

December 2023 / January 2024
Heartbeat Epworth Inc.

ZIPPERS

Our Fundraising Goal



Thank you for your support in 2023. We extend to all our members, volunteers and supporters the warmest season's greetings and best wishes for 2024.

THIS ISSUE:

- President's Message
- Coordinator Updates and Diary Dates
- Give Yourself a Gift
- Cardiac Rehab Ambassador Program
- Heartbeat Scholarships Update



A MESSAGE FROM OUR PRESIDENT

Thank you to everyone who attended the Annual General Meeting in person on 17 November or returned an Apology and / or Proxy Form to the Secretary. All the business on the agenda was dealt with and all motions put to the meeting were carried. Scott Bulger and Sarah Dyke from Epworth Medical Foundation joined us and a 'big cheque' for \$133,000 - representing the donation we made in June 2023 - was presented to Scott by some of the members at the meeting.



All 2022-23 Committee members nominated for the 2023-24 Committee except for our Secretary Kasi Nathan who is taking a short break from Heartbeat. Kasi has held the position of Secretary since June 2017. Thank you Kasi for your service over the last 6 years - we look forward to you returning to the Committee soon. Congratulations to the members of the new Committee and thank you for your commitment and support.

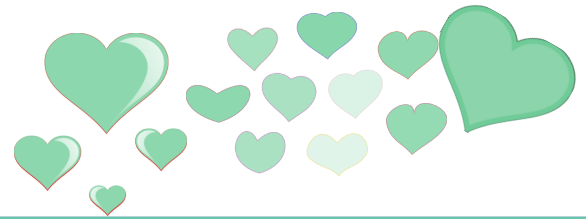
The Associations Incorporation Reform Act 2012 and our Constitution require the Committee to fill a vacancy for Secretary within 14 days of the vacancy occurring. At the Committee meeting held on 23 November the Committee asked me to fill the vacancy temporarily until a new Secretary is appointed; I accepted.

Any members who would like to know more about what the Secretary's role entails, are interested in filling the position themselves, or know someone who might be suitable for the position can contact me on 0448 068 364 or at bill.preston@epworth.org.au. If needed, the Committee will also take steps to recruit a new Secretary from outside the membership group.

If you received this issue of *Zippers* by email you will also have received our 2022-23 Annual Report. If *Zippers* is mailed to you and you would like a hard copy of the 2022-23 Annual Report, please return the personalised "Request for a copy of the 2022-23 Annual Report" to us in the enclosed prepaid envelope and we will send it to you.

As this is the last issue of *Zippers* for 2023, I would like to take this opportunity to wish you and all those close to you a happy and safe festive season.

Bill Preston - President



UPDATES FROM OUR COORDINATORS

NORTH WEST GROUP

We extend warm greetings to all of our members, families and friends as the end of another year approaches. We especially send our best wishes to all members who are not in the best of health and trust that brighter skies lie ahead.



Our final social event for the year (Christmas lunch on 18 November) was held at the East Keilor RSL and was another resounding success. The room was abuzz with 50 guests all eager to catch up with old friends to share their love and friendship. Following on from his popularity at last year's event, musical entertainment was again provided by Retro Joe, who received high praise for another job well done.

We extend our heartfelt thanks to everyone who contributed towards the various fundraising activities throughout the day by organising and donating items such as hampers, goods for the craft table, as well as an assortment of high quality products for the auction. Neil Webb returned to act as auctioneer, performing with aplomb and achieving great results!

As a result of all the hard work and effort by so many people, we are proud to announce that we raised more than \$4,000 for Heartbeat's Cardiac Equipment Campaign.



Left: An array of wonderful raffle hampers and auction items was offered at the North West Christmas Lunch.



Right: Zwany Stoker and Robert Saitta were among the 50 guests who enjoyed the comradery and fun on the day.



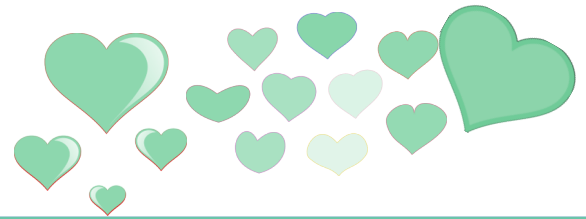
We take this opportunity to wish all our members, families and friends a safe and happy Christmas and a healthy New Year. We look forward to seeing you all in 2024.

