

The Well Wisher

Autumn 2012

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New Home ... New Opportunities

Austin Health Cancer Services are in "Transition Planning" mode as they prepare for the move into their new home, the Olivia Newton-John Cancer & Wellness Centre, in July this year. The new facility gives us an opportunity to further improve models of care for cancer patients, providing access to research and wellness programs in a more coordinated and integrated manner.

Our Transition Working Groups, which involve over 100 staff from across Cancer Services and Austin Health, are busy working on a vast range of issues to ensure the move goes smoothly. For example, the Clinical Working Group headed by Prof Andrew Grigg and Nurse Unit Manager, Bernadette Vandenberg have been looking at every aspect to do with Day Oncology, Specialist Clinics and Radiation Oncology.

Similarly, the Wellness and Supportive Care Working Group headed by Prof Chris Hamilton and Christine Scott (Manager Wellness & Supportive Care Group) have been looking at the development of the existing and new wellness and education programs. They have also progressed planning for a prostate support nurse, an oncology massage program, and a survivorship program. When the new ONJCWC opens cancer patients will, for the first time at Austin Health, have purpose built, appropriate space to enjoy the wellness programs.

Community consultation has been an integral part of the planning process. In December 2011, the Cancer Services' Community Consultation



Community Consultation Forum provides vital input.

Forum brought together people with links to Cancer Voices Victoria, Cancer Council Victoria, The Breast Cancer Network Australia, the North Eastern Metropolitan Integrated Cancer Service, the Austin Health Community Advisory Committee and other Austin support groups.

Attendees shared their views on many areas of concern for cancer patients. For example, the type of information a patient requires in appointment letters which included: drop off points, public transport access, car parking details, and access to volunteers. Other areas of concern

touched on: access to wheel chairs, appointment scheduling, coffee facilities, and somewhere peaceful to go during waiting times.

We were delighted by the response and the quality of the feedback we received. One participant noted that they were "very impressed with the thoroughness and thoughtfulness put into the planning and delivery of the forum."

Cancer & Wellness Centre – Progress Update



View of rear stairwell - facade nearing completion



External structure almost finished



Wards overlook a central wellness courtyard. Top floor (Palliative Care) will have private balconies so patients can enjoy fresh air.

The count-down is well and truly on as Megan Gray and the project team at the Olivia Newton-John Cancer & Wellness Centre (ONJCWC) prepare for the final leg of construction fit out in preparation for Stage 1 opening in July this year.

Extensive consultation with patients and staff has helped the design team make decisions about fabrics, lighting, colours and arrangement of furniture in the new centre. One example of this is the design of the treatment area for patients in the Day Oncology area. While patients receive their chemotherapy, they will not be sitting in chemo-chairs which face inward in a horse-shoe formation, as is the case in many other cancer treatment facilities. Instead, there will be more private arrangements for patients and their families in the Day Oncology unit.

“Patients told us they don’t necessarily want to be looking at each other while they are receiving treatment,” Eddie Law from the project team explained. “So it made sense to arrange the furniture to accommodate their needs,” he said.

Progress on the building now includes:

- Finishes on walls and ceilings have been completed for level 2 (Radiation Oncology), level 3 (Ambulatory services), level 5 (Research Laboratory) and The Wellness Centre (Zeltner Hall). The character of the design is starting to come to life as the internal structure takes form.
- Floor covering installation has been completed in Day Oncology and the Aphaeresis area in a beautiful wood-look finish which complements the eco-friendly theme throughout the Centre
- Fitting out of the new pharmacy area has commenced.
- The front entry pedestrian and road entry is completed, and planting has been undertaken – bringing the entrance to life.
- The two high voltage transformers are operational so we now have permanent power on site. All services plant, solar hot water & solar panels for stage 1 & 2a have been installed.
- IT infrastructure installation in progress.

With the internal structures nearing completion, the Olivia Newton-John Cancer & Wellness Centre’s internal design and ‘personality’ is being brought to life. For those working on the project since its inception, the vision of providing an environmentally sensitive, relaxing and calming environment for patients, within a state of the art medical facility, is now becoming evident.

We look forward to patients experiencing the benefits of new facilities in just a few months time.

Beauty Award Goes a Long Way to Lifting Spirits

Austin Health Occupational Therapist, Erin Webb, never thought she would one day share the spotlight with Kerri-Anne Kennerley. But when her name was called as the winner of the 2010 Look Good Feel Better Award for Best Location, State and National in September 2011, Erin was suddenly the centre of attention.

“It was a great surprise and honour to receive this award. The success of our Look Good Feel Better workshops is due to the wonderful support that we get from our team of volunteers and our fantastic workshop participants,” Erin said.

