PALLIATIVE CARE GARDEN

“Facing serious illness is a journey, and individuals and their families need expert partners in their care that can help them navigate their very personal and meaningful choices and wishes.” said Dr Leon Clark, Chairman of San Foundation.

“We are committed to expanding our reach and sharing our expertise so that our community can benefit from more comprehensive palliative, supportive and end-of-life care options. Our staff and programs are uniquely positioned to meet and support patients with their physical, spiritual and emotional needs.” said Brett Goods, San General Manager.

The Atrium garden located on Level 6 Poon in Clifford Tower was specially created some 12 years ago to provide a serene environment for patients with life-limiting illnesses and their families, in order to enhance their medical, psychological and spiritual care. For many people, being in nature and interacting with the natural world brings a sense of peace and tranquility, encourages relaxation, and reduces anger, anxiety and pain. A change of scenery from the hospital room also assists with treatment.

San Foundation is excited to announce that the Atrium garden will undergo refurbishment with the generous support of well-known landscape designers Matt Leacy and Andrew Rivett from Landart Landscapes, and Peter Knox and Craig Rich from Alpine Nurseries. San Help Team Volunteers and San Grounds staff are also involved. “The refurbished garden will enhance the visual experience and is a treasured addition to the supportive services at the San.” said Brett Goods.

“We are motivated by the knowledge that the new look garden will bring peace and joy to many who are facing the most difficult of times. This fits so well with our mission to improve quality of life for people in need and we are confident the garden will do just that.” said Barbara Ward.

Through your generous donation this project will be possible. The refurbishment will have better access for wheelchairs and palliative care beds, and an array of plants and flowers with sensory benefits. For comfort there will be modular furniture, planters to give patients the ability to maintain privacy or socialise, strip heaters, cooling fans, improved garden lighting and an activity area for children.

Sarah spent a lot of time in the garden area while a patient in palliative care. “It’s a peaceful place where people, who are at the end of their lifetime can go, and it feels like home, it’s a beautiful place to go.” said Sarah.

We need your help with this very important project which will cost $58,000.

Your donation today will make someone’s end days some of their most memorable as they spend quality time with their loved ones. Please give generously to this wonderful cause.

Please donate by calling 02 9487 9405, emailing foundation@sah.org.au or visiting www.sanfoundation.org.au
We were very fortunate to have a follow on act by Mrs Kerryn Baird who was the guest speaker at our annual luncheon. We were encouraged and enjoyed her enthusiasm, dedication to public life and commitment to the community and most of all her smile and warmth was infectious.

2016 is looking even busier with many new projects to fund for AHCL which will provide more care and support to our patients and their families.

On a personal note, 2016 started with the loss of a dear friend who battled with cancer and a childhood friend who died suddenly at the age of 52, a very sad loss. We all face adversity in our lives, and at times like these I realise how fragile we all are - I try to find joy and happiness in my life even during these difficult times. Thank you to those lovely people who sent me their warm wishes.

I continue to be encouraged in my work and feel very blessed and privileged to serve our community through AHCL. Hope you enjoy the newsletter and as always please call me anytime for a chat or a cuppa - am always looking for an excuse to get out of my office!

Please continue to remember San Foundation in your prayers. May God bless us for our mission in 2016. Finally, let me say “thank you” once again for all your support.

Welcome from Barbara Ward, Managing Director

Dear Friend,

2015 was another busy year for San Foundation in which we were once again able to reach out and assist the San with its many needs for the patients. This has only been possible through the generous and ongoing support of our donors and supporters.

One of the highlights was the Business Lunch with The Hon. Mike Baird MP, Premier of NSW; his stimulating and informative talk was much appreciated by all who attended.

Why I Give

“Recent major additions to the San have led to increased Comforts and Care.

All this comes at great cost to a not-for-profit organisation.

In appreciation of the Services that patients receive, those who are financially able, should become a donor to the San Foundation as well as providing for a generous bequest in their will."

Walter T. Watterson

Thank YOU for making a difference.

CALENDAR OF EVENTS

4 May - Teddy Bears’ Picnic
7 May - Novus Gala Dinner
20 August - Alumni Homecoming
30 October - Memorial Service
13 November - San RunForLife
November - Annual Luncheon
December - Carols by Candlelight
Business Lunch with...

The Hon. Mike Baird MP, Premier of NSW

The Hon. Mike Baird MP, Premier of NSW, was the guest speaker at San Foundation’s inaugural Business Lunch in September 2015. Held in the Shangri-La Hotel, The Rocks, the event was a sell-out success.

