

A not-for-profit health care group
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Epworth
Medical
Foundation



Newsletter

Summer 2008

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Stephen May Executive Director EMF

New leader reviews the year

Stephen May has been appointed the new Executive Director of Epworth Medical Foundation. Stephen brings with him a wealth of experience in the not-for-profit sector with Scope which supports people with disabilities and their families and Alzheimer's Australia (Vic). New to the position, Stephen has taken the time to review the foundation's work and plan a calendar of activities for the year ahead.

The foundation set a new benchmark during the last Financial Year raising over \$6.25 million for equipment, education and research across the Epworth HealthCare group. This represented an increase of 86% on the previous year.

Included in this total were bequests of over \$3.6 million. Such ongoing support

is invaluable to Epworth's work and the vision provided by these benefactors is greatly appreciated.

Many former patients and their families chose to support the hospital through direct mail appeals. Donations made in response to appeals increased by 16 per cent to \$875,000. A special appeal in support of Epworth Rehabilitation was highly successful raising \$160,000.

Supported by a Special Events Committee and several auxiliaries a number of events and activities were organised throughout the year including a golf day and masquerade ball at the National Gallery of Victoria.

Building on the successes of his predecessor Mark Hindle who resigned at the close of the Financial Year, Stephen brings a fresh approach to the work of the foundation. He is looking forward to meeting as many benefactors and supporters as possible at various functions scheduled in the near future.

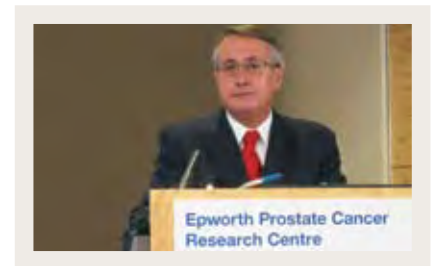
A centre of research for men's health

Epworth Richmond has been announced as the hospital dedicated to house the first Prostate Cancer Research Centre in Australia. Federal Treasurer The Hon Wayne Swan MP made the announcement recently declaring that

18,700 men in Australia are diagnosed with the disease each year.

Federal funding will be provided to research several diagnostic and treatment priorities including:

- Improved diagnostic testing for prostate cancer
- Differentiation between aggressive and non-aggressive forms of the disease;
- Better treatment programs to successfully eradicate the cancer; and
- Accurate measurement of treatment programs using biological markers.



Federal Treasurer The Hon Wayne Swan MP making the announcement at Epworth Richmond

Professor Tony Costello, a leading urologist at Epworth Richmond will lead the research team to work collaboratively both nationally and internationally in making significant advances in the debilitating cancer currently affecting men's health world-wide.

"Clearly, if we could develop more sensitive or specific screening, it

Excellence in world-class healthcare.



Champion jockey Damien Oliver and Craig Willis.

A touch of silk

Champion jockey Damien Oliver was the guest speaker at Epworth's annual gala ball titled A Touch of Silk held at Flemington Race Course during Spring Racing Carnival.

Damien was treated for spinal injuries at Epworth following a fall from his horse in a race at Moonee Valley on March 24 2005. Born into a family of racing stock, his father and brother were also jockeys but tragically both lost their lives after falls from the saddle. Damien told Master of Ceremonies Craig Willis that he was grateful for the expert treatment provided by staff whilst in Epworth's care.

Group CE Alan Kinkade acknowledged major sponsor National Australia Bank, event sponsor ING Medical and associate sponsors Abbott Vascular, BatesSmart, Baxter Healthcare, Bidvest, Boston Scientific, CR Kennedy, Device Technologies, Holding Redlich, Hudsons Coffee, ING Real Estate, Life Health Care, Medibank Private, Melbourne Pathology, Medtronic, MIA Victoria, Monash IVF, Olympus, Princes Laundry, Printwize, Radiation Oncology Victoria, Slade Pharmacy, Spotless, Victoria Racing Club and TAC.

Thanks to the Special Events Committee chaired by Mrs Robyn Beddison, the event raised \$255,000 for Epworth HealthCare.

would lead to more refined medical interventions, resulting in an earlier return to continence and significant increases in potency. An overall best-case scenario would also include the discovery of new drug treatments that in turn, would cause fewer side-effects," he said.

