

# The Well Wisher

Winter 2011



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Thank you

**Dr Brendan Murphy, Austin Health, Chief Executive Officer**

The big news, as you would by now know, is that we have secured the final tranche of government funding for the Olivia Newton-John Cancer and Wellness Centre. The Victorian Government recently announced it would provide \$44.88 million for the completion of the Centre.

Stages 1 and 2(a) are expected to be delivered by mid-2012. This will include the building's shell and services such as Radiation Oncology, Day Oncology, the Wellness Centre, Information and Resource Centre and one floor of research.

## Elation at Cancer and Wellness Centre Funding

Stage 2(b) will be complete by mid-2013 and will include the delivery of acute oncology and the haematology wards, the palliative care unit, cancer administration and clinical trials and the balance of research.

With the finish line in sight we have our focus on the final leg of funding which will ensure the wellness component of the Centre is complete, providing patients with a very special centre, offering them more than what they might expect in a hospital.

We are very grateful to Premier Ted Baillieu and Minister David Davis for their support in a difficult budget year. Just as we are also incredibly grateful to our supporters who got behind this project from the very beginning, who shared our vision and who today, continue to support us.

We feel a very strong connection with the community and look forward to working together to ensure the Centre is complete in time for its scheduled opening next year.



Austin Health and the Ludwig Institute for Cancer Research, under the expert guidance of Dr Hui Gan, are conducting a Phase 1 Clinical Trials program. These trials take the most promising cancer drugs from the lab and introduce them to patients with advanced cancers where standard treatment has failed.

## Leading the search for new treatments

The program joins a network of Australian and international partners in developing new anti-cancer drugs and, at any one time, Austin Health has multiple Phase 1 Trials open.

"Phase 1 Trials are particularly important, not only because they are a key step in developing new cancer treatments, but because they provide some hope for patients who have exhausted other treatment options," Dr Gan said.

Patients with any cancer type can be considered for these trials. "Several of the trials currently underway

are showing encouraging early results for patients with melanoma, mesothelioma, thyroid cancer and other cancers with limited treatments."

While it's too early to tell the exact benefits of these drugs or whether they will eventually progress to being routinely used for cancer treatment, it's trials like these, Dr Gan says, that are vital to improving the lives of patients who have cancer.

# Cancer and Wellness Centre – Progress Update



Main drop off area on Level 2 with glazed facade being installed



Formwork being erected for Level 5



Wall framing and services being installed on Level 3

**Thanks to our wonderful supporters, we continue to make steady progress.**

As the building takes shape, all of us here grow ever more excited and optimistic about the future of cancer treatment in Australia.

The Olivia Newton-John Cancer and Wellness Centre is focused very much, on the needs of patients. Not only to provide excellent medical treatment and supportive wellness programs, but also, and importantly, to discover better treatments and ultimately a cure for cancer.

Already, cancer research undertaken here at Austin Health, together with the Ludwig Institute for Cancer Research has made significant discoveries which have directly benefited patients. Giving them access to emerging treatments otherwise not available in Australia or elsewhere in the world.

Our vision, as part of the Olivia Newton-John Cancer and Wellness Centre is to significantly expand our current cancer research facilities. This will enable us to:

- increase the number of clinical trials we do at any one time, from 50 to 100
- accommodate more researchers - an increase from 90 to 200 staff
- have greater scope to accommodate new research and specialist equipment to provide for key platform technologies such as cell biology, cell sorting and storage

- have the ability for clinicians and researchers to work together in a collaborative environment – encouraging a healthy exchange of ideas from specialists working together resulting in the best possible outcome for the patient.

Structural framework of the research area on Level 5 has been completed, with the walls and services to be installed shortly. The Level 5 research area is scheduled for completion so our labs can be fully functional come opening day 2012, with the additional research facilities on Levels 4 & 6 operational in 2013.

With the finish line in sight we have our focus on the final leg of funding which will ensure the wellness component of the Centre is complete, providing patients with a very special centre, offering them more than what they might expect.

## **Snapshot: our building progress**

- Structure – Levels 4, 5 South, 5 North, 6 North, 7 North and 8 North complete
- Fit out – Level 2 almost complete, Level 3 commenced
- Windows – installation rapidly progressing
- Services – Levels 1 to 4 complete, Level 5 South and 5 North yet to commence

Stay tuned to future editions of the Well Wisher for more progress reports.

Stage 1 is on schedule.  
Due to open mid 2012.

# Living Well with Prostate Cancer Sessions

For those diagnosed with cancer, their lives and the lives of their loved ones will undoubtedly be shaken but with clear, concise information and support, the impact can be greatly eased.

Facing the facts with a team of healthcare professionals and people who have lived through the experience of cancer, can help you better understand and accommodate the lifestyle changes required.