Sharon Saitta - North West Group Coordinator

VALE ESTHER TREMAYNE

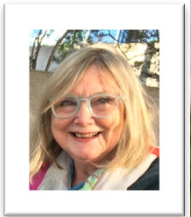
We are saddened to hear of the passing of Esther Tremayne, an active member of the North West Group for many years. Her contribution to Heartbeat included taking over the role of Regional Director, North West Group in May 2012 following the death of her brother Tom Hodgson. Esther also served as a Heartbeat Epworth Committee member. Deteriorating health meant that Esther had to step down from both roles in November 2016. Nevertheless, she (together with many family and friends) continued to be a strong supporter of Heartbeat - attending many events and putting together the very popular Happiness Kits that are sold on Heartbeat sales tables.

We send our sincere condolences to Esther's family and friends.



RICHMOND

It's getting Christmassy at Richmond! Everyone is impressed by the Christmas Raffle first prize hamper and the selection of wines and gin in the second prize basket. Christmas cards are selling well, as are toys and craft items.



Loula and Con continue to run a very successful sales table thanks to the selection and quality of toys and other very beautiful knitted goods that are donated to them, while Heera, Marion and Bernadette are also doing very well with the monthly craft table which offers a wonderful selection of beautiful handmade craft.

We are grateful to Susan and Jane who are conducting ward visits to cardiac patients each Monday and Thursday. This gives patients a chance to talk to someone with a shared experience and to learn about the ways in which Heartbeat supports cardiac patients and their families.

Our morning teas at the Montague Park Food Store will start again at 10:00am on Wednesday February 14 - please put the date in your diaries. We would love to see you there.

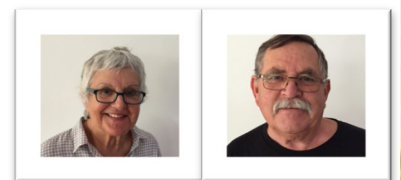
We will be holding our annual get together for Heartbeat Richmond volunteers in January. This is an opportunity to review the past year and share ideas to ensure our volunteers have the support they need to continue their fantastic efforts. We'll be contacting our volunteers soon with more details about this event.

We wish all our Richmond supporters a Merry Christmas and a Happy and Healthy New Year.

Margo Kelly - Richmond Coordinator

SOUTH EASTERN GROUP

Thank everyone who attended our monthly meetings and lunches; we hope they enjoyed themselves as much as we did! We would also like to thank Bill Preston for running the September and October South Eastern Group meetings while we were overseas and then suffering from COVID-19.



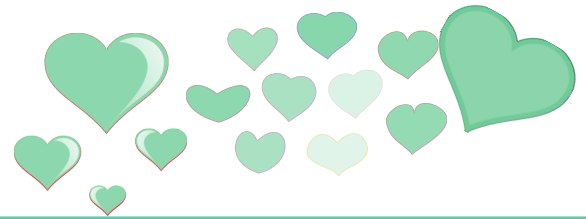
It goes without saying that Sue Riddell and the Silver Knitters have excelled themselves again this year. Their handmade knitted and crocheted toys are so popular that they virtually fly off the sales table - we had difficulty keeping up with the demand. In the course of the year we have also received generous donations of beautiful crocheted and knitted rugs and throws (which were very popular on our Richmond sales table) as well as other knitted items. If you would like to donate new items, please contact Con (cvglass@bigpond.net.au or 0412 059 350) or Loula (loulavlass@gmail.com or 0411 277 685).

Our final Richmond sales table for the year will be on Thursday 14 December from 10:00am -3:00pm. Come by, check out the great selection of handmade items we have for sale, and pick up some great Christmas gifts.

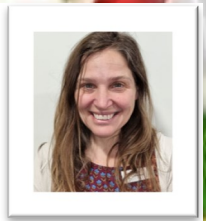
On Friday 8 December there will be a presentation to Epworth Eastern of the Rotational Atherectomy System funded through the current Heartbeat Equipment Campaign. This will take place at 10:30am in the Boardroom on the 7th floor, East Tower, Nelson Road, Box Hill. If you'd like to join us for this event, and / or for lunch immediately afterwards at the Box Hill RSL, please contact Con on cvglass@bigpond.net.au

We would like to wish all our members and supporters all the best for the holidays and 2024.

Con & Loula Vlass - South Eastern Coordinator / Sales and Craft Contributions



GIVE YOURSELF A GIFT



Every year, as I notice shiny decorations adorning different corners of the world, I vow to be a composed person who glides gracefully through the season, making everything merry and bright. However, sooner or later, I find myself in a messy kitchen with flour in my hair, trying to finish baking Christmas cookies, yelling across the house some unheard instructions to my children that so we can get somewhere on-time while, at the same time, the phone dings and one of my children comes in to ask for some random article of clothing that is still in the wash. This is also the time of year when we are called to show up to festivities that mark the end of a school year or a graduation into a new horizon; when there are work parties, charity and community events, family and friend gatherings; and when we need to make plans for a restful or exciting holiday away. Our lives and the calendar fill up quickly.

