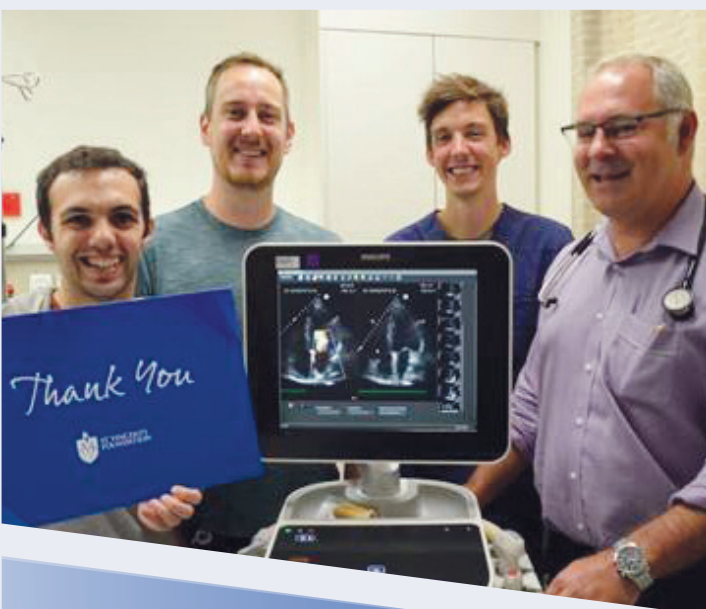


CEO MESSAGE

A head-and-shoulders portrait of Dr. Catherine E. Kessel, President of the American Psychological Association. She is a woman with short, layered blonde hair and bangs, smiling warmly at the camera. She is wearing a bright red blazer over a black top and a single large pearl earring. The background is a plain, light-colored wall.

CEO | St Vincent's Foundation

THANK YOU



"This is the second ultrasound machine funded by the Foundation and both machines are vitally important in saving lives. On behalf of the Emergency Department staff, thank you. We are all deeply grateful to you for your support." - Dr Mark Rugless, ED Physician.

*Dr Mark Rugless,
Emergency physician
and interns with new
ultrasound machine*



FAMILY VIOLENCE, STAFF EDUCATION

Women who suffer from a disability, such as severe mental health challenges, are twice as likely to suffer from family violence. It is important that our staff are trained to recognise and respond to family violence in public mental health services.

Social Work in Mental Health at St Vincent's have developed a staff training package and prompt cards for ready reference by clinicians. The team provided family violence education sessions in each area in Mental Health – including inpatient, community and residential – educating the service about evidence-based family violence knowledge and how to identify and respond.

“Asking appropriate questions, being a compassionate ally, and knowing what services are available and



*Melissa Petrakis
and Meg de Melo*

how to access them, are really useful skills for mental health clinicians,” says Senior Social Worker, Meg de Melo.

So far, more than 100 staff have undergone this very important training.

NAVY DOCTORS SAVE LIVES



Navy Doctor, Lieutenant Adam Scorer

Lieutenant Adam Scorer might be a Navy Doctor, but you'll find him providing care at St Vincent's Hospital Melbourne as the Australian Defence Force's capability to deploy medical specialists is enhanced through placements in civilian practices.

Lieutenant Scorer has spent the past 11 months working in anaesthesia here at St Vincent's, gaining valuable experience in the Intensive Care Unit and helping him secure a highly sought-after position in accredited anaesthetic training this year.

“Now that I have secured a position on an anaesthetic training program, I will spend the next five years completing my Fellowship in Anaesthesia in Melbourne, predominantly at St Vincent's Hospital in Melbourne and rotating through the Royal Women's and Children's Hospitals, Box Hill and Geelong,” he said.

“Medical specialists can be deployed with short notice as part of humanitarian and disaster relief efforts in the Asia-Pacific region, including earthquakes and tsunamis, or in multinational health service roles on operations in the Middle East.”

Medical Specialist Program Manager Commander Craig Spinks said: “Activating a specialist medical capability in 48 to 72 hours to respond to a disaster event becomes easier with fully qualified experts serving in the Navy full time.”

HAPPY BIRTHDAY WERRIBEE



St Vincent's Private Hospital celebrated its first year of operation on the 29th of January.

In just one year, more than 3,000 patients have been cared for and 100 newborns have been welcomed into the world.

In an exciting development in October 2018, Neurosurgeon and Spinal Surgeon Mr Girish Nair performed the first keyhole spinal surgery procedure at the hospital.

Mr Nair is the founder of statewide neurosurgical practice, Neuroaxis. The practice conducts many consultations in Werribee, however had never before performed keyhole spinal surgery in the area. That was until Tarneit resident Andrew came along.

Mr Nair successfully performed a two-hour microscopic keyhole laminectomy surgery, to help relieve pressure on the nerves in Andrew's back.

While the surgery itself was important for Andrew, it was also a first for the hospital and the surrounding area, with previous patients from Wyndham having to travel to a hospital in or around Melbourne for such surgery.

With this first now under our belt, the expectation is that St Vincent's Private Hospital Werribee will be able to perform more complex spinal surgeries, such as disc removals, within the next six to 12 months.



