



Heartbeat Happenings

September 2019

Heartbeat Victoria Council Inc.

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BOARD OF MANAGEMENT

President: Alan Hutchison

Vice-President: David Menzies

Board Secretary: Georgie Bosch

Treasurer: Chris Kunaratnam

Board Members: Louise Zambello, Lynda Andrews, Meredith Crowe, Robin Trotter

VISION: To be an excellent and well recognised peer support organisation which assists in improving the emotional, social and physical wellbeing of people living with heart disease or a heart condition.

MISSION: To advise and promote associated support groups in conducting peer support activities for people living with heart disease, to ensure they have a better understanding of the impact of their heart disease or condition; how they might seek ongoing services and support in their local area; and how to raise funds to improve cardiac services.

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Message from our new President



I feel a great sense of privilege, responsibility and excitement at having been elected to be President of Heartbeat Victoria. While I am highly future-focused I am also very conscious of and quite in awe of all the amazing previous work that has been done by our members in the branches and affiliates and on the Board over so many years.

The beating heart of our organisation is actually not to be found at the Board level but rather in the ongoing work of our branches and affiliates who take the Heartbeat message and its peer support commitment to their members and their broader communities. As a newbie in all this I have been so impressed with the dedication apparent in the branches and affiliates. I know that some branches are facing challenging times maintaining membership numbers and gaining traction in their efforts to spread awareness of Heartbeat and its work to support the management of heart health conditions. The Board will now be undertaking a strategic planning process to work out better ways of building networks and partnerships to create new opportunities for growth and greater Heartbeat brand recognition in the community.

I want to pay particular tribute to our outgoing President Peter Georgiadis who skilfully brought a disciplined professional approach and sense of clear direction to the conduct of all Heartbeat Board activities. Peter has led by example and his commitment to closer connection between the Board and to all of the branches, affiliates and members has produced a sense of positive optimism and a higher-morale organisation. Peter has successfully attracted several new Board members who each bring a different high-level skill set to their role. Already the new Board is working very collaboratively and sharing Board responsibilities with greater effectiveness and efficiency.

Every Board member is a member of one of the Heartbeat Branches. Personally, I'm a member of the Knox Branch and greatly looking forward to my involvement there. Additionally, we are now allocating each Board member to liaise closely with another specific branch or affiliate. I'm looking forward to working with our newest branch, South Gippsland, and becoming familiar with their members and activities as well as the branch's needs, challenges and opportunities.

One of our new Board members, David Menzies, who was appointed recently is introduced to you in this edition on page 5. I'm thrilled that he has taken on the role of Vice-President and he is already making a fabulous contribution to the work and the creative ideas of the Board. David has an established background and strong professional credentials in the health field specifically.

Like David, all of the Board members bring a unique set of skills to bear on their roles on the Board. We are also fortunate to have Board members with many years of dedicated experience with Heartbeat who will continue to contribute their skills and provide a much-needed sense of continuity.

In his outgoing President's address at the Annual General Meeting Peter Georgiadis generously described the new Board members as 'smart people with good intentions'. Speaking for myself, I'm not too sure about the smart bit, but I do own up to the good intentions.

All of our Board members, both new or continuing, are looking forward to working together to expand on Heartbeat's valuable work and increase our positive impact on health awareness and heart health management across our wider community.

With best wishes to all ...

Alan Hutchison



HBVCI AGM



*PHOTO LEFT:
Andrew Meiliunas,
Senior Associate of
Maurice
Blackburn,
Lawyers [left] with
President, Alan
Hutchison.*

Firstly, a big thank you to Maurice Blackburn, Lawyers for once again generously providing a venue to hold our recent AGM and Delegates Meeting.

Andrew Meiliunas is a Senior Associate in Maurice Blackburn's Melbourne office who works exclusively in Wills and Estates Law. Andrew gave a short presentation on the importance of making a Will.

