

The ancient Gaelic word, clan, describes a close group of families or friends, and it sums up St Andrew's War Memorial Hospital's community-centred approach.

DECEMBER 2014

Donors see their impact, first hand!

Many of our donors will remember the last CLAN appeal aimed at helping our Emergency Department (who had just emerged as being ranked in the top one per cent of private hospital emergency centres in Australia). We wanted to purchase one of the most advanced, lightest and most portable combined defibrillator/monitor units, crucial in the transportation of patients requiring critical care.

The new lightweight monitors not only assist with patient care, but also reduce much of the heavy lifting required of older bulky monitors having to be transported with patients in danger of cardiac arrest on the way to their ward or in more serious cases, as we transport them to our Intensive Care Unit.

Henry Nutt, and John and Helen Fisher answered the call and pooled their donations to assist in purchasing one of the new lightweight units. The new \$10,000 unit is a crucial tool for our emergency specialists and is already being put to very good use. Thank you, Henry, John and Helen.

"This was probably the best illustration we could have hoped for to show the impact of our donation"

Our three donors visited the hospital recently to view the new purchase and hear from some of the staff in the Emergency Department about the difference it makes for the care of the patients and the way they do their job.

The trio arrived and were greeted by Gordon Lynn, Group Fundraising and Development Manager who took them to Emergency reception. The arrangement was that acting CNM Jacqui Butler would welcome the group, take them on a brief tour of the department and then show them the new equipment that their generosity had made possible.



JOHN FISHER, HENRY NUTT AND HELEN FISHER JOIN THE EMERGENCY TEAM TO COMPARE THE NEW AND OLD DEFIBRILATOR / HEART MONITORS.

However, Jacqui was nowhere to be found. "After waiting for a few minutes, we were surprised to see Jacqui emerging from the stairwell slightly dishevelled, loaded up with bags and equipment and frankly, a bit hot and bothered." related Gordon.

As it turned out, 10 minutes earlier, a patient had presented at Emergency with chest pains and within five minutes was being transported to our Intensive Care Unit, after going into cardiac arrest and being resuscitated with the new piece of equipment just purchased with our donor's gift!

"If we didn't know better, we might have thought that Jacqui and Gordon had constructed the scenario as a stunt to impress us. This was probably the best illustration we could have hoped for to

show the impact of our donation" Helen said. "We are glad that our gift along with Henry's allowed the hospital to purchase such an important piece of equipment."

We cannot guarantee such a vivid illustration of impact for every donor, but we can give our assurance that every gift we receive is having a significant impact on patient care across the hospital.

Thanks again to Henry, John and Helen for giving such a transformational and truly lifesaving gift.

Last word goes to Jacqui, "We could do with another of these units so that we do not have to rely so much on the older, heavier units, it would be a wonderful Christmas gift!" ■

One of our generous donors who prefers to remain anonymous, has pledged to match any donation for another defibrillator dollar-for-dollar, up to a total of \$5,000. This will allow us to purchase another defibrillator/monitor for the Emergency Department. If you would like to make a contribution, just mark your donation form 'DEFIB' and we will ensure that your donation is doubled. Once we have reached the \$5,000 target, the matching offer means that we will in fact have the full \$10,000 needed for this very special Christmas gift. Every donation counts as double so if you donate \$100, that will actually be worth \$200, \$50 means \$100, and \$10 means \$20, and so on. Please help us to make this Christmas wish come true! Thank you.

MESSAGE FROM THE GENERAL MANAGER



Welcome back to another great edition of CLAN where you can read about some of the highlights and achievements we have had this year. There have been some transformational changes within the hospital, and through our activities that were made possible by your support and generosity.

Over the last year, we have had significant developments throughout the hospital. The new St Andrew's Multidisciplinary Pain Service (StAMPS) Pain and Dependency Unit is for people suffering with persistent pain and associated medical issues, was established in September this year. St Andrew's now has a fully operational state-of-the-art Hybrid Theatre, the first such theatre in a private hospital in Queensland. In a recent survey our patients voted us as the best Emergency Centre in Australia in our category.

St Andrew's operates 24/7 365 days a year so we will be here over the Christmas period and will ensure all our patients are well cared for. Thank you for supporting the hospital this year, and we hope into the future, as the contributions you make impact on the staff and patients in a positive way.

