

April / May 2024

ZIPPERS

Our Fundraising Goal



Heartbeat Epworth Inc.



THIS ISSUE:

- President's Message
- Coordinator Updates and Diary Dates
- Cardiac Rehab Ambassadors are being noticed!
- Relief and Gratitude - Powerful Emotions
- Heartbeat Scholarships Update



A MESSAGE FROM OUR PRESIDENT

Celebrating 40 Years

In the February / March issue of Zippers I mentioned that 2024 is our 40-year anniversary and that the Committee is working closely with the team at EMF on plans to celebrate this special milestone with a celebratory lunch in November at the location and around the time of the month that the inaugural meeting was held in 1984. I can reveal at this early stage that the lunch will be held on 15 November at Epworth Richmond. A delicious sit-down lunch will be served, a very special guest speaker has accepted our invitation to make a presentation, and much more celebratory activity is planned. An invitation will be mailed to members later in the year - in the meantime, please **save the date in your diary: "15 November 2024 - Heartbeat 40th Anniversary Lunch"**.



Heartbeat 2023-24 Cardiac Equipment Campaign

Some other wonderful news is that our 2023-24 Cardiac Equipment Campaign is now completed. This campaign raised \$121,325 to fund the purchase of a Supine Ergometer (\$22,330) and 4 Echocardiogram beds (\$17,000) for Epworth Richmond, and a Rotablator (\$81,995) for Epworth Eastern. This is a truly amazing result that could only have been achieved with the generosity of our members who donated to the 2023-24 Annual Appeal and our volunteers who have raised a significant part of the campaign funds. On behalf of the Committee, thank you to Heartbeat members, supporters and volunteers for your contributions.

Heartbeat Epworth 2024-25 Annual Appeal

As one campaign ends, a new campaign commences! In 2024-25 we will be raising funds to establish a research grant for cardiac nurses - **Heartbeat Epworth Brookes Academy Cardiac Nurse Research Grant.**

This Research Grant is to be funded jointly by Heartbeat Epworth, Epworth Medical Foundation, and a donor who wishes to remain anonymous. A dedicated Cardiac Nurse Research Grant will enable Epworth nurses to undertake research into an area of cardiac treatment and care that focuses on better ways to care for patients today and into the future.

Heartbeat Epworth is proud and excited to support improved outcomes for cardiac patients through the Brookes Academy research program. As we celebrate our 40th anniversary and look to the future, it is fitting that Heartbeat Epworth members and supporters are going to play an integral and direct role in an initiative to help cardiac nurses to discover, learn and grow throughout their career – an initiative that will benefit generations to come.

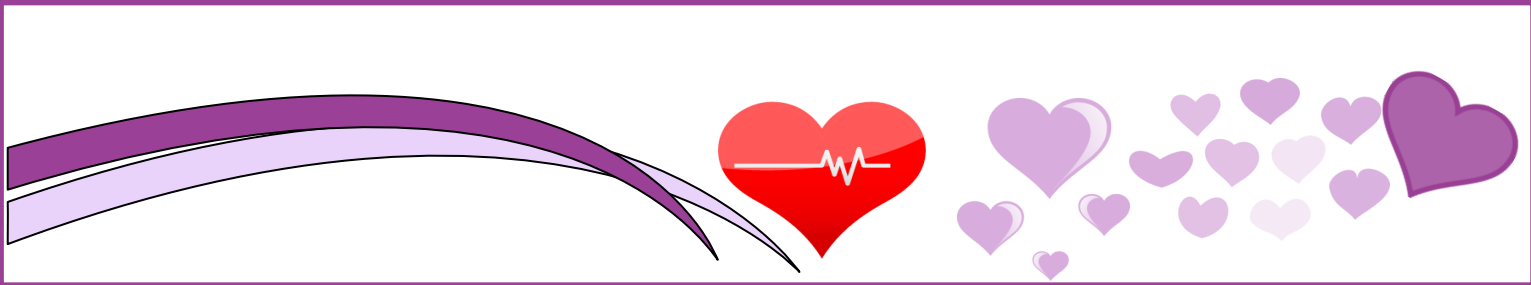
Every dollar donated to the Heartbeat Epworth 2024-25 Annual Appeal will be matched by another three dollars and directed to the **Heartbeat Epworth Brookes Academy Cardiac Nurse Research Grant.**

