

October / November 2023

Heartbeat Epworth Inc.

ZIPPERS

Our Fundraising Goal

\$120,000

\$100,000

\$80,000

\$60,000

\$40,000

\$20,000

Our campaign target

We've raised \$90,000



THIS ISSUE:

- President's Message
- Coordinator Updates and Diary Dates
- Kindness
- Diabetes & Cardiovascular Disease
- Heartbeat Scholarships Update



A MESSAGE FROM OUR PRESIDENT

New Look *Zippers* Front Page

You may have noticed that the front page of *Zippers* looks a bit different. Sheila Ross, our Editor, has been working with the designers in the Brand team to find a way to deal with two issues we have grappled with for some time: making it easier for readers to more easily distinguish when the printed versions of *Zippers* distributed around Epworth are the most recent issue; and overcoming some difficulties we faced when updating the fundraising thermometer graphic for each issue. The solutions we have developed are to change the colour of the banner across the top of each front page from issue to issue, and to simplify the thermometer in terms of both its look and ability to be updated. We hope you like the changes. Thank you Sheila and the Communications Team for your great work.



Annual General Meeting – 17 November 2023

All financial members and those who haven't yet paid their 2023 Membership Renewal Fee will shortly receive an invitation to the 2023 Annual General Meeting. Please remember that only members who have paid the 2023 Membership Renewal Fee to vote at the meeting.

We would love to see as many members as possible at the meeting as the AGM is a great opportunity to reflect on our achievements and challenges over the past year, to discuss plans for the coming year, and to catch up with fellow members and supporters over a light lunch. If you are unable to attend personally, please take the opportunity to have your say on the motions that will be put to the meeting by completing and returning the Proxy Form which is included in the invitation pack.

Robert Saitta Rejoins Our Committee

At its meeting on 28 September the Committee considered a request for Robert Saitta to rejoin the Committee. Robert had been a Committee member until he resigned in 2020 for health reasons. He is now enjoying good health and wanting to make a contribution at Committee level again. The Committee agreed to Robert becoming a member of the Committee effective immediately. Welcome back Robert.

2023 Father's Day Raffle

We sold all 1000 tickets printed for the 2023 Father's Day Raffle, raising \$5,000 to go towards the Heartbeat Epworth 2023-24 Cardiac Equipment Campaign. The results of the Raffle were:

First Prize: Ticket Number 0568 sold by Kevin O'Dea on 9 August

When I contacted the winner to let her know she had won the hamper of goodies valued at over \$1000, I discovered she was on holiday in London and planning to fly back to Melbourne that day. She was so excited about her win that she planned to collect her prize the day after she arrived home.

Second Prize: Ticket Number 0026 sold by Wolfgang Ott on 10 July (the first day of the raffle)

When I spoke with the Second Prize winner, she was delighted to have won the *second* prize as winning a jeroboom of champagne was a dream come true!!

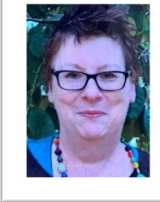
On behalf of the Committee, I would like to thank our sales table volunteers and other supporters who sold or purchased tickets to help us achieve this great result. Thank you also to Margo Kelly for organising the volunteer roster for the sales table and Sylvia McGregor for presenting the raffle so beautifully.

Bill Preston - President



UPDATES FROM OUR COORDINATORS

NORTH WEST GROUP



Welcome to another edition of *Zippers*. We trust everyone is keeping safe and well, and enjoying the warmer weather.

The North West Group held a social lunch at the East Keilor RSL on Wednesday 16 August. All who attended had a lovely time.

At the bi-monthly meeting on 17 September Lorraine Shewin won the door prize and we raised \$40.

Our next social lunch is on Wednesday 18 October at the Windy Hill Bistro. Please get in touch with Robert Saitta on 0477 506 711 to confirm your booking.