To help patients, partners and their families, Austin Health is holding a series of information and support evenings called "Living Well with Prostate Cancer". These sessions are held three times a year and aim to give participants accurate and up to date information on a range of relevant topics. Men and their support team can meet with others who may be living a similar experience. They can access resources to assist them to manage their disease and learn about community support groups.

The 'Living Well with Prostate Cancer' sessions have been extremely well received by those who have attended. The sessions are hosted at Austin Health and are a partnership between Austin Health, the Diamond Valley and Heidelberg Prostate Cancer Support Groups, Prostate Cancer Foundation of Australia and NEMICS.

For our next sessions please contact our Wellness Co-ordinator Tammy Boatman on (03) 9496 3799.

## Volunteer Peer Support Model

In addition to the "Living Well with Prostate Cancer" sessions, Austin Health is considering introducing a volunteer-led Peer Support Program.

The Princess Margaret Hospital in Toronto has introduced a similar program called "Man to Man". In this model, trained peer support volunteers are highly visible within the outpatient clinic environment. The role of the volunteers is to provide a friendly face,

some immediate support to those who would like to receive it and assistance in where to go for further information and support.

These volunteers are by no means a substitute for professional support; however they appear to have an important role which comes from having lived through their own experience of cancer.

While most patients will attend their appointments with friends or family, not all patients have that level of support needed at this crucial time. Austin Health's leading urologist, Dr Nathan Lawrentschuk, saw first hand the benefits in the Canadian program and is enthusiastic about it being introduced at the Olivia Newton-John Cancer and Wellness Centre. Austin Health is collaborating with the Prostate Cancer Foundation of Australia to determine how this model, which works so effectively overseas, can best be implemented at our Centre.

# New faces in Palliative Care

In a wonderful move forward for Palliative Care at Austin Health, we're very happy to welcome two highly experienced members to the team: Dr Juli Moran as Medical Director of Palliative Care, and Molly Carlile as Palliative Care Services Manager.

Where once Palliative Care was about death, today, it's about life and helping people live as well as they



Dr Juli Moran - Medical Director of Palliative Care

can in the time they have left. Says Dr Moran, "Palliative Care has changed significantly in the past few years. It now has so much more to offer patients and their families."

Fitting in perfectly with the Centre's wellness philosophy, the Austin's Palliative Care will take on a new model, integrating seamlessly with acute services. Palliative Care will be holistic, focusing on managing each patient's physical, psychological, spiritual, emotional, social and cultural needs. Says Ms Carlile, "Despite a person having a terminal diagnosis, they can experience both health and wellness and it's our job to assist them to do this."

Broader services will be on offer, including respite for carers so that their loved ones can remain at home for longer. Plus, Ms Carlile hopes to take a creative approach in caring for

the needs of patients and families. "My vision is roving musicians, rotating exhibitions, expressive art activities, patient biography services... we are only limited by our imaginations!"



Molly Carlile - Palliative Care Services Manager

# Thank you for Being a Friend

We are always so grateful to those in the community who choose to support the Centre through various fundraising activities. Recent fundraising events include:

## Union Road Traders Association

held a Gala Dinner during the Victorian Spring Racing Carnival. Along with the very generous support of RoCan and the Rotary Club of Williamstown, raised \$20,000.

## The 3rd Annual Garry Tyson Memorial Golf Day

recently raised \$1,500 for the Centre, bringing their total to \$6,800.

## Monthly Healers Market

donated \$3,000 from stall holders fees collected throughout the year.

**Mark's Hotham Ride** – On the 5th of January Mark Jemison held a charity bicycle ride up Mt Hotham. Through friends and family sponsoring him, he raised over \$2,500.

## James Yarosh Fine Art & Design Gallery

has been a long term and regular supporter of the Centre. Based in the USA, having received critical acclaim for his fine art collections on an international scale James continues to actively support the Cancer and Wellness Centre through his fine art community.

If you would like to run a community event or celebrate your special occasion in charitable style, please contact our fundraising department on (03) 9496 5753 and ask for Melissa.

## AFL Charity Night

**Join Olivia at the MCG as Melbourne takes on Carlton in a charity match for the Olivia Newton-John Cancer and Wellness Centre.**

As a major fundraising initiative in conjunction with the AFL, you will be

treated to a great game of footy and some fantastic pre-game and half time entertainment from Olivia.

Special VIP packages are available, including reserved seating, pre match cocktail party, meet Olivia in person and much more....for more details go to our website [www.oliviaappeal.com](http://www.oliviaappeal.com)

Everyone is welcome to what will be a great night. Our tin shakers will be on hand collecting donations.

**When:** Friday, 27th of May

**Time:** 6.00pm

**Venue:** MCG (Melbourne Cricket Ground)

**VIP Packages:** \$500 per ticket, can be booked by calling **03 9496 5753**

All proceeds from the VIP packages and community donations will support the Olivia Newton-John Cancer and Wellness Centre.

