



Professor Bill van Gaal

SEPTEMBER
2019

Foundation News

You can help save a life today

In June we asked you to help us raise \$450,000 to purchase 60 new state-of-the-art defibrillators for Northern Health services. With over \$120,000 already raised from our generous donors and business supporters we still have more work to do to reach our target by November this year.

Why are defibrillators so important?

"Whilst early CPR is crucial in the event of a cardiac arrest, defibrillators are ultimately what is needed to restart your heart. **For you**, it is important these are readily accessible and easy to use for our staff" said Professor Bill van Gaal, Divisional Director of Emergency Services and Director of Cardiology, Northern Hospital Epping

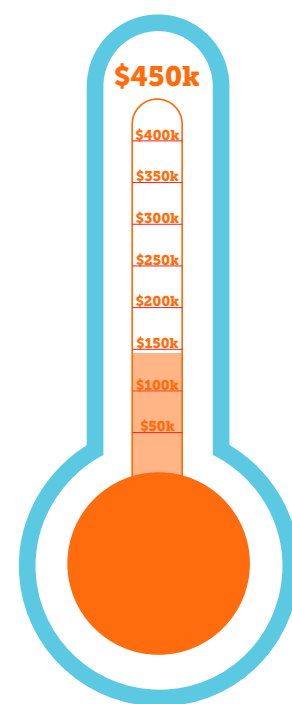
Please help us deliver the best possible care and support to our patients.

77-year old Colin Berryman, could barely manage to take out the rubbish. He was able to benefit from an innovative new approach to inserting a heart pacemaker. Before, says Colin, "I could hardly walk from the house to the end of the driveway with the wheelie bin". **Now** I can mix bags of concrete and lay bricks, he says. "It's just incredible". What you may

not realise is that behind innovative approaches like the heart operation that made so much difference to Colin, and the latest equipment like upgraded Defibrillators, lies the generosity of people like you and others who live and work in Melbourne's North.

Our Chief Operating Officer, Jane Poxon, said "great and ever improving health care is no accident. It also depends on the generosity of our wonderful donors." "When it comes to health care, Northern Health is all about you. Our goal is to give you and your family the very best care and support we can," she said.

Colin Berryman with wife, Angela



"It takes a community to create a great service!" says

Jane Poxon
Chief Operating Officer

WAYS TO DONATE AND HELP SAVE A LIFE:

There are a number of ways you can donate to the Northern Health Foundation and help to save a life. Donate online at nhfoundation.org.au or call us on 8405 2897 to learn more about ways your business, community group or school can support us.



John Molnar, Chair

Message from the Chair

I am delighted to be able to share with you the achievements of the Foundation over the last year and what is in store for the Foundation as we head towards Christmas and the year 2020.

The Foundation has funded a broad range of medical equipment and programs across Northern Health all of which support us in our mission to build a healthier northern community.

Since September last year we have contributed over \$680,000 towards the purchase of medical equipment, small research grants, PhD scholarships and have funded the final stages of the Northern Health Rural Patient and Family emergency accommodation in Wollert.

Foundation grants have funded equipment for *Palliative Care, ENT Surgical Unit, Speech Pathology Department, Short Stay Unit, Bundoora Centre, Emergency Department, Anaesthesia Department, Renal Units* at Northern and Broadmeadows Hospital, *Oncology Services, Neonatal and Children's Wards*.

We are also currently working with Oncology at our Craigieburn Centre to fund a scalp cooling machine for their day oncology service. The Rural Patient and Family accommodation at Wollert is now available to patient families and their support networks that live in regional Victoria.

The 2019 Northern Health Foundation Dinner is on in November and will welcome over 400 guests who will be entertained by our hosts The Chantoozies and cover band Stand and Deliver both transporting us back to the 1980's. The event will focus on raising funds for the Defibrillator Campaign which has an overall target of \$450,000. We have also launched our major raffle in partnership with Maxxia and Freemasons Victoria which will see one lucky supporter win a Hyundai Kona SUV. Learn more or purchase tickets online at nhfoundation.org.au.

As we look towards the year 2020 the focus remains on ensuring we strengthen our fundraising efforts to continue to fund state-of-the-art medical equipment for Northern and Broadmeadows Hospitals and Bundoora and Craigieburn Centres.

It takes a community to create a great and ever improving healthcare service – it depends in critical ways on the generosity of our partners, corporate and small business partners, donors and our local community.

If you'd like more information on how you can support Northern Health Foundation please contact the Foundation on (03) 8405 2313 or visit nhfoundation.org.au.

