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Epworth
Medical
Foundation



Newsletter

Summer 2010

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First time ABI Cup victory for Epworth HealthCare

Established as a fundraiser for Epworth's Acquired Brain Injury (ABI) unit, this year's ABI Cup was played as a curtain-raiser to the A-League game between Melbourne Victory and Central Coast Mariners. The partnership between the TAC, Melbourne Victory and Victoria Police saw the traditional soccer match between Epworth HealthCare and Victoria Police played at AAMI Park stadium on Thursday November 18.

After a four year drought the Epworth HealthCare team snatched up the ABI Cup with a 3-0 victory over Victoria Police. The Epworth team's spirit was most evident throughout the whole game. This, combined with their honed skills from months of practice meant Victoria Police didn't stand a chance in holding on to the Cup.

Another win for Epworth HealthCare was the \$30,000 raised for its ABI Unit at the fundraising breakfast held the day before the game.

The breakfast featured a panel of speakers including A-League Coaches and Captains discussing the important match ahead and their support for the Epworth ABI Unit.

Road trauma victim and soccer fanatic Josh De Silva shared his personal experience about having to put his international soccer career on hold because of his own head injury.

20 year old Josh is representative of a large proportion of young males involved with road trauma incidents. In fact 70 per cent of the state's road trauma victims are male and an even greater proportion are under 25 years of age.

The aim of the breakfast and the ABI Cup is to increase awareness of the risk of life and injury on our roads as well as raise critical funds for the rehabilitation service provided by Epworth's ABI Unit.

Epworth's ABI Unit is one of the largest in Victoria and is an integral part of Epworth HealthCare's Rehabilitation Division providing intensive medical, nursing and allied health care for patients with Acquired Brain Injury (ABI) – injuries often sustained as a result of road trauma.

Thank you to everyone who supported this event, particularly Health Super for sponsoring the Epworth HealthCare team, and Melbourne Victory who donated some fantastic prizes for the live auction.



Melbourne Victory's captain Kevin Muscat presents signed Melbourne Victory jersey to ABI patient Josh De Silva on behalf of Lawyer Florin Burhala

Excellence in world-class healthcare.

Military man leaves perpetual gift

The Epworth Medical Foundation recently received a gift of \$30,000 from the Fred Palmer Archer Charitable Trust, one of many funds managed by the Trust Company Ltd. The grant will be used to purchase six much needed vital signs monitors for Epworth Richmond.

Mr Archer was born in Melbourne in 1890 and served in the first World War under the Australian Imperial Force. He settled in New Guinea

in 1923 where he established himself as one of the territory's most successful plantation owners in the Bougainville District. During the second World War he acted as a coast watch in the Buka-Bougainville area and then evacuated to join the Solomon Islands Defence Force in 1943. He returned to his plantations after the war.

Mr Archer established the charitable trust in 1973 four years before his death aged 87. This gift is one of the largest distributions made by the Trust Company Ltd. The trust established by his deed emphasises relief of poverty, providing education and community benefit in Australia and New Guinea.



Ross Land of Trust Company Ltd presents EMF Executive Director, Stephen May with \$30,000 gift from Fred Archer Charitable Trust

Epworth celebrates 21 years of TLC

Former resident Matt kicked off the 21st birthday celebrations at the Epworth Rehabilitation Transitional Living Centre (TLC) in Thornbury, by belting out some old favourites from Johnny Cash, Leonard Cohen and the Monkees on his guitar. The celebration marked the journey taken by more than 200 patients with acquired brain injury, on their way to independent living.

Many former patients brought their families along to celebrate and reunite with Epworth support staff. Former patient Clint, now a carpenter, shared his story about learning to budget when he was a resident at TLC 14 years ago. Jean, a mother of a former patient said proof of TLC's success lay in the story of her son who is now in paid employment as a theatre nurse at Epworth Eastern.

Manager Helen Harrington said that in the 21 years since the

centre opened, everyday heroes are what makes it such a special place, including neighbour Sam

and the patients who returned as volunteers to continue the great work of the centre.



Former patient Matt picks up his guitar at TLC's 21st birthday celebrations

EPWORTH ROCKS

Epworth rocks socks off at Gala Ball

This year's Gala Ball titled Epworth Rocks raised more than \$1 million to establish a corpus research fund at the newly established Research Institute at Epworth.

This was made possible by record numbers in attendance, sponsorship, and the decision by Epworth HealthCare's Board to match every dollar raised from the night.

Further to fundraising activities, more than \$130,000 was donated through pledges towards the Research Fund. This brought the total raised to more than \$545,000.

The Ball was just one of the celebrations throughout the year to mark Epworth's 90th anniversary. The event recognised decades gone by with images of the history of the hospital, complemented by music from the 70's, 80's and 90's.

Central to the night's success was the support

received from more than 40 sponsors (listed right).

Fundraising activities included a raffle with a dream prize of \$15,000 in Qantas travel, as well as a fantastic selection of silent and live auctions items.



Special Events Committee members Cathi Biddick, Robyn Beddison and Linda Danne

Epworth is fortunate to have an active and committed Special Events Committee, capably led by Chair Robyn Beddison OAM, whose work was invaluable towards the event's success.

