

ISSUE 148 August/September 2023
Heartbeat Epworth Inc.

ZIPPERS

Our Fundraising Goal



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- Coordinator Updates and Diary Dates
- Obstructive Sleep Apnea



A MESSAGE FROM OUR PRESIDENT

Donation to Epworth Healthcare

I enjoy being President of Heartbeat and all that the role involves. The most pleasurable task I do on behalf of members each year is to hand over our donation to Epworth. **This year our donation was a magnificent \$133,534;** \$50,000 of these funds will go to the Heartbeat Centenary Scholarship Fund (now fully funded), \$8,000 to the 2023 Cardiac Rehab Ambassador Program (fully funded) and the balance (\$75,534) to the 2023-24 Cardiac Equipment Campaign (with \$45,791 remaining for the Campaign to be fully fund).



Scott Bulger, Executive Director Epworth Medical Foundation and Brand, wrote to me about the significance of our donation and I thought I should share his email reply with you:

Dear Bill,

On behalf of the entire Epworth team I want to thank Heartbeat for your incredible efforts and support. Your work makes a huge difference to the care that we can provide to our patients in our hospitals.

You are all so dedicated and our cardiac patients are the better for it.

My great thanks!!!

Scott

To all our members who contributed to our fundraising campaigns during 2022-23 - Thank You! Heartbeat is only able to achieve what it does because of your continued support. We also appreciate and thank our volunteers who contributed their time and those who supported us in kind. There is no doubt that, collectively, we are improving cardiac care at Epworth!

I don't normally single out members for a donation they make, but I would like highlight two contributions this year: Sylvia McGregor fully sponsored the 2023 Cardiac Rehab Ambassador Program and Zwany Stoker made a significant donation to the Heartbeat Centenary Scholarship Fund. Their support is greatly appreciated.

Progress of Annual Appeal and Membership Renewals

The 2023 Membership Renewal campaign is progressing well. Many members have renewed already. Some members are also making their first (and, in some cases) their second donation to the 2023-24 Cardiac Equipment Campaign when they pay their membership fee. To all those members who are still to renew their membership, this is a gentle reminder that membership renewal fell due on 1 August and is now overdue.

Volunteers for Fundraising at Richmond Required

Our fundraising sales table sells raffle tickets, craft items and greeting cards. It usually operates from 9:30am - 3:30pm each week day for most of the year. Volunteers are provided with lunch during a 30-minute lunch break and car parking is available at no cost. You get to chat with many visitors and staff while you work. If you enjoy meeting people and making a difference then volunteering on our sales table at Richmond is a role that you should consider. It is a lot of fun.

You can nominate a day on which you are available to work regularly on a weekly, fortnightly, or monthly basis; or you can offer to work occasionally to help out when one of our regular volunteers is unavailable. People who live or work near Richmond hospital and are not able to volunteer for a full shift might help by doing lunch relief. If you would like to discuss volunteering on the Fundraising stalls at Richmond, call me on 0448 068 364 or email me at bill.preston@epworth.org.au



Cardiac Patient Support Team

I would like to welcome Susan Iles and Jane Dobney, the latest volunteer recruits to the Heartbeat Cardiac Patient Support team. After a short training session they have commenced visiting patients and providing emotional support. From all reports the patients are appreciating their support and Susan and Jane report they are enjoying this very important work. If you think you might be interested in joining our Cardiac Patient Support Team, or would like to discuss the role, please give me a call on 0448 068 364 or email me at bill.preston@epworth.org.au.

Email Address for Zippers

We currently distribute *Zippers* by email to members who have asked to receive our bi-monthly newsletter in this way. Emailing *Zippers* reduces our mailing and printing costs as well as allowing us to get *Zippers* to you a few days earlier. You can also distribute your emailed copy of *Zippers* to others if you choose to do so. If you would like us to email *Zippers* to you please email me at heartbeat@epworth.org.au and ask for your membership profile to be updated with this information.

Bill Preston - President

A REFLECTION ON CHANGE

I've been reflecting on change recently. It's all around us. Big changes, small changes. Changes we've asked for, those that come as a surprise or, those that fill us with dread. Some changes we deal with easily, or are able to adapt to slowly, others we never get over. Evidence of change is all around us and yet we're constantly shocked when things change.

I'm reminded of a saying: "There are two things that everybody hates: change, and the way things are" (Anon). So, what is it we don't like about change?

We welcome change we've asked for as a good outcome but we struggle with change that's thrust upon us. Avoiding change may make us feel safe, perhaps though this may lead to us missing opportunities for growth and better outcomes that may lie hidden in change.

Maybe our struggle is with the unfamiliar, the uncomfortable. Sometimes change makes us feel unsafe because we don't know how to handle it. It can seem as if we're facing a loss of control. Part of the brain - the amygdala - interprets change as a threat and releases the hormones of fear, fight or flight. Our body is actually protecting us from change.

