

THE NEXT  
**BIG**  
THING IN  
CANCER CARE



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# From our Director

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SUE PARKES



Welcome again to the Cabrini Foundation Newsletter. Thank you for your great response and feedback on our first edition.

Charitable giving peaks at Christmas and we are very excited to be launching the public campaign to raise \$1 million for the Cabrini Gandel Wing.

The Cabrini community is such an important part of everything we do. We're pleased that so many of our donors and community members have supported the campaign and hope that the latest public stage of the campaign will encourage others to also join us.

We are pleased to report that the construction of the building is on time and we are looking forward to a grand opening in October 2019. It is the largest building project and the largest campaign in Cabrini's history and a great reason to celebrate. At the heart of it all it is a response to community need and our commitment to improving the experience for our patients. And here at the Foundation we want to extend that excellent service to our support for our donors.

We encourage you to get behind this campaign and be a part of the excitement of building something that will be a landmark for healthcare into the future.

With the support of generous donors we can reach our \$1 million target and ensure that everyone who comes to Cabrini experiences state-of-the-art facilities, equipment and great Cabrini care.

Thank you to all of our donors, our volunteers, and the broader Cabrini staff who help us with our work and of course our generous community. You have helped to make 2018 a very special year for us all at the Foundation.

I would also like to take this opportunity to pay tribute to, and thank, the Chair of the Cabrini Foundation, Sylvia Falzon, for her commitment to and support of the Foundation for the past eight years. Sylvia has always enjoyed meeting donors and spending time talking to them. At our events her warmth and enthusiasm has been contagious and she has made everyone feel welcomed and special. We are delighted that she will remain on the Foundation Board and continue to support us in this important work.

Sylvia now moves on to the position of Chair of the Cabrini Health Board where she will again bring her strong focus on governance to the role. We wish her well.

On behalf of the team at the Foundation, I would like to wish you and your loved ones our warmest wishes this Christmas and we hope that the New Year sees your home filled with laughter, love and, importantly, good health.

Enjoy the festive season.

# From our Chief Executive

DR MICHAEL WALSH



Health care is becoming ever more complex. New drugs, new tests and diagnostic equipment, new medical devices and technologies promise improved access to more effective health care, care that offers improved outcomes for our patients and families.

But in order to make the most of these amazing advances, we need great doctors who are committed to constantly upgrading their training and their practice, supported by Cabrini nursing, allied health and patient services staff who are equally well-trained and comfortable with change and new ways of doing things.

Beyond the marvels of modern science and technology however, is the real essence of Cabrini, our commitment to compassionate care of the body, mind and spirit. We strive to ensure that our doctors and staff are there for our patients and families whenever they are needed. We are increasingly taking a wider view than just dealing with the medical problem that brings our patient to the hospital.

We need to think about their lifestyle, their living conditions, the family and social supports, so that we can help them design the most effective health care network of service providers to meet their specific needs. Rapid access to compassionate, high quality care at an affordable price is our daily challenge. At Cabrini we are all committed to meeting this challenge and exceeding expectations.

Over the course of this year we have made great progress towards completion of our Gandel Wing, which will deliver 150 new beds and treatment bays, almost all of them in single bed ward configurations. We have also added two new operating theatres and a new central sterilisation department. Importantly, we have commenced several major projects to upgrade our clinical and administrative information systems, embracing the age of digital transformation.

Much of this work has been supported by the generosity of donors contributing to Cabrini Foundation appeals. On behalf of our sponsors, the Missionary Sisters of the Sacred Heart of Jesus, and all doctors and staff who serve our patients and families at Cabrini, thank you for your loyalty and contributions, of time, of talent and of funds.

Please accept my very best wishes for the festive season and for a healthy, prosperous new year.

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WHY YOUR SUPPORT MATTERS

# The Next Big Thing In Cancer Care

DR BEN BRADY  
DIRECTOR OF MEDICAL ONCOLOGY AND HAEMATOLOGY

As Cabrini's Director of Oncology and Haematology, Dr Ben Brady saw first-hand how terrified 18-year-old Gabi was when she was diagnosed with cancer.

"Here was a young woman who had her whole life ahead of her," Dr Brady explains.

"Suddenly her dreams and hopes for the future had to be put on hold. This bright and healthy girl went from being a normal teenager, to lying in a hospital ward having life-saving chemotherapy."

The Next Big Thing In Cancer Care was unveiled to Cabrini staff, donors and supporters from across our community in November; our new, state-of-the-art, integrated oncology department to be housed in the new Gandel Wing.

Cabrini's new Day Oncology Centre will allow patients to be treated in individual treatment pods, giving them dignity and privacy.

In Cabrini's new radiation oncology department, patients will receive personalised treatments and complete our comprehensive cancer service so all treatments can be given on site.

