

Friends of Bethlehem **SPRING 2023**



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Message from the General Manager

Dear Friend,

Welcome to the Spring 2023 edition of Friends of Bethlehem. I am happy to report that here at Calvary Kooyong we continue to discover new ways of operating and integrating with new relationships formed and new ways of working implemented.

Not long after our move to Caulfield South, the first example of the benefits of having an integrated precinct occurred when a long-term Community Palliative patient was accepted as a resident into Huntly suites when it became apparent that his care needs were such that he would not be able to remain at home. We now have two such residents in the Huntly Suites. The experience represents the vision of Calvary Kooyong as an integrated precinct to support and enable people to live well by meeting their changing health and lifestyle needs.



Other examples of integration that have emerged since January can be seen in the powerful effect of our Volunteer pet therapy dogs providing comfort to both patients on the wards as well as residents in the Aged Care Suites and the social knitting program in the retirement apartments. Stories about both feature in this edition.

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. We look forward to the exciting opportunities for Bethlehem as part of the integrated precinct, as our model of care continues to emerge and the vision for the precinct is realised.

Shannon

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

Pet Therapy dogs bring joy to patients and residents alike at Calvary Kooyong



The Calvary Pet Therapy program has expanded and now extends to the Residential Aged Care Suites and the Hyson Retirement Apartments.

Pet Therapy dogs play a vital role at Calvary Kooyong providing comfort, companionship and emotional support for patients and residents. From improving motivation and moods to bringing people together, visiting pets play an important role providing unconditional affection to those in need. It is incredible to witness how the mood picks up in the building when the therapy dog volunteer group come to visit.

Led by Terry Lack, who is president of the Bayside Companion Training School, the group consists of Terry's rottweiler Ruby, Anne and her poodle Evie, Keith and his Sheep Dog cross Charley Girl and Jenny and her Labrador Lizzie. With regular visits to the Bethlehem Hospital wing and Huntly Suites for aged care residents, they all make note of how life-changing their experiences have been.

"All we do is walk around the precinct to visit as many people as we can, allowing them to pat and cuddle the dogs," Terry says. "It sounds like such a simple thing, but it provides both patients and residents with the opportunity to develop a deeper, emotional connection with the animals."

Helen Sheedy, a patient of our Bethlehem Hospital, has developed a particularly beautiful relationship with Ruby.

Only diagnosed with Motor Neurone Disease (MND) 6 weeks previously, Helen's experience with therapy dogs has been unforgettable. "A visit really cheers me up. It's so therapeutic for someone like me who spends a lot of time in bed," she says.

Let the games begin. Take your pick!



Apart from many other talents he possesses, Volunteer David Schrapel is also our games master. The keen photographer has started up a games group at Calvary Kooyong Hyson apartments, introducing residents to the game of Sequence, and visits patients on the sub-acute ward at Calvary Bethlehem

to offer company and a welcome distraction over a game of any type - board, card or adventure. He also has an extensive personal games library which he dives into to add to the excitement.

Calvary Kooyong
launches Consumer
register to help us
improve our services



HELP US IMPROVE!

Join our Consumer Register

We would love to hear from you to understand your experience and improve the work we do and the care outcomes for our patients.

EVERYONE HAS SOMETHING TO OFFER...

- Help us identify and design new projects and publications
- Be a consumer voice on one of our committees
- Participate in surveys, interviews or focus groups
- Feedback on our projects and publications

REGISTER HOW SUITS YOU...

1. Give us a call on 9834 9460
2. Email us on helpusimprove@calvarycare.org.au
3. Fill in a hard copy form (turn me over)
4. Online via the QR code or visiting <https://www.calvarycare.org.au/public-hospital-bethlehem/bethlehem-consumer-register/>



In August, the Partnering with Consumers working party launched an online Consumer Register across the precinct, to help the organisation better engage with consumers, encouraging feedback from our community so that we can continue to develop quality service improvements for our patients and their carers.

Calvary Kooyong is encouraging Bethlehem community members and consumers to engage with us in a number of different ways.

The new online form allowing visitors to choose between:

- Helping us identify and design new projects and publications;
- becoming a consumer voice on one of our committees;
- Participating in surveys, interviews or focus groups;
- providing feedback on our projects and publications;

The more feedback we receive the better we can be.

