

HEALING & HOPE

SUMMER EDITION



SHARING THE
COURAGE AND
JOY YOU HELP
MAKE POSSIBLE.

INSIDE:

The genetic detective
Finding hereditary cancer
before it finds you.

- 3 EQUIPMENT APPEAL UPDATE
- 4-5 OUTSTANDING RESEARCH FOR PATIENTS WITH BOWEL CANCER
- 6-7 THE GENETIC DETECTIVE
- 8 MESSAGE FROM OUR CEO – SUE WILLIAMS
- 9 CABRINI FOUNDATION – YOUR CARE AND COMPASSION
- 10-11 HERB AND ROSE – REMEMBERING OUR CABRINI FAMILY
- 12 FESTIVE WISHES – THE CABRINI FOUNDATION TEAM

WELCOME

We are nearly at the end of 2020. It has been a year that we will never forget with the challenges of bushfires, a pandemic, and the impact on our economy. Yet, we have all worked together to get through these challenges and we are now adapting to a COVID normal life.

We are very grateful to all of you for your support through the year. We didn't see you as often as we would have liked but we kept in touch through phone calls and zoom meetings and our hardworking staff knew that you were there for them.

Christmas this year will be particularly significant to us all. I think we have had time to pause and think and learn again the importance of being together. I hope that each one of you gets to spend time with loved ones during the festive season and that you all come back refreshed for a New Year.



On behalf of all staff at Cabrini, we would like to thank every patient, family member and friend who has donated to the Foundation and to thank you, most sincerely for your significant contribution to our work.

You helped us meet the challenge of COVID. We purchased equipment, additional PPE, converted 4 bed wards to single bed wards and managed to maintain our research programs through this challenging time. You also sent messages of support to our nurses and doctors and enabled us to provide them with gifts of thanks throughout the year.

Thank you so much and I look forward to seeing you soon at Cabrini.

SUE PARKES

Director, Cabrini Foundation

COVER IMAGE: There was no known history of cancer in their family, then we discovered that Nell, her daughter Anne and her sister Irene had all inherited the BRCA1 gene mutation. Genetic testing at the Cabrini Family Cancer Clinic saved their lives. We thank the family sincerely for sharing their brave story with our *Healing & Hope* readers.

EQUIPMENT APPEAL DONATIONS *Update*



Community response to our appeal for Cabrini Ashwood elderly residents brings joy to families.

Of all the people affected by COVID-19, no one has been hit harder than our senior citizens living in care homes. Residents at Cabrini's Ashwood Aged Care Home have endured long months of separation and limited contact with their families. Thank you to our supporters who responded to our appeal to help fund iPads for Ashwood's elderly residents. **More than \$47,000 has been raised for the personal iPads.**

Sharni Clark, General Manager/Director of Nursing, Cabrini Ashwood says access to iPads have enabled our residents to connect with their loved ones while visitors are restricted.

"This has been so important for the well-being of our residents as they have been able to communicate with their loved ones. We are truly thankful for all the kindness from our community."

State-of-the-art equipment remains a key focus for Cabrini Foundation.

Since the beginning of the year, generous donors have given more than \$1.7M to fund the purchase of specialised medical equipment to improve patient care at Cabrini.

Recently, one of our dedicated long-term supporters who has a close family connection with prostate cancer, funded the purchase of vital equipment for the diagnosis, management and treatment of prostate cancer. The prostate probe component of the **Transperineal Ultrasound** takes a sample of the patient's prostate tissue for cancer diagnosis. The donor chose to fund the prostate probe component and associated test kit.

He wanted to give back to Cabrini in a way which will help future Cabrini patients. He said he got a lot of satisfaction from helping the hospital, which helps his family and the wider community.

"A very big thank you to the donor from the Cabrini staff, Urologists and patients," says Meredith Trist, Nurse Manager Cabrini Day Procedure Centre. "This equipment will mean Cabrini can provide more biopsies and therapy for patients in the future, which is essential for the ongoing support of men's health."

"We are so appreciative of our donors who give so we can continue to deliver the best possible care, using the best possible equipment."

To find out more about supporting equipment and technology to improve patient care, contact Catherine McElhone on (03) 9508 1373.