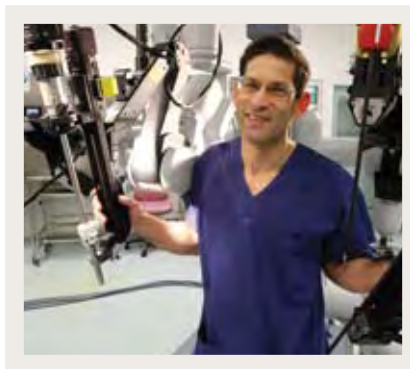
Robot makes surgical breakthrough

Epworth Richmond's robotic system made surgical history recently when it was used to delicately remove a tumour from a valve in a patient's heart. It was the first time in Australia and possibly the world that the da Vinci Robot had been used in this life-saving way.

The tumour on the mitral valve of the 77-year-old woman's heart was triggering thousands of extra beats which may have eventually caused heart failure. During a three-hour operation, cardiac surgeon Aubrey Almeida guided the robot through an incision between the woman's ribs, removing the tumour and repairing the valve cords. The woman's heartbeat returned to normal almost immediately and she was released from hospital six days later.

Without the robot, the woman may have faced traumatic open heart surgery with recovery taking several months. In addition, the precise movements of the robot allowed the valve cords to be reconstructed instead of being completely replaced.

"Because I control the robot from a console looking through three-dimensional binocular-type glasses, I can do much, much finer work," Almeida said.



Cardiac surgeon Aubrey Almeida courtesy of Rob Baird, Herald Sun

There are 800 machines in operation around the world, each one costing \$3 million. Epworth HealthCare has the only two machines in Victoria. Since their acquisition using donated funds they have been used in more than 1500 procedures in chest, prostate and gynaecological surgery.

A turnaround for Epworth

Epworth HealthCare recently received the 2008 Large Business Turnaround Award by the Victorian Chapter of the global Turnaround Management Association.

In accepting the award, Group CE Alan Kinkade said that he was proud of the outcomes the organisation had achieved since he stepped into the leadership role eighteen months ago.

"Epworth needed to generate sufficient surplus to reduce its debts and reinvest in its infrastructure and its people," he said.

Areas of improvement included enhanced negotiation in procurement processes, capital improvements, service development, recruitment and staff development programs.



Susan Wardle Executive Director of Marketing & Business Development and GCE Alan Kinkade accepting the award

Marjorie leaves a lasting legacy

Cancer research at Epworth Freemasons is now \$1.23 million better off with the receipt of a generous bequest from a little-known benefactor. Marjorie Beryl Coombs was the sole surviving relative to inherit her family's estate in north-eastern Victoria at a total value of \$6.4 million.

The family lived on a property at Merrijig Park, 20km south-east of Mansfield at the foot of Mount Buller. Together with several other landholdings in the Mansfield area they bred Angus cattle and First Cross ewes.

Both Marjorie and her brother Bobby helped out on the farm, neither of them ever marrying nor moving from the property. Marjorie's role in managing the farm became greater as her brother, father and finally her mother predeceased her.

“The farm and her animals were her life,” says family stock and station agent and friend James Beckingsale. “It was not uncommon for you to see Marj driving around in her ute with five or six dogs in the back.”



Marjorie Beryl Coombs

In a codicil to her Will made a week before she died, Marjorie ensured her fox terrier named Ike and kelpie called Jenny would be cared for the rest of their lifetimes.

Marjorie is said to have had a brush with cancer and died in April last year at the age of 83. Taking twelve months to wind up the estate the bequest to Epworth Freemasons was recently received and will make a real difference in furthering cancer research at the hospital.

Auxiliary president retires



Alan and Marion Lang.

Local Heartbeat branch president, Alan Lang retired at the Annual General Meeting held on November 9. The auxiliary provides support to cardiac patients, in addition to raising funds to equip the Cardiac Unit.

Under his leadership, Alan increased branch membership to over 500 and achieved a total of \$1 million donated to the Cardiology Unit since it formed in 1984. Modelled on the original Heartbeat group established five years earlier, Heartbeat Epworth is one of 20 branches in Victoria.