Heartbeat Epworth North West Group Christmas Lunch
Saturday 18 November 2023, 12:00noon -3:00pm
East Keilor RSL
12-22 Hoffmans Road Essendon
\$40.00 per head

Preparations are well underway for our Heartbeat Epworth North West Group Christmas Lunch on 18 November. A big thank you to our North West members, as well as supporters from Richmond and South Eastern, for their generous donations of goodies for our raffles, craft table, and auction on the day. If you would like to donate any items ... and if you haven't yet booked your tickets for this function ... please contact Robert on 0477 506 711. All members, their families and friends are warmly invited to join us for what is always an enjoyable event to herald the start of the festive season.



Schedule of Upcoming North West Group Members' Meetings and Lunches

Date	Event	Time	Location
Wednesday 18 October	Lunch	12:00noon	Windy Hill Bistro
Saturday 18 November	Christmas Lunch	12:00noon	East Keilor RSL, 12-22 Hoffmans Road, Essendon
Sunday 21 January	NW Group Meeting	2:00pm	Uniting Church, Kent Road, Pascoe Vale

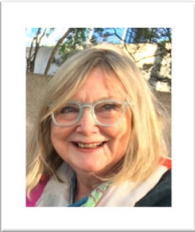
Sharon Saitta - North West Group Coordinator





RICHMOND

The renovations at the Richmond site have included the installation of large digital donor honour board screens along the walkway opposite Epi Café so it's not possible for us to continue to operate our sales table from this location. If you are looking for us next time you visit the hospital, you'll find the sales table opposite the new Reception desk. Thank you to our wonderful volunteers who have once again demonstrated how adaptable they are in responding to the renovation-related changes we have had to make over the last few weeks!



We are very hopeful that the new location of the sales table is going to be positive for our fundraising efforts as we are now in full view of people coming from all directions to the reception area.



The Christmas Raffle is proving to be a big drawcard - first and second prizes are pictured left and below; thank you once again to Sylvia for her wonderful packaging of the first prize hamper. Christmas cards are selling well, and we are achieving strong sales on some lovely knitted items.

Heera, Bernadette and Marion are also doing well on the craft table each third Thursday of the month.



Dates for your diaries

Our next fundraiser is the Angliss Restaurant Lunch on 10 October. If you would like to join us but haven't yet made a booking, please contact me as soon as possible on 0439 036 981.

As our regular monthly morning tea would have fallen on the day after the Angliss Restaurant Lunch, we will not be holding a get-together this month. Our next morning tea will be:

10:00am, 8 November

Montague Park Food Store

406 Park Street (on the corner of Park and Montague Streets), South Melbourne.

There are trams to the door and plenty of parking.

This will probably be the last morning tea before Christmas, so please come - there will be some surprises!

Margo Kelly - Volunteer Coordinator Richmond / Special Events





SOUTH EASTERN GROUP

Con and Loula returned from their holiday in Greece on 28 September, jet lagged but refreshed and ready to get back to volunteering at Heartbeat. Well ... that has all gone out the window now that both have come down with their first dose of COVID-19! We expect it will only be only a few days until they get back to making their valued contributions to Heartbeat but, rather than delay the publishing of *Zippers*, I am writing the South Eastern Group report for them. We hope you get well soon Con and Loula.

Thirteen members attended the members meeting and lunch on Friday 8 September. Sylvia McGregor won the raffle (again!!). Thank you to Helen and Norman Weiss for donating the raffle prize - a beautiful platter. \$140 was raised on the day.

The next South Eastern Group members meeting at Epworth Eastern followed by lunch at the Box Hill RSL will be on 13 October. Please contact Bill Preston on 0448 068 364 if you haven't been before and would like to come along.

Schedule of 2023 South Eastern Group Members' Meetings and Lunches

Event	Time	2023 Dates		
		Oct	Nov	Dec
Members' Meeting Boardroom, Level 7 Nelson Road Entrance East Tower, Epworth Eastern, Box Hill	10:30am	13/10	10/11	08/12
Members' Lunch The Bistro Box Hill RSL, 26 Nelson Rd, Box Hill	11:45am	13/10	10/11	08/12

Finally, I thought our South Eastern Group members in particular would be interested to hear about an inaugural Graduate Leadership program that has been launched through Epworth's new Brookes Academy of Nursing and Midwifery. Nicole Argall, Group Director Clinical Education is the Academy Dean.

