

The Font

*Celebrating
125 years*



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Message from the CEO

Throughout 2018 we are celebrating 125 years since the Sisters of Charity founded St Vincent's in a small terrace house on Victoria Parade, at a time when Fitzroy was one of the poorest parts of Melbourne.

The Sisters were innovative and determined in their commitment to offering first-class healthcare to the community, especially the poor and vulnerable, and St Vincent's has been built on a foundation of caring for those in need.

That caring spirit has inspired our tagline for our 125th celebration. *St Vincent's cares. It always has, and always will.*

St Vincent's has touched the lives of hundreds of thousands of Victorians. We have a shared history with Melbourne and Victoria, and we want people to share their St Vincent's story with us.

Whether it's an experience in our hospital, a friend or family member who was treated at St Vincent's, or as a current or former staff member, we want to hear from you.

A dedicated website has been established to share your story, along with photos or videos. Visit svhm.org.au/home/125years.

It could be a personal story, a memory, of caring, compassion, of funny moments, of the nuns, the nurses – we want to hear it all!

In this edition of the Font, we meet Helen Boffa, who joined St Vincent's as a 17 year old with the dream of becoming a nurse. An incredible 50 years later, Helen is still at St Vincent's and shares her story.

We also meet Flora Purvis, who recently became the first person in the world to be fitted with a revolutionary device to treat epilepsy. Invented by a team of St Vincent's researchers, the device predicts and prevents seizures, giving Flora a chance at a normal life.

Stories such as these are only the beginning - the unremarkable becomes remarkable because every day someone's life is on our hands.

I hope you enjoy reading this edition of The Font.

Angela Nolan
Chief Executive Officer
St Vincent's Hospital Melbourne

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St Vincent's Hospital Melbourne is proud to be part of the St Vincent's Health Australia group, which is the second largest health and aged care provider in the country. SVHA's mission is to bring God's love to those in need through the healing ministry of Jesus. We are guided by the values of compassion, justice, integrity, and excellence.

Helen Boffa:

50 Years of nursing at St Vincent's



Helen Boffa was only 17-years-old when she first walked into St Vincent's to pursue her dream of becoming a nurse. The year was 1968 and as Helen moved into the St Vincent's nurses' accommodation, little did she know that she would still be here 50 years later.

'I am still here working and still loving it,' says the veteran nurse. Helen has worked in many areas of the hospital including emergency, outpatient clinics and plastics and surgical wards.

Helen had a rapid rise through the nursing ranks. Graduating after three years of training, Helen joined the midwifery graduate nurse training program at St Vincent's Private.

Helen got married just over a year after her graduation in 1973 and upon her return was given responsibility to care for general surgical patients in the St Jonas ward of the Healy Wing.

In 1975 Helen became a Nurse Unit Manager, remarkable recognition of her enthusiasm, talent and leadership qualities.

'My mentor Sister Anthea Groves, who recently retired in Sydney, asked me to be a NUM, or a Charge Nurse as it was known in those days,' Helen says. 'It was a great honour at 23, but at the same time you had her looking

over you and making sure you did your job correctly.'

The highlight in the early years of her career was spending many years as part of the Plastic Surgery Unit, after she was invited by the late microsurgeon Mr Bernard O'Brien to open a plastics ward in the Daly Wing.

That gave Helen the opportunity to specialise in plastic surgery nursing, prompting Plastic Surgeon Professor Wayne Morrison to ask Helen to work alongside him.

'In 1990 I was invited to work with Professor Morrison and other leading surgeons and I stayed in that role for the following 18 years. It was a wonderful role and I enjoyed coming to work every day.'

In recent years Helen was appointed to one of the new Clinical Coordinator positions in the outpatient clinics, managing referrals and organising appointments for about 300 patients a week.

Even though Helen has seen many changes at St Vincent's over the years, she thinks there are aspects of the hospital that defy the passage of time.

