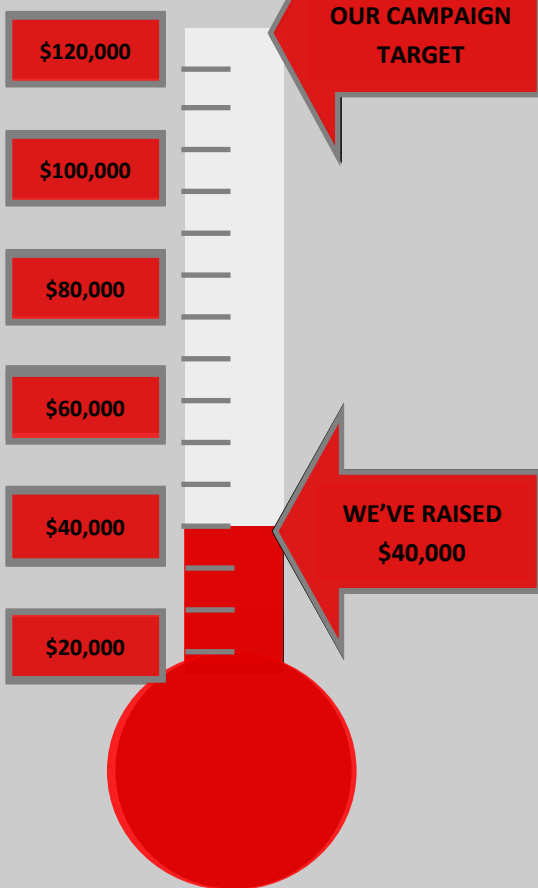


ISSUE 147 June/July 2023  
Heartbeat Epworth Inc.

# ZIPPERS

## Our Fundraising Goal



### THIS ISSUE:

- President's Message
- Coordinator Updates and diary dates
- Do you know what your blood pressure is?
- You don't choose a life Dad, you live one
- Heartbeat Scholarships supporting cardiac staff development



## A MESSAGE FROM OUR PRESIDENT

### Annual Appeal 2023-24

A big thank you to those members who have already donated to the Annual Appeal 2023-24. This year, funds raised through the Annual Appeal will be directed to the Heartbeat Cardiac Equipment Campaign for which we need to raise more than \$120,000.



To highlight the difference we can make to cardiac care at Epworth hospitals through our fundraising efforts, I have included the list of equipment we have selected to sponsor (based on a list of priorities from Epworth) on page 3 of this issue of *Zippers*.

The Committee solicits donations from our members only once each year and we rely on a positive response from the membership base so that we can reach our fundraising goal. I wrote to all members at the beginning of April 2023 to provide information about the Cardiac Equipment Campaign and to seek contributions, but there are many members who are yet to make a donation. If you haven't already donated to the Annual Appeal, please consider doing so before the end of June when we are planning to make our first contribution to Epworth from the Campaign.

Non-member readers wouldn't have received my letter but, if you would like to make a donation to our Cardiac Equipment Campaign, please contact me on mobile: 0448 068 364 or by email: [bill.preston@epworth.org.au](mailto:bill.preston@epworth.org.au).

### Mother's Day Raffle a great success

On behalf of the Committee I would like to thank the volunteers at Richmond for their hard work selling tickets in the Mother's Day Raffle over the last three months. A total of \$7,285 was raised; more information is on page 5. Thank you too to all those people who supported the Raffle by purchasing tickets.

### Patient Support Visits – volunteer visitors required

In the April/May issue of *Zippers* I reported that our team of Patient Support Visitors has re-commenced visiting patients at Richmond. I also reached out to members who would like to join the Patient Support Visitors team. Since then one member came forward and has joined the team but we still need more volunteers to carry out this very important and personally very satisfying work. Please get in contact with me for more information - mobile: 0448 068 364 or by email: [bill.preston@epworth.org.au](mailto:bill.preston@epworth.org.au).

Sylvia McGregor has committed to make presentations about Heartbeat and its activities to cardiac patients participating in the Cardiac Rehab Program at Epworth Camberwell. Thank you Sylvia.

