

vitality

Spring 2022

**Vale Dame Olivia
Newton-John
AC DBE**



Austin
HEALTH

 **Olivia
Newton-John**
Cancer Wellness & Research Centre



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A message from Adam Horsburgh

Thank you for being a loyal supporter of Austin Health and the Olivia Newton-John Centre (ONJ Centre). We are deeply saddened by the passing of Dame Olivia Newton-John AC DBE.

We are incredibly grateful for the special partnership we have had with Olivia over the last 20 years. Olivia touched the lives of many people across Australia and the world, but none more so than our cancer services staff and patients at the ONJ who she encouraged, inspired and supported every day.

We have been humbled with messages of support from the community who have expressed their gratitude for the tireless efforts of Olivia's mission.

I am pleased to present this edition of Spring Vitality where we highlight some of the wonderful initiatives you have made possible. We feature a celebration of Olivia's contribution to healthcare with us.

I would also like to personally invite you to join Olivia's Walk for Wellness taking place on Sunday October 9th at Alexandra Gardens, Melbourne, or you can sign up to the virtual event and walk where you are. All funds raised are essential to provide the supportive and life-changing wellness therapies at the ONJ Centre that Olivia championed.



I thank you once again for your ongoing efforts and your support to Austin Health and the ONJ Centre. I hope you enjoy reading this edition of Vitality and how your support makes a difference for us.

With gratitude,

Adam Horsburgh
Chief Executive Officer

Honouring our Founding Champion Dame Olivia Newton-John AC DBE



Our partnership with Olivia began in 2003 when Austin Health asked if she would like to partner with us and lend her name to help build a cancer centre.

When considering this, Olivia sought the advice of her mother who said “in life, if you can help somebody then you should do it.” Olivia agreed, but only if it included a Wellness Centre with wellness programs.

Olivia found wellness programs so helpful to her on her cancer journey she wanted everyone to have access to them. Olivia also knew being positive and feeling supported was helpful to her, she wanted everyone to feel supported and focus on the positives.

Olivia worked closely with the architect in the design of the ONJ Centre, choosing colours and textures, and wanted to build the most healing environment possible. A building that made the most of natural light, had a courtyard, and of course a Wellness Centre that could be a place of respite – a sanctuary for healing.

When Olivia opened the ONJ Centre, she was moved. In her book she said “this is my name, my ethos, my dream.”

Olivia would always spend time with patients when she visited. She said that she got more out of those visits than the patients did, but we think the patients got as much out of those visits as her.

Olivia liked to see action, that’s why she chose to start building awareness and fundraising for the Centre by walking across the Great Wall of China and why the annual fundraising walks gave her so much joy. She loved it when people showed their support for people with cancer with her.

The building was designed and is filled with love and light. That is what Olivia wished for everyone and how she signed off her autographs, emails and letters.

Olivia was a pioneer, an educator and a healer. Olivia’s hope is palpable in the ONJ Centre. It is felt by the patients and delivered by the beautiful staff.

We are incredibly grateful for the special relationship we had with Olivia, for her loving generosity in leading the way to best support people with cancer.

We pledge to continue her journey and work, in honour of Dame Olivia’s vision and legacy.

Thank you Olivia.

Vale Dame Olivia Newton-John AC DBE

Bring love & light to those with cancer, join us for Olivia's Walk for Wellness 2022

Olivia's Walk for Wellness is an annual fundraising walk that began 10 years ago. Olivia always loved this event because she loved seeing everybody doing something to show their support, with her, for people with cancer.

This year's annual event will go ahead as planned and has been reimagined in light of the heart-breaking loss of our Founding Champion Dame Olivia Newton-John.

Olivia always signed her emails, letters and autographs wishing you love and light. This year, Olivia's walk for wellness is asking you to bring love and light to those with cancer.

To be held on Sunday 9th October, the event will be both live at Melbourne's Alexandra Gardens walking around the iconic Tan Track, and virtually so you can walk wherever you are in the world for Olivia and her dreams.

Sponsorships and donations from the Walk will fund evidence-based wellness therapies. Programs like music therapy, art therapy, gym, massage and yoga to name a few. These programs have been proven to support the emotional wellbeing of the person, reduce pain and anxiety and help people cope better with the cancer diagnosis and treatment - or as Olivia called it 'thrive'.

This is what those with cancer say about the wellness programs.

"The Wellness Centre and those programs were equally as important to why Lori has lived and survived than anything else. It's just as important. It's not an add on."

- Carer Jo

"Although this whole experience has been overwhelming at times the connection with others through the Wellness programs has really helped."

"People are supportive of each other and have similar issues which they can all relate to - physically and emotionally. It (wellness programs) is a life saver."

It is now up to all of us to Walk for Olivia, keep her dreams alive and continue her legacy. Please sign up to the Walk for Wellness and fundraise to bring love and light to those with cancer.

To sign up and donate go to walkforwellness.com.au

A very special thanks to Petstock and our sponsors for their kind support of Austin Health and Olivia's Walk for Wellness.



Olivia's Walk for Wellness

Walk for Olivia and bring love & light to those with cancer.