John Molnar
Chair

Foundation Grant expands Northern Health ENT services



Ear, Nose & Throat (ENT) Surgery Department

Our Ear, Nose & Throat (ENT) Surgery Department is delighted to have recently received a grant from the Northern Health Foundation, allowing them to purchase surgical equipment to introduce complex ear surgery to the services offered at Northern Health.

Director of Ear, Nose & Throat Services, Dr Deborah Amott said, "Many people in our community need specialist ear surgery due to chronic ear disease. This surgery enables children to hear properly during their education, and adults to increase their participation in the workplace, education, and taking care of their own families, removing the burden of recurrent ear infections, pain and poor hearing."

Thanks to the Foundation and its generous donors, the department was able to purchase a mastoid drill, a piece of surgical equipment crucial to performing very complex ear surgery.

Until now, patients with complex ear disease were referred to other health services, often with considerable time away from their family and work due to travel for appointments and surgery causing significant inconvenience.

"It's a great advantage for local patients and creates an overall improved patient experience within our hospital," Dr Amott added.

HUGS FOR CANCER

A hug is the perfect gift; one size fits all, and nobody minds if you exchange it." [proverb]

It is said, 'No matter how hard you hug your money, it never hugs back.' When her mother passed away leaving her enough money to share, Joy Wallace decided to act on this and donate \$9000 towards a scalp cooling machine for cancer patients at Northern Hospital and Craigieburn Centre - and bring hugs.

Joy is a great believer in hugs and explains she came to this 'mission' after her father passed away from cancer at the age of 51. She realised too late, she had missed the opportunity to give him hugs.

Joy visited the hospital last month to make her donation and dispense hugs. Her first visit to Northern Hospital was in 2003, when she was diagnosed with breast cancer.

She remembers how, when she first met Mr Butterfield, the surgeon at Northern Hospital Epping who was treating her, he put his arms on her shoulders and said "Don't worry Joy, we've got it under control." She describes him as both an excellent surgeon and a gentleman.

"Cathy Wallace was the first breast care nurse - she was excellent. By the time I finished my treatment, it was Cheryl Murray - equally caring and with whom I have an ongoing friendship," says Joy.

Joy says she was lucky. Her dad and her two brothers both died of cancer.

"My husband, my younger brother and myself- we all had cancer at the same time. My older brother passed away 4 years after I was diagnosed."

Joy says she can't speak highly enough of Northern Hospital.



Foundation Director Yvonne Amos, Joy Wallace and Day Oncology Nurse Unit Manager Melissa Gwynne

"All the nurses and doctors were exceptionally good, especially in Emergency when I went in there, half a dozen times."

Yvonne Amos, Foundation Director said Joy's donation, would help meet an urgent need for more scalp cooling machines for our Oncology service.

"Joy's donation is particularly special, as it is in recognition not only for the great work done by our medical and nursing staff-but it also comes with her hugs," says Yvonne.

Foundation receives a gold donation

Grateful for the care James Furletti received at Northern Hospital Epping after being diagnosed with bowel cancer, he wanted to say thank you by donating a gold nugget to the Northern Health Foundation.

"My experience here was unbelievable, I had really good care. I couldn't be any happier," he said.

He came to Northern Hospital late September last year and had bowel surgery in October.

The doctors here saved my life and I wanted to show my appreciation to the hospital by donating a gold nugget.

