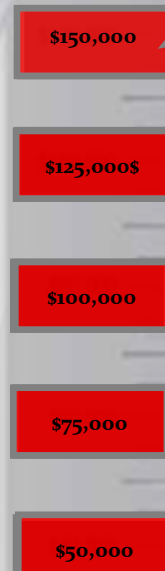


ISSUE 145 February/March 2023
Heartbeat Epworth Inc.

ZIPPERS

Our Fundraising Goal



WE'VE REACHED
OUR CAMPAIGN
TARGET

THIS ISSUE:

- President's Message
- Updates from Coordinators and dates for your diaries
- Meaningful landmarks
- Heartbeat Epworth Scholarships
- Are you getting enough sleep?



A MESSAGE FROM OUR PRESIDENT

I hope you've enjoyed the holiday season and had the opportunity to share some time meaningfully with those special people in your life.



The good news from Epworth is that there are positive signs that the peak of the November-December COVID-19 wave has passed with a strong downward trend in cases reported.

Requirements for mask wearing in hospitals have been revised and that means our volunteers working in the hospitals are not restricted to wearing an N95 overhead strap mask at all times - they can now wear their preferred mask (eg. a surgical, ear loop (P2) or overhead strap N95 mask).

With reduced COVID-19 restrictions in place, the Committee is looking forward to returning to "normal" activities in 2023. Our Coordinator Reports provide details of what's planned for the coming months, but I thought I should highlight some of the activities here in my message.

At Richmond Margo Kelley and Fay Henderson will be running morning teas for volunteers and members on a monthly basis, as well as four raffles starting with a Mother's Day Raffle commencing on 13 February.

Although the renovations and extensions at Epworth Eastern are nearing completion, it is unclear when our volunteers will be able to fundraise there again. More positively though, our Member's meetings will continue on the second Friday of every month in the Boardroom at Epworth Eastern followed by lunch at Box Hill RSL.

North West Group has resumed holding regular meetings every other month with a lunch get-together in the alternate months. Details are listed in Sharon Saitta's Report on the North West Region.

Cardiac Rehabilitation Ambassador Initiative

I am very pleased to report that, since we let you know in the December/January issue of *Zippers* about the success of the Cardiac Rehabilitation Ambassador Initiative and announced that the Committee had decided to fund this project through to the next stage, a very generous member (who wishes to remain anonymous) donated \$8,000 to cover the funding required in 2023. On behalf of the Committee, I would like to thank this member for their support of this innovative and important work.

Richmond Volunteers Workshops

Sales table volunteers, Committee members and supporters got together at Epworth Richmond on 19 January for a series of four short workshops to gather volunteer feedback on and agree future arrangements for: ensuring the table's presentation attracts customer interest and maximises sales; storage of sales table stock is handled consistently in a way that makes the work of each volunteer easier; volunteers are comfortable using point of sale technology; and sales table income is handled in a way that meets our financial accountability requirements.

Thank you to all those who attended for your time and thoughtful contributions to the 'brainstorming sessions' on the day. A number of really good ideas were generated and will be implemented from 13 January when the Mother's Day Raffle commences.

Finally, some of you may have noticed that our front page fundraising thermometer has not changed from the previous issue. The Committee will be deciding our new fundraising target at its February meeting and we will begin to report progress against it in the next *Zippers*.

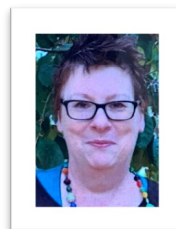
Bill Preston - President



UPDATES FROM OUR COORDINATORS

NORTH WEST GROUP

We extend our heartfelt wishes to all our members, families and friends and hope you had a lovely Christmas and enjoy a safe and healthy 2023.



In December 2022 many North West Group members joined Ted Williams' family and friends to celebrate his 90th birthday at a party hosted by his daughter Karen. Some of those who wished Ted 'happy birthday' on the day are pictured at left. Ted has been a dedicated member and supporter of Heartbeat for many years and has been awarded life membership to recognise his untiring work. Congratulations Ted!