Dr Girish Nair and Suzanne Hall (CEO St Vincent's Private Hospital Werribee)



Dr Girish Nair and Andrew (patient)



Christine, Dennis (patient) and Fran Pearson

Dennis Pearson, from Casterton in the far south west of Victoria, was on the phone to his son when all of a sudden he began experiencing a severely painful headache.

Dennis was suffering a brain aneurism, a ballooning in a blood vessel of the brain that can potentially be fatal if it bursts, causing bleeding on the brain.

He was taken to the Hamilton Base Hospital and then airlifted to Melbourne for three urgent surgeries at St Vincent's.

"It was like somebody had drilled a hole in my head," Dennis says. "I had never experienced anything like that before."

After spending three weeks in ICU, Dennis was transferred to Rehab, where he stayed for another three weeks.

"By the time I got to Rehab, I could walk around, read and feed myself," Dennis says.

"I felt very glad that we were at St Vincent's," wife Christine says. "From the moment we arrived in the ambulance I trusted that everything that could be done would be done for Dennis. To watch the professionals work in harmony in critical situations was a sight to behold."

Dennis' daughter Fran says it is amazing to see him make such a miraculous recovery.

"Everyday he gets better," Fran says. "Some days we still see the effects of the brain injury but overall he is doing so well."

"People say it is a miracle that I'm here," Dennis says. "There's a way of going about things at St Vincent's that is very generous. To all the St Vincent's staff that looked after me, the doctors, nurses and support staff, I would like to express my very deep gratitude for what you have done."

ENGAGED TO SAY THANK YOU



Alex Chan and Saskia Yu

Alex and Saskia are both grateful to the staff and volunteers at St Vincent's Cancer Centre for their kindness, empathy and professionalism during Saskia's mum's twelve long months of treatment. "The level of care shown by the nurses during that period of time was exceptional. Their smiles and expertise made a huge difference to our experience by alleviating much of the anxiety and fear that comes hand-in-hand with undergoing chemotherapy.

"Mum is currently in remission and the doctors continue to provide excellent and diligent ongoing care. Alex and I wanted to give a little back. What better way to celebrate our engagement than to share our experience with our close friends and family and to take the opportunity to fundraise for a great hospital. Our guests embraced the concept wholeheartedly and we are so happy with how it turned out," says Saskia.

Collectively we have raised \$10,000 to purchase equipment for patient comfort undergoing chemotherapy in the Cancer Centre.



John MacPherson
(Acting Nurse Unit
Manager - Cancer
Centre), Alex Chan
and Saskia Yu
(engaged couple)
and Meg Kelliher
(Registered Nurse)

BUILDING THE FUTURE OF PALLIATIVE CARE

Due to the increasing demand for palliative care services and the ageing infrastructure of the Caritas Christi palliative care service at Kew, there is now an urgent need to rebuild on the site.

The redevelopment will include a 120-bed aged care facility at the rear of the site, and a brand new 26-bed palliative care facility at the front of the block. The new Caritas Christi will have state-of-the-art facilities incorporating teaching spaces and improved staff and patient amenities. We anticipate the completion in early 2021.

There will be a range of events and campaigns to help us raise funds for the new building. We look forward to keeping you updated with progress.

CALENDAR OF EVENTS

For more information about any of our events please contact our Event Manager Rebecca Martin on 03 9231 3287 or 0410 865 176

Caritas Christi Hospice Information Event – Thursday 14th March

FREE Wills Seminar – Wednesday 20th March

Thank You Donor Event – Thursday 4th April

Jewellery Fair – 6th-10th May

Bequest Society Lunch – Wednesday 22nd May

Sisterhood Lunch – Friday 31st May

Italian Social Club Werribee Charity Gala Ball – Saturday 1st June

Dry July Fundraising Campaign – July

Run Melbourne – Sunday 28th July

Education Centre Donor Tour – Wednesday 14th August

INCLUDE
A GIFT IN
YOUR WILL

A Will is a legal document that ensures your assets, such as your home, superannuation or income, are distributed according to your wishes.

Including St Vincent's in your Will is a straightforward process. You simply need to decide what type of Gift you want to make, and use the correct wording. Your gift can be directed to an area that is important to you, or to an area of the hospital most in need. To learn more about drafting your Will, we are hosting a FREE Will Seminar on Wednesday, 20th March, which explains circumstances to consider when drafting your Will.

If you want to discuss any options please contact Sue Worland, 03 9231 3363 or sue.worland@svha.org.au



Thank you to those who have supported the St Vincent's Fun Run in previous years. After an extensive review, we decided not to hold the event this year. Instead, we encourage everyone to participate in the annual Run Melbourne event on 28th July 2019, as part of the St Vincent's team. The 3km Walk/Run, 10km Run or Half Marathon events allow participants to take in famous Melbourne landmarks such as The MCG, Flinders Street Station and the Yarra River.

For more information about how to register for Run Melbourne 2019 please visit our website or contact the Foundation via email events@svha.org.au.

DRY JULY
FOUNDATION

After a hugely successful Dry July in 2018, we are preparing for our biggest year yet – the 2019 Dry July Campaign. We hope you will join the **St Vincent's Hospital Melbourne Dry July Team** and help raise much needed funds to support patients during their cancer treatment. Visit our website www.stvfoundation.org.au to register.

CHECK OUT OUR FOUNDATION WEBSITE!

To donate easily, start your own fundraising event and keep up to date with the latest hospital news and events, visit: www.stvfoundation.org.au