### FY 2022-23, Donation to Epworth

The end of the Financial Year is only days away and the Committee will finalise the amount Heartbeat will be donating to Epworth at the Committee meeting on 22 June 2023. The donation will include amounts for the Heartbeat Epworth Centenary Scholarship Fund, the Cardiac Rehab Ambassador Program and our first contribution from the 2023-24 Heartbeat Equipment Campaign. The amounts will be announced in the August/September issue of *Zippers*.

*Bill Preston* - President





## **Heartbeat Epworth 2023-24 Cardiac Equipment Campaign**

***Our 2023-24 Annual Appeal will support the purchase of the following cardiac equipment***

Epworth Richmond

### **Supine Ergometer - Cost: \$22,330**

The supine ergometer is used to perform bike stress echocardiograms and provides an alternative means of conducting these tests for those patients who cannot use a treadmill. The ergonomic design offers stability and comfortable patient positioning during stress exercise testing procedures.



Epworth Eastern

### **Rotational Atherectomy System - Cost: \$81,995**

The Rotablator uses a diamond tipped drill to perform rotational atherectomy - the treatment of calcified blockages in the coronary arteries. Patients may be referred for this procedure when the coronary artery is heavily calcified and cannot be easily unblocked with balloon angioplasties prior to stenting. The procedure takes effect almost immediately - the patient's blood flow and heart function will improve within minutes.



Epworth Richmond

### **Echocardiogram Beds x 4 - Cost: \$4,250 per item (Total \$17,000)**

Echocardiography is the term given to the ultrasound examination of the heart, and is a key component of the routine evaluation of suspected or known cardiac disease. A specially designed, manoeuvrable echocardiogram bed ensures a patient can be positioned in the optimal way to allow for ease of testing, provides greater patient safety and comfort, and is more ergonomically suited to the needs of staff performing echocardiograms.

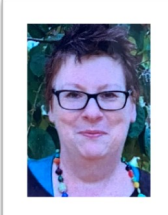


***Total of all equipment = \$121,325***



## UPDATES FROM OUR COORDINATORS

### NORTH WEST GROUP



Welcome to another edition of *Zippers*. With winter now upon us, we trust all our members are keeping warm, safe and healthy.

A social lunch was held at the East Keilor RSL on 19 April 2023. Everyone who attended enjoyed the catch-up and Lyn Jeffries won a small raffle comprising movie tickets and chocolates.

At our May meeting, members agreed that our next lunch will be on Wednesday 21 June at the Kealba Hotel on the corner of Sunshine Avenue and Main Road East St Albans. Please get in touch with Robert Saitta on 0477 506 711 for bookings.

Please note that, because of a Remembrance Day function at the RSL on Sunday 19 November, **we have had to change the date of our Christmas Lunch to Saturday 18 November.** The format for this function will be the same as last year (including a two-course meal with tea and coffee, raffles and an auction) and, following the overwhelming positive response he received last year, Retro Joe will once again provide the musical entertainment for the day.

Our Christmas Lunch costs \$40 per head. Bookings can be made by contacting Robert Saitta on 0477 506 711.

All Heartbeat members, friends and supporters are welcome!

### Schedule of 2023 North West Group Events

Date	Event	Time	Location
Wednesday 21 June	Lunch	12:00noon	Kealba Hotel, cnr Sunshine Ave & Main Road East, St Albans
Sunday 16 July	Meeting	2:00pm	Uniting Church Hall, Pascoe Vale
Wednesday 16 August	Lunch	12:00noon	To be confirmed at July Meeting
Sunday 17 September	Meeting	2:00pm	Uniting Church Hall, Pascoe Vale
Wednesday 18 October	Lunch	12:00noon	To be confirmed at September Meeting
Saturday 18 November	Christmas Lunch	12:00pm	East Keilor RSL, 12-22 Hoffmans Road, Essendon

... and finally, an uplifting thought for our readers:

Wake up every morning and tell yourself 'I can do this!'

*Sharon Saitta* - North West Group Coordinator

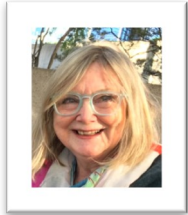




## RICHMOND



We are very pleased to report that we raised \$7,285 from the Mother's Day Raffle. The first ticket drawn (No. 0035) was sold by Bernadette Hodgkinson on 13 February, and the second (No. 0512) was sold by Kevin O'Dea on 1 March.



Christine Tountzis (an Epworth Richmond volunteer) is pictured left drawing the winning tickets and I had the pleasure of phoning the winners who were both ecstatic!

