



Health Care Bethlehem

# Friends of Bethlehem Autumn 2021

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## GM Message



Dear Friend,

Welcome to the Autumn 2021 edition of Friends of Bethlehem! My name is Shannon Thompson, the new Interim General Manager of Calvary Health Care Bethlehem. Since our last communication with you our General Manager, Dr Jane Fischer, happy that development of the new Calvary Bethlehem Health and Retirement Precinct was up and running, made the decision to announce her retirement and leave Calvary Health Care Bethlehem's next chapter in the hands of those who she has worked with and mentored during her fourteen years as CEO and General Manager.

Jane left last week to enjoy some time away from health and plans to tour central and Western Australia with her husband before contemplating what she might do next. As Director of Clinical Services during Jane's time leading the organisation, she was a huge

inspiration to me in how she approached her work, how she treated staff, her commitment to the patients and families we serve, her genuine passion for improving the lives of those with a life limiting illness and also her sense of fun and perspective. She provided wise counsel to many, and will be missed by all of us. We wish her well.

I am looking forward to leading the team on this next stage of the journey and getting to know many of you as that journey progresses. Building of the new Health and Retirement Precinct on our Caulfield campus has been happening at such speed that it feels as if it will be completed in no time. Still, we continue to actively grow our service in Parkdale as we prepare for our eventual transition back to Caulfield within the next 2 years and will keep you updated on all the latest news in the months and years ahead. I hope you enjoy this edition of the Friends of Bethlehem Newsletter and look forward to sharing more news with you over the course of the year!

If you have any feedback or suggestions please feel free to contact me at:

**[BET.ExecutiveAdmin@calvarycare.org.au](mailto:BET.ExecutiveAdmin@calvarycare.org.au)**

*Shannon*

## The new precinct building is growing and fast!



See page 2

## New urban oasis created for staff at Bethlehem



In late February, we were blessed to be visited by local Kingston studio artist Rebecca Marshall who came and painted a garden mural on the wall of the staff courtyard. The inspiration behind the project was to create an urban oasis to improve the mental health of our staff as well as multiple other health and wellbeing benefits. Art in health services is known to help reduce stress, improve staff satisfaction, build team morale and improve people's moods.

Working over two days, staff were able to watch Rebecca develop the mural and feel involved in its creation. It has made a truly significant difference to the gathering spot and goes to prove the benefit that the arts can have on wellbeing. Thanks to the Wellness Committee and to our own Nicki Jackson who enabled this to happen. Thank you Rebecca, we love your work. You have changed our lunches forever!

### 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](http://bethlehem.org.au)**

or email us at: [friendsofbethlehem@calvarycare.org.au](mailto:friendsofbethlehem@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 [communityrelations@calvarycare.org.au](mailto:communityrelations@calvarycare.org.au).



## Calvary Bethlehem Health and Retirement Precinct starts to take shape

Work is continuing apace on the new Calvary Bethlehem Health and Retirement Precinct as basement areas and underground car parking take shape. Preparation works have also been underway for the residential care home where workers have been busily installing in-ground services. Wastes for the ensuite bathrooms are in place along with storm water drainage and tanks. Workers will start preparing and pouring the concrete slab over the coming months.

Concrete structural work will be the most noticeable change to the site over the coming weeks and months. Onlookers will soon be able to see the independent living units, the residential care wings and Calvary Bethlehem sub-acute healthcare facility rise out of the ground.

The integrated health and retirement precinct will ultimately include 69 independent living units, 83 residential care beds, Calvary Bethlehem's specialist services for palliative patients and people with progressive neurological conditions, a GP clinic, allied health and related services, and community care services.

It will be the first truly integrated development of its type in Victoria and presents a new future for seniors' living and aged care services in Australia. Calvary has operated the Bethlehem hospital and health service on the site for nearly 80 years and also operates community home care services in Melbourne and elsewhere in Victoria. However, this will be Calvary's first residential aged care service in Victoria, and will complement the national not-for-profit provider's retirement communities and aged care services in South Australia, NSW and the ACT.

Friends of Bethlehem can follow progress on the precinct on the website at [www.calvarybethlehemdevelopment.org.au](http://www.calvarybethlehemdevelopment.org.au). Once there, you can also subscribe to the quarterly project newsletter or register your interest in finding out more about the independent living units and residential aged care. We will also be posting about the development on our Calvary Bethlehem Facebook page, and you can see the work as its happening through several viewing windows in the hoarding along Kooyong Road.

The landmark \$154 million development is expected to be completed in late 2022 and will create about 300 jobs during construction.



## Bethlehem staff whip up a wedding in day



Bethlehem patient Mark Culbert was a character. A quick wit with a ready smile he had staff hanging off his every word. You would not know that he had advanced cancer. He was the life of the ward. In January, it became clear that Mark's prognosis meant that he was unlikely to be able to attend his daughter Kirsty's wedding so the family wanted to bring it forward. And quickly.

Staff at Bethlehem jumped at the chance to organise it. Kicking into action, within a day that Friday, the Day Centre at our Parkdale site had been converted into a wedding venue with flowers, ribbons and decorations organised. Mark's daughter was married the next day with Mark and family in attendance.

He couldn't believe it. "The work you did off your own backs, the extra effort, to be honest had me as a grown man of 53 in tears," he said.

"To be able to see my daughter get married will be one of the highlights of my life and it was done here in a day. There are no words to say thank you enough for all you have done. I will remember this for the rest of my life as will my children and how much happiness this gave all of us."

We were so happy to have been able to make the day special for you and Kirsty and the rest of your family Mark.

