

LIV ON

AUTUMN 2018



SPIRIT OF GIVING
LIVES ON

A BITTERSWEET VISIT

THE POWER OF
ONE VOICE



Olivia
Newton-John
Cancer Wellness & Research Centre



OLIVIA'S MESSAGE FOR YOU

Hello to all you wonderful ONJ Cancer Centre supporters!
It gives me so much joy to be able to welcome 2018, especially after the challenging year I had last year with the recurrence of my breast cancer.

I've been feeling fantastic and was excited to make an extra visit to Melbourne in November to meet with Natalie Morales from the USA Today show and take her on a tour of our amazing ONJ Cancer Centre! Natalie interviewed me (you can see the videos at onjcancercentre.org) and I also had the opportunity to visit patients and their families. I am always touched by the strength and hope of people affected by cancer.

I'm excited to let you know of another way you can support us. Have you seen our range of ONJ Cancer Centre merchandise? From tees in micro mesh fabrics and calming candles to shady caps and handy notebooks, there's something there for everyone!

I will be so grateful for your support of this range which helps fund our vital work in cancer research, education, prevention and cancer support services. Go to onjcancercentre.org/shop to explore or visit the new merchandise cabinet on Level 3!

To everyone who made a donation, ran an event, participated in the Wellness Walk and Research Run, joined Olivia's Circle or took action to help in any way in 2017, I salute you and say, thank you!

You are all very special souls and I am forever grateful that so many of you care for patients at the ONJ Cancer Centre. You have helped me to feel supported, loved and that there is so much hope for all of us affected by cancer.

Love + light, Olivia

Did you know?

Regular physical activity (around 30 mins each day for 5 days per week) for people with cancer will help with:

- Maintenance of lean muscle mass
- Managing and reducing cancer-related fatigue
- Improving mood
- Maintaining aerobic conditioning
- Managing flexibility and mobility, especially after surgery and reconstructive surgeries
- Improving appetite and reducing nausea (a common side effect of chemotherapy)
- Improving sense of being connected and social interaction



OLIVIA NEWTON-JOHN

RUN MELBOURNE IS MORE THAN JUST A RUN!

It's your chance to set yourself a challenge, have some fun and raise money for ONJ Cancer Centre.

Join as an individual or create your own team with colleagues, family and friends.

onjcancercentre.org/runmelbourne

You are the difference for our patients and staff

A look back on the impact of your support during 2017

More than 9,500 of you chose to give to the Olivia Newton-John Cancer Wellness & Research Centre last year. You gave your support in many different ways - as caring individuals, businesses or community groups - but you all have one thing in common - your help ensures that every patient who walks through our doors will receive the most comprehensive and complete care as they undergo treatment for cancer. We thank each and every one of you for your generosity and compassion.

Here's how YOU made a difference:



More than **12,495**
gifts received
from across Australia
& as far away as the USA

Resulting in more than
\$3,000,000
raised towards
cancer care,
research and wellness



Your generosity has far reaching impact for both staff and patients:

- Staff continue to give the very best supportive care and treatments.
- Researchers continue to strive towards cures, breakthroughs and discoveries with both immediate and long-term benefits to patients.
- Patients continue to receive exceptional care throughout their cancer journey - from diagnosis, treatment, remission, and even at the end of their life.

YOU chose to show your support in many different ways:

- **2,250** walked for wellness or ran for research
- **1,213** gave a donation in response to our appeals
- **1,609** made a gift in memory of a loved one
- **602** provide regular contributions as members of Olivia's Circle
- **600** joined Olivia and other VIPs at the ONJ Gala
- **34** left a gift in their Will to the ONJ Cancer Centre
- **132** people conducted fundraising within their community

Thank you!

"Only donations keep these programs going. It is unique, no one else does it like ONJ. Let's keep it growing."

— Suzu Juracic



"This is a great opportunity to give back to people who looked after me during my cancer."

— Jessica Gilchrist



"To everyone who made a donation, ran an event, participated in the Wellness Walk and Research Run, joined Olivia's Circle or took action to help in any way in 2017, thank you!"

