

CONNECTION

CONNECTING OUR COMMUNITY THROUGH HEALTHY GIVING

OCTOBER 2024

Our Emergency Department team now has access to two new high tech ultrasound machines thanks to the generous and unwavering support of our community.

This year's tax appeal successfully raised **\$82,934** for our Emergency Departments, which is being used to purchase the additional machines that will significantly enhance our capacity to deliver lifesaving care to residents living in Frankston and the Mornington Peninsula.

New life-saving equipment on the way thanks to community support

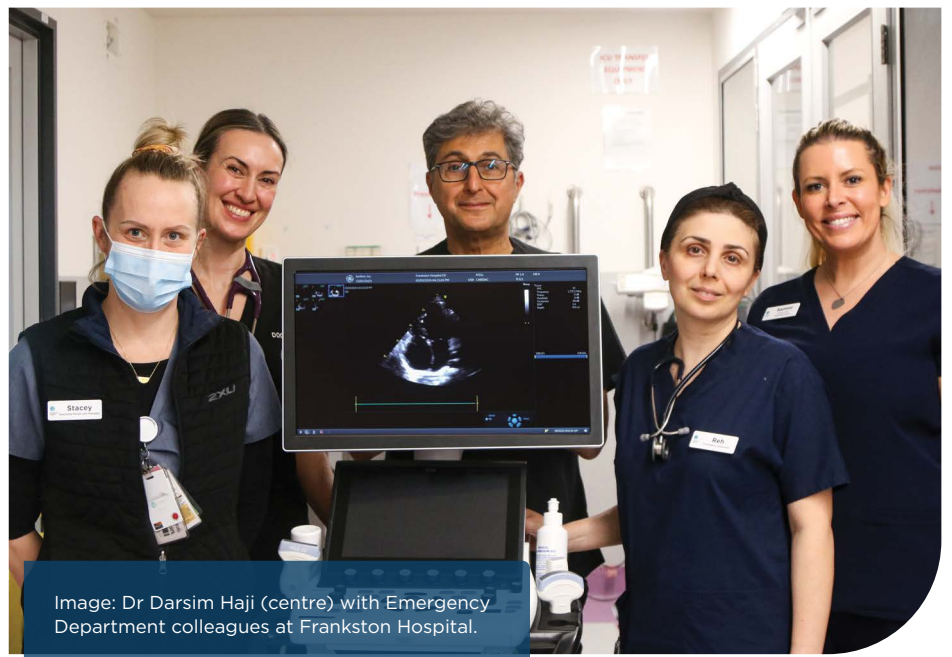


Image: Dr Darsim Haji (centre) with Emergency Department colleagues at Frankston Hospital.

Residents like 17-year-old Levi, who was diagnosed with a rare life-threatening aortic dissection just days before Christmas in 2023. After waking up with extreme lower back pain that impacted his ability to stand or walk, Levi's parents Kevin and Sonia, made the decision to head to Rosebud Hospital's Emergency Department, where Levi was seen by Peninsula Health Senior Emergency Physician, Dr Darsim Haji.

Dr Haji's worst-case scenario was confirmed with an ultrasound followed by a CT scan; Levi undoubtedly had an aortic dissection.

"An aortic dissection is a life-threatening condition and if it had not been diagnosed, Levi may have died," explains Dr Haji.

"The mortality rate of these patients goes up **10%** every hour, so time is extremely critical. In this case the bedside ultrasound machine ultimately saved his life."

With its capability to scan nearly every organ in the body, ultrasound has become a crucial method for accurately collecting non-invasive data quickly, ultimately saving more time and more lives.

By supporting us to purchase these machines, you are helping to make a big difference to the almost **100,000** people who attend our Emergency Departments for treatment every year.

Thank You

On behalf of the team at Peninsula Health and the many people in our community impacted by your giving, thank you for your generosity and faithful support.



Welcome from the Chief Executive

It is my pleasure to present to you the Spring Edition of *Connection*, which highlights the important role of our supporters in helping us to provide world class care to the Frankston and Mornington Peninsula community.

I was appointed Chief Executive of Peninsula Health in July. I have met many of our donors and community partners before, in my previous role as Executive Director Operations and Deputy Chief Executive. I look forward to meeting those of you who I don't know over the coming months.