Presented in Sydney at the annual Look Good Feel Better Dream Ball, Erin was thrilled to be recognised for her incredible work in increasing the number of workshops and participants run at Austin Health. A total of 134 women attended the workshops in 2010, up from 83 the previous year. Erin was nominated for her well organised proactive approach, which was evident from the recruitment stage through to the day of each workshop, as well as her thoughtful and courteous attitude to staff, volunteers & participants.



Erin Webb is presented with her award by Kerri-Anne Kennerley and David Blakeley at the Dream Ball 2011.

“Look Good Feel Better is a fantastic, free workshop that promotes not only make up and wigs, but encourages self care, independence and socialisation. I am lucky enough to see after every two hour Look Good Feel Better workshop, enormous transformations in not only the physical appearance of workshop participants, but transformations in their self esteem and confidence,” Erin said.

Austin Health has been part of Look Good Feel Better since 1993. The free, national community service program

dedicated to teaching cancer patients, (female and male) – through hands-on experience – techniques to help restore their appearance and self image during chemotherapy and radiation treatment and beyond.

Erin was nominated for the award by Tarnya Hotchkin, Look Good Feel Better State Program Manager for Victoria & Tasmania.

For more information on your local Look Good Feel Better program visit the website: www.lgfb.org.au

A Perfect Fit for a Partnership

Breast cancer, like any cancer, is a physical and emotional journey which unfortunately touches a significant percentage of the world's population every day.

Amoena is the world's leading brand of external breast forms and specially designed post-mastectomy lingerie, swimwear and loungewear. For ex-nurse Roxanne Parker, now General Manager, Amoena Australia and New Zealand, the opportunity to join a company that manufactures products which can help restore dignity to a patient's post-surgery body and help equalise their body temperature was an opportunity not to be missed.

As the Australian and NZ arm of the business grew, Roxanne and her team wanted to provide another kind of support to women and men who face the challenge of living with cancer. Amoena is a company dedicated to the concept of health and wellness, a commitment that guides all that they do. To support the Olivia

Newton-John Cancer & Wellness Centre as a Platinum partner with a financial pledge extending over four years seemed like the perfect fit for the company.



Roxanne Parker, General Manager Amoena, Australia and NZ and Sales Manager, Susan Cameron show the partnership certificate.

“Amoena is very much focused on health and wellness and we are proud to be a supportive innovator in breast care. The Mia range, a mainstream lingerie line designed for fuller-figured women, gave us the opportunity to financially support the Olivia Newton-John Cancer & Wellness Centre, a centre that would bring together the best of medical and wellness care”, Roxanne says.

“Amoena provides a better quality of life for women following breast surgery and our sponsorship of the Olivia Newton-John Cancer & Wellness Centre adds another dimension to our mission”, she says.

Amoena Mia is available from selected retailers and specialist lingerie stores or on-line at www.amoenamia.com.au

Thank you for Being a Friend

We are always grateful to those in the community who choose to support the Centre through various fundraising activities. Thank you for the time and work you put into your events which recently included:

The Annual Pink Party

Arnulf Pohl was able to raise \$1,005 from a private party and has decided to donate it to the ONJCWC.

Heat Bag Sale

Hair Point Professional Design raised \$1,045 by selling heat bags for \$15 each - donation goes straight to the ONJCWC.

Retired Fire Fighters Association of Australia (Vic. Branch)

Thanks must also be given for the \$2,000 raised by the Vic Branch of the Retired Fire Fighters Association of Australia at a Bunnings BBQ.

Rotary Car Show

The Rotary Club of Keilor has donated \$5,214.95 for a treatment chair for the ONJCWC.

Tea Party for Livvy

Kylie Penny raised an incredible \$6,630 during her afternoon tea party for the ONJCWC.

Girls Bust Out

Canterbury Girls Secondary College had a wonderful idea of getting celebrities to decorate busts. \$3,000 was raised of which 50 per cent was donated to the ONJCWC and 50 per cent to the school.

Step into Life Ivanhoe Christmas Function

Step into Life Ivanhoe held a very special Christmas function which included a silent auction which raised \$1,511 for the Centre.

We would also like to extend our thanks and appreciation to the following:

Upper Hunter Motoring Association Inc - raised \$300

Margaret Rowe - raised \$507

The Surgery Centre - raised \$158 from a morning tea

Yarra Valley Grammar Staff Association - raised \$921

To register your interest in holding a community event or fundraiser please contact **Melissa Cramp** on 03 9496 5753 or email OliviaAppeal@austin.org.au

Cancer Inspires Gracious Gift

Chris Gardner is no stranger to the cruelty of cancer, touched by the tragedy of the disease in a most profound way. Chris lost first, his Father-in-law to cancer in 1996, (the same year his own father passed away), then in February of 1997, his wife Bridget died of breast cancer when she was only 37 years-old. Bridget's mother and her brother also died of cancer over the past 15 years. Chris has struggled to make sense of his life without many of his loved ones.