Members of the North West Group resumed activities with a meeting on Sunday 22 February where 15 members were in attendance and we raised \$58.00. Our calendar of events for the rest of the year is provided in the table below - please make sure you update your diaries!

Schedule of 2023 North West Group Events

Date	Event	Time	Location
Wednesday 15 February	Lunch	12:00noon	Windy Hill Bistro, Corner Brewster & Napier Streets Essendon
Sunday 19 March	Meeting	2:00pm	Uniting Church Hall, Pascoe Vale
Wednesday 19 April	Lunch	12:00noon	To be confirmed at March Meeting
Sunday 21 May	Meeting	2:00pm	Uniting Church Hall, Pascoe Vale
Wednesday 21 June	Lunch	12:00noon	To be confirmed at May Meeting
Sunday 16 July	Meeting	2:00pm	Uniting Church Hall, Pascoe Vale
Wednesday 16 August	Lunch	12:00noon	To be confirmed at July Meeting
Sunday 17 September	Meeting	2:00pm	Uniting Church Hall, Pascoe Vale
Wednesday 18 October	Lunch	12:00noon	To be confirmed at September Meeting
Sunday 19 November	Christmas Lunch	2:00pm	To be confirmed at March Meeting

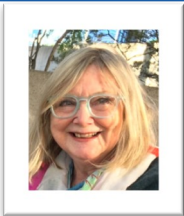
Sharon Saitta - North West Group Coordinator





RICHMOND

Richmond volunteers are eagerly looking forward to being back in the hospital from 13 February to re-start the sales table and launch the Mother's Day Raffle. If you're passing the sales table (near the Epi Café) please stop by to say 'hello' and get your Raffle tickets - the prizes are 2 beautiful hampers each valued at over \$900.



To prepare for our 2023 sales activity, 21 of our Committee members, sales table volunteers and supporters got together on 19 January to work through how we make sure our volunteers are fully supported in the wonderful work they do raising funds for cardiac care at Epworth and (as we know from hospital staff feedback) contributing to a positive hospital environment. It was fantastic to see this 'brains trust' (pictured below) work through a range of issues and come up with a number of great practical improvements that we will implement immediately. Thank you to everyone for who joined us on the day and made it so worthwhile and so much fun!



... and some more good news!

We have booked 3 more of our very popular William Angliss Institute lunches this year. These events are a great way for our members and supporters to catch-up over a beautiful, reasonably-priced three-course meal. At the same time we love supporting the work of the Institute to train and provide practical experience to hospitality students.

The first of our 2023 Angliss Restaurant lunches will be on Tuesday 21 March. To book a seat please contact Margo on 0439 036 981 or Fay on 0411 875 402.

Margo Kelly - Volunteer Coordinator Richmond / Special Events

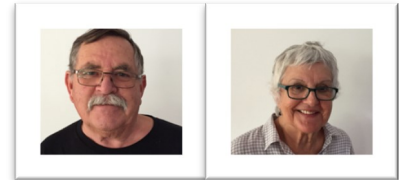




SOUTH EASTERN

We wish our members good health and happiness in 2023.

The ongoing renovations to Epworth Eastern mean that our fund-raising stall will not be returning there in the foreseeable future but we are hoping to be back there by the second half of 2023. Until we are able to return to Epworth Eastern we will be helping out at the Richmond sales table. We are also working on plans for another one or two stalls at Bunnings, Box Hill South this year.



You may want to note that there have been some changes to service provider locations: Eastern Heart Victoria has moved from 25 Arnold St, Box Hill to Suite 9.1, Level 9, in the East Tower at Epworth Eastern and Melbourne Pathology is now located on the ground floor in the East Tower. Entry to the East Tower is off Nelson Road.