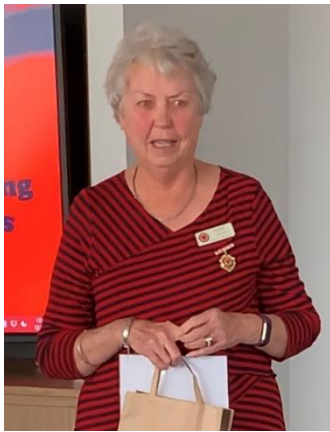
The Board of Management is pleased to advise that at its Annual General Meeting held on 12 September 2019, the following Board Members were elected:

- ✚ Alan Hutchison, President
- ✚ David Menzies, Vice President [see profile on page 5]
- ✚ Georgie Bosch, Board Secretary
- ✚ Louise Zambello, Assistant Board Secretary
- ✚ Chris Kunaratnam, Treasurer
- ✚ Lynda Andrews, Board Member
- ✚ Meredith Crowe, Board Member
- ✚ Robin Trotter, Board Member

Peter Georgiadis, Acting President and Robyn Fennell, Board Member resigned from the Board.



The Board thanks Peter for stepping up during the year as Acting President. We thank him for his enthusiasm, encouragement, leadership and professionalism. We wish him all the best and loads of "Philotimo" well into the future!



Likewise, we farewell Robyn Fennell, our longest serving Board member. The Board acknowledges her dedication and the major contribution she has made to Heartbeat over many years and her knowledge and wisdom will be missed at the Board table. The good news for Heartbeat is that Robyn will remain as an active member of the Goulburn Valley Branch and going forward we look forward to catching up at Delegates Meetings and picking her brain from time to time!

Robyn along with Ian Powell of Goulburn Valley Branch [see Ian's photo below] were presented with Life Membership Awards to recognise their exceptional contribution to Heartbeat over many years.

Following the AGM, a Delegates Meeting was held. Chris Kunaratnam, Treasurer and Robin Trotter, Board Member launched Heartbeat's Risk Management Policy to help branches and affiliates set up their own risk assessment process when holding meetings, organised activities such as excursions, BBQs etc. The importance of appointing a leader to assess risks and hazards was highlighted as was the knowledge of what to do if an incident occurs which requires an insurance claim.



Robyn Fennell presented an Affiliates and Branches Guide highlighting what needs to be done in relation to HBVCI reporting and various actions required during each year. To further enhance communication and assistance from the Board of Management, all Board Members have been allocated an Affiliate/Branch and they will be the person available for each Affiliate/Branch to contact for general information or support.



PHOTO ABOVE: David Menzies, Vice President gives a presentation at the AGM ... "What Matters to You? The most important question in health."



PHOTO LEFT: Ian Powell, Goulburn Valley Branch left receiving Life Membership Award from Alan Hutchison,



PHOTO ABOVE: From left – Bill Ross and John Grenon, South Gippsland Branch with Peter Rovers, Sunbury Branch



PHOTO ABOVE: Peter Georgiadis, Louise Zambello and Chris Kunaratnam giving reports at the AGM



PHOTO LEFT: Jen Conway, Heart Foundation Project Support Officer Vic.



PHOTO LEFT: Lunch, catch ups and socialising!



PHOTO LEFT: New Board Secretary Georgie Bosch and Alan Hutchison, new President with various delegates



PHOTO LEFT: Gail Newton, Sunraysia Branch reading out Board Member nominations

Please welcome David Menzies to the Board who is not only a new board member, but our new Vice President!



David Grahame (Scottish spelling) Menzies has been married 27 years as at 26 September this year to wife Kathy, originally from Sweet Home Chicago and they are blessed with two wonderful daughters Hannah Rose, 19 and Rebecca Ann, 16.

