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Herb garden
inspires childhood
memories



Gandel Wing
receives its
first patients



Program to help
men Navigate
prostate cancer



**VERY SPECIAL
GANDEL WING
DELIVERIES**

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NEW CEO APPOINTED FOR CABRINI AUSTRALIA

Cabrini Board Chairman Sylvia Falzon is pleased to announce the appointment of Sue Williams as the new CEO for Cabrini Australia.



After a lengthy and thorough recruitment process, the Cabrini Board selected Ms Williams from a highly-experienced field of applicants.

Ms Williams has been with Cabrini for the past two years, in the role of Chief of Health Operations, and played a vital role in the commissioning of Cabrini's new Gandel Wing at Malvern as well as leading many other key strategic initiatives.

Prior to joining Cabrini, Ms Williams was CEO of Peninsula Health. A nurse by professional background, Ms Williams has extensive experience in both public and private sector health service delivery.

Ms Williams is to be congratulated on securing this important role, where she will lead Cabrini into its next exciting phase of development.

Ms Williams will commence as CEO of Cabrini Australia on 30 November.

ADA SELWYN FONDLY REMEMBERED

We were all saddened by the passing of Ada Selwyn here at Cabrini at the age of 94.



Ada Selwyn (centre) with daughter Eva and late husband Alan.

Ada will be fondly remembered as part of the Cabrini family. We are eternally grateful for Ada's spirit of generosity and love for her husband Alan (dec), which is commemorated in the naming of the Alan, Ada and Eva Selwyn Emergency Department at Cabrini. We were so fortunate that Ada could celebrate the naming of the Emergency Department and the official opening of the Gandel Wing in June.

I met Ada in 2017, when the then Board Chairman, Richard Rogers, Cabrini Emergency Department Director Dr Michael Ben-Meir, and I, met with her at her home. Ada regaled us with stories of her

remarkable life. She spoke of the love she had for her late husband and how she and daughter, Eva, wanted to commemorate him in the new building at Cabrini.

We later had other opportunities to spend time with Ada, Eva and Ada's devoted carer, Isabelle.

Each visit, we left overwhelmed by Ada's joie de vivre. She lived life to the fullest and brought happiness to those around her. We are forever thankful for her generosity to Cabrini.

We look forward to continuing our friendship with Eva for many years to come.

Sue Parkes
Director Cabrini Foundation



Cabrini Brighton chef Daryl Morris has helped create a herb garden to improve the hospital stay for people with dementia.

HERB GARDEN INSPIRES CHILDHOOD MEMORIES

Cabrini Brighton patients can now cultivate and enjoy a sensory herb garden at the hospital.

Resident chef Daryl Morris is on a newly formed committee, focused on projects to enhance the hospital stay for patients with dementia.

The garden opened in May and is the committee's first completed project. It was designed to encourage patients to reflect on their childhood.

"Reminiscing is a great thing for dementia patients. The older-style herbs help them think back to their childhood and many of those memories put them in a good place. The smells can help trigger those memories as well," Mr Morris said.

He added that many dementia patients wanted to feel useful, rather than sitting in bed.

"Once the garden is a little more established, patients will have the opportunity to go out and do some weeding, watering or pruning. It will also provide a nice place for them to spend time with family, friends and other patients."

"This is my first experience working in a hospital and I love it."

Mr Morris said the garden would serve many purposes.

"The garden is a great initiative by the hospital and we'll be able to utilise the

herbs in the kitchen as well," he said

With more than 40 years' experience in the restaurant industry, Mr Morris now demonstrates his love of cooking through the delicious and nutritious meals he prepares for patients at Cabrini Brighton.

"This is my first experience working in a hospital and I love it. To be serving appetising, nutritious food to people who need it is incredibly rewarding."

For information about Cabrini's community dementia nursing service visit, www.cabrini.com.au/chronicdisease

GANDEL WING RECEIVES ARCHBISHOP'S BLESSING

Archbishop Comensoli
blessing the Gandel Wing.

Melbourne Archbishop the Most Reverend Peter A Comensoli officially blessed Cabrini's new \$120 million Gandel Wing in July, ahead of it receiving its first patients.

