

Spring 2019

Live On!

**Look what you've
made possible!**

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helps ease pain**

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**World-leading
wellness,
because
of you**

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**Olivia
Newton-John**

Cancer Wellness & Research Centre



Hello,

In just a few short weeks I'll be back in Melbourne for the annual Wellness Walk and Research Run on Sunday 6 October. This year we have a new location at Melbourne's beautiful Alexandra Gardens and will be walking around the iconic tan track. I hope you and your friends and family can join me and our wonderful community on the day and fundraise to support people with cancer. This year we have a record number of global walkers who are supporting the Wellness Walk and Research Run around the world - a big shout out and special thank you to you!

I was honoured to recently receive a Companion of the Order of Australia, acknowledging my work as a voice for cancer research, treatment and wellness and the creation

of this wonderful Centre, which you all know I am so passionate about. **But I often think that the ONJ Centre would not be the place it is without your love, care and support.**

You make a difference every day and the wellness programs that are so important to helping people thrive through treatment would not exist without you. **I am so deeply grateful for your support and all that you do to help people win over cancer.**

See you at the Wellness Walk and Research Run!

Love + light
Olivia

Cycling community shows big heart

Paul Coutts was an inspiration to many who knew him. Despite losing his son to brain cancer and then being diagnosed with prostate cancer himself more than eight years ago, Paul embraced life and refused to let his cancer define him. Sadly, Paul died at the ONJ Centre earlier this year, and his cycling community wanted to remember him and recognise the impact he had.

"I have heard it said that we cannot choose what happens to us in life, but we can choose how we react," says Dennis Dawson, a member of cycling group The Ghostriders. "Paul Coutts was a perfect example of this."

"Paul was a much-loved rider within our group, possessing the most tremendously positive attitude to life. He joined us on many overseas cycling group adventures. He and his wife Jan had even booked to take part in a trip to the Camino Trail, but this became impossible when his cancer became more aggressive."

The Ghostriders community have honoured Paul's legacy by raising money in his memory.

Fundraising can be a beautiful way to honour somebody and leave their legacy in the form of a donation. We are grateful to The Ghostriders community for honouring their friend Paul in this way.



Paul Coutts (far left, 3rd row), in December 2018, enjoying a catch-up with the Ghost rider cycling community.

A lifeline for people with brain cancer

For ten years, the John Cummins Memorial Fund has donated more than \$840,000 to the ONJ Centre for the Brain Tumour Support Service (BTSS) – a state-leading supportive care service for people diagnosed with brain cancer.

"We see people at their most vulnerable," says Dianne Legge, BTSS Co-ordinator. "We can help people cope with it a little better and realise they are not doing this alone."

The BTSS plays a pivotal role in the landscape of care in Victoria, providing education and advice for neuro-oncology services beyond Austin Health and the ONJ Centre. Last year, the service supported 184 patients and their families.

Di Cummins initiated the fund in 2006 after her husband John was diagnosed with a brain tumour and treated at Austin Health (before the ONJ Centre was opened in 2012). Di saw a need for easily accessible information and a forum for people with brain tumours to connect with others going through the same experience. "The John Cummins fund has continued to provide the resources to fund the BTSS, helping provide

hope and support to patients and their families," says Dr Lawrence Cher, neuro-oncologist at the ONJ Centre.

"What we're talking about is supporting people as they go through a pretty challenging and confronting time," says Dianne Legge. "We are extremely grateful to the John Cummins Memorial Fund."

"We're saying to these patients and families 'we've got your back' and we're with them all the way."

- Dianne Legge, BTSS Co-ordinator



The heroes behind BTSS – Anne Crowley, Dianne Legge and Di Cummins with patient Lyn.

Your support helps ease pain

Oncology massage is a specialised and medically orientated gentle massage therapy, which is available to all patients at the ONJ Centre, thanks to ongoing support from our generous community of donors.

"It's the only treatment that can give me relief," says patient Bev Douglas.

After being diagnosed with mouth cancer in 2017, Bev underwent multiple and extensive surgeries on her mouth and jaw. Oncology massage helps give Bev relief from chronic pain in her shoulders, neck, and head. "The massage takes away all the pain up the back of my neck and I am able to be virtually pain-free for the next two or three days afterwards," she says.

Oncology massage therapist Bronwyn Hogan is deeply grateful to Dry July, Pink Boots Hire and you, our generous supporters, for the difference you all make.

"This very special funding enables patients like Bev and others with varying degrees of physical, mental and emotional suffering, to find their way back to a better quality of life with a massage-supported recovery. Thank you."

- Bronwyn Hogan, oncology massage therapist



Patient Bev Douglas (right) is grateful to you for the oncology massage she receives, helping reduce her pain.

You make this possible!

Nurses are leading the way because of you

ONJ Centre nurses are truly compassionate and caring – providing professional, warm and expert care to our patients every day. Today, because of your generosity, the Austin Health Nursing Alumni Scholarship program has been established.