Our next raffle is really three raffles - one for each of three very impressive handmade quilts. The Committee decided that running the raffle in this way gives everyone the opportunity to buy tickets for the quilt they would most like to win - although some people are so impressed with the quality of the quilts that they have bought tickets for all of them! We acknowledge Hazel Adams, Kay Wagland and Fay Woodhart for their quilt-making skills and thank them very much for their generosity in donating these wonderful examples of their work (pictured at right) to assist our fundraising efforts. If you're passing by our sales table before 7 July, please consider buying a ticket (or three!).



Joy and Graham Woods have given us an amazing assortment of knitted toys and clothing. The knitted teddies dressed in club football jumpers have been extremely popular and a large "Very Hungry Caterpillar" draught stopper was snapped up within minutes of being put on display. There are many more beautiful articles that will be sold easily. Thank you Joy and Graham.

Loula and Con Vlass are selling amazing knitted toys and other goods made by volunteers and supporters in the South East which they are selling in conjunction with the quilt raffles. There is no doubt that the quality of these products has helped them reach the lofty heights of raising almost \$800 on a single day!

Lightweight pure cotton dressing gowns, which are a bargain at \$20 each, are also selling well.

Our craft table, run on the third Thursday of each month, continues to be successful. Thanks to Heera Nayak and Bernadette Hodgkinson for their good work.

***We would love to hear from anyone who is interested in becoming a helper on the craft and/or raffle tables. Free lunch and parking are provided. Please contact me on 0439 036 981 if you would like to join us.***

### ***Dates for your diaries***

Our William Angliss lunches are popular, very reasonably-priced and fun! Our next one is not far away on Tuesday 20 June. Please contact me on 0439 036 981 or Bill Preston on 0448 068 364 to make a booking.

... and don't forget the casual morning tea get-togethers we have on the second Wednesday of the month at The Montague Street Food Store - we would love to welcome any volunteers and friends who'd like to join us there!

*Margo Kelly* - Volunteer Coordinator Richmond / Special Events





## SOUTH EASTERN GROUP

At our meeting on 14 April, Louise Wilson (Clinical Nurse Educator ICCU at Epworth) gave members of the South Eastern Group a presentation on basic life support and what to do in a cardiac emergency.



This was a most informative hands-on session on the action to take if placed in the position of having to perform CPR and the use of a defibrillator. It was so well received by all those who attended that we have decided to make this an annual 'refresher' event.

At our May meeting, Elaine Malley and Justine Middleton were the winners of a brief trivia quiz added to our normal agenda; we then proceeded to lunch at the RSL opposite.

Our schedule of meetings and lunches for the remainder of this year is provided in the following table. We'd love to hear from anyone who thinks they might like to join us - please contact Con on 0412 059 350 for more detail.

### Schedule of 2023 South Eastern Group Members' Meetings and Lunches

Event	Time	2023 Dates						
		Jun	Jul	Aug	Sep	Oct	Nov	Dec
<b>Members' Meeting</b> Boardroom, Level 7 Nelson Road Entrance East Tower, Epworth Eastern	10:30am	09/06	14/07	11/08	08/09	13/10	10/11	08/12
<b>Members' Lunch</b> The Bistro Box Hill RSL, 26 Nelson Rd	11:45am	09/06	14/07	11/08	08/09	13/10	10/11	08/12

We are still not sure when we'll be able to recommence a sales table at Epworth Eastern; however, we've been doing a roaring trade at Richmond with the wide range of quality items made by our great volunteers and supporters; some examples are pictured below. **We are putting a call out to anyone who has any spare wool that you could donate to the knitters who make these items for our stalls. Please contact Con Vlass on 0412 059 350 or [cvglass@bigpond.net.au](mailto:cvglass@bigpond.net.au). We would be very appreciative!**



*Con Vlass* - South Eastern Group Coordinator

*Loula Vlass* - Epworth Eastern Sales Table Coordinator



## DO YOU KNOW WHAT YOUR BLOOD PRESSURE IS?



One in three Australian adults have high blood pressure (hypertension). Hypertension - known as the silent killer - is the leading risk factor for coronary artery disease, stroke and dementia. It damages the heart, blood vessels and every part of your body and yet we generally do not have any symptoms with this condition.