To find out more or to register, scan here:



Volunteers and Hyson Residents making a difference



Hyson Resident Val (l) is pictured with Volunteer Sophia during a recent Knit and Natter session in the Hyson Apartments



The Knit and Natter program at Calvary Kooyong's Hyson Apartments started as a socialisation exercise for residents of the retirement Apartments a few months ago. The program recognises the benefit of gathering around a purpose.

At the same time the volunteer Service at Calvary Kooyong was looking for assistance with a rug project that some volunteers were already involved with.

A conversation between the Volunteer Coordinator and the Apartment manager resulted in "knit and natter" a knitting for a purpose exercise which is held every Wednesday from 10am- 12 noon on the Skydeck of the Hyson Apartments that overlooks Caulfield South back to the city.

Every week residents gather at Hyson, crocheting, joining, then knitting and sorting and finally packing the finished rugs which

are then shared with Community palliative patients and aged care residents in need. On any given day each of the ladies might be involved in each of the different stages of production.

Volunteer Sophia who helps facilitate the program and who crochets panels at home to help build the rugs is thoroughly enjoying the experience. "The sessions are working out really well" she says. "Some of the women here didn't know each other very well before they started and now they are friends".

Catching up also allows the women to share information about their weeks and issues they are facing in their new lives.

Resident Judy used to knit as a young girl but not since and freely admits that she is learning all over again but is relishing the experience and the opportunity to reminisce with her new friends.



Volunteers ensure Annual CHCB Golf Day takes a big step forward



The Golf Day has gone from strength to strength every year

A big thank you to all those who made our third annual golf day at Victoria Golf Club (VGC) last month an outstanding success –both for the 92 Golfers and the amount of funds the event raised.

Thank you to our tireless Community Advisory Council and the three terrific volunteers for the huge amount of work they put in helping to organise the day as well as for their support on the day alongside the staff at VGC.

The funds raised will make a huge difference to the quality of life of our patients living with a life-limiting illness. We thank all who were involved in making this the successful event it was. Next year's Golf Day will be held on Wednesday 18th September – for those who want to put it in their diaries.



There are different ways that you can help contribute to produce rugs for the comfort of patients and residents over Winter. To find out how, please email Volunteer Support Officer Robyn Haworth at robyn.haworth@calvarycare.org.au



Motor Neurone Disease Victoria visited Calvary Bethlehem in September to capture on film the collaborative work we do together to support those living with Motor Neurone Disease. Every week MND Vic with CHCB do vital work matching patients with the technological and physical support they need.

Please email me!

If you would rather receive your Newsletter by email, please let us know via email at:
friendsofbethlehem@calvarycare.org.au

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

One door closes another opens: Faith

In August, Janine Joseph wrote in the Age about the experience of visiting her loved one in the Calvary Huntly Suites. Read her beautiful account here:

https://www.calvarycare.org.au/public-hospital-bethlehem/wp-content/uploads/sites/5/2023/10/Janine-Joseph_Huntly-Suites-Story_avec-Age-Header-scaled.jpg



Thank you for your generous donations

Thank you to all of those that responded to our Autumn Newsletter. The donations we received go some way towards the replenishment of our car fleet that services our community palliative patients.

Your donations 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.

Bethlehem Physio wins National 'Emerging Researcher' Award

Congratulations to our very own Rachel Coghlan who won the Emerging Researcher award at the National Palliative Care Awards held in Sydney last month. The Awards are held every two years and recognise excellence, innovation, teamwork and emerging talent in Australia's palliative care sector.

Rachel, a Palliative Care Physiotherapist at Calvary Bethlehem, Fulbright Scholar and PhD Graduate has only recently returned to Australia after four months in the US completing her PhD. Rachel's passion and the subject of her PhD is the place of palliative care in humanitarian emergencies and crises, with a focus on armed conflict settings.



Winner Rachel Coghlan (l) was joined in Sydney by Bethlehem colleagues; Associate Nurse Unit Manager Niro Wijeyeratne, Social Worker Lauren Canadi, Occupational Therapist Rachael Brown and Physiotherapist Luca Lucchesi



Thank you for being part of
our Bethlehem community.

Continuing to seek your support to help improve the care experience of our community patients

Thank you to all of you that responded so positively to our Autumn Newsletter. The response was very strong and the funds we received have gone towards the replenishment of our car fleet that services our community palliative patients.

This month we continue to ask to raise money to go towards renewing our fleet.

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 to 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

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: _____