This is already providing nurses with the opportunity to apply for scholarships so they can undertake vital research, education and learning that will change healthcare for the better for every patient.

The first round of scholarships has been awarded, with a number of Austin Health nurses receiving grants for their submissions. An exciting variety of projects have been approved. Stay tuned next issue for project details!

Our nurses are grateful for your support of the Nursing Alumni Scholarship program.

"These terrific projects will support excellence and growth of knowledge across our nursing practice here at Austin Health," says Bernadette Twomey, Chief Nursing Officer at Austin Health.



It is only with your donations that the establishment of these Scholarships is possible. Thank you for supporting our dedicated nurses to advance their knowledge and improve the care they provide to patients.

World-leading wellness, thanks to you

You, our community, make the wellness programs possible. **It is because of your support that we're able to treat the mind, body and spirit of our patients.**

You made it possible for us to run 164 wellness programs last year, with 1,247 participants – patients, families and carers. And more than 13,000 people visited the beautiful Wellness Centre, finding a sanctuary to help them relax, find support and give them comfort.

Your support means we can continue to run wellness programs in both inpatients (wards) and outpatient areas including radiotherapy, day oncology, patient waiting areas, the Wellness Centre, the new Wellness Gym and the Music Recording Studio. **Thank you.**



Yoga, one of the wellness programs you help provide, gives patients the opportunity to manage the stress of cancer diagnosis and treatment.

Incredible young man **turns cancer diagnosis into a positive**

Diagnosed with lymphoma earlier this year, Anthony and his friends decided to 'turn the tables on lymphoma' by rallying their local community and organising a fundraising event called **Bad Day To Be Lymphoma**. **Over 1,500 friends, family and community members attended the event and more than \$60,000 was raised in a stunning demonstration of what is possible when the community comes together.**

"I wanted to make the most of this situation and turn it into a positive," says Anthony. "It was a night that truly won't be forgotten in any of our memories for a very long time to come." Anthony has nominated the Haematology Department at the ONJ Centre to receive the money he has raised. Professor Andrew Grigg, Director of Haematology, is grateful for Anthony's hard work and generosity, and is excited about how this money will help.

"We have been inspired by Anthony and the community behind him and are deeply grateful for this significant donation which will be used in a variety of ways to make a difference for our patients," says Professor Grigg.



What an incredible effort from Anthony and his community, showing how together we can achieve so much. Thank you!

Giving patients the comfort of *a warm blanket*

The San Padre Pio Association raises funds to support their local community, and through the generosity of their wonderful Italian community in Lalor they have purchased a blanket warmer to improve the comfort of patients at the ONJ Centre.

"The heaviness and warmth of a blanket can give patients a sense of safety and comfort," says Sean Mace, Nurse Unit Manager of Ward 6 South. "This is our first blanket warmer and we couldn't have done this without the generous donation of the San Padre Pio Association."

"We want to help the hospital to make patients more comfortable, we're very happy to see that it makes such a difference to their recovery."

– Angelo, San Padre Pio Association

"Through our community we'll continue to raise funds to support our local hospital – we're very proud to be able to help the ONJ Centre."

– Biagio, San Padre Pio Association

Thank you San Padre Pio Association – your community fundraising efforts mean patients on Ward 6 South receive greater comfort during a time of uncertainty and anxiety.



Thank you San Padre Pio Association for the wonderful new blanket warmer!

Because of you cancer survivors are thriving

Today, many patients are not only surviving their cancer diagnosis, but are thriving. Thanks to you, the ONJ Centre is leading the way in comprehensive cancer care, including nurse-led Survivorship Clinics, helping patients adjust back to a 'normal' life.

"The growth in knowledge around cancer and new treatments has led to growth in the number of people surviving cancer or living with cancer long term," says Priscilla Gates, Survivorship Nurse Consultant. "It can be an incredibly difficult time for a patient who's told they're well again and ready to return to 'normal' life. They don't feel like the same person they were before their cancer. They may have had to give up work; they might still have physical symptoms of tiredness and chronic pain and on top of all of that, anxiety about their future and whether their cancer will come back."

The Survivorship Clinic at the ONJ Centre supports patients, post-treatment, helping give them the resources and support so they can begin to adjust to some sort of normal life.

"It's a privilege that I can help deliver this wonderful holistic care where we see patients from diagnosis through to survivorship and we're able to guide them as they begin to adjust to some sort of normal life post-treatment. My passion now is supporting patients post-treatment and it's an area I think will experience significant growth in the future."