'I have seen changes to nurses' uniforms, to the way the doctors walked around the wards, and improvements in technology.

'The nuns have gradually disappeared and the buildings are always changing. But I think the core of St Vincent's is still the same, especially how we care for our patients, and our commitment to those who are poor or vulnerable.'

'In 1990 I was invited to work with Professor Morrison and other leading surgeons and I stayed in that role for the following 18 years.'

Helen firmly believes that for St Vincent's to continue to provide the same level of care in coming years, it is important for today's young nurses to enjoy their work and always put patients first.

'Just keep caring and look after the patients as best as you can. Have a good time and laugh with your colleagues,' Helen says. 'Just enjoy the whole experience because it just goes so quickly that it will be 50 years before you know it.'

Ben's wish

Long-time St Vincent's patient Ben Leske lived with brain cancer for six years, sadly losing his fight earlier this year.

Ben was highly regarded in the community and will be greatly missed by many. He was a choral conductor and a freelance singing leader working with community groups in Melbourne.

Ben had an aggressive form of brain tumour called Glioblastoma and in the last 20 years there have been few advances in treatment of this disease, with overall survival rates being improved by only a few months.

Earlier this year Ben was able to marry the love of his life Khang in a ceremony at Caritas Christi Hospice, attended by many family, friends and staff. Khang is now determined to see Ben's wish come to fruition.



'We are so grateful to all who have donated thus far, your generosity knows no bounds,' Khang says. 'Unfortunately brain cancer doesn't attract the funding that it should. Brain cancer affects young people disproportionately and we want to support St Vincent's in helping to find a cure.'

'We are so grateful to all who have donated thus far, your generosity knows no bounds'

The research St Vincent's is conducting is to try and understand why 15-20% of people survive Glioblastoma much longer than others. They want to work out what is different about these people's tumours and why they live longer. Only five per cent of cancer research goes to brain cancer and it was Ben's wish to find a cure for Glioblastoma.

If you'd like to support Ben's wish and help us raise \$35,000 to fund vital research into brain cancer, please head to www.stvfoundation.org.au/ben



Congratulations Arthas and Marcia

Arthas, a surgical resident at St Vincent's and his wife, kindly donated the beautiful flowers from their recent wedding day to St Vincent's. The flowers brightened up the wards and brought a smile to the faces of our patients.

Congratulations and best wishes for your happy future together.



'I am a Graduate Podiatrist and I love my new job at St Vincent's. All the staff are so friendly and have made an amazing effort to provide a supportive environment for me as a new graduate. Working here has exposed me to a variety of foot health issues which has been extremely useful. I am enjoying the opportunity to work alongside a diverse range of professionals, and also enjoying the opportunity to make a difference to the life of our patients.'

Mark Hudson

Did you know that the St Vincent's Mailroom processes over 11,500 letters and parcels per week?

The team of three receives all the mail addressed to St Vincent's staff and patients, sorting and distributing the mail across 129 departments and wards.

'Get well cards, books and slippers are the most common items delivered to patients,' says Mary Poljak.

However there have been many strange packages delivered over the years. Rehab Nurse Unit Manager Meaghan MacKenzie remembers a particularly obscure item that arrived through the mailroom many years ago.



'I still chuckle when I think about the time I got the call to come and pick up several parcels for a patient. We delivered the three big boxes to the patient, who found bongo drums inside. A set of bongo drums! It makes you wonder what other items go through the mailroom,' Meaghan says.

When time is critical



Shbei was 33 years old when she was rushed to St Vincent's Emergency Department in September 2016. Shbei had been vomiting for hours and life threatening internal bleeding. The ED team reacted quickly.

Using an ultrasound machine to assess what was going on in Shbei's abdomen, they discovered that she was pregnant; but it was an ectopic pregnancy- where the foetus is growing in the fallopian tubes, not in the womb.

'The doctors kept telling me 'wake up, keep conscious' and then they said 'do you know you're pregnant?' Shbei recalls 'I said 'no!' They told me I had to go to the operating theatre as soon as possible and I remember asking 'will I survive?'

