

vitality

Autumn 2022

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Austin
HEALTH



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Newton-John**
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A message from Adam Horsburgh

2022 has seen a challenging start to the year. I want to assure you Austin Health is here for you and will continue to care for you during these demanding times.

Despite the trials of COVID-19, the Victorian public and our Austin community in particular, have recognised the crucial work we do and have stepped forward to actively support us. I am very grateful for your support – thank you.

I am pleased to present this edition of Autumn Vitality where we highlight some of the fantastic achievements which you have made possible. We feature the success of the NIV@home appeal, the Olivia Newton-John Walk for Wellness virtual event and include other important stories, which reflect your generous contributions.

1000 Minute Challenge

Last year we launched the inaugural 1000 Minute Challenge.

This event encouraged members of our community to complete 1000 minutes of exercise, about 30 minutes a day, within a month for better physical and mental health. Over a million minutes of activity were logged and over \$250,000 was raised for important medical equipment for Austin Health.

We are delighted to announce that in 2022 the 1000 Minute Challenge is back.

Now more than ever looking after yourself is important. I invite you to join me in the event which you can read more about on page 4.



Thank you once again for your generosity and I hope you enjoy reading this issue of Vitality and about the impact your support is making.

With gratitude,

Adam Horsburgh
Chief Executive Officer

Live a healthier March, get motivated with our 1000 Minute Challenge

For a second year, Austin Health would like to invite you to join us for the 1000 Minute Challenge.

1000 Minute Challenge is an activity for the whole community to get moving for over 30 minutes a day to improve health and wellbeing. It challenges participants to complete 1000 minutes of physical activity over the month of March.

“Not only is exercising 30 minutes a day good for your body and heart, increasing muscle strength and metabolic rates, it does something fundamentally neuroprotective for your brain. Just 30 minutes a day can create significant benefits to your mental health,” says Associate Professor Sophie Adams, Medical Director of Mental Health at Austin Health.

A simple exercise routine like walking outdoors for 30 minutes each day has been proven to provide immense health benefits. If you can't walk for 30 minutes a day in one session, you can always break it up into 10 or 15 minute segments at a time.

Sophie explains there is evidence that while exercise itself can be regenerative for your brain and body, there is increasing evidence that outdoor environments impact positively on brain functioning. Simply regularly looking at green and white spaces and out at the horizon without any psychological effort are linked to improved mood.

“There has never been a better time in history to do exercise and to participate in something that helps healthcare and healthcare workers. The pandemic has had a massive impact on all of us. It has prevented many of us from exercising as we normally would have and has had a very big impact on the wellbeing of us all. Participating in the 1000 Minute challenge has the potential to help yourself and those working to support your health.”

Funds raised will go to vital equipment needs. We look forward to you joining us this year.

For more information on the 1000 Minute Challenge, visit 1000minutechallenge.org.au



David Thomas from Vigorous Ventricles, last year's winners with the trophy, surrounded by equipment purchased thanks to you.

Our very special thanks to Glenvill Developments and Ventia for their incredibly kind support of Austin Health's 1000 Minute Challenge.

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1000 MINUTE CHALLENGE



Get your body moving in March!

Move your way for just a little over 30 minutes
a day to improve your health and wellbeing!



Show your support for
Austin Health and join today
1000minutechallenge.org.au

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Breath is life



A leap forward for the NIV@home program

Thank you to you, our Austin Health community for the donations towards the NIV@home program run by the Victorian Respiratory Support Service (VRSS) at Austin Health.

Mark Howard, Director, VRSS has highlighted the importance of public support as a way to “leap forward” in the quest to provide crucial new services.

Mark says, **“Funding for the program will enable us to provide services and care for people in the home and out of hospital in ways that cannot be achieved without you. Hopefully it will allow people to forget about their illness and get on and live much more normal lives”.**

Over 3.3 million Australians struggle to breathe. For those suffering with chronic and acute respiratory conditions, breathing supported by a ventilator, can increase both the quality and length of life.

NIV@Home provides care to over 1000 people throughout Victoria and allows patients to be treated at home, rather than in a hospital.

We would also like to acknowledge The Robert C Bulley Charitable Fund which generously matched donations during the appeal.

Olivia's Virtual Walk for Wellness Success

Walk for Wellness looked a little different in 2021, while walkers couldn't stroll together, they united for the same great cause.

Hundreds hit the pavement from around the world on Sunday 26 September for the virtual event on Dame Olivia Newton-John's 73rd birthday.

The event raised nearly \$350,000 which has funded evidence-based wellness therapies at the ONJ Centre. These therapies help ease the side effects of cancer treatment and support people with cancer emotionally, spiritually and physically.

"Wellness activities such as yoga, mindfulness, meditation and massage have been very important to me and I feel they have really helped me on my journey. That's why I want everyone to have this additional support." Dame Olivia Newton-John AC DBE.

Thank you to everyone who participated or donated to the event. We look forward to seeing you again this year!