Update on Committee Members

The Committee has appointed Justine Middleton (at her request) as Assistant Treasurer and we are delighted that Kasi Nathan (formerly Secretary) is returning to the Committee as Heartbeat Epworth Treasurer. I would like to thank Justine for fulfilling the Treasurer role so competently since 2021 and wish Kasi and Justine every success in their new roles. I will continue to act as Secretary until a suitable person is found to fill the position.

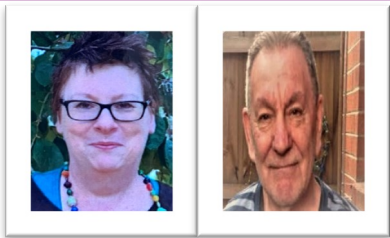
Bill Preston - President





UPDATES FROM OUR COORDINATORS

NORTH WEST GROUP



We hope you had an enjoyable and happy Easter!

Our first lunch for 2024 on 21 February at the East Keilor RSL provided our members with a lovely opportunity to meet once again since our Christmas Lunch in November. Even though numbers were low, everyone enjoyed catching up with each other.

As our numbers were once again low at our meeting on Sunday 17 March, we held off deciding on the date and venue for our Christmas Lunch in November. We will decide the details at our next meeting on Sunday 19 May.

Our next social lunch is at noon on Wednesday 17 April at the Cross Keys Hotel, 350 Pascoe Vale Road, Essendon. We hope to see you there!

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

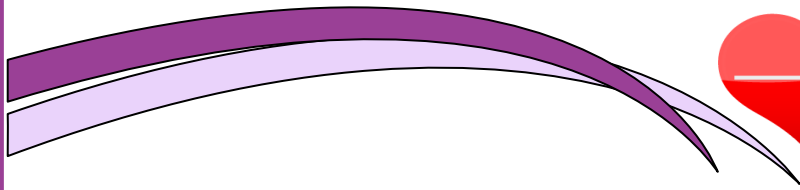
Schedule of 2024 North West Group Members' Meetings and Lunches

Date	Event	Time	Location
Wednesday 17 April	Lunch	12:00noon	Cross Keys Hotel, 350 Pascoe Vale Road, Essendon
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
To be confirmed	Christmas Lunch	12:00noon	To be confirmed at May meeting

Sharon Saitta - North West Group Coordinator

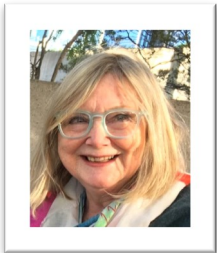
Robert Saitta - North West Events Coordinator





RICHMOND

The Mother's Day Raffle is selling well - we have already made nearly \$5,000 in ticket sales - but we could have raised more if we had additional volunteers to fill the sales table roster from Monday to Thursday. Pictured below is Wolfgang, one of our wonderful regular sales table volunteers, displaying the range of items and Mother's Day Raffle prizes currently on offer.



If you are able to help us on the sales table or you can think of someone who might enjoy volunteering in this way ... even once a month or to stand in while another volunteer takes a lunch break ... please get in touch with me on 0439 036 981. We can offer free parking, lunch and a very friendly working atmosphere and would love to hear from you!

Together with the donated craft, cards, pens, a selection of toys, and very beautiful knitted goods from the "Silver Knitters" group we sell on the Richmond table, we were very pleased to receive a donation of a large collection of beautifully dressed dolls which sold like hot cakes!

The craft table runs once a month and is still keeping Bernadette, Heera and Marion busy with both making and selling a wonderful selection of hand-crafted goods.

Susan and Jane are conducting ward visits to cardiac patients each Monday and Thursday. Patients really appreciate the opportunity to talk with someone who has had their own cardiac experience and are delighted to receive a little 'thinking of you' gift of a personal care pack. We are very grateful to Sylvia for organising and packing these gifts.



