

Friends of Bethlehem Spring 2021

GM Message



Dear Friend,

I hope this finds you well in this very challenging time. Since my last update, our world in Victoria was again impacted by COVID and many people continue to be impacted by separation from loved ones and the uncertainty of the current situation and the challenges of financial and emotional impacts. Most of you will be missing your family and waiting for restrictions to lift so we can get back to some sort of normal life.

I hope we can offer some good news, some entertainment and some diversion and relief in our Spring edition of the Friends of Bethlehem Newsletter!

We have some distractions for you with a link to our latest edition of the Arts and Health

Newsletter AAH! Which I hope will go some way to helping you feel connected and add some lightness to your week.

Our staff continue to respond to the challenges of the presented by the pandemic to our services and we feature an uplifting story of the remarkable intervention of the Urquhart Charitable Trust this year. The Trust donated a substantial amount of money to help us lift our capacity for delivering adequate telehealth to our community Palliative patients to enabling us to broaden our telehealth interventions into different settings and improve health outcomes for even more of our patients.

We also have some exciting news and updates regarding our Redevelopment in this edition.

I hope this newsletter offers some relief and I 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

Shannon

Inside this Issue:

Bethlehem's new precinct tops out and has a new name! 2

Bethlehem celebrates 80 years 3

Trust donation helps broaden telehealth capacity 3

Volunteer Profile 4

Latest Arts and Health Newsletter 4

Livestream Fridays 4

Opening Late 2022

INTEGRATED HEALTH AND RETIREMENT PRECINCT

80 years of caring for our community





Premium Retirement Living



Residential Aged Care



Bethlehem Healthcare Services

REGISTER YOUR INTEREST

www.calvarybethlehemdevelopment.org.au



Calvary Health Care Bethlehem

Hospitality | Healing | Stewardship | Respect

The Health and retirement precinct has a new name - Calvary Kooyong and has reached its highest point with a topping out ceremony last week



The young tree ascends and was landed safely on top of the retirement apartments building during the topping out. It will eventually be planted in one of the precinct's gardens.

After much consideration and consultation with community and consumer focus groups, Calvary has announced the name for the new health and retirement precinct – **Calvary Kooyong**.

Calvary Kooyong replaces the temporary project name given to the development.

Very importantly, while the name of the overall precinct has changed, the name of our much loved health service has not. It will continue to be known as Calvary Health Care Bethlehem acknowledging its history, strong reputation and its 80 years of service to the Glen Eira community and surrounding areas of Melbourne.

The Calvary Kooyong name stays true to Calvary heritage whilst conveying a sense of place, located as it is on Kooyong Road.

The retirement living apartments have been named Hyson Apartments. The name pays homage to where it all began for The Little Company of Mary, which founded Calvary Health Care, and acknowledges the humble beginnings of our founder Mary Potter at Hyson Green, in Nottingham, England. You can learn more about Calvary's heritage on our website. <https://www.calvarycare.org.au/about/heritage/>

The new residential aged care home will be known as Huntly Suites, derived from nearby Glen Huntly Road, which in turn was named after a Scottish emigrant ship that docked in Hobson's Bay in the 19th century.

You will see the sales and marketing campaign for the retirement living apartments commence in coming weeks, including the opening of a display suite on Glen Huntly Road in Caulfield.

Reaching a milestone

In another major milestone for the project, the precinct buildings have now reached their highest point.

Our construction contractor, ICON, marked the occasion with a traditional topping out, lifting a 2.5 metre native Blackwood tree atop the taller of the precinct's two apartment buildings.

Topping out is a long-held tradition in construction industries in many parts of the world and signifies the successful completion of the structural phase of a project. A small number of the ICON team who were working on site on the day landed the tree safely and in line with the site's COVID-19 safety plan.

The tree is a member of the wattle family and indigenous to Victoria and Tasmania. It will eventually be planted in one of the precinct's gardens.

What comes next

With structural work and concrete pours now largely finished, attention turns inside to fitting out the hospital, residential care home, retirement apartments, retail and other spaces. Work on the façade and installing external windows is already underway and the project is on track for completion in late 2022.

Calvary Kooyong is bringing high quality retirement living, residential aged care, home care, GPs and other health services, and Calvary Health Care Bethlehem's specialist health services together in one location. The precinct will enable and support its residents to live well, and to meet their needs as they age or their care needs change.

To learn more, visit the project website <https://www.calvarycare.org.au/blog/media-releases/work-underway-on-landmark-health-and-retirement-precinct/> where you can sign up for the quarterly project newsletter or register your interest to receive information about the Hyson Apartments or the Huntly Suites.

