

The Well Wisher

Spring 2011

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Researching Wellness

Christine Scott, manager of Wellness and Supportive Care, has received a Churchill Scholarship to investigate the integration of complementary and supportive therapies with conventional medical care for people with cancer.

This prestigious scholarship is awarded by the Dr Dorothea Sanders and Irene Lee Churchill Fellowship for excellence in their field of expertise.

Ms Scott will visit world renowned cancer centres in America and the United Kingdom in October to study their models of integrated care. Ms Scott says her findings will help develop the integrated approach planned for the Olivia Newton-John Cancer and Wellness Centre. "Research shows that up to 70 per cent of people with cancer seek out some form of complementary therapy to improve their quality of life and reduce the symptoms they are experiencing. So, how can we integrate some of these complementary therapies into main stream cancer care?" says Ms Scott.

Ms Scott says that in the USA, there are a number of centres where integrated approaches are well established and supported by research programs.

"This will be an opportunity to learn how different therapies have been introduced into routine care and how these programs are credentialed and evaluated," she says.

'Complementary therapy' describes therapies used in conjunction with conventional medical treatments and



Ms Scott discusses wellness and support with cancer patient, Anthony Murray

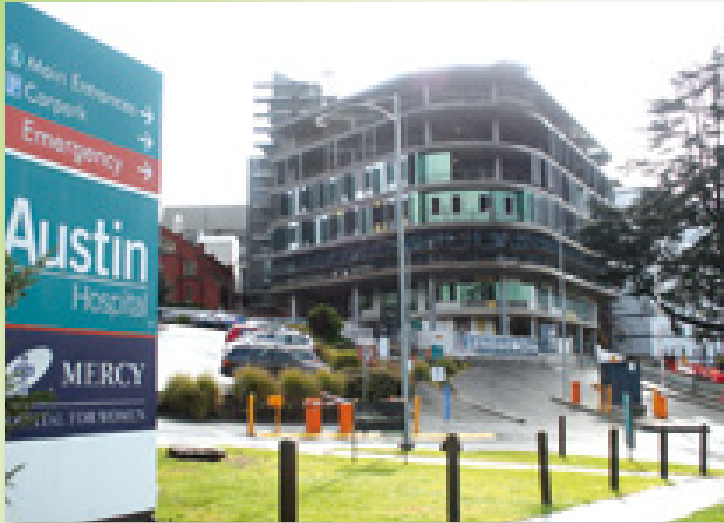
which are an important component of supportive care.

Ms Scott says evidence shows complementary therapy can alleviate symptoms associated with cancer and can help people address a wide range of challenges associated with their cancer treatments such as fatigue, anxiety, distress and pain.

"Complementary therapy includes massage; meditation; diet and exercise programs; acupuncture; counselling and music and art therapy. The important point is that it is complementary to conventional medicine; it doesn't replace it," says Ms Scott.

Integrating complementary therapy into a system of conventional medicine has its challenges though. Ms Scott says that it involves a shift in focus. "It's about designing a system that treats the patient more holistically. It's about providing first-class clinical care and at the same time, making sure that we are providing options to support the wellbeing of patients and families through their cancer experience. I want to see how renowned cancer centres around the world have made this happen," she says.

Cancer and Wellness Centre – Progress Update



A view from the street



Aerial view overlooking part of the courtyard



The roof is underway

It looks like a typical construction site but come closer and you can feel it. There is definitely a shared commitment and the sense that anything is possible. Exactly the spirit you'd expect for a building like this.

Thanks to the construction and design teams working so well together, the Centre is on schedule to open mid next year.

The structure is now complete. All window glazing has been done at the north end of the building, with the south end already half way there.

The massive tower crane is being removed. This is a mammoth undertaking. The contingency planning has involved meetings between the metro fire brigade and Austin Health's logistics/supply teams.

The actual crane removal takes four days and temporarily blocks the hospital's main entrance road. As a result, pick up and drop off for the creche, also the surgery, have been relocated.

A 350 tonne crane is installed on the road, along with a second support crane. Due to its massive size, the tower crane has to be removed in sections. Then loaded onto large trucks and transported away.

Installation and testing of the water tank is taking place. The one metre wide tank is some six metres deep by 25 metres long. This has been built into the wall of the building underneath the courtyard.

The tank will carry 100,000 litres of water and will be used for local irrigation and for flushing toilets. But first the tank must be water proofed and dried, before being gradually filled and tested for leaks.

Design Development of Stage 2B is well underway for the Inpatient Wards, Cancer Admin, Cancer Clinical Trials, as well as the additional Research Labs.