"Right from the start, Gabi received the best possible care at Cabrini," says Dr Brady.

"My colleague here in haematology, A/Prof Melita Kenealy, and her assistant Suzanne, became Gabi's guardian angels."

Her journey wasn't easy and she struggled with the effects of the chemotherapy and how difficult it was to articulate how the treatment made her feel.

"How do you put nausea, sickness and pain into words, when you've never experienced these symptoms before? How do you process a cancer diagnosis at such a young age? How do you cope with the fear that you might not survive the year? Melita and Suzanne helped Gabi deal with all these very real anxieties," Dr Brady says.

He explains that we are all living longer and that means more of us are getting cancer, with one in two Australians diagnosed with cancer before they're 85.

"Whether you're 18 or 80, cancer is the toughest fight you'll ever face and bravery and courage aren't enough to battle it," explains Dr Brady.

"Everyone in our community needs access to state-of-the-art medical technology, cutting-edge treatments and the best quality care following that devastating diagnosis."



*We are asking for our community's support to make the Gandel Wing a reality. For more information on what you can do to help, please visit [www.cabriniappeal.com.au](http://www.cabriniappeal.com.au) or visit our offices at Cabrini Malvern, level 1 above Day Procedures.*

# What is the Next Big Thing for Gabi?

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When Gabi found a lump in her chest, she assumed it was a cyst. But her mother Hadasa, a radiographer, insisted she get checked out straight away.

That's how Gabi learned that at the age of 18, she had cancer and it was aggressive lymphoma.

"Being a radiographer, I understood what was going on. But I didn't have the words to tell Gabi," explains Hadasa.

A/Prof Melita Kenealy and her assistant Suzanne began treating Gabi immediately and now both Gabi and Hadasa call them her "guardian angels".

"I was very overwhelmed", says Hadasa. "But with the support of Melita and Suzanne, they held our hands through the whole thing from beginning to end."

No cancer journey is easy and Gabi's was no exception and she struggled with the effects of chemotherapy.

"Melita and Suzanne were so sweet with me in all sorts of seemingly small and thoughtful ways. After I finished chemotherapy they even gave me a graduation teddy. It sounds like such a little thing, but it was a real comfort," said Gabi.

"Without Cabrini, I don't know where I'd be. I came very close to losing it all. There are Cabrini angels everywhere - the doctors, the nurses and all of the staff who looked after me in the scary hospital environment."

It was also incredibly difficult for Hadasa.

"It wasn't easy to watch Gabi going through the treatment, but we made it with the support of the nurses and the doctors," she says.

"Everybody explained what was happening so I knew every step of the way what to expect and it just made it that little bit easier."

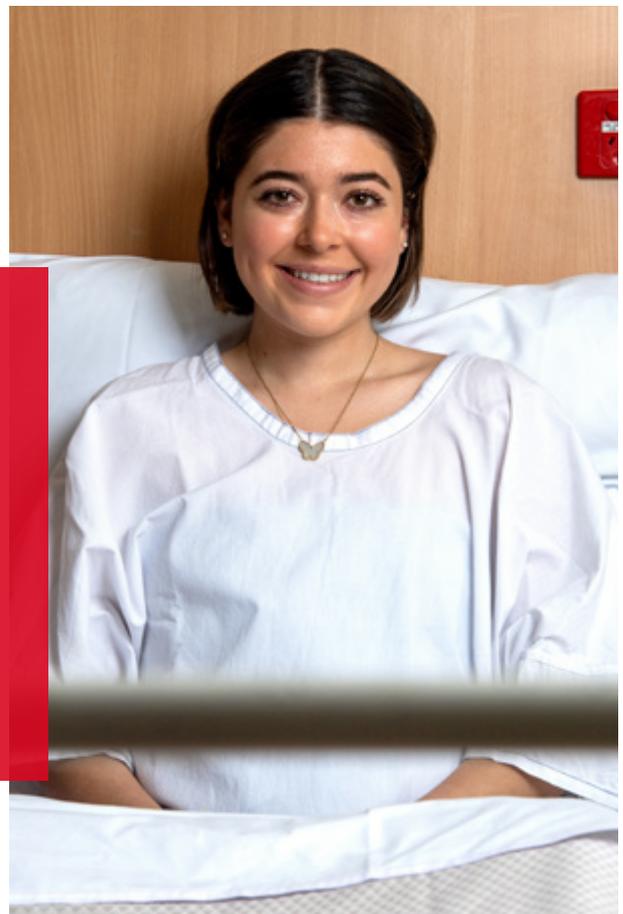
And now Gabi is fully recovered and moving forward with her life. She's at university studying health science and has been inspired to become an occupational therapist. She also wants to travel the world.

