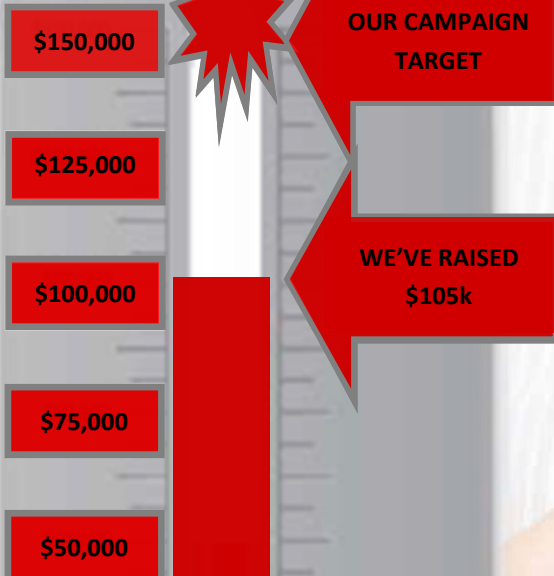


ISSUE 142 August/September 2022
Heartbeat Epworth Inc.

ZIPPERS

Our Fundraising Goal



THIS ISSUE:

- President's Message
- Updates from our Coordinators and dates for your diaries
- Scholarships update
- Cardiac Rehab Ambassadors
- The power of sharing and giving



A MESSAGE FROM OUR PRESIDENT



When I read this issue of *Zippers*, I was very impressed by the contributions. I found all the stories relevant and informative and I hope you do too. The Cardiac Ambassadors story on page 5 particularly caught my attention – it is a great story about how donations to the Heartbeat Epworth Centenary Scholarship Fund are making a difference. Congratulations Jo and Glenice for such an innovative use of scholarship funding in the cardiac rehab area. On behalf of the Committee I would like to acknowledge all the contributors and our editor for pulling together such a great issue of *Zippers*.

A very big thank you to those members who paid their annual Membership Fee prior to the due date of 1 August. There are some members who are yet to pay but there is still a steady flow of renewals coming in by mail and by direct deposit into our bank account. The Membership Fee is very important as it is used to help pay the administrative costs (including printing, postage and insurance) of running the association rather than relying on general fundraising income to meet these costs.

It is very pleasing to see that almost half of all payments by members to Heartbeat are now by Electronic Funds Transfer (EFT). This method of payment provides us with greater traceability of income and reduces work for our Treasurer. We rarely have any problems identifying members payments, however, one member who paid their membership fee by EFT via Bank First on 26 July neglected to reference their name or their membership number. We would like to update this member's records and issue a receipt for their payment but we don't know who they are! If it was you, please get in contact with me on 03 9426 6258 or 0448 068 364 so that we can remedy this situation.

The 2022 Annual General Meeting (AGM) will be held on 28 October. Members will receive an invitation and other related documents during September for a face-to-face meeting which will be held in the Auditorium at Epworth Richmond. We are looking forward to what will be our first face-to-face AGM since 2019.

I am pleased to welcome Sharon Saitta to the Heartbeat Epworth Committee. She has been heavily involved with North West Group for many years and has now taken on the North West Group Coordinator role. I am very confident that Sharon will bring many new ideas to the Committee and add her own touch to North West Group. Thank you and welcome Sharon.

I spent a day on the sales table at Richmond recently and was very touched by the number of hospital staff who, when they were going by the table, expressed their joy that the Heartbeat volunteers were back. I heard the phrases "We are so pleased to see you back!" and "We missed you!" many times and always said with a big smile. I know Margo has thanked the volunteers but I would like to thank them also for their great work. Since 4 July the volunteers at Richmond have raised over \$5,000 on the sales table, including sales of our Father's Day Raffle tickets. This is a fantastic result in such a short period and given there is almost a month to go until the Raffle is drawn.

Con and Loula Vlass (our Sales Table Coordinators at Epworth Eastern) are longing to get back to fundraising, however, it is unsafe for them to set up a table during the extensions and ongoing renovations at this hospital site. I am very pleased though that Con and Loula are going to do some fundraising at Richmond until they can get back to Epworth Eastern. Thank you Con and Loula for "doing it for the team".

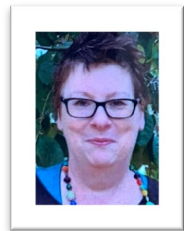
Bill Preston - President





UPDATES FROM OUR COORDINATORS

NORTH WEST GROUP



We extend a warm winter welcome to our members, families and friends to another edition of *Zippers* and trust that everyone is safe and well.

Our bi-monthly meeting on Sunday 17 July 2022 was attended by seventeen members who raised \$60.00 on the day. The door prize winners were Lyn Jeffries and Dot Wade

We were sad to learn that Doug Burchell passed away on 1 July and his wife Pat passed away on 11 July. Doug and Pat were both long-serving and active Heartbeat North West Group members who will be greatly missed. Our condolences are extended to Lyn and her family.

