

THE WELL WISHER

THE OLIVIA NEWTON-JOHN CANCER AND WELLNESS CENTRE APPEAL - UPDATE

A Personal Message from Olivia

I was delighted to visit Melbourne in May for a wonderful fundraising night for the Appeal, at the Myer Community Fund Precious Metal Ball. I'm thrilled that the Fund is giving our Appeal a generous donation of one million dollars over the next four years.

While in Melbourne, I was very excited to meet with the architectural firm designing the Cancer and Wellness Centre - Daryl Jackson MSJ Consortium.

The concept designs are amazing and so very inspiring. The Centre itself will be a healthy place to aid in patient's healing. Even the building materials being considered must pass a wellness test to make sure that they do not give off harmful toxins.

This truly will be a very specially designed place like no other, with the best facilities for medical research and patient treatment that will be integrated with the best of wellness care. It will be stunning.



Olivia and architect Daryl Jackson reviewing the plans.

Although my dream for this Centre is not quite there yet, we are getting closer with our fundraising target thanks to the support of our wonderful donors, like you.

The Cancer and Wellness Centre is really important because, sadly, cancer is becoming almost like a plague. Everyday I seem to hear about somebody else going through cancer.

I am hoping that with the Centre's strong global research focus and the Wellness Centre there to help people through the whole ordeal, that one day it will all just be about healing. That's my dream anyway and one that I am sure we all share.

Thank you for continuing to share in the journey to provide the best of cancer care and treatment, to heal the whole person - body, mind and spirit.

Love and light

A handwritten signature in purple ink, which appears to be 'Olivia'.

WE'D LIKE TO RECOGNISE YOU IN THE NEW OLIVIA NEWTON-JOHN CANCER AND WELLNESS CENTRE

As we're heading towards our first milestone of moving patients from Heidelberg House (the current cancer services' home) the Centre's architects and project committee are busy finalising plans for the Cancer and Wellness Centre for official release later this year.

To help the architects complete their plans and achieve their timeline, we need your help.

We would like to acknowledge your generous support of the Olivia Newton-John Cancer and Wellness Centre Appeal and **recognise, in perpetuity, donors who will have given \$720 or more to the Appeal before 30 June 2009.**

Your generosity of spirit will be recorded for the many thousands of families and patients in future who will know that you have played a special part in making the Centre a reality.

Your support of \$720 or more to the Appeal before 30 June 2009 will ensure that your name or the name of a loved one is officially recorded in the Centre's Recognition Area.

More importantly, your support will help the Appeal move closer to building a world-class Cancer and Wellness Centre – building towards a better future for those touched by cancer.

To ensure your personal recognition is included in the new Centre's Donor Recognition Area, please complete the attached donation form in this *Well Wisher* and return it to the fundraising department before June 30, or contact the Appeal's fundraising department at Austin Health on +61 3 9496 5753.

Thank you for sharing the journey towards wellness and a cancer-free future.

OLIVIA NEWTON-JOHN CANCER AND WELLNESS CENTRE PROJECT UPDATE

While staff have been getting ready to move patients out from the old cancer services building (Heidelberg House), the project team for the Olivia Newton-John Cancer and Wellness Centre have been busy planning essential services and design aspects for the new Centre. As you can see from the illustration (below), the new Centre will be much larger in comparison to the current cancer hospital area.

INTERIOR DESIGN

One of the team designers from Jackson MSJ Architects, Jennifer O'Brien said, "The positive thing about working on this project is that we are creating an environment quite different to your typical hospital."

"This Centre will have a calming, relaxing atmosphere and that's a great thing for patients, visitors and the staff," she said.

The public areas will use more 'natural' materials in general, such as bamboo flooring, to provide a welcoming, comfortable, non-institutional feel to the hospital.

Ms O'Brien explained that views to the outside, landscape and lighting will be enhanced throughout these areas to complement the spaces. The interior finishes will provide a healthy, productive, safe and healing environment for patients and staff, with materials that are sustainable and that have low toxicity.

