

**40th Anniversary Issue**  
**1984 - 2024**



# ZIPPER

## HEARTBEAT EPWORTH CELEBRATING 40 YEARS

OVER THE PAST 40 YEARS HEARTBEAT EPWORTH MEMBERS, VOLUNTEERS AND SUPPORTERS HAVE RAISED \$2.624M TO FUND

- the purchase of more than 200 pieces of cardiac equipment
- 40 Scholarships

OVER THE SAME PERIOD OUR VOLUNTEERS HAVE

- conducted 1000s of cardiac patient support visits
- produced bimonthly issues of our member and supporter newsletter
- organised 100s of events to provide social connection and fellowship opportunities to cardiac patients and their families

INTO THE FUTURE OUR SUPPORT WILL BE EXTENDED TO INCLUDE SPONSORSHIP OF HEARTBEAT EPWORTH BROOKES ACADEMY CARDIAC NURSE RESEARCH



## A MESSAGE FROM OUR PRESIDENT



It has been 40 years since businessman and prominent community figure Henry Nathan OAM founded Heartbeat following his own open-heart surgery at Epworth. Henry was known for his enthusiasm and drive. He started Heartbeat to unite Epworth cardiac patients, their friends, and family members who (in appreciation for being given a second chance at life) wanted to do something to support fellow Epworth cardiac patients.

Heartbeat raised \$15,000 in its first year. In the years to follow, Heartbeat volunteers, members and supporters have raised and donated to Epworth Medical Foundation more than \$2.6m. These funds have been used to purchase cardiac equipment requested by Epworth's cardiac wards (some of which are listed on pages 8 and 9) and to establish perpetual Heartbeat Cardiac Scholarships.

Heartbeat Scholarships have created unique opportunities for 40 Epworth cardiac staff to attend international cardiac health conferences, to undertake further study in the field of cardiac care, or to undertake projects to improve services to cardiac patients.

The impact our Scholarships can have has been evident in the results achieved by a recent service improvement project with which we have been very proud to be associated - the Cardiac Rehabilitation Ambassador Program developed by Jo Kevill (Cardiac Rehabilitation Coordinator at Camberwell). The project was funded in 2022 and 2023 by donations through Heartbeat and sought to demonstrate the benefits of supporting acute cardiac nurses to broaden their understanding of cardiac rehabilitation and, consequently, feel more confident to promote the cardiac rehabilitation to patients during their hospital admission. The Program is now incorporated into the education program for Epworth's cardiac nurses.

A further Heartbeat Scholarship in 2024 made it possible for Jo to travel to London in September 2024 to attend the European Society of Cardiology conference and share what had been achieved through the Epworth Cardiac Rehabilitation Ambassador Program to increase patient participation in cardiac rehabilitation. Jo's work at this international forum received considerable attention and she is now partnering with the University of Sydney to research the Ambassador experience and its impact on rehabilitation enrolments and improved patient outcomes.

In 2025 Heartbeat is expanding its investment in cardiac nurses with the establishment of the Heartbeat Epworth Brookes Academy Cardiac Nurse Research Grant. This Grant is to be funded jointly by Heartbeat Epworth (\$150,000), Epworth Medical Foundation (\$150,000), and a donor who wishes to remain anonymous (\$300,000). A dedicated Cardiac Nurse Research Grant will enable Epworth nurses to undertake research into an area of cardiac treatment and care that focuses on better ways to care for patients today and into the future. Another example of Heartbeat's genuine commitment to enhancing cardiac patient care at Epworth!

I would like to take this opportunity to thank the Heartbeat Committee, all our volunteers, members and supporters, and Scott Bulger and his team at Epworth Medical Foundation for their support in 2024.

You will notice that, to allow space to include reports on the 2024 Annual General Meeting and our 40<sup>th</sup> Anniversary Lunch, and to highlight some of Heartbeat's achievements over the last 40 years, we have not included our usual content in this "special issue" of *Zipper*s. I hope you enjoy reading this last (and somewhat different) issue for 2024.

I would also like to wish everyone a safe and happy festive season.

*Bill Preston* - President



## 2024 ANNUAL GENERAL MEETING

The Annual General Meeting was held on 11 October 2024 in the Auditorium at Epworth Richmond.

20 members attended the meeting in person, 33 Proxies were received prior to the meeting, and 46 members submitted apologies. The numbers of Proxies held by the Chairperson and members attending the meeting meant that a quorum was established. All the business listed on the agenda was dealt with and all motions were adopted.