Stage 2A is progressing well, especially on levels two and three. Already the Multidisciplinary Outpatient Clinic's walls are all up. On level five, the window glazing has been completed for the Ludwig Institute for Cancer Research. The internal walls will begin this week.

Workers are finishing up with the fit out of Stage 1 including Radiation Oncology, Day Oncology, the Wellness Centre and the Information and Resource area. These areas are now fitted with internal walls, power, data supply, gas, ceiling and lights. We are now at the point where the vinyl flooring is being laid in Day Oncology. This is always one of the last touches you do because you don't want tradesman traipsing mud all over the finished internal areas.

Progress continues at a steady rate, and we are looking forward to sharing the latest developments with you in the next Well Wisher newsletter.

A Smooth Transition

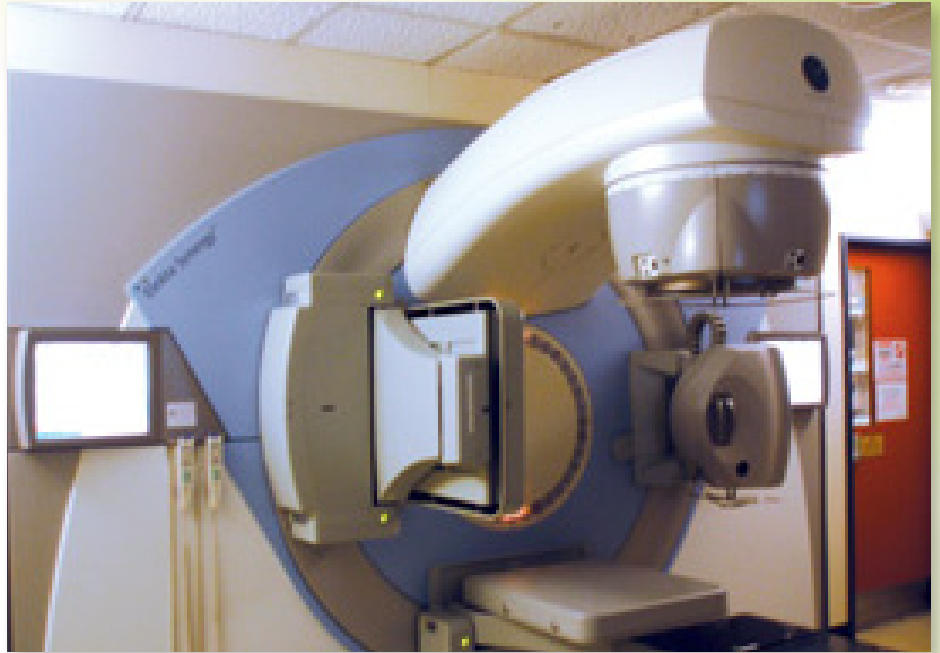
Equipment is coming by road and by sea. When the new Radiation Oncology facility opens at the Olivia Newton-John Cancer and Wellness Centre - it will boast having the very best machines. Eddy Zupan is making sure of that.

The new Radiation Oncology department will house three massive Linac machines. "Two are being relocated from our Heidelberg Repatriation Hospital and the other, a brand new one, is being purpose-built in the United Kingdom and shipped over," Eddy explained.

It is Eddy's job to ensure all machines are relocated safely and fully operational, on schedule, in order to treat the Centre's first radiation oncology patients.

The new Linac is expected to be constructed by early 2012. Once built, it will be tested and then dismantled for transportation via sea to Melbourne. The voyage alone will take weeks. When it arrives, engineers will then begin the two month process of rebuilding, installing and exhaustively testing the completed unit on site to ensure it is fully functioning and has ticked all the safety checks.

It is also expected to take two months for each of the existing Linacs to be dismantled, transported and then



One of the Linacs to be relocated

rebuilt with upgraded modifications. This way they will offer the same advanced capabilities as the brand new Linac," Eddy elaborated.

Of course, patient wellbeing is a priority. As such, careful planning has been required to ensure patient flow is not disrupted in any way. "The transportation of the existing Linacs from the current site to the new Centre will be done separately," Eddy explained. This is to ensure that at least one of the two Linacs is available for patient treatments.

Once up and running, the medical staff and the teams responsible for machine maintenance also need to be trained in these units' advanced capabilities.

Having more Linacs, with advanced features, will benefit future patients. In fact, through having all three Linacs, the new Centre will handle a greater number of radiation sessions, at least 50 per cent more. This is great news, with more patients receiving the care they need.

Christmas Greeting Cards and Hampers

Organise your Christmas cards and hampers in support of the Olivia Newton-John Cancer and Wellness Centre this festive season.

Christmas Cards:

40 cents from every Christmas card you purchase will be donated to the Centre. To see what's available and to place your order in time for Christmas visit www.christmascards4charity.com.au/onj or call (02) 9779 1533.

