

# LIV ON

SPRING 2017

**FLOWERS BRING  
SMILES**

**PASSION TO GIVE  
BACK BURNS BRIGHTLY**

**MAKING THE  
MOST OF EVERY DAY**



**Olivia  
Newton-John**

Cancer Wellness & Research Centre



# OLIVIA'S MESSAGE FOR YOU

I was thrilled to be able to visit you all again in September for the ONJ Gala and the Wellness Walk and Research Run! After my own cancer relapse earlier this year I am so grateful to be feeling well and able to travel to Melbourne to be part of this amazing community as you all work together to support people with cancer at the ONJ Cancer Centre.

So many of you turned out to enjoy the beautiful Spring sunshine for the Wellness Walk and Research Run, and I loved sharing every minute of this wonderful day with you all. Extra special for me was the opportunity to meet and chat with the largest team Julie's Smiling Stars (157 members! Wow!), and listen to their very emotional story about Julie.

I was also delighted to meet two of the highest individual fundraisers, Mindy Verson and Sonia Farrugia. Mindy raised \$15,099 and Sonia raised \$14,510! Mindy and Sonia joined forces with 20 other wonderful souls to form the highest fundraising team 'For Olivia Squad' raising an amazing \$43,006! Thank you so much!

I know you all worked so hard fundraising in the weeks and months before this wonderful day. Your strength, determination and spirit always inspires me as you give hope and support to people who are undergoing the stress and worry of a cancer diagnosis and treatment. For that I am so grateful – thank you! You can read more about both events on the back page.

You are all so special to me because I know you truly care about helping people live better with cancer. Thank you so much for everything that you do and together let's win over cancer!

*Love + light, Olivia*

P.S. Did you know we have a Facebook and Instagram page? Search "ONJ Cancer Centre" and like our page to get regular peeks of life inside this amazing Centre you helped me to build.



*"I loved meeting Julie's Smiling Stars – our largest fundraising team!"*  
- Olivia Newton-John

## CITY TO SEA

*Get focused, get fit and fundraise for the ONJ Cancer Centre*

Did you know that you can choose the Olivia Newton-John Cancer Wellness & Research Centre as your chosen charity for City2Sea on Sunday November 12? Choose from 5km, 15km or new relay courses and fundraise to help people with cancer at the same time.  
[thecity2sea.com.au](http://thecity2sea.com.au)



### FACT -

*The most common cancers in Australia (excluding non-melanoma skin cancer) are **prostate, breast, colorectal (bowel), melanoma and lung cancer**. These five cancers account for around 60% of all cancers diagnosed in Australia.*

## PASSION TO GIVE BACK BURNS BRIGHTLY FOR JESS

*A remarkable young woman, Jessica Gilchrist has travelled a road no 27-year-old should have to tread. Diagnosed with cervical cancer and having to confront her own mortality at such a young age has not only made her stronger, but determined to give back too.*



"I was standing in a line for sushi when I took a call from my doctor. She said 'We've found cancer cells in your cervix'. You never think you're going to hear something like that, it was such a traumatic moment, I was in shock and I didn't know what to say or think or do." What followed for Jessica, busy running her own tourism business, was a string of decisions, the hardest of which was accepting she would never be able to become pregnant.

"I was in shock, I remember ringing my partner Liam, I burst into tears, he burst into tears, he was at work. Same with my dad, he burst into tears. It was just not the option we wanted to go with."

Then there was surgery involving a radical hysterectomy, followed up with intensive chemotherapy and radiotherapy at ONJ Cancer Centre.

**It was here that Jessica discovered oncology massage in the Wellness Centre.**

"Having someone touch you gently with the beautiful oils and music in the background, it's such a welcome escape from the world for an hour and it helps you to forget about what is actually happening to you. You're going through so much emotional and physical trauma that just having a place where you can go to relax is just amazing."

In an incredibly generous gesture, Jessica and her family-operated business, Pink Boots Hire, are donating \$10 from every hire to the ONJ Cancer Centre specifically for Oncology Massage.