The 15 July opening of the Gandel Wing was an auspicious date, as it marked St Frances Xavier Cabrini's birthday, the missionary sister who established the order that took over the hospital in 1948.

In a moving ceremony, Archbishop Comensoli blessed each floor with Holy Water, to bring hope and healing to all who enter through its doors, symbolic of the healing mission of Jesus.

Archbishop Comensoli said the new wing was a significant development in healthcare and would allow Cabrini to continue to provide outstanding care to all its patients, encompassing their physical, emotional and spiritual needs.

"This new Gandel Wing will ensure Cabrini is well-equipped to care for patients who are sick, frail or receiving targeted treatment," he said.



“...Our mission is to bring about fullness of life for all people in all places and times...”

“I am delighted to be able to bless this building. This is a momentous occasion in Cabrini’s history and pays tribute to its Catholic heritage and the foundations laid by the Missionary Sisters of the Sacred Heart of Jesus.”

Sr Diane Olmstead MSC, Provincial Superior of the Guadalupe Province, travelled from New York to take part in the historic occasion. She said the new Gandel Wing was a milestone in the Sister’s mission of care and service and showed how much the hospital had evolved since its humble beginnings in 1948.

“We have prayed that the patients and

their loved ones who entrust us with their care will experience genuine warmth and kindness,” she said.

“As a Catholic health service, our mission is to bring about fullness of life for all people in all places and times, as Jesus ardently desired.”

Cabrini Board Chairman Sylvia Falzon said the Gandel Wing would enable the health service to continue to provide compassionate care to its patients in a state-of-the-art facility.

“Cabrini has devoted itself to caring for the sick, frail and elderly in our community for more than 70 years and we will continue to do so for many years to come,” Ms Falzon said. “We continue to place our patients at the heart of everything we do, as we strive to provide them with the best possible care.”

Look Good Feel Better volunteer Angela Johnstone helps cancer patients deal with appearance-related side effects of treatment.



“The more we stay connected to each other, the better off we are.”

A DECADE OF LOOKING GOOD AND FEELING BETTER

In June, Cabrini Brighton celebrated ten years of partnership with Look Good Feel Better.

Through workshops covering make-up application, sun sensitivity and advice on choosing and using scarves and wigs, Look Good Feel Better volunteers teach cancer patients how to deal with appearance-related side effects of treatment.

At a recent session, Look Good Feel Better program manager Faye Venning presented Cabrini Brighton General Manager and Director of Nursing Sue Hewat with a plaque to commemorate the decade-long partnership.

Cabrini Brighton is one of 180 locations around Australia which hosts the sessions, organised by the Cancer Patients Foundation.

Ms Venning said her organisation was delighted Cabrini took the partnership so seriously and was now running a workshop every month at Brighton.

“We’ve been working together to help people feel better for ten years,” she said. “We would like to thank Cabrini for this partnership.”

“The staff are so friendly and I felt so welcome that I forgot why I was here.”

Ms Venning said the purpose of the sessions was to empower participants to go home and apply what they had learnt in order to feel better.

A patient who was diagnosed with cancer a month before attending the Look Good Feel Better session in June said the tips she had learnt were fabulous.

“I am newly diagnosed but if I lose my eyebrows, this advice will give me a bit of confidence,” she said.

Another remarked, “The staff are so friendly and I felt so welcome that I forgot why I was here. It was great to do something fun for myself”.

Trained beauty therapist and make-up artist Angela Johnstone said volunteering her time to run Look Good Feel Better workshops had given her life new perspective.

“I have been doing this for five years and have been moved by some of the incredibly inspiring and courageous patients I have met. It is about so much more than make-up. It is about the connections they make,” she said. “I’ve always taught my kids that a life of service is really important and to volunteer in any area they can, with any skill they can offer anyone else. The more we stay connected to each other, the better off we are.”

Ms Hewat said Cabrini was thrilled to be celebrating ten years of partnership with Look Good Feel Better.

“The benefits attendees get from these workshops are immeasurable. It is about the bonds that are created during the sessions and patients having the opportunity to spend a day with each other, away from the humdrum of treatment and families trying to keep it all together.”