All the while, there is often a longing and hope to live in the spirit of the holidays by being there for others and acknowledging those who have helped us along the way. It is a season that punctuates the end of one year and longs for more in the next. We imagine that the next year will be better and brighter... for everyone ... and that the world could and will become a more peaceful place.

The anticipation of the holiday season can also be a time of grief and loss. We remember those who left us during the year or those who have been gone for some time. We may reflect on the failings of our own health, the experience of financial strain, a lonely journey of healing, or the reality of simply being alone. This time of the year can be a mixed bag of emotions. There is much that can weigh on or excite our hearts.

What if we began the season by first giving a gift to ourselves? Perhaps as instructed on a flight, we might put our own 'oxygen masks' on first, and then tend to our social calendar, to children, to the searching for gifts, and so on, and so on ... because the season goes fast and furious. Perhaps the best gift we can give everyone is also something that we can take with us into the new year. The gift of self-care.

Let's do an experiment by committing to something small just for ourselves:

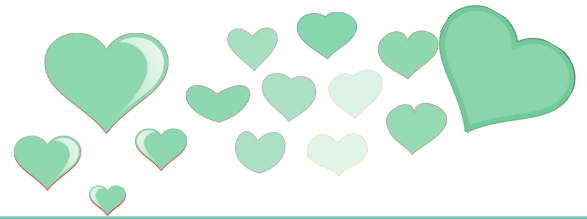
- 10 minutes a day of sitting meditation, deep breathing, or just sitting still in your garden.
- 15-20 minutes a day on that creative activity you've set out to do all year long - string that guitar or get out the paints and create something without caring about the outcome.
- Write yourself a love letter, reminding yourself of your gifts and goodness. Go ahead ... it's not bragging; it's believing in the beauty of you and caring for your heart. You are worth the same care and compassion that you so easily give to another.
- Turn on the music and dance in your kitchen, with spoons in your hands and hips swaying. You may even crack a smile and make your heart swell. What's that quote ... 'dance like nobody is watching'? Maybe just dance like everyone is watching!
- Write down one thought of gratitude for each day.

Remember: spend some of the time in your day doing something good for you!

What other ideas might you have? What happens when you take the time for you? What are the results of your experiment?

Be merry and bright for **YOU**, and the rest will follow. Happy holidays!

Jennifer Jacobs-Vandegreen — Pastoral Care



CARDIAC REHAB AMBASSADOR PROGRAM

In 2023 Heartbeat sponsored a second round of the Cardiac Rehab Ambassador Program. Once again, participant feedback has been very positive as evidenced from their comments below. On behalf of our nurses and patients we say ‘thank you so much Heartbeat for all you do to support cardiac patients’ and wish *Zippers* readers a safe and happy festive season.



Stacy Nguyen-Bansal: Epworth Richmond - 2 Lee Wing

“... we routinely refer patients to cardiac rehabilitation but we do not normally know what happens there. I am now more confident to talk with patients and colleagues about cardiac rehab, and the benefits of participating in it!”



Laura Beltram: Epworth Eastern - 2 North

“Spending a week at Camberwell has opened my eyes to the structure and benefits of this program. I am now able to have more in-depth conversations with patients and highlight how absolutely beneficial it is for them to attend to help reach both their long term and short-term health goals.”



Mei Wong: Epworth Eastern - CCU

“... when I went back to work, I was confident in providing the information to my patients. I was also able to inform my colleagues of the information I have gained.”



Jo Fincher: Epworth Eastern - CCU

“I have worked in CCU for a number of years and have always referred patients to cardiac rehab but in all honesty when they have questioned the program I have been vague in my answers. I have already noted the interest patients have had now I am able to deliver more complex conversations in this area.”



Sam Doherty: Epworth Richmond - 3 Cato

“... this experience will benefit me and my colleagues, as my deeper understanding of the program will help me to educate my co-workers so we can refer and recommend cardiac rehab to our patients.”



Tess Nolan: Epworth Richmond - 3 Cato

“... all patients should have access to this level of care to facilitate their full physical and psychological healing.”