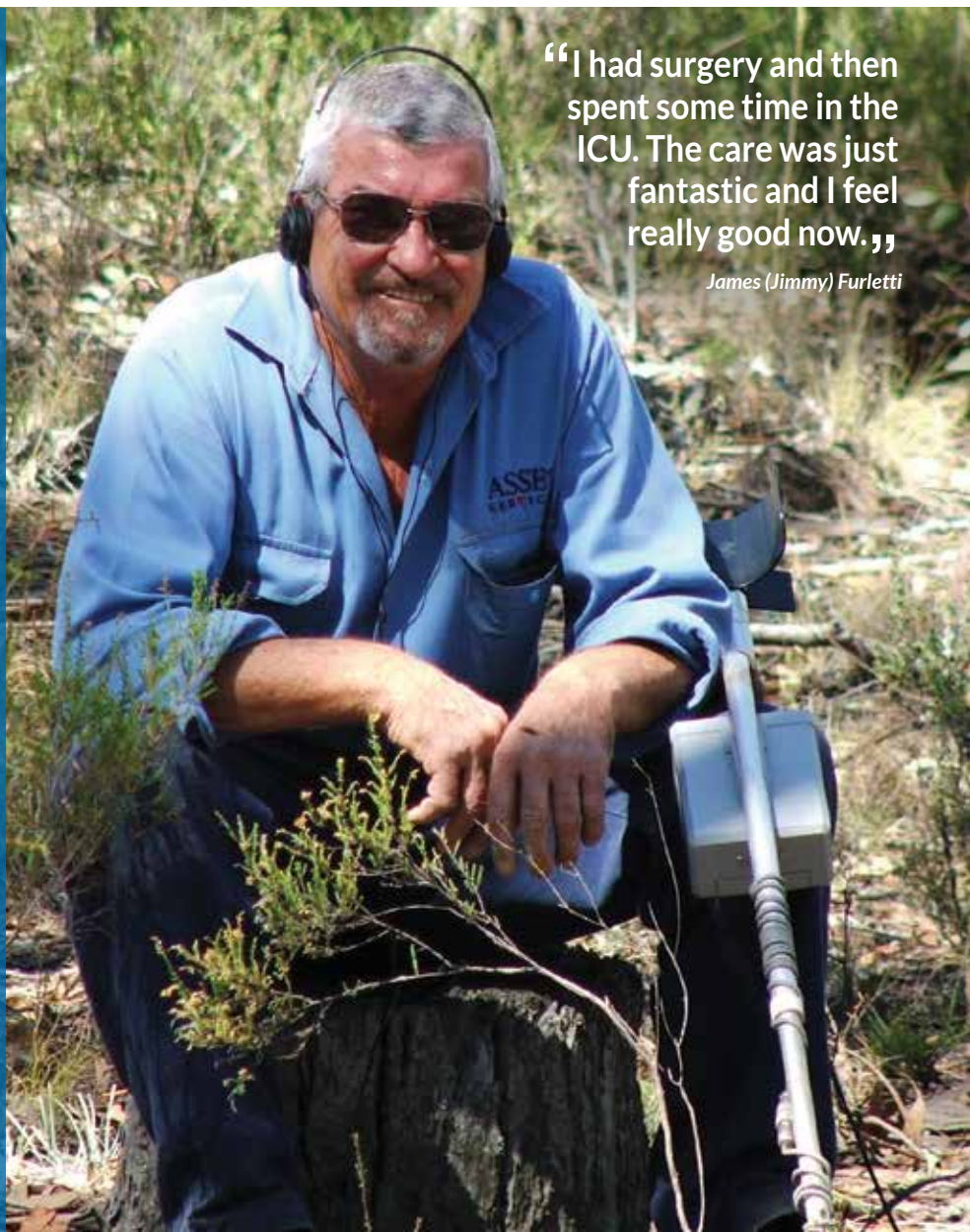
The doctors said the Foundation can receive a gift of that kind and I was happy to donate," he added.

Jimmy, as he prefers to be known, started looking for gold in 2006. His son in law gave him a gold detector and after finding the first nugget, he has been looking ever since all over Victoria, but mostly around Bendigo.

"I would like to see the money from this gold spent on oncology. It's not worth millions, but can help someone," he added.

Jimmy is now nearly 80 years old and plans to keep looking for gold, at least once a week.

"I can't wait to get out in the bush again. I spend around 8 hours a day in the bush and it's something I enjoy doing."



"I had surgery and then spent some time in the ICU. The care was just fantastic and I feel really good now."

James (Jimmy) Furletti



Pictured: Northern Health Board Chair Jennifer Williams AM, Amy Dillon and Matthew Wheelton

Grand opening of emergency accommodation for patient families

On 24 July 2019, Northern Health Foundation hosted the grand opening of the emergency accommodation for families of patients who need to travel long distances to visit their loved ones receiving care at Northern Hospital Epping.

The three bedroom house in Wollert is fully equipped with amenities and items for families to feel comfortable during their stay, with no direct cost to the families of patients. Northern Health recognises that being disconnected from family and friends can have adverse effects on patient's health and wellbeing. It is also important that loved ones are comfortable and rested as well so they are able to provide much needed emotional support during what can be troubling times.

Northern Health Board Chair, Jennifer Williams, officially opened the property and told guests, "This accommodation aims to lessen the burden on the families of patients in our care by providing a home near the hospital."

"A key priority is to support families from rural or regional Victoria who are visiting loved ones," she added.

Over 1,000 patients travel in excess of 80 kilometres per year to seek treatment at Northern Hospital Epping. To care for their loved ones, families of patients need to follow them to hospital, leaving for Melbourne often on short notice, and needing to find accommodation in unfamiliar surroundings during what is already a highly stressful time.

Northern Health Chief Executive, Siva Sivarajah, said, "We understand how difficult it can be for families when their loved ones are in hospital. Our new accommodation will provide much needed relief and support for families travelling from rural areas, keeping them closer to their loved ones in their time of need."

