

October / November 2024

ZIPPERS

Heartbeat Epworth Inc.
Celebrating 40 Years

We are fundraising for the
Heartbeat Epworth
Brookes Academy
Cardiac Nurse Research Grant



THIS ISSUE:

- President's Message
- Coordinator Updates and Diary Dates
- Good Friends
- Women's Heart Health



A MESSAGE FROM OUR PRESIDENT

AGM - 11 October 2024

To maintain our incorporated and not-for-profit status, we are required to hold an Annual General Meeting (AGM) to report to members and to deal with a number of matters that are specified in our Constitution, including providing information about our financial situation and electing a Committee for the next year.



Thank you to all those members who have responded to our invitation to attend the AGM. I look forward to catching-up in person with those who have said they will be coming. I also want to express my gratitude to those members who cannot attend and have provided an apology and nominated a proxy.

I am pleased that all eleven 2023-24 Committee members and our Treasurer have nominated to continue in their roles for the 2024-25 year. I have accepted a nomination to continue in the role of President.

Although we haven't received any nominations for the role of Secretary, I am optimistic that we will identify a suitable person over time. I would be delighted to hear from anyone who has an interest in finding out more about what the role entails or thinks they may be interested in it.

I will give members a comprehensive report on the AGM in the next issue of *Zippers*.

Anniversary Lunch – 15 November 2024

Invitations to the 40th Year Anniversary lunch were mailed to members on 3 October.

We are delighted to announce that Associate Professor Ron Dick OAM will be our guest speaker. Ron is the Chairman of Cardiovascular Institute at Epworth Healthcare, and an Honorary Cardiologist at the Alfred Hospital and Bendigo Healthcare Group. He completed his MBBS in 1979 and became a Fellow of the Australian College of Physicians in 1986, at about the same time Henry Nathan established Heartbeat Epworth. Ron is also an Epworth Medical Foundation Board Member.

The lunch is being held in the auditorium at Epworth Richmond. The cost is \$65 per head for a delicious two course meal, wine and soft drink. Numbers are strictly limited.

Details of how to book are included with the invitation.

Scholarships

Scholarships represent one of the greatest examples of philanthropic impact at Epworth, with Heartbeat Scholarships providing invaluable opportunities for cardiac staff to develop and grow in their career, pursuing opportunities that simply would not be possible without the support of a Heartbeat Scholarship.

During the year, 2024 Heartbeat Scholarship recipients have been pursuing their chosen field of study or attending international conferences to learn about cardiac care developments from around the world and sharing innovative approaches developed within Epworth. I am looking forward to hearing about their experiences, which we will publish in the April-May 2025 issue of *Zippers*.

This year there will be another seven Heartbeat Scholarships awarded for study in 2025. I am looking forward to attending the Scholarship Awards ceremony in late October with other Committee members when the Scholarship recipients will be announced and we will have an opportunity to meet them.

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Patient Support Visit Volunteers

I am pleased to report that three Heartbeat members contacted me in response to my call out to members in the August/September issue of *Zippers* to join our Patient Support Volunteers team.

I would like to welcome Denise Wray and Jan Neil who have joined the team and will start calling on patients during October. The third member to contact me is still recovering from surgery. She will join the team next year.

Membership Renewal

Membership Fee income is very important to us as it helps cover the administrative costs of running the association (including printing, postage and insurance) and allows other revenue raised by our volunteers to be directed to our fundraising campaigns - currently for the Heartbeat Epworth Brookes Academy Cardiac Nurse Research Grant.

Membership Fees fell due on 1 August - we hope to hear soon from those few members who haven't yet renewed.

Bill Preston - President

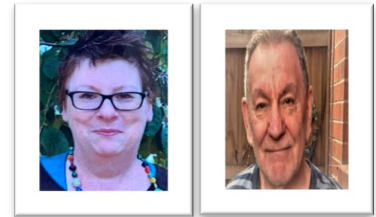
UPDATES FROM OUR COORDINATORS

NORTH WEST GROUP

Welcome to another edition of *Zippers*. With Spring now upon us, we hope all members are well and enjoying some (mostly) less-wintery weather.

