



ST VINCENT'S
FOUNDATION

ST VINCENT'S *Cares*

FOUNDATION NEWSLETTER

SUMMER 2019

CEO MESSAGE

Working at St Vincent's is a great privilege. Every day we see the best of people; courage in the face of serious illness; superb care from our dedicated staff and the love of family and friends for their nearest and dearest. We also witness the breakthroughs that come about through our medical research programs which, year in and year out, help all of us live with a greater quality of life. The stories in this newsletter give a small snapshot of a whole range of this activity.

It is a real joy to share our stories with you and to have the opportunity to say a heartfelt thank you. Your support, your generosity and your interest provides the greatest encouragement to everyone in the St Vincent's family.

With best wishes for a joyous festive season.

Lyn Amy

CEO | St Vincent's Foundation



A Christmas Blessing

May you have the gladness
of Christmas which is hope
The spirit of Christmas
which is peace, and
The heart of Christmas
which is love

*Public Hospital Executive
Director Mission,
Margaret Stewart and
Private Hospital Mission
Integration Manager,
Julie Wain*

WE WAIT IN JOYFUL HOPE

On behalf of our Hospital Executive teams we wish you and those closest to you a very happy festive season for 2019.

The normal course of things doesn't usually include spending the festive season in hospital. This Christmas we ask you to spare a thought for the hundreds of patients who will be in our care and the hundreds more who will care for them.

Our caring and compassionate staff carry the gifts of healing and hope every day, but during the Christmas and New Year periods they are intensely mindful that these gifts take on a richer, deeper significance for the wellbeing of the patients in their care.

Our exemplary care is built on research and innovation dedicated to enabling hope for our patients – the joyful hope of living the fullest life possible beyond our walls.

Thank you for supporting us through the St Vincent's Foundation. Your gift empowers us in our quest to bring healing and hope through research-driven service excellence and compassionate person-centred care.

www.stvfoundation.org.au/giftsforhope



STROKE SURVIVOR AND MAN'S BEST FRIEND LIFT SPIRITS

In Australia, 60,000 strokes happen each year – that's **one stroke every 10 minutes!**

Pet Therapy volunteer, Laine Yates, is the focus of our Christmas Appeal. She has a special connection with St Vincent's after suffering a stroke eight years ago at the age of 36. She was paralysed down her left side and spent three months in rehabilitation at St Vincent's Hospital Melbourne.

Laine remembers waking up around midnight on Queen's Birthday weekend in 2011 with a massive headache.

"I went to get up to go to the bathroom and I just fell on the floor. My initial reaction was to laugh because I couldn't get up. My husband picked me up off the floor and carried me to the car and took me to Emergency.

"As I was being wheeled into hospital, I remember throwing up and seeing my five-year-old in his pyjamas, crying. That was heartbreaking.

"I had loads of tests; an MRI and a CAT scan, which

diagnosed I'd had a prefrontal lobe haemorrhage," Laine said.

Laine spent just over three months in hospital.

"The physios were amazing. Initially, I couldn't even stand without their support."

Learning to stand and walk meant a long and difficult recovery. Laine said her main drive to "do the work" was her desire to get home to her kids.

"I count myself super lucky that I have a loving family. There are a lot of people in hospital who don't have that. It just breaks my heart; they have no one to visit them.

"That's why I volunteer my time to visit patients. There are a lot of patients from rural areas, meaning it's too far for people to make the journey to visit every week," Laine said.

Kim Brock, Team Leader for St Vincent's Rehabilitation Unit, who was part of the team who cared for Laine, said her beautiful attitude makes Laine an ideal volunteer.

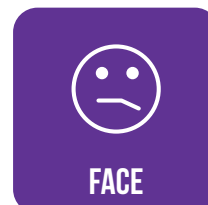


*Laine and Ziggy
meeting with a patient*



Laine with Ziggy, her dog

F.A.S.T. STROKE CHECK



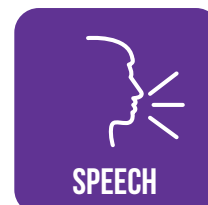
FACE

HAS THE PERSON'S
FACE DROPPED?



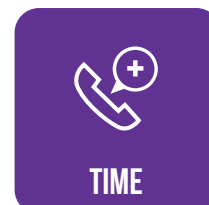
ARMS

CAN THE PERSON
RAISE BOTH OF
THEIR ARMS?



SPEECH

IS THEIR SPEECH
SLURRED?