The program, which is unique to Epworth, recognises the importance of building leadership in nurses and midwives from the very beginning of their careers. It was launched at Epworth Eastern last month and has an emphasis on 'leading self' with the aim of enabling new nursing and midwifery staff to grow, develop and succeed in their first year of practice.

Areas of focus for this leadership program include:

- emotional intelligence and understanding how emotions influence feelings and actions
- strategies for regulating emotions and behaviours under stress
- the values of Epworth and how they are integrated into a person's role
- development of insight into personal strengths and areas for development, and how behavioural style can impact on the team, patients and their families.

Bill Preston - President





The following article from our archives was published in the February/March 2021 issue of Zippers. Thank you to the Pastoral Care Team for agreeing to us using it again.

In this article (which was written in the depths of COVID-19) Kristen talks about kindness as a quality that can make turbulent or challenging times easier to bear; she stresses that demonstrating kindness to both others and ourselves can help us feel that there will be a better tomorrow. Ed

KINDNESS

As 2021 gets underway I have been reflecting on what an extraordinary journey the last 12 months have been.

An understatement perhaps! It was a challenging year. There have been dark times and many of us have struggled. And I wonder, what light can we take from this collective experience that will show us a way forward as we move into 2021 with the uncertainty of what lies ahead?

I would like to offer the following to consider.

I noticed that a theme emerged last year which gave me heart. The theme was kindness. Wherever I went, whatever I listened to, kindness kept appearing. On the many and various media platforms we were encouraged to be kind to one another.

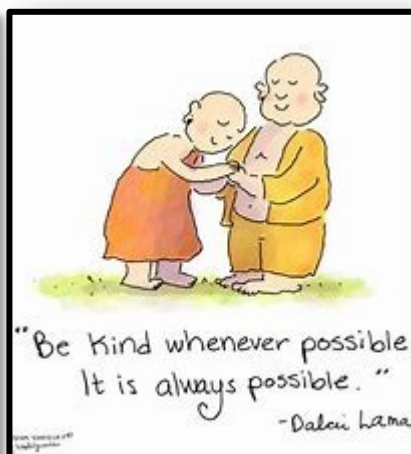
Kindness is the quality of being friendly, generous and considerate; of being selfless, compassionate and merciful. Kindness is also described as love in action. Gentleness, warmth, concern and care, are words associated with kindness. Being kind can sometimes require courage and strength too.

For me this represented the perfect antidote, the perfect response to the distress and suffering I experienced and encountered ... because it feels good to be kind. In the face of the difficulties, and the sense of helplessness during 2020, being kind gave me something valuable to contribute. As the Dalai Lama puts it: "Love and compassion are necessities, not luxuries. Without them humanity cannot survive."

When we feel we have nothing left to get us through a challenge, demonstrating kindness towards another, *and also towards ourselves*, can help us to lift our chin again. Kindness can be a way forward when all else seems to have failed.

To quote the Dalai Lama once again: "If you think you are too small to make a difference, try sleeping with a mosquito."

Kristen de Lacy — Pastoral Care





DIABETES INCREASES YOUR CHANCE OF DEVELOPING CARDIOVASCULAR DISEASE



Having diabetes increases your risk for developing heart disease. Heart attack and stroke is the main cause of death among people with diabetes.*

In 2021, an estimated 1 in 20 (just over 1.3million) Australians were living with diabetes. This includes people with type 1, type 2 and other diabetes (excluding gestational diabetes.) 1 in 5 Australians aged 80-84 live with diabetes.**

Diabetes is a chronic condition marked by high levels of glucose (sugar) in the blood. It is caused by the body's inability to produce insulin (a hormone made by the pancreas to control blood glucose levels), or to use insulin effectively, or both.

When your body breaks down food, your blood glucose levels rise. The pancreas releases insulin to assist in the use of this glucose for energy and maintaining acceptable levels of glucose in the blood stream. When your body doesn't make enough insulin, or doesn't use it well, the result is elevated blood glucose levels. Over time these elevated blood glucose levels can damage the blood vessels in your heart making them more vulnerable to fatty deposits/plaque and narrowing.

