

ISSUE 139 February/March 2022
Heartbeat Epworth Inc.

ZIPPERS

Our Fundraising Goal

\$150,000

OUR CAMPAIGN
TARGET

\$125,000

\$100,000

WE'VE RAISED
\$80k

\$75,000

\$50,000

THIS ISSUE:

- President's Message
- Updates from North West, Richmond and South Eastern Groups
- Code Red on Cholesterol Management
- Life's Simple Pleasures
- Vale Peter Larkins



A MESSAGE FROM OUR PRESIDENT



In the December/January Issue of *Zippers* I reported that it “seemed that we had come through the darkest COVID days” and that we had “plans for our volunteers to return to work in the hospitals commencing February”. It is clear now that I was being very optimistic making those statements. The COVID restrictions in hospitals that stopped us from working for most of last year are still in place and the best advice we have from Epworth at this stage is that it is unlikely those restrictions will be lifted before May/June this year.

With no fundraising opportunities possible in the hospitals, the Committee is organising a raffle for which tickets will be sold outside the hospitals. Members who have asked us to mail raffle tickets to them will receive a book of 10 tickets with a request to purchase the tickets, sell them to family and friends, or return the book to us in the prepaid envelope. If you don't normally receive tickets and would like to buy some yourself and/or sell some to family or friends, please call Sylvia McGregor on 0418 677 919 and she will arrange for tickets to be sent to you.

To provide opportunities for members and volunteers to stay in contact, the Committee will be running COVID-safe events outside the hospital environment at three strategic locations across the city. Hopefully you will be able to attend events in at least one of these locations:

South Melbourne: Richmond volunteers and friends will meet on the second Wednesday of every month at Pietro e Paolo in South Melbourne for morning tea. The next morning tea is at 10:00am on 9 March. Contact Margo Kelly (0439 036 981) or Fay Henderson (0411 875 402) for more information.

Pasco Vale: North West Group members and friends will meet at Uniting Church Hall, Pasco Vale at 2:00pm on the third Sunday of every second month commencing on 20 March. Robert Saitta will also organise a lunch on the third Wednesday of every other month if there is enough interest. Contact Robert on 0477 506 711 for more information.

Box Hill: South Eastern Group members and friends will meet for lunch at 11:45am in the Bistro at the Box Hill RSL on the second Friday of every month commencing on 11 February. Contact Bill Preston (0448 068 364 or 9426 6258) for more information.

Another impact of the COVID restrictions has been our inability to hold monthly Committee meetings on-site at Epworth. We have, over the past two years, had to hold these meetings online on all but one occasion. The Committee agreed at its January meeting that, while virtual meetings have served us well in times of lock-down and although we cannot yet hold our meetings in Epworth, we will explore options to secure a venue outside the hospital environment where we can meet face-to-face for future Committee meetings.

I am saddened to report that three keen supporters of Heartbeat have passed away recently:

- Peter Larkins, a noteworthy donor to Heartbeat. Peter also attended many Heartbeat functions with his late wife Annick, a Committee member for many years.
- Ross Baxter who volunteered for HeartSmart and, with Nanci Thurston's guiding hand, wrote a number of cardiac rehabilitation articles for *Zippers*.
- Nilma Wrice who volunteered for Heartbeat at Epworth Eastern.

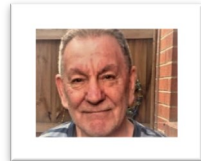
We owe them a debt of gratitude and send our condolences to their families and friends.



... AND A MESSAGE FROM EACH OF OUR GROUP COORDINATORS

NORTH WEST

We welcome all of our members, families and friends to 2022 and trust that everybody enjoyed a happy and joyous festive season as well as remaining safe and healthy.



On 15 December 2021 our Xmas Lunch was held at the East Keilor RSL and we are pleased to advise that a net amount of \$647.00 was raised. A special thank you to Don Shewan, who kindly took charge of the raffle ticket sales, Judy Robertson whose contribution of assorted jams and chutneys raised \$200.00, and Vera Burrows, Margaret Cameron and Bernadette Hodgkinson for their donations on the day.