Olivia and Leeza Gibbons at the Fireside chat, an exclusive event for some of our special fundraisers.

A gift for years to come – A daughter's legacy inspires her local community

Since she was a young girl, Donna Tregenza was always community minded. She served 14 years in the Australian Air Force, completing tours in Dubai and Afghanistan.

When Donna passed away, it was no surprise to her family that she would continue to serve her community. She did so through a lasting gift in her Will to aid the research of a rare cancer she had fought for many years – Cholangiocarcinoma.

Inspired by her generosity, her community in Ballarat banded together, coordinating tradespeople and local businesses, all volunteering their time and skills to prepare her home for auction.

Wanting to ensure as much funding as possible would be directed to this research project, Josh Coull from Barry Plant Real Estate in Ballarat lead the charity auction by donating his time. “It means a great deal to help Donna’s family honour her wishes and create an incredible legacy. We all hope that there can be a cure one day and if Donna’s bequest can help accelerate it, it would be amazing.”

Donna’s parents said she was a brave soul who enjoyed life, taking everything into her stride. They were humbled by the support of their community and are proud that Donna’s gift, with the assistance of special tradespeople, will fund a significant cancer research project at the ONJ Centre at Austin Health.



We are very grateful to the many people who choose to leave a gift in their Will to Austin Health or the ONJ Centre. A charitable gift in your Will, no matter the size, is a wonderful legacy. It is a lasting expression of your gratitude, kindness and compassion, and an investment in the future of healthcare, research and education.

If you would like to discuss leaving a gift in your Will, please contact Elizabeth Veal, our Gift in Wills Manager in confidence on elizabeth.veal@austin.org.au or 9496 5753.

Austin Health community fills more than 9,000 cups

Thanks to the generosity of people like you, enough funds were raised to purchase more than 9,000 coffees for our hardworking and committed healthcare workers during November 2021.

The 'Donate a Coffee' campaign was a practical way for the community to show their support to their healthcare workers.

The public could donate \$5 or more and give a healthcare worker a free coffee. It not only encouraged staff to make time for a break, also was an indication of the recognition and enormous community support for the staff.

Many messages of support came in from healthcare workers thanking the community for their generosity:

“Thanks to all of the wonderfully generous individuals who’ve donated coffee to the frontline ICU team. The staff are so grateful for the support and kindness that has been shared during this challenging time ... A caffeine boost definitely makes a difference during a long shift in full PPE.”

“We are so grateful to the community for their acknowledgment that the workforce is doing it tough during COVID. Reading their messages of support brought a tear to my eye. We thank them for their wonderful contribution – it meant so much and boosted our morale.”



Austin Ambassadors give patients a voice



Thank you to our wonderful Austin Ambassadors who continue to give generously and regularly to improve patient care.

Your recent donations have enabled the purchase of a state-of-the-art videostroboscopy unit.

There are only a few of these units in Victoria which makes this purchase for Austin Health even more crucial to patient health.

Joanne Sweeney, Manager, Speech Pathology at Austin Health has emphasised the value of this important piece of equipment to help diagnose and treat people with voice disorders. She says, “If you can’t use your voice, or your voice doesn’t sound how you need it to sound, it can be a big problem both in life and in work. Having this machine will make a big difference.”

The vibrations of the vocal cords are too rapid to be observed by the unaided eye. The videostroboscopy unit provides an accurate and detailed assessment of vocal cord movement and any associated problems.

By using this machine our clinicians can obtain a better understanding of the way the vocal folds are functioning and develop a specific treatment plan.

Thank you again to our Austin Ambassadors for making a significant impact to the lives of our patients.

If you would like to help us make a difference in patients lives please consider becoming an Austin Ambassador today – austin.org.au/give-regularly

The critical role of our Emergency Department

Austin Health Emergency Department (ED) plays a crucial role in our community.

Over the past two years the ED has faced extremely challenging demands in relation to the COVID-19 pandemic. And at the same time it has continued to provide a high level of care for patients who have other life-threatening and emergency care requirements.

Associate Professor Michael Ben-Meir, Director of the Emergency Department at Austin Health says:

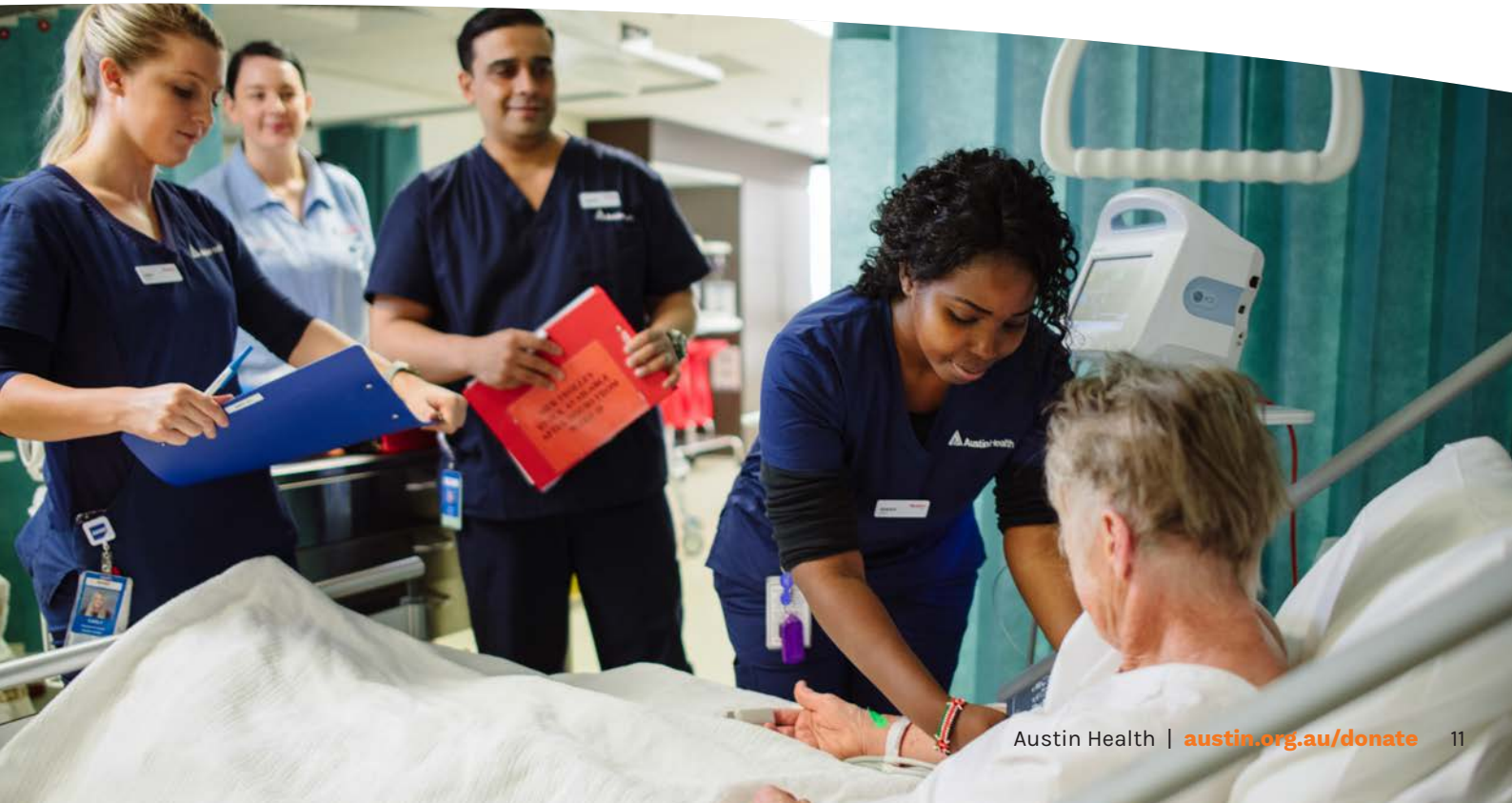
“COVID has changed many things we do. One of the biggest impacts is that, although there are some exemptions, there are no visitors allowed. This is an issue for everyone, particularly the elderly. Visitors are great advocates for patients and the elderly have felt this loss most acutely. Their frailty can make it difficult to catch a staff member’s attention which can be unsettling for them and us.”

The advice I would like to give to everyone, especially the elderly, is to get your COVID-19 booster. It really does make a difference. Stay connected with family and friends, eat well, exercise and stay connected with your GP and other healthcare professionals to optimise the management of your underlying conditions.

Although things have been extremely challenging for ED staff, we come to work every day to look after our community and provide them with the best care and an important service, please don’t be afraid to reach out if you need us – we will be here for you.”

The Austin Health Emergency Department is continually researching and sharing knowledge to improve emergency care and help reduce visits to an emergency department. We have a number of projects particularly aimed at improving the lives of people over the age of 65.

We will keep you updated in the coming months about how you can help the ED create better care for our elderly.



Thank you

Your kind words and messages of support for our NIV@home program are greatly appreciated.

“I’m on a ventilator for the rest of my life and it has kept me alive and living a life of quality.”

– Efthimia

“I practice yoga daily so I know how important the breath is for healing and well-being. This cause touched me deeply.”

– Natasha

“To see that someone can breathe again is a gift that keeps giving.”

– Andrew

“I had treatment and the staff were amazing. You all do a wonderful job to help. Hopefully these donations will help someone else and make your job easier. Forever grateful.”

– Basile

“We donate because The Austin does very important work for the community and beyond.”

– Barry and Margaret

“THANK YOU FOR YOUR HARD WORK DURING PANDEMIC.”

– Jung Sook

Have you had your COVID booster shot?

Boosters are available at our Repat and La Trobe Uni clinics.

If you’re 16 or over and had your second COVID vaccination more than three months ago then you’re now eligible for a booster.

Go to www.austin.org.au/getvax