It is an exciting time to come into this role. Earlier in the year we launched our new Strategic Plan – *Healthy Lives 2028*, which outlines our mission to achieve healthy lives for everyone, through sustainable, innovative and compassionate care. The redevelopment of Frankston Hospital is also underway, with construction on track to be finished mid next year, with the new building open to our community in early 2026.

This newsletter is full of wonderful stories showcasing the impact your support has – thank you for your contribution to caring for our community.

Helen Cooper,
Chief Executive

A warm gesture for patients, families and staff



Image: Professor Velandai Srikanth, Professor of Medicine and Director of Research, and Allison Monkhouse staff members Stephanie Lund and Marie Fanning.

Representatives from Allison Monkhouse visited our Golf Links Road Palliative Care Unit and The Mornington Centre recently.

The team provided free coffee, flowers and Kit Kats to all staff, patients and their families. This warm gesture was much appreciated and truly brought a smile to the faces of the many people the team visited.



This publication is funded by Allison Monkhouse. We are especially grateful for their generous donation which enables us to better communicate with you, our valuable donors. Allison Monkhouse is also funding virtual reality headsets for our Palliative Care Unit, giving people at this vulnerable stage of their life an opportunity to experience things they can no longer do in person.

Coming soon

Christmas Appeal

In November, Peninsula Health's annual Christmas Appeal will be launched, raising funds for the Intensive Care Unit at Frankston Hospital.

The Intensive Care Unit provides care to more than 1200 intensive care and high-dependency patients each year. More information will be shared next month – keep an eye on your mailbox, email inbox and our social media.

FEB 50 Challenge for Rosebud Hospital

This summer we're calling on you, our local community, to take *The FEB 50 Challenge* and help put vital equipment into the hands of our Doctors and Nurses at Rosebud Hospital. For more than 50 years, Rosebud Hospital has been providing world class care to our community and visitors to the southern Mornington Peninsula. You can help us continue delivering this care by signing up.

This February make a commitment to get active and move **50 kilometres** in **28 days** and help raise vital funds to purchase life-saving equipment, technology and resources for Rosebud Hospital.

The inaugural *FEB 50 Challenge* raised an outstanding **\$79,000** for Rosebud Hospital in 2024, with participants travelling more than **16,000km**.

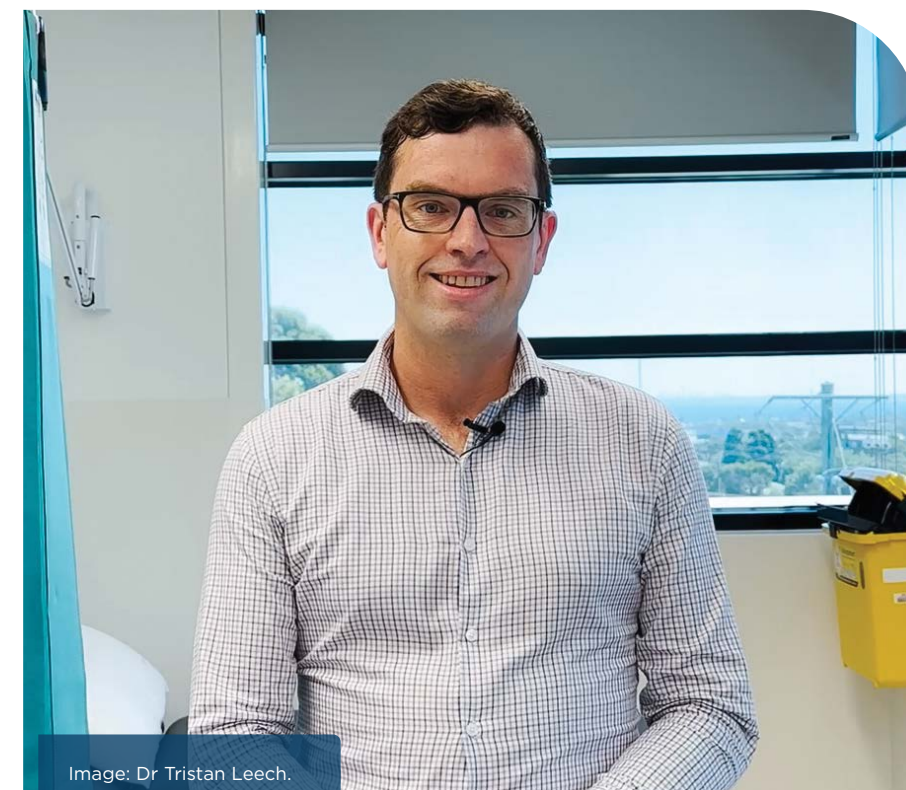


Image: Dr Tristan Leech.