Upcoming events for members and friends are:

- **Wednesday 17 August 2022, 12:00pm: Lunch - Windy Hill Bistro, cnr Brewster & Napier Streets Essendon**
Please get in touch with Robert Saitta on 0477 506 711 to book
- **Sunday 18 September 2022, 2:00pm: North West Group Meeting – Uniting Church Hall, Pascoe Vale**
- **Wednesday 19 October 2022: Lunch – venue to be decided at the September meeting**
- **Sunday 20 November 2022, 12:00pm - Traditional Christmas Lunch at the East Keilor RSL (\$40.00 per head)**
Bookings can be made by contacting Robert Saitta on 0477 506 711 - please let us know when you book if you have any special dietary requirements.

All members, their families, and friends are invited to join us for this special event which will include the one-man entertainment dynamo, Retro Jo (who will be delighting us with his renditions of the best of 50s & 60s music), door prizes, raffles, and auctions. An eftpos facility will be available.

Sharon Saitta - North West Group Coordinator

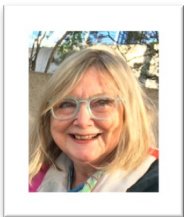
RICHMOND

We are back! It is so good to be able to staff the sales tables at Richmond and to hear how delighted everyone is to see us in the hospital again.

Although there is less foot traffic because of continuing restrictions, visitors and staff are still happy to buy Father's Day Raffle tickets to support Heartbeat - especially after inspecting the fabulous prize!

A special thank you to our sales table volunteers. Even if you can only volunteer once or twice a month we are very grateful for your contribution. If you would like to become a Heartbeat volunteer please contact me on 0439 036 981. We would love you to join our merry band!

The monthly craft table has also been successfully reinstated, offering wonderful craft items at very competitive prices that are quickly snapped up. Thank you to the very generous sewers and knitters who have donated beautiful items to sell. We couldn't do it without you.



Margo Kelly - Volunteer Coordinator Richmond / Special Events



UPDATES FROM OUR COORDINATORS (continued)

SOUTH EASTERN

16 Members and friends attended lunch on Friday 8 July at the Box Hill RSL. Those who attend these lunches are members who in the past attended the South Eastern Group meetings (at the Burgess Family Centre) which we couldn't continue because of COVID restrictions. At the request of members, we will be reinstating the before-lunch meeting and I will discuss venue options at the meeting prior to lunch on Friday August 12. Everyone is welcome to come along to the meeting and/or lunch. I hope to see you there.

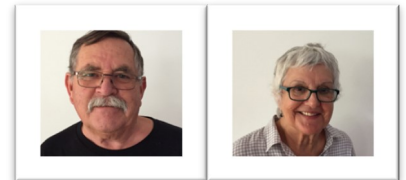
Upcoming events for members and friends at Box Hill RSL Club, 26 Nelson Road, Box Hill are:

- **Meeting and Lunch: Friday 12 August, 11:00am for members meeting, followed by lunch at 11:45am**
- **Meeting and Lunch: Friday 9 September, 11:00am for members meeting, followed by lunch at 11:45am**

Email Bill Preston at bill.preston@epworth.org.au if you would like to come along - a booking is essential.

Bill Preston - President

We were hoping to re-start our sales table at the Epworth Eastern hospital in July, however, with remodelling works still underway we were advised that it could be around Christmas before we can return safely.

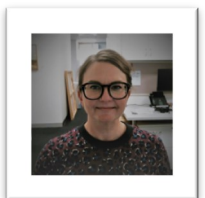


Both of us were looking forward to helping our Heartbeat volunteer colleagues at Richmond until then, but we were both struck down with the Melbourne 'super cold' which left us with bad coughs and unable to volunteer. All going well though we hope to be at the Richmond sales table very soon!

Con & Loula Vlass - Epworth Eastern Sales Table Coordinators

HEARTBEAT EPWORTH SCHOLARSHIPS

The 2022 Heartbeat Epworth Scholarship recipients have provided their mid-year updates. Reports from 2 of our recipients are summarised below; you can read more about the third scholarship on page 5.



Aparna Sebastian	Registered Nurse	Epworth Geelong	Masters Of Nursing Practice specialising in cardiac care	I have completed the first trimester ... All went well. In second trimester I will be learning more about ECG, interventional cardiology as well as ventilators. Thank you so much Heartbeat for your ongoing support .
Stephanie English	Clinical Nurse Educator	Epworth Richmond	Graduate Certificate in Clinical Education	The course has provided me with the underpinning theories to learning and how to best support and supervise our nursing staff. Thank you so much Heartbeat for the ongoing support of your financial contribution towards staff development. I have thoroughly enjoyed the learnings of Semester 1 and look forward to continuing on to Semester 2.

Amanda Gordon - Grants Coordinator



INTRODUCING EPWORTH'S NEW CARDIAC REHAB AMBASSADORS

“By far the biggest learning was the enormity of difference cardiac rehab makes to patients,” says Terri Irvine, Epworth Richmond cardiac nurse.



