

JUNE 2016

As we near to the end of the financial year, it is fantastic to look back at what we have achieved both internal and external to our organisation, towards our outreach programs and ongoing research. St John of God Foundation has some exciting projects underway and we cannot wait to share with you the latest updates in our newsletter. We thank you again for your support and hope that we can continue to rely on your generosity as you help us to help others.

Expanding Patient Participation in Arts and Music

The Creative Arts Project

The Creative Arts Project in the Ursula Frayne Psychogeriatric Unit at Mt Lawley Hospital has continued with outstanding results. UWA Evaluator Dr. Christina Davies, reported that "significantly more patients felt happier after taking part in the arts workshops".

- 85% of patients are more happy post workshop than they are before a workshop
- 95% of caregivers and visitors agreed the Project supported patient health, healing and recovery
- Patients (91%), caregivers (100%) and visitors (100%) agreed that the Project enhanced the hospital environment

Plans are underway for the artist to work with a team of volunteers with arts experience to expand the Project across the hospital. With your support, we aim to offer this arts project as part of our excellent clinical services across our hospitals.



Musica Viva

Two new pilot projects have begun as part of SJGHC's three year partnership with Musica Viva.

Burwood Hospital has introduced 'Singing With Your Baby' – a weekly music program for women admitted to Burwood's specialist Mother and Baby Unit. Women reported feeling significantly happier and more relaxed; 80% reported that the program allows them to feel closer to their child and 75% reported feeling more aware of their own sense of wellbeing.

Frankston Rehabilitation Hospital 'Viva Voices' singing and song writing program, attended by both inpatients and outpatients has also made a significant impact on both patients and caregivers. Patient comments included: 'It brings me to life', 'makes you feel better inside', 'good to get out of my room' and 'good to get out of my comfort zone'. Caregivers have reported that participants are happier and very positive when they return to the ward. We look forward to expanding this music program based on the reports above.

Babe Norman Research Grant to St John of God Murdoch Hospital

In 2014, a staggering 100,000 total hip and total knee replacement operations were carried out in Australia. 1 in 3 Australians over the age of 65 will experience a fall within any given 12 month period. Evidence suggests that the rate of falls is greater within those who have had total hip or total knee replacement surgery.

Due to the significant morbidity and mortality associated with the falls as well as the psychological impact falls can



Left to Right: Prof. Leanne Monterosso, SJOG Foundation CEO Josephine Board, Dr. Gail Ross-Adjie

have on individuals, it is critical that high quality research is undertaken in order to mitigate the risk of falls.

St John of God Foundation was successful in a grant application to the Rosemary Norman Foundation and was awarded \$75,000 in the name of Babe Norman Researcher in order to carry out the world-first crucial research. The study is led by Dr. Gail Ross-Adjie and is assisted by Professor Leanne Monterosso at St John of God Murdoch Hospital.

The primary aim of the study is to estimate the incidence of falls in the first 12 months after discharge from total hip and total knee replacement surgery. Secondary aims include identifying the causes and consequences of the falls.

Understanding the reasons why patients fall will enable us to assess the risks prior to discharge and implement strategies to prevent falls to 'at risk' patient groups; giving more Australians a sense of confidence and independence.

St John of God Berwick Hospital Launch a Community Wig Service

For patients who have been touched by cancer, losing their hair through Chemotherapy treatment can be a setback to their self-esteem and confidence when they are already feeling unwell, scared and vulnerable.

St John of God Berwick Hospital has launched a Community Wig Service which can support these patients during what is a very difficult time in their lives. The service offers those who are living with cancer, the opportunity to loan a wig. The loan service is not only available to St John of God patients, but also available to anyone in the local community who is suffering from cancer related hair loss.

The development of the service has been a community effort, where a team of volunteers have been trained to fit, style and maintain the wigs. In addition, many community groups have fundraised to assist with the service and the purchase of wigs and supplies. The initiative will be run by St John of God Berwick Hospital with the assistance of volunteers.

"We have spent a lot of time planning what we can offer to this community, which is rapidly growing, to ensure we meet their needs not only today but also in the future," explains Lisa Evans, Director of Nursing.



Hair Gone for a Good Cause

Eighteen-year-old Matilda (Tilly) Terbio from Inglewood wanted to extend a special thanks to the caregivers and doctors at St John of God Subiaco Hospital ICU, who recently looked after her much loved 'Pop'.

Her grandfather had spent several weeks in the ICU as a result of complications from major heart surgery.

Tilly, who is in her first year of study at WAAPA, requested for people to sponsor her efforts after making the brave decision to shave off her long locks.

"It actually felt very liberating as I have always had long hair", Tilly said. "Hair grows back and I really wanted to show my appreciation to the caregivers in the ICU and to raise as much funds as possible for them".

Raising close to \$1000, Tilly presented the funds to the ICU team. Since then, Tilly and her mother have continued to update the ICU team on the excellent progress of her grandfather's recovery since leaving hospital.

Horizon House WA

Young Mother Annie is an Inspiration



Horizon House Tier 2 resident, Annie is a truly inspirational young lady. Annie was lured to Africa under the guise of a holiday with her mother. There, she was forced into an arranged marriage that she did not wilfully consent to. In May 2013, Annie was referred to the Bendat Horizon House Young Mother and Baby service after falling pregnant due to the arranged marriage.