"Thank you to our very generous donors who have helped us see this vision become a reality."

The house is part of the Foundation's 2017 Accommodation Relief Appeal, which was made possible by Northern Health patron and philanthropist, Paul Wheelton, as well as JT Reid Charitable Trust and Collier Charitable Foundation.

Paul Wheelton's son, Matthew, and daughter Amy, (pictured above) attended the opening on his behalf and were pleased to see their father's vision come to life.

The project has also been made possible by generous corporate supporters, philanthropic trusts, donors and the northern community, and will provide much needed accommodation to the families of Northern Health patients when they need it the most.

We thank all involved in the fundraising, large or small, who have helped in seeing this vision become a reality

Spotlight on the Knitting Guild

Northern Health's Knitting Guild have been donating knitted jackets, beanies, booties, soft toys and more for over 30 years, supporting the Northern Health Foundation and helping our patients have a positive hospital experience.

Bina Connelly is a former Northern Health employee and now a volunteer who knits for the Guild and also volunteers on the tea trolley – a role she dearly loves.

Bina and the ladies from the Knitting Guild use their talent to make items that are sold at Northern Hospital Epping and Busy Fingers Shop at Bundoora Centre. All the funds go to the Northern Health Foundation.

"Over the years, we've raised more than \$100,000 for the Foundation and this has gone towards buying some wonderful equipment," Bina adds.

The Foundation is very appreciative of the support received from Busy Fingers which helps fund medical equipment for Northern Hospital Epping.



Northern Health Volunteer, Bina Connelly

Josie Minniti's Fundraising Dinner Dance 2019 supporting cancer services at Northern Health



Lily D'Ambrosio MP, Patron Josie Minniti OAM and Northern Health Executive Director Public Affairs and Foundation Andrew Williamson

On Saturday, 29 June, Josie Minniti OAM, held her 15th annual Fundraising Dinner Dance, once again raising money for Northern Health cancer services. Funds raised will purchase 2 treatment chairs and a Defibrillator for day oncology and support the purchase of a further scalp cooling machine for our Craigieburn Centre. The sold out event was a major success raising over \$20,000 on the night.

Josie, her husband Rino and their children, work tirelessly to put on this fundraising night, ensuring all 450 guests were having a good time.

Earlier this year, Josie and her charity group, the Josie Minniti Fun Group, were thanked for their generous contributions with a morning tea in the Day Oncology Unit. At this event Josie explained her motivations for her long time generosity and how she maintains the energy to do what she does.

"Raising money for cancer is always very important – I started because we had a lot of cancer in our family. It is a worthy cause and you can make a difference," Josie said.

"All the equipment that is donated is used by patients, of which may also be family and friends, so I think it's important that everyone gets on board. The equipment provides comfort to cancer patients while they're undergoing their treatment, and you see the look on their face and the tranquillity now the equipment has come."

We'd like to thank Josie and Rino Minniti and the Fun Group for their tireless fundraising support for our Oncology Service. Thank you also to our volunteers and those who attended on the night and gave so generously.

From Patient to Broadmeadows Hospital Volunteer

Michael Fedyshyn has been a volunteer at Northern Health for six years, but has been a patient of Northern Health for over 15 years.

Michael credits his experience as a patient for his journey to becoming a volunteer.

In 2004, Michael suffered a blood clot in the brain and a stroke. The stroke meant Michael had to start again and learn how to speak and walk - something a lot of us take for granted, we never expect to have to learn these skills again later in life.

Through the support of his doctors at Northern Health, Michael's outlook on life changed. He realised he was better off seeing the bright side of life, to be positive, active and happy. It was thanks to this new found attitude that Michael was able to return back to work, improve his speaking ability, obtain his driving licence and continue to improve his life. Michael was later diagnosed with epilepsy, leading to multiple stays at Northern Hospital over the next few years.

Once Michael retired from work, he wanted to remain active and productive, and it was then that he realised he could help others in similar situations to himself. He became a volunteer at Northern Health and has now clocked up six years of service.

Michael has volunteered at Craigieburn Centre, Bundoora Centre, Northern Centre for Education and Research (NCHER) and Broadmeadows Hospital.

The volunteering role Michael finds most rewarding is at the Rehabilitation Department of Broadmeadows Hospital. It is here where Michael is able to speak to patients like him, who have also had to deal with the after effects of having a stroke. His experience is invaluable as he is able to empathise with exactly what they are

feeling and is able to show them how with a positive and determined outlook, they too can get their lives back on track. For he is a living example of what can be achieved.