Only half of the people in Australia with high blood pressure know that they have it and, of those, only 32% have it under control. Australia has fallen behind many other countries in managing this very treatable condition. The National Hypertension Taskforce was formed in 2022 with the goal to double Australia's rates of controlled blood pressure from 32% to 70% by 2030.

### What constitutes high blood pressure?

Meaning	Top number (systolic) mm Hg	Bottom number (diastolic) mm Hg
Optimal	Less than 120	and Less than 80
Normal	120 to 129	and/or 80 to 84
High-normal	130 to 139	and/or 85 to 89
High	Greater than 140	and/or Greater than 90 **

*Note: This is a guide only. What is considered a healthy blood pressure varies from person to person. Your doctor will explain what your ideal blood pressure is based on a range of factors, including your overall health.*

### What can we do to optimise our blood pressure?

- Exercise regularly and keep active
- Maintain a healthy diet and reduce salt
- Quit smoking
- Get a good night's sleep
- Reduce stress
- Ask your GP to measure your blood pressure at every visit

If your doctor commences you on blood pressure medications or your blood pressure medications are changed it can be a good idea to measure your blood pressure at home for a couple of weeks to see if it has improved. Return to your doctor for another review if your readings remain high – consistently above 140/90 - or if you experience any dizziness or light-headedness which may indicate the medication has lowered your blood pressure too much and you are at risk of falling over and injuring yourself. Getting you blood pressure right may take several medication adjustments. It is important to persevere with your doctor until your blood pressure is optimised.

*(Note: This article draws on information available at <https://ozheart.org/press-release-national-hypertension-taskforce-takes-on-the-silent-killer-of-uncontrolled-blood-pressure-in-australia> and <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/blood-pressure>)*

*Jo Keuill and Glynis Cacavas* - Cardiac Rehabilitation Coordinators



## “YOU DON’T CHOOSE A LIFE DAD, YOU LIVE ONE”



Being diagnosed with a heart condition can be a traumatic experience. Patients often experience feelings of confusion, fear and disbelief and try to reason “why” this is happening to them. The purpose of a pastoral conversation is to create a non-judgemental space to explore and validate this very real experience. Pastoral care to heart patients can offer a safe space to talk about these feelings and come to a place of peace and acceptance.

Patients may use this time in hospital to reflect about their life and consider what lifestyle changes can improve physical health, minimise stress and increase their quality of life. This sounds simple but, in reality, what started as a health crisis has the potential to open a new journey towards self-discovery. This is true for many of us who have lost someone we love dearly or are transitioning from a diagnosis that changes the life we have been living.

In the movie **The Way** there is a scene of a father (Martin Sheen) driving his son (Emilio Estevez) to the airport after the son has made the decision to drop out of university and travel the world. The death of his mother years before had given him a deeper appreciation for the present moment and a desire to live life fully. On the other hand, the father remains focused on what is under his control ... mostly work. By blocking his emotions and grief he limits his ability to live freely and explore new horizons.

The son asks his father to join him on his journey, but the father’s response is: “*my life here may not seem like much to you, but it’s the life I chose*” ... the son looks at him and replies: “*you don’t choose a life dad, you live one*”.

The father’s heart is broken when he hears of the sudden death of his son who was on the Camino de Santiago, crossing the French Pyrenees towards Spain. Full of regret, grief and curiosity the father decides to walk the 850km pilgrimage with his son’s ashes.

The Camino (or Way of St James) is an ancient pilgrimage that dates back to the 8<sup>th</sup> century and ends in the Cathedral of Santiago de Compostela in Galicia northern Spain where tradition has it that the remains of the apostle St James are buried. Traditionally people walked the Camino for religious and spiritual reasons but in modern times motivations also include fitness, seeking a challenge, responding to an experience of grief, or transitioning to retirement.

The Camino de Santiago pilgrimage is both an outer and inner journey of personal transformation and growth. Epworth cardiac patients are, like pilgrims, on their way to better physical and spiritual health. The following is my prayer and hope for the people I accompany:

*What brought you here was physical illness but I hope that you may be touched by the sacred presence as you receive care and that you may be transformed by an increasing desire to give back to the community and the world with the same compassion and care you have received so that you live life more fully, valuing quality time with loved ones and becoming generous by sharing your unique gifts with others.  
May you be on your way!*

*Lidia Rouira-Duch* - Pastoral Care







## HEARTBEAT SCHOLARSHIPS SUPPORTING CARDIAC STAFF DEVELOPMENT



The Epworth Scholarship program is the largest of its kind in the healthcare industry in Australia. It has been running for over 10 years, growing each year with an increasing number of scholarships awarded. With the help of generous supporters like Heartbeat, this program continues to thrive.