Soon after Annie fell pregnant, her family expressed that she was unwelcome in the family home due to the cultural shame of the pregnancy. Furthermore, her new husband was still living in Africa, and so, Annie found herself homeless.

Despite the immense challenges she was facing, Annie quickly settled into the Bendat Horizon House for Young Mothers and Babies, refusing to let her current circumstances affect her determination to carve out the best possible life for herself, and her baby.

At this time, Annie had completed a Certificate IV in Nursing. She continued working as a nurse's assistant, slowly

building a savings account to provide the best possible start for herself and her unborn daughter.

Since giving birth, Annie has juggled being a parent, studying and working. Annie has gone on to complete a Certificate IV in Accounting, an Advanced Diploma in Counselling, obtained her driver's license, purchased a vehicle for herself, and has taken the next step towards independence; moving out of the Tier 1 Bendat Horizon House for Young Mothers and Babies, which provides accommodation and intensive support, into a Tier 2 transitional home.

These are significant accomplishments for *anyone* at the age of 23, but are truly exceptional in Annie's case, considering the circumstances she has had to overcome.

Horizon House Support Coordinator, Sharon Hennelly has followed Annie's journey since she first arrived at Horizon House and describes her as a truly strong, resilient and determined young woman who refuses to let her circumstances define her.

Horizon House VIC

Horizon House helps Alison access a Healthy Education

Horizon House Geelong Victoria resident, Alison is on her way to realising her dream of becoming a dietician having recently started a Bachelor of Applied Science degree at Victoria University. Alison first came to Horizon House when she was 17 and in the final stages of completing her year 11 VCE.

Coming from a volatile family environment where she experienced parental neglect, Alison had never been able to give her studies the complete attention that she desired.

"Life at home was really tough and it made it extremely difficult for me to focus on my studies the way a lot of the other kids in my class were able to," Alison said.

After spending just over six months in Geelong's Tier 1 Horizon House, where she received intensive support, Alison moved through to Tier 2 of the program which provides transitional accommodation and regular case management.

"In Tier 2, I've still got stable accommodation but I'm living more independently and putting all the life skills I learned in Tier 1 into practice," Alison said.

It has been extremely challenging for Alison to balance the responsibilities of paying her own bills, maintaining a house and keeping on top of her studies, but visits from a Horizon House caregiver several times a week has helped and encouraged Alison to stay on track.

"It's been great to have that safety net and know that I've got someone to help me if I'm feeling stuck or don't know what to do about something," Says Alison.

Now several weeks into her degree, Alison has quickly settled into life as a university student.

"I honestly don't know if I'd be here if it wasn't for Horizon House. I'd tell anyone who's been in a similar position to me and is thinking about starting the Program to go for it. It provides a safe and stable home where you're able to get the support you need to get your life on track", Alison adds.

South West Health Campus Cancer and Coronary Care Service

Going from Strength to Strength

Thanks to your generosity, this service has proceeded to provide outstanding and vital care to the community of the WA South West. Here is a snapshot of some services provided in the last twelve months:

- Over 194 cancer patients and family members stayed in the SW Accommodation and Wellness Centre at Dalyellup in 2015/16
- More than 3,150 treatments were provided in the Chemotherapy Unit
- More than 529 Cardiac Angiography and angioplasty procedures were performed in 2016
- More than 359 cardiac patients have received care in the Coronary Care unit during 2016

We have also had some exceptional feedback from our cancer centre patients;

"I would like to thank you all for your kindness and warm hearted welcome every time Debbie and I came in for her treatment. Even though it was an emotional time coming, you made her feel relaxed with your humour and thoughtfulness. I can't thank you all enough." – Charlie

"Thank you so much for being friendly, caring and supportive - all in a professional manner. With all of the above, you have made my six chemo sessions so much less daunting. Keep up the good work although it must be hard for you all. It has been much appreciated by my husband Terry and I." – Gillian

"Thank you so very much for your dedicated care, amazing support and kind friendships during Geoff's illness. You all made a very difficult and challenging journey so much easier for us both. Keep doing what you're doing, you are all amazing and I can't thank you enough." – Kerri

Save the date

- Ovarian Cancer Research Cocktail and Auction Fundraiser at Aqua Viva in Nedlands on 22 June 2016 – Register now at www.trybooking.com/LFFV
- Annual St John of God Foundation Corporate Golf Day at Melville Glades Golf Course on 11 October 2016
- Santos Great Bike Ride for Charity on 9 October 2016

For additional information about these events please contact:

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Adieu adieu to you and you and you

I would like to take the opportunity to advise you, our Foundation donors, that as of July 29th this year, I will be retiring from St John of God Foundation, so this will be one of my last communications with you.

Thank you for the care you have extended through the Foundation to those in our community who need a safe home and bed each night, funding for researchers looking to find a "cure" or better way to treat diseases, or building and providing services for cancer centres and cardiac care units.

I thank you sincerely for your unwavering support of the Foundation for the past 21 years. My successor will be announced shortly and I know you will continue your relationship with

the Foundation through the new CEO, Foundation team and our projects as you have done to date and hopefully more so in the future. Thanking you from the bottom of my heart.

Yours sincerely,



Josephine Board
 Chief Executive Officer
 St John of God Foundation Inc.



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