*"I realised this could be big opportunity to give back to people who looked after me during my cancer treatment."*

"I'm really passionate about where the money goes," says Jessica. "There are so many people going through cancer and I want them to be able to have the opportunity for massage like I did. When you are going through cancer it's the little things that make such a big difference."

Jessica has a maturity and generosity far beyond her years and we are so grateful for her passion for helping others who are going through the stress of a cancer diagnosis and treatment.

*In their first two months, Pink Boots have donated over \$2,000 towards oncology massage. Additionally, Pink Boots purchased tickets for two tables at the recent ONJ Gala. One of their guests generously gave \$5,000 in the pledge on the night. Thank you Jessica and Pink Boots – you are amazing!*



*Jessica and Amy, supporting and enjoying the recent ONJ Gala*

## A GIFT TODAY CREATING HOPE TOMORROW

*In 2016 Jena Riordan, a patient herself with acute leukaemia, made a brave decision that would provide hope for patients living with cancer in the future.*

A patient in the Palliative Care ward, Jena decided to include the Olivia Newton-John Cancer Wellness & Research Centre (ONJ Centre) in her Will. She bequeathed \$1.4 million - the proceeds from the sale of her house to the Clinical Haematology Department at the ONJ Centre. She wanted her legacy to benefit patients diagnosed with acute leukaemia and other related haematological disorders by supporting new research and diagnostic tests.

A visionary woman, Jena's generous gift is helping patients today.

Jena's bequest is enabling the ONJ Centre to create a team dedicated to patient care for people diagnosed with acute leukaemias.

This team will include three newly created positions providing care and undertaking a body of research that will directly benefit patients, now and into the future.

Dr Fong recognises that Jena's generous gift will have tremendous outcomes for patients.

***"At the end of the day patients are our ultimate goal. We're trying to improve the lives and outcomes for people that have this devastating disease."***

*You can create a lasting legacy by making a gift in your Will just like Jena. Many people have thought to include 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 Sevi Skaleris on 03 9496 5361 or email [sevi.skaleris@austin.org.au](mailto:sevi.skaleris@austin.org.au).*

Haematologist  
Dr Chun Fong

## MAKING THE MOST OF EVERY DAY

*If you were to meet Kim Lynn you would be immediately struck by her upbeat and positive attitude to life. No matter what life has given Kim, she never loses sight of hope.*

Mother of three, Kim's life turned upside down when in 2014 she was diagnosed with breast cancer. Kim recalls the day she found a lump. "My instincts told me that it wasn't going to be good, and unfortunately my doctor confirmed my fears", she said.

That day set Kim on the path to do everything possible to beat cancer. It also led her to the Olivia Newton-John Cancer Wellness & Research Centre (ONJ Centre).

"I became involved with the ONJ Centre when my Oncologist, (Associate) Professor Shane White, said there was an opportunity for me to go on a clinical trial. So we gave it a go and for four months we had a really good run. The cancer cleared up quite significantly, its size was reduced."

Unfortunately the cancer returned earlier this year. "I had to give up the trial. I couldn't get my head wrapped around anything. It was like I had to make so many decisions."

Thankfully the programs at the Wellness Centre are helping Kim cope both mentally and emotionally. "It's a quiet and lovely space to have some time out when you need to and if you're not sure where to go, you come here," Kim explained.

It is thanks to you that we are able to offer these vital wellness programs to patients like Kim and her family who are going through an enormously stressful and scary time.

Gabby Wynne, a psychologist at the ONJ Centre, is providing invaluable support to Kim and her family. "I've been to Gabby a couple of times... she's lovely and very knowledgeable. She's always really helpful. I don't really have a lot of time and I was saying to her that I would love to learn a musical instrument. The next night one of the music therapists from the ONJ Centre rang me..."