Michael had this to say about his time volunteering – "I became a volunteer to help patients as much as I can, to help start their lives again. There have been times where I have been in the hospital, at the shopping centre or even on the street, where I have had patients come up to me to thank me for helping them walk and talk again and to continue on prospering with their lives. I'm so happy that I have been able to help so many people and I will always continue to do so."

Thank you Michael for everything you do at Northern Health and thank you to all our volunteers.



Engagement Advisor Monica Polimeni and Volunteer Michael Fedyshyn

Research Dinner raises vital funds for research scholarships

On Wednesday, 12 June, Northern Health Foundation hosted our annual Research Dinner at Sofitel Melbourne on Collins, raising funds towards vital research and education.

Northern Health Board Chair, Jennifer Williams AM, opened the evening saying, "Northern Health is boldly and innovatively committed to enhancing our patients' quality of life using digital technologies and research breakthroughs."

"We have the opportunity to be at the forefront of new models of care, engaging our clinicians and community in providing solutions to the needs of our patients living in Melbourne's north. We need to fund our researchers of the future and their innovative ideas that, if successful, will make a difference to the lives of our patients and community," Jennifer added.

This year, we welcomed keynote speaker, Professor Kathryn North AC, Director of the Murdoch Children's Research Institute and the David Danks Professor of Child Health Research at the University of Melbourne. Professor North is a clinician scientist, world leader in genomic medicine and has extensive knowledge of digital health.

Professor North spoke about life as a clinician scientist, her career in genomics and children's health, and future opportunities for Northern Health in its digital health transformation – "It's a very exciting time to be a researcher, with the Future Fund, and the focus to translate research into clinical practice. Enhancing the power of digital health really means we can do big science from anywhere."

"You've got to acknowledge the positives of research and this is how you encourage young people to have an addiction to research – embrace teaching others, it enriches your working life and it enriches the clinical environment. Mentorship is probably the most fun of anything I do!" Professor North added.

Current PhD scholarship recipients, Rifly Rafudeen and Zahra Nasr, were in attendance to discuss their research projects. Rifly's research aims to



Northern Health Foundation Director Peter Brooks, Frank Maguire MP, Northern Health Board Chair Jennifer Williams, Professor Kathryn North AC and Northern Health Chief Executive Siva Sivarajah

reduce peri-operative myocardial infarction (PMI) and injury, particularly in patients with hip fractures who tend to be elderly with many medical conditions. Meanwhile, Zahra's research focuses on preventing and managing post-operative nausea and vomiting, to find out how to effectively engage patients and staff in managing their post-surgical complications.

Funds raised will go towards supporting the next generation of health professionals with research scholarships and grants.

Northern Health Chief Executive, Siva Sivarajah, said, "our supporters enable us to continue to translate research into practice, enhance patient safety and create positive outcomes to meet the complex and challenging needs of the northern community."

Northern Health Foundation would like to take this opportunity to once again thank our Research Scholarship Partners, Research Dinner Event Sponsors, donors and guests who attended the evening.



Healthcare Imaging Services

Alexander Robertson OAM

Northern Health is leading the way in preventing venous disease

Northern Health is leading the state in the field of complex venous disorders, as the first hospital in Victoria to offer intravascular ultrasound (IVUS) as a regular service to patients. At the forefront of this innovation is Vascular Surgeon, Iman Bayat, using cutting-edge intravascular ultrasound technology to treat venous disease.

In order for veins to function normally, they need to be clear of blockages. Veins can be acutely blocked by commonly known conditions like deep vein thrombosis (DVT).

Many advances have been made in minimal invasive treatment of blocked arteries. One major advance is the cutting-edge technology, IVUS – sonography inside the vein.

Several studies show the superiority of IVUS to standard angiography when treating complex venous disorder as it enables vascular surgeons to conduct highly complex procedures whilst reducing the risk of radiation exposure to patients.



Iman Bayat, Vascular Surgeon, Northern Health

Iman Bayat said, "IVUS gives us accurate measurement of the degree of obstruction, the size of the veins, and also guides treatment of blocked veins using stents."

"Previously, the technology was restricted to arteries within the heart. Now we are able to assess veins that are 10 times the size of the heart vessels."

Northern Hospital's new state-of-the-art angiography hybrid theatre is also the first in Victoria to be equipped with IVUS.

81 year old grandfather, Gerhard Scholl, was one of the beneficiaries of this IVUS treatment at Northern Hospital by Iman Bayat.

Gerhard's results speak for themselves. Prior to the procedure, Gerhard said he had a lot of trouble walking and painful swelling. He would even struggle to walk through the shops with his wife.

"I feel so much better. Now, I can walk all the way through the shopping centre no problem!" he tells us gratefully.