"It was a devastating time for me, but I decided that when I die, I want to continue the fight against cancer in some concrete way, and so I decided to put the Olivia Newton-John Cancer & Wellness Centre in my Will," he says.

From where Chris Gardner stands, on the 8th floor of the almost

complete ONJCWC looking out across the valley to the ranges beyond, there are personal moments in every corner of the view.

"It's really amazing to be giving to the ONJCWC at the Austin, because so much of my life has been around this area, it feels like coming home in a way," he says. "I had a lot of my early life in Whittlesea, then my wife and I lived in Eaglemont for many years and my daughter lived just down off Burgundy St while she was at University," he explained.

Now living in Ballarat, Chris says he felt inspired by what he heard Olivia Newton-John speak about when interviewed regarding her journey with cancer, because she is also from his Baby-Boomer' generation.

"I felt that what Olivia was on about would be a dream come true for any patient and their family. The fact that they can undergo their treatment in a brand new building that isn't depressing, and that there are lovely outdoor places where the

family can go to visit their loved ones or just be in peace with them for a while, that's very special," he says.

"Seeing the building take shape is very exciting, and I feel a lot of comfort knowing that I can contribute to the project," he says.



Chris Gardner enjoys a tour of the Centre.

For a confidential discussion about leaving a bequest to the Cancer & Wellness Centre, please call Sevi Skaleris on 03 9496 5753 or visit our website www.OliviaAppeal.com

A Personal Message from Olivia



We're almost there! Only 3 months to go before we open the first stage of the Olivia Newton-John Cancer & Wellness Centre and I can't quite believe it. I continue to be amazed by the way the whole team have combined to bring the Centre to life. Thanks to Daryl Jackson Architects, Leightons Contractors, the incredible staff at Austin Health, and of course the phenomenal support from the community through donations; together we are creating a really special place. It's been an inspiring experience to be part of the process - my congratulations to you all.

Earlier this year, I was excited to have spent a bit of time in Australia to launch my new movie, A Few Best Men, before heading off on my February concert tours around the country. This gave me several fantastic opportunities to raise awareness for the Centre and those vital final fundraising dollars that we need for its' completion. I was thrilled by the response from my concerts in the USA where we raised more than \$25,000 towards the Centre from 'meet and greets' and I am sure the results from my Australian tour will be just as impressive.

In this issue of The Well Wisher, you can read all about Austin Health Occupational Therapist, Erin Webb, and her success at the 2011 Look Good Feel Better Awards. Her work, teaching women how to cope with the changes to their physical appearance as they go through chemotherapy, provides an invaluable service for cancer patients - so well done Erin!

Our regular building update from Project Manager Eddie Law, takes us through some of the special design features we can expect to see when the Centre opens. I've been so impressed by the way patient feedback has been taken into consideration when designing the Centre. One great example of this is the design of the day-oncology area, where the area for people undergoing chemotherapy provides open space, natural light, and yet still offers more private arrangements for the patients and their families.

I can't wait to be back in Melbourne in June to celebrate the opening of the Centre with everyone, and I look forward to sharing more progress with you as we come closer to the date.

Thank you so much for your continued support.

Love and light

Yes, I Wish to Help

Dr Mr Mrs Miss Ms

Name _____

Address _____

_____ Postcode _____

Home Phone _____ Work Phone _____

Mobile _____

Email _____

I am already an Olivia Newton-John Cancer and Wellness Centre
OR Austin Health Supporter. My supporter number is _____

Enclosed is my cheque/money order made payable to Austin Health
for the amount I have ticked:

\$100 \$50 \$25 \$500 \$2,500 \$ _____ my choice

OR Please debit the amount I have indicated from my:

VISA MasterCard

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Signature _____ Expiry Date _____

Name on Card _____

For regular monthly donations

I authorise the Olivia Newton-John Cancer and Wellness Centre
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,
commencing (month and year) _____

Signature _____

Please send me information about:

- Joining Olivia's Circle (monthly giving program)
- Making a bequest to the Olivia Newton-John Cancer and Wellness Centre in my Will

All donations of \$2 and over are tax deductible

If you do not wish to receive any further fundraising
communications from us, please write, email
or phone us on 03 9496 5753.



Olivia Newton-John Cancer and Wellness Centre Appeal
Locked Bag 25, Heidelberg VIC 3084 • P 03 9496 5753 • F 03 9496 5160
E OliviaAppeal@austin.org.au • W www.OliviaAppeal.com