The Treasurer and President presented reports on the activities of the organisation for the 2023-24 Financial Year and their reports are included here for your information.

### President's Report

In 2023-24, our efforts resulted in Heartbeat donating \$82,791 to Epworth comprising \$45,791 to finalise the funding of our 2022-23 Cardiac Equipment Campaign (total \$121,325) and the first donation of \$37,000 towards the \$150,000 we are seeking to raise for the Heartbeat Epworth Brookes Academy Cardiac Nurse Research Grant.

A really special thank you from the Committee to all our members and supporters who donated to the Annual Appeal during a time when many people are finding it difficult to make ends meet; the 2023-24 Annual Appeal raised \$34,450, representing 33% of our revenue for the year (\$94,698).

The Committee held fundraising costs to less than 6% and overheads and administration costs to 7% of revenue. Some of our volunteers contracted COVID during this reporting period but, fortunately, our activities were not interrupted by COVID to the same extent as in recent years.

During 2023-24, reports in the media indicated that many volunteers weren't returning to volunteering after the lifting of COVID-19 restrictions. Five of our Heartbeat volunteers did resign for various reasons (not related to COVID) during the year but we were successful in recruiting six more, resulting in our team growing by one.

Epworth Richmond had a very successful year thanks to Margo Kelly and her dedicated team of volunteers. Patient support visits were able to recommence, regular morning tea catch-ups allowed members and friends to stay connected, and the sales table raised more than \$54,000; up by 15% on last year. The increase in sales table revenue was made possible by Margo and our Richmond volunteers switching their focus from a declining market in greeting cards to a more extensive and profitable line of handcrafted items. Handicraft sales contributed \$13,860 to our revenue this year.

South Eastern Group's activities continued to be disrupted by the renovations at Epworth Eastern but Con and Loula Vlass also adjusted their fundraising approach and ran a craft stall at Epworth Richmond at least once a month. They also ran a monthly members' meeting followed by a lunch at the Box Hill RSL. Thanks to Con and Loula for all their enthusiasm and contribution to Heartbeat.

Throughout the year, the North West Group continued to hold bi-monthly meetings and a social lunch on alternating months. The highlight of the year was their traditional Christmas Lunch in November 2023. North West Group contributed \$4,664 in 2023-24 - an increase of 32% over the previous year.

Seven Heartbeat Epworth Scholarships were awarded in November 2023 for Epworth staff development in 2024. The scholarships supported recipients to participate in international conferences (4), commence a Masters in Advanced Nursing (1), attend the Cardiac Electrophysiology Institute of Australasia's Introduction to Cardiac Electrophysiology course (1), and access American Society of Echocardiography's educational resources (1).



**2024 ANNUAL GENERAL MEETING (continued)**

**Treasurer’s Report**

	<b>2024</b>	<b>2023</b>	<b>2022</b>
	<b>\$</b>	<b>\$</b>	<b>\$</b>
<b>Income &amp; Expenses</b>			
Membership	2,990	3,230	2,100
Other Income	91,708	142,138	35,896
<b>Total Income</b>	<b>94,698</b>	<b>146,368</b>	<b>37,996</b>
<b>Expenses</b>	<b>12,150</b>	<b>16,419</b>	<b>5,923</b>
<b>Net Surplus</b>	<b>82,547</b>	<b>129,949</b>	<b>32,072</b>
<b>Donation to Epworth</b>	<b>82,791</b>	<b>133,534</b>	<b>39,000</b>
	<b>2024</b>	<b>2023</b>	<b>2022</b>
	<b>\$</b>	<b>\$</b>	<b>\$</b>
<b>Assets at 30 June</b>			
Cash	5,863	7,194	7,742
<b>Total Assets/Net Assets</b>	<b>10,213</b>	<b>10,457</b>	<b>14,042</b>

**Election of 2024-25 Committee**

All nominations for Committee positions were endorsed as follows:

President - Bill Preston

Secretary - No nominations were received. Bill Preston, the existing Interim Secretary (as approved by the Committee), will continue in the position until it can be filled

Treasurer - Kasi Nathan

Committee Members - Shirley Chung, Fay Henderson, Margo Kelly, Sylvia McGregor, Justine Middleton, Robert Saitta, Sharon Saitta, Annie Sterck, Con Vlass, Loula Vlass



*Heartbeat Epworth 2024-25 Committee*

*Front l-r: Fay Henderson, Loula Vlass, Shirley Chung, Annie Sterck*

*Back l-r: Con Vlass, Margo Kelly, Sylvia McGregor, Sharon Saitta, Robert Saitta, Bill Preston*

*Not in photo: Kasi Nathan, Justine Middleton*



**40<sup>TH</sup> ANNIVERSARY CELEBRATORY LUNCH**

A lunch to celebrate Heartbeat’s 40<sup>th</sup> Anniversary was held in the auditorium at Epworth Richmond on 15 November. We were delighted that 50 Heartbeat members, 9 Epworth Executive staff, and 5 family members of Henry Nathan (Heartbeat’s founder) joined us to celebrate this significant milestone. Scott Bulger (Executive Director, Epworth Medical Foundation) acted as MC.