The Look Good Feel Better program is available open to women, men and teenagers with any type of cancer. To register for workshops at Cabrini Brighton visit www.lgfb.org.au

Basil and Glenyce Richardson with her "hospital sanity quilt" at Cabrini Malvern.



BREAST CANCER LUNCHEON

Cabrini is holding its annual breast cancer luncheon on Friday 11 October at Carousel, overlooking Albert Park Lake.

The luncheon is a highlight on the yearly calendar, bringing together survivors, carers and medical professionals from the Cabrini network.

Featuring a panel of engaging speakers, including oncology specialists, breast cancer survivors and other inspiring women, the luncheon is an opportunity to celebrate life, hope and survivorship.

It is time for many to forget, momentarily, the hardship of treatment and focus on having an enjoyable day out with friends and supporters.

There are very few people who haven't been touched by breast cancer in some way, whether it is a relative, friend or colleague, so all are welcome to attend this special event.

Why not get a table of your friends together or get your boss to sponsor a table for the office? It will be a luncheon you won't forget.

The annual event, hosted by the Cabrini Foundation, is a fundraiser to support the ongoing work of Cabrini's doctors and nurses in treating people diagnosed with breast cancer.

Tickets for the luncheon are \$99 per person or \$990 for tables of ten. The luncheon includes canapés and a two course lunch with an alcoholic beverage.

To purchase tickets, contact Kate Fitzpatrick on **03 9508 1408** or email events@cabrini.com.au

QUILTING HELPS PASS THE TIME

They say a 'stitch in time saves nine' but for Cabrini oncology patient Glenyce Richardson, it has saved a lot more.

The sprightly 90-year-old attributes quilt-making to keeping her sane during various bouts of illness.

Still as quick-witted as ever, Mrs Richardson said she needed something to keep her occupied while she was in hospital and with extra time on her hands was able to rekindle her love of quilting.

"I love patchwork and it gives me something to do rather than just sitting around while I am having treatment," she said.

After breaking her hip in 2016, Mrs Richardson spent six months at Cabrini Palliative Care in Prahran. While she was there, she made a patchwork quilt, which she fondly refers to as her "hospital sanity quilt".

"It kept away the boredom while I was in hospital," she said.

"The time goes quicker when you are busy. The other patients were envious of me."

It is one of many quilts in her collection, though her favourite is the quilt she made for her husband for their 60th wedding anniversary.

She said the secret to longevity was finding a good husband.

The couple, who have been together 74 years, said they are as much in love now as the day they met.

"Basil used to wait for me to finish work every day and then carry me home on his bicycle," Mrs Richardson said.

"It was actually a clock that brought us together. Basil had left a clock to be fixed at the jeweller where I worked, and kept coming in to see if it had been repaired.

"It was love at first sight. We still have the clock sitting on our mantelpiece, it is a lovely reminder of how we met."

Mrs Richardson said she had received amazing care at Cabrini.

"We can't speak more highly of Cabrini, it is wonderful," she said.

GANDEL WING LABELLED 'WORLD'S MOST BEAUTIFUL HOSPITAL'

Vogue Living has labelled the new Gandel Wing at Cabrini Malvern, Australia's most beautiful hospital.

It is a sentiment that is shared by patients in the new wing, who are delighted by their new surroundings.

Designed by leading architectural firm Bastes Smart and constructed by Kane Constructions, the Gandel Wing features the latest in cutting-edge design, urban amenity and modern technology to serve the needs of patients into the future.

Cabrini Group Director Medical Services and Clinical Governance Dr Fergus Kerr said the Gandel Wing had set a new standard for hospital facilities.

"I think we underestimate how the ambience of a hospital environment really impacts on our sense of wellbeing and contributes to healing," he said.

"The most important thing is clearly the skill and the quality of the staff, but I would say the physical environment is also very important in allowing the staff to provide excellent care.

"We have been able to create a modern, contemporary, patient-centred environment. Everything in the building has been custom-designed with the patient in mind. This is a bespoke hospital facility, which offers exceptional patient experience at its heart."