TIME

IF THE PERSON HAS
ANY OF THESE
SYMPTOMS CALL
000 IMMEDIATELY

"She understands it is a different journey for each patient, but she can talk about the time she spent in rehab and how the journey of recovery has continued long after she left. Patients find her story both inspiring and encouraging," Kim said.

St Vincent's Hospital Volunteer Pet Therapy Program started 15 years ago and has proven to be a great way of lifting the spirits of patients. It also helps to alleviate anxiety, depression, social isolation and communication difficulties.

"People often say they look forward to my visit because I'm the only person who visits them all week. I'm glad Ziggy and I can brighten their day," said Laine.

If you would like to make a donation to our Christmas Appeal to support patients like Laine was, please head to www.stvfoundation.org.au/giftsforhope



LEADING THE WAY WITH HIGH-TECH ROBOTIC SURGERY

St Vincent's Melbourne is at the cutting edge of advances in surgery and is the only facility in the state with a shared public and private robotic surgery program.

The robotic surgery has been shown to reduce post-operative pain and provide quicker recovery for patients due to its minimally invasive nature.

St Vincent's Hospital surgeons with the da Vinci robot (From left) Mr Jeremy Goad and Mr Owen Niall

The new robot also offers our trainee doctors and nurses in both the public and private hospitals the opportunity to receive training in these innovative surgical techniques.

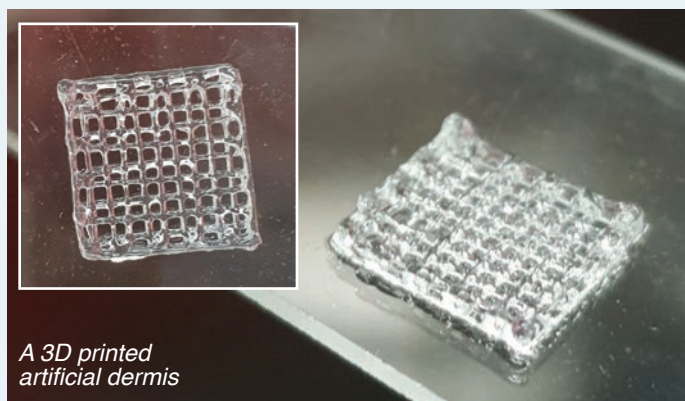
The future of skin repair

Damage and loss of skin is a major challenge and a burden on health care. A team at St Vincent's Hospital Melbourne is working on an exciting research project that's looking at a variety of 3D printing techniques to create artificial skin to treat trauma and burn victims.

Associate Professor Chris Baker is the dermatology research lead in a clinical and science collaboration between St Vincent's, the University of Melbourne and University of Wollongong. The project, funded by a grant from The F&E Bauer Foundation,* aims to create 'bioinks' that can be used by a 3D printer to create artificial materials that have similar properties to skin and key elements such as collagen and elastin.

"While there are other centres working on skin repair, our project is special because it brings together the science of artificial materials and clinical medicine," A/Prof Baker said.

There are a lot of exciting directions this research can potentially take. One is to try to create an artificial skin that can be produced quickly and in large quantities. This could be used to treat trauma or burn victims and aid recovery after major operations; with the potential to utilise the patient's own stem cells.



A 3D printed artificial dermis

The team are also looking at the skin component required to 3D print other body parts, such as a nose or an ear.

"We're some way from being able to print artificial skin, but we are making good progress. I don't think we're far off from using this technology to create 'clever dressings' that can be used in a clinical setting to speed up healing and potentially reduce scarring," A/Prof Baker said.

You can support our innovative research projects by donating to the Aikenhead Centre for Medical Discovery
<https://www.stvfoundation.org.au/donate-acmd>

* The F&E Bauer Foundation is managed in partnership by co trustees Equity Trustees and Kevin Courtney.

SUPPORT FOR NEW CLINIC TO TREAT FLUID RETENTION CONDITIONS

Department of Health and Human Services funding enabled St Vincent's Hospital to open its first-ever clinic in May for patients with primary and secondary lymphoedema.

Lymphoedema is a blockage in the lymphatic system that results in the accumulation of excessive amounts of fluid, causing painful and uncomfortable swelling, usually in the arm or leg. Primary lymphoedema occurs due to a congenital abnormality of the lymphatic system. Secondary lymphoedema may occur following treatment for cancer, if the lymphatic system is damaged. Approximately 20 percent of breast cancer patients will develop this condition following treatment.

Two generous grants have also been received to purchase a SOZO machine to measure fluid status and tissue composition. Compression garments and several other devices were also purchased to enable research into the impact the clinic has made on patients' lives.