— Olivia Newton-John



Cover Story

SPIRIT OF GIVING LIVES ON

A founding member of the ONJ Appeal committee, the late Max Campbell worked hard to help secure funding for the new ONJ Cancer Centre which opened in 2014. Max died unexpectedly the same year, and today his granddaughters Eilish and Maeve are continuing his legacy of giving in a most charming way.

If you happen to be driving through the green rolling hills of Nutfield, north-east of Melbourne, on a weekend in October, you might be lucky enough to come across Eilish and Maeve's roadside Lemonade and Cake stall. Since holding their first stall in 2013, Eilish (now 17) and Maeve (now 11) have raised more than \$6,000 to help people with cancer at the ONJ Cancer Centre.

“ I know that my Pa would be proud that we are continuing to raise money for the ONJ Centre.

– Maeve

Brownies, chocolate balls and fresh lemonade have expanded to include yo-yos, jam biscuits, lemon slice and peppermint slice. Trade is busy, with many cars and cyclists stopping; the girls have created a lively community event, even accepting donations of baked goods from family and friends.

“Even though we are just two sisters holding a stall on the side of the road, we know that every little bit of money donated to the ONJ Centre counts,” says Eilish. “I want to continue to carry on my Pa's legacy of his enormous community spirit and make him and my family proud.”

Maeve adds:

“I know I am helping people who have cancer and hopefully making their visits to the ONJ Centre as comfortable as possible.”

If you are inspired by Eilish and Maeve and would like to hold your own community event to raise money to help people with cancer at the ONJ Cancer Centre, please contact Melissa Cramp, Community Engagement Officer on 03 9496 4158 or email fundraising@onjcancercentre.org



**THE
WELLNESS
WALK AND
RESEARCH
RUN** 16 SEPT 2018

**SAVE
THE DATE**

**THE JOURNEY TO
DEFEAT CANCER
BEGINS WITH
A STEP**



Olivia
Newton-John
Cancer Wellness & Research Centre

Early-bird registrations for The Wellness Walk and Research Run open in May.

To register and fundraise visit
WWW.WELLNESSWALKRESEARCHRUN.COM.AU

BEQUEST GIFT MEANS NEW OPPORTUNITIES FOR LEUKAEMIA PATIENTS

A remarkable gift in her Will of \$1.4m from patient Jena Riordan is providing life-changing opportunities for people diagnosed with acute leukaemias.

Vanessa Donati is in the newly-created role of Acute Leukaemia Clinical Nurse Consultant, funded directly by Jena's generous bequest. Providing reassurance, stability, wisdom and guidance to patients on a long and complicated treatment path is a major part of her role.

"My role is to counsel patients through their diagnosis, provide information about their cancer and treatment options, give them a sense of familiarity and stability and help co-ordinate their often complex treatment path," says Vanessa.

Patients can contact Vanessa at any time, giving them reassurance and the knowledge that someone is there who cares about them through their treatment journey. *"It's really patient-focused,"* says Vanessa. *"Getting to know patients and families – that's what I love and that's what inspires me to learn more, do more and help them."*

A critical part of Vanessa's role is to re-open a national acute leukaemia registry at the ONJ Cancer Centre. This registry will be a critical component of future research efforts. *"What we hope by getting this registry open is that we will start to get access to research opportunities and new clinical trials. This could be life-changing for patients,"* says Vanessa.

Reflecting the ONJ Cancer Centre's vision of 'You Matter', Vanessa hopes her role helps patients have a better understanding of their leukaemia and a better diagnosis, treatment and wellness experience. *"It's more about taking care of the whole patient, not just the process. This new position is like joining the dots of the team together through one person who is always there for the patient."*

You can create a lasting legacy by making a gift in your Will just like Jena. Many people have included a gift to the ONJ Cancer Centre in their Will because cancer found a way into their lives. Their gifts – whether small or large – play a huge part in helping families living with cancer. To learn more contact our Bequest Co-ordinator on 03 9496 5753 or email bequests@austin.org.au

Leaving a gift in your Will is a significant life decision that can help cancer patients and their families in the future.

