

# vitality

Autumn 2023

**In March we move together! Join us for our 1000 Minute Challenge**

**Dr Greg King explains the benefits of being active and mobile**

Page 4

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**A community concert for a worthy cause**

Page 8

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**Recognising the generous actions of our extraordinary donors**

Page 9



**Austin**  
HEALTH



Olivia  
Newton-John  
Cancer Wellness & Research Centre



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Located on Level 3 in the Harold Stokes Building, close to Specialist Clinics, Austin Gifts is the perfect place to find the special gift you've been looking for.

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EVERYTHING  
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during Autumn

Use code AUTUMN2023

# A message from Adam Horsburgh

I hope you have enjoyed a healthy start to the year. Thank you for supporting Austin Health, your generous donations make it possible to do more for our patients and families. We are very grateful.

I also want to take this opportunity to acknowledge and commend the work of the outstanding healthcare teams here at Austin Health. They are exploring the latest in medical research and innovations that will save lives - thanks to your direct support.

We are looking forward to sharing exciting initiatives with you over this year and hope you will once again partner with us to deliver exceptional care, discovery and learning.

I am pleased to present this edition of Autumn Vitality where we highlight some of the outstanding achievements that you have made possible.

We feature Olivia's Walk for Wellness and other important volunteer and community fundraising stories that reflect your generous contributions.

## 1000 Minute Challenge

Our successful 1000 Minute Challenge is back!

This event encourages Austin staff and members of our community to complete 30 minutes of exercise each day throughout March. In 2022, over \$220,000 was raised for important medical equipment for Austin Health.



Research shows that there are significant physical and mental health benefits to moving for just 30 minutes each day. I invite you to join the challenge with me, which you can read more about on page 4.

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

With gratitude,

Adam Horsburgh  
Chief Executive Officer

# Will you take up the 1000 Minute Challenge?

For the third year, Austin Health invites you to join us for the 1000 Minute Challenge in March.



The 1000 Minute challenge encourages you to move for 30 minutes each day throughout March to improve your physical and mental wellbeing.

In a dedicated effort to inspire and lead the community towards better health outcomes, Austin Health staff will also be taking on the challenge to improve their own wellbeing.

The evidence-based benefits of exercising for just 30 minutes each day are significant and can increase both muscle strength and metabolic rates, while improving body composition and heart health.

***“Exercise provides significant health benefits which can reduce the risk of serious health events like heart attacks and strokes. Illness is often associated with loss of independence for many patients; a significant factor for improving both physical and mental health is a consistent exercise routine,”*** says Dr Greg King, Cardiology Registrar at Austin Health.

Greg explains that despite the serious physical risks of not exercising, there is also a shared correlation with decreased mood and diminished mental health, especially when it comes to extensive operations or rehabilitation.

***“For example, the overall recovery time for ICU patients who are more physically mobile and healthier prior to their procedure is significantly less when compared with patients who are less active; it comes back to the adage that prevention is always better than cure.”***

As part of the 1000 Minute Challenge, Greg will continue cycling to and from work.

***“By participating in the 1000 Minute challenge you’ll realise the health benefits firsthand while also supporting healthcare workers and Austin Health.”***

## What can you do for the challenge?

There are plenty of ways to achieve the 30 minutes of daily exercise and there are no limitations on how you choose to achieve this time. Walking, swimming, dancing, or a gym workout are just a few of the many activities you can complete to hit your daily target.

Take the challenge to commit to 30 minutes of exercise each day. Get your friends and family involved or find yourself a challenge partner who will complete it with you. You’ll have fun and finish the challenge feeling better within yourself!

All funds raised will go towards funding vital equipment across Austin Health and it’s free to register! We look forward to you joining us this year.

**For more information on the 1000 Minute Challenge, visit [1000minutechallenge.org.au](https://1000minutechallenge.org.au)**

Pictured above: Jodi Batchelor and Austin Health Foundation volunteer Tony Rizzo from Austin Veggies, last year’s highest fundraising team with the trophy.



# 30 minutes a day can save a life!

Move your way for 30 minutes each day from 1-31 March and show your support for our healthcare heroes.

Register for FREE!

[1000minutechallenge.org.au](https://1000minutechallenge.org.au)



# Reflecting on Olivia's Walk for Wellness Legacy

Olivia's Walk for Wellness was held on Sunday 9 October 2022 to continue her legacy of fundraising for essential wellness programs at the Olivia Newton-John Cancer Wellness and Research Centre. Over 4,000 people came together both in person at Alexandra Gardens and online from around the world, to take part in the ONJ Centre's annual event.