If it wasn't for the ultrasound machine the outcome of Shbei's story could have been very different.

It was a long recovery for Shbei, who was prescribed bed rest for three months. A force to be reckoned with, Shbei made a full recovery and was back at work shortly after.

In 2017 Shbei and her husband Kevin decided to try for another baby and were blessed with a son, Joshua, who was born last year.

Kevin and Shbei are grateful for the paramedics and emergency staff who saved her life, and for the ultrasound machine, which was crucial in the early diagnosis.

With only one bedside ultrasound in the Emergency Department, patients are left waiting for access to this life-saving machine, which can be the difference between life and death.

If you would like to help us raise \$80,000 to purchase a second ultrasound machine to help more patients like Shbei, please consider a donation.



Three ways to donate

1. Visit stvfoundation.org.au/ultrasound
2. Call 9231 3365
3. Visit St Vincent's Foundation Office, Ground Floor, Rear, 55 Victoria Parade



Check out the NEW Foundation website!

We are pleased to share the new St Vincent's Hospital Foundation website with you. The new site allows you to donate easily, start your own fundraising event and keep update with hospital news and events.

Check it out at www.stvfoundation.org.au

PJs in the Park!

Hundreds run for St Vincent's

Raised \$70,834



On Sunday, 15 April more than 700 enthusiastic runners and walkers came together to support the St Vincent's Hospital Fun Run 2018.

Despite early drizzle, hundreds of hospital supporters rallied on the day. Thankfully the weather cleared up, with very mild conditions for the 3km, 6km and 9km run or walk.

Participants donned their pyjamas in support of the 57,000 patients treated every year at St Vincent's Hospital.

Participants and their supporters enjoyed a variety of free entertainment on the day, including face-painting, food trucks, a jumping castle and a petting zoo.

We're thrilled to announce we exceeded our fundraising target and raised \$70,834 which will help St Vincent's provide the best health care across areas such as Neuroscience, Cardiology, Cancer, Mental Health and our Emergency Department, to benefit Victorians now and into the future.

Funds raised will ensure St Vincent's continues to provide quality services to all patients and stay at the forefront of modern medicine. Funding will be distributed across a number of hospital departments and assist with purchasing equipment and supporting medical research. St Vincent's would like to thank all of those who took part, and all of those who supported the participants with financial donations.

Support the hospital at www.stvfoundation.org.au/donate



Celebrating 20 years of kidney transplant

In 1998, Teresa donated one of her kidneys to her husband Dom, in a transplant performed at St Vincent's that saved Dom's life.

20 years later they are both fit and healthy and visited St Vincent's with a kidney-shaped cake to celebrate the anniversary of the transplant.

Teresa and Dom were joined by St Vincent's Nephrologist Dr Hilton Gock who says the couple are doing very well.

'It's very hard to find the words, it was a special gift,' Dom says. 'I was told the transplant would only last 10 years and now it's already been double that.'

'I feel well 99% of the time and consider myself healthy and fit. My doctor says he doesn't know exactly what I'm doing but I should keep doing it.'

Left: Teresa and Dom give generously to the hospital, as a way of giving back.

Flora's story



Flora Purvis has battled a rare type of epilepsy her whole life. Seventy tablets a week have been unable to control multiple daily seizures, robbing her of a normal life.

Flora has now become the first person in the world to receive a breakthrough device which uses brain activity to detect and prevent seizures. Flora is the first of five patients to receive the implant as part of a two-year trial at St Vincent's Hospital.

St Vincent's researchers hope it will eventually help gauge how well epilepsy medications are working — ending months or years of trial-and-error treatment.

'Surgery wasn't a decision I made lightly, but we'd tried all kinds of different drugs and changing the levels of them,' Flora says. 'I wanted to be the first one to do this, to be a pioneer,

and be part of the solution. There are little kids out there with this who deserve a life.'

