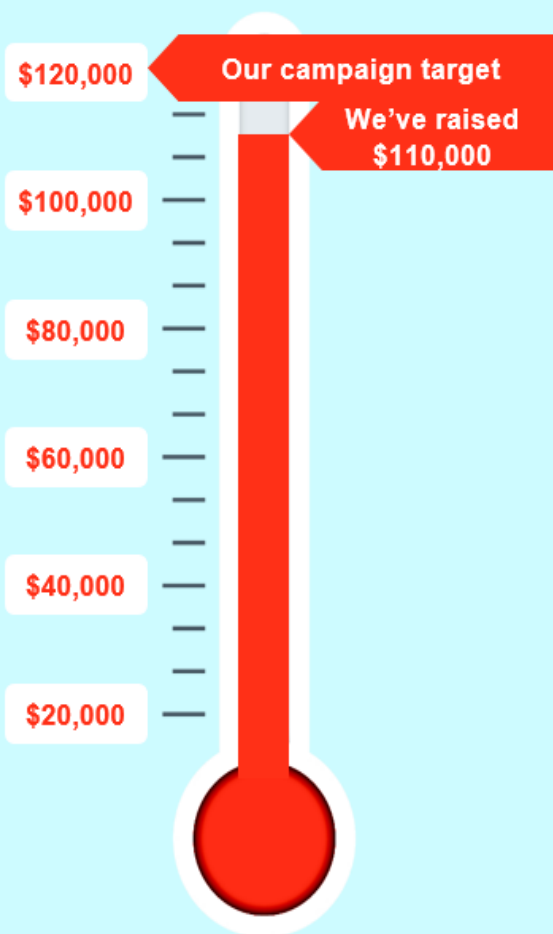


February / March 2024

ZIPPERS

Our Fundraising Goal



Heartbeat Epworth Inc.



THIS ISSUE:

- President's Message
- Coordinator Updates and Diary Dates
- Let's Get Walking
- A Posture of Listening
- Heartbeat Scholarships Update



A MESSAGE FROM OUR PRESIDENT



On 26 November 1984, about 200 cardiac patients and their families and a number of doctors attended the inaugural meeting of Heartbeat Victoria Incorporated (renamed Heartbeat Epworth in November 1990) at Epworth Richmond. This means 2024 is our 40th anniversary year. I am sure you would agree that 40 years of giving and supporting cardiac patients at Epworth is worth celebrating so, with help from the team at Epworth Medical Foundation, the Heartbeat Committee is planning a range of activities (including a lunch) in November 2024 to celebrate this important milestone. We will keep you updated on our plans for the celebrations via *Zippers* and I will mail a personal invitation to the lunch to all members later in the year.

This year promises to be another successful fundraising year now that we are able to operate our sales and craft tables on a regular basis and the foot traffic at Richmond Hospital is back to normal; we also expect to be able to reinstate fundraising at Epworth Eastern in the not too distant future. However, we will struggle to maximise our sales income unless we can increase the number of volunteers wishing to work on the tables. If you would like to discuss how you, a member of your family, or one your friends can help us to keep this vital arm of our fundraising activity running as often as possible, please contact me (on mobile 0448 068 364 or by email at bill.preston@epworth.org.au) or give Margo Kelly a call (0439 036 981) or email her at margokel@bigpond.com for more information.

I would like to remind members that we are required by the rules of association to give members one year's grace for nonpayment of membership fees before we remove them from our membership files. This means that the membership of anyone who hasn't paid their 2022 membership fee is now considered to have lapsed. If you fall into this category and wish to remain a member, we would be pleased to reinstate your membership upon payment of the arrears. Please contact me if you are unsure of your membership status and I will be able to confirm your position.

I would personally like to thank the volunteers and committee members who attended and contributed to (with great enthusiasm and passion) the volunteer's workshop held at Epworth Richmond on 24 January. Margo Kelly shares more detail in her column on page 4.

Jo Kevill, Chronic Disease Coordinator, Epworth Camberwell is very keen to establish a walking group at Camberwell. Walking is one of the activities most encouraged to improve cardiac health. If you are interested in joining the group more details of how to get involved are shared in Jo's column on page 6.

In the December 2023 - January 2024 issue of *Zippers* we published the names of the seven Epworth staff who were awarded Heartbeat Epworth Scholarships in November. We have received 'thank you' messages from five of the scholarship recipients, four of which you can read on page 8. The other message of appreciation was from the recipient of the (former Heartbeat President) John Thurkle Scholarship. As many of you know, John was a founder of, and very passionate about, our scholarship program.