Kathryn Johnston from EMF attended the lunch and was presented with a posy of flowers to acknowledge the occasion. It was fitting too that a presentation was made to Nancy Carfoot, Violet Landers and Nettie Ratten (pictured left-right in the accompanying photo) who have each contributed for almost 40 years to Heartbeat and, in particular, the North West Group.

Once again we are very grateful to Debbie Casey from Central Steel for another generous donation of \$500 to the Heartbeat cause. This has been an annual donation from Central Steel since 2007, resulting in more than \$7,500 being contributed over the years.

COVID-19 permitting, the following is the schedule of dates for our members/supporters to put in their diaries:

- Sunday 20 March 2022, 2:00pm: North West Group Meeting – Uniting Church Hall, Pascoe Vale
- Wednesday 20 April 2022: Lunch —Pascoe Vale RSL Club
- Sunday 15 May 2022, 2:00pm: North West Group Meeting – Uniting Church Hall, Pascoe Vale
- Wednesday 15 June 2022: Lunch – Venue to be determined at May meeting
- Sunday 17 July 2022, 2:00pm: North West Group Meeting – Uniting Church Hall, Pascoe Vale
- Wednesday 17 August 2022: Lunch – Venue to be determined at July meeting
- Sunday 18 September 2022, 2:00pm: North West Group Meeting – Uniting Church Hall, Pascoe Vale
- Wednesday 19 October 2022: Lunch – Venue to be determined at September meeting
- Sunday 20 November 2022, 2:00pm: North West Group Meeting – Uniting Church Hall, Pascoe Vale.

The details for a lunch in December 2022 will be determined closer to the time.

If any North West Group member is having difficulty organising their proof of COVID-19 vaccination status, please contact Robert Saitta on 0477 506711 who will be happy to help you through the process.

We look forward to catching up with everybody personally at the 20 March.

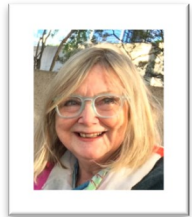
Robert Saitta - North West Group Coordinator





RICHMOND

Richmond Volunteers are very sad to have to wait until May or June to resume our selling activity in the hospital ... but we are undaunted!!! We are planning a raffle for which we could all sell tickets to our neighbours and friends. We're sure the beautiful wine we'll be raffling will be a most attractive prize ... more news soon!!!

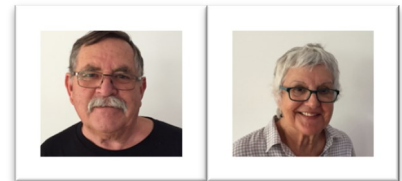


Meanwhile, morning teas at Pietro e Paolo are still keeping us together. We value this opportunity for friendship and fun. They are held on the second Wednesday of every month and our next one is on 9 February. Let me (0439 036 981) or Fay Henderson (0411 875 402) know if you would like to join us.

Margo Kelly - Volunteer Coordinator Richmond / Special Events

SOUTH EASTERN

Well, we are into our third year of COVID-19 and it doesn't seem that our fundraising activities will be recommencing in the near future. We will be attending an update on the progress of the Epworth Eastern development on 3 March and hope to gain from that update some indication about when we would be able to return to the hospital to run our stall.



We were saddened to learn that Nilma Wrice, one of our members and a frequent volunteer on our stall and at sausage sizzles, passed away on New Year's Day. She will be warmly remembered by us.

We hope all our members keep safe and cool.

Con & Loula Vlass - Epworth Eastern Sales Table Coordinators

BAKER INSTITUTE CALLS A CODE RED ON CHOLESTEROL MANAGEMENT

The Baker Institute released new data on cholesterol management in Australia in its June 2020 report *CODE RED: Overturning Australia's Cholesterol Complacency*. The Institute examined data over a ten-year period from 2010 of 107,000 Australians who had experienced a cardiovascular event and found that 48% of Australians living with coronary artery disease are not reaching the national guideline recommended target for LDL-C (or 'bad') cholesterol.



Cardiovascular disease is the leading cause of death in Australia. Too much cholesterol can clog the arteries and cause a heart attack or stroke. The report highlights that a reduction in LDL-C cholesterol reduces the risk of a major vascular event.