Alan and his wife Marion have been members of Heartbeat Epworth for eight years with Alan presiding over the auxiliary group for the last two. Alan's voluntary work with the association began soon after he suffered a heart attack in 2000 and was cared for by the cardiology team at Epworth Richmond. The couple have always included voluntary work in their lives, either for local schools, churches or providing business acumen to industry in developing countries.



Stephen May (Executive Director EMF), Christine Balfour (Operations Management), Phillip Williams (President of the Board), Alan Lang and Ted Williams at the AGM cheque presentation.

Funds raised through bi-annual raffles and merchandise sales are donated back to the hospital at the AGM. A total of \$161,825 was handed over this year to purchase equipment including six electrocardiograph machines (\$12,082

each), three defibrillators (\$18,555 each), three resuscitation trolleys (\$3,450 each) and a digital weigh chair (\$2,250). “It's a way of saying thanks for the second chance,” says Alan.

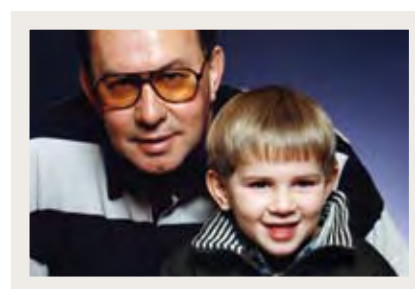
For membership enquiries please call newly elected President Mrs Fay Henderson on telephone 03 9646 8586.

Cardiology appeal success

Les Clarkson and his son Paul were the recent subjects of the foundation's direct mail appeal. In a letter mailed to supporters, Group CE Alan Kinkade described how the single parent became reliant on his eight-year-old son Paul to call an ambulance when he suffered a heart attack at home six years ago.

Following treatment in Epworth's emergency, cardiology, intensive care and rehabilitation facilities, Les survived to enjoy his son growing up into a strapping young fourteen-year-old with size 13 footy boots.

“Thanks to our band of wonderful supporters the appeal has raised more than \$100,000 for cardiac-related equipment across the Epworth HealthCare group,” said Alan Lang.



Les Clarkson and son Paul

Boots and all support from staff

Epworth HealthCare, in association with Victoria Police and South Melbourne Football Club hosted a day of sport, recreation and fun for family and friends at Bob Jane Stadium Albert Park on Sunday October 5.

Held as a fundraiser for Epworth Rehabilitation's Acquired Brain Injury

(ABI) Unit, the annual family day featured a soccer match between staff from Epworth HealthCare and the Victoria Police. Each year both teams compete for the title of winning the ABI Cup. This year Victoria Police took out the championship winning 4–2.

Over 250 people enjoyed the activities including handball and netball competitions, displays from the Police Highway Patrol, Water Police and Mounted Police as well as a jumping castle, face painting and sausage sizzle.



GCE Alan Kinkade and family with Executive Director Epworth Rehabilitation Bronwyn Mace and staff

Luncheon supports women's health

A new event titled Women in HealthCare was launched at Zinc in Federation Square in aid of Epworth Breast Service. ABC broadcaster Beverley O'Connor acted as Master of Ceremonies and shared her own experience of losing her mother to breast cancer aged in her early forties.

Guest speaker Olympic champion Jenny Donnet gave a frank account of her recent diagnosis. Having represented Australia at four Olympic Games—Moscow, Los Angeles, Seoul and Barcelona – she faced her personal journey of dealing with cancer in a similar way to her approach to Olympic competition.

Specialist breast surgeon Jane O'Brien who established the Breast Service in 2005 spoke of the incredible advances made over the last twenty years. Whilst mastectomies were common in the early days, removal of the breast is now avoided as far as possible with tissue regularly tested to measure the efficacy of treatment. In addition, a holistic approach is taken from the time of diagnosis through treatment and rehabilitation to ensure that the patient is well-cared for during the entire journey.

Thanks to the generous sponsorship of Australia Post, BatesSmart, Bridge Road Florist, Device Technologies, HESTA Super Fund, hiPP Bags, Holding Redlich Lawyers, Medibank Private, Moore Stephens, National Australia Bank, Printwize, Slade Pharmacy and TAC/Work Safe the luncheon raised in excess of \$30,000 for the Breast Service.