To learn more about the stunning architecture and design features that set the Gandel Wing apart from other hospitals, pick up a copy of the latest edition of Vogue Living or read the article online at www.vogue.com.au/vogue-living



Terry Jasper enjoying his first glimpse at the new Gandel Wing.

GANDEL WING RECEIVES ITS FIRST PATIENTS

The Gandel Wing received its first patients on 15 July, when it opened its doors to the public.

Malvern resident Terry Jasper was the first patient to set foot in the Infusion Treatment unit for his weekly chemotherapy treatment.

Diagnosed with bowel cancer eight years ago, Mr Jasper has received all of his operations and treatments at Cabrini and says the care he has received has been outstanding and the new building is the cherry on top.

"...I feel incredibly grateful for the care I have received."

Mr Jasper is so grateful for the care he has received over the years that he and his wife Jessica Jasper have donated two of the pods for the Infusion Treatment unit.

He said the donation was his way of giving back and to ensure future patients received the same fantastic quality of care he had received at Cabrini.

"How fantastic is this?" he said of the new building while receiving treatment.

"This new building is the best of the best and will be the envy of all the other hospitals," he said.

"We are incredibly fortunate to have this beautiful new building but it really comes down to the quality of care – the oncologists, surgeons and nurses are just amazing."

Mr Jasper said he was incredibly thankful for the care he had received at Cabrini.

"I have had some terrific people help me over the years who have shaped the quality of my health. Cabrini has saved my life so many times and I feel incredibly grateful for the care I have received."

"Donating the infusion treatment pods is something small I can do to give back to some of the fantastic people who have been involved in my treatment and a way of showing my appreciation. It is nice to be able to do something tangible to give back for the incredible care that has kept me alive for the past eight years."



Cabrini urologist Professor Mark Frydenberg with patient David Hawe.

CABRINI TRIALS NEW PROGRAM TO HELP MEN NAVIGATE PROSTATE CANCER

Every year, for 11 years, David Hawe has booked himself into his GP for a regular check-up, using his February birthday as a reminder.

It became the annual doctor's visit, one which he vowed to do after turning 50.

But after noticing a steady rise in his Prostate Specific Antigen (PSA) levels, last year's annual check-up turned into a steady stream of specialist appointments.

"The results of a previous PSA had been about four and they had jumped to eight. It had been climbing slowly and the limits change with age, but this was just a bit high," Mr Hawe said.

In April 2018, the 62-year-old was referred to Cabrini urologist Professor Mark Frydenberg for further investigation.

Prof Frydenberg arranged a number of tests and as a result of that, an MRI and transperineal biopsy confirmed it was cancer.

Luckily for Mr Hawe, an early diagnosis

of prostate cancer has meant his world hasn't be turned upside down.

"I felt fine. There's still nothing really wrong with me," he said.

"I don't think about it really.

"At least I know I've got it and its very early days."

"Prostate cancer is different – you really need a good, educational program explaining the options."

Because Mr Hawe's cancer wasn't aggressive, it was recommended he use active surveillance as a treatment option, which meant he qualified to take part in a new trial called Navigate.

Navigate is an online decision aid

resource for men diagnosed with low-risk prostate cancer.

Cabrini has teamed up with Peter MacCallum Cancer Centre and Swinburne University as one of the trial sites for Navigate, which was designed by men to help men make more informed decisions about their management options for prostate cancer.

Prof Frydenberg said Navigate provided reassurance to men and helped keep them informed of their options.

He said the website provided information about prostate cancer including management options, side effects, and ways to keep healthy after diagnosis.

"It's really important for men to have a good understanding of all their options," Prof Frydenberg said.

"Prostate cancer is different – you really need a good, educational program explaining the options. Really, there's no downside to being involved [in the trial]."

Prof Frydenberg said the website's main use was to provide men with enough information about all management options in low-risk prostate cancer, including no treatment initially, which still had excellent 10-15 year life expectancies.

Mr Hawe said he would encourage all men with low-risk prostate cancer to get involved in Navigate.

"I'm a firm believer in committing to these things, if you can get enough information it can solve a lot of problems. I'm happy to be part of it."

Men are able to self-refer to the trial or can be referred from participating hospitals or directly from their clinicians from anywhere across Australia.