"It's a miracle. I'm just grateful for every day. The fact that I get to watch her blossom into a beautiful young woman is a privilege," Hadasa says.

"We always did have a close relationship but it definitely brought us closer together."

"Without Cabrini,  
I don't know where  
I'd be. I came very  
close to losing it all."

GABI



# Christmas gratitude

SISTER SHARON CASEY



“It is a matter of pausing to look back on our day, recall some of the many moments, things, experiences and events in which we were blessed and offer thanks.”

SISTER SHARON CASEY



OUR FAMOUS NATIVITY SCENE,  
DISPLAYED AT MALVERN

St Ignatius Loyola, St Francis X Cabrini, Sarah Ban Breathnach and Oprah Winfrey are only a few of those who have discovered the joy of giving thanks. Truly, it is life-changing, “the practice of gratitude can elevate your life to a state of grace”.

It is a matter of pausing to look back on our day, recall some of the many moments, things, experiences and events in which we were blessed and offer thanks.

As we approach the end of this year I pause to personally thank you on behalf of The Missionary Sisters of the Sacred Heart of Jesus for the many ways you have supported Cabrini and our community with your generosity.

Be assured of my prayers for you and your families at this festive time of the year.

# Christmas at Cabrini

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All Cabrini sites have now welcomed this year's Christmas Giving Trees, which raise money for Cabrini Outreach projects in Melbourne, Ethiopia, Papua New Guinea and Swaziland.

For asylum seekers in Melbourne, we provide health services in the northern suburbs including immunisation, comprehensive mental health screening and treatment and medical or pharmaceutical supplies.

In Papua New Guinea we support our medical and surgical teams who provide outreach and medical treatment as well as education in a provincial hospital.

In Ethiopia we support children and families via Cabrini Ministries Ethiopia and in Swaziland we support a cervical cancer screening service operated by Cabrini Ministries.

Anyone wishing to make a donation can simply take a tag off the tree, fill in the credit card details and put it in the box at reception. Alternatively you can go to the Cabrini Foundation website and make a donation online.

As a Catholic organisation, Christmas is the high point of the year for us as we celebrate the birth of Jesus. Gift giving is an important part of the Cabrini tradition of compassion. At this time of year, we give thanks for our good fortune by sharing it with people less fortunate than ourselves.

Previously we have also accepted Christmas presents. As this is a transition year, we will distribute any donated items to Family Life, a specialist family services provider working with vulnerable children, families and communities.

To read more about the work of Cabrini Outreach, please visit: <https://www.cabrinioutreach.com.au/>



## Order your gingerbread now

Cabrini Foundation is joining forces with Gingerbread Queen to bring our supporters beautiful gingerbread cottages, houses and Christmas trees and the opportunity to support oncology services at our new Gandel Wing.

Go to our website [www.cabrinfoundation.com.au](http://www.cabrinfoundation.com.au) to place your order now or call our office on 9508 1380.



# What it means when I give

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When Rory Dunlevy's wife Margaret was treated for cancer at Cabrini Malvern nine years ago, he was so grateful for the care she received that he became a Cabrini volunteer.

But with Margaret passing away this year after a second battle with cancer, Rory's desire to give back to the Cabrini community hasn't abated and recently he donated a new piece of equipment to Cabrini Aged Care in Ashwood.

The Mangar Elk is an inflatable lifting cushion designed to lift a fallen person safely off the ground and into a raised, sitting position while minimising moving, handling and transfer risks.

"To have older people treated with dignity, it's so important," says Rory.

Rory and Margaret were married for 47 years and had four children, two boys and two girls.

When Margaret's cancer came back at the end of last year, Margaret arranged to leave the hospital a donation on her passing, but Rory asked whether there was anything else they could do.

"She loved people and she was also very modest and quiet and I think if she was here, it's the sort of thing she would like to see done," Rory says.

"It's a nice thing to do and it feels good," agrees his daughter Kate.

Cabrini's General Manager/Director of Nursing and Resident Experience Sharni Clark says the equipment will give dignity to patients who experience a fall at the Ashwood facility.

"If someone falls in a lounge room in front of everyone, to get a hoist machine, it can feel undignified for the patient," she explains.

"There may be the opportunity to use this piece of equipment in a more dignified way. It'll work particularly well in small bathroom spaces I think, if it's a tight space. Navigating those spaces are quite difficult."

Rory is proud to be a Cabrini supporter and says he wants to support Cabrini because he appreciates and has seen first-hand the values at the heart of the hospital.

"It's the Cabrini values and all the extras that are done – dignity, comfort and mental peace for the patients."

Cabrini Foundation would like to extend its heartfelt thanks to Rory and Kate Dunlevy for their generosity and support.