Kevin Galgey had treatment for prostate cancer and developed lymphedema following the procedure. He recalls that it didn't happen straightaway.



From left, Laura Burchill, Advanced Lymphoedema Therapist Kevin Galgey and Rebekah Boffa, Lymphoedema Therapist

"I'd been out shopping. I came home and went to put my right leg out of the car and I felt like I'd pulled my groin. Next morning when I woke up, my leg was really swollen."

Kevin said his life has been transformed since being assessed by the team.

"The lymphoedema therapists were fantastic. They measured me for a compression wrap and it fits perfectly.

"The swelling has gone down significantly, which is great. I'm so grateful the clinic was established at St Vincent's. It's certainly improved my quality of life," Kevin said.

THANK YOU TO DEPARTMENT OF HEALTH AND HUMAN SERVICES, THE HAROLD AND CORA BRENNEN BENEVOLENT TRUST, MANAGED BY EQUITY TRUSTEES AND THE EIRENE LUCAS FOUNDATION FOR THEIR GENEROUS SUPPORT.



Ernest Brough

A delightful digger remembered

We were saddened by the passing of Mr Ernest Brough on 14 October at the age of 99.

Ernest (Ern) had been a benefactor of St Vincent's for many years, for which we are deeply grateful. A very generous man, Ern was a champion of St Vincent's and made significant contributions since 2006.

Ern's support helped to purchase an echocardiography machine for the hospital's Cardiology Department where he had been a patient for many years.

Ern was a farmer, butcher, Rat of Tobruk and POW, who led by example. He and two others escaped from an Australian prisoner of war camp during World War II and embarked on a remarkable journey through Slovenia and Croatia to Bosnia. A journey which earned him the Military Medal and is immortalised in his book: *Dangerous Days: A Digger's Great Escape*.

Ern's lifetime can be measured by his heroic actions in World War II and the significant and powerful impact he had on the lives of those he helped both directly and indirectly. Ern is no longer with us but his spirit endures. He will be long remembered at St Vincent's.

SPECIAL DINNER FOR CARITAS CHRISTI HOSPICE

Mrs Jeanne Pratt AC hosted a very successful fundraising dinner at her home 'Raheen', together with Sir James Gobbo AC, Patron of the St Vincent's Caritas Christi Hospice Building Project in Kew.

Guests gathered to learn more about the history of Caritas Christi and the role the hospice has played in improving provision of palliative care across the eastern suburbs of Melbourne through its in-home service.

The old Caritas building, which was located next door to Raheen, has recently been demolished with the new building due to open in 2021.



From left, Fiona Hall, Toby Hall, Group CEO St Vincent's Health Australia, Jeanne Pratt AC and Sir James Gobbo AC, CVO, QC

In the interim, the hospice will operate out of the St Vincent's Hospital in Fitzroy while the building work is underway.

Our thanks to Mrs Jeanne Pratt for so kindly opening her beautiful home. We are also extremely grateful for the generosity and loyalty of the members of the Order of Malta who are major supporters of the fundraising campaign and hosted many of the tables at this special dinner.

If you would like to make a donation to support the Caritas Christi redevelopment, please head to <http://bit.ly/DonateCaritas>



Jonathon Welch

MORE THAN THE GIFT OF SONG

Jonathon Welch AM has long been a supporter of St Vincent's Hospital Melbourne's wonderful work. Through his brilliant musical outreach he has helped thousands of people find their voice and has inspired kindness, compassion and joy with his music and song.

Recently, Jonathon and THECHO!R performed to support the work of St Vincent's, raising funds to go toward the Caritas Christi Hospice rebuilding campaign. A cheque will be presented by Jonathon at our Christmas Thank You lunch for donors.

GETTING TO KNOW OUR DONORS

Every single contribution our generous donors make enables us to change lives and achieve great things at St Vincent's – from providing the best possible patient care to purchasing the latest in medical technology and funding vital research.

We got to know one of our Regular Donors, Rose-Mary Cassin, who has given generously to St Vincent's Hospital for more than 14 years.

Do you have a personal affiliation with St Vincent's Hospital?

My association with St Vincent's is largely through my mother. When she was in her eighties, my mother had to be admitted to the hospital with double pneumonia. Many years before this, she was a part of an auxiliary that fundraised for St Vincent's.

What do you love most about the organisation?

I love that it's the hospital for the whole community and doesn't discriminate. Melbourne is very lucky to have this wonderful hospital. I also particularly admire its social conscience.

How do you feel when you make a gift to St Vincent's?