Olympian Jenny Donnet, with broadcaster Beverley O'Connor and breast surgeon Jane O'Brien

Leaving an everlasting gift

Leaving a bequest to the foundation is the greatest way to invest in the future of Epworth HealthCare. Bequests were gratefully received from the following estates during 2007/08:

Harold Edward Barras
 Lea Therese Baul
 Margaret Benson
 Noel James Braid
 Andrew Chia
 Beatrice May Colwill
 John Lindsay Davis
 Henry Alexander Hamilton
 Neil Anthony Healy
 Phyllis Raie Howieson
 Arthur Edward Le Page
 Jack Flockart Metcalfe
 Thomas Quigley
 Arthur Leslie Russell
 Roy Allan Sandles
 David Schokman
 Stephen A B Smith
 Joy S M Stansfield
 Olga Mary Zoller

For information on how to leave a bequest to Epworth Medical Foundation please phone 03 9426 6132. Those who notify the foundation of leaving a bequest are welcomed as a member of the foundation's Benefactor's Club.

Donations of a different kind

Although Epworth Medical Foundation is more accustomed to financial donations, other parts of the hospital accept donations of a different kind. Among the most common are donations of human blood and bone.

After blood, bone is the second most commonly transplanted tissue. This year, 87 eligible patients undergoing hip replacements at Epworth Richmond kindly chose to donate their bones to the Donor Tissue Bank of Victoria.

The bone, removed during surgery and otherwise discarded, is routinely tested, processed and stored by the tissue bank for six months before being made available for transplant to hospitals across Victoria. A transplant such as this can provide mobility and independence to an otherwise incapacitated patient.

The tissue bank's Liaison Co-ordinator Jaspreet Sidhu attributed the program's success to orthopaedic staff taking the time to explain the benefits the program makes to others.



Jaspreet Sidhu from the tissue bank with Epworth's Meredith Elliott

Educational scholarships awarded

Successful applicants for this year's Epworth HealthCare scholarships were announced recently.



Mrs Adeline Mims with Luke Pryde at Epworth Rehabilitation Brighton

“I live by the motto of taking each day as it comes, and try to love thy neighbour as thyself,” she said.

Adeline’s secret to longevity

Mrs Adeline Mims, aged 105 attributes her longevity to a healthy diet of home grown fruit and vegetables and a regular dose of lime.

During her recent visit to Epworth Rehabilitation Brighton Mrs Mims delighted in telling staff her remedy for good health. Her parents grew fresh fruit and vegetables and shared their produce with the local community.

In addition to her healthy diet, her mother regularly dosed her with lime water and milk. “She allowed two kerosene tins to fill with rainwater and added a handful of builder’s lime. Each time we had a glass of milk she would add two tablespoons of lime water. I think that’s why I still have all my own teeth!” she said.

Born in 1903 as one of ten children near Wodonga, she later established her own family home in Mentone where her two children now in their 80’s still reside.

During her stay she demonstrated her simple life and lack of vanity. Staff member Luke Pride described how she would brush her long light brown hair and without the use of a mirror sweep it up into a bun on top of her head.

Valued at \$10,000 each, the funds are used to cover course or conference registration fees as well as travel and accommodation expenses for staff wishing to pursue further education in a special area of interest.

“The scholarships acknowledge the contribution of individual staff members and provide opportunities for professional learning and leadership development,” said Group CE Alan Kinkade.

Furthering Epworth HealthCare’s commitment to becoming an Employer of Choice, six scholarships were awarded in total, four to clinical staff and two to non-clinical staff. Several of the scholarships were made possible by the generosity of sponsors including Mr and Mrs Keith Irvine, Abbott Vascular, Baxter Healthcare, Medtronic Australasia, Advantage and Tyco.

Admission process streamlined

Epworth Eastern recently opened a Patient Service Centre to provide a streamlined admission process improving the overall patient experience. The centre opening is the outcome of a task force addressing improved customer service within the Epworth HealthCare group.

Pre-admission staff in the centre located on level 6 of Epworth Eastern will complete most of the paperwork associated with surgery prior to the date of admission. By filling in admission forms, informing patients about their surgery and checking insurance cover prior to the date of admission, the waiting time and associated anxiety is reduced when the actual day arrives. Once discharged patients are asked to provide feedback in relation to their treatment and overall stay leading to further improvements to the Epworth service.

Due to the success of the program, similar centres will be established at other Epworth facilities in the near future.



