

FOUNDATION FOR HEALTH

YOUR DONOR NEWSLETTER EDITION 2, OCTOBER 2017



iMAGINATION
is the
BeST MeDICiNe

Monash**Health**
Foundation



supporting sick Victorians.

In September we celebrated 30 years at Monash Medical Centre. In those 30 years, with the help of philanthropy, we have seen the creation of new technologies, the emergence of improved ways to treat disease and the growth of a supportive community.

Looking forward, we have launched a new and exciting fundraising initiative; the Imagination Appeal. The Imagination Appeal is your opportunity to invest

As the demand for our services grows, so too is the support from our community. You - our generous donors - are making a difference at Monash Health, improving the care we can deliver to patients every day. Thank you for

in the future - giving our sick children in the Monash Children's Hospital the best chance at a healthy future. You can read more about the Imagination Appeal and how to be involved on page four.

On page five you will see Will Clemens' inspirational story of resilience and strength. Will suffered multiple strokes when he was just four years old. He has faced a challenging journey to recovery ever since. This Christmas gives you the opportunity to support thousands of patients like Will, through the Monash Health Christmas Appeal. Donations to the Christmas Appeal fund research, training for staff, the purchase of new medical equipment and patient well-being programs. For each donation received, a special Imagination Star will be hung on our Christmas tree in the hospital. Details on how to support the Christmas Appeal and have your star hung in the hospital are on page five.

I hope you enjoy this edition of your Foundation for Health newsletter and have a safe festive season.

Andrew Stripp
Chief Executive, Monash Health



In 2007 it became clear that Melbourne was in need of another dedicated children's hospital. The planning for the 230-bed, state-of-the-art Monash Children's Hospital began.

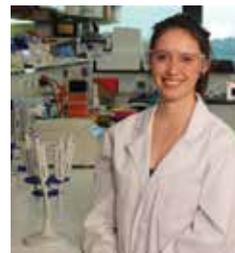


2007
A dedicated children's hospital



1987
The birth of a new tradition

Victoria took a pioneering step in the history of healthcare services with the amalgamation of three hospitals each with their own unique histories; Moorabbin Hospital, Prince Henry's Hospital and the Queen Victoria Medical Centre leading to the formation of Monash Medical Centre.



2017
Imagining the future

Monash Medical Centre is now an integral part of Monash Health. With the support of our community, Monash Medical Centre continues to provide tertiary health care for the south east to improve access, continuity, effectiveness and efficiency.

WE RAN THIS CITY!

Our dedicated staff, patients and their families, challenged themselves on the Run Melbourne course this year, raising over \$27,000 to support Monash Health.

Among our team members was Benny Cooper, past MonashHeart patient who went into cardiac arrest when he was just 16 years old. Only 18 months later, Benny ran the half marathon course and raised \$1,905 for the MonashHeart staff who helped save his life. Sam Mollica also tackled the 10km course and raised \$2,900 for the Monash Allergy Clinic. Sam suffers from exercise-induced anaphylaxis. She has been able to manage her condition and return to running thanks to the dedicated team at Monash Allergy Clinic.

Our top two fundraisers were Catherine Andrews raising \$3,282 and Rita Murgana raising \$3,850 for her daughter receiving treatment at Monash Children's Hospital.



Half marathon runners Benny Cooper, Catherine Andrews and Ali Crichton

Congratulations to all our Monash Health Run Melbourne competitors, we look forward to an even bigger fundraising event next year!

GIVING CANCER THE BOOT

Football fans, AFL sporting greats and your favourite Channel Nine personalities came together to raise over \$1 million at the 2017 My Room Footy Show Telethon.

The Footy Show featured AFL legends Luke Hodge and Jack Ziebell answering calls from generous Australians, united to help cure childhood cancer.

The donations from last year's Telethon funded a four year clinical research fellowship program, dietitian to provide nutritional support to children with cancer, oncology social workers to assist with urgent patient and family support, portable interactive distraction systems, and an education touch screen white board.

Thank you to everyone who donated to The Footy Show My Room Telethon, together we can give childhood cancer the boot!



Luke Hodge, Jordan De Goey, Jack Ziebell and Rebecca Maddern with Sophie Lubransky



COVER

Image shows a snapshot from the Imagination film



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IMAGINATION is the BEST MEDICINE

At Monash Health we believe in the power of imagination. Imagination inspires research to cure illness. Imagination inspires new treatments for patients. And imagination gives hope.

IMAGINATION IS THE BEST MEDICINE

Innovation and creativity, through the power of imagination, has transformed the world of medicine, improving the way we diagnose and treat illnesses.

