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Message from the General Manager

We are home!

Dear Friend,

Welcome to the Autumn 2023 edition of Friends of Bethlehem!

A lot has changed since our last edition, but one thing that has not are the stories of resilience in action that are at the heart of the work we all do caring for our patients through periods of change. Since our last newsletter Bethlehem has moved location and I am happy to report that we are now at last operating out of our previous site at 476 Kooyong Road, Caulfield South as part of the new Calvary Kooyong integrated Health, Aged Care and Retirement precinct.

As we return to business as usual and the precinct comes to life, our staff are speaking enthusiastically about the positive impact the new environment has brought 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 coming months.

Shannon

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



Taking ageing in place to the next level



Resident Graham Archer is pictured in a lounge room at Huntly Suites. He says of Calvary Kooyong that "This whole place really is a total package,"

Graham Archer personifies the long-held vision of Calvary Kooyong as an integrated precinct that can support and enable residents to live well and help meet their changing health and lifestyle needs.

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One of the first to move into the Huntly Residential Aged Care Suites, Graham was recently diagnosed with Motor Neurone Disease. He became an inpatient at Calvary Bethlehem, the state-wide specialist provider for Victorians living with progressive neurological conditions, and soon came to realise that continuing to live on his own was not an option. His concerns about where he would live and how he would cope quickly mounted.

But his move with other patients to Calvary Bethlehem's new sub-acute hospital at the Calvary Kooyong precinct in early January proved a game changer for the former long-time Puffing Billy Railway administrator. It opened up options that Graham had never thought possible – the chance to live in a place he could call home again, and receive the care he needs on the same site.

"It broke me up. I didn't think there was a chance any of that could happen, and they made it all happen so quickly and so smoothly" he said.

"You just can't imagine how I feel. I've been blown away by the care and people at Bethlehem and here at the new precinct site. Everyone is so focussed on doing the best for me. The whole philosophy is geared towards maximising the care and what independence I can achieve within the limits of my condition."

New Cafe fosters connection



Meet Rob and Perla, the dynamic duo behind the charming Little Company Café that's been creating a buzz in the Calvary Kooyong community in Caulfield South since it opened in February.

The owners' commitment to being person-centred and providing healthy choices is reflected in the

café's menu, which offers healthy and nutritious options that cater to all dietary requirements. They've created a space that's not just a café, but a place where people – from staff and patients to Aged Care and Retirement apartment residents – can come together and connect. And that's a big part of what makes their little café so special.

Our Volunteer Coordinator speaks about her talented team



Volunteer Coordinator Lindy Shaw

From her start as a Calvary volunteer in 2017 to joining as Volunteer Coordinator in 2021, Lindy Shaw is a remarkable demonstration of the intersection between vulnerability, strength, kindness, grief and never-ending positivity. After experiencing personal trauma and grief, instead of asking herself what illness looks like, she flipped the perspective and asked: "What does wellness look like, and particularly towards end of life?"

Lindy, who featured as part of Calvary Health Care's recognition of International Women's Day on March 8, is proud of the volunteers who work with her.

"I am so proud of how we've been able to find these incredible people who feel safe to do difficult work. It's all about relationships, and the fact we've built trusting relationships with our volunteers mean that they are now doing more than they ever thought they could do when they first joined. They are remarkable."

If you are interested in volunteering at Calvary Kooyong, give Lindy a call on **9834 9568** or drop her a line at Linda.Shaw@calvarycare.org.au

Calvary Kooyong Officially opens!



Calvary Kooyong General Manager Shannon Thompson (r) unveils the commemorative plaque with Archbishop Peter Commensoli and Calvary National CEO Martin Bowles (l).

On Wednesday 29 March we were very happy to officially open our landmark retirement living, health and aged care precinct, Calvary Kooyong in Caulfield South.

The ceremony and blessing was led by Melbourne's Catholic Archbishop Peter Comensoli who was joined by Calvary's National Leadership team, friends and guests many of who were involved

in the project from inception until completion.

We are very happy to see all elements of the precinct finally open, bringing together retirement living, aged care, General Practitioners and other health services, access to home care, and specialist sub-acute hospital services all in one location.

Inaugural mass and blessing of the Calvary Kooyong Chapel



In February friends and colleagues at Calvary Kooyong attended a moving Inaugural Mass and Chapel Blessing of the onsite Chapel. The event was attended by the Calvary Sisters, residents from the onsite Huntly Suites aged care home and the Hyson retirement apartments, Calvary Health Care Bethlehem staff and volunteers as well as members of the precinct project management team.

The Mass and Blessing were presided over by the very Reverend Father Dennis Stanley, Episcopal Vicar for Ecumenism and Interfaith Relations and administrator of

the Parish of Mentone-Parkdale who was joined by Columban Father Ray Scanlon who has had a long relationship with Bethlehem since meeting the Sisters at their foundation in South Korea in 1969.

Invoking the words of Australia poet James McAuley, Fr Stanley expressed his hope that the Chapel would "set pools of silence in this thirsty land" and be a place of refuge and comfort for those experiencing the "thirst for healing, the thirst for care, and that thirst for the good of others" that will go on each day "in this enormous, wonderful" place that is Calvary Kooyong.

