

# THE WELL WISHER

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

## A Personal Message from Olivia

**W**elcome to the first edition of *The Well Wisher* for 2009. Although last year was such a big one for the appeal, this year promises to be even bigger. I am thrilled to announce that we will be breaking ground this year to begin the building works for our Cancer and Wellness Centre!

The Centre's project team undertook a huge amount of planning and consultation with stakeholders in 2008. This year the team will physically prepare for the building works and temporarily relocate some of the cancer wards. We can then start to literally build for a better future for those affected by cancer.

With the incredible work of Austin Health, collaborating with the world-renowned Ludwig Institute for Cancer Research, this Centre will build on a great foundation of more than 125 years of cancer expertise.

Our fundraising journey started with just a dream and a grand vision for a better way forward for people with cancer – one towards wellness.



*You are helping turn the vision and the dream into a reality. It is only through your vital support that we have been able to reach this exciting first stage of development.*

*Together we can help change the way that cancer, and the whole person, is treated. With your continued support for the Cancer and Wellness Centre Appeal, we can share in even greater progress towards a cancer free future.*

*One day I hope that the word cancer will become a distant memory for all, and nothing to fear anymore. That is what we are working towards.*

*Thank you for sharing the vision and helping to build a healthier future.*

Love and light

This issue – Focus on Day Oncology

## JOIN OLIVIA'S CIRCLE

**A** special way to support the Appeal is to become a member of *Olivia's Circle*, giving regular monthly donations to help build a better future for those touched by cancer.

*Olivia's Circle* members will receive special status at the opening of the Centre, and at other major functions. Members can also enjoy the chance to meet key people involved in the Appeal, receive regular updates and a Certificate of Recognition. **Supporters who have made contributions of \$720 or more to the Appeal before 30 June 2009 will also receive personal recognition listing in the new Centre.**

Amanda McKenzie, an *Olivia's Circle* member, said, "I enjoy being part of *Olivia's Circle*. I am very inspired by Olivia's vision of creating a curative space where the body, mind and spirit are all involved in the healing process. I believe it will be a big step forward for medical practice in Australia and will lead to many great things."

There is a selection of *Olivia's Circle* membership levels to enjoy, with different elements of recognition and reward at each level of support. For major donations, recognition packages can be tailor-made to suit the individual supporter.

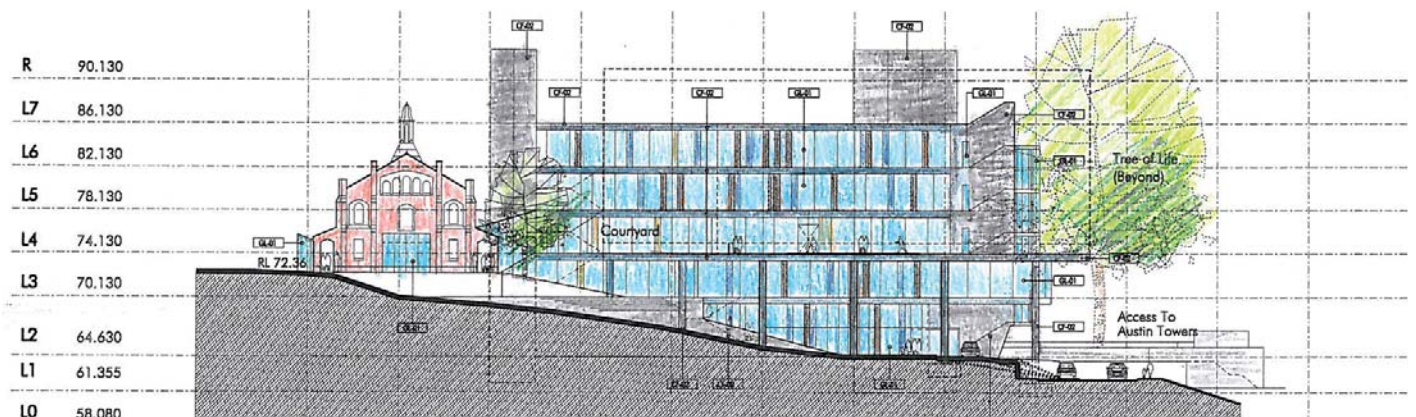
You can begin your pledge of ongoing support from \$15 a month as an Auxiliary\* member; or as a Friend\* for \$20 a month. You can become a Companion\* for \$30 a month; a Founding Associate\* for \$50 a month; a Benefactor\* for \$104 a month or become a Guardian\* in *Olivia's Circle* for \$208 a month.

To pledge your ongoing support and join *Olivia's Circle*, please complete the form in this edition of *Well Wisher*, or phone +61 3 9496 5753.

\*Membership into *Olivia's Circle* is achieved after 24 months.



# OLIVIA NEWTON-JOHN CANCER AND WELLNESS CENTRE PROJECT UPDATE



Schematic design of the Olivia Newton-John Cancer and Wellness Centre from Daryl Jackson Architects

**W**e are excited to be able to share with our Well Wisher readers, the latest design sketches of the proposed Cancer and Wellness Centre.