Today we use virtual reality to help children cope with pain, avoiding the need for anaesthetic. We treat breast cancer patients with a single dose of radiotherapy rather than the usual 16 doses, and we perform brain surgeries utilising GPS technologies. With your help imagine what we could achieve in the next decade!

We are proud to launch the Imagination Appeal, giving you the opportunity to support healthy futures for the young patients in our Monash Children's Hospital.

To celebrate the Imagination Appeal we shared a beautiful film featuring a young girl named Tahlia (featured on the cover). With the assistance of ambient theatre technology, Tahlia uses her imagination to go on a journey into space, whilst undergoing an MRI scan.

The calming lights and sounds of the MRI in our new Monash Children's Hospital distract and comfort patients like Tahlia, reducing the need for anaesthetic and improving the likelihood of a successful scan.

Donations to the Imagination Appeal support new equipment, research and patient well-being programs so children like Tahlia can imagine a healthier future.

**TO LEARN MORE AND WATCH THE IMAGINATION FILM VISIT
imaginationappeal.org**

WHAT WILL IMAGINED

Will was only four years old when he was playing cricket with some friends on a hot summer's day. Suddenly he fell down and started to cry.

When Will's mother realised something was seriously wrong with her little boy, she rushed him to the hospital. The medical team soon discovered that an artery in Will's brain had cracked, sparking a stroke.

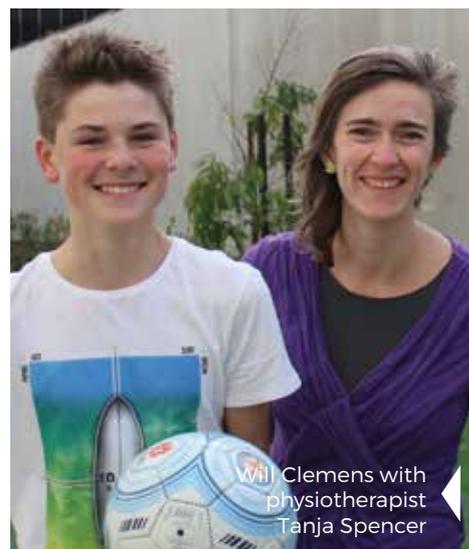
The stroke left Will unable to walk or talk. He couldn't remember his family or friends, unable to recognise their faces. Will's future changed forever. He left the hospital in a wheel chair, no longer able to play cricket.

That was 10 years ago. With the ongoing hard work from Will, dedicated support of his family, and the Monash Children's Hospital team, Will has grown into an articulate, active young man.

Not only did Will learn to walk and talk again, but he learnt to run, jump and of course play sport. Will's ability to imagine himself as an athlete has driven him to keep going, battling all odds to play

sport again. His passion is soccer, and he is determined to make it to the Paralympics.

"I can imagine running out onto the soccer pitch with the Pararoos, then scoring a goal at half time," Will said.



Whilst still coping with some side effects of his stroke, including recent seizures, Will is nothing but positive about his future. He recently tried-out and was accepted onto the state soccer team. We can't wait to see where it takes him!

To support brave patients like Will this Christmas please support our 2017 Christmas Appeal.

2017 MONASH HEALTH CHRISTMAS APPEAL

Give the gift of good health this Christmas by supporting the Monash Health Christmas Appeal.

Simply visit imaginationstar.org to make a donation and order your Imagination Star today.

We will hang your Imagination Star/s on the Christmas tree in the hospital. You will also receive a star to hang on your Christmas tree at home.

All donations to the Monash Health Christmas Appeal support medical research, additional equipment, staff training and well-being initiatives for our Monash Health patients.

MERRY CHRISTMAS!



THE JOY OF GIVING

Your generous donations to our Christmas Appeal last year funded dance lessons for our beautiful aged care residents at Eastwood Hostel, Kingston Centre.

For many of the residents suffering from dementia and Alzheimer's, the music from the likes of Frank Sinatra triggered memories of a time long ago.

"I loved to dance when I was young, I would go every Saturday, and my favourite was the jive. Dancing at the town hall was something fun and social to do every weekend," said Lenore, before she enthusiastically joined the dance lesson.

The residents presented the dance they learnt at a concert for staff to celebrate Aged Care Week. Lenore was dressed for the occasion with an elaborate flower piece and dress to match.



▶ Monash Health Foundation team member Lauren Allnutt with Eastwood Hostel resident and dancer.

Thank you to those who supported the 2016 Christmas Appeal, you gave the gift of joy to our aged care residents.