Wishing you a very Merry Christmas and safe holiday season, from all your friends at St Andrew's.

Andrew Barron
General Manager
St Andrew's War Memorial Hospital

Rock on!

Natasha Ostrofski and Gordon Lynn visited Vanessa Kuczkowski at her home in Victoria point to view her magnificent collection of original 3D textile art, which is combined with fabric and acrylic painting, and her hand painted rock-animals.

On a recent family vacation to Turkey Beach in North Queensland, Vanessa found herself having to find another way to express her creative passion. When her family said she couldn't take her sewing machine with her, Vanessa knew she would have to find some way to satisfy her urge to be creative.

Vanessa soon turned this negative into a positive and agreed to the 'crazy' notion of leaving her sewing machine behind, but told the family she would only commit to that if they would go on an excursion with her to find a creative outlet.



NATASHA WITH VANESSA AND SOME OF THE ROCK-ANIMALS.

The almost endless white sand and crystal blue water of Turkey Beach was enough to provide Vanessa with a serene blank canvas and allow her to create without her trusty sewing machine by her side, for the first time, in a long time.

After settling in, Vanessa suggested to the family that it was time to get out and about in search of something unique that she could turn into a masterpiece. As they wandered, they noticed lots of interesting shapes and different sized rocks around the beach. Vanessa describes seeing the rocks turn into shapes of a gorilla, cat, snake, frog, dog, and so on, with a variety of beautiful colours, once she let her imagination run wild. *"That's how the creation of the rock-animals began. That is why they are so special to me as they*

remind me of my family and our holiday at Turkey Beach. I found the rocks took my fancy, and I wanted to create something unique with them. We had so much fun looking for the rocks and sharing with each other what type of animal we thought it looked like." Vanessa shares.

Vanessa is an exceptionally creative and multi-talented artist who has generously donated several original 3D textile art pieces and hand painted rock-animals to St Andrew's. Vanessa's unique art pieces are being sold with all proceeds going towards the support of services provided to children who visit the hospital. In the past 12 months, St Andrew's has had 2836 visits from children aged 1 – 16, for a wide range of conditions. Vanessa's motivation for wanting to donate her artwork to St Andrew's paediatric services stems from the importance that she places upon the needs of children.

Being creative is something that comes very naturally to Vanessa, and it is her interest in life that she can enjoy on her own, and feels it is very important for an individual to have their own interests and passions in life, and this (art) is her escape. *"I love to experiment and every artwork always leads to a new idea, a new piece of inspiration."*

The rock-animals (pictured) are available to purchase from the hospital's Auxiliary Shop, so please go and visit them, and have a chat with our wonderful volunteers from Monday – Friday 8.00am – 3.00pm. Please remember to let us know which is your favourite or why you bought one, we will be happy to share your stories in the next CLAN and we know Vanessa would be very happy to hear what you have to say.

Vanessa's original and unique 3D textile art is also available for sale and will be on display in the hospital shortly. Please keep your eyes peeled for this, or ask our friendly staff and volunteers next time you visit.

You can support pediatric activities at the hospital by making a donation via our Christmas card donation slip which is included with this edition of CLAN. Alternatively, contact Natasha Ostrofski our Fundraising Officer, on 3634-4492 or natasha.ostrofski@uhealth.com.au. ■

Rain, Hail or Shine, double the impact!

Braving the elements of a major storm in no way dampened the enthusiasm of volunteers as they made final arrangements to dispatch a consignment of beds to Colombo, located on the west coast of Sri Lanka, its largest city and capital. In this particular instance, a shipping container full of hospital furniture and equipment which still had a useful life was being readied for dispatch.

These volunteers are very passionate about helping those in need and feel very fortunate to work alongside others involved in assisting with what is a very special community project.

What our donors do not know, is that this was made possible through their support to St Andrew's War Memorial Hospital.

The Federation of Sri Lankan Organisations of Queensland (FSOQ) was formed in 2013 and is a not-for-profit organisation which raises funds for

then gifted to the Sri Lankan Ministry of Health in Colombo, where, with the assistance of FSOQ, our representative, Michael De Silva, Director of the National Health Development Fund and Medical supplies Coordinator, administers and manages distribution to the hospitals most in need in the country.