NORTHERN HEALTH FOUNDATION DINNER

CASA D'ABRUZZO CLUB, EPPING

SATURDAY 16 NOVEMBER 2019 6.30 PM - 12.00 AM

*Feel the beat
for the 80's*

PURCHASE TICKETS
ONLINE
nhfoundation.org.au

TICKET PRICES (INC. GST):

Early bird rates - \$105pp or \$1,050 per table of 10
Standard rates - \$120pp or \$1,200 per table of 10

CONTACT:

Northern Health Foundation
E: Priscilla.Matters@nh.org.au • T: (03) 8405 8070

Fundraising for
60 cutting edge
defibrillators
across our
campuses



The Chantoozies

Australian iconic pop group, The Chantoozies will MC our dinner. They've sold over 300,000 records, receiving Gold and Platinum status throughout the 80's and 90's.



Stand & Deliver

Stand and Deliver is Australia's most loved and in demand 80's cover band.

HotelCare supports Northern Health Foundation Defibrillator campaign

Mark Robertson OAM and Bill Bell were on hand to present a cheque for \$50,000, on behalf of HotelCare to the Northern Health Foundation.

This generous donation will support our new campaign to raise funds for a state-of-the-art upgrade of 60 defibrillators across Northern Health Services.

Current defibrillators have different complexities and have been purchased at different times. The state of the art upgrade ensures the latest models and best equipment are consistently available, whilst also ensuring staff are trained on the same machines across all Northern Health hospitals and centres.

The Northern Health Defibrillator campaign complimented the HotelCare scheme which has already donated over 30 defibrillators to hotels across rural Victoria where they don't have immediate access to health services and equipment.

Northern Health Foundation would like to take this opportunity to thank Mark Robertson OAM, Bill Bell and Alex Robertson for their ongoing support of Northern Health and their generous donation.

The Foundation needs to raise a total of \$450,000 to complete the upgrade. For more information on how you can get involved visit nhfoundation.org.au.



Pictured: Mark Robertson OAM, AHA (Vic) Vice-President and Siva Sivarajah Chief Executive Northern Health



Dr Anthony Cross, Director ICU, Mark Robertson OAM, AHA (Vic) Vice President, Bill Bell, AHA (VIC) Life Member, Siva Sivarajah, Chief Executive, Northern Health, Professor William van Gaal, Divisional Director of Emergency Services and Director of Cardiology.

Northern Health Foundation Defibrillator Campaign – Equipment Wish List

The following defibrillators are critical to providing the best possible healthcare to our community. We hope you can support our campaign by purchasing a machine outright or making a donation online at nhfoundation.org.au

Defibrillator Basic Model 10 Units @ \$2,550 needed



The basic defibrillator is designed for first responders such as Doctors, Nurses and Paramedics.

Defibrillator Standard Model 40 Units @ \$9,770 needed



The standard defibrillator is designed to resuscitate, monitor and review each cardiac event.

Defibrillator Advanced Model 10 Units @ \$32,850 needed



The most advanced and state-of-the-art machine when it comes to saving a victim of sudden cardiac arrest.



Heart Failure Unit is now open

The newly established Cardiology Heart Failure (CAHF) Unit started their ward rounds in August of this year, led by Cardiologist Associate Professor Gautam Vaddadi.

A/Prof Vaddadi said Northern Hospital Epping has the biggest cohort of heart failure patients of any tertiary hospital in Victoria, admitting over 2,000 heart failure patients per year.

"These patients have high mortality and cost the community a lot in terms of resourcing, both in hospital and out of hospital. Our goal is to keep people well and out of hospital," he said.

"The new unit will help look after these patients better and try to optimise their management, which has become very complicated in recent years. The idea here is to bring people who have expertise in heart failure to look after these specific cohort of patients," he added.

Heart failure can be a consequence of a heart attack, but is any form of weakness in the heart muscle that causes a particular syndrome, which is usually comprised of retaining fluid in the body, becoming

short of breath and that develops because of blocked arteries in their heart and weakness in the heart muscle.

"We have to be able to look at the causes of heart failure, but also treat the consequences," A/Prof Vaddadi said.

Internationally, it is well recognised that heart failure is best managed by dedicated cardiologists who sub-specialise in heart failure. If poorly managed, this can lead to a high number of ED presentations and high readmission rates. Conversely, early intervention and optimal treatment leads to better patient outcomes.

The Cardiology Unit at Northern Hospital has been divided into two specialist sub-units: Cardiology General (CAGE) and Cardiology Heart Failure (CAHF). CAHF will allow for improved and standardised care for this complex patient group by providing specialised inpatient heart failure management. The CAHF unit will also provide a consult service to other units as required.

