

DECEMBER 2016

As Christmas approaches, we'd like to share with you our achievements from the past year. It is the time of year to take a moment to reflect on the joys and blessings of life – thanks to you, our work has had a powerful impact not only on the people that we work with directly, but also on the community as a whole. We thank you again for your support and hope that you can continue to help us, help others.

From the Foundation team

## Berwick Redevelopment Reflection

Rhonda O'Connor is the new Director of Mission at St John of God Berwick Hospital. She shares an insightful reflection on what the redevelopment means for the community of Berwick:

"We talk a great deal about 'care close to home'. It sounds very simple, but for the people living in the Casey and Cardinia region, care close to home has not always been an easy or viable option.

Families have had to make choices about whether to undertake or continue chemo treatments when travelling into Moorabbin or Peter McCallum in the City – it puts so much strain on budgets and disruption to their families. They have been making choices about not visiting family members in hospital because they can't get there. Children have been left not being able to see parents because it is too far away. Surgeries have been delayed because it is too complicated to get to various hospitals. Having access to a specialist means taking a full day off work to make a round trip for a twenty minute specialist appointment.

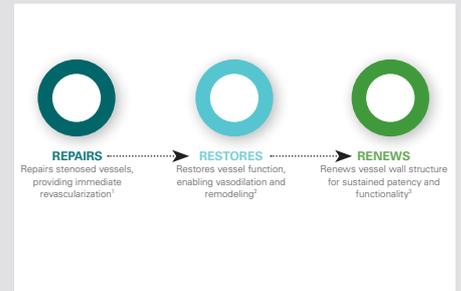
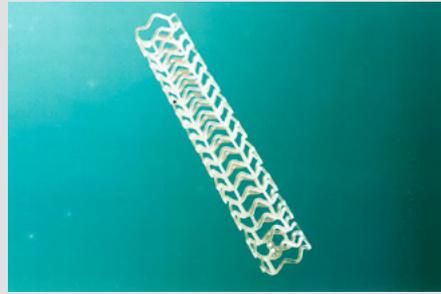


Visiting schools, Rotary Clubs and Church group meetings in my eight months at St John of God Berwick Hospital, I have seen and heard the great sense of excitement, relief and security in knowing that our ageing community can have access to great healthcare, close to their loved ones in the community where they belong. They are particularly welcoming of the Cardiac Care Unit and Intensive Care Unit

options that mean some of the more complex surgeries can be done here.

'Care close to home' means relief, support, care, nurture, timely treatment and speedy recovery without the stress of the added impact on families. There is a sense of we are 'finally!' getting the services we need that have been long overdue."

## New Developments in the South West



### Bioresorbable Stent

The South West Cardiac Lab was the first unit in regional Western Australia to use a new bioresorbable stent. The dissolvable stent is made of material similar to dissolvable sutures and dissolves after approximately two years. In August 2016, we performed the 2,000th intervention cardiology procedure. This is a great measure that

enables South West residents to receive care closer to home.

### Green Light Laser

Patients receiving care in the Cardiac services very often receive blood thinning medications. Before, during and after surgery, these medications require skilful management by Medical Practitioners. In November, Urologists

at St John of God Bunbury Hospital will have access to Green Light Laser. Green Light Laser is a minimally invasive alternative to surgery used for benign prostate hyperplasia. This is another first for regional Western Australia and another example of South West patients having access to services available to city residents.

## Corporate Charity Golf Day 2016

The St John of God Foundation's Annual Corporate Charity Golf Day 2016 was generously held by the Melville Glades Golf Course on the 11th October 2016.

Eighteen teams participated, with Ernst & Young as our generous silver sponsors. While it was comforting to see our annual supporters on the day, it was just as exciting to see four new teams join us for the event.

It was a successful day, raising a gross total of \$65,000 towards research at St John of God Murdoch Hospital. The hospital has a strong and extended focus on conducting research to continue improving the care we provide - in

particular, assisting in the speed and comfort of patient recovery.