David has worked in many different roles during his life. All have been health related beginning with Physical Education teaching in the mid-80s. David has worked with the YMCA, as a Physical Educator in a Rehabilitation Hospital (now titled Exercise Physiologist), as a Manager of Population Health programs at

Vic Fit and Fitness Australia. In addition, he has held 3 different roles working in the primary health sector at Division of General Practices and now a Primary Health Network.

David is a massive advocate of the benefits of physical activity and exercise, with two great passions ... cycling and strength training. He also loves to hike, swim and has spent over 20 years of his life beating up his body playing Aussie Rules!

His mission is to help create a health system free from fragmentation where people, especially those with chronic conditions are respected and therefore enabled to become full and complete partners in determining their own health care needs.

David looks forward to working with everyone at Heartbeat Victoria and beyond to focus on what matters, what really matters to you as individuals in the broader context of your life and how through our collective voices and spirits we can help people become whole again not defined by a heart event or other chronic condition.



Information on all Branches and Affiliates this month can be found in Heartbeat Victoria Council Inc.'s Annual Report 2018-2019. Everyone should have received a hard copy by now but an electronic version can be downloaded at <https://heartbeatvictoria.org.au/heartbeat-victoria-council-annual-report-2018-2019/>

Did you know

Of the 56.9 million deaths worldwide in 2016, more than half (54%) were due to the top 10 causes. Ischaemic heart disease and stroke are the world's biggest killers and account for a combined 15.2 million deaths in 2016. These diseases have remained the leading causes of death globally in the last 15 years. [Reference World Health Organisation, <https://www.who.int/en/news-room/fact-sheets/detail/the-top-10-causes-of-death>, 24 October 2018].

The good news is that knowing your risks is the first step to avoiding a heart attack or stroke. However, although there is no one cause for heart disease there are risk factors that increase your chance of developing it. You might not know you have some of these risk factors. The best way to find out your overall risk is to see your GP for a heart health check.

Risks you can't change

There are a few risks you can't do much about:

Age	Gender	Ethnic Background	Family history
As you get older, your risk of heart disease increases	Men are at higher risk of heart disease. Women's risk grows and may be equal to men after menopause.	People of some origins such as Aboriginal and Torres Strait Islander people, or people from the Indian sub-continent, have higher risk.	If someone in your family has had a heart attack, speak to your GP about your risk

Risks you can change

Most heart disease risk factors can be changed, and there's plenty you can do about them:

Smoking	High Cholesterol	High Blood Pressure	Diabetes
Being smoke free is a great way to protect your heart. If you are a smoker, quit.	High cholesterol in your blood can lead to a heart attack or stroke.	Blood pressure isn't usually something you can feel. If it's too high, it needs to be treated.	It's important to manage your diabetes to help prevent a heart attack or stroke.
Being Inactive	Being Overweight	Unhealthy Diet	Depression and Social Isolation
Not getting enough physical activity isn't good for your heart health.	Being overweight or obese increases your risk of heart disease.	Eating a varied diet of healthy foods can help with your weight, blood pressure and cholesterol.	There can be a greater risk of heart disease for people who have depression, are socially isolated or do not have good social support.

A handy list of Victorian hospitals with contact details but by no means exhaustive