'Thank you so much for your generous donation. Without it I would have been unable to enrol in my further studies including a Masters of Nursing. I hope to make you proud and share all my learnings and influence the staff I work with.' (Michelle Thompson)

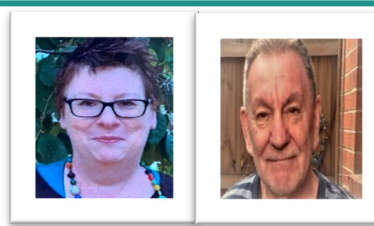
Bill Preston - President





UPDATES FROM OUR COORDINATORS

NORTH WEST GROUP



We hope that everyone had a lovely Christmas and a fantastic start to the new year. Our first NW Group Meeting was scheduled for 21 January but was cancelled because (for various reasons) many of our members could not attend.

Our first lunch will be at the East Keilor RSL, 12-22 Hoffmans Road, Essendon on Wednesday 21 February at 12 noon. We are looking forward to catching up with everyone!

We are considering re-introducing the Bunning's Sausage Sizzle as one of our fundraising events in 2024 and hope to hold one some time in early Autumn. Please let us know if you would be interested in helping us with this event.

Our schedule of North West Group meetings and lunches for 2024 is as follows - please make sure to add these dates to your diaries:

Schedule of 2024 North West Group Members' Meetings and Lunches

Date	Event	Time	Location
Sunday 21 January	Meeting	2:00pm	Uniting Church Hall, Pascoe Vale
Wednesday 21 February	Lunch	12:00noon	East Keilor RSL, 12-22 Hoffmans Road, Essendon
Sunday 17 March	Meeting	2:00pm	Uniting Church Hall, Pascoe Vale
Wednesday 17 April	Lunch	12:00noon	To be confirmed at March Meeting
Sunday 19 May	Meeting	2:00pm	East Keilor RSL, 12-22 Hoffmans Road, Essendon
Wednesday 19 June	Lunch	12:00noon	To be confirmed at May Meeting
Sunday 21 July	Meeting	2:00pm	Uniting Church Hall, Pascoe Vale
Wednesday 21 August	Lunch	12:00noon	To be confirmed at July Meeting
Sunday 15 September	Meeting	2:00pm	Uniting Church Hall, Pascoe Vale
Wednesday 16 October	Lunch	12:00noon	To be confirmed at September Meeting
Saturday 16 November	Christmas Lunch	12:00noon	To be confirmed

Sharon Saitta - North West Group Coordinator

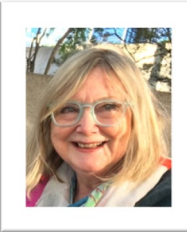
Robert Saitta - North West Events Coordinator





RICHMOND

Richmond volunteers got together on 24 January to reflect on our achievements over 2023 and to plan for the coming year. As well as having a good deal of fun (as you can see from the happy faces in the photo below), we also shared thoughts on what works well in the way we organise and run our sales and craft tables and discussed ideas for improvements. Last year our sales and craft tables raised \$47,000, so they are vital to our fund raising! Everyone at the workshop agreed that it is a good idea to get together in this way at least once a year so that we can get to know each other better and have the opportunity to agree on changes that work for our volunteers and make the tables even more successful.



We all agreed that being on the sales and craft tables can be satisfying and that it would be fantastic if we could recruit more volunteers to help out. Please let us know if you are interested in joining us on the tables - even once a month would be really appreciated. The hospital provides lunch and free parking!

Raffle ticket selling starts on our sales table on 12 February and the craft stall will operate on the third Thursday of each month. Our location opposite Epi Cafe means that we benefit from lots of passing traffic.

Our volunteers have commenced visiting patients again. Reports indicate how appreciative patients are to have a visit from someone who can relate to their situation. Thank you Susan and Jane.

Dates for your diaries

Morning teas at South Melbourne for all Richmond volunteers and friends are recommencing. Our next one is on Valentine's Day (some suitable Valentine's Day activities have been organized!). Details are:

10:00am Wednesday 14 February

Montague Park Food Store

406 Park Street (cnr Park and Montague Streets), South Melbourne.

Please contact me (0439 036 981) or Fay (0411 875 402) if you can come. We would love to share your company.

We will let you know in the next issue of *Zippers* the dates for 2024 William Angliss Restaurant Lunches.