CABRINI RESEARCHER RECOGNISED FOR

Outstanding Cancer Research

Cabrini Senior Research Fellow Dr Rebekah Engel has been recognised for her research with an Honourable Mention in the 2020 Monash Partners Comprehensive Cancer Consortium Award for Outstanding Cancer Research.

Dr Engel's research involves the analysis of organoids to improve outcomes for patients with bowel cancer, ascertaining personalised treatment plans based on their own tumour. Organoids are miniature versions of the tumour tissue which is removed from the patient and then grown in the laboratory. Treatments are then tested on the organoids to determine which treatment will work best, so the best treatment option can be predicted for that patient.

"We know that if detected early, over 90% of bowel cancer cases can be successfully treated," says Dr Engel. "But often patients will be given the same standard course of treatment, including surgery followed by standard chemotherapy drugs and that doesn't work for everyone. This 'one-size-fits-all' approach to cancer medicine does not account for inter-individual differences that impact a patient's ability to respond to therapy."

As well as testing existing cancer treatments, the use of cancer organoids allows for the testing of new and emerging cancer treatments. *"The testing is carried out on the organoid, not the patient, which means zero risk to the patient,"* says Dr Engel.

Dr Engel's research relies on donor funding from Cabrini Foundation supporters and Let's Beat Bowel Cancer, a Cabrini initiative chaired by Professor Paul McMurrick.

"Rebekah produces some outstanding work and we are delighted that she has been recognised as one of Victoria's most innovative researchers."

**PROFESSOR PAUL MCMURRICK,
HEAD, CABRINI MONASH UNIVERSITY
DEPARTMENT OF SURGERY**

IMAGE: DR REBEKAH ENGEL



Thanks to an incredibly generous donation made by a long-term Cabrini supporter, Cabrini Foundation has provided Cabrini Monash University Department of Surgery with three key pieces of equipment to support colorectal cancer research.

This equipment is vital to the research conducted by Professor Paul McMurrick and Dr Rebekah Engel. Through the research this equipment enables, we have the potential to save the lives of future bowel cancer patients.

The **Molecular Devices ImageXpress Pico** analysis system provides high-resolution imaging and analysis of cancer organoids (miniaturised versions of a patient's tumour cell) which is used to predict the best possible treatments for our patients.

The **Leica Biosystems Vibratome** is a critical piece of equipment in the drug screening program, capable of cutting tumour slices while retaining viability of the cells and measuring important morphological features such as the shape, size and volume of the cells.

The use of cutting-edge **Proteomic technology** enables extensive analysis of the tissue, making it a powerful tool for the identification of hundreds of biomarkers that may contribute to the predictability of patient outcomes or responses to various treatments.

"We are thrilled that one of our generous donors has provided this equipment. We are very proud that every cent we receive in donations is being used effectively to reduce the impact of bowel cancer on patient's lives."

PROFESSOR PAUL MCMURRICK



WHAT NASTY SECRETS ARE HIDING in your GENES?

Four years ago, sisters Nell and Irene had never heard of genetic screening before. But thanks to supporters like you, it saved both their lives.

It was Christmas. There were carollers on the corner of High Street and Glenferrie Road. Queues of kids outside Santa's Magic Kingdom. And Melbourne Town Hall was lit up every colour of the rainbow.

While most of us were worrying about Christmas shopping, Nell was sitting in a doctor's office being told she had breast cancer.

"It was a total shock," Nell recalls. "As far as I was concerned we had no history of cancer in our family."

A few weeks later Nell came in for genetic testing at the Cabrini Family Cancer Clinic. We discovered that she had a mutation on her BRCA1 gene, a high-risk marker for breast and ovarian cancer.

Despite the lack of family history, Nell had been walking around for 62 years with an inherited genetic mutation that meant she had a high likelihood of developing either breast cancer, ovarian cancer, or both, at some stage in her life.

Nell made a huge decision. She opted for a double mastectomy and removal of her ovaries as well. "There was a 15% chance of

my cancer recurring," she says. "I wanted to ensure my risk was as close to 0% as possible. Cabrini were fantastic, I was supported all the way by counsellors and psychologists."

