

vitality

Spring 2023

**Join us for Olivia's
Walk for Wellness
on Sunday 8 October**

**A decade of
memories from
Olivia's Walk for
Wellness**

Page 4

**Life-changing new
technology for
kidney transplant
patients**

Page 8

**Transforming
the Paediatric
Emergency
Department**

Page 9

Austin
HEALTH



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



Visit our gift shop

Austin Gifts is the perfect place to find the special gift you've been looking for.

Proceeds from all purchases are donated to Austin Health - so your gift will keep giving.

Located on Level 3 in the Harold Stokes Building, Austin Hospital, and online.

www.austin.org.au/giftshop

 @austingifts

**10% OFF
EVERYTHING**

Use code **SPRING2023**

A message from Adam Horsburgh

It's hard to believe we're already in Spring of 2023. There have been many highlights and achievements so far this year, thanks to the kindness of supporters like you. I'm proud to be able to share some of these in this edition of Vitality.

Inside, we look back on a decade of Olivia's Walk for Wellness, which started in 2013 as a fundraising walk from the Ivanhoe shopping precinct to the Olivia Newton-John Cancer Wellness & Research Centre (ONJ Centre), and back again. The walk has now evolved into an incredible annual event hosting thousands of participants in Melbourne and around the world.

I would like to personally invite you to join me at the walk on Sunday 8 October at Alexandra Gardens, Melbourne, or you can sign up to the virtual event and walk wherever you are. All funds raised are essential to provide the supportive and life-changing wellness programs at the ONJ Centre that Olivia championed.

This edition of Vitality explores some of the other developments we have been able to make to patient care thanks to generous supporters like you. We have invested in research and technology to ensure kidney transplant procedures are gentler, more effective and less invasive. We have also been able to purchase a new high-definition four-dimensional echocardiographic system for cardiac patients. This revolutionary new equipment will ensure greater safety and success of complex valve procedures.

Finally, I'm excited to share our Christmas Appeal this year will focus on raising funds to transform the Paediatric Emergency Department experience for young people



at Austin Health. This will include spaces, equipment and treatment tailored to young people's needs, ensuring what can often be a stressful experience is calm and positive for our youngest patients.

On behalf of our staff, patients and their families, I want to sincerely thank you for your ongoing support of Austin Health and the ONJ Centre.

With gratitude,

Adam Horsburgh
Chief Executive Officer

Ten years of Olivia's Walk for Wellness

This year we will celebrate a decade of Olivia's Walk for Wellness on Sunday 8 October 2023.



Since 2013 the walk has evolved into a global event bringing thousands together to support people with cancer and raise funds for the ONJ Centre's wellness programs.

Thanks to Olivia's influence, the ONJ Centre was the first cancer hospital in Australia to complement cancer treatment with wellness programs, such as mindfulness and acupuncture.

These programs have been proven to help reduce the challenging side effects of cancer treatment.

Here, we look back through the history of the walk and its highlights over the last decade. And we look forward to many more special moments to come!

2013

The walk begins

Olivia and the Ivanhoe Traders invite the public to attend a fundraising walk from the Ivanhoe shopping precinct to the ONJ Centre and back, to raise money for the new centre's wellness programs. Olivia says if anyone is surprised to see her walking down the street, "I am hoping they'll join me – it will be like the Pied Piper."

Olivia walks with her husband John and family members. She greets and talks with many people, thanking the Ivanhoe Traders for their support.

"It warms my heart every year to see a sea of green T-shirts standing on the start line of the walk."

Dame Olivia Newton-John

“This was one of Olivia’s favourite events and favourite days because she loved seeing everyone come together to show their support for people with cancer.”

Tottie Goldsmith,
Walk for Wellness Ambassador



2014

Olivia’s dream is realised

Olivia hoped to make the fundraising walk an annual event – and her goal was realised this year. The walk takes place for a second time and ends with a celebratory street party in the Ivanhoe shopping precinct with thousands of people coming together to see Olivia and hear her sing.

2016

New partnerships

The event evolves into the ‘Wellness Walk and Research Run’. In collaboration with the Olivia Newton-John Cancer Research Institute, Austin Health invites La Trobe University to join as an event partner. The event moves to the La Trobe University Bundoora campus, and participants can walk or run through the magnificent green spaces. Conservationist Bindi Irwin and athlete Steve Monagetti lend their support.

2019

Move to Alexandra Gardens

As momentum builds globally for Olivia’s walk, the event moves to Melbourne’s Alexandra Gardens on the edge of the city. Olivia’s daughter Chloe attends and walks alongside her – Olivia treasures sharing the experience and community with Chloe. This is the first year the walk raises over \$1mil for the ONJ Centre wellness programs.





“The funds raised from the walk are essential to provide the supportive and life-changing wellness therapies at the ONJ that Olivia championed.”

Adam Horsburgh, Austin Health CEO

“Cancer treatment is vital, the treatment has given me life, but the wellness programs have given me hope and to combine the two together - incredible.”