The beds were transported to a suburban warehouse in Brisbane where they were prepared and loaded into the shipping container, ready for their

long sea journey to Sri Lanka. Upon arrival in Sri Lanka, the beds are sent to hospitals in provincial and rural areas of the country recovering from the effects of a protracted civil war that only ended in 2012. At present, the care for patients in rural hospitals is seriously affected by a lack of beds throughout Sri Lanka, compelling patients to share a bed or sleep on the ground during treatment.

When you next make a donation to help us purchase equipment you can be confident that you are doubling your impact through this and other innovative recycling/repurposing initiatives, helping patients here in Australia with a knock on effect that your gift is also supporting patients elsewhere in the world.

All donations made to St Andrew's are very much appreciated and never go to waste. We love the fact that we are able to double your impact in a positive and meaningful way wherever we can. Thank you to our donors who support and help us. (Oh! and thank you from the people of Sri Lanka too!) ■

TAKEN AT A SMALL CEREMONY TO MARK THE RECEIPT OF A RECENT SHIPMENT OF BEDS AND EQUIPMENT, WHERE VISITING CHAIRMAN OF THE FSOQ MET WITH HEALTH MINISTRY STAFF AND RECEIVED THE THANKS OF THE DEPUTY HEALTH MINISTER FOR SRI LANKA, MR LALITH DISSANAYAKE.



the transportation of donated goods and then coordinates the logistics involved in ensuring they reach their final destination safely. Dedicated volunteers from FSOQ work tirelessly in their spare time to collect beds and other hospital furniture and equipment donated from a variety of health organisations. This shipment contained forty-two beds donated by St Andrew's, made possible by you, our donors.

Your generous support not only helps us to purchase new equipment for our own patients, but the effect of this generosity is doubled when the equipment that is getting replaced or updated is refurbished into good working order by the hospital's maintenance team prior to final dispatch. This equipment is



Together, we are part of the bigger picture



UnitingCare Queensland provides health care and community services through its service network; UnitingCare Community, UnitingCare Health, Blue Care and more recently ARRCS (Australian Regional and Remote Community Services).

St Andrew's War Memorial Hospital is part of UnitingCare Health, together with The Wesley Hospital, The Sunshine Coast Private Hospital and St Stephen's Hospital in Hervey Bay.

Anne Cross, UnitingCare Queensland's CEO, was recently awarded the 2014 Telstra Queensland Business Woman of the Year and was the category winner for Community and Government.

"I'm honoured to be acknowledged among such a talented cohort of finalists" Anne said.

Nominated for her contribution to the challenging consolidation of all Uniting Church health and community services in Queensland, Anne was commended for her high level of personal credibility and authentic approach to leading.

"I care about the wellbeing of people and communities and am driven by the contribution not-for-profit organisations make to the social and economic life of Australia" she said.

Stop Press: Just prior to going to print an announcement came through that Anne Cross had won the 2014 Telstra Australian Business Women of the Year award. ■

Biddeston 'Bulldog Spectacular' Tractor Pull

The engines are revving up and the tractors are racing again in support of St Andrew's War Memorial Hospital.



Following on from their hugely successful fundraising event in 2014, Jon Overall and his team will once again be raising funds for St Andrew's at the 'Bulldog Spectacular' Tractor Pull in Biddeston, west of Brisbane, from Saturday 21 – Sunday 22, February.

The family-friendly weekend will showcase a variety of Bulldog Tractors & Bulldog (MACK) Trucks, super modified tractors, ploughing demonstrations, and truck and car show and shine. Exhibiting your vehicle is free, so join us to win some fantastic prizes!

Entry is \$10 per person and includes free camping on site for all guests (including

great toilet and shower facilities), plus Jon and his team will provide a hearty and wholesome meal on the Saturday, and a fireworks spectacular on Saturday night. Additionally there will be a BBQ and bar open all weekend to make the most of this fun weekend.

We hope you can join us for this wonderful event, which donates all proceeds to St Andrew's War Memorial Hospital.

For more information please contact Dale Mason on 0408 404 285 or Jon Overall on 0428 717 493.



Have you ever considered a bequest?

The inclusion of St Andrew's War memorial Hospital in your Will is a tremendous gesture and perhaps the greatest compliment that you can pay the hospital. We do not take this gesture, or our responsibility for it lightly, and we are very aware that the thoughtful generosity of past bequests has had transformative effects in the hospital, over many years.