An ongoing pledge to your local hospital

Dr Tristan Leech is a general surgeon at Peninsula Health and he is also a regular giver.

"Peninsula Health was a big part of my surgical training and I was lucky to come here on two separate occasions," recalls Dr Leech.

"I love the feel at Peninsula Health. It's a fantastic health service and Frankston Hospital is the heart of the community. The care our patients receive is second to none."

Dr Leech decided to start giving back to the health service where his career began.

"I chose to start making a small regular contribution from my salary each month to help support the health service in being able to access state of the art facilities and equipment and staff, education and training," explains Dr Leech.

Somerville resident Joan Kime is also a regular giver to Peninsula Health.

"What inspired me to give to Peninsula Health was the care they gave me and the care they gave my family," says Joan.

Joan has been a patient at Frankston Hospital, as has her late husband and her daughter, whose two sons were born at the hospital.

"By giving on a regular basis, it makes me feel like I am helping," adds Joan. "It makes me feel happy to know that I am helping and giving regularly to the people on the Mornington Peninsula."

"I would absolutely recommend people give if they can afford to give," concludes Joan.

To become a regular giver, contact our Philanthropy team on **9788 1284**.

A delicious and heartfelt fundraiser



Pavlova Roll

Discover one of the mouthwatering recipes showcased in the book, which features a delightful twist on the classic Pavlova:

Ingredients

- › 4 egg whites
- › 250 grams caster sugar
- › Flaked almonds
- › Whipped cream and frozen berries

Method

1. Beat egg whites until peaks form.
2. Beat in sugar one third at a time until soft and shiny.
3. Spread onto baking tray/dish lined with baking paper in a rectangle shape.
4. Sprinkle with almonds.
5. Bake 25 minutes at 160°C until slightly brown.
6. Remove from oven and invert on dry tea towel.

When cool enough to handle, cover with cream and berries and gently roll.

Peninsula Health Palliative Care staff have shared their favourite family recipes in a special cookbook, with funds raised going directly back to the unit.

The recipe book was curated to honor all those who have graciously shared homemade treats with the Palliative Care Unit over the years. It features a patchwork of culinary delights from around the globe, each recipe infused with personal meaning and significance.

The cookbook was officially launched at an afternoon tea in celebration of National Palliative Care Week earlier in the year.

“The theme of this year’s Palliative Care Week was ‘Matters of life and death,’ which focused on how remaining life is nourished with love, care, and compassion by our Palliative Care team, which I believe is encompassed by this book,” says Director of Medical Services, Dr. Sandeep Bhagat.

The team raised **\$1,420** from selling recipe books. These funds will be used to provide comfortable fold-out beds for families staying overnight in the Palliative Care Unit, allowing them to remain together with their loved ones.



Image: Palliative Care Nurse Unit Manager Barbara Cass with the famous Pavlova Roll.



Image: Trish O'Neill with representatives from the Lions Club of Dromana.

Lions Club support Rosebud Hospital

In June this year, Peninsula Health was the recipient of a very generous donation by the Club at the annual Lions Club Disbursements dinner held in Safety Beach.

Since 2013, the Lions Club of Dromana has contributed over **\$125,000** to Rosebud Hospital. Their most recent donation included over **\$11,300** for two sign monitors in Hillview Ward, a recliner chair in the Hillview Ward break room, and a Hemodialysis Teaching aid for the Dialysis Department.

In addition this year, the Club donated an extra **\$5,000** towards Peninsula Health’s *Take Break for Cancer Appeal*, which helped to raise funds for new equipment to support the early diagnosis of prostate cancer to assist all the men in our lives.

Peninsula Health’s Operations Director of the Intensive Care Unit and Emergency Departments, Trish O’Neill, attended the evening and met with members of the Club to express her gratitude on behalf of the organisation. According to Trish, the evening was a “humbling and lovely night.”

The Dromana Lions Club hold their Disbursements Dinner annually and use the evening to distribute funds raised to various recipients. Peninsula Health would again like to thank all members of the Club for their incredible efforts and ongoing support for our organisation.