Suzi, Olivia Newton-John Cancer Wellness & Research Centre patient

2020

& 2021

2022

2023

Impacted by the pandemic

In 2020, due to the COVID-19 pandemic and associated health risks for vulnerable patients, the walk does not take place for the first time since 2013. In 2021, the walk returns as a virtual-only event, and includes videos with experts and patients experiencing cancer. Some top fundraisers are invited to meet Olivia online for a special 'Fireside chat'.

Walking without Olivia

Heartbreakingly, Olivia passes away just two months before the walk. Thousands of attendees walk to honour Olivia's legacy and keep her dream alive. This is the first year without Olivia, and the first year we return in-person after the COVID-19 pandemic. Her niece Tottie Goldsmith bravely leads the walk as our Goodwill Ambassador.

Loved ones take the lead

This year on Sunday 8 October Olivia's loved ones will lead the walk from Melbourne's Alexandra Gardens, including her husband John Easterling, daughter Chloe Lattanzi and niece Tottie Goldsmith. Even without Olivia present, her legacy of generosity, love and light continues on.

Olivia's Walk for Wellness will take place on Sunday 8 October at Alexandra Gardens, Melbourne. Walk with us either in Melbourne or virtually from around the globe, or simply donate to support the walk and Olivia's vision for wellness.

Visit [walkforwellness.com.au](https://www.walkforwellness.com.au)



Olivia's Walk for Wellness

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

Join us live at Alexandra Gardens, Melbourne
or virtually Sunday 8 October 2023

www.walkforwellness.com.au



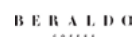
Charity Partner



Radio Partner



In partnership with



Life-changing technology for kidney transplant patients

Your generosity during our mid-year Tax Appeal will fund the revolutionary new Kidney Machine Perfusion Program. The program is improving kidney transplant outcomes for patients in an Australian-first here at Austin Health.

Kidneys are the most transplanted organ in Australia, but there is a growing waitlist for transplants and an average wait of five years. Six per cent of people waitlisted die in the first three years of waiting.

Transplant candidates require dialysis to replace kidney function and keep them alive. Dialysis is time-consuming, inconvenient and costly. It leads to poorer health in the long term, compared to transplantation.

A challenging wait for patients

Many patients say the ongoing demands of dialysis significantly impact their mental health and quality of life.

This was Tony's* experience. For years, his world was dictated by 'the dreaded but necessary ritual' of dialysis. He required dialysis three times a week, for five hours at a time. He went away exhausted after each session.

Two years ago, Tony got his life back after undergoing a kidney transplant here at Austin Health. Tony was one of the lucky ones. Today, there are more than 20,000 Australians receiving kidney replacement therapy to keep them alive.

How new technology can help

This year, donors like you helped raise \$285,000 for our Kidney Machine Perfusion Program. This program is now operational at Austin Health and thanks to your support patients have increased access to kidney transplants and improved outcomes.

In August Austin Health undertook an Australian first and transplanted a kidney following the use of our new hypothermic oxygenated perfusion machine.

This device pumps oxygenated, cooled preservation fluid through donated kidneys from the moment they are retrieved at a donor hospital, throughout transport, until they are transplanted at the recipient hospital.

Kidneys preserved this way usually function better after transplantation, result in fewer serious complications, allows more time to prepare the transplant recipient and have lower rejection rates compared to the current cold storage method.

More than 30 staff at Austin Hospital came together to make the transplant a reality. The kidney was in cold storage for 14 hours, the majority of this with machine perfusion support.

"We are very happy with the result. This is a great outcome for the recipient," said Director of Renal Surgery and Transplant, Associate Professor Bulang He.

This is a game changer for transplantation services in Victoria and Tasmania – and more importantly, for patients. Thank you for helping us to make this technology available and making a difference to so many lives.

* Name has been changed



Transforming the Paediatric Emergency Department

The Paediatric Emergency Department (ED) at Austin Health makes a significant impact in our community, treating approximately 18,000 young people each year.



9-month-old Nora in Paediatric ED

Any presentation to the ED can be a stressful and confronting experience. But for our youngest patients, the unfamiliar people, loud noises, bright lights and invasive procedures that might occur in ED can be very frightening – especially when combined with the pain and stress of a medical emergency.

At Austin Health, we are enhancing the Paediatric ED and have a plan to redesign the emergency healthcare experience for young people and their families. This includes tailoring spaces,

equipment and treatment itself to young people's needs. Evidence-based research has shown that calm, ambient healthcare environments help reduce stress for young people, resulting in a more positive experience for all.

Our Christmas Appeal this year will focus on raising funds to transform the Paediatric ED experience for young people at Austin Health. Keep a look out for our appeal to community soon – with your help we can minimise distress and improve health outcomes for our youngest patients.

Community support for little superheroes

We are grateful to Brother for the Supertee Care Packs recently donated to Austin Health's Paediatric ward to support young people having scans.

