

Friends of Bethlehem

SPRING 2022



IN THIS ISSUE

Page 2
2022 Golf Day!

Page 2
Bethlehem Specialist Street Library opens

Page 3
CHCB's Huntington's Enrich choir strikes a chord!

Page 3
6000 hearts and counting

Page 4
Rotary donation making a difference

Message from the General Manager

Not long to go now!

Dear Friend,

Welcome to the Spring 2022 edition of Friends of Bethlehem!

We are pleased to bring to you in this edition stories that highlight 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 our patients, their families and the communities we serve.



As an important part of our commitment to providing exceptional care and experience to patients and their families; the new Calvary Kooyong integrated Health, Aged Care and Retirement precinct, is rapidly nearing completion, and we are on track for our relocation back to Caulfield in early 2023. As we prepare for our move, and bringing the precinct to life, our staff have commenced visiting the site. Those visiting have expressed great excitement when moving through the purpose built environment, with many speaking to the positive impact the new environment will bring to the communities we serve. If you would like to learn more about Calvary Kooyong please visit: <https://www.calvarycare.org.au/about/redevelopments/calvary-kooyong-precinct/>

I hope you enjoy this edition of the Friends of Bethlehem Newsletter and look forward to sharing more news with you over the next few months as we draw closer to the move back to Caulfield South.

Shannon

If you have any feedback or suggestions please feel free to contact me at: BET.ExecutiveAdmin@calvarycare.org.au

Bethlehem Golf Day proves a hit



The Bethlehem Golf Day has grown over the last two years in spite of COVID-19 and is now a fixture on the Bethlehem calendar

On Monday 23 May, after a two year hiatus due to COVID-19, the second annual Bethlehem Golf Day was successfully held at the National (Long Island) Golf Club in Frankston. Bigger than the inaugural event hosted in 2020, the event drew 6 major sponsors and 80 players who teed off in a shotgun start at 8.30am. Run by the Bethlehem Community Advisory Council, the event sponsored by Bethlehem's new precinct developer ICON, started with a light breakfast, and was played as an Ambrose over 18 holes. There was a range of different competitions over the morning with longest drives and closest to the pins awarded to men and women on different holes.

Followed up with a sit-down barbecue lunch and raffle, attendees heard Bethlehem General Manager, Shannon Thompson speak about the new precinct being opened at Calvary Kooyong in early 2023. The important event raised over 10 thousand dollars which will go towards innovative oversized 'cuddle beds' that enable families visiting their family members at Bethlehem to feel connected with their loved ones at the most vulnerable time of their life.

Bethlehem Street Library opens



Bethlehem Diversional Therapist and Day Centre Art Therapist Em Jamieson worked with Day Centre patients and staff to paint the Street library

In June, Bethlehem opened a very important Specialist Street Library on the lawns of the Parkdale Campus, for the use and benefit of the local community; and there has been a terrific response already. The Library is one way that we are helping our local community to build knowledge, skills and confidence to care for each other during end of life. The Library is supported by a webpage that features

reviews of each of the books in the library, and suggestions for further investigation. Reading a book or watching a movie can be a great way to learn about ageing, end of life, dying and grief; and how to support each other during this important life stage. There are many fabulous resources available but often people don't know where to look.

The Library contains books which are uplifting, heart-warming and life affirming. There is no borrowing system, no loan period and no fines! Our community can simply visit our Specialist Street Library, borrow what interests them, and return them when they are finished reading. Our online catalogue is already growing with newly donated end of life books so that anyone, anywhere in the world, can easily locate books on this topic.

If you are interested please visit the website here: <https://www.calvarycare.org.au/public-hospital-bethlehem/services-and-clinics/bethlehem-specialist-street-library/>

The new Calvary Kooyong needs you!

Do you enjoy meeting and helping people? Are you looking for a fulfilling volunteer role in your community?

Volunteer Guides are needed to assist visitors to Calvary Kooyong find their way around the new precinct. This exciting new role would be a first point of contact for patients, residents, visitors and the community and has been created to improve the experience of all visitors and to support the smooth transition of Bethlehem hospital back to Caulfield together with a new residential aged care facility and premium retirement living. It is a great opportunity for you to be part of the new precinct from the beginning.

Training starts in December for guides to be ready to commence in January 2023. The volunteer guide program will be available between 8:30 am and 5:30 pm, Monday to Sunday, with each day broken into 3 timeslots. If Bethlehem has played a part in your life or you would like to get back to volunteering and be involved at this historic time, we would love to hear from you!

Other volunteering opportunities are also available if guiding is not for you. For more information, please contact: Volunteer Coordinator Lindy Shaw - Linda.Shaw@calvarycare.org.au



Volunteer Coordinator Lindy Shaw (l) is pictured with Friend of Bethlehem Fiona Nolan, a volunteer and consumer representative

CHCB's Huntington's Enrich choir strikes a chord



The Enrich choir has become a big part of Darren's life. He is pictured here with Jo Hall from Channel 9 talking about the pleasure he gets from the sessions.