Olivia's niece Tottie Goldsmith joined with Olivia's family and friends to lead the Walk this year for her Aunt, while Olivia's daughter Chloe Lattanzi and husband John Easterling joined in from the US.

***“This was one of her favourite events and favourite days because she loved seeing everyone come together to show their support for people with cancer. We could feel her love and presence with us all day.”***

– Tottie Goldsmith, ONJ Centre's Goodwill Ambassador.

Thanks to the incredible efforts of those who signed up to the live or virtual event and those who donated to the ONJ Centre.

Over \$2.6m was raised to continue Olivia's important legacy of supporting people with cancer.

These funds will support the wellness programs Olivia championed such as music therapy, art therapy, exercise, massage therapy, and mindfulness. These have been proven to reduce the side effects of cancer diagnosis and treatment such as fatigue, anxiety, nausea, and pain. Helping people to thrive was Olivia's passion.

You can continue Olivia's legacy and show your support for people with cancer by joining thousands of others around the world by signing up to the annual walk for wellness.

For more information on how you can bring love and light to those with cancer and to donate please go to [walkforwellness.com.au](https://www.walkforwellness.com.au)

A very special thanks to Petstock for their kind support of Austin Health and our community. Thank you for looking after more than 300 dogs who joined last year's Olivia's Walk for Wellness. She would've loved it.



**Scan to view last year's Olivia's Walk for Wellness highlights.**



# Olivia's Walk for Wellness



## Join us in 2023

Walk for wellness to continue Olivia's legacy of bringing love & light to those with cancer.

Join us virtually or live at Alexandra Gardens

**Austin**  
HEALTH

 Olivia  
Newton-John  
Cancer Wellness & Research Centre



Show your support and donate to Olivia's Walk for Wellness  
[walkforwellness.com.au](http://walkforwellness.com.au)

# 1 in 10 Australian adults live with chronic kidney disease

Not all people with kidney failure can readily access transplantation due to organ availability. Most will need to wait on dialysis, possibly for up to five years.

A concerning fact is that dialysis, is the leading cause of hospitalisation in Australia and in the past two decades, the number of Australians receiving dialysis has more than doubled.

We will keep you posted in the coming months about how you can support Austin Health's work in kidney transplantations.

With your help and support Austin Health will lead the way in kidney transplantation, by providing Victorians with better outcomes and a higher quality of life.

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## Hopelessly devoted to a worthy cause

Cindy Dean was just eight years of age when she started visiting aged care centres to brighten the lives of residents with her singing. She was regularly complemented on her voice and reminded just how much she sounded like her idol, Olivia Newton-John.

Cindy has always been passionate about fundraising for the Olivia Newton-John Cancer Wellness and Research Centre (ONJ Centre) and for people living with cancer. Her community fundraising concert last year in Perth, WA, was a tribute to Olivia's life and raised almost \$3,000 in funding for this important cause.

***"There are always good people in the community who are willing to give up their time to support such an important cause. Cancer impacts everyone in one way or another and everyone has or knows someone that has been lost to this disease."***

Cindy has experienced close friends and relatives receive cancer diagnoses over the years, making the purpose of fundraising for better wellness programs at the ONJ Centre one that is close to her heart.

***"I've met some fantastic musicians; every time there's an opportunity to fundraise, they've been willing to contribute to important causes without expecting anything in return,"*** says Cindy.

Cindy's next fundraising event will be an Olivia Newton-John tribute at Frankston Arts Centre on the 22nd of April to support the ONJ Centre and people living with cancer.

Community fundraising is a powerful and collaborative way of giving back to Austin Health and the ONJ Centre.

You can find out more on our website to contribute in your own creative way.



**Scan to donate or visit  
[austin.org.au/Fundraise-for-Austin-health](https://austin.org.au/Fundraise-for-Austin-health)**

Pictured left: Cindy Dean performing live in Perth at her fundraising concert last year, raising funds for people with cancer and the ONJ Centre.





# Good deeds are always recognised



What makes a person extraordinary? Often it is extraordinary deeds performed by people who consider their actions to be ordinary. That is exactly what one donor did last year when he walked into the Austin Gift Shop on level 3 and made a \$3,000 donation to Austin Health.

Having heard of the man's generous gift and being informed that he was still in the hospital with his wife and daughter, a staff member from the Austin Health Foundation went to pathology to thank him.

The donor, who wishes to remain anonymous, explained that he and his family are frequent attendees of the hospital and strongly support the work performed by healthcare staff at Austin Health.

During this conversation, the donor emphasised that he wanted to support the great work of Austin Health and the Olivia Newton-John Cancer Wellness and Research Centre (ONJ Centre), reflecting his sincere gratitude for the care and treatment he had received from the team as a patient.