Yet change is inevitable and continually happening all around us. There are the changes that take place moment by moment in almost imperceptible ways as the years roll by; and there are times when life can change significantly in an instant. We are privileged as pastoral care workers to witness many individuals dealing with significant life-changing events - how they cope in these situations can be awe inspiring.

I encourage you to reflect on the potential opportunities and better outcomes some change may bring. Consider too how you might embrace change when it comes, even though it can feel like a bit of a stretch. Let's take time to be grateful and enjoy the things and people we love ... and please remember that the Pastoral Care Team is here to provide support and a listening ear.

Karen Ellis - Pastoral Care





UPDATES FROM OUR COORDINATORS

NORTH WEST GROUP



Welcome to another edition of *Zippers*. We trust everyone is keeping safe and well and enjoying the recent winter sunshine.

A social lunch was held at the Kealba Hotel on 21 June 2023. Even though it was a small gathering, everyone enjoyed the opportunity to get together on the day.

We held our bi-monthly meeting on 16 July 2023. Gary Carfoot won the door prize and an amount of \$48 was raised by members. At this meeting members agreed that our next lunch will be held at the East Keilor RSL on Wednesday 16 August 2023 and that the October lunch will be held on Wednesday 18 October 2023 at the Windy Hill Bistro.

The annual Christmas Lunch will now be held on Saturday 18 November 2023 at the East Keilor RSL commencing at 12.00pm. Cost is \$40 per head and bookings can be made by contacting Robert Saitta on 0477 506 711.



Happy Birthday Dot Wade

Dot Wade, one of our longstanding North West Heartbeat members celebrated her 97th Birthday on 5 July 2023. Unfortunately, Dot had a fall in early June which meant that she was in hospital on her special day. However, this did not stop Dot from holding a weeklong celebration with family and friends popping in to share the occasion with her.

Happy Birthday Dot from the Heartbeat Family



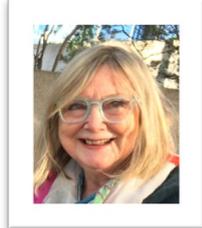
Schedule of 2023 North West Group Members' Meetings and Lunches

Date	Event	Time	Location
Wednesday 16 August	Lunch	12:00noon	East Keilor RSL
Sunday 17 September	Meeting	2:00pm	Uniting Church Hall, Pascoe Vale
Wednesday 18 October	Lunch	12:00noon	Windy Hill Bistro
Saturday 18 November	Christmas Lunch	12:00pm	East Keilor RSL, 12-22 Hoffmans Road, Essendon

Sharon Saitta - North West Group Coordinator



RICHMOND



Renovations have been underway for several weeks from the Erin Street entrance through to the general reception area. We firstly relocated and then were unable to run the sales table for a period of time while new tiling was laid and walls were painted in our usual location opposite Epi Café. We are back there now though and really enjoying how much fresher and brighter the space is, and the increased visibility we have as a result.

Despite the break in sales table operations we raised over \$3,000 for the Quilt Raffles. All three winners were very excited when we notified them that their tickets had been drawn by Heartbeat member Zwany Stoker. The winning tickets were:

- Yellow Ticket 0064, purchased by a Heartbeat Member at the North West Group meeting on 19 March
- White Ticket 0133, purchased by a visitor to the hospital from the sales table at Richmond on 29 May
- Blue Ticket 0074, once again purchased by a Heartbeat Member at the North West Group Meeting on 19 March.

We have now started our Father's Day Raffle. First prize is a really fabulous hamper worth over \$1,200 which has been beautifully decorated by Sylvia McGregor. Together with the second prize of a jeroboam of Mumm Champagne that is creating a lot of interest, it is not surprisingly that ticket sales are moving along nicely!

Of course, as our sales table fundraising is driven by the availability of the wonderful team of volunteers who make the sales for us, we are always looking to increase our volunteer pool. If you enjoy meeting and interacting with lovely people and you would like to contribute to our fundraising efforts in this way, please consider joining us. More detail is provided in Bill's column on page 2 of this issue of *Zippers*.

Dates for your diaries

Our William Angliss Lunch on 20 June was another successful fundraising event, with those attending getting to enjoy a \$40.00 three course a la carte meal, support this hospitality training institution, have fun, and raise some money for Heartbeat. Our next William Angliss Lunch is on Tuesday 10 October. Please keep that date free and contact me on 0439 036 981 or Bill Preston on 0448 068 364 to make a booking.

Our morning teas for members and friends are usually on the second Wednesday of the month. Unfortunately we can't go ahead with the August morning tea but we look forward to seeing anyone who'd like to join us at these get-togethers for the September morning tea. The details are:

10:00am, Wednesday 13 September

Montague Park Food Store

406 Park Street (on the corner of Park and Montague Streets), South Melbourne.

There are trams to the door and plenty of parking.

Margo Kelly - Volunteer Coordinator Richmond / Special Events





SOUTH EASTERN GROUP



Our last meeting and lunch were on the 14 July. 11 members attended the meeting and 14 attended the lunch. Sylvia was once again successful in winning the raffle - a beautiful bottle of Levantine Hill Shiraz - from which we raised \$140.