Scholarships help Epworth staff progress in their careers by enabling them to undertake advanced study, spend time at centres of global excellence, attend conferences, and learn new skills to share with colleagues. It helps ensure Epworth has the best team to provide exceptional patient care.

Opportunities like the Scholarship program inspire Epworth staff to strive for excellence in their chosen area. Without this financial support many simply would not be able to undertake these development activities. The program is designed to motivate staff to identify professional development goals and provide the means to achieve them.



Applications have just opened for this year's Scholarship program and will close on Friday 7 July 2023. We are confident there will be a field of excellent candidates for the three categories of scholarships funded by Heartbeat Epworth - the original Cardiac Scholarships which were first awarded in 2015, the Epworth Centenary Scholarships, and the John Thurkle Heartbeat Scholarship. Later this year we'll let you know the successful applicants and the course of study or other activity they'll be undertaking.

Undoubtedly they will all be as grateful for Heartbeat's support as the successful Scholarship applicants from past years. Dino Harry del Rosario, a cardiac staff nurse at Richmond, won a 2023 Scholarship to complete a Graduate Certificate in Critical Care Nursing and says to Heartbeat members and supporters:

*'I would like to give a big thank you to Heartbeat for the great opportunity I have received in regards to the scholarship for my post graduate course.'*

*Through your support, this study opportunity will assist me in developing greater decision making autonomy, critical thinking and leadership skills, advanced clinical judgement and enhanced professionalism. It will also prepare me immensely for specialty cardiac care nursing practices.*

*I am truly grateful for your kindness and wonderful support.*

*Wishing you all the best!!!*

*Dorani Lacey* - Grants & Scholarships Manager





## HEARTBEAT EPWORTH COMMITTEE 2022-23



*Back Row (l-r): Kasi Nathan, Fay Henderson, Bill Preston, Shirley Chung, Sharon Saitta, Con Vlass, Sylvia McGregor  
Front Row (l-r): Justine Middleton, Margo Kelly, Loula Vlass*

<p><b>Bill Preston</b> President Mob: 0448 068 364 <a href="mailto:bill.preston@epworth.org.au">bill.preston@epworth.org.au</a></p>	<p><b>Kasi Nathan</b> Secretary Tel: 03 9449 2373 Mob: 0425 849 193 <a href="mailto:heartbeat@epworth.org.au">heartbeat@epworth.org.au</a></p>	<p><b>Justine Middleton</b> Treasurer Mob: 0401 992 985 Justine.Middleton@epworth.org.au</p>	<p><b>Fay Henderson</b> Entertainment Books / Special Events Mob: 0411 875 402 <a href="mailto:fayhenderson@icloud.com">fayhenderson@icloud.com</a></p>
<p><b>Sharon Saitta</b> North West Coordinator Mob: 0417 506 760</p>	<p><b>Margo Kelly</b> Volunteer Coordinator Richmond / Special Events Mob: 0439 036 981 <a href="mailto:margokel@bigpond.com">margokel@bigpond.com</a></p>	<p><b>Sylvia McGregor</b> Christmas Cards / Raffle Presentation / Special Events Mob: 0418 677 919 <a href="mailto:mcgregorsylvia@yahoo.com.au">mcgregorsylvia@yahoo.com.au</a></p>	<p><b>Con Vlass</b> South Eastern Coordinator Mob: 0412 059 350 <a href="mailto:cvlass@bigpond.net.au">cvlass@bigpond.net.au</a></p>
<p><b>Loula Vlass</b> Epworth Eastern Sales Table Coordinator Mob: 0411 277 685 <a href="mailto:loulavlass@gmail.com">loulavlass@gmail.com</a></p>	<p><b>Shirley Chung</b> Committee Member Mob: 0408 128 822 <a href="mailto:spchung8@outlook.com">spchung8@outlook.com</a></p>	<p><b>Catriona Shinkfield</b> Minutes Secretary (Standing Invitee)</p>	