“ This bequest has really helped open up the leukaemia program here and has given opportunities that would otherwise have not been possible – such as clinical trials. ”

– Vanessa Donati

ONJ Gifts

Now available!

Endorsed by Olivia herself, this exciting range of ONJ Gifts is now on display at the ONJ Cancer Centre and available online. Your purchase from this unique and exclusive product range supports people living with cancer.

Shop online at ONJCancerCentre.org or visit the new display cabinet on Level 3 near the café.



'THE POWER OF THAT VOICE IS AMAZING...'

In the midst of her own treatment for aggressive myeloma, Suzi Juracic is helping educate staff at the ONJ Cancer Centre about how their wellness-driven philosophy is making an extraordinary difference for patients.

Wellness. It's in our name. The beautiful heritage building that houses the Wellness Centre gives it a tangible form. Massage, meditation, music therapy, art therapy, psychology, support groups, information forums. But it's so much more than that. It's a feeling, a way of communicating, caring. It's a smile.

According to Suzi, it is everywhere in the Centre. But to the staff, it can become so embedded it becomes difficult to describe. *"Every person that engaged with me was really gentle in their approach,"* says Suzi.

Suzi is working with ONJ Cancer Centre staff in a series of workshops to describe to them the enormous impact their care and kindness has on her and her family.

"My family had to peel me out of the car on many occasions because I was overcome with fear and anxiety knowing I had to face another treatment. The staff were always immediately reassuring and comforting when we walked into Day Oncology – 'How are you Suzi?', 'We know you love ginger beer for your nausea, would you like one today?' Can you believe that?" says Suzi. *"The volunteers ask me – 'Suzi are you cold? We know you get cold, can we get you that blanket?' They don't think that they are doing anything but they are amazing human beings."*

"Suzi embraces everything wellness is about and we are so grateful to have her working with us, helping us identify and grow our wellness philosophy throughout the whole Centre," says Penny Sanderson, Divisional Manager of Integrated Cancer Services.

“It's amazing that in an organisation like the ONJ Centre they still want to improve the wellness experience by asking people like me to become involved.”

– Suzi Juracic



The ONJ Cancer Centre owes so much to our dedicated volunteers, our staff and people like Suzi, all who give their time and love to help us strive for and achieve the best care we can offer to patients. Thank you.



Dry July is a winner!

If you're a Dry July'er like Kate, give yourself a big pat on the back! You helped raise \$41,000. Huge thanks also to Dry July Foundation for awarding \$109,000, making a total of \$150,000 raised for wellness programs at the ONJ Cancer Centre last year.

If you would like to be part of this year's Dry July visit www.onjcancercentre.org/dryjuly2018



The Rosario family formally open the new Relaxation Room by FaceTiming Eric's daughter Louise in NSW on the large TV screen.

A BITTERSWEET VISIT...

In the face of deep loss, one family has decided to help others by honouring the wish of their dying husband and father Eric Rosario.

A champion weightlifter as a young man in India, and a very fit and active 85 year-old member of the Greensborough community where he had lived for 40 years, Sports Physiologist Eric Rosario was shocked to find out in 2016 that he had advanced bowel cancer and that medical science could only offer palliative care.

His wish was to stay at home and his wife Prisca kept him there as long as possible but because of the high level of care needed he became a patient in the Palliative Care ward at the ONJ Cancer Centre. During this time, it was important to Eric that he connect with family and friends from all over the globe so he could say what he needed to say.

"Dad used his iPad to keep in touch with family and friends in different parts of Australia and around the world while in the Palliative Care Unit," says Viola, Eric's daughter. "He was able to connect with his sisters in England using FaceTime and listen to a song his nieces in different countries – England and the USA – had put together for him."

Kind and generous to the very end, Eric wanted to help others in the same situation connect with family unable to visit. He wanted to donate money for technology in the Palliative Care Unit that would allow patients to connect with family and friends interstate and overseas. Together with donations made in lieu of flowers at Eric's funeral and a personal donation made by Prisca, \$7,500 was raised to upgrade the technology in the Relaxation Room, a room designed for patients and families to spend time together. Prisca sadly and unexpectedly passed away 10 months after Eric, making the family even more determined to honour Eric's wish.