Con & Loula Vlass - Epworth Eastern Sales Table Coordinators

South Eastern Group Meeting

Members who attended the December 2022 South Eastern Group meeting asked us to continue holding a Members' meeting followed by lunch on the second Friday of every month. These events have been very popular over the past two years with a core group of up to 20 members attending each time. The 2023 dates for these get-togethers are provided in the table below. Anyone attending the meeting before proceeding to lunch is able to access free parking at the Box Hill RSL across the road from the hospital.

We are very grateful to Kerry May (Executive General Manager, Epworth Eastern) for giving us access to the Eastern Boardroom for our meetings and are looking at how we can use this more suitable meeting space to make our get-togethers as interesting and useful as possible for members.

Everyone is welcome. Please email Bill Preston at bill.preston@epworth.org.au if you would like to join us.

Schedule of 2023 South Eastern Group Members' Meetings and Lunches

Bill Preston - President

Event	Time	2023 Dates										
		Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Members' Meeting Boardroom, Level 7 Nelson Road Entrance East Tower Epworth Eastern	10:30am	10/02	10/03	14/04	12/05	09/06	14/07	11/08	08/09	13/10	10/11	08/12
Members' Lunch The Bistro Box Hill RSL 26 Nelson Road	11:45am	10/02	10/03	14/04	12/05	09/06	14/07	11/08	08/09	13/10	10/11	08/12





MEANINGFUL LANDMARKS

Hi, my name is Rev Andrew Somerville and I am the new Senior Chaplain and Manager of the Pastoral Care Department at Epworth. I started with the Epworth family at the end of last year. In my first few weeks here, what became very obvious is the friendliness, kindness, thoughtfulness and welcome I have been offered as the new kid on the block.



In finding my way around the hospital there have been times when I have become lost and not sure which way to go. I am sure that I am not the only one who has experienced this ... in fact, which one of us hasn't got lost when we first arrived here?

My remarkable discovery is this: whenever I stop at a passage intersection and look carefully down each passage for some sort of meaningful landmark, a staff member will quickly ask me if I am all right and if I would like help. In no time at all I am back on my way and heading in the right direction. The staff here at Epworth are indeed a friendly, helpful bunch who show genuine care - they make coming to work so much easier.

I know these attributes are similarly important to our patients. For most people, being admitted to hospital is not on our list of things to achieve this year, nor one of our new year's resolutions, but when staff are truly focused on caring for and helping their patients they make the hospital experience much more pleasant. Sometimes, this can lead to connections being made that can be remembered fondly for a long time, including by staff who I've heard talking so lovingly of patients they have met and whose presence has left a mark on their lives.

As an open-heart surgery patient (involving my aortic valve being replaced with a bovine one), I was on the receiving end of jokes such as 'does that mean that you will be mooing in your sleep instead of snoring' and 'will you be more likely to eat your greens'. However, the operation was a serious one and I had to prepare mentally, physically and spiritually for what was about to happen. This was a significant moment in my life that required preparation.

After the operation I was aware that recovery was going to be slow, but what sticks with me was the help and assistance of the nurses and others who looked after me so well. They stepped me through my recovery carefully and expertly in the tasks I needed to do including getting back on my feet, climbing stairs and even simple tasks like coughing. Having friendly people around, encouraging and supporting me, made all the difference to my recovery.

Yes, there were times when I was finding recovery hard and I felt that I had arrived at a crossroads and was not sure which way to go. I was looking for meaningful landmarks but it didn't take long until someone was there to say 'can I help you' or 'would you like to talk about it'.

Now all these years later I'm leading a beautiful, friendly, professional Pastoral Care team at Epworth. Each of them willingly offers support and encouragement to patients and their families, spends time with them, listens and empathises. They stand in the crossroads with patients and help to look for meaningful landmarks in their lives. It is such a joy to give in this way and to make a difference in the lives of others.