## Appreciative Family donate specialist equipment so other patients can benefit



Last month Bethlehem was delighted to receive a donation of some key equipment from Bruce and Nat Kirchhofer, the husband and son of patient Sally Ure who sadly passed away before Christmas after a long journey with Huntington's disease. Sally and her family had a long history with the service, attending the clinic and the inpatient ward at different times, taking part in the Picture Power program and receiving support from our NDIS service.

Sally's husband Bruce was also a member of the Bethlehem carers support group during this time giving and receiving support to others going through the same experience. He can't speak highly enough of the benefit provided by the group. The generous donation was their way of showing their appreciation for everything that Bethlehem did in assisting them in their care for Sally.

The donated equipment includes a Seating Matter electric Sorrento recliner chair, a shifty transfer aid, and a customised wheel chair and commode chair. It will make a huge difference to the care we can provide to the patients of Bethlehem especially if they are admitted as an inpatient or if they are over 65 and unable to access NDIS funds.

All the equipment being donated was purchased via NDIS with input by

Bethlehem and was essential in allowing Sally to remain at home. Bruce says they feel blessed that they were able to have Sally as long as they did and his wish with the donation of this vital equipment was to be to give back to the system that he and Nat felt so supported by and more than that to offer support to those not covered by the NDIS.

We would like to express our sincere appreciation to both Bruce and Nat for this very generous donation. Thank you very much !



## Community Connection

Each edition we highlight other community groups who share our commitment to health promotion, community development, and compassionate communities. Check out these fabulous groups who devote their energies to raising awareness and supporting people at end of life.

**Be The Ripple:** a collaboration with Neighbourhood House in the Eastern Region. Free webinars and volunteer support <https://www.betheripple.com.au/>



**Gather My Crew:** free app to help coordinate your support network (anyone, anywhere) and volunteers for social and gardening support (Bayside, Greater Shepparton, Yarra Ranges only).



<https://www.gathermycrew.org.au/>

## Books, Movies, Podcasts & Webinars

Reading books, watching movies, or listening to a podcast can be a great way to build your knowledge and comfort around end of life. This edition we feature:



**Parental as Anything: How to help kids cope with death and loss**

<https://www.abc.net.au/radio/programs/parental-as-anything-with-maggie-dent/helping-kids-deal-with-death-and-loss/12624928>

deal-with-death-and-loss/12624928



**Online Book Launch**

Thurs 25 March 6.30pm – 7.30pm  
<https://avidreader.com.au/events/magnolia-cardona-and-ebony-lewis-when-the-time-comes>

Thurs 29 March 2021 6.30pm –

7.30pm

<https://www.leebooks.com.au/event/magnolia-cardona-phd-ebony-lewis-bn-when-the-time-comes/>

## Coming Soon

### March

22 – 26 March: Advance Care Planning Week Webinars:  
<https://www.advancecareplanning.org.au/acpweek>

### April

27 April: Let's Talk About Death Over Zoom

### May

12 May : International Nurses Day

23-29 May: National Palliative Care Week

17-23 May: National Volunteer Week

## Let's Talk about Death over ~~Dinner Drinks~~ Zoom!

Hosted by Calvary Health Care Bethlehem

## Computer - Cuppa - Chat

**Tue 27 April 2021 10.30 am - 12 Noon**

**Tue 15 June 2021 1.30 pm - 3 pm**

**Fri 6 August 2021 4 pm - 5.30 pm** (Dying to Know Day event)

Via Zoom from the comfort of your own home

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

Limited places: Registration essential.

Register via the Bethlehem website at:  
<https://www.calvarycare.org.au/public-hospital-bethlehem/doctors-and-health-professionals/education-sessions/>

More information: Karen Bolger  
[karen.bolger@calvarycare.org.au](mailto:karen.bolger@calvarycare.org.au)  
9596 2853



## 5000 Hearts and counting

It started as a small gesture 10 years ago. The sewing and delivery of a handful of hearts to the pastoral care and bereavement team at Bethlehem. Ten years later, working out of her lounge room in suburban Melbourne, volunteer Joan Neave has created nearly 5000 velvet hearts to provide comfort to palliative patients and their families at Calvary Health Care Bethlehem.

The little hearts fit into the palm of a hand or a child's pocket and come in a huge range of colours. Each family member is invited to choose a colour that resonates with them and the hearts serve as a small but potent symbol of the importance of their loved family member.

Every month or so Joan delivers over a hundred of the little hearts to the Bethlehem pastoral care team and over a coffee hears from them about the work of the pastoral care and bereavement teams and the lives that have been touched since her last visit. Joan also sends hearts to Colac Health for their Time to Remember service which is held each year. If you are interested in discovering more about volunteering at Bethlehem please visit us here: <https://www.calvarycare.org.au/public-hospital-bethlehem/volunteers/>

**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 [friendsofbethlehem@calvarycare.org.au](mailto:friendsofbethlehem@calvarycare.org.au)

## Please help us raise funds for urgently needed patient recliner chairs

We urgently need to replace three of our electric lift recliner chairs. Our goal is always to ensure that our patients are comfortable and safe during their stay at Bethlehem, and these recliners meet all our strict standards.

The electric lift recliners are low to the ground, have built in foot rests, variable angle capacity and can be easily accessed and managed by patients with varying physical abilities. They are especially good for patients who are at risk of falling as they provide great support and they also assist with pressure care. These recliners can also be used as beds if required which makes them extremely versatile.

We would be very grateful if you would consider making a donation today. Your gift will help us provide the specialised care needed to assist our patients to live well all the days of their lives.



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:** <Donor Number>

<Adresse>  
 <Address Lines>  
 <Address Lines>  
 <SUBURB> <STATE> POSTCODE>

email: \_\_\_\_\_

**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**