Terri is one of four new Cardiac Rehab Ambassadors across Epworth who have participated in a professional development program for acute cardiac nurses to build their knowledge of cardiac rehabilitation. The Ambassador Program was developed by Jo Kevill, Cardiac Rehabilitation Coordinator, who was awarded a 2022 Heartbeat Epworth Centenary Scholarship to introduce this initiative.

Terri admits that what she knew about cardiac rehab was limited before she participated in the Ambassador Program.

“In the weeks leading up to the Program I had cared for patients who presented with a range of cardiac conditions including STEMI, Bypass Surgery and PCI. They were all experiencing a level of upset, anxiety and apprehension. While we aim to address any concerns as best we can on the cardiac ward, I now have a better understanding of how the personalised and detailed education and support provided in cardiac rehab makes an enormous difference to them.”

“I spent a week each at our Camberwell and Brighton hospitals to experience cardiac rehab in action. Seeing patients transform through rehabilitation was truly incredible.”

“Most cardiac rehab patients come to hospital for a couple of hours a day, once or twice a week over the course of their rehabilitation. I was able to observe the gym and group education sessions they attend – some days I even joined in the exercises alongside them! ”

“I also spoke to patients about their experiences in hospital or in rehab. Some of them had never been to a gym in their lives and were genuinely enjoying getting active and regaining the confidence to be able to do things again.”

“Prior to experiencing a cardiac event, most patients didn’t know much about the heart or causes related to cardiac events. Through the education sessions they had time to learn about all aspects of heart health in great detail, hearing not only from experts but also sharing their lived experiences with other participants.”

Terri (pictured below in the gym at Epworth Camberwell) says of the Ambassador Program: “The entire experience honestly blew my mind. As an Ambassador I now have the in-depth knowledge to talk about cardiac rehab. I’ll share my learnings with colleagues and will be encouraging my patients to participate!”



Jo Kevill and Glynis Cacavas - Cardiac Rehabilitation Coordinators



THE POWER OF SHARING AND GIVING

I recently watched the Australian documentary “Pumphead” (2020 Ronin Films) about the emotional and psychological effects of major cardiac surgery. It features 8 ex-patients including the film-maker Dr Andrew Pike OAM and explores their experiences following surgery, how to understand them, and how to live with them. Pumphead Syndrome is a colloquial term to describe a myriad of symptoms such as depression, anger, confusion, anxiety, panic attacks, nightmares, disorientation and even cognitive change. It is a topic not often spoken about but a part of some patients’ journeys that is not surprising considering the complex diversity of emotional and cognitive changes that often occur post-surgery, simultaneous with physical recovery.



With less significant ailments there is often time to adjust to the changes an illness or diagnosis can bring. Even the most strapping and robust find themselves before, during and after major cardiac surgery reflecting on life’s big question - ‘who am I’ now that I’ve gone through such a significant life event, seemingly ‘fixed’ and yet feeling so broken at times?

The most powerful messages I took away from the film were:

- the healing that can be found in meeting with others who have also been through cardiac surgery - I’ve no doubt that members of Heartbeat Epworth can attest to the benefits of cardiac rehab and of sharing their stories with and supporting others who have experienced a cardiac event
- those who were able to transition more successfully were open to finding new ways to give life a sense of meaning and purpose - again I am reminded of Heartbeat and how the wonderful work you do for Epworth cardiac care not only benefits the organisation, cardiac patients generally, and members of your group, but you as well!

So keep talking about and sharing your experiences with others and keep up this meaningful work. It is important. You are important!

Claire Davies - Pastoral Care

HEARTBEAT EPWORTH COMMITTEE 2021-22

Bill Preston President Mob: 0448 068 364 bill.preston@epworth.org.au	Kasi Nathan Secretary Tel: 03 9449 2373 Mob: 0425 849 193 heartbeat@epworth.org.au	Justine Middleton Treasurer Mob: 0401 992 985 Justine.Middleton@epworth.org.au	Fay Henderson Entertainment Books / Special Events Mob: 0411 875 402 fayhenderson@icloud.com
Sharon Saitta North West Coordinator Mob: 0417 506 760	Margo Kelly Volunteer Coordinator Richmond / Special Events Mob: 0439 036 981 margokel@bigpond.com	Sylvia McGregor Christmas Cards / Raffle Presentation / Special Events Mob: 0418 677 919 mcmgregorsylvia@yahoo.com.au	Con Vlass Epworth Eastern Raffles / Sales Table Coordinator Mob: 0412 059 350 cvglass@bigpond.net.au
	Loula Vlass Epworth Eastern Sales Table Coordinator Mob: 0411 277 685 loulavlass@gmail.com	Catriona Shinkfield Minutes Secretary (Standing Invitee)	

Editor : Sheila Ross - 0417 302 802, sheila_ross@bigpond.com