Busy Fingers Bundoora Centre Auxiliary raising funds for Aged Care Services in the North since 1973



Left to right on the chairs Joy Crampton Glenda Edgar
Standing : Cheryl Farrer, Elizabeth Dossor, Norma McGrillen (at the back),
Carla Polistena, Kerry Wall, Pam Cripps, Lynette Potter, Margaret Trewella and
Cath Cantrill

Northern Health Foundation together with Bundoora Centre executive were pleased to attend the 45th Annual Meeting of the Northern Health Bundoora Preston Auxiliary better known as Busy Fingers in early September 2019.

The auxiliary was founded in 1973 and since that time have been enthusiastic fundraisers and volunteers here in the North. Their first project was to raise funds to establish independent Aged Care services in the North, fast forward to 2019, they fundraise for the Northern Health Bundoora Centre who provide a range of aged care services and outreach programs to the local community. The outreach program's main aim is to provide care and support in the home enabling the elderly to remain in their own homes as long as possible.

The Busy Fingers Shop was opened 25 years ago in the Foyer of Bundoora Centre and stocks a wide range of items including hand-made items and donated goods from members and the local community. The Busy Fingers Shop has raised well over a million dollars since that time and is busier than ever.

This dedicated group, led by their current President, Kerry Wall, has raised over \$3,000,000 for aged care services and support since 1973 which is an amazing effort and an indication of their dedication to Bundoora and the aged care services that Northern Health provide to the local community.

Northern Health Foundation together with Bundoora Centre are grateful for the support of the Auxiliary in funding medical equipment for our aged care service. Each and every day they have a positive impact on patient care within the Centre and the Bundoora Centre and for that we will be forever grateful.

New Hospital in the Home Chemotherapy Service

Kilmore resident Michael Dunn is one of the first Northern Health patients to use our new Hospital in the Home (HITH) chemotherapy service.

Patients receiving chemotherapy for colorectal cancer require a specific regime that includes an infusor filled with chemotherapy to be attached for 46 hours.

Until recently, patients would return home once the infusor is attached and return to the day oncology unit for disconnection of the infusor on their third day of treatment.

Day Oncology Nurse Unit Manager, Melissa Gwynne, said, "This causes some anxiety for some patients who have issues with transport. Benchmarking across multiple health services, HITH are able, with the correct training, to provide this part of the service at home."

Patients who meet the admission criteria can now be referred to HITH, allowing patients to be disconnected in the comfort of their own home, saving them an additional trip to hospital.

Michael Dunn (pictured above) has been an oncology patient of Northern Health since March and has been using the new HITH service for just over six weeks.

"It's excellent. Saves me having to worry about getting all the way to Epping, I can drive but I only like to drive local – driving 40 minutes down the highway is a little bit nerve-wracking. So the fact that HITH is coming here – it just takes all that stress off you – it's much easier," he said.

With this new process, patients attend day oncology for day one of treatment, and are then transferred to HITH for day two and three for observation, assessment and disconnect.

Michelle McDonald, Nurse Unit Manager of HITH, said it's beneficial for patients being able to be treated at home, helping them with issues of transport and parking.

"It's also a win for day oncology, as it frees up space in the unit for other patients to be seen," she added.

Patients also benefit from receiving an additional service on their second day of treatment, with the HITH nurse coming to your house to check on you. The nurse will complete a wellbeing



Michael Dunn with HITH Nurse, Kate Findlay

check, ensuring the chemotherapy is running, the site is clean and everything's working properly.

Previously, patients wouldn't receive this additional check-up on their second day of treatment as they would have to return to hospital to do so.

"They come and check my stats on the Tuesday and then unplug me on the Wednesday. Previously, I wasn't getting the second day check-up so it's a plus plus," Michael said.

Michael says his experience at Northern has been great – "absolutely amazing what happens and how good the nurses are," Michael said. "It's been a good ride – you can't go crook."

Stow Family Garden revitalised at Northern Hospital

The Stow Family Garden was originally established at Northern Hospital by the Stow Family in 1998, and has recently been rejuvenated by Stows Waste Management, together with the Northern Health Foundation.

Managing Director of Stows Waste Management, Paul Stow, said, "The Stow Family Garden was donated by my parents, Neil and Wynette Stow. Following in their footsteps, I wanted to rejuvenate the garden to bring joy to the patients, families, visitors and staff at the Northern Hospital."

"Stows Waste Management are a family owned and operated business, and take great pride in giving back to the community and environment in which we operate within," Paul added.