We are close to signing off on schematic designs of the Centre. Designers are testing concepts on what the Centre should look like from the outside, exploring different options around glass and its structure.

**WE WILL UNVEIL EARLY DESIGN CONCEPTS FOR YOU IN THE NEXT WELL WISHER NEWSLETTER!**

The Centre's Project Officer, Rohan Vaughan said that the project's focus now is to commence construction of temporary treatment areas in the first quarter of 2009 for the Day Oncology and Inpatient cancer wards.



Rohan Vaughan and Project Director Megan Gray with plans outside the future ONJCWC home

“Moving everyone out of the old Heidelberg House cancer building is a necessary step of course, so that we can safely demolish the old building and make way for the new, and much larger Cancer and Wellness Centre,” he said.

Mr Vaughan said that although the temporary home is far from ideal, the relocation would ensure patients could continue to receive their medical treatment and the project would proceed to the demolition and construction phase.

“It will take a while initially to decommission the more hazardous aspects of the old cancer services [Heidelberg House] building, such as oxygen pipelines and other essential piping, but once it's removed the building should come down fairly quickly,” he said.

By the end of this year we will have the beginnings of a construction site for the new Cancer and Wellness Centre!

### DESIGNER CONCEPTS

The project's principal architect, Daryl Jackson said that the design concepts of the Centre include the idea of a light, open building that is contoured into the sloping site, sitting in a garden.

From the upper levels, the Centre will look across Heidelberg to view the Yarra Valley mountain ranges where it meets the distant skyline.

Each floor of the Centre will be used for medical treatments, rest and counselling, meeting and communal exchanges.

“People will be able to circulate around the Centre's courtyard to see the garden through large glass windows”, Mr Jackson said. “Looking out to the garden via large windows will be important. Shutters will open for air movement and control of sunlight where clinically possible. There will also be intimate treatment rooms and personal spaces available”.

### DAY ONCOLOGY

There have been many changes over the last 30 years in cancer treatment, with a large number of patients who today receive their medical care without the need to stay overnight in hospital.

Austin Hospital's Day Oncology Nurse Unit Manager, Nan Wendel has been in cancer care at the hospital for more than 35 years.

She said that with advances in medicine, treatment times now take much longer for patients. There are more chemotherapy infusions combined with different targeted drug therapies.

"Many years ago, patients used to receive a simple 15 minute chemotherapy treatment for a bowel cancer and would only need to come in over a five-day period, monthly," she said. "Now, because of all the different types of modern medications, they need to be here for many hours a day - usually over a several week period."

"We are also seeing an increase in cancer patients now, including younger people," she said. "It all adds to the need for better and larger cancer treatment facilities so we can provide the care they need."

Ms Wendel said the new Centre is needed to not only provide for the increase in cancer patients, but to also accommodate the increase in clinical trials to develop future treatments and cancer vaccines.

Day Oncology also operates as a mini-casualty ward for cancer patients who arrive unexpectedly, feeling terribly unwell. "If we have the room, we can attend to these patients more quickly and check their blood count, re-hydrate them or admit them to our hospital ward if needed," Ms Wendel said.

"We don't always have the space in Day Oncology anymore to attend to unexpected urgent cases, so patients must be sent to the Emergency Department."

Ms Wendel is also on the Project Committee for the Cancer and Wellness Centre. She will be one of the key people involved in managing the temporary relocation of Day Oncology this year, to the Austin Hospital's Outpatient Clinic.

**The new Day Oncology Unit in the Olivia Newton-John Cancer and Wellness Centre will be three times the current size, allowing light, space, privacy and comfort for patients needing medical treatment and care.**

### NEW ANTI-CANCER EQUIPMENT – A FIRST FOR AUSTRALIA



Victorian Health Minister Daniel Andrews in front of one of the Elekta Synergy linear accelerators with members of Austin's Cancer and Radiotherapy Services.

Austin Health has boosted current cancer treatment services with new radiotherapy technology. Two Elekta Synergy linear accelerators have been installed and are the first of their type in Australia.

Radiation Therapy is often required to manage and treat many types of cancer. The accelerators allow doctors to target cancer tumours with more accuracy and reduced side effects.

Charge radiation therapist Angela Viotto said, "Our main advantage now is our ability to target treatment more accurately in three-dimension and prevent the loss of healthy tissue, especially for patients with tumours near vital organs."

The machines, worth \$2.9 million each, are now in operation at Austin Health thanks to \$2.4 million of State Government funding for each machine. Health Minister Daniel Andrews launched the second linear accelerator at Austin Health's Heidelberg Repatriation Hospital in December 2008.

# Thank you TO OUR CARING COMMUNITY

The Thomastown Metropolitan Fire Brigade have gotten behind their colleague Scott Morrison who was successfully treated for Non-Hodgkin's lymphoma. They have raised more than \$10,000 for the Appeal!

Last year, the brigade initially raised \$1,400 to purchase a plasma screen television for the patient waiting area at Austin Health's Radiation Oncology Unit. Mr Morrison said, "I wanted to thank Austin Health for the care and treatment they have given me over the years."