We appreciate that your connection with the hospital is so strong that you wish to make the ultimate gesture. As custodians of your legacy, we are aware that we have been given a great responsibility and that you are confident enough to trust us to make best use of your gift.

If you would like more information or are considering including St Andrew's in your Will, please contact Fundraising Officer, Natasha Ostrofski on 3834-4492 for a confidential chat. ■

A fresher, more modern and user-friendly website was launched for St Andrew's War Memorial Hospital on 29 October, 2014. This brings about more opportunities to be able to share information on social media like Facebook and Twitter, and the ability to provide up-to-date information for all our supporters and patients to view 24/7.



A popular and effective feature that still remains on the website is the ability for patients to check-in online before they arrive to the hospital – which saves time on arrival.

Another new and exciting feature of the redesigned website is the Doctor Search capability which includes Biographies of some of our specialists at the hospital. If you would like to learn more about your Doctor, please visit the website at www.standrewshospital.com.au and let us know what you think. ■



JOHN AND COLLEEN PETERS

The special LIFT, of giving

Colleen Peters is one of our newest donors to the St Andrew's War Memorial Hospital family.

Colleen's connection began as a grateful patient who believed she could make a positive difference in the lives of other patients. Providing the best possible care for our patients is something Colleen can vouch for.

As a long-term patient of St Andrew's as her "number one hospital" Colleen says she loves "*the flexibility of being able to see my Doctors because they know my history, are spot on with diagnoses and treatment, and the staff are exceptional.*"

Colleen was recently scheduled to have a Pacemaker fitted to regulate her heartbeat. Hospital staff arranged for an electric recliner-lift chair to be delivered to Colleen's room, (which belonged to a Ward at the other end of the hospital), to alleviate the discomfort she was experiencing from severe Rheumatoid Arthritis. Colleen felt instant relief from the chair and explains "*I felt so happy that St Andrew's had a chair that made me feel better; I decided to sleep in it for the remainder of my visit. It gave me freedom to move around, giving me the independence that I value so much.*"

Soon after, Colleen returned with an infected ulcer on her left foot that required an operation. Her arthritis had flared up, leading to further discomfort. Colleen requested the chair she had used previously, but unfortunately, it was not available as it was being used by another patient.

Colleen was struck by the fact that such an important piece of equipment was in demand and felt that the hospital could benefit from having another chair available to patients. She decided that she wanted to make a donation to the hospital. Such was her generosity; her gift enabled the hospital to purchase three chairs. Colleen is pleased that the new chairs will not only

assist patients, but will also provide benefits for staff, easing the burden of having to treat patients with challenging conditions.

The search for the chair is a story in itself! Initially, it was unable to be confirmed which chair was the correct one, Natasha Ostrofski, St Andrew's Fundraising Officer brought a variety of chairs of all shapes and sizes to Colleen's room, each one being rejected. An exhausted Natasha finally received a hot tip and the chair was finally located with an excited Colleen proclaiming "*that's it, yes, that's it!*"

Colleen describes herself as a giving person who gets great satisfaction from helping others. "*It feels good to be able to give back, and everyone can afford to give something, to help others.*"

Staff were touched by Colleen's act of benevolence towards other patients as St Andrew's is a not-for-profit charitable organisation, supported by the generosity of grateful individuals and organisations. We are proud to share that all donations received are used directly to improve patient care.

Colleen has very fond memories of her recent visit to the hospital, "*staff went out of their way to make me feel comfortable, this took pressure off me and my husband which meant a lot to us. I feel like I have a family to go back to at St Andrew's, and I am so happy I could help them provide even better care for patients.*"

Giving is very rewarding and many of our patients support the hospital particularly at Christmas. If you would like to learn more about how you can support St Andrew's and the work that we do, please contact Natasha whose details can be found on the back page, or simply fill in the donation form enclosed in the envelope. ■



FATHER AND SON DUO AT ST ANDREW'S, DR TOBY AND DR JON COHEN

Keeping it in the family

Vascular and Endovascular* Surgeon, Dr Toby Cohen and General Surgeon, Dr Jon Cohen are a father and son operating duo with St Andrew's War Memorial Hospital. Toby's Grandfathers were GPs, his Uncle is a General Surgeon, and his Sister is training to be a Gynecologist. You could say that medicine is in their blood (vessels!).

