

YOUR FOUNDATION

FLINDERS FOUNDATION NEWSLETTER

SPRING 2018

THANKS TO YOU,
MORE BABIES CAN BE AS
**HAPPY AS
HARRY**

New neonatal equipment you've
helped purchase will now help
children just like Harry

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Will you join us for Flinders Foundation's Pink Yellow Blue Ball and help raise crucial funds for cancer research and patient care at the Flinders Centre for Innovation in Cancer?

Adelaide's premier cancer gala fundraiser - and Flinders' biggest fundraising 'night of nights' - is an evening of high-class glamour, with sumptuous food, quality beverages, exclusive entertainment and auctions.

Headlining this year's Pink Yellow Blue Ball entertainment is the one and only David Campbell!

Funds raised at the Pink Yellow Blue Ball are integral to the success of the Flinders Centre for Innovation in Cancer - a hub of research excellence and compassionate care for all affected by cancer.

Your support at this event will enable Flinders to continue delivering world-class care alongside cutting edge cancer research.

If you haven't already, please consider getting a table together of your friends, family and colleagues for an amazing night out - all while raising funds for cancer research, prevention and care at the Flinders Centre for Innovation in Cancer to help those affected by cancer.

Saturday 20 October 2018

Adelaide Convention Centre

Dress: Black Tie

Entertainment:
David Campbell and
a cappella group The Idea
of North

**Tickets: \$210 or \$2,000
for a table of 10**



David Campbell

Cancer diagnosis advance

A group of friends - each closely affected by cancer - have pulled on their dancing shoes to help buy new technology for use in cancer diagnosis.

The generous group hosted the "Live and Let Live" bush concert, raising an incredible \$21,000 for health charities - including funds for a new tele-health microscope at the Flinders Centre for Innovation in Cancer.

This new technology can transmit images of tissue and biopsy samples via live video feed to a patient's treatment team - who may be spread across multiple locations across Australia.

Specialist radiologists, pathologists, oncologists and physicians will primarily use this new set-up for the most difficult cases involving a cancer diagnosis. It also means they can consult with specialists located interstate, or those located in remote communities.

Charity group 'The Grumpies' also held a movie night to help raise funds for the equipment.

Thanks to everyone involved for their generous support.

If you love organising events, you too could make a difference. Call our team on (08) 8204 5216 or email info@flindersfoundation.org.au for more information.



'Live and Let Live' bush concert organisers

Contact us

We would love to hear from you

You can visit us in the office, located on the ground floor of the Wilson car park building at Flinders Medical Centre, Flinders Drive.

Call: 08 8204 5216

Email: info@flindersfoundation.org.au

Mail: Flinders Foundation
Flinders Drive
Bedford Park, SA 5042

If you do not wish to be contacted by Flinders Foundation or receive communication in the future please phone or email us.

Thanks to you, more babies can be as **HAPPY AS HARRY!**

'Brainz' technology is often required for babies deprived of oxygen at birth.

It allows specialists to monitor newborn seizures – no matter how subtle – and treat them before long-term damage occurs.

Thanks to your support at Christmas time the Flinders Medical Centre Neonatal Unit has a new 'Brainz' machine!

Your generous support raised the \$55,000 needed. This means more babies at risk of brain damage can access this specialised brain monitoring equipment. It will give them the greatest chance of living a happy and healthy life.

A grateful Dr Sanjay Sinhal, recently spoke with us about the difference this technology will make at Flinders.

"The Neonatal Unit is expanding in the coming months and we expect that admissions will increase," Dr Sinhal said.

"The additional 'Brainz' Machine will help between five and ten babies every year and will also ensure we can treat two babies at once."

Without the generosity of the Flinders Medical Centre Volunteer service, and you, this simply wouldn't have been possible.



You may remember seeing images of Harry in our Christmas appeal. We caught up with Harry and his family to see how he is going now...