The Baker Institute also reported that 58% of Australians who had experienced a cardiovascular event in the past five years did not achieve the target LDL-C cholesterol levels and that Australian women record higher levels of LDL-C cholesterol than men —with 56% not meeting the optimal target of 1.8 mmol/L compared to 42% of men.

So, what does this mean for us? Being prescribed and taking medication for your cholesterol is not a set and forget proposition. Periodic blood testing to assess cholesterol levels and consideration of statin dosing is vital — take an active role in your health by discussing this with your GP or cardiologist, always take your medications as prescribed, and consider participating in a Cardiac Rehabilitation program.

Jo Kevell and Glynis Cacavas - Cardiac Rehabilitation Co-ordinators



LIFE'S SIMPLE PLEASURES

A lot has happened at our house since the December issue of *Zippers*. As we have young adult children it is probably not surprising that COVID came to visit. After actively avoiding it for two years, when it finally arrived it seemed surreal. First one daughter had it with 10 days isolation, including a very solitary Christmas dinner. Then, just when we thought it was safe to go out, our other daughter tested positive — promptly followed by the rest of our household.



The quest for a “RAT” during the height of the high season, allowing us to test positive and have a release date, was ultimately successful. We are very fortunate that we were all vaccinated and that we do not fall into high risk categories. We have all made a full recovery.

I am left with a few thoughts from the experience:

- We are blessed with an excellent health care system. Daily texts inquiring about my symptoms brought comfort amidst the unpleasantness of being sick. Vaccinations and boosters have put us in a much better position to face COVID.
- Rest is important! Our health is our most precious gift and we probably need to prioritise our lives accordingly.
- We have all learned valuable lessons during the past two years. We are more patient, resilient, able to amuse ourselves without leaving home, and appreciative of the good wishes of friends, family and colleagues.
- Life's simple pleasures really are the best.

... and remember that “You are braver than you believe, smarter than you seem, and stronger than you think”, Winnie the Pooh (A.A. Milne).

Lauren Musso - Pastoral Care



VALE PETER LARKINS (14/08/1932 – 06/01/2022)



Dearly loved husband of Annick (dec) and Patricia (dec).

Peter became a Heartbeat member in 2006 after meeting Annick, with whom he is pictured. Both attended and enjoyed many Heartbeat social events, their favourite being the William Angliss lunches.

Peter was a generous benefactor, making significant donations to Heartbeat every year including a magnificent gift of \$10,000 in 2017 for the purchase of cardiac equipment.

Peter's unique sense of humour, generosity, and easy-going nature will be greatly missed by his many friends .





HEARTBEAT EPWORTH COMMITTEE 2021-22



*Back row (l-r): Kasi Nathan, Justine Middleton, Loula Vlass, Con Vlass
 Front row (l-r): Bill Preston, Margo Kelly, Sylvia McGregor, Fay Henderson
 Not in photo: Robert Saitta*

<p>Bill Preston President Mob: 0448 068 364 bill.preston@epworth.org.au</p>	<p>Kasi Nathan Secretary / Acting Treasurer Tel: 03 9449 2373 Mob: 0425 849 193 heartbeat@epworth.org.au</p>	<p>Fay Henderson Entertainment Books / Special Events Mob: 0411 875 402 fayhenderson@icloud.com</p>	<p>Sylvia McGregor Christmas Cards / Raffle Presentation / Special Events Mob: 0418 677 919 mcmgregorsylvia@yahoo.com.au</p>
<p>Margo Kelly Volunteer Coordinator Richmond / Special Events Tel: 03 9866 8294 Mob: 0439 036 981 margokel@bigpond.com</p>	<p>Robert Saitta North West Group Coordinator Mob: 0477 506 711 rsaitta@bigpond.net.au</p>	<p>Con Vlass Epworth Eastern Raffles / Sales Table Coordinator Tel: 03 9899 1766 Mob: 0412 059 350 cvglass@bigpond.net.au</p>	<p>Loula Vlass Epworth Eastern Sales Table Coordinator Tel: 03 9899 1766 Mob: 0411 277 685 loulavlass@gmail.com</p>
	<p>Justine Middleton Committee Member Mob: 0401 992 985 justine.middle@gmail.com</p>	<p>Catriona Shinkfield Minutes Secretary (Standing Invitee)</p>	