Oncology massage has also helped Kim. She explains that "oncology massage is a little bit different to



Kim & her team  
at the recent  
Wellness Walk &  
Research Run

***"I want to one day meet my grandchildren, I want to see my kids get married, I want to be at their weddings, I still want it all. I figure I am going to defy the odds."***

*The Wellness Centre provides patients like Kim access to vital programs committed to ensuring they are cared for physically, psychologically, emotionally and spiritually. Relying on donor support for survival, your help is vital. You can visit [www.onjcancercentre.org](http://www.onjcancercentre.org) and donate today.*

normal massage. They understand what areas I want to focus on that day, areas to avoid, find out where I can lay and how I can lay... it's really calming."

Although the prognosis is not good for Kim, her positive attitude keeps her going.

## A SPECIAL THANK YOU FROM DIANA

*Matt Falla was diagnosed with a tumour in his ethmoid sinus in 2013. This marked the beginning of a challenging and emotional time for Matt, his wife Diana, daughter Chloe and extended family.*

Diana recently wrote a comment on the ONJ Cancer Centre Facebook page which touched all of us. **We hope it touches you too, as it is only through your gifts that such wonderful support is available to families like Matt and Diana's.**

"My introduction to the Centre came at a time when I felt alone, isolated, disempowered and despondent, physically and mentally exhausted and at odds with the responsibilities and decisions I would have to make around Matt's health – if in fact he survived.

For me, the Wellness Centre was a place of refuge, nurturing, information and resources. The environment enabled me quiet reflection in a time of crisis and chaos. I was able to rest and sleep for a few hours while others attended to Matt. It enabled me to meet with friends, family and practitioners in a non-clinical setting. And then there's the energy of the Wellness

Centre – hard to describe and powerful to embrace.

I relate this to you to give context around the incredible importance of the Centre's focus on wellness. And how this beautiful environment and space provided me as a carer a place to recharge and reconnect with myself and others, and begin to let in feelings of calm, hope and gratitude again. The Wellness Centre and staff helped me to be the best I could be in support of Matt and my family at a challenging and emotional time. It continues to this day to provide our family with support, resources and the opportunity to connect with amazing people."

*You are the reason families like Diana's have the Wellness programs when they need them, please help other families by making a donation at [www.onjcancercentre.org/donate](http://www.onjcancercentre.org/donate)*

Matt and Diana  
at the recent  
Wellness Walk &  
Research Run



## 'OLIVIA' MUSTANG FINDS A NEW HOME

*Husband and wife Tony and Lynn Haysom got the shock of their lives when they found out they had won 'Olivia' – a bright green, custom designed Ford Mustang GT – after buying a raffle ticket in the Bayford Ford Mustang Raffle!*

*We are deeply grateful to the Bayford Group and Bayford Ford Epping for so generously providing the Ford Mustang GT 'Olivia'. Thanks also to PPG for painting the car in the unique 'Olivia Green' colour and to Tickford for the vehicle enhancements. Proceeds from the raffle totalling more than \$70,000 were donated towards supporting wellness programs at the ONJ Cancer Centre. Thank you to all those who bought tickets!*

Thank you Tony  
and Lynn for  
buying the winning  
raffle ticket!



# FLOWERS BRING SMILES

*Every Monday morning for the last five years, Douglas has picked camellias, roses and hydrangeas from his family home in Northcote and delivered them to the Wellness Centre for “people who need a boost”.*

Fresh flowers meant so much to Jayne, a patient who spent many months at ONJ Cancer Centre undergoing treatment.

“That simple touch of something living, something pretty, something with colour, something with a sweet fragrance and gentleness always stood out to me,” says Jayne. “Amongst what has been the worst time of my life those flowers managed to always bring a smile to my face and make me feel more human, like someone cared enough to make a place for us beautiful.”

We are so grateful to Douglas for his generosity and care for people with cancer. As Jayne says: “From the bottom of my heart thank you for this kind gesture and please know that it does not go unnoticed and is always appreciated.”