THE NEW CENTRE WILL INCLUDE:

- Emphasis on patient/customer focus – respect and dignity
- Large open foyer, two-story atrium space allowing an abundance of natural light
- Access to outside gardens
- Peaceful calming and relaxing spaces offering quiet retreats for patients and families
- Community spaces for interaction
- Sense of care and understanding
- Healing environment with use of natural materials and connection to landscape areas

The interior design for the Wellness Centre will encompass and amalgamate all the senses: sight, sound, smell, taste and touch.

The new Olivia Newton-John Cancer and Wellness Centre (below), will be much larger in comparison to the current cancer hospital area (shown in blue).



TERRY'S STORY

Terry Long had “never been sick” before last year, when he started getting disorientated and suffered severe bruising in his fingers and toes. Feeling rapidly worse, his wife rushed him to Austin Hospital’s Emergency Department.

He thought that he was only suffering from severe gout, but extensive tests revealed that Terry’s condition was much worse. He had cancer. “I had never been sick before in my life,” he said.

Terry’s type of cancer causes protein to build up dangerously high in the blood, making it sticky and difficult to move around the body. In this case, Terry’s cancer had even caused gangrene to set in his toes. Close to death at one point, he had lost so much circulation that two of his toes dropped off.

Terry had to be admitted to Austin Hospital’s cancer wards in Heidelberg House for life-saving treatment to stabilise his condition. He was finally able to return to work after five months off to recover.

His struggle to be completely well though is still only a dream. There is no treatment that can entirely stop the effects of his type of cancer. Terry will need plasma exchanges for the rest of his life to help his body’s blood flow. But the procedure can only relieve Terry’s symptoms. It is not a cure.

Terry is a regular now at Austin Hospital’s Cannulation and Apheresis Treatment Services (CATS) unit in Heidelberg



Pictured here is Terry undergoing his plasma exchange.

House, where his plasma exchange is done. The process takes many hours at a time and Terry remains in his chair until it’s completed.

He has gotten to know the seven staff very well in the cramped CATS Unit, with only one small room to work out of. Terry and the staff remarked that it’s “lucky we all get along because there really is no room or privacy for anyone”. There is even less privacy when patients want to bring their families to sit with them.

The CATS Nurse Unit Manager, Tamla Tait said that they are all looking forward to the Olivia Newton-John Cancer and Wellness Centre. It will provide much needed space and privacy for the patients and their families, who need to sit for hours at a time for these procedures.

Ms Tait said, “It’ll be the like a grand ballroom for our patients and staff compared to this!”

BIOBANK OPENED AT AUSTIN HEALTH TO HELP CANCER RESEARCH

Austin Health has opened a new tissue Biobank that allows researchers to collect and store blood and tissue samples, to further cancer research.

Director of the Ludwig Institute for Cancer Research (LICR) at Austin Health, Professor Andrew Scott said: “Access to tumour tissue is vital for our research and will contribute to the development of new treatments for cancer patients.”

The Victorian Cancer Biobank - a not-for-profit consortium of tissue banks formed in 2006 - provided \$330,000 to create the new facilities at Austin Health, which include a laboratory, a cryo-storeroom and new offices. It was officially opened in January 2008 by Minister for Innovation Gavin Jennings.



Mr Neville Malley (centre) discovers the destination of his donated tissue at the Austin Health Biobank, accompanied by Minister for Innovation Gavin Jennings, CEO Dr Brendan Murphy, Chairman of the Austin Health Board Tim Daly, Director of the Ludwig Institute for Cancer Research Prof Andrew Scott and Executive Officer, Victorian Cancer Biobank, Dr Anne Thompson.

Tissue samples for the Biobank are collected from patients at Austin Health, Northern and Warringal hospitals. It will expand later this year to store tissue collected from the Mercy Hospital for Women and Box Hill Hospital.

