



Friends of Bethlehem **NEWSFLASH**

2 October 2020

Let's talk about death over Zoom - Community Event

On Saturday October 10th, the health promotion team at Calvary Health Care Bethlehem will be hosting a live online community event in tandem with world Hospice and Palliative Care Day 2020. The event is open to community members who will be gently guided through talking about death and dying with health professionals and we invite you to join us on the day.

If you or anyone you know would like to attend this event please go to our registration page here and sign up. <https://www.calvarycare.org.au/public-hospital-bethlehem/events/death-over-drinks/>

During the pilot phase for this event, we have already held 5 Let's Talk About Death Over Zoom sessions with a total of 43 participants and the feedback has been extremely positive. One attendee commented on how well structured it was and that they would recommend it to anyone to attend.

"A really well-run session that allowed me to feel comfortable and have discussions about death and toast to our loved ones past and present. Thank you!" they said.

Let's Talk about Death over ~~dinner drinks~~ Zoom!

Hosted by Calvary Health Care Bethlehem

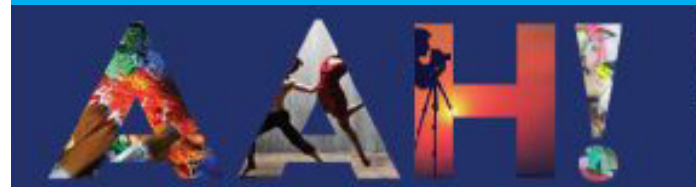
Computer - Cuppa - Chat

Saturday 10 October 2020 10.30 am - 12 noon
karen.bolger@calvarycare.org.au or 9596 2853

Another attendee commented: "I always try to celebrate a person's life. I like to tell funny stories or talk about the great things the person has done. I believe that a person leaves a spirit and I want all those present to remember them for some of those things. Talking about death should be natural but everyone avoids it. Talking over zoom is a good way to go at present. I would think that should interest many people I know and I would definitely promote it."

ARTS&HEALTH

Our newsletter AAH! continues weekly. 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. 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>



Friday Livestream concerts

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. To tune in to the Friday livestream go to our webpage here where you will also be able to find Livestreams for the previous month: <https://www.calvarycare.org.au/public-hospital-bethlehem/services-and-clinics/#music-therapy-livestream>

If you would like to receive the Friends of Bethlehem newsletter, please email us at friendsofbethlehem@calvarycare.org.au . You can also unsubscribe at any time via this address.