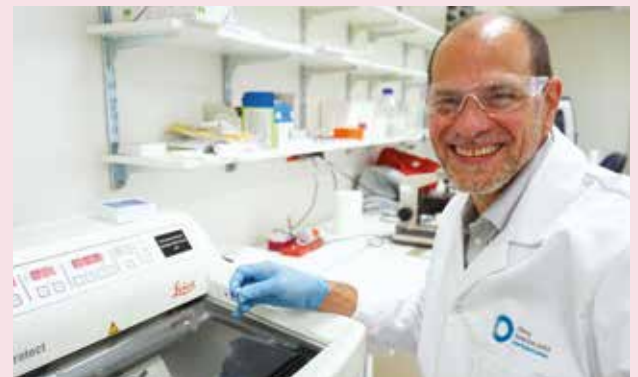
Priscilla Gates is grateful for your support of the ONJ Centre's unique Survivorship Services.

Together, you are helping save lives

They say from little things big things grow. And that is exactly what happened when three women who work at Scotch College came together to raise funds in memory of loved ones lost to cancer.

The \$37,000 they raised at their Girls Night Out event was donated to the Olivia Newton-John Cancer Research Institute (ONJCRI) and used to buy vital equipment to help in life-saving research projects. This substantial donation allowed ONJCRI to purchase a cryostat - a versatile instrument, essential for any research involving biomarker studies.

Dr Normand Pouliot, Head of the ONJCRI's Matrix Microenvironment and Metastasis Laboratory, said the cryostat is primarily used to freeze and cut thin slices of tissue samples. This is critical to progress his work to identify biomarkers such as proteins, DNA and RNA, which can help predict patients who are likely to see the disease recur or those who would benefit from a particular treatment.



Dr Normand Pouliot is delighted with the new cryostat, made possible by the Girls Night Out event.

Dr Pouliot and all the researchers at ONJCRI are sincerely grateful for the hard work of the community in helping raise funds for equipment like the cryostat.

"Without the engagement of the community to become involved with fundraising, we could not perform leading edge research, so these fundraising efforts are really essential to our work. We really can't thank our donors enough." - Dr Normand Pouliot

Gratitude for wellness programs shines through

Palliative Care Unit nurse Margo Baker describes the profound impact she sees of wellness programs.

"To be able to inform a patient that there is music, art therapy, or massage that they can receive and see their excitement and engagement with the therapists is unexplainable," says Margo. "That is what I love about my job. To be able to see people connect and express their memories, their talents, or their fears through a service in the hospital that has nothing to do with treatment or tablets is so special."

"Seeing our patients engage with these therapies and programs reminds us as health practitioners that our patients are a whole person with skills, talents and emotions and those things are just as important for us to care about as their physical needs," says Margo.

"Thank you for helping us care for people in a special and holistic way. These programs help meet patients' needs in a way a nurse just cannot. For that I say thank you."

– Nurse Margo Baker

Reliant on fundraising from you, our wonderful community, wellness programs help staff provide person-centred care where patients are nurtured as a whole person, not just a disease. Thank you for your part in helping us provide this extraordinary level of care.



Nurse Margo thanks you for helping patients.



**THE
WELLNESS
WALK AND
RESEARCH
RUN**

**SUNDAY
6 OCT
2019**



**SUPPORT PEOPLE
WITH CANCER
AND RAISE FUNDS
WITH OLIVIA**

Alexandra Gardens, Melbourne
Engineers Lawn, Boathouse Drive
5km & 10km run or walk

Register today,
WellnessWalkResearchRun.com.au



Yes, I want to help people with cancer and their families

Title: Dr / Mr / Mrs / Miss / Ms (please circle)

Name _____

Address _____

Suburb _____

State _____ Postcode _____

Mobile _____

Email _____

Please accept my tax-deductible donation of:

\$35 \$50 \$75 \$150 My choice _____

Payment details

My cheque and/or cash gift is enclosed.

VISA Mastercard AMEX

Card number _____

Name on card _____

Expiry date ____ / ____

Donations \$2 and over are tax deductible.

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 \$ _____

Deduction occurs on the 17th of the month.

Please send me information about:

Joining Olivia's Circle (monthly giving)

Making a bequest to the ONJ Cancer Centre in my Will



Locked Bag 25, Heidelberg VIC 3084

Ph (03) 9496 5753

Email fundraising@onjcancercentre.org

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. To review our Privacy Policy please visit austin.org.au/privacy-statement. 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.

Run Melbourne reveals beautiful generosity

More than 200 Austin Health and ONJ Centre runners brought their best to Run Melbourne on Sunday July 28, running 5km, 10km or 21km. Committed to making a difference, these amazing people raised more than \$60,000 for patients. **Thank you Run Melbourne heroes!**



For those who might have missed Run Melbourne 2019, next year's event is only ten months away! We hope you can join us next year and grow our Run Melbourne community by embracing the opportunity to raise funds for a ward or department of your choice.

Going Dry in July is a small price to pay...

Two hundred and thirty five determined ONJ Centre supporters gave up alcohol for the month of July, raising funds for our vital wellness and supportive care programs. Raising a record \$110,000, this money will go directly towards programs like Gentle Yoga, Oncology Massage, Art Therapy and the Music Recording Studio. Thank you amazing Dry July'ers - your hard work during the month of July makes a life-changing difference for patients, families and carers.