Amongst the 400 corporate guests were The Hon. Gladys Berejiklian MP (NSW Treasurer & Minister for Industrial Relations), The Hon. Jillian Skinner MP (Minister for Health), Mr Damien Tudehope MP (Member for Epping), Mr Jonathan O’Dea MP (Parliamentary Secretary for Major Events & Tourism, Member for Davidson), The Hon. Brendan Nelson AO (Director, Australian War Memorial), Mr Richard (Dick) Warburton AO LVO and Mr David Murray AO, along with many other distinguished guests.

The event raised over $95,000, plus an additional $100,000 pledge from a very generous supporter. The lunch increased awareness of the San Foundation within the business community in Sydney’s CBD. “I am delighted with the funds raised, this was an amazing achievement. Our sincere thanks to all the supporters without whom this event would not have been possible.” said Barbara Ward, Managing Director.

Our thanks to:

Partners: KinCare and Bupa.
Sponsors: Mon Komo, Global Rental & Leasing, Mercedes Benz & Hornsby Mazda, Buildcorp, Pacific Equity Partners, Altomonte Holdings, Nick Scali Furniture, Equilibrium Air Conditioning, Fanelec Group, Symbion Pharmacy, Maddocks, McCarrolls, Baytons, Caltex, AGFA Healthcare Australia.

San Baby Shower

The birth of a baby is one of the most cherished and memorable events in people lives. With her third San Baby on the way, Mrs Comanos decided that since she had everything she needed for the baby, she invited guests at her baby shower to donate to the San Maternity Unit, which has looked after me so well over the years.” said Mrs Comanos. Our thanks go to Mr and Mrs Comanos, their family and friends, who raised $500.
Lisa is currently living with cancer and understands, first hand, the benefits of San Integrated Cancer Centre. “I can’t believe I won this.” said Lisa.

Our thanks to everyone involved in putting this event together, in particular Rotary Club of Wahroonga, SES, Mildren Events, San staff and volunteers.

Our heartfelt thanks to our generous sponsors: Bioproperties, Equilibrium Airconditioning, Edge Recruitment, Kennards Hire, Medline, Spotless, Sanitarium, Vision Personal Training Wahroonga.

2016 San RunForLife Save the Date: 13 November

Lisa McIntyre & Family
To our supporters who donated all the fabulous prizes, you are truly kind-hearted. **Thank you to:**


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**Schools Award Ceremonies**

A pleasant formality following San RunForLife was to present the Schools Championship Cup to the successful male and female teams in the 5km run.

It was a pleasure to present the trophies to ‘Barker Red’ of Barker College - winners in the Year 9-11 (Boys) category, ‘Pymble Panthers’ of Pymble Ladies College - winners in the Year 7-8 (Girls) category, and ‘Prouille Pride’ of Prouille Catholic Primary School - winning team in the K-6 category.

“We were proud to meet and celebrate with these inspirational young people, the staff and the schools.” said Barbara Ward, Managing Director.
San Foundation Annual Luncheon

The Annual Luncheon, held in November 2015, was attended by over 300 donors and supporters who braved a day of extreme heat to enjoy the event, as honoured guests of San Foundation.

Mrs Kerryn Baird, wife of The Hon. Mike Baird MP, Premier of NSW, was guest speaker, and other distinguished guests included major donors, representatives of NSW State Government, Local Councils, San Foundation Board, medical and other San staff.

Steve Sims did not let a bad flu deter him and did a sterling job as our wonderful MC.

A/Prof Gavin Marx gave a compelling speech on Cancer and in particular the launch of it's about us; Phil Currie, CEO Adventist HealthCare Ltd (AHCL), shared his vision for AHCL in the 21st century and Dick Warburton AO LVO spoke passionately about his involvement in raising funds for the Integrated Cancer Centre.

Barbara Ward, Managing Director, gave an update of activities during 2015 including: Business Lunch, San RunForLife, and Capital Campaign for Integrated Cancer Centre (ICC), which has raised a record $14.6m, and a successful Philanthropy Training Workshop which was held in October for San doctors and clinical staff.

Through the generosity of donors many worthy projects such as: Medical Equipment, Palliative Care Nurse, Breast Cancer Navigator, Fish Tank on Level 4 Clifford Tower, Grand Rounds Training and Hand Hygiene, to mention a few have been funded.

Barbara proudly announced that with only two part-time staff the Foundation raised $5.2m of which $4.1m was for ICC.

San Foundation’s community engagement programs raised funds through a BBQ at Bunnings, donations in lieu of birthday presents, and A/Prof Gavin Marx’s son Josh and his cousins shaved their heads to raise funds for the Integrated Cancer Centre, an amazing $10,000 was raised, eclipsing their original target of $1,500.

Barbara expressed appreciation for: Leanne Cook, who gave fantastic support over the past three years and has taken work closer to home.

Holly Floyd, was thanked by Barbara for her exceptional support.