Pastoral carers are trained to help people find their meaningful landmarks which, as I know from my own experience, help ground us, help make us feel more secure, and, help us to prepare for the journey ahead.

Andrew Somerville - Senior Chaplain and Manager of Pastoral Care





HEARTBEAT EPWORTH SCHOLARSHIPS

2022 Recipients - End of Year Reports

Recipients of the 2022 Heartbeat Epworth Scholarships have provided their end of year reports - we are delighted that each of them has successfully completed their area of study or project and recognise the incredible commitment and effort by each of them. Aparna Sebastian would like Heartbeat’s members, volunteers and supporters to know how much she appreciates the opportunity to be able to undertake a Masters Of Nursing Practice specialising in cardiac care. Our other two 2022 Scholarship recipients have provided the following messages:

<p>Jo Kevill & Glynis Cacavas (Develop and trial the Cardiac Nurse Ambassador Initiative)</p>	<p>A very big thank you to members of the Heartbeat Epworth community for all the work you do to raise money to enable projects like this to improve our patient outcomes. The Ambassador Initiative has been so successful that it will, with Heartbeat’s support, be repeated in 2023 while we develop a longer term plan to ensure increasing numbers of cardiac nurses are well-informed about and able to share with patients the importance of cardiac rehab to recovery. Thank you again for making this initiative possible.</p>
<p>Stephanie English (Undertake a Graduate Certificate in Clinical Education)</p>	<p>I am forever grateful to have received this very generous donation towards my ongoing education and development and could not have completed this course without the Scholarship support. I aim to transfer my knowledge and skills to our diligent nursing staff in the critical care units to enhance the care they deliver to our patients.</p>

Well done Jo, Glynis, Aparna and Stephanie and thank you to everyone associated with the Heartbeat Epworth Scholarships who made these achievements possible!

2023 Scholarship Recipients Say ‘Thank You’

‘Thank you’ cards have been received from 2 of the recipients of the 2023 Heartbeat Epworth Scholarships. We have reprinted what they say about why these Scholarships are so important to them and we wish them every success with their endeavours over the year. We look forward to hearing how they and the other 3 recipients are progressing.

<p>Elizabeth Pane (Heartbeat Epworth Centenary Scholarship)</p>	<p>I feel very fortunate to have been granted a Scholarship for 2023 ...The Scholarship will contribute further to my education in the area of training and assessment of nursing staff ... I am excited to use my learnings to contribute to the standards and values around quality patient-centred care at Epworth. I am very grateful to have had the opportunity to apply for a Scholarship and to be successful is truly humbling. Thank you from the bottom of my heart for your contribution to my ongoing professional development.</p>
<p>Kendal Maclean (Heartbeat Epworth Cardiac Scholarship)</p>	<p>Thank you for granting me this Scholarship allowing me to study a graduate diploma of cardiac ultrasound. I will forever be thankful for the opportunities this will provide me and I will strive to represent Epworth to my fullest capabilities.</p>

Libby McMeekin - Grants Manager, Epworth Medical Foundation





ARE YOU GETTING ENOUGH SLEEP?

The following information is sourced from advice about good 'sleep hygiene' on the Australian Government *health direct* website and an American Heart Association fact sheet about the vital role of sleeping well to heart health.



Poor sleep may put you at higher risk of cardiovascular disease, cognitive decline and dementia, depression, high blood pressure, blood sugar and cholesterol, and obesity. Good sleep hygiene can result in healing and repair of cells, tissues and blood vessels, a stronger immune system, improved mood and energy, better brain function including alertness, decision-making, focus, learning, memory, reasoning, and problem-solving, and less risk of chronic disease

Tips for success – clean up your sleep hygiene:

Stick to regular sleep patterns

Help your body establish a healthy sleep routine by going to bed and waking up at about the same time each day.