Name of Hospital	Street Address	Contact
The Alfred	Commercial Road, Prahran, 3181	03 9276 2000
Angliss Hospital	Albert Street, Upper Ferntree Gully, 3156	1300 342 255
Austin Hospital [Heidelberg]	145 Studley Road, Heidelberg, 3084	03 9496 5000
Ballarat Health Services [Base Campus]	1 Drummond Street North, Ballarat Central, 3550	03 5320 4000
Ballarat Health Services [Queen Elizabeth Campus]	102 Ascot Street, Ballarat, 3550	03 5320 3700
Bendigo Hospital	100 Barnard Street, Bendigo, 3550	03 5454 6000
Bethesda	30 Erin Street, Richmond, 3121	03 9420 5300
Box Hill Hospital	8 Arnold Street, Box Hill, 3128	1300 342 255
Cabrini Malvern	183 Wattletree Road, Malvern, 3144	03 9508 1222
East Grampians Health Service [Ararat]	Lot 5B Girdlestone Street, Ararat, 3377	03 5352 9300
Epworth Richmond	89 Bridge Road, Richmond, 3121	03 9426 6666
Epworth Freemasons Clarendon Street	166 Clarendon Street, East Melbourne, 3001	03 9483 3833
Epworth Eastern	1 Arnold Street, Box Hill, 3128	03 8807 7100
Epworth Freemasons Victoria Parade	320 Victoria Parade, East Melbourne, 3002	03 9418 8188
Frankston Hospital	2 Hastings Road, Frankston, 3199	03 9784 7777
Goulburn Valley Health Shepparton	2 Graham Street, Shepparton, 3630	03 5832 2322
John Fawcner Private Hospital	275 Moreland Road, Coburg, 3058	03 9383 1666
Knox Private Hospital	262 Mountain Highway, Wantirna, 3152	03 9210 7000
Latrobe Regional Hospital [Traralgon]	10 Village Avenue, Traralgon, 3844	03 5173 8000
Mercy	159 Gray Street, East Melbourne, 3002	03 9419 2555
Mildura Base Hospital	Ontaria Avenue, Mildura, 3502	03 5022 3333
Monash Health	246 Clayton Road, Clayton, 3168	03 9550 1111
The Northern Hospital	185 Cooper Street, Epping, 3076	03 8405 8000
Peter MacCallum Cancer Centre	305 Grattan Street, Melbourne, 3000	03 9656 1111
The Royal Eye and Ear Hospital	32 Gisborne Street, East Melbourne, 3002	03 9665 9666

Name of Hospital	Street Address	Contact
Royal Melbourne Hospital [Parkville]	300 Grattan Street, Parkville, 3052	03 9342 7000
Royal Women's Hospital	20 Flemington Road, Parkville, 3052	03 8345 2000
St John of God Ballarat Hospital	101 Drummond Street, North, Ballarat, 3350	03 5320 2111
St John of God Bendigo Hospital	Cnr Lilly and Chum Street, Bendigo, 3550	0354 343 434
St Vincent's Hospital [Fitzroy]	41 Victoria Parade, Fitzroy, 3065	03 9411 7111
St Vincent's Private Hospital Fitzroy	59-61 Victoria Parade, Fitzroy, 3065	03 9928 6555
Sunbury Day Hospital	7 Macedon Street, Sunbury, 3429	03 9732 8600
Sunshine Hospital	176 Furlong Road, St Albans, 3021	03 8345 1333

Healthdirect releases online risk checker for preventable diseases



Healthdirect Australia has launched a free online test that helps predict your chances of developing any of Australia's 3 biggest health concerns. Developed with the George Institute for Global Health, the Risk Checker calculates a person's risk of heart disease, diabetes and kidney disease.

The simple online questionnaire takes just minutes to complete, spits out a red (high), amber (medium) or green (low) alert for each chronic disease, and offers tips to reduce your risk.

Half of Australians live with at least one chronic condition. The 3 conditions that the Risk Checker focuses on ... heart disease, kidney disease and diabetes are largely preventable and often interrelated. Diabetes, for example, the fastest growing chronic disease in Australia, increases your risk of heart disease.

The Healthdirect Risk Checker asks questions about your body measurements, dietary and lifestyle habits and any known medical history.

You'll receive a low, medium or high-risk score for all 3 diseases, along with the probability that you will develop each disease over the next 5 years. You'll also be able to see how your result compares with risk rates across the wider Australian population.

At the end of the Risk Checker test, you'll also receive tips that can help you reduce your risk, boost your health and live your best life.

Are you at risk?

Find out if you're at risk of heart disease, kidney disease or diabetes in just a few minutes using the Healthdirect Risk Checker at <https://www.healthdirect.gov.au/risk-checker/heart-kidney-diabetes>