Bethlehem to celebrate 80 Years of Serving the Community

The coming months mark a special period in the history of Calvary Health Care Bethlehem as we celebrate 80 years of serving the community. The Little Company of Mary (LCM) Sisters purchased the Caulfield property, then known as 'Berklea Hospital', on 29 July 1941, taking possession on 22-23 October 1941 and finally changing the name to Bethlehem Hospital on 27 May 1942. Given the number of significant dates, which occurred from July 1941 to May 1942, we intend to acknowledge this milestone in the latter half of 2021 and first half of 2022.

With the pandemic restrictions continuing to limit our ability to hold services gather in groups, the remainder of 2021 will focus on celebrating this milestone in a COVID safe way. This will include a number of smaller initiatives, such as a virtual exhibition of photographs and information about each decade of Bethlehem's operations, footpath displays and a specially designed letterhead for staff and volunteer correspondence. More details about larger events including a Mass service and morning tea will be made available closer to 2022.

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

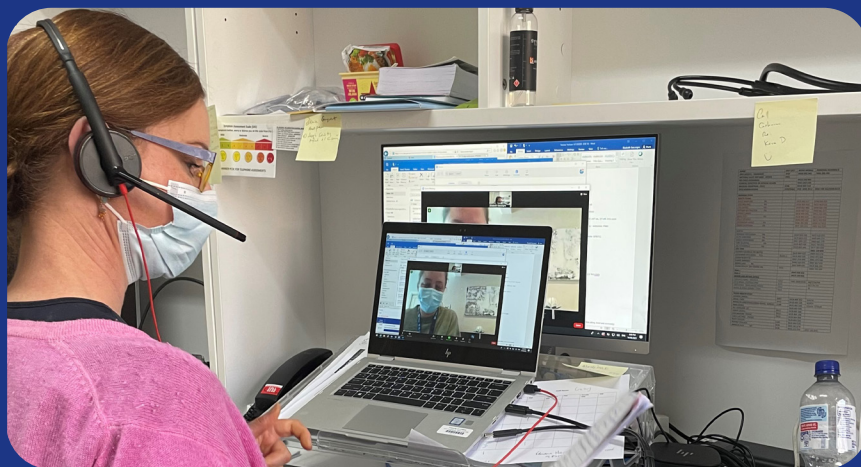
or email us at: friendsofbethlehem@calvarycare.org.au.

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.

Telehealth in Community Palliative Care, a COVID 19 Response Project – The Community CORE Project



The Community Palliative Care Service (CPCS) significantly increased telehealth consultations as part of the Calvary Health Care's response to the COVID pandemic last year. Whilst the initial response was it became apparent that we needed to further explore and improve methods, procedures and practices to augment current care as well as prepare for ongoing pandemic management. The injection of a generous donation from the Urquhart Charitable Trust has enabled the service to continue this important work and we are very appreciative of their support.

In May, formal piloting of telehealth interventions commenced across a variety of settings and specialities including nursing, medical, social work, bereavement, music therapy, day centre and physio. Some of these were already in use, with additional models piloted in both a supported (clinician present with patient) and unsupported (no clinician with patient) format.

Feedback and data is being collected with the view to improve and consolidate how we use telehealth in the most effective, sustainable, and patient centred manner. Some responses have included, "instant access to medical has helped me get through the last few days with my husband's care" and

another said, "easier and more practical than driving into the hospital/GP and waiting around".

Patients, carers and staff have found supported telehealth improves rapid access to medical staff, with doctors being able to meet and review a patient virtually when needed. Other benefits include improved clinical guidance, increased patient and carer input into their care and the saving of time. Staff report that supported telehealth has improved their ability to provide best care in a timely manner, and that the telehealth platform has been very easy to use.

Unsupported telehealth has also been well received by patients and staff, however early feedback indicates that this model is more dependent on external factors. These include the purpose of the consultation, patient preference, access to technology and ability of patients and carers to navigate Zoom.

We will continue to evaluate where telehealth can be beneficial to patients and help meet the challenges posed by the current pandemic and envisage telehealth being a permanent addition to the in-person care model we already provide.



Volunteer Profile - Francesca Aarons

New Volunteer Coordinator Lindy Shaw has been getting to know volunteers over lockdown, some of them on site - but most of them at home via online coffees waiting for lockdown to lift. Recently she spoke to Psychology Volunteer Francesca Aarons, who related her experience volunteering at Bethlehem.