Mr Morrison was one of the cancer survivors who participated with Olivia Newton-John's Great Walk to Beijing fundraiser in April 2008. The brigade raised more than \$4,000 from their personal donations, tin shakes and fundraising nights to sponsor Scott's steps.

The brigade's latest donation of \$4,755 (pictured) was raised from a raffle of celebrity signed Great Walk to Beijing t-shirts and an accommodation package for two - kindly sponsored by Crown Casino.



Mr Morrison's colleague, leading Fireman Steve Brown said, "We are happy to do what we can to support Scott and to help the Appeal to upgrade the old cancer hospital area, because it will be so much better for patients' health and wellbeing. We're really happy we can help."

## THERE WERE MANY OTHER COMMUNITY HELD EVENTS AND INITIATIVES THAT HELPED RAISE SUPPORT FOR THE APPEAL IN 2008, INCLUDING:

- Templestowe Valley Primary School held an "odd dress day" that raised more than \$500.
- Watergardens Hotel raised \$4,500 with "Ladies Day Out" luncheon and drag show.
- Northern Football League raised \$1,343 through their raffles and donations collected during grand final season.
- Arnulf and Gregory held "pink parties" for the past two years and raised \$1,620.
- Bovis Lend Lease organised a BBQ on their construction site for subcontractors and the site team who made gold coin donations that raised \$4,130.
- Chocolatier Australia Ivanhoe have been raising money for the past two years through their gift-wrapping service for customers who make a gold-coin donation.
- Artist Tiffany Makinson has produced a special Women's Diary for 2009. A number of artists contributed to the diary, which Tiffany has dedicated to her mother who lost her long struggle with cancer. For more information or to order copies, visit [www.womeninspiringtheworld.com](http://www.womeninspiringtheworld.com).

If you would like to help raise donations for the Appeal through holding an event, please contact the Appeal's Fundraising Department at Austin Health on +61 3 9496 5753.



Thank you to Araluen Continuing Learning Unit, pictured with Jessica Murphy of Austin Health (far right). The team at Araluen helped raise \$1,600 to the Appeal!



# YES! I WISH TO HELP ACHIEVE THE DREAM

## A GENEROUS BENEFACTOR



Austin Health's Brain Tumour Support Officer Kathryn McKinley was busy promoting her service at the hospital, during a Brain Tumour Awareness Week last year. Ms McKinley's appointment is thanks to the generous support of the John Cummins Memorial Foundation. Mrs Di Cummins (right), pictured with Ms McKinley (left), recognised the need for a dedicated support officer for patients and family members dealing with brain tumours after her husband John Cummins died of a brain tumour age 58 in August 2006. To honour his memory Mrs Cummins set up the foundation and donated to Austin Health to fund the Brain Tumour Support Officer role.

## UPCOMING EVENTS

Follow the footsteps of **Cherie Horne** who is climbing the highest mountain of each continent. Cherie is dedicating her current climbs to help raise money for the Appeal. For details visit [www.cheriehorne.com](http://www.cheriehorne.com)

Mercedes-Benz Toorak presents "**Art in Motion**" – a fundraiser evening on 7pm Thursday 14 May 2009. Join fashion designer Debra Mar for an unforgettable evening of fashion fused with art. Guests will enjoy champagne and canapés, before being treated to a fabulous parade of unique and one off designs. Items will be auctioned on the night. Tickets are only \$65 with proceeds going to the Appeal. To book or for more details contact Debra Mar on 03 9867 8638 or email [debra@blacklistedfashion.com.au](mailto:debra@blacklistedfashion.com.au)

If you like scrapbooking then head to Heidelberg Golf Club on Sunday 3 May 2009. Proceeds from the day will go towards the Appeal. For more info email Tracey at [tlrussel@bigpond.net.au](mailto:tlrussel@bigpond.net.au) or call 0412 581 887.

Dr/Mr/Mrs/Miss/Ms: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Ph H: ( ) \_\_\_\_\_ Ph W: ( ) \_\_\_\_\_

Mobile number: \_\_\_\_\_

Email Address: \_\_\_\_\_

I am already an Olivia Newton-John Cancer and Wellness Centre Appeal 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

Please debit the amount I have indicated from my:

VISA  MASTERCARD

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Signature \_\_\_\_\_ Expiry Date \_\_\_\_/\_\_\_\_

### FOR REGULAR MONTHLY DONATIONS

I authorise The Olivia Newton-John Cancer and Wellness Centre Appeal to make automatic monthly deductions from my credit card until further notice.

Monthly amount is: \$

Automatic deduction on the following date:

17th commencing (month) \_\_\_\_\_

Please send me information about:

- Joining Olivia's Circle
- Making a bequest to the Olivia Newton-John Cancer and Wellness Centre Appeal in my Will

**All donations over \$2 are tax deductible**

If you do not wish to receive any further fundraising communications from us, please write to us or phone

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Email: [oliviaappeal@austin.org.au](mailto:oliviaappeal@austin.org.au) Web: [www.oliviaappeal.com](http://www.oliviaappeal.com)

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**OLIVIA NEWTON-JOHN**

**CANCER CENTRE APPEAL**

Embracing Medical Care and Wellness