Anthony Nathan (Henry Nathan’s grandson) addressed the gathering. He spoke fondly of his relationship with his grandfather and said he was proud that his grandfather had achieved so much in life, including establishing Heartbeat. He said the family are proud of Henry’s legacy and of the fact that Heartbeat has achieved so much and is still going strong after 40 years.

**Years of Service Award Recipients**

The Anniversary Lunch provided a perfect forum for Heartbeat for the inaugural presentation of volunteers’ Years of Service Awards which recognise loyalty, demonstration of our values, and commitment to enhancing patient and community care at Epworth.

Six 5-year Awards, eight 10-year Awards, four 15-year Awards, and three 20-year Awards were presented as follows:

5 Year Awards	10 Year Awards	15 Year Awards	20 Year Awards
Lesvia Bain	Shirley Chung	Elaine Malley	Fay Henderson
Kasi Nathan	Bernadette Hodgkinson	Kevin O’Dea	Sylvia McGregor
Bill Preston	Margo Kelly	Wolfgang Ott	Zwany Stoker
Sheila Ross	Lauris Murnane	Marion Thurkle	
Con Vlass	Heera Nayak		
Loula Vlass	Upendra Nayak		
	Robert Saitta		
	Sharon Saitta		



*A standout and popular 15 Year Service Award was made by Anthony Nathan and Scott Bulger to Kevin O’Dea - at 95 years of age Kevin is the most senior of all volunteers across Epworth*



## 40<sup>TH</sup> ANNIVERSARY CELEBRATORY LUNCH (continued)

Heartbeat could not achieve what it does without all its wonderful volunteers and recognises the special contribution made by the 3 volunteers who have contributed at least 20 years to the Heartbeat cause.



Fay Henderson has been volunteering since November 2002, has been a Committee member since 2003, was President from 2008 to 2011, and with 21 years as a member of the Committee is the longest serving committee member. Fay is responsible for our relationship with the discount voucher company 'Entertainment' and teams up with Margo Kelly to organise monthly morning teas at Richmond and 2 or 3 lunches each year at Angliss Restaurant.



Sylvia McGregor has been volunteering since October 2004. She became a Committee member in December 2007 and was a Visitations Officer (now called Patient Support Visitor) from 2008 to 2010. Sylvia then became the Regional Director South Eastern Group, remaining in that role until February 2019. Sylvia continues to be a valued Committee member with responsibility for Christmas Card selection, raffle prize presentations, and special events.



Zwany Stoker volunteered as a Patient Support Visitor for 19 years. Prior to COVID-19 and growth of the cashless society, Zwany was one of Heartbeat's most active raffle ticket sellers outside the hospital.

Following the Years of Service Awards, Associate Professor Ron Dick OAM (pictured below) gave an informative and entertaining presentation about the advances that had been made in Cardiology. He told us how the treatment of heart disease had advanced extraordinarily since 1984 when Heartbeat started. He shared newspaper clippings in which other heart doctors had expressed doubts that angioplasty and stenting procedures, used commonly today, were going to succeed. 40 years on angioplasty and stenting procedure is commonly used to save lives of patients with blocked arteries.

A/Professor Dick also talked about the Transcatheter Aortic Valve Implantation (TAVI) Procedure introduced about 10 years ago. The TAVI Procedure is done by a cardiologist to replace a damaged aortic valve. Patients have their aortic valve replaced via a major artery in the top of the leg. This procedure allows the patient to go home much earlier than would be the case if they had open-heart surgery to replace the valve.





## 40 YEARS OF FUNDRAISING TO SUPPORT EPWORTH CARDIAC SERVICES

Since 1984 Heartbeat volunteers, members and supporters have raised \$2.624m for the purchase of more than 200 pieces of cardiac equipment and the establishment of 3 Scholarship Funds to provide cardiac staff development opportunities. A sample of the cardiac equipment purchased and a summary of the staff who have benefitted from Heartbeat Scholarships is provided in the table below and on page 8.