Spend the right amount of time in bed

While 8 hours of sleep is recommended for adults, some people require more sleep and some require less. Limit your time in bed to no more than 8.5 hours. If it takes you a long time to fall asleep, try going to bed later.

Use your bed for sleep, not screens

Computers, phones and TV can disrupt your sleep. Your mind needs to associate being in bed with sleeping rather than watching TV or using your computer. Don't stay in bed if you're wide awake.

Relax before bed

Establish a 'buffer zone' before bedtime where you're not trying to solve any problems or are thinking about tomorrow. Find a relaxation technique that works for you instead. Avoid using your computer or phone during the 'bedtime buffer zone'.

Be comfortable in your bedroom

Your room should be the right temperature, as well as quiet and dark. Make sure you have comfortable bedding and try to keep known stressors out of your bedroom.

Avoid alcohol, caffeine and cigarettes

While alcohol might make you sleepy initially, it can disrupt your sleep cycle, leading to poorer quality sleep. Caffeine and cigarettes are stimulants that can also stop you from sleeping well.

Don't nap

Unfortunately, sleeping during the day can make it more difficult to fall asleep at night. If a nap is really necessary, limit it to a half hour and make sure you're awake for at least 4 hours before going back to bed.

Don't watch the clock

If you can't sleep, checking the time can heighten your anxiety about not sleeping. If possible, take the clock out of your room.



Avoid sleeping pills

Sleeping pills, which can be addictive, don't address the cause of your insomnia and won't help you in the long term. Sleeping pills should only be prescribed by a trusted doctor who fully understands the reasons why you might be struggling to get good quality sleep.

Ask for help if you need it

If you regularly wake up feeling unrefreshed, are always restless in bed, have trouble getting to sleep or find that being tired is affecting your mood, see your doctor.

Dealing with the urge to stay connected 24/7 - tips to avoid using your screens when you should be sleeping:



Move it - charge your devices as far away from your bed as possible



Dim it - dim your screens or use red filter app at night – the bright blue light on most devices can mess with your circadian rhythm and melatonin



Set it - alarms aren't just for waking up; set a bedtime alarm to remind you that it's time to wrap it up for the night



Lock it – if you have a scrolling habit you need to kick, try an app-blocking app that makes it impossible to get lost in after-hours emails, social media or gaming



Block it – tell notifications to buzz off if they are waking you up at night; put your phone on “do not disturb” mode to block everything out when you're trying to sleep

Jo Keவில் and Glynis Cacavas - Cardiac Rehabilitation Coordinators



HEARTBEAT EPWORTH COMMITTEE 2022-23

<p>Bill Preston President Mob: 0448 068 364 bill.preston@epworth.org.au</p>	<p>Kasi Nathan Secretary Tel: 03 9449 2373 Mob: 0425 849 193 heartbeat@epworth.org.au</p>	<p>Justine Middleton Treasurer Mob: 0401 992 985 Jus- tine.Middleton@epworth.org.au</p>	<p>Fay Henderson Entertainment Books / Special Events Mob: 0411 875 402 fayhenderson@icloud.com</p>
<p>Sharon Saitta North West Coordinator Mob: 0417 506 760</p>	<p>Margo Kelly Volunteer Coordinator Richmond / Special Events Mob: 0439 036 981 margokel@bigpond.com</p>	<p>Sylvia McGregor Christmas Cards / Raffle Presentation / Special Events Mob: 0418 677 919 mgregorsylvia@yahoo.com.au</p>	<p>Con Vlass Epworth Eastern Raffles / Sales Table Coordinator Mob: 0412 059 350 cvglass@bigpond.net.au</p>
<p>Loula Vlass Epworth Eastern Sales Table Coordinator Mob: 0411 277 685 loulavlass@gmail.com</p>	<p>Shirley Chung Committee Member Mob: 0408 128 822 spchung8@outlook.com</p>	<p>Catriona Shinkfield Minutes Secretary (Standing Invitee)</p>	