

Leave your legacy of best care

Through a gift in your Will, you have the opportunity to create a lasting legacy of best care for future generations of patients at Western Health.

Your gift will have a profound impact on transforming the future of healthcare in our community through building better hospitals, supporting patients in need, enabling world-leading research and supporting staff training and wellbeing.

Every gift, large or small, can make a difference.

To discuss leaving a gift in your Will to Western Health contact Jane Harris, Senior Manager Donor Relations, on 8345 7660 or email jane.harris@wh.org.au.

- I have already included Western Health in my Will
- Please send me more information on including a gift to Western Health in my Will

Please complete your contact details on the reverse side and return to Western Health Foundation, Locked Bag 1200 Sunshine Vic 3020.



A gift of thanks

Dorothy and Ciro Lombardi's love story is one for the ages. The devoted couple have been married for 65 years and have 6 children, 17 grandchildren and 14 great-grandchildren! They, along with their extended family, credit the care provided at Western Health for saving Dorothy's life.

Dorothy and Ciro both immigrated to Australia as children. Dorothy arrived from Scotland as a one-year old; Ciro from Italy aged 17.

Over the years they have both played an active part in their local community with Dorothy active in the school community and Ciro the former Mayor of Keilor and Brimbank. At 86 years old, he is still an active volunteer in the community.

In recent times, Dorothy, now 83, has had her fair share of health challenges. She has spent time at both Sunshine and Footscray Hospitals and credits the care she received at Sunshine Hospital in 2019 for saving her life.

"I have been to Sunshine and Footscray Hospitals many times as patient. I can't thank them enough for what they have done for me," says Dorothy. "Everything about the care I received was marvellous."

In recognition of the care Dorothy received, the Lombardi's recently made a generous donation to the Western Health Foundation.

"We were so grateful for the care I received that we wanted to give back to support the hospital," says Dorothy. "Giving a donation was the least we could do to say thank you."

Many patients, like Dorothy, choose to say thank you for the care they have received with a donation to the Western Health Foundation. Grateful patient donations support programs and services at Western Health and continues our vision of providing best care for all patients.

"As a proud woman of the west, I am thrilled to join the Women for Western Health Giving Circle." - Jenny Sadler



Women for Western Health Giving Circle: Be part of transformational change

In celebration of this year's International Women's Day, the Western Health Foundation has launched the Women for Western Health Giving Circle. Providing opportunities for women to connect and collaborate, this initiative has the power to transform the future of healthcare in Melbourne's west.

Founding Member Jenny Sadler is a local business owner and Western Health Foundation Board Member who has been a long-time advocate for the west, and for women.

"As a proud woman of the west - where I live, work and raise my family - I am thrilled to join the Women for Western Health Giving Circle.

"With three daughters I know how important it is to provide a platform and create opportunities for likeminded women to connect and work together.

"With new hospitals planned across the west, there's never been a better time to invest in the health of our community."

Each year, members contribute a minimum of \$1,000 towards a collaborative gift to support the Western Health Foundation. The funds are then pooled and the group decides collectively how to distribute the total funds to a project of significance at Western Health.

The collaborative nature of the giving circle means your donation can have a far greater impact. With your membership you can network - virtually or in-person throughout the year - to build connections with other women, while learning more about the work of Western Health.

"Whether you're a local business person like me, or a generous supporter, or someone who is inspired to make an impact in our community, I invite you to join me as a member of Women for Western Health."

To join the Women for Western Health Giving Circle visit our website at whfoundation.org.au, or contact Jane Harris, Senior Manager Donor Relations on 8345 7660 or email jane.harris@wh.org.au for further information.

Your Supporter Update

April 2021



Creating a better emergency experience

Two-year old Thomas, pictured above, was one of the first patients to be treated in the new Children's Area at the Sunshine Hospital Emergency Department.

Officially opened by the Acting Premier, the Hon. James Merlino and the Minister for Health, the Hon. Martin Foley, on March 17, the new Children's Area is part of the expanded Sunshine Hospital Emergency Department that includes a new entrance, adult and children's triage zones and waiting rooms and a Short Stay Unit.