Nell was also told that she needed to tell the other women in her family, because they too might carry the same mutation, and also be at risk.



IMAGE: Nell Kimberly with her sister Irene Dornau

"The Family Cancer Clinic was fantastic. I can say with confidence that it saved my life."

NELL KIMBERLEY



IMAGE: Professor Gary Richardson OAM

"My job is a bit like a detective's. But in my world, the criminals we hunt are the genetic mutations that cause cancer."

**PROFESSOR GARY RICHARDSON OAM,
HEAD, CABRINI FAMILY CANCER CLINIC**

but she was not prepared to wait. She made a very brave decision to have oophorectomy surgery (removal of both ovaries and fallopian tubes) and a full hysterectomy.

It turned out to be an incredibly wise choice too. After surgery, a biopsy revealed cancerous cells in both of her ovaries and one of her fallopian tubes. As a result she underwent four months of chemotherapy.

No one wants to hear they have a lethal genetic mutation. But the only thing worse than hearing that shocking news, is not hearing it in time.

Thanks to wonderful supporters like you, the Cabrini Family Cancer Clinic is saving more and more lives like Nell and Irene's through the gift of genetic testing. Thank you!

Nell's younger sister Irene, who was 57, came in to the Family Cancer Clinic, and we discovered that she had the same BRCA1 mutation. Nell was devastated. "I felt this enormous fear for my sister. I felt helpless and hopeless. It was very painful."

Armed with her newfound knowledge, Irene had an opportunity to beat the clock ticking inside her. She didn't have any symptoms,

MESSAGE FROM OUR CEO

"It is wonderful to be writing this as we continue transitioning out of tight COVID-19 restrictions. I hope you and your families have remained safe and well during this difficult time."

**SUE WILLIAMS,
CHIEF EXECUTIVE**



COVID-19 has presented many challenges to the health system, and I am incredibly proud of how Cabrini responded, ensuring we were well-prepared to play our role in the state-wide response to COVID-19, while continuing to deliver safe, compassionate care.

It truly was a team effort from our dedicated staff, doctors and community, and I hope you know that you were an integral part of this team response and share in this pride.

Support from our community was critical to our success, allowing us to update our equipment and facilities at the beginning of the crisis earlier this year.

We have now transitioned to working in a "COVID normal" environment, surgery is returning to normal capacity and patients are coming back to see their specialists. It's good to see things returning to normal while we remain ever vigilant about the safety of our patients, staff and community.

Ensuring we are safely accommodating our patients and further minimising the risk of any spread of infection is an ongoing priority, so we are now moving as quickly as possible to refurbish our patient rooms from four-bed rooms into single beds rooms with ensuites.

We are again calling on support from our community to help with this important project. If you would like further information, please contact Sue Parkes on 9508 1780.

I wish you and your loved ones a happy and healthy festive season and New Year.

Regards

Sue Williams
Chief Executive
Cabrini Health

CABRINI FOUNDATION *history*

Cabrini's excellence in healthcare has been forged with the help of our generous supporters and benefactors.

Thank you to all our supporters who completed the Cabrini Community Survey. The insights and ideas you shared will help us to plan activities for 2021. Many of our supporters were interested to learn more about the history of Cabrini Foundation, which has been an important part of Cabrini for 23 years. Support from the community is vital in assisting Cabrini to provide world-class facilities, the latest technology and compassionate care.

1997

Cabrini Clinical Education and Research Foundation was established by Professor Doug Lording. This was the first Cabrini department to include a fundraising function to ensure the future of the Foundation and was supported by a small group of dedicated volunteers.

2002

The Clinical Education and Research Foundation is renamed the Cabrini Institute; however fundraising retains the name Cabrini Foundation as over time fundraising activities became broader than supporting only education and research.

2007

Fundraising becomes part of the marketing and community relations department of Cabrini, moving away from the Cabrini Institute.

2009

The Cabrini Board appoint a sub-committee to review all Cabrini fundraising activities and the creation of a stand-alone department named Cabrini Foundation, with its own director, is established.

2010

Cabrini Foundation embarks on its biggest fundraising campaign to date for a Da Vinci robotic surgical system, the target was \$1M.