The Supertee is a garment designed especially for children in hospital – it is MRI and PET scan friendly, and features clinician access points for medical tubes and taking temperatures.

Andy and Carolyn kindly delivered the superhero-inspired shirts, just in time for patient Jack to put one on prior to his MRI.

One staff member said, "All the kids love dressing up as a superhero ready to go for their procedure. If you could only see the smiles on their faces, the absolute joy it brings to the patient, and the sense of relief on the faces of family members seeing their child's mood change from nerves to excitement.



"We cannot commend you enough on your amazing supertee – thank you Andy and Carolyn for your generous donation. As staff, we love handing them out."

Thank you to Brother for bringing a smile to the faces of our youngest patients and making them feel as brave as superheroes as they navigate their hospital visits.

Getting to know our volunteers



Each week volunteers contribute their time generously to help us deliver care and improve the patient experience. Lyn Campbell has volunteered since 2016 to support the Austin Health Foundation.

Why did you become a volunteer?

I knew if I ever volunteered, it would have to be with the ONJ Centre. So when I retired and my husband passed away, I started as a volunteer.

My husband – Max Campbell – was a local accountant in Heidelberg and helped as a financial adviser in the seed funding to build the ONJ Centre. He decided to stay on in a volunteer capacity. He became part of the ONJ fundraising executive group and met regularly with Olivia when she came to Melbourne. Over 10 years the group raised more than \$200 million.

My husband would organise dinners with potential donors to meet Olivia. She was so good at talking to people – she really was like the girl next door. She was generous with time, happy and smiling. In one night at a fundraiser, Austin Health raised \$250,000.

What do you love about being a volunteer?

I love the people I work with. I've enjoyed meeting the people in the organisation in the years I have been there. I have always worked with people – I was a teacher. When I retired, I had to do something with people or I would have gone nuts.

It's given me an understanding of other ways of life – because I am meeting all sorts of people. And it's really given me a sense of purpose.

I think volunteering has a double benefit. As much as it helps the people you're working with, it helps you as a person as well. It gives you a very good feeling to know you're helping people. You don't do it to be thanked, it just makes you feel good.

What has been a highlight for you?

In 2019 my family were invited to be at the start line of the Walk for Wellness alongside Olivia and her family. We had our dog with us: Mia the King Charles Cavalier.

Chloe spotted us and wanted to hold the dog, and then Olivia held the dog and walked with her. A photograph was taken, and the photos of Olivia holding our dog are now well known. Tottie held the same dog at the walk after Olivia passed away.

We've always participated in the walk and our 'Team Maxie' has had up to 100 people in some years. Olivia's Walk for Wellness has always been a highlight for us.

Olivia sent me a message when Max died and it meant a lot that she said, 'Max was a lovely man - so generous of heart and spirit.' Everything she ever asked Max to help with he did. He gave so much.

Any advice for someone who might be considering volunteering?

While the government funds the hospital, the wellness programs rely on fundraising, donations and help from volunteers. The wellness programs make such a difference to patients.

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



Life-saving technology for cardiac patients

This year, a generous grant of \$100,000 from the H.T. Pamphilon Fund has allowed the Cardiology department to purchase a high-definition four-dimensional echocardiographic system, which will help to perform faster and safer procedures to treat valve-related conditions for cardiac patients.

Donors who supported Austin Health funded the remaining \$158,000 required to purchase this life-changing equipment.

The machine provides real-time images of the heart, ensuring greater safety and success of complex valve procedures. These procedures have revolutionised cardiology, patients can avoid major cardiac surgery and are usually safely discharged within 48 hours. Non-surgical approaches to valve

disease also greatly improve quality of life for people who would otherwise be limited by debilitating cardiac symptoms.

The addition of this machine places Austin Health at the forefront of structural heart interventions, research and training as we expand our expertise to newer technologies.



Thank you to our generous donors

We are grateful to our Austin Ambassadors and Olivia's Circle regular donors who provide much needed support every year to Austin Health patients and their families. Whether you're able to give a little or a lot – you make a big difference.

Being part of a regular giving community has allowed us to fund vital wellness programs at the ONJ Centre and enabled us to improve patient care throughout Austin Health.

Messages from our donor community

"I was a patient at Austin and I really appreciate their service and wanted to extend my kindness towards other patients who need it the most."

Lien Truong

"My wife had a successful surgery at your hospital. We are so thankful. We wish your excellent services will always be available to people in need."

Lorentz Lam

"Because every little bit helps."

Owen Coates

"My little amount might contribute to help extend someone's life."

Happy Paralejas

"I owe you my life."

Jane Brownrigg

"So that more lives can be saved and to show my appreciation to the great work the Austin Hospital does."

Valerie Bristow

"I am donating because I want to pay forward the great work your team is doing for the care of my loved ones."

Felicia Bonacci

"I received life-saving treatment from the doctors in the Rheumatology department, and my family and I are very grateful."

Alan Haywood