



Friends of Bethlehem NEWSFLASH



December 2020

Dear Friend,

I hope you have enjoyed the increased freedoms since restrictions were eased last month and are now looking forward to the festive season and hopefully some time off. It has been a long and challenging year for all of us but we have come together in response and it feels like the changes forced upon us have helped us all to grow. Certainly some of the initiatives we have put in place to connect better with our patients and families will be part of our usual business in the years to come.

The increased isolation forced upon our patient groups saw us initiate a 'Staying connected' program this year, elements of which you would have seen in the weekly livestreamed lunchtunes@bethlehem concerts and the Arts and culture e-magazine that now goes out monthly. These initiatives and more will continue in the new year.

We hope you all stay safe and well this festive season and look forward to connecting with you again in 2021.

All the best

Jane

Jane Fischer
General Manager/Medical Director
Calvary Health Care Bethlehem

Join us for Christmas Carols 2020!

This year's Christmas carols are going to be conducted remotely. And that's a good thing because now everybody can tune in and enjoy the event!



The web tab link for this year's Christmas Carols is: www.calvarycare.org.au/public-hospital-bethlehem/services-and-clinics/#music-therapy . Not livestreamed but pre-recorded, you will be able to access the video from there. Enjoy !



Workers dig deep on precinct development

Construction has now well and truly begun on the new Calvary Bethlehem Health and Retirement Precinct.

A large construction crane has been installed on site, and workers are currently forming up the basement levels. The footings and pilings for the underground car parks are in place and workers expect to start pouring the concrete slab by Christmas.

Once that is finished, the buildings will then start to come out of the ground. If you are in the area, you can view the work in progress at several viewing windows in the hoarding along Kooyong Road. We will be posting updates on our Facebook page in the new year. You can follow the development there, or go to our website at www.calvarybethlehemdevelopment.org.au to subscribe to the project newsletter.

As you know, the truly integrated precinct will bring retirement living, community care, GPs, other primary health care services, residential care, and Calvary Bethlehem's existing specialist care services together in one location. It will help to meet the changing health and care needs of older people in the local and wider community, and also better meet the needs of our patients and their families. The landmark \$154 million development is expected to be completed in late 2022 and will create about 300 jobs during construction.



Helping patients to live well

In our Christmas Appeal we shared the heart-warming story of Graeme as seen through the eyes of his loving partner Yvonne. It was Yvonne's initial determination to find answers as to why Graeme who was usually very healthy was suddenly struggling with his memory, dropping things and becoming incredibly tired, that ultimately resulted in his diagnosis of Motor Neurone Disease. Graeme utilised many of the services available at Bethlehem and the family is very appreciative of the support they received.

All of our patients have their own unique journey, so we constantly strive to ensure our service is flexible and tailored to the individual. The funds raised from our Christmas Appeal will be directed towards our Living Well Program. Please visit our website www.bethlehem.org.au if you would like to make a donation.

Pilot Staying Connected Program helps increase patient wellbeing

In late July Bethlehem initiated a pilot 'Staying Connected Program' in response to an identified need in our inpatient unit and clear evidence that maintaining social connections is protective to health and vital to wellbeing and resilience.

The objective of the pilot was to reduce the social isolation commonly experienced by patients during their hospital stay, which has been more challenging than ever before due to COVID-19.

Our team consists of tech support, diversional therapy and admin support, who all work closely with our usual healthcare team. Patients are given daily 1:1 support to solve everyday 'tech' issues, improve digital literacy, access online resources, participate or watch online arts and cultural events and experience a range of diversional activities suited to their personal interests.

Technology has been vital to this popular program and our hospital ipads are in constant use by our inpatients. If anyone has an unused/unwanted ipad you are interested in donating, please get in touch!

Email: stayingconnected@calvarycare.org.au

Coping at Christmas

Special occasions can trigger a range of emotions and experiences for people, particularly those living with illness, or caring or grieving for a loved one. The last Christmas with a loved one, or the first Christmas after a death, can be strange and unsettling times. Special days can also remind us of those we have been apart from for many years. There is no right way to spend Christmas or special days. Listen to your feelings and work out what is best for you and your family. So, whether it's a first, a last, or somewhere in between, we hope that you find moments to cherish those you love this Christmas and holiday season.

Click the links below for more ideas about how to approach the festive season:

<https://theconversation.com/not-a-season-to-be-jolly-how-to-deal-with-dying-during-the-holidays-106063>

<https://palliativecare.org.au/youre-not-alone-tips-managing-grief-holidays>

<https://www.mariecurie.org.uk/blog/christmas-tips/220455>

<https://whatsyourgrief.com/creating-new-tradition-after-a-death/>

ARTS&HEALTH

Our newsletter AAH! continues monthly. 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>



<https://www.kingston.vic.gov.au/Places-and-Events/Council-Festivals-and-Events/Tinsel-Trail>

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