Olivia Hindmarsh: Epworth Richmond - 2 Lee Wing

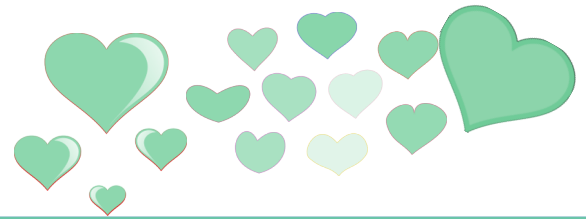
“... I had no idea how important outpatient cardiac rehabilitation was until I attended these sessions.”



Clare Griffin and Stephanie English: Epworth Richmond – Cardiac Educators

“With over 20 years of experience as Cardiac Nurses, this was a remarkable and eye-opening experience. We are excited to share these newfound insights and understanding with our dedicated acute nurses. Together, we can make a real difference in the lives of our patients by referring more individuals to the cardiac rehab program.”






Jo Kevell and Glynis Cacavas - Cardiac Rehabilitation Coordinators



HEARTBEAT EPWORTH SCHOLARSHIPS



At the Epworth Scholarship Awards on 20 November 2023, seven Heartbeat Scholarships were presented by Heartbeat members to the delighted recipients. The successful applicants are pictured below and on page 8 receiving their Scholarships from Heartbeat members and the Epworth Group Chief Executive, Professor Andrew Stripp.



Heartbeat Scholarship (& Presenter)	Scholarship Recipient	Work Location	Purpose of Scholarship
	Bernard Pelpola	Cardiac Cath Lab, Richmond	Bernard will use this Scholarship to attend the Cardiac Electrophysiology Institute of Australasia's Introduction to Cardiac Electrophysiology course.
	Joanne Kevill	Cardiac Rehabilitation, Camberwell	Joanne will use this Scholarship to attend the European Society of Cardiology conference in London. She has submitted an abstract for consideration to share the 'Epworth Cardiac Rehabilitation Ambassador Initiative' at the conference. She will also visit the Royal Brompton and Harefield Heart and Lung Hospital in London.
	Tess Nolan	3 Cato, Richmond	Tess will use this Scholarship to attend the European Association of Percutaneous Cardiovascular Interventions Conference 2024 in Paris. She will not only further her own knowledge of cardiac interventions to provide the safest and highest quality evidence-based practice, but will also share this knowledge of the cardiac patient care with her colleagues.
	Nanci Thurston	HeartSmart, Richmond	Nanci will use this Scholarship to attend the Transcatheter Cardiovascular Therapeutics conference. It is the Cardiovascular Research Foundation's annual scientific symposium and the world's foremost educational forum specialising in interventional cardiovascular medicine.
	Sue Mahar	Cardiac Diagnostic Services, Geelong	Sue will use this Scholarship to access the American Society of Echocardiography's educational resources. This includes both hardcopy and online resources.



HEARTBEAT EPWORTH SCHOLARSHIPS (cont'd)

Heartbeat Scholarship (& Presenter)	Scholarship Recipient	Work Location	Purpose of Scholarship
 <p>Heartbeat Epworth Centenary Cardiac Scholarship (Justine Middleton)</p>	Tricia Pagkalinawan	3 Cato, Richmond	Tricia will use this Scholarship to attend the European Association of Percutaneous Cardiovascular Interventions Conference 2024. EuroPCR is an international conference held annually to gather a widespread group of professionals in the healthcare sector to further develop skills and knowledge to improve patient care in cardiac services.
 <p>John Thurkle Heartbeat Scholarship (Marion Thurkle)</p>	Michelle Thompson	Epworth Eastern, Education	Michelle will use this Scholarship to complete a Masters in Advanced Nursing Practice. She is a senior leader and role model at Epworth Eastern who would like to enhance her leadership skills and her knowledge of cardiac care best practice to inform her staff education role.

All our Scholarship recipients are very grateful to Heartbeat members, volunteers and supporters for your commitment to the Scholarship Program. We will keep you updated on the recipients' experiences and the impact of their Scholarships.

Dorani Lacey - Grants & Scholarships Manager

HEARTBEAT EPWORTH COMMITTEE 2023-24

<p>Bill Preston President & Secretary Mob: 0448 068 364 bill.preston@epworth.org.au</p>	<p>Bill Preston Secretary (Interim) Mob: 0448 068 364 heartbeat@epworth.org.au</p>	<p>Justine Middleton 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 cvlass@bigpond.net.au</p>	<p>Sylvia McGregor Special Events / Raffle Presentations Mob: 0418 677 919 mgregorsylvia@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>Catriona Shinkfield Minutes Secretary (Standing Invitee)</p>