addresses to us at friendsofbethlehem@calvarycare.org.au. In this issue to keep you entertained and engaged we provide a link to a new publication featuring tips about places to visit on line for diversion and for entertainment, so the next few weeks and months are a little bit more manageable.

We hope you all stay safe and well. We are all in this together. Please feel free to provide us with any feedback, we would love to hear from you

All the best

Jane Fischer
General Manager/Medical Director
Calvary Health Care Bethlehem

Thank You!

A huge thank you to all those that donated to our May appeal. We raised \$22,990 from the appeal that has gone directly toward funding patient beds and syringe drivers to further improve patient quality of care.



It's official! Work starts on our new precinct.

We are thrilled to let you all know that work has now begun on the \$154 million Calvary Bethlehem Health and Retirement Precinct. It has been a long time in the planning, but all of the approvals are in place, construction contracts have been signed and ground works have started.

Our vision for this exciting and truly innovative, integrated care precinct will take shape over the next two years. It will bring retirement living, residential care, primary and community health care and Calvary Bethlehem's existing specialist hospital services together in one location.

I encourage you to visit the project website at www.calvarybethlehemdevelopment.org.au to read more and to register to receive regular updates on the project's progress.

What's happening on the site?

- Melbourne firm Icon Constructions, who were engaged in 2019 to demolish the old hospital and clear the site, have now been appointed as the main building contractor.
- Preliminary site works have started. This mainly involves clearing soil from the site, setting up site offices for the construction team, and erecting perimeter fencing.
- From that point, excavation/ground works for construction should start in spring 2020.

ART&HEALTH

This month we launched a weekly newsletter AAH! an organisation-wide arts and health initiative featuring arts and culture discoveries for health to counter the negative impact of COVID-19. The newsletter sources links to online arts outlets allowing access to one of the most powerful means for communication and coping we have at our disposal today.



This resource has been very popular with our patients, families, and staff with lots of positive feedback and suggestions already received. Feel free to share via the weblink below.

There is an emphasis on local resources in the latest issues to support Melbourne/Victoria in these tough times! (as well as a few international links to keep us dreaming of faraway places).

To access the Arts and culture for health resource tab (to access all issues of AAH!) go to:
<https://www.calvarycare.org.au/public-hospital-bethlehem/patient-and-visitor-information/facilities/#arts-and-culture-for-health-resource>

Weekly Livestream concerts continue every Friday

We know that music triggers activity in the same part of the brain that releases dopamine (the 'pleasure chemical') and music is proven to have a number of health benefits for people. It can help reduce anxiety and depression and the physical effects of stress, it can improve healing, and it can also improve self-expression and communication.

To provide some well-deserved time off from the stresses of the day and an opportunity to smile our music therapy department continues to perform livestreamed concerts at lunch times every Friday for patients, staff and Friends of Bethlehem across the state <https://www.calvarycare.org.au/public-hospital-bethlehem/services-and-clinics/#music-therapy-livestream>

Calvary Health Care Bethlehem

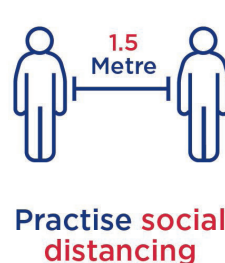
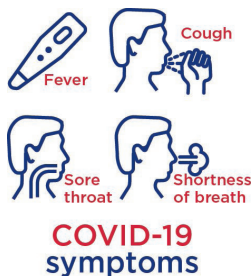
Join the Bethlehem Music Therapy Department for a livestream interactive concert every Friday lunch time from 12-1 for the enjoyment of our patients near and far and our wider community.

**LIVESTREAM FRIDAY
COMMUNITY
LUNCHTUNES
@BETHLEHEM**

SONGS BY REQUEST
12-1PM

REQUEST YOUR FAVOURITE SONG TO BE PLAYED LIVE.

Check out the Calvary Health Care Bethlehem page on Facebook every Thursday or the Facilities page on our website for the new link and make a request for a chance to hear it performed live.



You can unsubscribe at any time. If you would like to stop receiving the Friends of Bethlehem newsletter, please email us at friendsofbethlehem@calvarycare.org.au

To receive newsflashes via email > friendsofbethlehem@calvarycare.org.au

To donate visit our website or click [here](#)