If you place your order by credit card before the 8th of October, you'll receive a 10 per cent discount.

Hampers:

A great Christmas gift idea and with every hamper purchased 10 per cent of the retail price will support the Centre. Visit www.charityhampers.com.au/onj or call 1300 669 126 to place your order.



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, raising donations, so that patients will soon have access to a world-class Cancer and Wellness Centre. Recent fundraising events include:

The Myer Stores Community Fund have been great supporters of the Centre over recent years and this year raised more than \$380,000 for the Centre at their Precious Metal's Ball. Olivia Newton-John attended the ball and performed her hit "Xanadu".



Melissa Doyle with Olivia



Jim Stynes with Olivia

"Magic" remix for all of you who loved Olivia's original "Magic", be sure to download the "Magic Remix" which has reached the top 5 dance remix tunes on iTunes. All profits support the Cancer and Wellness Centre. Thanks to WACCI for your continued support.

Ride to Conference involved 7 days, 1,000km and 35 riders, cycling from Melbourne to Adelaide organised by Rotary Club of Williamstown and thanks to RoCan raised an incredible \$45,000 for the Olivia Newton-John Cancer and Wellness Centre.

Ivanhoe Traders Association continue to be a generous supporter of the Centre, again this year through their annual community event the Ivanhoe Fiesta have donated \$5,400. Thank you also to the local community who helped make this such as great Fiesta.

The AFL Charity Match was a terrific night of entertainment held at the MCG in May. Olivia, joined by Jim Stynes sang to the crowd. Thanks to our volunteers who braved the heavy rain and the freezing cold rattled donation tins outside the MCG. To the fantastic supporters who joined us at the VIP event and various functions supported

by the AFL and the Melbourne Football Club, and to all those who donated on-line, the event raised \$173,000 for the Centre. Thanks everyone!

Run Melbourne is a fundraising event held by The Age. Thanks to the generosity of those who participated in the fun run and nominated the Olivia Newton-John Cancer and Wellness Centre as their charity, they have collectively raised over \$6,000 for the Centre. A terrific effort – well done!

1 a Minute

Shares stories of hope, courage and survival as it follows a woman's journey through cancer. Narrated by **Kelly McGillis** (Top Gun), the film stars internationally celebrated women from various nations and backgrounds who are also survivors like **Olivia Newton-John** (Grease), **Jaclyn Smith** (Charlie's Angels) and **Melissa Etheridge** (An Inconvenient Truth), to name a few.

The DVD goes on sale from September 23 at all good DVD outlets, including Myer. Priced at \$19.95, \$1 from every DVD sold will be donated to the Olivia Newton-John Cancer and Wellness Centre.

Leave a lasting legacy

Making a Will is a very personal matter and one that requires careful thought. Once you have cared for your family and loved ones, you might like to consider leaving a gift to the Olivia Newton-John Cancer and Wellness Centre.

By choosing to add the Olivia Newton-John Cancer and Wellness Centre as a beneficiary in your Will, you help a world-class Centre provide the best of medical treatment, internationally renowned research and wellness care.

Sevi Skaleris, our Bequests & Tribute Gifts Manager understands how

important the Olivia Newton-John Cancer and Wellness Centre will be to the local community. "It's very rewarding speaking with people who want to leave a gift to the Centre in their Will.

"In each case it's because they want to help cancer patients and their families and provide hope for future generations.

"Most people are unaware that they can leave a small percentage of their estate to charity, and yet this can still make a very important contribution to our Centre."

If you would like more information on how your gift can make a difference please contact Sevi on (03) 9496 5361 for a confidential discussion.



Sevi with her cucumbers

Yes, I Wish to Help

A Personal Message from Olivia



I am pleased to report that we are making great progress. In fact, in less than 12 months the Centre will open to patients and their families.

On my recent visit to Melbourne I was amazed at just how far construction had progressed. With hard hat and protective gear on, I accompanied the project team who took me on a guided tour.

The Centre is built on an incline, so as I stood on the various levels of the Centre, I could get a real sense of the outlook patients would enjoy; the panoramic views are quite beautiful, overlooking the mountain ranges in the distance and lots of greenery in the local area.

On page 2 of this newsletter you can see for yourself the progress that's been made. Besides the physical construction of the Centre, there is also a great deal of work being done behind the scenes to ensure there is a smooth transition of patients and services to the Centre.

It's a huge project, which has been made possible because of the wonderful support we receive from you, our supporters.

Thank you - not only for your financial support, which has been invaluable, but also for sharing our vision in making a real difference to those who have cancer.

Thank you for your continued support.

Love and light

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
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