Established research is underway in the areas of nursing, midwifery, allied health, emergency, intensive care, as well as in oncology clinical trials. With the help of all our golf day sponsors, St John of God Murdoch Hospital aims to expand its research to discover new ways to continually improve the health, wellbeing and treatment of our patients and to assist in meeting the ever changing needs of the community.

The St John of God Foundation team would like to thank all our sponsors for making the day such a huge success.



Overall Winners – St John of God Subiaco



Auction Item Winners - Paul Kane and Delane Kane

## A Night on the Swan

A Night on the Swan was held by St John of God Foundation at Acqua Viva on Swan on Wednesday 19 October 2016. The cocktail fundraiser was held to assist in raising funds for Ovarian Cancer Research at St John of God Subiaco Hospital. It consisted of a fine furniture and art sale by Jahroc Galleries, as well as live and silent auctions.

Together with our sponsors and major partners Jahroc Galleries and WOMEN Center, we raised a gross total of more than \$110,000 towards Ovarian Cancer Research.

The vision of the Gynaecological Cancer Research group is to become a world renowned centre of excellence - a

leader in local, national and international gynaecologic cancer research encompassing a range of medical innovation and survivorship.

The group envisage a gynaecologic oncology division which attracts the brightest residents and fellows from Australia and overseas who wish to undertake doctoral and post-doctoral research, and collaboration between clinicians and research scientists to deliver new and improved treatments to provide unparalleled care to patients.

A special thank you to all two hundred attendees and all of our sponsors and donors – you made the success of the night possible.

## Horizon House WA



Horizon House Tier 2 resident, Matt is one of twenty candidates who has made the short-list for an inaugural exchange program with Hong Kong. The program is co-ordinated by the Department of Local Government and Communities, Office of Multicultural Interests and the Youth Affairs Council of Western Australia.

An initiative of the Western Australian State Government and the Home Affairs Bureau of the Hong Kong Special Administrative Region Government, the exchange program will see seven West Australians aged between 18 and 24 years spend four weeks in Hong Kong. Key to the experience will be the opportunity to live with a host family and learn about daily life in Hong Kong first-hand. The aim of the program is to help delegates develop their self-confidence, create international friendships and networks, gain a real understanding of a different culture and will provide a base for future education and career goals.

Matt has always had a strong interest in other cultures and is currently undertaking a degree in International Relations at Curtin University. He moved into the Tier 1 Horizon House in 2011 and displayed commitment to developing his life skills - learning how to cook, clean and manage his personal budget. Earlier this year, he transitioned to Tier 2 of the Horizon House Program and is now living semi-independently with the support of an outreach worker.

Matt believes strongly in the importance of setting and working towards clear goals. "You need to have a vision for your future and know what you want to do so you can put together and work towards a plan that will get you there," Matt said.

**"My long-term goal is to finish my studies and get a job working in international relations for a diplomatic service. I love helping people and interacting with people from different backgrounds and I want to turn that passion into a career. The team at Horizon House has provided great advice that has really helped me to get to where I am now and understand what I need to get to where I want to be. I'm really grateful to have that support."**

Matt is waiting to hear whether he will be one of the seven delegates going on exchange to Hong Kong. We wish him the very best of luck!

## Horizon House VIC

Horizon House Bendigo has celebrated the results of its second annual My Kitchen Rules competition with a special dinner at a local restaurant, Rocks on Rosalind where 18 year old resident, Bradley took out this year's top prize.

The aim of the competition was to increase resident's awareness of cooking, budgeting, timing and meal presentation in a fun and engaging way. Supported by St John of God Bendigo Hospital, My Kitchen Rules saw each Horizon House Bendigo resident prepare a two-course meal that was enjoyed and then anonymously scored by the other residents and house caregivers.

During the competition period, St John of God Bendigo Hospital Chef, Peter Jaegar volunteered his time to visit the house every Wednesday afternoon and take the resident who was competing that evening, grocery shopping with an allocated budget of \$30 to feed six people. He would then assist the resident with their meal preparation and provide

advice on timing and presentation before handing the kitchen back over to them.