Harry, his dad Chris, brother Archer and mum Denelle

We already know how life-changing the Brainz Machine is. It helped save Harry Amundsen's life.

Harry didn't take his first breath for two and a half minutes.

He suffered severe oxygen deprivation at birth, and blood loss to the brain saw his internal organs begin to shut down.

His parents, Denelle and Chris, were told he may have suffered long-term brain damage.

"We were told the worst-case scenario was that he might not make it or, if he did, he might end up in a wheelchair and need 24/7 care," Denelle says.

Harry spent 72 hours on the 'Brainz' Machine, allowing specialists to monitor him for problems and seizures and treat him immediately.

DONATE TODAY!
You can provide life-saving support to more people at Flinders.

Thanks to this equipment and specialist care, Denelle says Harry is now a thriving 16-month-old boy.

"He loves trains and running around with his brother Archer," says Denelle.

"He's incredible and you wouldn't even know what he's been through."

Thank you so much for your support. You've made a huge difference to babies just like Harry.





Lauren's father Mario Corena, and his wife Patricia, are sponsoring a new pet therapy program

Pet lover Lauren's lasting legacy

Lauren Corena lost her life at the age of 26. It came after years of battling mental health issues, including an eating disorder.

But her father Mario is keeping Lauren's spirit alive, by sponsoring

a new pet therapy program at the Statewide Eating Disorder Service (SEDS).

Mario says the program was the perfect choice to support, describing Lauren as a "pure pet lover".

The new program sees Delta Therapy pet – West Highland Terrier, Bonnie

– making weekly visits to SEDS clinics at Flinders Medical Centre and Brighton.

SEDS Team Manager Emma Altman says pet therapy has known benefits in mental health areas.

"We know that many people respond well to positive sensory experiences – such as patting or playing with a dog – as a way of helping them manage distress," Emma says.

Mario believes that pets can help people, just by being there and giving unconditional love.

"We can't change what has happened, but if we can provide assistance to people, then hopefully more people with an eating disorder will go on to live happy lives."

We're grateful to Mario and his wife Patricia for their wonderful support.

You too can support a cause close to your heart. Call (08) 8204 5216 to speak to our team about how, or email us: info@flindersfoundation.org.au

Flinders scientists have solved a major mystery about the gut... thanks to you

And it could help millions of people around the world who suffer from chronic constipation and intestinal disorders.

Professor Nicholas Spencer and his team discovered how millions of neurons in the gut – often called the "second brain" – are able to control muscle movement in the colon.

In a world-first, they observed the distinct pattern of neuronal firing that occurs during a bowel movement.

And it was your support that provided the specialised imaging equipment which made this discovery possible!

Prof Spencer said this discovery could have huge benefits for people suffering chronic gut problems.

"People are now realising the gut is more than just an organ to absorb nutrients and expel waste," Prof Spencer says.

"The gut has far greater impacts on overall health and wellbeing and the human psychology.

"Given we now know what causes the muscle cells to contract in the colon, we can use this understanding to develop new treatments.

"This includes the potential to replace drugs as a less toxic remedy to debilitating gastrointestinal conditions."



Professor Nicholas Spencer's discovery could have huge benefits to people with chronic gut problems

Thank you for your amazing support. It has helped fund another wonderful discovery that could help millions of people.

An unforgettable adventure raised funds for cancer research

The 10-member team, many of whom have lost a loved one or have their own personal cancer story, cycled 340km across Cambodia over seven days in March.

It was often over rough terrain, through hot and humid conditions, and through mud and rain.

But their hard work received the greatest reward, raising \$57,000 for research projects at the Flinders Centre for Innovation in Cancer and CancerCare Unley services.

Team member Karen White rode in memory of her sister, Flinders researcher Robyn Flook who sadly died of cancer in April 2017

"I hadn't been on a bike for 20 years, and even then, the furthest I rode was probably 10km along flat bike paths – so doing over 340km in Cambodia, along questionable surfaces and in tough conditions was just so far out of my comfort zone," Karen said.