As long time supporters of Rosebud Hospital, members of the Lions Club of Dromana have spent endless hours fundraising to support the purchase of significant equipment and furnishings designed to assist members of our community who require care.

A Great Opportunity

Opportunity shops are a highly valued destination on the Mornington Peninsula and a very generous group of donors to Peninsula Health.

Over the past 17 years the local Op Shops have given a combined total of more than \$1.35 million to Peninsula Health. These vital funds have gone specifically towards Rosebud Hospital.

This has enabled Peninsula Health to invest in the purchase of new equipment, research and services that support our local community.

There’s so many reasons to Op Shop these days, acting as valuable recycling hubs for communities and giving pre-loved goods a second home.

In addition they are good for the environment, good for your budget in tough economic times, an ideal place for treasure hunting, a fun and friendly way to shop, and of course great for the community who they donate funds to.

For details on your local op shop go to ilovetoopshop.com.au.

Image: Barry at Boneo Lions Op Shop.

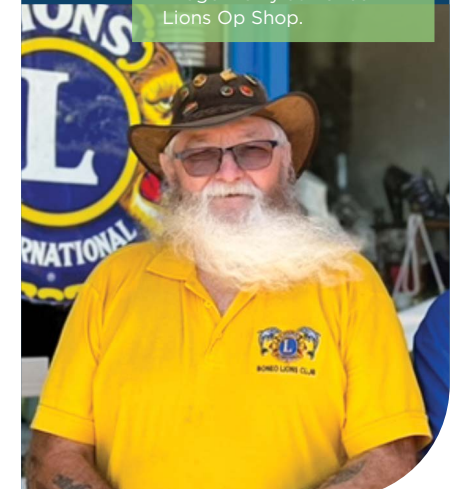




Image: Helen Cooper, Chief Executive of Peninsula Health (centre) with Rhon and Darryl Nation, Blue Ribbon Foundation Peninsula Branch.

Blue Ribbon Gala shines for Peninsula Health

Peninsula Health staff, including Chief Executive Helen Cooper, were thrilled to attend the inaugural Blue Ribbon Foundation Peninsula Branch Gala Ball on Saturday 27 July.

This black tie event was an opportunity for guests from across Melbourne to come together and enjoy a special night of entertainment, food and drinks, whilst raising funds to support Peninsula Health with new and improved healthcare facilities for the local community.



More than **200** people attended the ticketed event, with proceeds from the Gala Ball going towards the Blue Ribbon Foundation Peninsula Branch's goal of raising **\$300,000** to purchase two ECMO machines for Frankston Hospital.

ECMO machines are lifesaving, providing artificial heart-lung support to patients with life-threatening heart and lung conditions, allowing them to rest and recover while the machine warms and oxygenates their blood.

"We are delighted by the efforts made in helping us raise funds to purchase two ECMO machines for Frankston Hospital," says Dr Kavi Haji, Clinical Director of Intensive Care at Peninsula Health.

"This equipment is not only crucial for saving lives, but, it also represents a significant contribution to our local hospital and to the Frankston and Mornington Peninsula community."

"Blue Ribbon's support is deeply appreciated and it will have a lasting impact on the patients we care for," she adds.

Peninsula Health is grateful to have the support of the Victoria Police Blue Ribbon Foundation - Peninsula Branch, which has helped us provide world class healthcare on the Mornington Peninsula.

Launched in 2011, the Peninsula Branch engages with communities from Frankston and across the Mornington Peninsula to pay tribute to the Victoria Police members who have lost their lives in the line of duty.

The focus of its work is to raise money for the purchase of vital medical equipment that can enhance our services and act as 'living memorials' in both Frankston and Rosebud Hospitals.

A pedal for better rehab

Thanks to the generosity of our community, Golf Links Road Rehabilitation Centre has received a new bariatric recumbent exercise bike, a crucial piece of rehabilitation equipment.

The new recumbent bike offers enhanced features to meet the needs of our patients, particularly those who are less mobile or require bariatric support.

"An exercise bike is a great avenue for patients to improve their cardiovascular fitness," says Kim Urmston, Senior Physiotherapist.

"Without generous support like this we may not have been able to obtain a bike with such amazing features that enables so many patients flexibility with their exercise routines."

A pop of colourful community support



Image: McClelland College students.

Students at McClelland College held a Colour Run event in March to help celebrate the end of the school term and raise money to further enhance the new Peta Murphy Breast Imaging Suite at Frankston Hospital.