2015

Current Foundation Director Sue Parkes joins Cabrini Foundation and the Foundation team is expanded.

2016

With the support of the Cabrini Foundation board and a campaign committee, the Foundation commences the largest and most ambitious fundraising campaign for the new Cabrini Gandel Wing at Malvern, with a target of \$40M. Cabrini Gandel Wing was officially opened in 2018.

2020

Cabrini Foundation continues to work with its supporters to raise more than \$11M in the past year to fund vital equipment, facilities and projects that improve the care that we can provide to the community.



REMEMBERING ROSE AND HERB ... *our Cabrini Family*

It was 1945 – three years before the first Cabrini Sisters arrived in Malvern from Italy – when Rose and Herb first laid eyes on each other across a crowded dance hall. They clicked, and began a relationship built on a promise to stick together through thick and thin. From dancing all night, to riding motorbikes halfway across the country, to helping each other through a litany of health issues, they stayed together.

That was more than 75 years ago, and for more than half that time, they went to Cabrini whenever either of them needed medical care.

They'd be the first to admit they had some miles on them, but you didn't dare mention the word 'frail'. *"I ride a bicycle every day, you know,"* Herb said back in 2015. *"He's a marvel"*, beamed his wife Rose as she sat beside him.

Herb reckoned he'd been admitted to Cabrini more than 20 times, for everything from kidney stones and open heart surgery, to treatment for prostate cancer and getting a pacemaker implanted. Rose was by his side for every appointment. And when it was her turn for treatment, for skin cancer and a recurring chest problem, Herb was back

here, too, to be with her, sharing the bad times with the good, just like they promised.

"In 2009, Rose had bowel surgery," Herb recalled. *"We spent our 64th wedding anniversary in the ward".* Rose finished his story, *"They put on a special dinner for us. It was wonderful. I was so surprised!"*

For every medical challenge they faced, Cabrini was, and continued to be, their first choice. They just couldn't have imagined going anywhere else.

"The nurses...well, you couldn't fault them, they're so nice. Everyone is. I just wouldn't go anywhere else. You couldn't possibly get any better treatment. This is like a second home to us. Cabrini is just... a part of us now," Herb said.

Rose squeezed his hand and nodded. *"Cabrini's part of our lives,"* she added. *"I think we belong here."*

Sadly, Herb passed away in 2018. Then Rose, just a year ago, in November 2019. They had no children, but they loved Cabrini like family. Their memory and love for each other will live forever in the gift they left to Cabrini in their Wills. This lasting legacy will ensure others in the community continue to receive the best treatment and care for years to come.

*Rose and Herb ...
we remember you*



Your legacy will make a difference for future generations

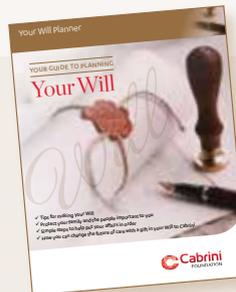
Cabrini Foundation raises essential funds to support the purchase of medical equipment, research, education and innovative infrastructure at Cabrini. Gifts in Wills are critical to ensure Cabrini can continue to provide a wide range of vital healthcare services as well as developing the next generation of healthcare professionals.

Making your Will is one of the most important things you can do in your lifetime. Your Will is the legal document you use to direct how your property and assets are to be divided when you die. Once you have taken care of your loved ones, a gift in your Will to Cabrini is a powerful way you can help others in your community and join us in our life-changing work.

Many people find the thought of making or changing their Will overwhelming. Cabrini has just published a *Guide To Planning Your Will*. This booklet is a tool for you to document all your financial and legal affairs in preparation for briefing your Solicitor to prepare your Will.

Thank You.

To receive your **FREE** copy, tick the box on your donation form, or call Natalie Sikora, our **Planned Giving Manager** on: (03) 9508 1376 or email: nsikora@cabrini.com.au





Sue Parkes



Susie Santilli



Catherine McElhone



Natalie Sikora



Rebecca Staple



Priyanka Willis



Peter Mercer



Carmel Covalischi



Melissa Galbraith

We wish you a safe and happy festive season and best wishes for the New Year. Thank you for being part of our Cabrini Family in 2020. From all the team at Cabrini Foundation