Currently 24,000 children, on average, present to Sunshine Emergency each year. With the population of Melbourne's west expected to increase by 48 percent by 2031, the need to expand the emergency department to meet future capacity was of critical importance.

"The new Children's Area will allow us to treat a greater number of children in a more modern and up-to-date facility," says Associate Professor David Krieser, Director of Paediatric Emergency Medicine at Sunshine Hospital.

"Our project team has done an excellent job to deliver a child and family friendly design that will support the next generation of families in Melbourne's west."

The purpose-built Children's Area has been designed to minimise the stress and anxiety of children presenting

to emergency, with ambient lighting, colourful wall decals and child-friendly furnishings.

Thanks to donor support, additional features will be added in the coming months to further enhance care and provide for a welcoming and calming environment. This includes a ceiling projector for the emergency treatment room and virtual reality headsets to distract children undergoing minor medical procedures. Sensory items such as earphones and weighted blankets to support children who are sensitive to light and noise will also be explored.

"My team and I are so grateful for the support of everyone who donated to the Sunshine Hospital Emergency Appeal. The improvements in emergency care, provided to children, also belong to you", said David.

Donations will also provide for equipment and mannequins for the new Simulation Training Centre within the Emergency Department to support the training of clinicians in emergency care.

Locked Bag 1200 Sunshine Vic 3020
8345 7660 | foundation@wh.org.au
www.whfoundation.org.au

**TOGETHER WE CAN CREATE
BEST CARE FOR THE WEST**

Director's message



Welcome to Your Supporter Update, the bi-annual newsletter of Western Health Foundation where we showcase the impact your contributions make on delivering best care for our community in Melbourne's west.

It has been said that the flow-on effect of the Covid-19 pandemic could see the rise of a new 'roaring 20s'; the period last century when ideas and innovation flowed, and traditional ways of thinking and working were challenged. Certainly, when you look at the way that healthcare, technology, science, and workplaces have evolved in the last 12 months, we are seeing a world that is responding and changing faster than ever before.

It's inspiring to consider the challenges and opportunities that lie ahead for

Western Health; and it is equally exciting to look at ways that we can work together to support our health service rise to meet these challenges and opportunities.

As I write this, I'm reflecting that this time last year was the last week of the 'old normal'. At Western Health, even as we prepared for the coronavirus impact, we celebrated International Women's Day with a gathering of 500 local women and a chance to talk about our collective impact and the power of working collaboratively. So, it feels fitting that we

are now offering a new way for women to come together to support healthcare for our community through the Women for Western Health Giving Circle – more details are included in this newsletter.

As always, we are grateful for the generosity of all of our supporters, who help make our vision of transforming the health and wellbeing of the west a reality.

Warmest regards

Julia White

Director, Western Health Foundation

You may have noticed a new look to our supporter newsletter and an updated logo for the Western Health Foundation. Over the coming months we will be rolling out a new brand identity to raise the profile of the Foundation and increase our ability to raise funds to support Western Health.

Theatre of art

For decades Dr Robert Smith, a former anaesthetist, spent his working days with patients' lives in his hands. As an anaesthetist at Western Health, he had an incredible view and perspective into life and death surgery, which he has captured in a collection of paintings and drawings.



Last month, Dr Smith showcased 30 years of his artwork, with an exhibition held at the Melbourne Fine Art Gallery. The exhibition featured over 40 pieces including paintings and sketches showcasing surgeons, patients and operations undertaken at Western Health. Each artwork offers a unique insight into a fascinating side of surgery.

The exhibition has raised over \$18,000 with funds donated to Western Health Foundation to support patient care and research. Artworks are still available for sale. For further information, please contact Danny Crabb, Community Fundraising Manager on 03 8345 7660 or email daniel.crabb@wh.org.au.



Supporting innovation in best care

Rebecca Woltsche, Nurse Unit Manager at Upper West Ward Williamstown Hospital, is one of 11 employees at Western Health to receive a 2020 Western Health Foundation Staff Grant.