"She loved people and she was also very modest and quiet and I think if she was here, it's the sort of thing she would like to see done."

RORY

RORY DUNLEVY WITH HIS LATE WIFE MARGARET.



# Our kids at Christmas

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Some of our most important patients come to Cabrini to visit our paediatric ward. With Christmas just around the corner, we popped in to say hi and see what they are hoping they'll find under their Christmas tree this year.



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## LEXIE, 2, WITH MUM GILLIAN

Lexie is hoping that Santa visits and leaves her some Beanie Boos and a pink biscuit. Or maybe a purple biscuit. Or maybe a pink and purple and blue biscuit.



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## VEERA, 2, WITH MUM PRETTI

Veera is hoping to find a white ride-on car and a purple guitar under the tree this year. And she's super excited about welcoming her sibling, who will be arriving in mid-December, but the biggest surprise is whether she'll have a new brother or a new sister. She doesn't mind which, she just wants a baby to play with.



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## TAYLOR, 12, WITH MUM NATALEE

Taylor came all the way down from Mildura to visit Cabrini with her mum. She's a keen classical ballet, tap and jazz dancer and she's hoping Santa gifts her some tickets to the Australian Ballet this year. She's also hoping for an underwater camera, since the family has just put in a pool in time for summer and she promises to share it with her two sisters (maybe).



# Why your support matters

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As a not-for profit healthcare provider, Cabrini relies on philanthropic support to introduce new programs, acquire life-saving equipment and technology and fund new major capital projects.

Cabrini receives limited support from the government or from the Catholic Church.

Cabrini's reputation for excellence in healthcare has only been possible with the help of our generous supporters.

Our supporters have also funded clinical and translational research initiatives and clinical education including scholarships for the development of the next generation of healthcare workers.

This support is essential in ensuring that Cabrini can continue to provide a wide range of vital healthcare services for the community.

When you support the Cabrini Foundation, **100% of your donated funds** go to the area you choose to support, no administration fees are deducted.

All gifts, no matter what size, assist us in enhancing the care provided to our patients, residents and their families.

You can either nominate a specific area of Cabrini you wish to support, perhaps something dear to your heart, or give an unrestricted donation that allows the Cabrini Foundation to direct funds to the area of most need.

## Ways you can support the Cabrini Foundation

### Appeal Gifts

Support our current appeal for The Next Big Thing in Cancer Care to improve oncology services at Cabrini Malvern.

### Regular Gifts

Make a monthly gift automatically deducted from your credit card. You can nominate an area or service you wish to support or make an unrestricted gift to allow us to use it in the area of most need.

### Celebration Gifts

Ask guests at your birthday, wedding or other special event to make a donation in lieu of gifts.

### Memorial Gifts

Nominate Cabrini as a chosen charity for gifts in lieu of flowers at a funeral or memorial service.

### Gifts in Wills

Support Cabrini through a gift in your Will and leave a legacy to improve healthcare for generations to come.

For more information on supporting the Cabrini Foundation visit [www.cabrinifoundation.com.au](http://www.cabrinifoundation.com.au) or phone 9508 1380.

# Contact

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## Cabrini Foundation

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Malvern, VIC, 3144

**p** 03 9508 1380

**e** foundation@cabrini.com.au

**w** cabrinifoundation.com.au



## Help Cabrini provide the best possible care

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Name

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Address

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Suburb

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Postcode

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Phone

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Email

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**I will give:** \$  Once off  Monthly

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Donations of \$2 or more are tax-deductible

### I would like to support

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- |  |  |
|--|--|
| <input type="radio"/> Cabrini Malvern      | <b>Cabrini Outreach</b>                |
| <input type="radio"/> Cabrini Brighton     | <input type="radio"/> Asylum Seekers   |
| <input type="radio"/> Palliative Care      | <input type="radio"/> Ethiopia         |
| <input type="radio"/> Gandel Wing          | <input type="radio"/> Papua New Guinea |
| <input type="radio"/> Rehabilitation       | <input type="radio"/> Swaziland        |
| <input type="radio"/> Aged Care            |  |
| <input type="radio"/> Education & Research |  |
| <input type="radio"/> Where most needed    |  |

### Preferred Payment Method

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Cheque  Visa  MasterCard  Amex

Card No.

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Expiry Date

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Card holder's name

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Signature

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### Please send me more information on

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- Making a regular gift by direct debit  
 Leaving a bequest to Cabrini in my Will

### Cabrini respects your privacy

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- Please tick this box if you do not wish to receive further mailings from us.

**Cabrini Foundation** ABN 33 370 684 005  
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**Ph: 03 9508 1380** [www.cabrinifoundation.com.au](http://www.cabrinifoundation.com.au)



Be Part of  
Our Future