Margo Kelly - Richmond Coordinator





SOUTH EASTERN GROUP

Welcome to 2024. We hope the new year finds you in good health and we look forward to your continued support this year.



Our fundraising tables were very successful last year and, on a couple of days, we broke existing sales records at Richmond. This would not have been possible without the support of the “Silver Knitters” - thank you Sue and your wonderful group of skilled knitters.

For the time being (while building works continue at Epworth Eastern) we will continue to operate out of Richmond. If you are interested in purchasing handmade soft toys, our first sales table is on 7 March. You can see below a sample of the knitted and crocheted toys available. We also offer a range of other handcrafted items including children’s clothing.



During 2023 we received generous donations of beautifully crocheted and knitted rugs and throws, which were also very popular on our sales table. If you would like to donate items, please contact Con or Loula either by email (cvlass@bigpond.net.au) or mobile (0412 059 350) to arrange for collection.

In December we ran a successful night stall at the Community Night run by Bunnings, Box Hill South.

Dates for our South Eastern Group meetings and lunches for the rest of his year are provided in the following table - please contact Con if you would like to join us on any of these dates and have not previously been included on Con’s list of regular attendees.

Event	Time	2024 Dates											
		Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	
Members’ Meeting Boardroom, Level 7 Nelson Road Entrance East Tower, Epworth Eastern, Box Hill	10:30am	9	8	12	10	14	12	9	13	11	8	13	
Members’ Lunch The Bistro Box Hill RSL, 26 Nelson Rd, Box Hill	11:45am	9	8	12	10	14	12	9	13	11	8	13	

Con Vlass - South Eastern Group Coordinator

Loula Vlass - Epworth Eastern Sales Table Coordinator





LET'S GET WALKING - CAMBERWELL WALKING GROUP

Are you thinking about what you can do for your health in 2024?



We are excited to announce Epworth Camberwell Cardiac Rehabilitation and Heartbeat are joining forces to start a Heart Foundation Walking Group.

Walking is a great way to improve our overall health. Just 30 minutes a day can:

- Increase heart and lung fitness
- Reduce the risk of heart disease and stroke
- Lower blood pressure
- Lower cholesterol
- Improve diabetes management
- Result in stronger bones and improve balance
- Increase muscle strength and endurance
- Improve mood
- Improve sleep.

If 30 minutes of walking sounds like a lot, or if you have not exercised for a while, it is recommended that you start small and build up. Something is better than nothing. Begin with 5-10 minutes most days and gradually increase this to 10 minutes 2-3 times per day as you feel able to do so. If you can build up to and comfortably walk for 30-40 minutes, our walking group might be of interest.

For many of us, establishing and sticking to an exercise routine can be a challenge. Walking with others can help to motivate us. It also offers the opportunity to meet new people. Our Camberwell Walking Group will be open to all cardiac rehabilitation participants as well as to Heartbeat members and their families and friends.

You can find out more about Heart Foundation Walking Groups at <https://walking.heartfoundation.org.au/faq#Walking>.



How can you get involved?

We are in the early stages of getting this initiative going and keen to get an idea of the level of interest from our cardiac rehabilitation and Heartbeat community. We'd love to know if you would like to join our walking group or if are you interested in becoming a volunteer walk leader?

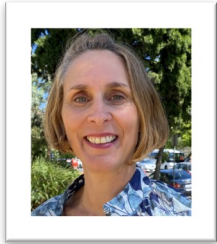
Please email Jo at jo.kevill@epworth.org.au with any questions about the Camberwell Walking Group or to indicate your interest in joining the Group as a walker or walk leader.

Jo Keவில் and Glynis Cacavas - Cardiac Rehabilitation Coordinators, Camberwell and Brighton



A POSTURE OF LISTENING

In my role as a Pastoral Care worker at the Epworth Richmond campus I deeply appreciate time shared with patients, families, and staff as they negotiate challenges and pause to find or refine their sources of strength and hope.



The new year also invites a time of reflection. As you read this article in *Zippers* you may be recovering from a health challenge, or you may have walked the path with a loved one. Either way, 2024 offers new beginnings - but how should we think about drawing a line under what has been difficult and perhaps pushing the reset button?

In the last week of 2023, my online feed started bringing a series of articles to my attention that prompted readers to consider what they might do differently in the new year. For example: '10 habits for the New Year that won't wear you out!' and 'From procrastination to productivity in the New Year!'.