Following an initial trial using portable video monitoring to reduce the incident of patients falls overnight, a grant from the Western Health Foundation will enable Rebecca to undertake further study on the impact of this new and exciting innovation.

"As nurses, our number one priority is to keep our patients safe, but patient falls in hospital are a disturbing reality. We are always trying to identify new ways to prevent them," says Rebecca.

"Some falls occur overnight when staff numbers are reduced. Using portable video monitors for our most at-risk patients is an innovative new strategy that provides our night staff with an additional tool to help keep patients safe."

The portable technology allows nursing staff to take the video monitor with them as they conduct their rounds, and



are alerted when patients start to become restless in bed so they can attend to them before they trigger their bed alarm."

It is the aim of the project to formalise video monitoring as an evidence-based preventative strategy to be utilised across Western Health in multiple clinical areas.

The Western Health Foundation Staff Grants encourage and support employees like Rebecca to further their professional development while contributing to improvements in clinical practice that will deliver best care to patients.

The Western Health Foundation Staff Grants are made possible thanks to the support of our donors and also major sponsors Maxxia and BankVic.

No place like home

In 2020, Barbara spent 46 weeks as a patient in Footscray Hospital. Due to her complex health issues, it was anticipated that Barbara would be discharged into residential aged care.

Thanks to her team of dedicated health professionals and support from the Greatest Need Fund, Barbara defied the odds and was discharged home in time to spend Christmas with her son.

Barbara was admitted to Footscray Hospital in January 2020 for treatment of chronic lymphoedema, a condition causing significant swelling to her legs which severely impacted on her ability to walk. Faced with the prospect of being discharged into permanent residential aged care, her dedicated medical team supported Barbara to achieve her wish of being discharged home.

For this to happen, several pieces of equipment were required to help support Barbara's ongoing treatment and recovery. However, Barbara's limited funds were stretched as far as they could go and her government support package had yet to be approved. This is where the Greatest Need Fund was able to help fill the gap.

"Being able to access funds through the Greatest Need meant we could provide Barbara with a compression system to aid her treatment at home while she waited for Government support" said Jackie, Western Health ACE Coordinator. "It also meant we could discharge her home early so she could spend Christmas with her son."

"There were lots of cheers when Barbara was finally discharged home. Although you couldn't see the size of her grin because she had a mask on, her eyes and thumbs up signs told us that she was over the moon to be going home."

Fully funded by donations, the Greatest Need Fund provides practical support for vulnerable patients like Barbara in those early days or hours after discharge, when they are most at risk of falling through short-term gaps in care.

You can support patients like Barbara by donating to the Greatest Need Fund at <http://greatestneed.wh.org.au>.



Image: Barbara being discharged home after a long stay at Footscray Hospital



Image: Patients like Arvinder will benefit from new chairs for the Sunshine Satellite Dialysis Unit.

Dialysis angels needed

Arvinder is one of 84 patients who undergo dialysis treatment at the Sunshine Satellite Dialysis Unit at Sunshine Hospital each week.

Dialysis is the process of cleaning the blood of toxins and excess fluid when the kidneys no longer function. For this to occur the patient is connected to a machine which filters their blood before returning it to their body.

Patients undergo dialysis treatment three times a week, for up to five hours a time, therefore ensuring their comfort during treatment is paramount. Custom-made dialysis chairs provide the support patients need, while also providing ease of access for nursing staff. Each chair is carefully designed to provide the support and comfort needed for the lengthy dialysis process, but over time, the treatment chairs lose their padding and become uncomfortable.

With several chairs now no longer fit for purpose, the Foundation has been asked to help secure funding to purchase 10 new chairs.

At \$6,000 per chair we are calling out for supporters who can help fund, or contribute towards, one or more chairs.

If you would like to discuss making a gift, please contact Jane Harris, Senior Manager Donor Relations, on 8345 7660, or email jane.harris@wh.org.au.

Your donation towards a dialysis chair will provide comfort to patients like Arvinder

I would like to support the work of Western Health

- I wish to make a one-off donation of
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Thank you!

Donations over \$2 are tax deductible and a receipt will be issued.

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