

Friends of Bethlehem

Autumn 2022

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GM Message



We are pleased to bring to you in this edition stories that highlight this resilience in action. These stories reflect how we can collectively, through collaboration and the support of our Friends of Bethlehem, extend our reach and grow our services to ensure we consistently strive to deliver care which is compassionate and focuses on quality of life and achieving the best possible outcomes for patients, families and the communities we serve.

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

Shannon

Dear Friend,

Welcome to the Autumn 2022 edition of Friends of Bethlehem! In our February Newsflash, I shared thoughts on the continued challenges for our communities as we deal with impacts of COVID-19, the devastating floods in Queensland and New South Wales and other world events. These thoughts also included a reflection on resilience and adaptability in the face of these challenges.



Building in some peace and quiet

Gardens, courtyards and shared spaces have been built into the new Calvary Kooyong precinct, including a garden that will be open to the local community during the day. Bluestone from the original Berklea hospital building, built in the 1800s, will be incorporated in landscape elements of the garden.

A mix of trees and shrubs, some native to the area, have been chosen. Rainwater collected from the precinct roof spaces and stored in large underground tanks on site will be used to water this and other communal garden areas. These include courtyard gardens off the chapel and reflective space that the precinct and local communities can use, and other gardens specially designed for residents of the Huntly Suites aged care home and patients and families of Calvary Bethlehem's specialist palliative care and progressive neurological health services.

The harvested water will also be used on plantings around the precinct's perimeter, and raised vegetable and garden beds on the Hyson Apartments' Level 7 Terrace. Landscaping work is due to start in August, and the precinct is due to open early next year.

Visit the website at www.calvarykooyongprecinct.org.au and subscribe to the quarterly Calvary Kooyong community newsletter to learn more.

Thanks to you, Bethlehem's Innovative 'Staying Connected' Program allowed Elva to attend her son's wedding via zoom!



Patient Elva was not well enough to attend her son's wedding but thanks to your contributions to our Staying Connected program was able to attend remotely via zoom video link on one of our patient Ipad. Allied Health Assistant Allesia (r) is pictured with the new ipads purchased.

Elva's Story

A great example of how Bethlehem's Staying Connected is having a positive effect on the care experience of patients came last week when the intervention of some tech support was able to support inpatient Elva to attend her son Christopher's wedding via a zoom video link.

This was a real team effort and our Friends of Bethlehem played their part with the money they donated to our last tax appeal.

This is how Elva's story unfolded.

When one of our Occupational therapists Jordan, learned of Elva's situation late on Friday afternoon, she immediately sent a referral to the Staying Connected team, to let them know of her son's wedding the following day and that Elva was not well enough to attend in person.

The Staying Connected team immediately went into action, setting up the 'tech support' to enable Elva to attend online. The team scheduled the zoom call, provided the link to Elva's sister, arranged the ipad loan, provided written instructions for nursing staff to assist and the nursing staff then facilitated the call set-up on Saturday for the wedding.

Elva was overjoyed to have been able to attend, she had a wonderful time at the virtual wedding and was very appreciative of all the work that was done by our different teams to enable it to happen.

As lovely as this story is, there was another outcome as well. Elva was so impressed with her experience with the ipad that she wanted to learn more! Our volunteers will now work with Elva to teach her new skills to use technology to stay connected with family and friends. Great outcomes all around!

The CHCB Staying Connected Program is growing thanks to you

Thanks to you, our Friends of Bethlehem Community, the CHCB Staying Connected program continues to flourish! Through our tax appeal fundraising over the last year, we have been able to develop this innovative program even further!

Thanks to your contributions,

- We now have dedicated Allied health Assistant staff support for resource development and to support our 'tech support' volunteers
- We have developed a 'tech support' volunteer training program and implemented the first training program in January over 2 half days (7 attendees)
- We have recruited and provided training for a new group of volunteers
- In the last few weeks our new equipment has arrived – it's been like Christmas! – new ipads and ipad charging station and a laptop

Tell us what you want to know from us and what you want us to hear

If you have something you wish to share or something you wish to know please write to us.

Feedback from patients, carers and Friends is vital to enabling us to deliver the best possible service and different perspectives are vital to enabling us to deliver the best possible care.



We have a suite of iPads on the ward to capture real time feedback from patients and families when they visit so that we can be across any issue before it has time to have an impact.

Patient and carer feedback through this forum also enables us to identify and address issues that may have a wider impact on service delivery, so we always want to hear it.

Let us know at: friendsofbethlehem@calvarycare.org.au.

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:

www.bethlehem.org.au/friends-of-bethlehem

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 community.relations@calvarycare.org.au

This year we invite you to celebrate our 80th Anniversary with us !



The coming months mark a special period in the history of Calvary Health Care Bethlehem as we celebrate 80 years of serving the community. Having purchased the Caulfield property, then known as 'Berklea Hospital', on

29 July 1941, the Little Company of Mary (LCM) Sisters finally changed the name to Bethlehem Hospital on 27 May 1942.

This May as we continue preparations for our transition back to Caulfield we are planning to celebrate this very special milestone. This year marks 80 years of Bethlehem looking after the health care needs of our local communities and we are marking it with a Blessing ceremony at our parkdale campus and a special Friends of Bethlehem 80th Anniversary Dinner to which you are invited!