*There are so many ways you can help, you can be like our wonderful volunteers who give their time and skills so freely to ONJ Cancer Centre, support an event or make a gift. It is the combined generosity of everyone that builds our community making it stronger every day.*



## THE WELLNESS WALK & RESEARCH RUN

A beautiful Melbourne spring day blessed the Wellness Walk and Research Run at La Trobe University on Sunday September 17. We saw incredible community spirit from you, our wonderful supporters. Every year you blow us away with your love, support, generosity, positivity and most importantly of all, your HOPE. Your care and determination to help and remember people with cancer meant you raised more than ever before – over \$400,000! A sincere and grateful thank you from staff, patients, families and carers.



### Thank you to all of our wonderful sponsors:

- La Trobe Uni
- Channel 9
- Smooth FM
- Banyule City Council
- IGA
- Polaris 3083
- Bendigo Community Bank
- Jalna
- Northway Honda/  
Courtney & Patterson Ford
- Curves
- Brooks Running
- Leader Community News
- Darebin City Council
- Red Wagon
- Castles 4 U
- Verson Productions

## THE ONJ GALA

A glittering night at Crown Palladium was the place to be on Friday September 8. The beautiful and inspirational Olivia Newton-John led a cast of amazing Aussie talent including Mark Vincent, Dami Im, Delta Goodrem, John Farnham, Daryl Braithwaite and the Chong Lim Band. The night was all about raising funds for wellness programs and there were many emotional moments from performers, guests and patients. Together, we raised over \$100,000 from this night alone. A very grateful thank you to all those who contributed on the night.

### Thank you to our very generous sponsors:

- Crown
- Channel 9
- Staging Connections
- Adamo Café
- Gaia Retreat
- Smooth FM
- Josh Zuker Travel



# YOU MAKE A WORLD OF DIFFERENCE

*The generosity and kindness of every one of our friends is inspirational. So before anything else, we want to say "Thank You!"*

## **We'd like to give a special mention to:**

- The Pratt Foundation for their incredibly generous donation of \$50,000 to help provide vital wellness programs and life-changing research at the ONJ Cancer Centre.
- Playing It Forward concert for their absolutely incredible donation of \$119,639! Organised by Frontier Touring and TalentWorks with the help of iconic Aussie rock royalty Jon Stevens and Noiseworks, John Farnham and the Farnham Band, Jimmy Barnes, Diesel and Chong Lim, this money will help provide innovative wellness programs, cutting edge treatment and world-leading research to patients and their families at ONJ Cancer Centre.
- Dry July and all those determined Dry July'ers who took up the challenge, giving up alcohol in July and raising over \$50,000 to help people with cancer!
- Josie Minniti's Fun Group for Cancer for donating a further \$5,000 for a Sarah Steady chair and two bed alarms, helping to keep our patients more comfortable and even safer.
- All the runners who took part in Run Melbourne, together raising \$20,655 for the ONJ Cancer Centre. What an amazing effort – thank you all! A special mention to Team Mauro who raised \$12,000 in memory of Mauro who lost his life to bowel cancer in October 2014.
- Happy 50th Birthday to Deb and Happy 90th Birthday to Margaret and thank you for requesting donations to the ONJ Cancer Centre in lieu of gifts.
- Roger and June for donating to the ONJ Cancer Centre in lieu of gifts for their golden wedding anniversary. Thank you and congratulations!
- The estate of Arthur George Knight.

*To find out how you can support the ONJ Centre please call (03) 9496 5753, email [fundraising@ONJCancerCentre.org.au](mailto:fundraising@ONJCancerCentre.org.au) or visit our website at [ONJCancerCentre.org.au](http://ONJCancerCentre.org.au)*

*Thank you!*

# 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 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](http://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.

ONJ17SP

## Please send me information about:

Joining Olivia's Circle (monthly giving program)

Making a bequest to The ONJ Centre in my Will

All donations of \$2 and over are tax deductible



**Olivia Newton-John**  
Cancer Wellness & Research Centre

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