We were also delighted to welcome a new South Eastern Group member, Susan Iles, who has recently become part of Heartbeat’s Patient Support team at Richmond.

We are very appreciative of the donation by Helen and Norman Weiss of a bag of wool as well as a lovely crocheted throw and 2 knitted children’s cardigans to sell on the sales table. Loula has joined “The Silver Knitters”, our wonderful group of volunteer knitters who continue to make beautiful handcrafted items to support our fundraising efforts.

If anyone would like to donate wool or other items for our stall please call Con on 0412 059 350.

As for the ongoing redevelopment at Epworth Eastern, we can report that new Day Oncology & Endoscopy units, operating theatres and patient wards have been opened.

The South Eastern Group meetings and lunches, as well as being informative, provide an opportunity for members to enjoy a social occasion and to get to know each other. All members are welcome to attend. Please call Con on 0412 059 350 if you would like more information and to book a place.

Schedule of 2023 South Eastern Group Members’ Meetings and Lunches

Event	Time	2023 Dates				
		Aug	Sep	Oct	Nov	Dec
Members’ Meeting Boardroom, Level 7 Nelson Road Entrance East Tower, Epworth Eastern Box Hill	10:30am	11/08	08/09	13/10	10/11	08/12
Members’ Lunch The Bistro Box Hill RSL, 26 Nelson Rd Box Hill	11:45am	11/08	08/09	13/10	10/11	08/12

Con Vlass - South Eastern Group Coordinator

Loula Vlass - Epworth Eastern Sales Table Coordinator





OBSTRUCTIVE SLEEP APNEA

Obstructive Sleep Apnea (OSA) has been linked to increased prevalence of cardiovascular disease, hypertension, atrial fibrillation, heart failure and stroke. The 2016 Sleep Health Foundation National Survey estimated 8.3% of Australian adults had been diagnosed with OSA *. However, perhaps more alarming is that the Royal Australian College of Physicians (RACP) estimates that 80% of people with OSA remain undiagnosed.



OSA is a sleep disorder in which a person repeatedly stops breathing during sleep. A narrowed or restricted airway limits air from getting into the lungs. Your brain senses that you cannot breathe and briefly wakes you so you can reopen your airway. This awakening is usually brief and you do not remember it.

Common symptoms of OSA:

- Interrupted sleep
- Difficulty concentrating
- Witnessed apnea by sleep partner
- Episodes of gasping/choking during sleep
- Decreased libido/erectile dysfunction
- Daytime sleepiness/fatigue
- Chronic headaches

Untreated OSA can increase risk of heart arrhythmias and cardiovascular disease; it increases the risk of heart failure by 140% and the risk of cardiovascular disease by 30%.

Diagnosis of OSA:

Consult with your GP if you experience any of these symptoms. Depending on their examination and assessment, your GP may refer you to a sleep specialist and arrange for you to undergo sleep studies. You will be attached to a monitor that will track your sleep throughout the night looking at your brain signals, oxygen levels in the blood, sleep position and limb movements, heart rate, breathing and snoring.

Severity of OSA:

- Normal – less than 5 interruptions/hr
- Mild – 5-15 interruptions/hr
- Moderate – 15-30 interruptions/hr
- Severe – 30+ interruptions/hr

Causes of OSA:

- Excess weight – increased deposits of fat in the neck can narrow or block the upper airway while sleeping
- Cigarette smoking
- Alcohol and sedatives – relax the muscles in your throat
- Gender – men are 2-3 times more likely to have OSA than women
- Women increase their risk if they are overweight or post menopausal
- Nasal congestion and sleep position

... continued over



Treatment:

Consider lifestyle factor changes such as reducing alcohol consumption, quitting smoking, avoiding sleeping tablets, weight loss, adjusting your sleeping position, and decongestants.

Your doctor may recommend:

- Mouth pieces to adjust the position of your jaw, tongue to open your airway.
- Mouth/throat exercises to tone muscles
- Use of a Continuous Positive Airway Pressure (CPAP) device to pump air through the airway and prevent it from collapsing while you sleep.

Remember, if you experience any of the symptoms outlined earlier in this article, speak with your GP. Managing OSA well will significantly reduce your risk for cardiovascular disease, hypertension, atrial fibrillation, stroke and heart failure.

(*https://www.aph.gov.au/Parliamentary_Business/Committees/House/Health_Aged_Care_and_Sport/SleepHealthAwareness/Report/section?id=committees%2Freportrep%2F024220%2F26954)

Jo Keuill and Glynis Cacavas - Cardiac Rehabilitation Coordinators



HEARTBEAT EPWORTH COMMITTEE 2022-23

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<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 mcgregorsylvia@yahoo.com.au</p>	<p>Con Vlass South Eastern Coordinator Mob: 0412 059 350 cvlass@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>	

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