Spaces for all



Judith Grealish is happy to have downsized to her comfortable Hyson Apartment

Judith Grealish moved in to her Hyson Residential Apartment from Beaumaris in February, very happy to have downsized.

Her apartment on the 3rd floor has views across the bay and a smaller garden to tend to on her balcony. "Now I am here, my children don't need to worry about me anymore" she said.

A devout Catholic, Judith was excited to discover that the precinct housed a chapel with the holy sacrament. She comes down to the chapel every few days to spend time alone and to pray and reflect.

"It is such a beautiful and calm space" says Judith. On 23rd February Judith was one of a group of residents from the Hyson Apartments and the Huntly Residential Aged Care Suites who attended the inaugural mass at the chapel. "The experience made me realise just how blessed I am to be here with all of this so accessible" she says.



The Rotary Club of Bentleigh Moorabbin Central held one of their weekly breakfasts at Calvary Kooyong in April with Calvary Kooyong Management in attendance. The club are pictured here on a tour of the ward following the breakfast. Calvary Kooyong General Manager Shannon Thompson thanked the club for the patient benefit derived from their significant ongoing support of the hospital.

Come and join our Advisory Council!

With membership that reflects the diversity of our community, the CHCB Community Advisory Council actively engages with our local communities and helps promote the work performed by the health service in caring for some of the most marginalised in society.

The Council assists with fundraising support for projects that improve patient comfort and quality of life and also conducts events throughout the year including an annual Golf Day, community breakfasts and visits to local community groups to speak about the work we do.

If you are interested in joining us or would like to know more, please write to us at:

community.relations@calvarycare.org.au



Thank you for your generous donations

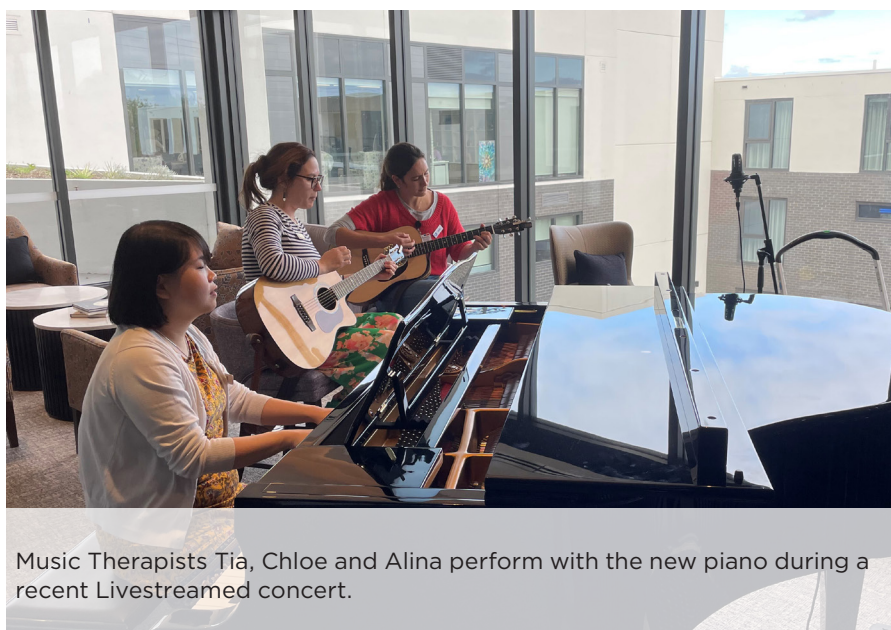
The donations we received from our Spring newsletter enabled us to start purchasing specialist studio recording equipment for our Music Therapists and also allowed us to furnish an overnight family room that will provide comfort and support to families of Bethlehem patients at the new Calvary Kooyong 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. Thank you for your support!

Generous Bequest delivers the gift of music to many

Thanks to the generosity of a large bequest that Bethlehem received late last year, the Music Therapy department at Calvary Bethlehem was able to purchase a baby grand piano.

The Piano has found a home in a common area on the precinct that allows it to be played and streamed to patient and resident televisions.



Music Therapists Tia, Chloe and Alina perform with the new piano during a recent Livestreamed concert.



Thank you for being part of
our Bethlehem community.

Seeking your support to purchase fleet-cars to improve the care experience for our community patients

Thank you to all of those that responded so positively to our Spring Newsletter last year. The response was fantastic and we were able to use the funds we received to begin purchasing specialist studio recording equipment and to finish furnishing our overnight family room.

This month we are needing to raise money to go towards the replenishment of our car fleet that services our community palliative patients.

Our fleet cars are in constant use and perform a vital function transporting equipment and care to patients in their homes and are in constant need of updating.

Your donation will make a significant impact on the lives of our patients and their families. With the new fleet cars, we will be able to provide timely and efficient care to those who need it most.

We are committed to making a difference in our community, and we cannot do it without your help.

Your donation will help us purchase the fleet cars we need to continue providing vital care and support to patients with life-limiting illnesses. Thank you for your consideration, and we look forward to your support.

Scan  to donate

Or print and complete the form below and send to:
Calvary Health Care Bethlehem, 476 Kooyong Road, Caulfield South 3162

☒ Yes, I would like to help patients achieve the best
quality of life



Health Care
Bethlehem

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