Dick Warburton AO LVO and David Murray AO who have been instrumental in assisting with the Capital Campaign - “their support has been extraordinary”, said Barbara.

Leon Clark - Chairman and Board members for their unwavering support and a warm welcome to Karen Butler, who is replacing Leanne.
In an enthusiastic and inspiring speech, Barbara thanked everyone. “I am truly grateful for your help, I recognise and celebrate the generosity of all our donors whose support is transforming lives,” said Barbara.

San Quality Awards

San 15th Annual Quality Awards was held at Oatlands Golf Club in October 2015 and the Overall Excellence Award was sponsored by San Foundation. The awards recognise continuous quality improvement across various projects.

The awards were given to the following:

Mission Ambassador - Graham Hunt
Medical Staff - Dr Robert Hardwick & Dr John Keogh
Allied Health Staff - Elyce Kane
Nursing Staff - Dot Cottee, Narelle Hibble, Carlie Jones & Louise McKenzie

Support Services Staff - Fleur Duke & Naomi May
Clinical Care - Coronary Care Unit
Support Services - Nutrition & Dietetics & Information Services
Consumer Participation - Nutrition & Dietetics
Safety Initiative - Maternity Department

Brett Goods congratulated all the recipients of the award and everyone that was nominated. “These awards are important to the San in developing activities to improve performance, our thanks to the San Foundation for sponsoring these awards.” said Brett Goods.

Pr Glenn Townend (President, South Pacific Division of SDA Church)
Graham Hunt and Phil Currie (CEO Adventist HealthCare Limited)
San Homecoming

Annual San Homecoming was hosted by San Foundation in August 2015, the day’s events culminating in a dinner and some of the Nursing graduates present, celebrating their 50th anniversary. The theme was “Sound of Music” to coincide with the 50th anniversary of the popular film. Guests enjoyed interviews, funny stories, music, good food and lots of catching up.

A Scholarship of $1,000 was awarded to Emily Turaganivalu, a Registered Nurse currently undertaking a post-graduate diploma in Midwifery. A Vocational Award for dedication and commitment to the Nursing profession was presented to Anthony Hutapea, a long-time employee of the San, who also celebrated his 50th anniversary.

Special thanks to the Homecoming Committee: Annette Baldwin, Rose-Marie Radley, Kay Meany and Barbara Ward, for their commitment in organising this special event.

2016 San Homecoming Save the Date: 20 August

Launch of it’s about us

Treatment for cancer is often referred to as ‘a journey’. This prompted oncologist, A/Prof Gavin Marx, Mrs Jo Marx and her friend, Mrs Des Maltz, to develop a digital scrapbook which offers those touched by cancer the inspiration to create a legacy of memories that can be treasured forever.

Proudly funded by San Foundation, with the support of Momento Photo Books, it’s about us allows those on this journey to capture memories, thoughts and emotions within a supported framework.

Hosted by award-winning Australian actress, Sonia Todd, with a special performance by winner of The Voice Australia 2015, Ellie Drennan, it’s about us was launched in October 2015 in the tranquil Healing Garden of the San Integrated Cancer Centre.

For more information please visit www.itsaboutus.com.au

When you have finished reading this Newsletter, why not pass it on to your family, friends, neighbours, workmates or leave it in a doctor’s waiting room for others to enjoy.
World Cancer Day Morning Tea

World Cancer Day’s primary objective is to get as many people as possible around the globe to talk about cancer on 4 February each year. Healthcare Australia kindly held a stall and sold cupcakes and cookies to raise funds. A quick health check was also provided.

The Morning Tea event raised $200 towards San Integrated Cancer Centre.

Remembering the Paris Attack Victims

With words such as ‘horror’, terror’ and ‘war’, newspaper headlines conveyed the shell-shocked mood of people in France and around the world following the devastating series of coordinated terror attacks that occurred in Paris on the evening of 13 November 2015.

Less than forty eight hours later, more than forty world leaders and at least 1.5 million people joined together on the streets of Paris for a unity march that became France’s biggest ever public demonstration.

Members of the San family also expressed their deepest condolences in a memorial service held on 19 November.

Commencing with a minute’s silence in honour of the victims, Dr Alex Currie, Group Manager, Spiritual Care Services, led the service with hymns, songs, prayers, candle-lighting and special readings based on the themes of hope, love, compassion, faith, courage, peace and promise. A choral item presented by the Wahroonga Adventist School Choir, under the leadership of Mrs Bev Currie, brought many to tears and as the candles burned, a sense of closure and peace enveloped those shaken by this tragedy.

Why is World Cancer Day important? Currently, 8.2 million people die from cancer worldwide every year, out of which, 4 million people die prematurely (aged 30 to 69 years).