Our social lunch at the Windy Hill Bistro on 21 August was a great success with a good number of members attending. The food and service were excellent and we all thoroughly enjoyed catching up with each other. Although numbers were down for our September meeting, it was still good to get together with those who attended.

We have had a great response to our request for donations of items to include in raffle hampers or to auction at our Christmas Lunch, however, we would still love to hear from anyone else who might be able to support us by making a donation of goods or of cash to enable us to purchase items for this event. Please contact Robert Saitta (0477 506 711) if you can assist. Robert can also be contacted if you would like to know more about the Lunch and/or make a booking. We would love to see you there.



Schedule of 2024 North West Group Events

Date	Event	Time	Location
Wednesday 16 October	Lunch	12:00noon	Keilor Hotel, 670 Old Calder Hwy, Keilor
Saturday 23 November	Christmas Lunch	11.45am (for a 12:00noon start)	East Keilor RSL, 12-22 Hoffmans Road, Essendon

Sharon Saitta - North West Group Coordinator

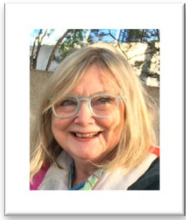
Robert Saitta - North West Events Coordinator





RICHMOND

The Father's Day raffle raised \$3,000. The beautiful hamper was won by Ticket No: 116 (sold by Kevin O'Dea) and the wine was won by Ticket No: 021 (sold by Wolfgang Ott) ... and now the Christmas raffle is in full swing! Two almost identical first and second prize hampers (each worth over \$1,00 and again put together by Sylvia) are attracting attention for their contents and beautiful presentation.



Dates for your diaries

Angliss Restaurant

We have booked three dates next year for Angliss Restaurant lunches (18 March, 17 June and 2 September) - please put these dates in your diary.

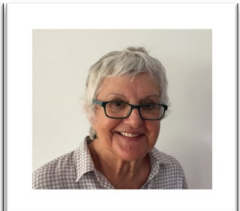
Morning Teas

Please note that our October casual morning tea will be held on the third (rather than the usual second) Wednesday of the month. *We hope you can join us at 10:00am on 16 October.* As this will be our last morning tea for 2024, we are planning to make it extra special - come and join in the fun! All volunteers and friends are very welcome to join us at The Montague Park Food Store, 406 Park Street, South Melbourne. Please let us know if you are able to be there by contacting Margo (0439 0369 81) or Fay (0411 875 402).

Margo Kelly - Richmond Coordinator

SOUTH EASTERN GROUP

We would like to remind members that the South Eastern Group October meeting and lunch will not be held as they coincide with the AGM. The 8 November and 13 December meetings are going ahead as planned.



Our new range of beanies has been selling very well, particularly those in football colours. We will certainly make sure we have a good stock of them for the 2025 season.



A very big thank you to Jo and Keith Irvine for their generous donation of soft toys, a couple of which are shown left. These toys will be a great addition to our wonderful selection of unique handcrafted dolls, bears and toys made by "The Silver Knitters", as well as quilts and crocheted rugs donated by members and supporters and we expect they will sell quickly in the lead up to the festive season. So why not pop in to Epworth Richmond for our next sales table on 10 October and secure your Christmas presents early!



If any readers would like to make donations of goods to support our sales table fundraising, please leave them at the EMF Office on Level 2 at Epworth Richmond (just inside the Erin Street entrance). Please mark your donations to Con and Loula, Heartbeat Epworth.

Con Vlass - South Eastern Group Coordinator

Loula Vlass - Epworth Eastern Sales Table Coordinator





GOOD FRIENDS



Like many Australians, I was born and lived the first half of my life overseas. My heart holds the memories and richness of another culture - my family, friends, landscapes, foods and experiences from an earlier life.

I recently had time off to recover from surgery, during which I reflected on some of the special people from my early life - particularly the good friendships in my childhood and adolescence which have had an enduring impact.