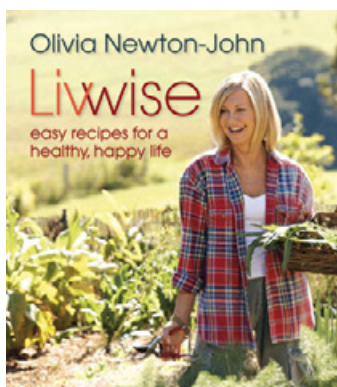
## Livwise by Olivia Newton-John

Livwise is a cookbook developed by Olivia where she explains her belief in the importance of eating a healthy diet to maintain wellness and balance. The book will introduce you to ways of eating and living that will keep you in good health and happiness. Simple, wholesome and tasty recipes are those Olivia loves to cook for her family.

Some created in her own kitchen and others contributed by friends and chefs at her Australian health retreat, Gaia. From delicious salads and snacks to hearty mains and guilt-free desserts, the recipes in Livwise offer a perfect balance of flavour, goodness and vitality.

Livwise retails at \$39.99 and is available at all good booksellers including department stores, book stores, BigW and Target.

Olivia is donating all the profits from the sale of this cookbook to the Olivia Newton-John Cancer and Wellness Centre.



## What's on!

There's always something happening on the Centre calendar:

### Olivia live at the 'G'

- Friday 27 May 2011  
(see promotion above)

### ARC presents Grease

The Amateur Repertory Company, a suburban theatre company, is putting on a stage production of the hit musical "Grease". \$1 from every ticket sold will be donated to the Olivia Newton-John Cancer and Wellness Centre.

**When:** 8th July – 16th July  
**Prices From:** \$24 per person  
**Venue:** Banyule Theatre, Buckingham Drive, Heidelberg.

Melways Reference 32 D3  
Bookings: Call 0435 062 087 or go online [www.arc-theatre.com](http://www.arc-theatre.com)



# Yes, I Wish to Help

## A Personal Message from Olivia



I was absolutely thrilled when I heard the news that the State Government, and in particular Premier Ted Baillieu and Health Minister David Davis, had found a way to deliver the final government funding of \$44.88 million for the Olivia Newton-John Cancer and Wellness Centre from their budget.

I am sooooo excited and sooooo grateful to everyone who has supported and who continues to support the dream to build this Centre.

Visiting the Centre the other day, I was amazed at the progress made since my last visit. It really is beginning to take shape. And what's especially exciting is that Stage 1 is still on schedule to welcome patients mid 2012.

This month is a particularly busy time for me. I'm here to promote the Olivia Newton-John Cancer and Wellness Centre and continue to help raise much needed funds toward its completion.

Myer Community Fund continues to be a major partner in our fundraising efforts and I always look forward to attending their Precious Metal Ball with 50% of the proceeds going to the appeal. This month I will also be launching my first ever cookbook, "Livwise", which introduces you to wise ways of eating and living that will keep you in good health and happiness. With all profits going to the Centre, there has never been a better reason to get healthy and support a fantastic cause.

It is such a winter tradition in Melbourne to rug up and go to the footy and that's exactly what I will be doing on Friday the 27th of May at the MCG, to see my beloved Carlton take on Melbourne. It will be a special charity game with donations raised going to the Cancer and Wellness Centre. There will be fabulous pre-game entertainment and much more, so I hope you can join me at the game.

**A Year to Go To Complete The "O"** and how humbling that so many of you truly care about the needs of those with cancer.

Every time I visit the cancer wards at Austin Health, I am reminded of why this Centre is so important. I am grateful that as a community we have shared this dream, and aimed towards its completion.

We are almost there! Thank you so much for your continued support.

Love and light

Dr  Mr  Mrs  Miss  Ms

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Mobile \_\_\_\_\_

Email \_\_\_\_\_

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

**OR** Please debit the amount I have indicated from my:

VISA  MasterCard

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

Name on Card \_\_\_\_\_

### For regular monthly donations

I authorise the Olivia Newton-John Cancer and Wellness Centre to make automatic monthly deductions from my credit card (details as above) until further notice.

Monthly amount is: \$

Automatic deduction occurs on the 17th of the month, commencing (month and year) \_\_\_\_\_

Signature \_\_\_\_\_

### Please send me information about:

- Joining Olivia's Circle (monthly giving program)
- Making a bequest to the Olivia Newton-John Cancer and Wellness Centre in my Will

### All donations of \$2 and over are tax deductible

If you do not wish to receive any further fundraising communications from us, please write, email or phone us on 03 9496 5753.



Olivia Newton-John Cancer and Wellness Centre Appeal  
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