Dr Toby Cohen completed his Medical Degree in Dublin in 1999. He remained in Ireland demonstrating anatomy and completing a Masters of Science and Arts at Trinity College Dublin. In 2001 Dr Cohen returned to Australia to work at the Princess Alexandra Hospital in Brisbane and completed his time as a Basic Surgical Trainee. The Advanced Vascular Surgical Programme saw him gain experience in Endovascular Surgery, and Trauma Surgery at various hospitals throughout Australia. In 2008, after the programme he spent three months with Prof. Eric L. G. Verhoeven, a world leader in Endovascular techniques studying and practicing advanced treatment of complex aortic pathology.

In the early 70's, Dr Jon Cohen was one of the first Vascular Surgeons at Princess Alexandra Hospital with a dual appointment as a General and Vascular Surgeon, but opted to pursue a career in colorectal surgery working in a partnership spanning

more than 20 years with Dr John Herron. In 2008, Dr Jon Cohen retired as Director of Colorectal Surgery at Princess Alexandra Hospital to enjoy long service leave, but the passion for his craft had him back in theatre before too long, this time working alongside his son Toby. They have worked together ever since.

"Dad is the most interested and enthusiastic assistant you will ever get, he's great! Vascular Surgery has changed a lot in the last 10 to 15 years, so when Dad was operating, there was a lot more open surgery, he finds the minimally invasive endovascular surgery we do today really interesting. This is an exciting time for us both to be able to learn from each other."

It has been a fair trade between the two as Jon, with 40 years of open surgery experience has an invaluable perspective bringing to bear his vast experience in a new area of surgical practice. Equally, Toby is reteaching Jon how to use his skills with

state-of-the-art technology, making a lovely blend of tried and tested, contrasting with innovative ground breaking techniques and novel approaches. A truly complementary surgical partnership, *"there is no better person to give you direct feedback than your Dad. We are great friends as well as colleagues and we have the greatest mutual respect for each other."* Toby adds.

"St Andrew's War Memorial Hospital is relatively small and independent which is what I really love. It's what makes it special to us – like we are all part of a family here. We all know each other really well and look after each other. There is a lot of good will in the system, that is the most important thing and it needs to be maintained. There are a lot of great people doing a lot of great work, and I love that I can be part of that."

*Vascular Surgery is performed on blood vessels and Endovascular Surgery is vascular surgery involving minimally invasive techniques normally with small incisions and the use of telescopic instruments.

Prescription for fun!

In the spirit of keeping our involvement strong within the community, St Andrew's supported the inaugural Spring Hill Alive Festival in October this year.



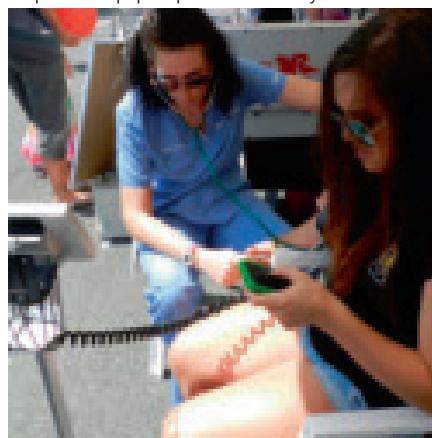
St Andrew's was founded on the generosity of donors and volunteers, and this community spirit continues to drive the hospital today. The festival surrounded the streets of the hospital, and was a great opportunity for staff and volunteers to engage with the local community and share with them some of the great work that the hospital is doing.

The festival focused on local arts and crafts, music, food and bringing the community together with many keen festival-goers out for a fun day with the family.

At the St Andrew's stall, Emergency Centre Doctors infused hands-on medical education into the event, with defibrillator demonstrations to show spectators how they can save lives, as well as providing blood pressure checks. Face painting, games, competitions and light-hearted fun with 'doctor' street performers roving through the festival was also on offer.

St Andrew's staff and volunteers are very proud to have played a vital role within the Spring Hill community on

this day, and since opening its doors to patients in 1958. We would like to thank each and every one of our donors and supporters for your gifts which help us help people when they need it



most. All contributions, no matter how big or small, are gratefully received and put straight back into providing better patient care and continuing to expand our programs and initiatives. Thank you again for supporting us, so we can provide support to our patients, their families and the local community. ■

Every little bit helps, thank you!