To book a ticket and join us for this exciting event, visit this page here: <https://www.trybooking.com/BYGWE>

Friends of Bethlehem Patient Rug project



washed and sanitised as a gift by LaundrOzone, Thrift Park.

Our volunteers lovingly wrapped them and included a beautiful poem to be given to patients:

*This Comfort Rug
Was knitted or crocheted by hand,
And threaded with prayers of
Hope and love.*

*May it bring blessings of comfort,
And the gift of warmth,
Amid the knowledge that
You are loved.*

Bethlehem Community Palliative Care look after many palliative patients in our community and some are quite isolated. With Winter coming, we thought they would appreciate a colourful, warm rug, made with love from our community of support.

Over the last few months, Christine and Brian Frankish along with the Pioneer Presbyterian Ladies Craft and Friendship Group have made and donated these beautifully knitted and crocheted rugs. To add to the circle of support, the rugs were then lovingly





Profile - Quiet achiever, long time volunteer and donor Terry Lack on 25 years as a Friend of Bethlehem

Volunteer Terry Lack has been supporting Bethlehem for over 25 years. A sprightly 79, Terry's first experience of Bethlehem was when making a donation towards some patient lifting devices and he came to volunteer with us shortly after. Both things he continues to do.

Patients delight in nature's soothing touch



A sensory garden is being developed at Calvary Health Care Bethlehem in Caulfield with the input of patients such as day centre visitor Margaret Grabert, who has MS. Picture: JASON SAMMON N17CK395

BETHLEHEM Hospital patients will be able to enjoy the fragrant smells and sights of a new sensory garden. Calvary Health Care Bethlehem chief executive Jane Fischer said the garden was conceived to stimulate patients whose senses had been diminished as a result of their medical condition. "Patients with progressive neurological diseases often experience a range of sensory loss, most commonly the sense of touch," Dr Fischer said. Therefore, their sense of touch will be catered for by plants with different textures such as lamb's ears, mountain blue grass and english lavender. Dr Fischer said palliative care patients with cancer may experience a loss of taste and smell because of chemotherapy or radiation therapy. "To accommodate this, the new garden will cater to the sense of smell with the planting of thyme, rosemary, oregano, marjoram and gardenias." "It is intended that the garden will be enjoyed by visitors and patients alike, who will be able to take cuttings from the plants and re-pot them to take home."

When we wanted a new sensory garden for patients and their families, Terry's dog school contributed both money, labour and equipment towards the project.

Terry has volunteered his time in a number of areas over the years, helping in the garden when he started (and getting into trouble for unsafe tree pruning) and more recently assisting with picking up community patients to bring them into the Day Centre for their twice-weekly art therapy and music therapy sessions.

At the centre of his volunteer work though, has been Terry's Pet Therapy work. A well-known dog trainer with the Bayside Companion Dog Training School, Terry started with his dog Blue and fellow trainer Max and his Daschund over 20 years ago. Since that time Terry

has also introduced patients to Bosco, King, Pepper and now Ruby, and continues to donate to the health service through his dog school.



Terry's dogs are a huge hit with patients whenever they visit. Pictured here from a few years ago is Bosco visiting patient Angie on the ward.

Terry's most rewarding experience volunteering is the pleasure he sees on patient faces when he walks into a room with his dog. His highlights as a volunteer have been the relationships he has made with the community patients he picks up for the day centre and the pleasure he sees both patients and dogs receiving from the contact they have with each other.

Terry thinks it is "wonderful to be involved with such a caring organisation" and would encourage anybody to consider becoming a volunteer for the friendships that one can develop with both patients and staff.

Livestream Access

Our weekly Lunchtunes by request continues every Friday at noon and we invite you to log in each week via our Facebook page, <https://www.facebook.com/calvarybethlehem> or on our Website at this link here: <https://www.calvarycare.org.au/public-hospital-bethlehem/services-and-clinics/#music-therapy-livestream>)



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 specialist patient beds

Thank you to all of those that responded to our call for funds for patient recliner chairs last year. The response was fantastic and thanks to you, we were able to purchase three more electric lift recliner chairs which have greatly contributed to patient comfort.

This Autumn we are looking to raise money to purchase specialist hospital beds. Having the right positioning and set up in bed is crucial for providing care and to support our patients to be comfortable and function when they are in bed. The beds selected will be suitable for our patient population, with the ability to be adjusted and have accessories added-on to suit the specific needs of the patient.

Beds for some people with Huntington's Disease need specific features to ensure patient safety, such as padded sides.

The money we raise will enable us to buy different types of beds tailored to the particular needs of our patient cohort and will have a huge impact on the comfort and safety of our most complex patients.

We understand that 2022 continues to be challenging year for most of us. 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:

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☐ \$150
☐ \$250
☐ or my choice of \$ _____

2 This gift is from: <Donor Number>

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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: _____

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 To opt out, please email 'Friends of Bethlehem' at friendsofbethlehem@calvarycare.org.au**