GCE Alan Kinkade cuts the ribbon on the new centre

New cardiology equipment for Epworth

Epworth Richmond is the first private hospital in Australia to get the new IVUS machine – a technologically advanced piece of diagnostic equipment used in cardiology.



Cardiac Catheter Lab Manager Letch Krishnan demonstrates the machine

The new machine valued at \$240,000 enables clinicians to have a three dimensional view inside blood vessels to identify plaque blockages and damaged areas such as tears or swelling.

Previously patients requiring this assessment would have to be transferred to a large public hospital in Victoria with an earlier model of the machine. Now with the new equipment installed, the diagnosis can be performed at Epworth Richmond on the latest model. Using the machine, doctors can identify vital information to help determine the best course of action for the patient.

Epworth Network Club

Epworth Medical Foundation has a loyalty program for former patients, donors and friends of Epworth HealthCare over the age of 55.

The Network Club provides an avenue for supporters to stay in touch with what is happening at the hospital

Membership is just \$15 per annum for singles and \$25 for couples. In addition to receiving regular newsletters, Network Club members receive invitations to attend social events, health seminars and tours behind-the-scenes of the hospital.

For more information on the Network Club, telephone Jayne Coates at Epworth Medical Foundation on 03 9626 6131.

Cancer Unit Auxiliary Group

Under the leadership of Mrs Mary Cole, the Cancer Unit Auxiliary Group has held several events, stalls and outings throughout the year.

Funds raised are used to improve the experience for patients and their families attending Oncology Services at Epworth HealthCare.

Most recently the group went to the movies to see "The Edge of Love" starring Keira Knightley and Sienna Miller at the Palace Cinema Como.

Anyone interested in attending the auxiliary's activities in future may contact Mrs Mary Cole on 03 9428 3104.

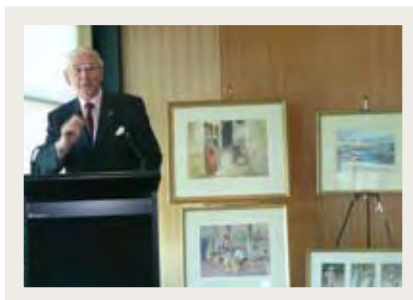
Friends of Epworth

Watercolour artist Robert Wade OAM was guest speaker at the Friends of Epworth luncheon held recently at Life Saving Victoria Port Melbourne.

Wade has exhibited with major water colour societies around the world and won numerous awards including 13 internationally and 95 nationally.

He has also written three top-selling books, made four educational videos and conducted regular workshops inspiring students with his love for the watercolour medium.

Talking about his own experience with Epworth's Cardiology Unit, Wade believes he's had a lucky innings. "I've missed being stumped by the wicketkeeper and dropped in the slips several times," he said.



Robert Wade at the Friends of Epworth luncheon

The artist believes the world is his studio and that painting is a way of celebrating it. "Art is life around you and the way you feel it and interpret it... Art provides an oasis in the desert of confusion, political turmoil and social upheaval. It provides a balance where people can return to peace and enjoy the beauty that surrounds us."

Wade kindly donated one of his works which was bought by the former chairman of the Epworth Medical Foundation Mr Royce Abbey and his wife Jean.



Royce and Jean Abbey with their new artwork

This was just one of the events that Friends of Epworth held throughout the year to raise funds for Epworth HealthCare. To find out more about the group and its events contact the secretary Ronda Jenkins on telephone 03 9386 5031.

Events 2009

A series of fundraising events are planned for 2009

April

Epworth HealthCare Golf Day

May

Women's Health Lunch

June

Epworth HealthCare Cocktail Party

September

Men's Health Lunch

October

Epworth HealthCare Gala Ball

There are a number of ways that you can become involved:

- Providing pro-bono services to an event
- Providing a prize as an auction or raffle item
- Attending as a guest or participant

Please phone the foundation on 03 9426 6359 to let us know if you would like to help.

The Ultimate HealthCheck

Ever wondered just how healthy you really are? Epworth HealthCare has developed the Ultimate HealthCheck. Designed to give you peace of mind, it includes a broad range of medical tests together with a fitness and lifestyle assessment.

Tests include blood, bone density, liver and kidney function plus a stress echocardiogram and a full screening for cardiovascular, diabetes and cancer risk factors.