Dates for your diaries

Angliss Restaurant

A well-subscribed Angliss Restaurant Lunch has been organised for Tuesday 9 April. The next of these popular lunches is on **Tuesday 2 July**. They are great value and a wonderful opportunity to get to know fellow Heartbeat members and friends, so please keep that date free.

Morning Tea

The next morning tea for all Richmond volunteers and friends is in May. Details are:

10:00am Wednesday 8 May

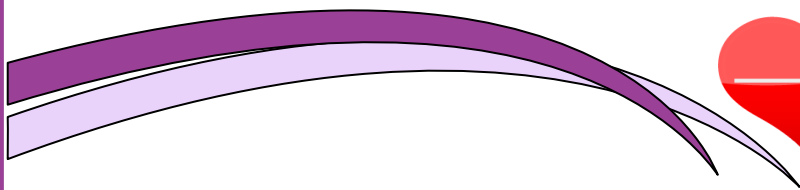
Montague Park Food Store

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.

Margo Kelly - Richmond Coordinator





SOUTH EASTERN GROUP

We held our first 2024 sales table on 7 March. It was lovely to be back in the hospital fundraising for Heartbeat and re-connecting with the volunteers and staff at Epworth Richmond.



Our monthly meetings and lunches continue to be well attended and the small raffles we run at each lunch are helping raise extra funds for Heartbeat.

We would like to say a very special thank you to Helen Weis (one of our South Eastern Group members) who answered our call for items to sell on our sales table. She donated the three beautiful crocheted rugs (each 1200mm x 1200mm) pictured below. We are still looking for new knitted / crocheted items for the table so, if you know someone who may have items to donate, please contact Con (0412 059 350) or Loula (0411 277 685).



The ongoing building works at Epworth Eastern are still preventing us setting up a sales table there. The new walkway connecting the new and old buildings is yet to be opened and completion of the major changes to the entry of the old building are still some time away. We hope to be at the main entry when we return.

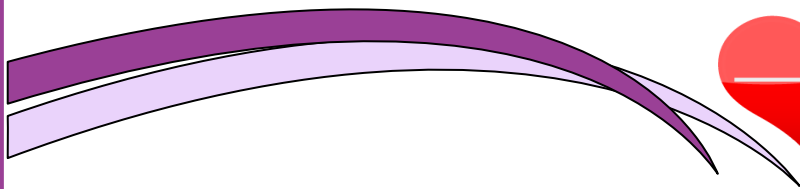
Dates for our South Eastern Group meetings and lunches for the rest of his year are provided in the following table - please contact Con if you would like to join us on any of these dates and have not previously been included on Con's list of regular attendees.

Event	Time	2024 Dates									
		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	12	10	14	12	9	13	11	8	13	
Members' Lunch The Bistro Box Hill RSL, 26 Nelson Rd, Box Hill	11:45am	12	10	14	12	9	13	11	8	13	

Con Vlass - South Eastern Group Coordinator

Loula Vlass - Epworth Eastern Sales Table Coordinator





CARDIAC REHABILITATION AMBASSADORS ARE BEING NOTICED!

A Heartbeat Centenary Scholarship was awarded in 2022 to Jo Kevill, Cardiac Rehabilitation Coordinator at Epworth Camberwell, to develop the Epworth Cardiac Rehabilitation Ambassador Initiative.