Join us virtually or live at Alexandra Gardens
Sunday, October 9, 2022

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Show your support and sign up
to Olivia's Walk for Wellness
walkforwellness.com.au

Diamond Partner



Gold Partners



Community support will enhance emergency care

Thank you to you, our Austin Health community for the overwhelming support to our recent Emergency Department (ED) appeal.

In the past year, the ED has seen over a hundred thousand patients present to our ED. Some of them are in life-threatening situations and need the skills and expertise that our ED team are trained to provide.

Thanks to you, the ED staff will be able to do more to help patients get the care they need so they can return home to their families as quickly as possible.

The ED staff were truly buoyed by the support from people like you. More than 1,400 of you contributed making this one of our most successful community appeals.

We know many of you were past patients or had family grateful for the life-saving care they received.

Michael Ben-Meir, Director, Emergency Department thanks the community for their generous support towards emergency medicine research, "Now more than ever, it's vital that we invest funds in improving the care of patients here at the Austin Emergency Department and all Emergency Departments. The research we do here will contribute not only to better outcomes to patients here but better outcomes for patients across Australia and the world."

We would also like to acknowledge the family of Josie Fletcher and another anonymous donor who generously matched donations during this appeal.

1000 Minutes of success for challenge

Thank you for supporting the 2022 Austin Health 1000 Minute Challenge.



The 1000 Minute Challenge asked participants to complete 1000 minutes of exercise over the month of March, approximately 30 minutes per day to improve health and wellbeing. Efforts from people like you helped raise funds to support healthcare workers at Austin Health.

This year, over 800,000 minutes of activity were logged and \$220,000 raised for additional medical equipment.

We are thrilled to announce Austin Health's volunteers were the highest fundraising team. We are so grateful for their outstanding and continued generosity to Austin Health.

Volunteers not only dedicate their time to help patients, families and staff but seeing them actively involved in the 1000 Minute Challenge was inspiring.

Jodi Batchelor, Manager Volunteer Engagement says,

"I am so proud of our team. It doesn't surprise me at all that TeamVollies! has led the field in fundraising for Austin Health's 1000 Minute Challenge from the first day to the last. I am so grateful for them, and really believe they are at the heart of what makes Austin Health the great place it is!"

We look forward to you joining us for our next 1000 Minute Challenge!



“My greatest wish is that my gift will help find new cures and treatments, helping future generations.”

Betsy King
Elizabeth Austin’s Circle Ambassador



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Young men take cancer in their Stride 4 Shane

Due to the wonderful care Shane Maher experienced at the Olivia Newton-John Centre, cousins Dylan and Josh and Shane’s son Nick decided to give back and fundraise whilst running 200km from Melbourne to Echuca over one week. This adventure was called Stride 4 Shane.

Nick, Dylan and Josh all met in Echuca on holidays and became family friends. When Shane passed away from central nervous system (CNS) lymphoma, Dylan and Josh got together to support the Maher family to raise money for other patients and families at the ONJ Centre.

The pair took on the 200km over instalments throughout the week, running around 30-40km a day. They trained for a year before the big activity.

“When we first started out, we never thought it would get as big as it did.”

Due to the publicity of the wonderful challenge the cousins took on, they ended up raising almost \$30k in honour of Shane.

“There was always doubt in our minds that we wouldn’t be able to complete the run but

as the week went on our confidence just grew and as we got closer to finishing, we knew we were going to pull it off,” says Dylan.

Their biggest sense of accomplishment was running across the finish line to their loved ones waiting for them where the friendship and vision to do this for Shane had all started.

“Until you have someone who is close to you going through cancer treatment, you don’t understand the impact it has on you and them. Something that was impactful for Josh and I was having conversations with people we’d never met who supported us. Even though they didn’t have a direct connection to Shane or our cause, they were still moved by our mission. This was eye-opening for us and so special.”

Community fundraising is a powerful way to give back to Austin Health or the ONJ Centre. You can find out more on our website to contribute the way Josh and Dylan have.

<https://onj-cancer-wellness-and-research-centre-community-fundraising.raisely.com/signup>

Easter delight



Generosity from people like you comes in all shapes and sizes... and flavours!

Staff at Austin Health and the Olivia Newton-John Centre felt the Easter delight in April thanks to the kindness of our dear friends at Bakers Delight.

Bakers Delight generously donated 18,000 Hot Cross Buns to say thank you to Austin Health staff for their incredible work, dedication and sacrifice over the last two years and always.

Austin Health's Chief Executive Officer, Adam Horsburgh, thanked Bakers Delight for helping to spread some joy to healthcare workers.

"Our staff have been amazing throughout the whole COVID pandemic and to have their hard work acknowledged by Bakers Delight at Easter was just fantastic." Adam said.

"Supporting local communities has been a part of our DNA for over 40 years, so we are thrilled to have been able to bring a little Easter delight to Austin Health," said Elise Gillespie, Bakers Delight Joint Chief Executive Officer.

Survey coming in 2023

Keep an eye out for Austin Health's survey coming soon, filling this out will help us communicate with you better!

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