As a not-for-profit charitable organisation, St Andrew's relies upon the generosity of our donors to help fund critical programs, equipment and activities within the hospital. With an increasing need being placed on our healthcare services and the costs associated with providing these, one of the greatest challenges we face is sourcing the funds that enable us to move forward.

We invite you to help us meet these challenges by donating to St Andrew's, to an area of your choice, or the area of greatest need within the hospital. Included in this edition of CLAN is a donation form, or for further details please contact Natasha, fundraising officer at St Andrew's..



Share your journey and inspire others

We are always on the lookout for donors who would love to share their story with the readers of CLAN, and why it means so much to you to support the work of St Andrew's. If you would like to share your experience and connection with the hospital, please don't be shy! We would be delighted to hear from you. Please contact Fundraising Officer, Natasha Ostrofski on 3834-4492 or natasha.ostrofski@uchealth.com.au for a cuppa and a chat. ■

Your gift can change a life; their gift can double its impact

Gift matching starts with a donor making a pledge to a not-for-profit charitable organisation such as St Andrew's War Memorial Hospital, with the provision that the hospital will actively seek out a donation from other donors, to the same value as the principal pledge. As an example, if the principal donor pledges \$5,000 for a particular item, this is 'matched' against any other donations made towards that item.

If this sounds like something you would love to be part of, please read more about it in our story on the front page of this CLAN, where a generous donor has pledged \$5,000 to be 'gift matched' for a new defibrillator for the St Andrew's Emergency Medical Centre.

Gift matching is a great way for a donor to double their contribution, and the positive impact it can have. Your matching donation could give the greatest Christmas gift of all to patients and their families.

Please contact Fundraising Officer, Natasha Ostrofski on 3834-4492 or Natasha.ostrofski@uchealth.com.au. Or, start today by marking your donation slip 'DEFIB'. ■

Looking for something?

Is there something in particular you would love to read about in CLAN? If so, contact Natasha on 3834 4492 or natasha.ostrofski@uchealth.com.au so it can be included in the next edition of CLAN.

CLAN is an initiative of the fundraising and marketing office, UnitingCare Health.

To provide support for any of St Andrew's War Memorial Hospital initiatives, or share your comments, please contact Natasha Ostrofski, Fundraising & Development Officer:

T 07 3834 4492 **M** 0427 820 317

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St Andrew's at a glance in 2014

 **Admissions**
25,791

 **Theatre Cases**
19,467

 **Occupancy %**
92% (all beddays)

 **Occupancy %**
76% (all overnight beddays)

 **Nursing Hours**
590,729



Our People

Welcome to Natasha Ostrofski, our new Fundraising and Development Officer at St Andrew's. Natasha takes over from Gordon Lynn who was the St Andrew's Major Gifts Manager for the last two years. Gordon has asked that we mention he has not gone far as he is now the Group Fundraising and Development Manager, and Natasha's Manager, so will not be a stranger to the hospital and our donors.

Natasha worked with Cancer Council Queensland previously for two years as Regional Fundraising Coordinator, managing their national fundraising campaigns and volunteers in the Brisbane region (including Ipswich, Redlands, Redcliffe and Springwood). She is an experienced fundraising professional with a passion for the not-for-profit sector, keeping supporters connected to the cause and building on relationships.

"I am really looking forward to getting to know all of our valued donors who are so passionate about supporting the great work that we (St Andrew's) do. St Andrew's is such an amazing place to work and I feel part of the family already. I have been made to feel very welcome while settling in, and I am incredibly excited about all the wonderful things our hospital does to provide the best possible patient care and outcomes that we can. It is a wonderful organisation to be part of."

Natasha is a passionate animal lover and has travelled extensively around the world in the last few years. We are very lucky that she has decided to stay still for a while at least and join the UnitingCare Health Fundraising and Marketing team. Please make Natasha feel welcome if you see her in the hospital or hear from her by phone or letter.

Don't wait to say hello though, as if you hesitate, Natasha's friendly disposition and welcoming smile just won't let her ignore you, and she will get her hello in first without a doubt! ■