

Friends of Bethlehem

Part of the Calvary Kooyong Precinct

WINTER 2024



Allied Health staff across the Calvary Kooyong Precinct have taken to wearing brightly coloured and patterned scrubs every Friday, bringing light and colour to patients, residents, families and each other at the end of the week!

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Message from Shannon

Dear Friend,

With the winter months comes the cold, rain and doing lots indoors. The team of staff and volunteers across the Calvary Kooyong Precinct, including Bethlehem Hospital, Huntly Suites residential aged care and Hyson retirement apartments maintain high energy and a focus on supporting our patients, residents and their families to live well.

As we continue to focus on consolidation, integration and moving towards the future; the leadership team continues to move from strength to strength as they collaborate and develop services and programs that all work to meet the needs of the community we serve, ensures ongoing sustainability of our resources and enables our skilled and passionate staff to deliver specialist care and support.

We hope you enjoy this edition of the Friends of Bethlehem Newsletter, featuring stories about some of the services and programs benefitting patients and residents, the wonderful work performed by our growing Volunteer service and the positive effect your contributions continue to make.

Shannon

General Manager, Calvary Kooyong

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



Lifestyle activities bring laughs and social connections to inpatients at Calvary



Diversional Therapist Leanne has to think on her toes, but she is very good at it, and is always able to come up with 1 – or 3 activities a day to keep inpatients on St Teresa's entertained!

Different Activities suit different people – inpatient Kelly has now made over 30 cards for friends and family during her admission. She has been at Bethlehem for 2 weeks and is making a handful of cards every day.

Other patients enjoy word and number games run by the lively Leanne who is able to improvise to accommodate any patient wish.

The other day to the delight of all, and prior to the Friday noon lunch tunes, inpatients played "Guess that tune" with laughter ringing throughout the Jacaranda room and down the corridor.

The Abba costume shown to the right is a work-in-progress being put together for a patient on the ward who is an Abba fan. We will share that story with you in our next edition.



New Garden Furniture from Bentleigh Moorabbin Rotary set to have a positive impact for Patients, Residents and Families



Calvary Bethlehem has been very fortunate to have collaborated with the Bentleigh Moorabbin Central Rotary Club over several years.

Over this time, the Club has generously supported our service through a variety of fund raising efforts and projects – support for which we are ever grateful.

This year, Bentleigh Moorabbin

Central have provided funds to enable us to purchase additional outdoor furniture to be placed in the St Michael's Grove Garden. The furniture, pictured below, includes features such as tables being wheelchair accessible and easy care material that will withstand the outdoor environment over many years to come.

The furniture will be a welcome addition to our garden space and in keeping with our focus on supporting people to 'Live Well', will enhance the access for our patients, residents and their families to gather with each other and enjoy the outdoor space.

Please join us in thanking Bentleigh Moorabbin Central Rotary Club for their wonderful support.

Calvary Kooyong
Consumer register
helps us to 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 9480
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/>



Last year, 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:



My Lifestories Program – providing residents and patients with companionship, a voice and an opportunity to share



Huntly Resident Pat Brown volunteered with Calvary Bethlehem for many years with her dog Toby. Pat and Toby were a regular sight on the ward bringing smiles to the faces of Patients and staff. Now the shoe is on the other foot and Pat is a resident here at Huntly Suites and sharing her life story with the Volunteer-run My Life Reflections program and loving it.



Volunteers and the local community of Calvary Bethlehem have a long history of supporting our patients, over the last 80 years.

In partnership with Beyond Words, a not-for-profit, volunteer-run biography organisation, six volunteers were this year trained to support our patients and residents to tell their life story, through listening, transcribing, editing and publishing their story to share with family and loved ones. This program supports patients and residents to feel affirmed, valued and celebrated, sustaining their identity, and enhancing their personal meaning and purpose.

Being able to tell their life story has brought joy and reflection to many; celebrating the ups and downs of life, while feeling affirmed and valued. Not only has this program supported people to leave a legacy for those they care about, but it has also enhanced their personal meaning and life purpose.