"Peta Murphy did a lot for us as a school and the wider community," says Andrew Hemsley, a local teacher at McClelland College. "We were really saddened by her passing, so a colour run seemed like a nice way to celebrate her legacy."

Ms Peta Murphy was a member of the Australian Labor Party who served as the Federal Member for Dunkley until she passed away from breast cancer in December 2023.

Nearly **200** students came together to raise **\$3,000**, which will go towards enhancing equipment within the breast imaging suite, to provide quicker breast imaging and diagnosis to people living in Frankston and the Mornington Peninsula.

A cold dip for cancer



Image: The Palliative Care team at Mills Beach.

What began as an off hand remark has led to a group of doctors, nurses, support staff and consumers taking an icy plunge into Port Phillip Bay in an effort to raise funds for cancer services at Peninsula Health.

As part of their *Take a Break for Cancer* fundraising event, nine keen dippers made the mad dash into the waters off Mornington on Thursday 22 August. Among them, Barbara Cass, Nurse Unit Manager of Peninsula Health's Palliative Care Unit, who was behind the idea.

Hot rods rock support

Showcasing classic and collectable cars with a backdrop of great rock n roll music and dancing, the Rosebud Rock 'n Rods Festival had another successful year raising funds for Rosebud Hospital.

Held in March at Eastbourne Primary School, the ticketed event featured a number of hot rods, a rock and roll band, DJ and best dressed competition, which really brought out the rock 'n roll within members of the local community.

After 14 successful events, donations to Rosebud Hospital have reached more than **\$65,000**.

"We are very happy to support our local hospital," says Peter Warren, festival organiser. The festival is planned to return in 2025.

A bequest brings music to our ears

They say music is good for the soul. It can provide a sense of connection, support, and understanding during difficult moments. For patients in Palliative Care, evocative interactions with music often enable a sense of peace and satisfaction during life's final chapter. A generous gift left in the Will of a local member of our community is helping fund the role of a Music Therapist in Palliative Care for the next three years.

Music therapy is the use of music and/or elements of music (like sound, rhythm and harmony) to help regulate vitals, alleviate pain and anxiety, provide hope, reduce fatigue, and depression and increase quality of life for patients in Palliative Care.

A gift in your Will is a wonderful way to ensure your generosity can make a significant difference beyond your lifetime.

For more information on how to leave a legacy please contact our team on 9788 1232.

Would you like to make a donation by mail?

☐ Donate monthly ☐ One off donation

☐ \$25 ☐ \$35 ☐ \$50 \$

Your details:

Donor ID

Name

Address

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Pay by ☐ Visa ☐ MasterCard ☐ Amex

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Expiry date

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Cardholder's name:

Cardholder's signature:

☐ For regular gifts - I authorise Peninsula Health to debit the selected credit card with the amount specified until further notice. Please debit the amount mentioned above on the 15th of every month.

Peninsula Health will send a receipt for your tax deductible donations at the end of the financial year.

Would you like to support Peninsula Health?



Mail

Simply complete the form and return it in the enclosed reply paid envelope.



Online

Scan the QR code to fill out your payment details using our secure online donation form.



Become a regular giver



Phone

Call us on **03 9788 1284** if you would like to give monthly by direct debit or bank transfer into our account.

A special thank you to our regular givers

Regular giving provides a steady and reliable source of critical funding for better long term planning, and assurance that our programs can continue.

For donors, it's easier on cash flow rather than giving the donation as a one-off, larger gift. As a result of regular donations, we have been able to purchase the latest equipment to support our Emergency and Cardiology Departments at Rosebud and Frankston Hospitals. Funds raised of **\$63,000** have enabled us to invest in lifesaving training of our staff, and improved patient outcomes, helping us to provide the best care possible here across Frankston and the Mornington Peninsula.

Thanks to support from our community we have recently been able to purchase a SimBaby Manikin and Impella Heart Pump. The SimBaby Manikin will provide lifesaving training to over **450 staff** who treat our most vulnerable little patients. This will benefit approximately **3000 babies** born at Frankston Hospital each year, and in excess of **16,000 children** aged between **0-4 years** living on the Mornington Peninsula. An Impella Heart Pump will give the heart a chance to recover in the immediate aftermath of a heart attack. It's this type of state-of-the art equipment that saves lives.