I'm relatively new to my volunteer role at Calvary so I'm still learning the ropes, but since I signed up during a pandemic I certainly wasn't expecting a smooth start! I applied for this role in search of hospital-based psychology experience as I'm currently completing my honours year in psychology, and I have fortunately received this over the last few months. The staff I've met in the halls and offices of Calvary have formed my first impression of the professional world of psychology and hospital-based care, and if any of my future workplaces uphold this standard, I'll be very lucky indeed.

The psychology office is always full of surprises. I've sat down and worked next to other psychology honours students, a lovely old high school friend who is now employed at the hospital (who I don't think I've seen since we both had braces!), and the other psychology staff who are a constant inspiration to me. I watch them expertly put into practice the knowledge they've spent years crafting, and perfectly adhering to the model of patient-centred care. In between phone calls we laugh about what honours years were like "back in the day" and spend too long making sure the diagram I'm making is the PERFECT colours. The head of Speech Pathology will drop off chocolate for brain food, at the same time another staff member is leaving the office to sing a song for LunchTunes so the patients have something to enjoy while they eat.

I think my role is important to Calvary because it is a perfectly symbiotic relationship. I'm able to help the psychology team with jobs they know are important but don't feel that they have time to complete to their preferred standard, which is in turn invaluable experience for a psychologist in training. It's lovely to know that I'm able to take some weight off the staff's shoulders, allowing them to focus fully on their daily tasks. This has been my first experience working alongside likeminded people employed in the psychology world, and I am fortunate that they have always been warm, funny and kind. I hope to one day inspire someone the way the Calvary psychology staff have inspired me.

Now for some light relief

The latest issue of our Arts and Health Newsletter is out now with a distinctly Swedish flavour, featuring the hugely popular Swedish band ABBA and Swedish artist Hilma af Klint. For some home grown talent, we have also responded to a specific request from a patient who is interested in Banjo Paterson. With school holidays approaching, there is also a range of artistic and cultural experiences you can share with your children or grandchildren – from nature based activities, to circus performers and stop-motion animation. A link to the newsletter is available from the homepage of our website at www.bethlehem.gov.au. Enjoy!



Arts And Health = AAH! an exclamation of surprise, amazement, wonder or joy!
Research shows us that experiencing or participating in art and culture is great for our health.



AAH! ARTS AND HEALTH
Welcome to Issue 14
Experiencing the arts and cultural events helps us engage with others, express emotions and understand ourselves & the world more fully. Listen to the new ABBA songs for a real AAH! Moment (viewed nearly 20 million times!)

CONNECT!
Discover something new. Victoria Together is here to connect, inspire, entertain and inform. With some of Victoria's greatest digital experiences, there's something for all ages
[Experience Victoria Together](#)
[ABBA I still have faith in you](#)

Victoria Nature Festival
11 - 26 September 2021
A virtual exploration of our rich natural environment and wildlife. Art, culture, storytelling, podcasts & more!
[Nature Festival online](#)
[School holiday Activities](#)

Livestream Access

Our weekly Lunchtunes by request continues every Friday at noon and we invite you to login each week via our Facebook page or the "Arts & Health" link on the home page of our website: www.bethlehem.org.au.



Become a Friend: Help us build a community of support and recruit a friend or family member to become a Friend of Bethlehem. Registration is via the website at : www.bethlehem.org.au/friends-of-bethlehem
You can unsubscribe at anytime.

Please help us raise funds for urgently needed patient recliner chairs

You may remember that in our last Friends of Bethlehem newsletter earlier this year, we shared our urgent need to purchase patient recliner chairs. We were so appreciative of your fast and generous response. Thanks to you, we were able to purchase three electric lift recliner chairs. The positive response from our patients has been overwhelming as they are now able to rest comfortably in these specialised chairs that are designed precisely for their needs.

Due to the incredible feedback from our patients, we have set ourselves the challenge of purchasing an additional three recliners. In a perfect world, we would have recliners for the majority of our patients, but an extra three will make a significant difference.

Our staff are very passionate about providing the best equipment possible. Bethlehem Equipment Management Committee Chair Linda Maas says that recliners provides a sense of normality and independence as without one many patients would potentially be bed bound. "Seeing a patient comfortably relaxing in a recliner watching

television, reading the paper or even just napping is a beautiful thing" She said.

Everyone at Bethlehem is committed to ensuring our patients live well and maintain their comfort, safety and dignity whilst in our care.

We understand that 2021 has been a challenging year for everyone. If you are in a position where you can make a donation to help us reach our goal we would be extremely grateful.



Thank you for being part of our Bethlehem community.

Scan  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: _____

Donations of \$2.00 or more are tax deductible

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: _____

**Remember, 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**