**Horizon House Bendigo Support Co-ordinator, Pamela Biggins said having Peter as a mentor was a great experience for the young people. "Peter really helped to add value to the experience for our young people," Pamela said.**

To mark the end of this year's My Kitchen Rules, Horizon House Bendigo residents, caregivers and Peter attended a 10-course banquet dinner at Rocks on Rosalind, donated by St John of God Bendigo Hospital. One of the highlights of the evening was the announcement of this year's My Kitchen Rules winner, Bradley.

"Food is very important at Horizon House Bendigo and this competition enhances our residents' desire to cook and raises the standard of the meals they prepare," Pamela said. "Most importantly, it helps support the development of essential life skills such as budgeting and nutrition, which are key to their journey towards independence."



# CARTWHEELS

The Healing Power of Art



Photographer – Attila Cszaszar, Business news

After the successful pilot program of a mobile arts studio at St John of God Mt Lawley Hospital, the project has been renamed CARTWHEELS and expanded into a number of units.

The vision is for CARTWHEELS to become accessible to more of our hospitals so that we can offer this service to more patients who are required to reside in hospital for an extended period. Patients include women in late stages of pregnancy, individuals who require longer term care and rehabilitation, patients with mental health concerns and those who require ongoing treatment for cancer and other chronic medical conditions.

The CARTWHEELS project is led by a professional Artist and a team of volunteers with arts experience. It can be used by patients at their bedside or with groups.

The project has proven to have a significant impact on the wellbeing of patients as well as their families and visitors. Some of our feedback includes:

“It makes a big difference. It brings things out of people instead of them sitting in their rooms. They don’t know they have it and some know but they don’t get a chance to bring it out. It’s been a great help to me.”

“The project ‘livened things up’ and gave everyone something to talk about.”

Our caregivers also noted their support for this project:

“The atmosphere changed. There was a sense of busyness. The environment changed as the patients’ art works (were) displayed around the ward and around the hospital, creating a sense of community and belongingness.”

“It was a privilege to see such growth in the patients both mentally and artistically. It was wonderful to see such cohesiveness between the patients and that they were able to connect to each other through the art despite their illness.”

**If you would like to be involved in sponsoring the CARTWHEELS project, please contact the St John of God Foundation team on 08 9382 4292.**

## Coffee that gives

What if you could raise money for St John of God Foundation while getting your caffeine hit? Well, now you can.

For every coffee purchase you make, Community Pod will give \$0.10c per pod purchased and \$3.00 for each bag of beans purchased to St John of God Foundation.

Community Pod isn’t just great tasting coffee; it’s coffee that gives.

**Purchase your coffee now at [communitypod.com.au](http://communitypod.com.au)**

## Introducing our new CEO

**At St John of God Foundation, we are thrilled to announce the appointment of Nick Harvey as our new Chief Executive Officer.**

Nick brings with him the aptitude and expertise to help develop our commitment to serving our community. Like so many of our supporters, Nick has a passion for helping those who are less fortunate.

Nick joins the St John of God Foundation with a distinguished and successful career in the corporate and not-for-profit sectors spanning more than 25 years. Most recently, he held the position of Executive General Manager at the Royal Flying Doctor Service of Australia. Nick’s key achievements at the Royal Flying Doctor Service include leadership towards \$12 million in annual fundraising income and the management and direction of a \$50 million capital fundraising campaign.

Nick says “I am delighted to be joining the team at St John of God Foundation.

Outgoing Foundation CEO, Jo Board, has left a strong and respected legacy and I look forward to working with the team and continuing to build on the excellent work of the Foundation, adding contemporary thinking and practices to this iconic institution.”

**Nick Harvey**  
Chief Executive Officer  
St John of God Foundation Inc.



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St John of God Foundation Trust ABN 64 715 901 441

**Please be assured that 100% of your donation to the St John of God Foundation will be used as you request for local community projects.**

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