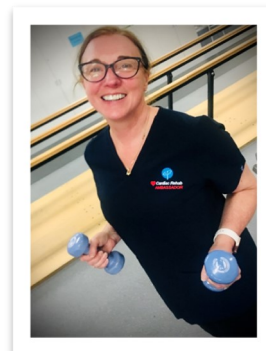
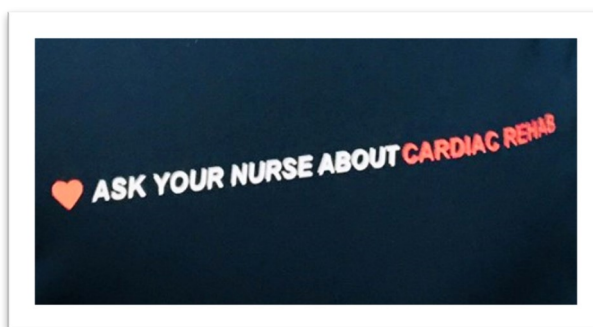
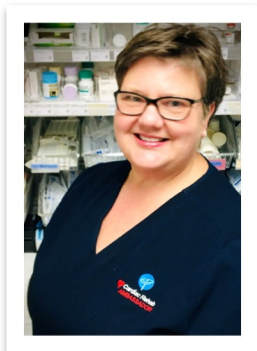
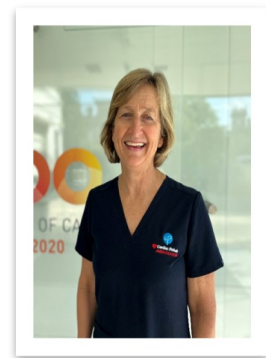
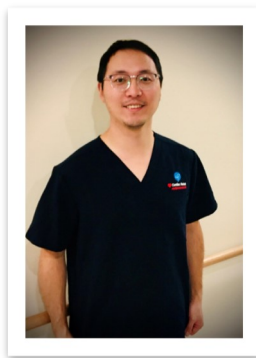
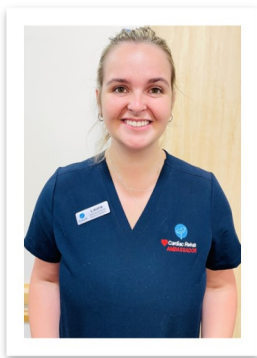


The focus of the Ambassador Initiative has been to build the capability, confidence and willingness of cardiac nurses to discuss cardiac rehabilitation programs with patients *before* they are discharged, with the aim of increasing patient uptake of these programs and improving outcomes for a greater proportion of cardiac patients. The Initiative has provided cardiac nurses with the opportunity to experience cardiac rehabilitation programs first hand so that they can better understand how these programs operate, what they cover, and the impact they have on patients.

The four participants in the 2022 group described feeling much more confident to discuss cardiac rehabilitation with their patients at the completion of their cardiac rehabilitation experience and were keen to share their learnings with other cardiac ward staff.

Based on the success of the first year of the Ambassador Initiative, and while work is underway to ensure that 'cardiac rehabilitation ambassadorship' becomes a strong and lasting feature of patient care on cardiac wards, Heartbeat Epworth has sponsored a further seven cardiac nurses to be part of the program.

We thought that *Zipper*s readers might like to know more about how Cardiac Rehabilitation Ambassadors are making sure the message about the importance of cardiac rehabilitation is not only being heard but also **SEEN** ... as the following photos depict! These Ambassadors are sporting scrubs emblazoned with the words 'Cardiac Rehab Ambassador' on the front and 'Ask Your Nurse About Cardiac Rehab' on the back. Thank you Heartbeat!



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



RELIEF AND GRATITUDE - POWERFUL EMOTIONS

It is such a privilege to be part of the Pastoral Care team here at Epworth (Richmond). We have the opportunity to journey with some amazing people going through challenging times! Although it can be emotionally difficult listening to patients' struggles, it is also inspiring to hear and see how people can rise above their challenges.

I recently visited a patient on the cardiac ward whose reflection of their experience was both heart-warming and inspiring.

This older patient was in need of surgery to replace a faulty heart valve but, because of the risks involved, their family was not supportive of surgery. However, after much consideration, they decided to proceed although aware that doing so came with significant risks.

Wonderfully, the surgery was completed successfully. The patient was in the recovery phase when I visited them and I was struck by the joy they exuded, even though they knew there was a lengthy and challenging recovery and rehabilitation process ahead.

Reflecting on their experience, they spoke to me of their strong feelings of relief and gratitude and I was reminded of the blessing of these two quite powerful emotions:

- Relief - that positive emotion we experience when something unpleasant, painful, perhaps even threatening, has not happened or has come to an end. The point when feelings of anxiety or stress fall away!
- Gratitude - in the context of our patients, we might define it as that strong feeling of deep appreciation for what someone has done for us. This was certainly how this patient felt ... deep appreciation for what the medical teams had done for them in giving them an opportunity to live a healthier life and to experience life more abundantly!