For more information visit www.navigateprostate.com.au

For more information on Cabrini's cancer services, visit www.cabrini.com.au/cancer



VERY SPECIAL GANDEL WING DELIVERIES

Two families and two completely different births, but two beautiful babies at the end of it all.

New parents Nick and Tess Arnold and second-timers Michael Atkins and Amy Shaw were among the first to experience Cabrini's new maternity ward in the recently opened Gandel Wing.

For Mr Atkins, the stay was nothing short of great, even though just a few hours after his second son, Freddie, was born, he had to make a mad dash to his building exam.

Surviving on minimal sleep and three coffees, Mr Atkins said he could laugh about it now.

"That was pretty funny – I reckon I passed it though."

Mr Atkins said his partner was "incredible" during Freddie's birth.

"There was a moment she was really struggling, she was absolutely spent, but she got him out – it was absolutely incredible, we were all cheering."

The Chelsea Heights couple said initially they chose Cabrini based on recommendations from friends and said it was the obvious choice the second time round.

"It was a no brainer to go back and have our second at Cabrini," Ms Shaw said.

"The birth suite and level of care after the birth were massive deciders."

As one of the first families to stay in the Gandel Wing, Ms Shaw described it as "amazing and just what you need after birth".

"The midwives were awesome, they gave us so much information. It was so nice to have input from everyone."

"I couldn't rate it more highly. A 10 out of 10 wouldn't even be fair," Mr Atkins added.

"All the people who were in there – everyone working as a team. It was really good.

"We went to The Como Melbourne (hotel) after Alfie was born but this time they asked and we said no, we'd rather

stay here! We really enjoyed our stay."

Mr and Mrs Arnold said while the birth of their daughter, Cora, was long and ended in an emergency caesarean, their stay in the Gandel Wing was like being in a hotel.

"The new ward was amazing, really beautiful," Mr Arnold said.

"The midwives were awesome, they gave us so much information. It was so nice to have input from everyone.

"We stayed in the new wing (instead of going to The Como Melbourne hotel), we felt like it was a hotel anyway!"

The Mordialloc couple said finding a name for their baby had been a hard task.

"We came across the name Cora about six months ago. We're both teachers, so we tried not to pick a name we knew or of a child we had taught. It really suits her," Mr Arnold said.

"She was a surprise. Tess had a feeling it was a girl but I had no idea."

For more information on Cabrini Maternity Services, visit www.cabrini.com.au/maternity

YOU CAN SUPPORT A MATERNITY ROOM WHERE LOVING FIRST MEMORIES ARE MADE

The birth of a child is a wonderful time – whether it’s your own, or a new baby of a loved one.

In those first few days, as the parents and family meet the new arrival for the very first time, memories are made that last a lifetime.

At Cabrini, we want those memories to be perfect – filled with love and wonder, which is why we have built world-class maternity rooms for parents and families to bond with their newborn.

A donation now will help fund a maternity room at Cabrini Malvern, where countless parents and babies will share their first loving memories.

To support Cabrini maternity go to cabrinifoundation.com.au or call 9508 1380



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GANDEL WING DINNER

An evening of fun and frivolity was had by more than 230 guests who attended an exclusive once-only dinner event showcasing Cabrini's new Gandel Wing.

The progressive dinner gave guests a premiere opportunity to tour the completed wing prior to the building opening to the public.

For guests, it was a rare opportunity to wander the wards before the hustle and bustle of patients, nurses and other staff occupied the building.

The event began with drinks on the sixth floor, overlooking the Melbourne city skyline, before a tour of the Infusion

Treatment unit on the fourth floor and culminating with dinner in the basement car park. Guests ended the evening with supper and jazz.

Cabrini's donors, executive, board, staff and key stakeholders joined together in celebration of the opening of the Gandel Wing and the contribution it will make to healthcare in the local community.

Attendees were blown away by the fittings, furnishings and finishes on the

building, which has been built to the highest specifications.

The dinner was a success, raising more than \$80,000 towards the completion of the Gandel Wing.

Cabrini would like to thank event gold sponsor Zouki and silver sponsors the Catholic Development Fund and Telstra Health for their support of the evening.