The Olivia Newton-John Cancer and Wellness Centre will include dedicated areas to expand the work of the international Ludwig Institute for Cancer Research and greatly assist in translational cancer research – where research is conducted in the hospital setting, and findings are fed straight back into providing the very latest in cancer treatment.

The Biobank and our Cancer and Wellness Centre will further enhance Austin Health’s reputation for world-class cancer research.

THE RIGHT INFORMATION AT THE RIGHT TIME

Receiving a diagnosis of cancer is a life-changing experience. Austin Health's Cancer Information Officer, Jo Gniel ensures patients and carers can access good quality information to help them through the cancer experience.

"A cancer diagnosis can be an overwhelming experience for patients and their families. There is an enormous amount of information about treatment options and strategies on how people can take care of themselves," she said.

Everyone's experience is unique and the need for information will be different for every person, according to Ms Gniel. It's not just about the disease or the treatment, having cancer has a dramatic impact on all aspects of a person's life.

"Having the right support team and the right information is so important to help you thrive," she said. "You are not



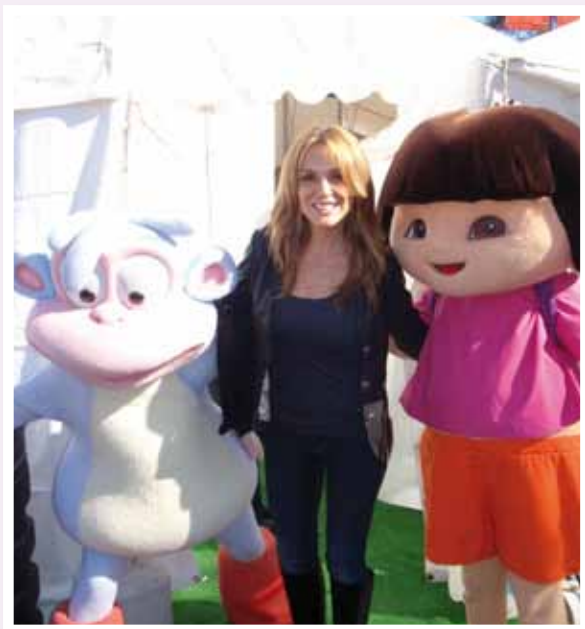
Jo Gniel, Austin Health's Cancer Information Officer.

just a patient, but also a community member, a family member... and cancer affects all parts of your life including physical and emotional health, sexuality, work life, family and relationships."

Ms Gniel is working with doctors, nurses and allied health to choose the most appropriate information, and is undertaking a review of the current information that is on display in seven areas across five of the Austin buildings. There are also plans to expand patient information and provide it in a variety of ways - written, audio-visual and web-based.

Ms Gniel said she is excited that the new Centre's design will greatly help the way information is delivered. "I really believe in the wellness philosophy of the new Centre," she said. "It will provide an environment that reflects what a person might need in all areas of their life."

Thank you TO OUR CARING COMMUNITY



Appeal Ambassador Tottie Goldsmith with Dora the Explorer and Boots at the Ivanhoe Fiesta.

Thank you to our many generous supporters who have held fundraising initiatives to raise money for the Appeal. Recent fundraisers include:

- MYER Community Fund Precious Metal Ball, with Olivia Newton-John attending as a special guest to acknowledge their \$1 million partnership with the Appeal
- Nintendo, who are donating part-proceeds from every sale of their limited-edition release of the DS Lite in "metallic rose" that's packaged with the *More Brain Training* game
- An Oscar's Party, held in Los Angeles thanks to Appeal Ambassador Leeza Gibbons with Olivia Newton-John
- Black tie gala "*Celebrating Women in Photography*", organised by the Australian Institute of Professional Photography
- Ivanhoe Fiesta, special thanks to the local Ivanhoe traders who donated raffle items to raise money for the appeal and to event organisers Marketa and Appeal Ambassador Tottie Goldsmith
- Catherine Manuell Design stores who donated 10% from each sale made on Saturday 9 May and Sunday 10 May 2009
- Panton Hill Cricket Club fundraising tin shake day