World Cancer Day is the ideal opportunity to spread the word and raise the profile of cancer in people’s minds and in the world’s media.

Donate, participate and support.
Donate online now: www.sanfoundation.org.au
Thank You.
An Addition to Our Care

San Library, for patients and visitors, is now located in the foyer area of Clifford Tower, thanks to San Foundation.

Included in its collection is a selection of large print books, made possible through the gift of a generous donor. When asked what motivated the decision to give to this cause, the donor said, “I am grateful for the help received from the San Volunteers on a number of occasions during my stay in the hospital.”

Our wonderful volunteers deliver books to those patients who feel well enough to read. Your tax-deductible donation towards this and any other project is greatly appreciated.

Healthy Power Ball Recipe

Ingredients:
1 cup dates
1 cup walnuts
3 tbsp cocoa powder
Coconut for rolling

Method:
1. Place all ingredients in a food processor and blend until smooth. If mixture isn’t holding together, add a small amount of water.
2. Roll spoonfuls of mixture into balls.
3. Roll balls in coconut.

Compliments of ARI

Handmade Quilt Raises Funds for Oncology Massage Service

Proudly sponsored by San Foundation, the Oncology Massage service is a complementary and effective therapy for cancer patients, improving physical symptoms and providing a range of positive outcomes.

Through the generosity and hard work of Jenny Peters, an Enrolled Nurse at the San Day Infusion Centre, and her friend, Tina Stephan, a Registered Nurse and owner of Quilting By The Beach, a beautiful, handmade quilt was offered as a lucky dip prize worth over $1,000 to raise funds.

Jenny and Tina dedicated the quilt to the doctors, nurses, administration staff and volunteers - who give their hearts and time to their patients every day.

San Australasian Research Institute (ARI)

Since 1903, Sydney Adventist Hospital (San) has provided a wholistic health philosophy where people are not only treated for their acute medical/clinical condition but are taught how their habits of daily living may contribute to their unhealthy condition.

To support San’s reputation as a wholistic health provider, ARI was established in 2004. The centre conducts and facilitates research into the mechanisms linking lifestyle factors to either enhanced health or disease, and ensures this knowledge is translated, wherever possible, into clinical and community practice.

For more information and exciting discoveries, please call A/Prof Ross Grant on 02 9487 9602 or visit www.australianresearch.org.au
In Memoriam

San Foundation offers a heartfelt “thank you” to the family and friends who have donated in memory of the following people:

John Burgess
Peta Crosky
Ken Dawson
Merle Dorney
June Margaret Griffiths
Ian Neville James
Kenneth McGowan
Carmela Nadile
Bronwyn Simic
Kenneth Gower Smith
Dorothy Speight
Glenn Raymond Stewart

“Even though death has ripped you apart, your loved ones will always be in your heart.”

Valerie

Donating in memory is a special way of honouring the memory of a loved one. Please phone us on 02 9487 9405 if you would like a Memorial Envelope or for more information on donating in memory of a loved one.

Barbara Ward Receives Commonwealth Bank Award

The Commonwealth Bank Award for ‘Voluntary Work in the Community’ was presented to Barbara Ward, by The Hon. Malcolm Turnbull MP, Prime Minister of Australia, and David Coleman MP, Member for Banks.

We congratulate Barbara, who was humbled to receive this recognition. Barbara was also nominated by the Bank for TELSTRA Business Woman’s Award for 2015.

Words Cannot Express Our Thanks

Through your generosity we have funded many projects including: Palliative Care Nurse, Breast Cancer Navigator, Grand Round Training and Hand Hygiene.

Celebrating Chinese New Year

San Foundation partnered with the Chinese Community to celebrate Chinese New Year 2016.

Commencing with a ‘Call by the Lion’ and filled with drama, music and colour, this cultural spectacle was a feast for the senses as it ushered in ‘The Year of the Monkey.’

Privacy

San Foundation is committed to respecting and safeguarding all personal information provided to us. We will continue to only use the information for the purpose for which it was intended, such as receipting your donation, updating you about our work and upcoming events.

We have not, and will never sell, swap or disclose your details at any time without your explicit consent. If you have any questions, please do not hesitate to call us on 02 9487 9405.
How you can help us to help others.

Your support enables us to maintain and extend our care services to all those most in need. Help us make a difference.

How you can get involved.

The San Foundation values and recognises that community support is an integral part of our work, we thank you and we look forward to your continued support. You can:

- Donate
- Fundraise for us
- Give in memory of someone you love
- Give in celebration of some significant occasion
- Sponsorship
- Partnerships
- Corporate Support
- Remember us in your will
- Raise funds as you shop at www.mycdsite.com.au/sancreata

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VICE CHAIR
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