



**Heartbeat
Victoria**

Heartbeat Happenings

Spring 2024

Heartbeat Victoria Council Inc.

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BOARD OF MANAGEMENT

President: Christine Rees

Secretary: Barry Nixon

Treasurer: Karen Saccuzzo

Assistant Treasurer: Tamiaka Snowden

Board Members: Robyn Fennell; Professor Andrew Murphy; Gail Newton; Kevin Reid

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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President's Message



Spring is coming and I will really welcome some warmer weather. Many people with heart disease, including me, will tell you keeping warm has been a challenge. While looking forward to the warmer weather, managing fluid restrictions and lacking energy are issues for the summer and the heat. On HOT days we need to understand how this affects our heart management and take care with fluid levels and diet.

At the AGM on September 11, Dr Georgia Chaseling will speaking about her research entitled "The heart's response to heat". I hope we will have a large audience attending via Zoom, as this is a very important topic for all of us. If you don't have a link, or you would like some assistance with the Zoom

format or meeting, please contact us at hello@heartbeatvictoria.org.au and we will work with you to ensure you are able to attend.

There are several people nominating for vacant board positions and others who will be seeking re-election. Delegates and Board members can vote, but everyone can be there. We need everyone's input to assist the Board to plan for a future that is relevant to all members and their needs. Please consider attending this very important meeting.

I have visited Sunraysia this quarter and was amazed by what this small but so active and friendly group has achieved. Their raffle was well supported, and their group has provided another defibrillator in the community of Ouyen for the men's shed. This spreads the word about Heartbeat and provides a valuable resource for the community. Well done Sunraysia!.

We are currently working with SOLVE CHD and The Baker Institute, so keep an eye out for their researchers who want to connect with the cardiac community. This helps them understand what happens to their discoveries and how they impact us, the cardiac consumers. If you need information or help, or you have ideas, please contact us at hello@heartbeatvictoria.org.au.

Please keep the information coming regarding all activities, speakers and presentations within your group. The work you do raises the profile of Heartbeat Victoria and heart disease, and provides much needed equipment to assist health services. We need to celebrate these important occasions.

I hope you can stay warm and well, have friendship and company in your life, and hope you will keep in touch with Heartbeat Victoria so we can all celebrate your achievements.

Christine Rees

New Board Member – Professor Andrew Murphy



The Board of Heartbeat Victoria Council Inc is pleased to introduce new Board member, Professor Andrew Murphy.

Andrew holds a PhD in cardiovascular disease from Monash University. He has been exploring the fundamental biological process that influences atherosclerosis, the leading cause of heart disease for approximately 20 years.

He has spent part of his career at Columbia University in New York, extending his knowledge with world-leading researchers, and in 2013 he returned to Melbourne to establish his laboratory at the Baker Heart and Diabetes Institute.

Andrew has previously been a board member of the Australian Cardiovascular Alliance and several scientific societies. Andrew

brings knowledge on the research sector and how consumers, patients (including friends and family) can interact in the fight against heart disease.

Annual General Meeting

Annual General Meeting Heartbeat Victoria Council Inc

Wednesday, September 11, 2024, at 7.15pm

Via Zoom <https://zoom.us/j/94570060537>

Meeting ID: 945 7006 0537

The agenda for the meeting includes:

- ❖ Guest speaker Dr Georgia Chaseling
- ❖ Presentation of the Annual Report including Financial Statement
- ❖ Approval of annual membership and insurance fees
- ❖ Election of Board members
- ❖ Reports from branches and affiliates

ALL HEARTBEAT MEMBERS WELCOME TO ATTEND

Branches and Affiliates should inform the Board Secretary, Barry Nixon (barry@heartbeatvictoria.org.au), of their delegates (or their nominees) who will be attending the meeting.

Nominations for the Board

The business of Heartbeat Victoria Council Incorporated is managed by a Board of Management. The Board can comprise between 7 and 11 members and currently comprises nine members.

Board members are elected for a two-year term. Some of the current Board members are yet to complete their two year terms but, taking into account that two current Board members will be standing down at the AGM, there will be opportunities for up to four additional Board members to be elected.

Members of Heartbeat are strongly encouraged to nominate for positions on the Board and a nomination form is provided below. In addition to positions as Ordinary Board members, separate elections are held for specific positions, as shown on the nomination form.

If you are a Heartbeat member and would like to contribute your skills and experience to the Board of Management, your nomination would be very welcome.



Heartbeat Victoria Council Inc. Annual General Meeting
 Wednesday 11 September, 2024

Election of Board Members, including Office Bearers

NOMINATION FORM

Name: _____

Position (see below): _____

Nominated by: _____

Seconded by: _____

I accept my nomination for the above position

Signature: _____

Date: _____

Please return your nomination form to the Board Secretary, Barry Nixon via email barry@heartbeatvictoria.org.au by Tuesday 10 September, 2024

Board Positions

President
 Vice President
 Secretary
 Assistant Secretary

Treasurer
 Assistant Treasurer
 Ordinary Board Member

Heart Health



Women's Health Week



Jean Hailes Women's Health Week occurs every year at the start of September. This year it will run 2 to 6 September.