Also contributing to the success of the Ball was the help from 20 volunteers (majority being Epworth staff) who gave up their time to ensure the smooth running of the evening.

Thank you to all who attended and supported the event.

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Epworth Group Chief Executive, Alan Kinkade relaxes with the staff

Spotlight on staff

20 year milestone for leading cardiologist Dr Ron Dick

What led you to become a doctor?

In secondary school I was very interested in science, especially the biological sciences. I had a great science teacher in year 8 who first suggested the potential of a medical career and I received strong encouragement from my family.



Where did you receive your training?

My undergraduate training was initially carried out at Monash University.

Following my internship and residency at Prince Henry's Hospital, I began my cardiology career under the guidance of Dr Andris Saltup and John Boxall. During a two year Fellowship at the Royal Perth Hospital I was made Senior Registrar in Cardiology. I then travelled with my wife and newly born son to Michigan. For 18 months I was in the interventional training program at the University of Michigan Medical Centre in Ann Arbor.

How long have you been at Epworth?

On 1 December 2010 it will be 20 years since I returned from the United States to begin my career at Epworth with Graeme Sloman who founded the cardiology unit ten years prior.

What is your speciality and what does it involve?

I am trained as a cardiologist with my sub-specialty being interventional cardiology. Interventional cardiologists perform revascularisations or open blocked arteries with balloons and stents. The most exciting area in my specialty is the treatment of acute heart attacks where we are able to stop a heart attack in mid stride to minimise damage to the heart. This is an exceptionally rewarding procedure to perform.

What other appointments do you hold?

I am currently a visiting medical officer at both The Alfred Hospital and the Bendigo HealthCare

Group. I am also a medical advisor to the Foundation 49 Men's Health Project.

What is your greatest success?

My greatest success has been my involvement in training other cardiologists. Some of the junior cardiologists I trained in the early 1990s are now working by my side as colleagues.

It is very rewarding to travel to China and Indonesia and meet up with previous trainees. All regard their time at Epworth as being a wonderful experience as it has enabled them to pursue their careers in their own countries.

Greatest achievement for 2010?

My participation in the HeartSmart Cambodian Bicycle Challenge in February where I saw many people achieve and meet the challenge.

What would you still like to achieve?

I would like to see the Cardiac Clinical Sciences Institute progress to appoint a Professor who will foster further research and education in this area.

Leisure time pursuits?

Five children have kept me busy but I still find time to go to the gym and work in the garden. I do enjoy fine wine and good food which is always enjoyed most with good friends.

What message would you like to send to our donors?

My commitment to Epworth is enhanced by the freedom to deliver the best care available to patients. This has been assisted by high quality imaging, technical staff and excellent nursing care.

Last chance to fundraise your way to Vietnam and Cambodia!

Already 24 people many who are past HeartSmart or cardiac patients have registered to take part in the Vietnam–Cambodian Cycling Challenge to raise funds for HeartSmart – Epworth’s cardiac rehabilitation program.

Scheduled for 18–28 February the Vietnam – Cambodian Cycling Challenge includes six days of moderate cycling with a tour leader, local guide and accompanying air-conditioned support vehicle. The trip will take in the village life across the Mekong delta and southern Cambodia and cost \$5,700 (of which \$2,500 is tax deductible).

Adam Steere from the EFM Health Club will lead the group with HeartSmart Coordinator Nanci Thurston.



Ron McCartney (challenger 2010) greets children as he rides into the village

There are limited spots available so if you are interested in this exciting fund raising opportunity please contact Jayne Coates at the Epworth Medical Foundation on 03 9426 6131 as soon as possible.

Can't take part but would like to show your support for our challengers and cardiac patients? You can help by sponsoring our participants at www.everydayhero.com.au/event/epworth_cambodia or by phoning the Epworth Medical Foundation on 03 9426 6131 to make a donation.



Mel, Scott, Thomas and Charlotte look forward to a family Christmas

“I would give my right arm for the nurses and doctors at Epworth.”

That’s the statement of a young Melton mum named Mel Morton. Mel has good reason to be indebted to Epworth.

At 30 weeks pregnant, Mel came down with a chest infection. Her GP was worried and sent her straight to Emergency at Epworth Richmond.

Mel was diagnosed with pneumonia. It was serious. Mel was admitted to Epworth Freemasons Intensive Care Unit. Her condition deteriorated and further tests were made.

Finally, the results were in. Mel had the deadly Swine Flu.

“It could have gone either way. If Mel’s condition deteriorated further her chances of survival would have reduced to 20 per cent,” says her Obstetrician, Dr Guy Skinner.

“We would have had to perform a Caesarean. There would have been no guarantees. We may have lost both Mel and her baby,” Dr Skinner explains.

When Mel looks back today it is like a bad dream. She remembers being told that she might never see her new baby.

Fortunately for Mel and Scott Morton the story has a happy ending. With around the clock care from our Intensive Care Physicians, Obstetricians, Respiratory Physicians and Critical Care nurses Mel recovered. At 35 weeks a beautiful, healthy baby girl was born.