"But knowing I was helping researchers, and people diagnosed with cancer was a huge incentive."

Team member Jillian Smith lost her husband Anthony Mazzone from brain cancer in 2017, just five months after he was diagnosed.



A once in a lifetime adventure through Cambodia raised an incredible \$57,000 for cancer research at Flinders

Despite an impressive fundraising tally, for Jillian the ride became much more than just a "charity bike ride".

"It really was a pilgrimage, and became a process for me to say goodbye to Anthony," Jillian says of the trip.

"I wanted to create a legacy for him and do something to help others in his name and memory."

"The trip was also something positive for me to work towards and focus on and help me in my grief."

OTR Give
You choose where we give



You can fund world-class medical research and support patients and their families at Flinders Medical Centre at **no cost to you.**

Download the OTR App now and choose Flinders Foundation.

Join today with **OTR App**



"If there had been a wellness centre, I feel I would have had somewhere to go to find support to help me with all of the other knock-on effects which cancer treatment had on my life."

Monique Bareham

Help build a Cancer Wellness Centre in the Flinders Centre for Innovation in Cancer

A breast cancer diagnosis at 36 impacted nearly every aspect of Monique Bareham's life.

It took a physical and emotional toll. She developed lymphoedema, and side-effects from years of treatment meant she wasn't able to return to work. There were huge financial implications, and in a cruel blow, she lost her fertility.

It was a time of her life when she felt overwhelmed, isolated and stressed.

You can provide greater support for cancer patients like Monique to help them overcome some of the practical, emotional and physical effects of the disease.

A new Cancer Wellness Centre in the Flinders Centre for Innovation in Cancer (FCIC) will connect people affected by cancer and their families with the help they need.

But we need your support to build this centre. Will you please give today?

Monique says a Cancer Wellness Centre would have made a huge difference to her.

"Rightly so, my treatment team focused on beating my tumour," Monique says.

"But in my case, it was actually the other 'collateral damage' which I needed help with.

"If there had been a wellness centre, I feel I would have had somewhere to go to find support to help me with all of the other knock-on effects which cancer treatment had on my life."

FCIC Director Professor Bogda Koczwara says the wellness centre will give patients the greatest opportunity for the best outcomes.

"We know cancer patients experience significant side effects as a result of treatment and a cancer diagnosis causes major disruption to lives," Prof Koczwara says.

"We also know that interventions that focus on improving wellbeing reduce the risk of cancer recurrence, improve survival and improve how the person feels in themselves.

"We want to create a centre where we have one place which concentrates on the whole picture and the person living with cancer... not just the cancer itself."

You can help patients and their families cope with the effects of cancer.

Donate today by returning your donation coupon in the reply-paid envelope provided. Thank you.

Wellness Centre champions

Thanks to these generous people, we're on the way to raising the \$500,000 needed to build a new Cancer Wellness Centre at Flinders.

But we still need your help to provide more support for patients and their families affected by cancer.

You, too, can get involved



New York Marathon

This November, a group of more than 60 locals will take part in the world's biggest and most popular marathon – The New York Marathon.

Trained by Anna Liptak from His and Her Time Adventure Time, many of the group are new to running, or have experienced their own health or cancer battles.

With lots of fundraising activities planned, they're aiming to raise \$100,000 for the Cancer Wellness Centre.

The good news is, if you're up for the challenge, we have limited places available for New York Marathon 2019.



Dry July

Thank you to the army of people – who signed up to go alcohol-free for the month of July as part of the annual Dry July fundraising event.

Our very own Flinders Centre for Innovation in Cancer had their own team taking part (pictured above) and have done an amazing job raising funds for the Wellness Centre.

Flinders Foundation is a proud beneficiary of this event and we look forward to sharing Dry July's success with you once the fundraising tally is finalised.

How can I help raise funds for a new Cancer Wellness Centre?