*“I wanted to support my chosen hospital by contributing to their cause and by giving back to benefit society.”*

When asked what parts of the hospital the donor had used, he turned his head and pointed to where a scar had formed following intensive treatment at the ONJ Centre for a brain tumor.

We are very grateful for your donation to Austin Health. A donation, no matter the size, is a wonderful deed of generosity. It is a lasting expression of your gratitude, kindness and compassion, and an investment in the future of healthcare, research and education.

**[www.austin.org.au/donate](http://www.austin.org.au/donate)**

If you would like to discuss leaving a gift in your Will or donation, please contact Vincent Ramos, Head of Philanthropy in confidence on [vincent.ramos@austin.org.au](mailto:vincent.ramos@austin.org.au) or 9496 6346.

# Getting to know our volunteers



Austin Health's volunteer program offers a valuable opportunity for individuals to give back to their community and to make a positive impact in the lives of others.

Leonie Schulz is a volunteer with Austin Health, but her passion for helping people started long before she retired from her position of 10 years. The skills Leonie learnt in the workplace have helped her to secure one day a week in the Austin Health Foundation office. We love having her around just as much as she loves being an integral part of our team!

## **Why did you become a Volunteer at Austin Health?**

In the past I battled breast cancer and had my radiotherapy treatment here. With the caring and professional medical staff at Austin Health, I wanted to give something back so I decided to ask if they'd accept volunteers; that was around five years ago!

After applying, I was contacted by the Foundation and asked if I'd like to work there; it's been the perfect fit ever since.

When I concluded my working career, I knew that I had to do something meaningful. I think the most important thing about volunteering is the connections that are made with people. There isn't a task or responsibility in this volunteering position that I wouldn't do. If it means I'm helping people and in turn the organisation overall, then it's a worthwhile cause!

## **What do you love about being a volunteer?**

Everybody is so appreciative. Sometimes I haven't even worked with some people and they say 'thank you so much for coming in', it's just a lovely environment and culture to be a part of.

## **What has been a highlight for you?**

When I used to answer the Foundation phone often, I loved making connections with such kind and generous people. People ring up and they want to donate some money and when they tell you their story, they're sharing snippets of their life with you. It's a privilege that they're willing to share that with me. You never know what their life circumstances are, and I really appreciate that I get to listen and spend some time with them.

## **Any advice for someone who might be considering volunteering?**

Jump in with both feet! You will be rewarded; mentally, physically and through your overall well-being. I feel incredible helping people and always remember, what goes around comes around!

**Austin Health is thankful for our compassionate volunteers who make a genuine impact and difference in the lives of staff, patients, and their families.**

# Supporting Olivia's legacy

Thank you to our Austin Health and Olivia Newton-John Cancer Wellness and Research Centre (ONJ Centre) communities for your generous donations towards the end of 2022.

Your generous donations to the ONJ Centre Appeal will enable the important wellness programs to continue to be offered to those with cancer.

Cherie Chesire, ONJ Centre Divisional Director, Cancer and Neurosciences highlighted the integral value underpinning wellness programs for those patients with a cancer diagnosis.

Cherie says, "My work at the ONJ Centre has a deep focus on world-class wellness therapies for our patients. Wellness therapies have been proven to help reduce the side effects of cancer treatment and help people cope better during their cancer journey. These programs partnered with world-leading medical care help immensely to improve patients' lives."

The ONJ Wellness Centre was opened in 2012 and was made possible due to the selfless donations and support from over 200,000 members of the public and community.

By providing evidence-based therapies, the ONJ Centre ensures patients retain their sense of independence, maintain hope, and have purposeful distraction by focusing on something other than their clinical care.

With Cherie's extensive work at the ONJ Centre, she reflects on her experiences with recently diagnosed cancer patients and the deeper meaning behind the wellness programs.

***"When a patient is diagnosed with cancer, the first thing they think about is their life expectancy and treatment options – Do I need an operation? Do I need chemotherapy? Do I need radiation therapy? The value of these programs is that while the patient is being treated, we are also looking after their mind, soul and spirituality."***

On behalf of Austin Health and the ONJ Centre, we express our sincere gratitude and thanks for directly helping to improve the lives of people with cancer and their families.

Pictured below: Dame Olivia Newton-John visiting Susie, a patient at the ONJ Centre.



PRIVATE & CONFIDENTIAL

Please complete  
& return your survey  
as soon as possible,  
thank you.

# Supporter Survey 2023



## Austin Health Survey Have your say in 2023

Filling this out will help us to improve our understanding of what is important to you.

**Your opinion truly matters to us.**



Scan the QR code or go to [austinhealth-survey.hexcen.com.au](https://austinhealth-survey.hexcen.com.au)