The risk of high blood pressure and cholesterol is also elevated for people with diabetes.

How can you reduce your risk of diabetes-related heart disease complications?

Managing diabetes well is the key to minimising the risk of health conditions such as heart disease and can be achieved by.

- monitoring and recording your blood glucose levels regularly
- taking your medications to control diabetes as prescribed
- regular appointments with your GP/endocrinologist
- talking to your GP about accessing a diabetes educator and dietitian to support your understanding of the condition and how to optimise your blood glucose levels
- eating a varied diet of healthy foods
- being physically active – exercising for 30 minutes most days of the week
- optimising your cholesterol levels through diet, exercise, medications and regular blood tests
- optimising blood pressure levels (with a goal of <130/80 at rest)
- not smoking
- limiting your alcohol intake
- if you have heart condition, considering Cardiac Rehabilitation – you can request a referral from your GP or cardiologist to a program close to your home
- having a regular Heart Health Check with your GP
- taking all medications as prescribed – do not stop without consulting with your doctor
- accessing support online through diabetesaustralia.com.au or heartfoundation.org.au.

*<https://www.heartfoundation.org.au/bundles/your-heart/diabetes-and-heart-disease>

**<https://www.aihw.gov.au/reports/diabetes/diabetes/contents/summary>

Jo Kevell and Glynis Cacavas - Cardiac Rehabilitation Coordinators





HEARTBEAT EPWORTH SCHOLARSHIPS



Five staff were awarded Heartbeat Epworth Scholarships in 2023. Unfortunately, one of the recipients was unable to accept the Scholarship. Subsequently, 2 others have had to defer their studies until next year; the funds that were allocated to them will be carried over to next year. We are pleased to report though that the remaining 2 recipients are progressing well and have asked us to share the following updates with Heartbeat members and supporters.

<p>Elizabeth Pane (Heartbeat Epworth Centenary Scholarship)</p> <p>Complete a Certificate IV in Training and Assessment</p>	<p>Please let the Heartbeat auxiliary donors know that their support has been very much appreciated.</p> <p>The course I am doing is divided into four units. At the moment, I have submitted two assignments. I intend to submit my remaining two assignment books by next week. Once I have received my graded assignments back, and obtained a 'competent' result, I will have completed the requirements for the course.</p> <p>I am anticipating that I will have completed the course and will receive my Certificate by mid November at the latest. I will let you know how I go!</p>
<p>Kendal Maclean (Heartbeat Epworth Cardiac Scholarship)</p> <p>Undertake a post graduate diploma of cardiac ultrasound</p>	<p>Thank you so much for this opportunity.</p> <p>I commenced my graduate diploma in February, and since then I have noticed a great improvement in both my knowledge and skills. At the start of the year I was supervised throughout the entire test, with my supervisor sitting next to me. I am now completing echocardiograms independently, only requiring my supervisor at the end of the scan to double-check my work. My supervisors are very pleased with my progress. This opportunity has really empowered me to become a more independent scanner and a more confident practitioner.</p>

Dorani Lacey - Grants & Scholarships Manager

HEARTBEAT EPWORTH COMMITTEE 2022-23

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<p>Sharon Saitta North West Coordinator Mob: 0417 506 760 s.saitta2607@gmail.com</p>	<p>Margo Kelly Volunteer Coordinator Richmond / Special Events Mob: 0439 036 981 margokel@bigpond.com</p>	<p>Sylvia McGregor Christmas Cards / Raffle Presentation / Special Events Mob: 0418 677 919 mgregorsylvia@yahoo.com.au</p>	<p>Con Vlass South Eastern Coordinator Mob: 0412 059 350 cvlass@bigpond.net.au</p>
<p>Loula Vlass Epworth Eastern Sales Table Coordinator Mob: 0411 277 685 loulavlass@gmail.com</p>	<p>Shirley Chung Committee Member Mob: 0408 128 822 spchung8@outlook.com</p>	<p>Robert Saitta Committee Member Mob: 0477 506 711 rbsaitta@bigpond.net.au</p>	<p>Catriona Shinkfield Minutes Secretary (Standing Invitee)</p>