Bethlehem's Enrich Choir a feature of Channel 9's national news story

For those of you that missed it in May, Calvary Health Care Bethlehem's Enrich choir, so well supported by you, our supporters, featured on Channel 9 news on a Saturday night as part of a feature story that was broadcast across the country.

Channel 9 presenter and reporter, Jo Hall, came along to rehearsals two weeks prior to the story airing to find out all about the choir. The result was a beautiful story about Huntington's and the inspiring work performed by our Music Therapy department and others to improve patient lives.

Friends of Bethlehem donations over the last few years have been instrumental in supporting Bethlehem Music therapists to set up and support the choir to provide regular therapeutic and social benefits for people living with Huntington's Disease.

While some participants can find speech difficult at times, they can

sing beautifully. This, says Calvary Bethlehem Senior Music Therapist Eleanor Bajo, is down to the impacts of rhythm and the structure that it gives to the brain.

The weekly choir sessions usually start with breathing exercises, can involve body percussion, and always require focus.

"There's a lot going on in each of the sessions," says Eleanor.

"There is the physical function involved in actually singing and the exercise that comes from engaging the muscles involved."

"Most of all the benefit comes from the social connectedness and the great deal of camaraderie within the group. There's also the impact of the music itself which gives the patients a rush and a sense of accomplishment as well as releasing endorphins, which is great for a patients immediate happiness as much as it is their general health."

Huntington's Disease is a rare, genetic progressive neurological condition which, at present, has no cure. Children who have a parent with Huntington's have a 50-50 chance of inheriting the gene.

6000 hearts and counting



Joan Neave volunteers her time every year to sew velvet hearts for patients and families at Bethlehem

The sewing and delivery of a handful of hearts to the Pastoral Care and Bereavement team at Bethlehem hospital started as a small gesture 12 years ago and supporter Joan Neave has now delivered 6000 velvet hearts to provide comfort to palliative patients and their families.

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.



Pastoral Carer Liz Stilwell with a delivery of beautiful hand-made velvet hearts crafted by volunteer Joan Neave

The little hearts bring comfort in a number of ways to patients with a life-limiting illness or who are approaching the end of their life and have been sent all over the world. They are used by pastoral care during reflective practice with patients and in education sessions conducted with external providers. Bethlehem doctors often carry them on their rounds and children are encouraged to put them in their pocket so the heart is always close.

Thank you Joan for all that you do!



Pictured presenting Rotary Club recognition labels from the Rotary Club of Bentleigh Moorabbin Central are (from left) Rotarians Peter O'Brien, Linda O'Brien and Bethlehem's Director of Finance Tammy Campbell

Rotary Club of Bentleigh Moorabbin Central provides patient support

Members of the Rotary Club of Bentleigh Moorabbin Central continue to support the provision of specialist equipment at Calvary Bethlehem Hospital to help improve patient comfort and quality of life.

Past President and Chairman of the Club's Community Services Committee, Linda O'Brien with husband Peter, also a past President of the branch, recently visited the site of Calvary's new health precinct on Kooyong Road for an update on the new Hospital building program. Whilst there, they presented Bethlehem's Director of Finance, Tammy Campbell with recognition labels to

be placed on the new equipment that the club has recently donated including wheelchairs and commodes vital for safe patient care and supporting dignity and independence.

"The support your Rotary Club has given us has been outstanding and is greatly appreciated by our patients and staff," Tammy said in thanking Linda. "We look forward to showing your Rotary members through the Hospital next year once we are operational onsite".

Building on our longstanding relationship with Bentleigh Moorabbin Central, Linda expressed an ongoing commitment to our services "Our Rotary Club looks forward to providing further support for Hospital patients when they settle in" she said.

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.relationships@calvarycare.org.au

Livestream Access

how to access our Friday lunchtunes@bethlehem

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





Thank you for being part of our Bethlehem community.

Seeking your support for patient Music Therapy Equipment and to fit-out our new family overnight room

Thank you to all of those that responded to our March newsletter and our June appeal. The response was fantastic and we were able to use the funds received to purchase dynamic patient beds that will greatly improve patient comfort as well as towards a patient vertical lift chair to enable patient autonomy during visits to clinic.

Music Therapy, a research-based allied health profession, contributes greatly to our patients' physical and mental health, and enhances their quality of life. The Bethlehem team works with patients, their families and friends throughout the year to actively support them to use music to express themselves, communicate and connect. This Spring we are hoping to raise \$15,000 to purchase new specialist studio recording equipment that will help us maximise the enriching power of music, and assist Music Therapists with

the legacy work they undertake in the studio with patients and also build the capacity of our Livestreaming service that broadcasts weekly to community patients and their family members from across the state.

In conjunction with our request for support for the Music Therapy department, we are also hoping to raise \$5,500 to furnish an overnight family room for the use of families of Bethlehem patients at the new Calvary Kooyong precinct. The room will enable families to stay overnight when needed and support activities such as supporting discharge planning and enabling families to trial how they would care for their loved one at home while being supported by the Bethlehem team.

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>

<Addressee>
 <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: _____