Located at level 8, 459 Little Collins Street Melbourne, the comprehensive health screening service recommended for over 55's is available at a cost of \$2,800.

For further information or to make an appointment telephone 03 9426 8888.

Decking the Freemasons Halls

The Salvation Army Veteran's Band filled the halls of Epworth Freemasons with Christmas spirit on December 2, heralding the coming Yuletide. Under the direction of Band Master Noel Jones, the group trumpeted a familiar collection of Christmas carols and popular music to staff and patients assembled in the Freemasons courtyard.

Established for over 27 years, the veteran's band is made up of around 60 senior bandsmen from over 16 different Salvation Army churches across Melbourne. For well over 20 years, it has included an annual Christmas concert at Epworth Freemasons in its performance schedule to various community groups across Victoria and interstate.

Epworth Freemason's Executive Director Damien Armour thanked the band for once again spreading the Christmas cheer to staff and patients at the hospital.



The Salvation Army Veteran's Band

A sentimental gift from a gentle man

Retiring board member Brian Hamley AM presented a parting gift of a print to Epworth HealthCare recently. The work titled *John Wesley preaching from his father's grave, Epworth Church Lincolnshire* by artist Marshall Claxton depicts the founder of the Methodist Church preaching at his birthplace – Epworth.



GCE Alan Kinkade, Kenneth Park, Janet Latchford and Brian Hamley AM at the presentation.

Mailbox

Dear Dr Dick

I think it is high time that you knew what is going on in your hospital! As a recent patient in the Cardiac ward for a period of some three weeks I am in a position to say that I met most of your staff.

I have worked in multi-tiered professional environments and understand the difficulties of instilling a sense of excellence from the "Top Down" and creating a better than ordinary environment. The Epworth Cardiac Unit is exceptional in every way and we as a community are blessed to have access to it.

My experience under your care exceeded my expectations in every way. Simply put the entire cardiac team is to be commended for their commitment to patient care and their professional conduct. I have had several stays in different hospitals and have the opportunity to assess the Epworth difference, and it is substantial. Every nurse in the Cardiac team that I encountered was of exceptional kindness and unfaltering work. You have something very special going on in there so go home tonight knowing that you have made a difference...in many people's lives especially mine.

With many thanks and gratitude,

Yours faithfully
Andrew

Happy Christmas from the EMF team!

The Epworth Medical Foundation team would like to wish all their supporters a very happy Christmas, safe holiday season and a healthy year ahead.



Pictured is the foundation team from left to right: Duncan Packer (Bequest Planning Manager), Kathryn Johnston (Fundraising Manager), Stephen May (Executive Director), Jayne Coates (Administration Executive), David Rosback (Operational Chairman) and Sarah Hunt (former Data Base Coordinator).

Your
support
saves
lives.

How you can help?

You can help by making a regular pledge to Epworth Medical Foundation.

By giving regularly you are helping us to continue our excellence in healthcare service provision.

Yes! I would like to support EMF!

Name: () _____

Address: _____

With \$ _____

as a

- One-off Monthly
 Quarterly Biannual gift

Enclosed cheque made payable to Epworth Medical Foundation

Credit card details below:

- MasterCard
 Visa
 Amex
 Diners

Card No: _____

Exp: / _____

Cardholder _____

Thank you for your support

Donations over \$2 are tax deductible

Please return to
Epworth Medical Foundation
89 Bridge Road,
Richmond VIC 3002



Christine's Sensational Christmas Cake

Ingredients

500g butter

½ cup brown sugar

6-8 packets glazed fruit
(eg. cherries, ginger, pineapple, apricots, apples, pears, prunes, figs.)

¾ cup Grand Marnier, brandy or sherry

3 eggs

½ cup plain flour

1 tspn each mixed spice, cinnamon and nutmeg

375g mixed fruit

1 tspn baking soda

Method

Melt butter over low heat, add sugar, mixed fruit and glazed fruit. Cook for about 20 minutes. Add Grand Marnier and leave to cool. Then add eggs, flour and spices. Put in a tin lined with 1 layer of tin foil and two layers of greaseproof paper. Bake on very low temperature for about 7 hours. Decorate with glazed fruit and/or nuts.

This is a dark, fudgy, fruity cake – VERY nice!!

Source: School of the Air Cookbook