Kate Halfpenny in a recent article in the *Saturday Age* reports that:

'A new survey of 1039 Australians found 73% of us ... have set a goal for next year. Diet and exercise related resolutions are the most common, with one in three wanting to eat better, 36% keen to get fitter and 33% to lose weight.' Halfpenny also notes that only 8% of resolutions are achieved.

Establishing new habits, however good they may be for our spiritual, emotional, and physical wellbeing, can be quite difficult - as most of us already know! That is probably the reason why another feed I received was headed 'The key to keeping New Year's resolutions. Don't make them in the first place!'

I started wondering if approaching this new year with a 'posture of listening' might be a more helpful approach than making resolutions. The simple concept of listening helps us to stop, to be present, and to really savour what we are being invited to see and hear. Slowing down, taking one moment at a time and one day at a time, gives us opportunity to notice how we respond or react. It can lead to us being more open, curious and focused on what really matters. In essence, it is about noticing what is happening when it happens and paying attention in a particular way: on purpose, in the present moment, and non-judgementally.

Remember though, we can't pour from an empty cup. By nurturing our own well-being, we amplify our capacity to support and uplift those around us. Taking care of ourselves, listening gently and lovingly to what we need, isn't just personal – it's foundational for our ability to positively impact the world and those around us in 2024 and beyond.

To build the 'muscle' for a posture of listening, I find it helps to consider what fuels me: time outside in nature, exercise, keeping electronic device use in check, a daily contemplation, reading, connecting with others, prayer or noting moments of gratitude. Professor Craig Hassed OAM, Director of Education from the Monash Centre for Consciousness and Contemplative Studies, suggests cultivating an attitude of gentleness and acceptance towards ourselves and others. In making space for the ebb and flow of things - thoughts, feelings, and stressors - we can soften our attitude towards them. Expanding our perspective and making space for what we are experiencing without judgement is a reminder that this moment will pass. And therein lives hope.

Tough times have teachings, and celebrations are there to be enjoyed. So, savour what you can, find gratitude in those lovely moments, and learn from the others.

May 2024 be a wonderful trip of learning and connection for you!

Amber Fisher — Pastoral Care





HEARTBEAT EPWORTH SCHOLARSHIPS



In the Dec 23-Jan 24 issue of *Zippers* we announced the recipients of seven Heartbeat Epworth Scholarships for 2024. We are now delighted to share with you the 'thank you' messages that four of these recipients have penned to express their gratitude to Heartbeat members and supporters who made the scholarships possible.

Nanci Thurston (Heartbeat Epworth Centenary Scholarship)

Thank you so much to Heartbeat for making this Scholarship possible. I truly am so excited and appreciate your wonderful support!!

I have been working as a cardiac nurse in HeartSmart at Epworth Richmond for many years and the opportunity to attend the Transcatheter Cardiovascular Therapeutics Conference in Washington DC, October 2024 will keep me abreast in up to date information on cardiac innovations, procedures, cardiac surgery and cardiac devices.

Thank you again for this fabulous Scholarship!

Jo Kevill (Heartbeat Epworth Cardiac Scholarship)

Across Australia 30% of cardiac patients are referred to cardiac rehabilitation and less than half of these actually attend a cardiac rehabilitation program. As a Cardiac Rehabilitation Coordinator, I am passionate about ensuring that our cardiac patients have the opportunity to attend a cardiac rehabilitation program to support their ongoing heart health.

I am now very excited to have the opportunity to attend the European Society of Cardiology conference in London in September 2024. I intend to submit an abstract for consideration to share the Cardiac Rehabilitation Ambassador initiative at this conference.

I want to thank Heartbeat Epworth which has made this possible and I look forward to sharing my learnings with you and seeing our cardiac rehabilitation program attendance always increasing to support our many cardiac patients at Epworth. Thank you!

Sue Mahar (Heartbeat Epworth Centenary Scholarship)

Thank you very much for the generous scholarship donation which will enable us to buy some much needed educational books for Cardiac Diagnostic Services at Epworth Geelong. We are planning on purchasing some reference books for staff members to use on a daily basis to enhance our skills as Cardiac sonographers. We are all excited about the opportunity to obtain these resources and will keep in contact to let you know more about our progress. Thank you again for your generosity.

Tess Nolan (Heartbeat Epworth Cardiac Scholarship)

I want to express my immense gratitude for your generous donation that has allowed me an Epworth Scholarship for 2024. The opportunity to attend the European PCR 2024 conference would not be possible without your kindness and I will be forever grateful. I look forward to updating you on my experience.

Dorani Lacey - Grants & Scholarships Manager