“I cannot fault the staff at Epworth. They went beyond the call of duty to ensure our whole family was supported and cared for,” Mel said.

The Morton family agreed to be the subject of the Epworth Medical Foundation’s Christmas appeal. The direct mail piece hopes to raise \$200,000 to purchase new Intensive Care Unit monitors.

The new monitors bring data from diverse sources which can be accessed at the acute point of care and throughout the hospital. This will assist ICU staff to make quicker informed decisions about our critically ill patients.

If you haven’t already donated to this appeal and would like to, please contact the Epworth Medical Foundation on 03 9426 6132.

Latest on the Richmond redevelopment – Investing in Excellence

The Richmond redevelopment Stage 1 works have progressed significantly in the past few months. Hoardings and other site establishment activities commenced in late July and a tower crane and personnel hoist have all been erected in the courtyard. Signage and updated maps have been placed at both the Erin Street and Bridge Road entrances, as well as around the construction site.

The courtyard will remain part of the construction zone for the duration of the redevelopment. Once the redevelopment is completed, this area will be improved with new tree plantings. In the shorter term, greenery will be added to the Level 3 terrace outside Day of Surgery



Admission (DOSAs) in order to provide a pleasant outdoor space for patients, visitors and staff.

The overall proposed Epworth Richmond redevelopment project aims to deliver state-of-the-art critical care facilities, improved acute and rehabilitation patient accommodation and purpose-built research and education facilities. Outcomes of the redevelopment will increase capacity and integration between clinical departments with established links through to education and research, increased efficiencies and capacity to meet changing patient needs and improved options for care.

The redevelopment is structured to be completed in progressive stages, minimising disruption to services for patients, staff and doctors.

Through its Capital Appeal the Epworth Medical Foundation aims to fundraise \$50 million over a five year period for the Richmond redevelopment.

To make a donation to the Capital Appeal or to receive regular updates about the progress of the redevelopment please contact the Foundation on 03 9426 6132.

Federal Government endorses Epworth's new teaching hospital at Geelong

Epworth HealthCare has received a \$5 million grant from the Federal Government to develop a teaching hospital in partnership with Deakin University in Geelong.

The grant will fund a simulation centre and lecture rooms to support clinical training and placements at the university.

Group Chief Executive Alan Kinkade said Epworth's priority is to evolve as an academic teaching hospital with its own clinical school, similar to world-renowned hospitals such as the Cleveland and Mayo Clinics in the United States.

Epworth has become the first formal affiliate hospital of the Cleveland Clinic.

"To achieve our goal as leaders in patient care and clinical education and research, Epworth has sought to partner with the best universities and health care providers.

"The partnership will deliver new clinical services to Geelong

and will provide clinically-based teaching for medical, nursing and allied health students at undergraduate and postgraduate levels," Mr Kinkade said.

Epworth Geelong is due to open in 2013, subject to appropriate approvals. The construction represents an investment of \$255 million in health care, teaching and research in regional Victoria.



Mr Darren Cheeseman MP, the Hon Catherine King MP, Mr Richard Marles MP, Professor Brendan Crotty, Dr Philip Williams, Mr Alan Kinkade, Vice Chancellor and President of Deakin University Professor Jane den Hollander

Spotlight on a sponsor



Melissa Bodycoat—Account Manager
from Health Super

Health Super – the industry fund for people who care

Health Super is the industry fund for people who care. For over 40 years, Health Super has been dedicated to maximising members' retirement savings and providing low cost superannuation services for the Health and Community Services sector.

Health Super prides itself on being available to the staff at Epworth Healthcare and providing a comprehensive suite of products and services to assist with members retirement.

Health Super is delighted to be the major sponsor of the Epworth's ABI Cup soccer team.

Thank you for your support

Thanks to the generosity of more than 1,000 donors who contributed to our September appeal, we raised more than \$90,000 to purchase a new bus and lifting equipment for Epworth Rehabilitation.

The new bus provides the chance for our Acquired Brain Injury (ABI) patients to participate in community activities and regain their independence. Thank you to everyone who donated.

Happy Christmas

On behalf of us all at Epworth HealthCare we would like to wish our supporters, sponsors and friends a very merry Christmas, a safe and happy holiday season and a wonderful year ahead.

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!

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With \$ _____

as a

- One-off Monthly
 Quarterly Biannual gift

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Thank you for your support

Donations over \$2 are tax deductible

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



Transform your leftover Christmas turkey into these delightful French-style sandwiches

Turkey and Tarragon Gribiche Sandwiches

Ingredients

2 cups leftover turkey meat, chopped
2 boiled eggs, peeled and chopped
1 tablespoon chopped tarragon
1 teaspoon Dijon
5 cornichons (small pickles), chopped finely
½ tablespoon chopped capers
good quality or homemade mayonnaise
½ head frise lettuce

Method

Firstly combine all ingredients except the mayonnaise and lettuce.

Once mixed well, season with some salt and pepper and add as much mayonnaise as required to wet the mix.

Sandwich with lettuce between bread and serve.

Recipe development/food stylist Simon Bajada
Photographer Brett Brogan