Yvonne Amos, Director of Northern Health Foundation, said, "The Stow Family Garden required revitalisation to ensure it could be enjoyed by future generations. The Aboriginal artwork has also been revitalised to better reflect the Indigenous communities in the north and across Victoria."

Local Yorta Yorta Aboriginal artist, Kahli Luttrell, painted the artwork featured in the garden, which represents the land, plants,



Back Row (L-R):
Paul Stow, Kahli Luttrell, Christine Stow, Karen Bryant, Siva Sivarajah,
Front Row: Neil Stow, Wynette Stow

animals, growth and the sky with Bunjil, the creator, flying through overlooking the land and keeping it safe.

Stows Waste Management, on behalf of the Stow Family, wish for this garden to be enjoyed by Northern Hospital patients and visitors for many years to come. The garden is located in the courtyard near Pharmacy at Northern Hospital, Epping.

Palliative Care Grant brings new patient lifter

Northern Health Palliative Care Unit has received a grant from the Foundation to purchase a new patient lifter for the unit. "This lifter is the best thing in the world for patients who are not able to step or shift their weight," said Julius Quiring, Nurse Unit Manager in the Palliative Care Unit.

With the new lifter, only one nurse or a family member is required to help the patient up and move across the floor. The chair is perfect for patients who still have some arm and leg strength, and can stand up on their own. Nurses in the ward can now easily move patients around, and since the chair has strong wheels, it doesn't feel like pushing at all.

Julius and his team are grateful for the Northern Health Foundation grant, as they see every day how both staff and patients benefit from the new equipment.



Julius Quiring, Nurse Unit Manager Palliative Care Unit, with the new patient lifter

Northern Health Foundation Raffle



MAJOR SUPPORTER

Maxxia

1st



win Me

The vehicle displayed is for illustration purposes only and actual vehicle may differ in specifications and colour.

5 PRIZES
to be won*

\$50 PER TICKET
OR \$100 FOR 3 TICKETS



2nd

Trip for 2 to Cairns



3rd



4th

***Early Bird Prize**

Purchase your ticket before 11 October 2019 for your chance to win a \$500 Coles Voucher

1st - **Hyundai Kona** Includes all on road costs. RRP: \$29,037.23

2nd - **Helloworld Travel** Trip for 2 to Cairns including 5 nights accommodation, breakfast and airfares. RRP: \$3,000.00

3rd - **Samsung 50" 4k UHD** Smart LED Television. RRP: \$1,095.00

4th - **Mantra Epping Voucher** Includes 1 night accommodation, 2 course dinner and full buffet breakfast for 2 people. RRP: \$500.00

Permit No: 10492/19

Events Calendar

Trudi's High Tea

Friday, 11 October 2019

Breast Cancer High Tea

Wednesday, 23 October 2019

Northern Health Foundation Golf Day

Friday, 25 October 2019

Bev Carmen Oaks Day Luncheon

Thursday, 7 November 2019

Northern Health Foundation Dinner

Saturday, 16 November 2019

Purchase tickets online at nhfoundation.org.au

For more information on our events call Priscilla Matters on (03) 8405 8070 or visit nhfoundation.org.au to purchase tickets.

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Yes, I would like to support the Northern Health Foundation!

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My Donation

☐ \$20 ☐ \$50 ☐ \$100 ☐ My choice \$ _____

OR

☐ I would like to make a regular donation of: \$ _____

I understand that this will be deducted from my credit card each month until I advise otherwise.

☐ Monthly ☐ Every 6 Months ☐ Yearly

My payment details

Option 1: I have enclosed a cheque/money order made payable to Northern Health Foundation

Option 2: Please debit this card: ☐ Visa ☐ MasterCard

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Cardholder's name: _____

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Providing your date of birth protects your privacy and helps distinguish you from other supporters.

☐ Please send me more information about leaving a gift in my Will to Northern Health Foundation.

☐ I do not require a receipt.

All donations over \$2.00 are tax deductible. A receipt will be sent to you shortly.

Personal information is collected to process donations, issue tax receipts and to send you updates. For these, servants and agents, either in Australia or overseas.

Northern Health Foundation respects your privacy. For information on how we protect your personal information, how to access and change your details and how we receive and handle privacy complaints, please go to our Privacy Policy www.nhfoundation.org.au or phone (03) 8405 2897.



Breast Cancer High Tea

Supporting our Oncology Unit at Craigieburn

Wednesday 23 October 2019

2.00pm - 4 pm

Rivers of Yarrambat
28 Kurrag Road, Yarrambat

\$60pp inc. GST

includes bubbles on arrival, tea and coffee
and savoury and sweet treats

Purchase tickets at
nhfoundation.org.au

Contact Us:

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Northern Health
Foundation



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