If you would like to share your story or if you know of somebody that would, please email Volunteer Manager Lindy Shaw at linda.shaw@calvarycare.org.au

Register today !
The CHCB Golf Day
is coming up on 18
September !



This is an invitation to all golfing Friends of Bethlehem and the Calvary Kooyong Precinct to come and join us at the spectacular Victorian Golf Club for our 4th Annual Charity Golf Day on 18 September.

The now famous event features 18 holes of Ambrose, a light breakfast before teeing off, lunch and plenty of prizes throughout the day. All funds raised will support people with a life limiting illness to live well.

Main, Hole and Support sponsorship packages are also available.

To register and find out more about the event, please contact Kevin Halpin on **0412 684 260** or kevinhalpin@hotmail.com





Commonwealth Health Support Program (CHSP)

- providing vital support inside and outside the home

Karin Ralph is 93 years old but you wouldn't know it. The nonagenarian lives life to the full and is always up for a laugh but that doesn't mean that she doesn't require help and a lift from time to time. The CHSP funded program, coordinated by Bethlehem, has engaged volunteers to support the program. Volunteer Christine Algie (above) takes time out every Wednesday to visit Karin in her home. Depending on what she needs, they might go shopping, the hairdresser or to a medical appointment or Christine might take her for a coffee and a chat. If you are interested in being part of this program, please contact Lindy Shaw at: Linda.shaw@calvarycare.org.au



Thank you for your generous donations

Thank you to all of those that responded to our Autumn Newsletter. The donations we received have been a very helpful addition to our Living Well program.

The money that we received last month enabled us to purchase new patient chairs that are a vital benefit to helping improve

patient comfort, autonomy and dignity when they are visiting clinic.

Your donations continue to make a significant impact on the lives of our patients and their families, enabling us to provide timely and efficient care to those who need it most.

New GP clinic answering community need at Calvary Kooyong

The new general practice located within the Calvary Kooyong Integrated Precinct opened in April and supports the delivery of integrated, connected care to our residents and patients. The Family Clinics Australia clinic offers GP, pathology and geriatrician services, as well as a mix of allied health services including physiotherapy.

General Manager, Shannon Thompson, says that "The clinic has gone from strength to strength and demonstrated the delivery of integrated health and wellbeing services on site for Kooyong and wider community."



Though he sees patients in his rooms at the Family Clinics rooms on Kooyong Road, Dr Bimsara Gurusinge is also able to make house calls and check in on patients in Kooyong's Hyson Apartments and residents in the Huntly Retirement Suites during the week.

Delivering workshops to build strength and keep residents safe at home



In the last year residents at the Hyson Retirement Apartments and Huntly Residential Aged Care Suites at Calvary have been visited by external physiotherapists and Health Professionals from Calvary Health Care Bethlehem who have delivered workshops to interested residents at Hyson and Huntly providing workshops and advice about falls Awareness and simple fitness and strengthening tips.

The workshops have assisted residents to:

- establish strategies for building core strength and balance to help prevent falls in the home
- establish fitness goals to help build lung capacity and reduce dizziness
- become more aware of falls risks and strategies to minimise their risk

All ways that Calvary contribute to improve resident experience, autonomy and strategies to help keep them safe in their homes.



Supporting our community to Live Well



Through your generous support, the work of Bethlehem and the Kooyong Precinct enables patients, residents and their families to live well, assisting people to take an active role in managing their own care and determining what is most important to them.

Further to the support provided by the Bentleigh Moorabbin Rotary club mentioned earlier in this newsletter, and as part of ongoing enhancements to the outdoor space that the club has contributed so generously to, we are also seeking the support

of our community to raise funds to construct a new concreted area within the St Michael's Grove Garden where we can set up the current BBQ to make this space more readily accessible for our patients and residents.

We are aiming to have this work completed in time for Spring.

Your donation to help us create the new BBQ space, or to our Living Well Program more broadly, will make a significant impact to the lives of our patients, residents and their families.

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, 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:

Name: _____
Address: _____
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: _____