- Make a one-off donation using the enclosed donation coupon and reply paid envelope or via our website: flindersfoundation.org.au or over the phone (08) 8204 5216
- Sign up to run (or walk!) the City-Bay for Flinders Foundation (information at flindersfoundation.org.au)
- Hold a morning tea at your workplace
- Place a Flinders Foundation collection tin in your business, workplace or school
- Host an event such as a 'quiz night', Bingo, a dance, gourmet dinner or even shave your head! Remember to invite friends to make a donation
- Recruit friends and spread the word – telling your friends about the wellness centre and what it would mean to you and the community will help encourage them to support the cause

If you want to fundraise for Flinders Foundation please contact our team on (08) 8204 5216 or email info@flindersfoundation.org.au



The Flinders Centre for Innovation in Cancer was built in 2012

Over 30,000 cancer patients and their families, visit the Flinders Centre for Innovation in Cancer each year for treatment and appointments

More support
A new Cancer Wellness Centre will provide more emotional, physical and practical support for people affected by cancer

A CHAT WITH...

Janet Baker, Infusion Suite Nurse in the Flinders Centre for Innovation in Cancer

How long have you been a nurse for?

32 years would you believe! About 20 of those in oncology and haematology, with a 10-year stint as a midwife in-between.

What does your job involve?

I care for patients receiving chemotherapy and other treatments in the Flinders Infusion Suite. All our patients are just so wonderful – they are so positive fighting for a cause. They are so appreciative of us nurses, but it's them who inspire us.

You recently travelled to West Timor with the Flinders Overseas Health Group, tell us about that?

I was part of a group of Flinders doctors and nurses who spent a week there to help educate and support a relatively new oncology unit. They have next to nothing and need so much, but were so lovely.

What do you do for fun?

I love concerts and travel and enjoy looking after beautiful birds that have made a home in my garden.

What's your hope for the future?

Because I've worked in oncology for so long I've seen how far we've come with improving cancer treatment and that makes me incredibly hopeful for the future. The minds of our doctors and researchers are just amazing, and I'm thankful we've got them.

Describe your colleagues?

They are adorable and just the finest bunch to work with – they're family!



I've seen how far we've come improving cancer treatment and that makes me incredibly hopeful for the future

LIONS' GIFT OF SIGHT

A humble second-hand book sale is playing an important part in giving South Australians back the gift of sight.

The Lions Club of Glenside recently donated \$24,000 from its regular 'Bookmart' to Flinders Foundation, to help purchase a new surgical device for the SA Eye Bank at Flinders to perform corneal transplants.

"Community support for the Eye Bank is invaluable," says SA Eye Bank Acting Manager, Tamme Golding-Holbrook. (pictured below)

"I'm incredibly grateful to Lions for helping us to make a huge difference in so many people's lives."



Will you join us? You can join these popular fundraising events supporting Flinders Foundation

Drakes Charity Show Bag

It's almost Showtime - so make sure you don't miss out on your Drakes Charity Showbag!

Drakes Supermarkets will once again team up with their generous suppliers to produce this bag of goodies, with part proceeds going to Flinders Foundation to support cancer research.

Grab your showbag in South Australian stores throughout the Royal Adelaide Show.

Mr Riggs

Be sure to grab yourself some beautiful Mr Riggs wines. Throughout October, Mr Riggs donates part-proceeds from the sale of their 'Gaffer' Shiraz to Flinders Foundation.

Foodland

Keep your eyes peeled for specially marked products in Foodland stores this October. Proceeds will support cancer research at the Flinders Centre for Innovation in Cancer.

Karen Fitzgerald Golf Day

Get a team together for a day on the greens for a great cause. The annual Karen Fitzgerald Golf Day is on Friday 23 November at Thaxted Park Golf Club, to raise funds for the Flinders Medical Centre Child Protection Service, supporting some of our most vulnerable, neglected and at-risk children.