It's always a good feeling to give back. I have no qualms that every cent I give is going to be used properly.

Have you attended any St Vincent's events?

I have enjoyed attending the Donor Thank You lunches because they always have such interesting speakers. I also attended the Government House event last year, which was a very unique opportunity to celebrate the 125th anniversary of the hospital.

Why do you think other people should support St Vincent's Hospital?

Because they don't know when they're going to need it. Plus the support is needed so St Vincent's can continue to offer the specialist care, research and equipment. It also plays an important role as a teaching hospital.

What philanthropic message would you like to pass on to future generations?

If you've got the resources then I think you're almost obliged to give back. It genuinely feels good. And there's the added bonus of a tax deduction.



St Vincent's cares. Always has. Always will.

☒ Yes, I want to support our brilliant and compassionate medical staff

I want to make

Single gift:

☐ \$500 ☐ \$250 ☐ \$50 ☐ \$25
☐ My choice \$_____

A regular gift of:

\$_____ Deducted*
☐ Monthly

*Your gift will be processed after the 15th of each month, and will continue unless you notify us to stop it.

My donation details

Please debit my:

☐ Mastercard ☐ Visa ☐ Amex
____ / ____ / ____ / ____
Expiry: ____ / ____

Name: _____

Signature: _____

Address: _____

Phone number: _____

Email: _____

Date of birth: ____ / ____ / ____

Your date of birth helps us identify you should you need to contact us in the future.

**Please return this completed form to:
Reply Paid 65162, Fitzroy VIC 3065**

Other ways to donate

- www.stvfoundation.org.au/donate
- (03) 9231 3365
- Cashiers or to the St Vincent's Foundation Office
Ground Floor, Rear, 55 Victoria Parade
(next to Courtyard 55 Café)
- Text the word 'DONATE' to 0400 807 807

All donations of \$2 or more are tax deductible. ABN: 22 052 110 755

Please contact me as:

- ☐ I would like to include St Vincent's in my Will
- ☐ Keep me updated on future news and events
- ☐ Do not send me future St Vincent's Foundation communications

The Foundation is compliant with the Australian Privacy Principles. Please visit www.stvfoundation.org.au to view the Foundation's Privacy Policy.

Include a Gift

Gifts in Wills are a way of providing vital support without affecting your current financial circumstances.

By including St Vincent's Hospital in your Will, you play an important part in contributing to the hospital's future. A future where medical research, specialised equipment and state-of-the-art facilities provide the highest level of care to people in need.

We would love to hear from you.

Please send me:

- ☐ Information on how I can include St Vincent's Hospital in my Will
- ☐ I have already included a gift in my Will to St Vincent's Hospital

For more information please contact Sue Worland, Donor Relations Officer, on (03) 9231 3363 or email sue.worland@svha.org.au



World leading Gastroenterologist shares the importance of gut health

St Vincent's Gastroenterologist, Professor Michael Kamm, was the guest speaker at our recent Donor Thank You event. He shared with our donors how poor gut health has been linked to many different diseases and conditions including Inflammatory Bowel Disease (IBD) the collective term for Crohn's disease and ulcerative colitis, type 2 diabetes and even mental health issues.

Disturbingly, Australia has one of the highest rates of IBD in the world.

Prof Kamm is at the forefront of digestive system disorder care. As well as undertaking clinical care, Prof Kamm conducts wide-ranging research that aims to find the cures or best treatments for a range of gut disorders.

Processed foods appear to be amongst the worst offenders for poor gut health. Prof Kamm advises that an excellent way to improve your gut health is to avoid any pre-packaged foods - fresh is best!

We look forward to meeting and thanking many more of our donors who so generously support St Vincent's at our first lunch in 2020 on Wednesday 25th March.



Photo from left: Dr Amy Hamilton (scientist), Dr Gina Trakman (Dietitian), Annalise Stanley (Research Nurse), Professor Michael Kamm (Gastroenterologist and Researcher), Dr Amy Wilson-O'Brien (Scientist), Alyson Ross (Research Nurse)



The Sisterhood

THE SISTERHOOD OF ST VINCENT'S HOSPITAL
IS CALLING FOR YOU TO



Save the date

FRIDAY 29TH MAY 2020

FOR OUR ANNUAL FUNDRAISING LUNCH
AT ZINC, FEDERATION SQUARE, MELBOURNE

CALENDAR OF EVENTS

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

Wills Seminar
Thursday 12th March 2020

Donor Thank You Lunch
Wednesday 25th March 2020

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