Important qualities of the good friendships in my life are spontaneity and an effortless connection. Whenever we reunite, despite the decades that have passed, I notice how in an instant my heart bridges the divide of years past and the blurring memories of living overseas. I am transported home, a place where I feel held with safety, trust and belonging.

Similarly, patients recovering from a procedure in hospital often have the time to contemplate their earlier lives. They reflect on the value of good friends and often speak of plans to reconnect after their recovery. This is a common human experience.

A good friend is one who creates a space where you can be and feel most authentic, free and known. Your heart feels the warmth of the other, and you smile more. One of the benefits of a good friendship is the creation of good feelings within us which reduce stress and anxiety, improve quality of life, and contribute to recovery from illness.

That is why many of our heart patients at Epworth benefit greatly from being visited by a good friend and experiencing the healing balm of spontaneity and effortless connection, laughter, tears, and being remembered. The most important gift of having a good friend visit you is that you feel loved and cared for. They took the time to come especially for you!!!

There is also a school of thought that emphasises the importance of treating ourselves with the same kindness and understanding that we would offer to a good friend. This 'self-compassion' approach can significantly improve our mental and emotional well-being.

I have reflected on what it is to be a good friend to myself and gained a deeper awareness of what that means through the work on Mindful Self-Compassion by Dr Kristin Neff (<https://self-compassion.org/>) who proposes that:

'Self-compassion simply involves doing a U-turn and giving yourself the same compassion you'd naturally show a friend when you're struggling or feeling badly about yourself. It means being supportive when you're facing a life challenge, feel inadequate, or make a mistake. Instead of just ignoring your pain with a "stiff upper lip" mentality or getting carried away by your negative thoughts and emotions, you stop to tell yourself "this is really difficult right now," how can I comfort and care for myself in this moment?

Instead of mercilessly judging and criticizing yourself for various inadequacies or shortcomings, self-compassion means you are kind and understanding when confronted with your failings – after all, who ever said you were supposed to be perfect?'

Most of us have been taught to focus on the needs of others because that is the 'right thing to do'. We were told not to be selfish - and to think of others before ourselves. Why not take a minute to ask yourself 'what do I need right now'?


As well as cherishing good friends old and new, I encourage you to reconnect with that other very important friend - the friend within you - and to treat yourself with the kindness and compassion you show to others.

Lidia Rouira Duch — Pastoral Care





WOMEN'S HEART HEALTH

 is Australia's only not-for-profit organisation focused on the prevention of women's heart disease.



The Her Heart website contains useful information about:

- Understanding heart conditions – atrial fibrillation, cardiomyopathy, spontaneous coronary artery dissection (SCAD), valvular disease, coronary artery disease (CAD), heart attack, Peri/postpartum cardiomyopathy, rheumatic heart disease, Takotsubo cardiomyopathy, heart failure, and pulmonary hypertension
- Heart attack warning signs in women
- Cardiac risk factors and prevention – taking control of heart health
- Her Heart Health Checks
- Finding a female cardiologist
- Real life stories from women.

“Her Heart speaks to women, about women, and for women.

The organisation is committed to working with women to raise awareness of heart disease – the biggest killer of women around the world – and increase women's chances of avoiding and/or surviving this 'silent killer'. Her Heart aspires to educate and empower women to take control of their lives and make the necessary changes to decrease their risk of developing heart disease.” (<https://herheart.org>)

Research and education on women and heart health is growing in Australia and around the world. If this is of interest to you, visit the website and browse the offerings. It is free to subscribe and receive Her Heart Community Bulletins to your inbox.

Jo Keuill & Ann Rickard - Cardiac Rehabilitation Coordinators, Epworth Camberwell



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 cvglass@bigpond.net.au</p>	<p>Sylvia McGregor Special Events / Raffle Presentations Mob: 0418 677 919 mcmgregorsylvia@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 rbsaitta@bigpond.net.au</p>	<p>Sheila Ross Interim Minutes Secretary (Standing Invitee)</p>