Interestingly, there is considerable research investigating how gratitude may benefit people with various medical or psychological challenges. It appears this particularly applies to cardiac patients!

What a privilege to be part of helping patients experience relief and gratitude and, hopefully, a better quality of life!

It's been said that 'a life well lived is built upon a life well examined'. It is a privilege to be able to offer people the opportunity to reflect on and examine their life and the experience of being a patient here at Epworth. Relief and gratitude – powerful emotions that each of us can foster in others and in ourselves!

Heather Dunning — Pastoral Care





HEARTBEAT EPWORTH SCHOLARSHIPS

2023 Recipients - End of Year Reports



Recipients of the 2023 Heartbeat Epworth Scholarships have provided their end of year reports - we are delighted that both of them have successfully completed their area of study and recognise the incredible commitment and effort by them. Kendal Maclean and Elizabeth Pane have provided the following messages:

<p>Kendal Maclean (Heartbeat Epworth Cardiac Scholarship)</p>	<p>I have successfully passed the first year of a Graduate Diploma in Cardiac Ultrasound through the Queensland University of Technology, achieving a distinction in all the subjects I undertook. With another year to go, I am now one step closer to achieving my goal of becoming a cardiac sonographer - a goal I have held close for a long time.</p> <p>Receiving this scholarship, which covered most of my university fees for the year, reduced my stress and allowed me to focus on my studies. I am deeply thankful for the opportunity to gain the knowledge and skills to provide world class healthcare to patients. Thank you!</p>
<p>Elizabeth Pane (Heartbeat Epworth Centenary Scholarship)</p>	<p>This Scholarship supported me to complete a Certificate IV in Training and Assessment in order to perform as a Clinical Nurse Educator. As a working mother of two who has been at Epworth for 10 years, I was excited and very grateful to be able to take the next steps in gaining professional qualifications. I hope in the longer term to embark on a Masters of Nursing.</p> <p>As an organisation, Epworth provides opportunities to existing staff which are supported greatly by the generous donation of sponsorship such as this. I feel lucky and am very appreciative for being selected to participate in this invaluable program. Thank you Heartbeat!</p>

Well done Kendal and Elizabeth and thank you to everyone associated with the Heartbeat Epworth Scholarships who made these achievements possible!

Dorani Lacey - Grants & Scholarships Manager

HEARTBEAT EPWORTH COMMITTEE 2023-24

<p>Bill Preston President & Interim Secretary Mob: 0448 068 364 bill.preston@epworth.org.au</p>	<p>Kasi Nathan Treasurer Mob: 0425 849 193 heartbeat@epworth.org.au</p>	<p>Justine Middleton Assistant Treasurer Mob: 0401 992 985 Justine.Middleton@epworth.org.au</p>	<p>Sharon Saitta North West Coordinator Mob: 0417 506 760 s.saitta2607@gmail.com</p>
<p>Margo Kelly Richmond Coordinator Mob: 0439 036 981 margokel@bigpond.com</p>	<p>Con Vlass South Eastern Coordinator Mob: 0412 059 350 cvlass@bigpond.net.au</p>	<p>Sylvia McGregor Special Events / Raffle Presentations Mob: 0418 677 919 mgregorsylvia@yahoo.com.au</p>	<p>Fay Henderson Entertainment Books / Special Events Mob: 0411 875 402 fayhenderson@icloud.com</p>
<p>Loula Vlass South Eastern Sales and Craft Contributions Mob: 0411 277 685 loulavlass@gmail.com</p>	<p>Shirley Chung North West Fundraising Mob: 0408 128 822 spchung8@outlook.com</p>	<p>Robert Saitta North West Events Coordinator Mob: 0477 506 711 rsaitta@bigpond.net.au</p>	<p>Catriona Shinkfield Minutes Secretary (Standing Invitee)</p>