### Cell Saver Machine : 1 Funded – Total Cost \$35,000

The photo at right shows Mr Henry Nathan, founder of Heartbeat, with his granddaughter Carly Sward. The equipment in the foreground is a **Cell Saver Machine which was the first piece of equipment funded by Heartbeat.**

A cell saver is a device that collects and returns a patient's blood that otherwise would be lost during a surgical procedure. The cell saver receives salvaged blood that has been suctioned from the surgical site. Centrifuge technology is employed to separate the heavier oxygen-carrying red blood cells from the other components of the blood. The red blood cells are processed and stored for auto transfusion.



### Phillips MP30 Monitor : 4 Funded – Total Cost \$40,000

All critical care areas within Epworth have bedside and central Phillips monitoring which is integrated across the hospital, providing continuity of monitored data from department to department. The Phillips MP30 monitors articulate with the existing monitoring, improving its continuity while markedly improving the efficiency with which patients can be prepared for transport within a hospital.



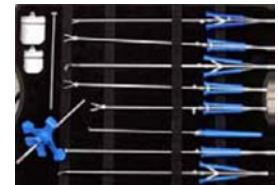
### Surgical Headlamps : 5 Funded – Total Cost \$60,000

Maintaining a well-lit field of view during cardiac surgical procedures is paramount. With the increasing number of cardiac surgeries at Epworth, the hospital asked for an additional 5 surgical headlamps to assist our cardiac surgeons to perform the most delicate procedures.



### Minimal Invasive Surgical Instruments : 2 Trays Funded – Total Cost \$80,000

To ensure Epworth meets the high demands in minimally invasive aortic valve surgery, these Precision Aortic Surgical Instruments are designed to perform precisely in minimally invasive procedures. They are constructed to withstand the rigors of sterilization time after time, and lead to the best possible outcomes for cardiac patients.



### System 7 Stryker Sternal Saw : 2 Funded – Total Cost \$30,000

To ensure we meet the high demands in open heart surgery, 7 Stryker Sternal Saws were sought - they are the 'gold standard' when surgeons perform median sternotomy which involves opening the patient's chest by splitting the breastbone or sternum.





## 40 YEARS OF FUNDRAISING TO SUPPORT EPWORTH CARDIAC SERVICES (continued)

### **Rotational Atherectomy System : 1 Funded – Total Cost \$82,000**

The Rotablator uses a diamond tipped drill to perform rotational atherectomy - the treatment of calcified blockages in the coronary arteries. Patients may be referred for this procedure when the coronary artery is heavily calcified and cannot be easily unblocked with balloon angioplasty prior to stenting. The procedure takes effect almost immediately - the patient's blood flow and heart function will improve within minutes.



### **Supine Ergometer : 1 Funded – Total Cost \$22,300**

The supine ergometer is used to perform bike stress echocardiograms and provides an alternative means of conducting these tests for those patients who cannot use a treadmill. The ergonomic design offers stability and comfortable patient positioning during stress exercise testing procedures. Ergonomic features include adjustable and padded surfaces, headrest and seat, and arm rest.



### **Echocardiogram Beds : 4 Funded – Total Cost \$17,000**

A specially designed, manoeuvrable echocardiogram bed ensures a patient can be positioned in the optimal way to allow for ease of testing, provides greater patient safety and comfort, and is more ergonomically suited to the needs of staff performing echocardiograms.



### **Phillips V6 non-invasive ventilator : 2 Funded – Total Cost \$30,000**

Cardiac surgery patients require monitoring in the ICU. The Philips V60 ventilator is Phillips gold standard non-invasive ventilator. With advanced breath delivery technology and algorithms designed to maximize performance in a leak prone environment, V60 adapts to the patients' ventilation needs.



### **Dyson Fans : 12 Funded – Total Cost \$7,200**

Dyson fans are utilised for post-op cardiac surgical patients who often have fevers and perspire very heavily after their operations. This Dyson fan has powerful airflow and high air velocity to cool effectively. There are no visible fast-spinning blades and the unit switches off automatically if tipped over.



### **Scholarships : 40 funded - Total cost- \$235,000**

- 14 International Cardiac Conferences attended**
- 21 Post Graduate Cardiac Courses – First year funded**
- 5 Innovation and team development Projects funded**



**Want to learn more about or get involved with Heartbeat Epworth? Get in touch by contacting us on:**

- **Email: [heartbeat@epworth.org.au](mailto:heartbeat@epworth.org.au) , or**
- **Phone: 03 9426 6258**

***We'd love to hear from you !***