"The Relaxation Room now includes a very large interactive touch screen TV connected to computer apps. Families can watch DVDs together, travel the world via YouTube virtual tours and use FaceTime to talk to family and friends overseas and interstate," says Hilary Hodgson, Nurse Unit Manager of the Palliative Care Unit. "We are so grateful to this beautiful and generous family for helping other families in the future."

"We could have filmed the hills of Greensborough and the birds in the lemon-scented gums he loved, and immersed him in that world before he died."

– Louise Jenkins and Alois Rosario, Eric's children

Because of the Rosario family, other patients and families will be able to connect with loved ones around the globe, share time together watching movies or even take virtual tours of places they will no longer be able to visit.
Thank you.

The small screen of an iPad was not an easy way for Eric Rosario to keep in touch.



YES, I WANT TO HELP PEOPLE WITH CANCER AND THEIR FAMILIES

☐ Dr ☐ Mr ☐ Mrs ☐ Miss ☐ Ms

Name

Address

Postcode

Phone

Email

Please accept my tax-deductible donation of:

☐ \$35 ☐ \$50 ☐ \$75 ☐ \$150 ☐ \$_____ my choice

☐ Enclosed is my cheque/money order made payable to

Austin Health

OR Please debit the amount I have indicated from my

☐ VISA ☐ MasterCard ☐ Amex

Name on Card

Signature Expiry Date

I would like to join Olivia's Circle by becoming a regular giver

I authorise the ONJ Cancer Centre (Austin Health) to make automatic monthly deductions from my credit card (details as above) until further notice.

Monthly amount is: \$ _____

Automatic deduction occurs on the 17th of the month.

Austin Health is committed to protecting your privacy. We collect your personal information so that we can contact you regarding your donations to Austin Health and the Olivia Newton-John Cancer Wellness & Research Centre and our other programs that you may be interested in. We may share your information with similar organisations, including the Olivia Newton-John Cancer Research Institute. To review our Privacy Policy please visit austin.org.au/privacy-statement. If you would prefer Austin Health to not share your information and/or if you prefer not to receive mail from Austin Health, please let us know by writing on this coupon and return in the reply paid envelope provided.

Please send me information about:

☐ Joining Olivia's Circle (monthly giving program)

☐ Making a bequest to the ONJ Cancer Centre in my Will

All donations of \$2 and over are tax deductible



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Cancer Wellness & Research Centre

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ONJCancerCentre.org

The Olivia Newton-John Cancer Wellness & Research Centre is a partnership between Austin Health and the Olivia Newton-John Cancer Research Institute.

THANK YOU

Extraordinary care for others in the face of huge personal challenge

Diagnosed recently with acute myeloid leukaemia, Brad Sangster's life has changed from an active, outdoors life for the father of two young children, to a world of blood tests, hospitals, chemotherapy and bone marrow transplants. Inspired by the care given to him by staff at the ONJ Cancer Centre, Brad and his wife Josie decided to raise funds to help diagnosis and treatment for people with leukaemia. To date they have raised a staggering \$56,000.

"I want to make a difference," says Brad. "I'm inspired by the work of the ONJ Cancer Centre and want to support them by raising money. The funds will go towards the cure of acute leukaemia and support for patients with this cancer."

"We are grateful for the incredible difference this money will make to our unit, our patients and families. Thank-you." – Prof Andrew Grigg, Director, Clinical Haematology



YOU MAKE A WORLD OF DIFFERENCE

The generosity and kindness of every one of our friends is inspirational.

- Amateur photographer Antoine Nsair who donated all proceeds – an amazing \$31,000 – from his first photographic exhibition. This money will be used to fund Nurse Co-ordinators in the Haematology Department.
- Heidelberg Golf Club Women's Committee Annual Golf Charity Day who raised \$3,330.60
- Bulleen Plaza Shopping Centre and their 2017 fundraising sausage sizzles which raised \$2,735.
- Seven-year-old Vince Correnti who raised \$1,233 from shaving his hair for research.

Thank you to everyone who contributed to the ONJ Cancer Centre through community events.