Jean Hailes for Women's Health is a national not-for-profit organisation dedicated to improving women's health across Australia through every life stage.

There are several ways to get involved including to:

- Host an event in your workplace, community or social circle
- Promote the week and your event
- Sign up and get access to health information and resources
- Attend an event in person or online.

Jean Hailes has developed a wide range of educational and promotional resources, including a [women's health booklet](#), which are available online.

Heart Health Checks

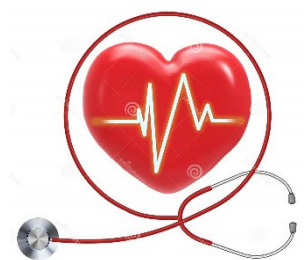
A Heart Health Check is a 20-minute appointment with your GP that is designed to detect factors that may be putting the health of your heart at risk.

These factors are used by your doctor to assess your risk of cardiovascular disease (CVD) and your overall likelihood of developing heart disease in the next 5 years.

Your blood pressure, cholesterol levels and blood sugar levels will be checked and your weight will also be measured. Then, you'll be asked about your diet, physical activity habits, if you smoke or drink alcohol, and whether you have a family history of heart disease. Your age will also be taken into account, as the risk of heart disease increases with age.

The Check can also be used to help you make positive changes to your lifestyle habits in order to lower your risk and help protect against heart disease.

Heart Health Checks are recommended at least once every 2 years for both men and women aged 45 years and over, or 30 years and over for Aboriginal and Torres Strait Islander peoples. Your Heart Health Check is covered by Medicare, so if a GP clinic bulk bills this service, there is no cost for the Check.



What's Happening

What's been happening at some of our branches and affiliates lately?

Goulburn Valley

Several Heartbeat Goulburn Valley members have had time away and sought out places where the weather is a little warmer during Victoria's winter. However several members volunteered their time to support our Bunnings BBQ fundraiser in June and a total of \$1,788 was raised, and another one has been scheduled for September.

While many were away during July, the social calendar was quiet, however it is building up again as members return, and in September, the Branch's usual dinner and meeting date has been moved to coincide with Heartbeat Victoria's Annual General Meeting and members will be able to tune into the speaker and meeting via Zoom.



Back – L-R – Mark Rovers, Howard Phillips, Max Hyland
Front – L-R – Lance Brown, Deanne Brown, Jenny Hyland

Sunraysia

During the last couple of months our Cuppa Catch ups have been really enjoyed, a chance to get in the warmth and socialise together. Monthly meetings have also been a great chance to chat and enjoy a lovely meal together after the meeting. Our Xmas in July raffle was a wonderful success. Thanks to our amazing members for getting out and about and selling the tickets - our member numbers are small but an amazing job was achieved by them all.



Thanks to Heartbeat Sunraysia the community of Ouyen has recently acquired a fourth publicly accessible automated external defibrillator (AED) which is located at the Ouyen Men's Shed and is accessible to the public 24 hours.

During the past four years Heartbeat Sunraysia has funded about a dozen AEDs across the Mildura local government areas.



L-R – Jacob McEwan - Paramedic Community Support Coordinator Ambulance Victoria, Jeff Gregory (Heartbeat Sunraysia President) & John Cummings (Ouyen Men's Shed President)



Heartbeat Sunraysia and Ouyen Men's Shed members who attended the presentation

Ballarat

Heartbeat Ballarat walks commenced six years ago, starting for the exercise and now providing much needed social support. Some members have now completed over 600 walks.

There are four weekly walks in four locations, including the Botanic Gardens, Victoria Park and Lake Esmond, plus an indoor walk where weather is not a constraint and members can walk at their own pace and distance, trip hazard free. An optional cuppa is also available after each walk.

Christmas in July was also a chance for more socialising.



Bendigo

Heartbeat Bendigo has been pleased to support several generous donations to a range of local health services during the year and has recently been able to make formal presentations to Inglewood and Districts Health Services and Dhelkaya Health Services (Castlemaine).

It was wonderful to have media coverage of the Dhelkaya donation for three electro-cardiogram (ECG) machines for use in its residential aged care units in the Castlemaine Mail.

Executive Director of Clinical and Aged Care Services, Melodie Heland, said that:



President, Frank Ward; Social Committee Member Rhonda Anthony; Treasurer Nola Ward and Social Committee Member Di Krieger at Inglewood and Districts Health Service.

“Our staff told us that this equipment was a priority for improving care, so we can’t thank the Bendigo Branch of Heartbeat Victoria enough for responding to our request for help. Our residents and staff will get many years of use from this fantastic new equipment.”

Heartbeat Bendigo was also very excited to receive a \$4000 Volunteer Grant from the Australian Government via the Federal Member for

Bendigo, Lisa Chesters MP.



Lisa Chesters MP presenting a Federal Government grant to Heartbeat Bendigo’s Frank Ward; Barbara Dellar and Nola Ward

Please send us your latest news for inclusion in the Summer 2024 edition of Heartbeat Happenings which will be published in November (send to vivien@heartbeatvictoria.org.au by Friday October 25, 2024.