To support the 2017 Monash Health Christmas Appeal visit imaginationstar.org

A FAMILY LEGACY

Kayla was only 11 years old when she was diagnosed with bronchiectasis. The disease causes permanent enlargement to parts of the airways of the lung, causing chronic coughing and chest pain.

Kayla's parents, Clive and Diane, decided that including Monash Children's Hospital in their Will was a way they could give back to the hospital that has supported their daughter.

"When we started to think about getting our finances in order coming up to semi-retirement, we discussed including Monash Children's Hospital in our Will. It just felt so right to give back. It's our way of saying thank you to the staff who really went above and beyond for Kayla," said Clive.

Kayla is now 23 years old. Both she and her sister work in the health sector, one nursing and the other volunteering in health promotion.

"We are so proud of Kayla and all of her achievements. With the support of Monash Children's Hospital she has been able to go on and lead a normal life, despite



▶ Kayla with her proud parents Clive and Diane.

her illness. It makes us so happy to know that we can help other sick children in a similar situation to Kayla," said Diane.

Including Monash Health in your Will is a simple and impactful way to support the health of generations to come.

To find out more about our iWill program please contact the Monash Health Foundation today on (03) 9594 2700

PHILANTHROPISTS OF THE FUTURE

Eleven year old Sienna was born at only 32 weeks gestation. Motivated by her history, Sienna and her friend Bianca chose premature birth as the topic for their grade six school project.

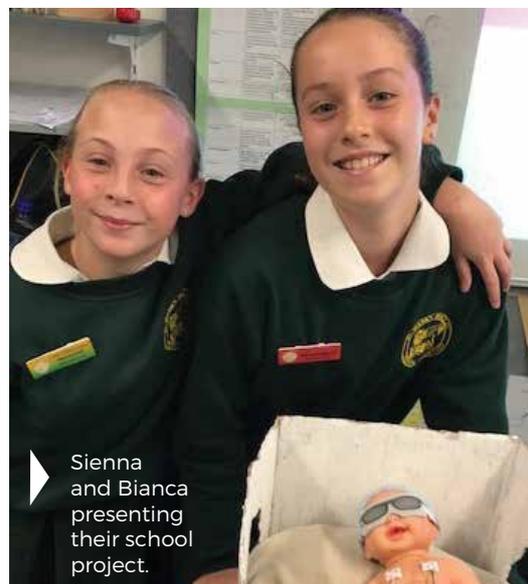
"We discovered that over 48,000 babies are admitted into neonatal and special care units every year, that statistic really surprised us," said Bianca. The project soon developed into a fundraising idea.

"I wanted to give back to the staff who helped me when I was born," said Sienna.

Equipped with a few recipes from their grandparents and a passion to make a difference, Sienna and Bianca got busy baking cakes and slices. Their fundraising stall raised over \$1,000 for the Monash Children's Hospital Neonatal Intensive Care Unit (NICU).

Bianca and Sienna visited NICU to present their cheque and see the tiny babies they will help.

"Now we have seen where our donation goes and I can't wait to tell my class all about prematurely born babies and our visit to Monash Children's Hospital," said Sienna.



Sienna and Bianca presenting their school project.

To support Monash Health please contact the Monash Health Foundation today (03) 9594 2700 or email foundation@monashhealth.org

FEELS LIKE HOME

The parent's room at Dandenong Hospital has been transformed into a space filled with light, colour and warmth.

"The environment is very important for our patients," said Midwifery Unit Manager, Natahl Ball. "It can make all the difference for mothers and their newborn babies who need to be comfortable and relaxed to successfully breastfeed and bond."

The space is also used for education purposes, teaching mothers some of the most fundamental lessons in the first days of their baby's life.

The refurbishment has been a collective community effort and we thank Vue Properties, Kadar Bradley, Fisher & Paykel Healthcare and the Endeavour Hills Rotary Club for their support. Furniture has been kindly donated by Fantastic Furniture Dandenong, flooring donated by Armstrong Flooring, blinds by Clark Blinds, cabinetry by Sabrina Shop Fitting and paint by PPG.



Nurse Amanda in the refurbished parents room, Dandenong Hospital.

With help from the Humpty Dumpty Foundation the room will also include a Cosy Cabinet. This helps to maintain a baby's vital signs and stabilise their condition until they can be transferred to a neonatal unit.

"If everybody contributes a little, we can achieve a lot, ensuring babies and their mothers leave our care as healthy and happy as possible," said Natahl.

To support refurbishment and development projects please contact the Monash Health Foundation today (03) 9594 2700 or email foundation@monashhealth.org