The Medtronic implant 'listens' to the brain for specific electrical activity which warns of a seizure. It can then stimulate a pea-sized section of the brain to stop the seizure occurring.

St Vincent's director of neurology Professor Mark Cook and his team have discovered a change in the brain's electrical activity in the minutes before a seizure, called 'critical slowing'.

'It's like an echo. We're listening for a delay in the echo when getting closer to a seizure,' Prof Cook says. 'In our experiments when we stimulated the brain before a seizure, we could stop it happening.'

Deep brain stimulation therapy has been used for epilepsy but with such mixed results it was rarely considered,

prompting the St Vincent's team to refine the procedure proving so successful in Parkinson's disease.

Research fellow Dr Katrina Dell said it was the Medtronic device's ability to listen to the brain that set the therapy apart, making it a potentially personalised treatment.

'When you stimulate the brain in Parkinson's cases, it's easy to tell if it's working because the tremors go away but with epilepsy it's a waiting game,' she said.

'Instead of waiting potentially months and months of trying different stimulation parameters, we hope to get there much faster by analysing what we're seeing in the brain to choose what's working best for that individual patient.'

Celebrating 125 years

Hospital beginnings

When Melbourne was just 58 years old, five Sisters of Charity opened St Vincent's Hospital in converted terraces in Victoria Parade, Fitzroy. From the outset, these visionary women were committed to the highest quality care, with a particular focus on the poor and vulnerable. The hospital was steered in its formative years by Mother Berchmans Daly, renowned for her keen judgement in appointing clinical staff and her exceptional organisational skills. Under her direction, it grew quickly to become one of Melbourne's busiest hospitals.



1893

St Vincent's Hospital Melbourne opens in one section of a converted terrace (~30 beds). The first Annual Report makes its mission clear – 'will always be open for the sick poor of all denominations'.

1902

The Nurses' Training School meets the requirements of the newly formed nurses' professional body and is described as 'one of the best nurse training schools in the Commonwealth'. Ida O'Dwyer, founder Past Nurses' Association, is pictured centre.

1905

A purpose-built wing is added, 'replete with every convenience that modern science can suggest' (100 beds).

1910

The St Vincent's Hospital Clinical School is founded. Early alumni include future medical missionary Mary Glowrey (1910) and Nobel Prize winner John Eccles (1925).

1934

A new main hospital block on Victoria Parade (Healy Wing) is designed to bring the hospital to a 'world standard'. This development coincides with emerging surgical and allied health specialities.

1951

Racehorse trainer Jack Holt leaves a bequest of £200,000 for establishment of a St Vincent's School of Medical Research.

1950s

The building of the Aikenhead Nurses' Home and Daly (Casualty/Outpatient) Wing caters for post war expansion in patient and staffing numbers.

1957

New ventures in research and teaching arrive with the opening of the professorial Department of Medicine (and Surgery 1966). Pictured is internationally renowned haematologist Carl De Gruchy.

1960s

Innovations include Australia's first Intensive Therapy Ward (ICU), an alcoholism clinic, cytogenetics research and pioneering procedures in microsurgery and open heart surgery.

1970s

Innovations include the 'extraordinarily productive training and research' of Bernard O'Brien and team at the Microsurgery Research Unit, new services in community medicine and a secure ward for the care of prisoners.

1975

The Bolte Medical Rehabilitation Wing provides a base for hospital rehabilitation services.

1982

The Aboriginal Hospital Liaison Officer Program is established, a key factor in improving health services to the Aboriginal community.

1991

The Hospital is incorporated and executive control is transferred from the Sister Administrator to a Board of Directors and lay CEO.



1995

Opening of the \$160 million Inpatient Services Building (400 beds), a significant departure from traditional hospital design and embracing the latest in technology and a new Patient Care Model.

1996

Mental Health services are expanded with a 45 bed purpose-built unit added to the Fitzroy campus. Centre for Palliative Care introduced.



2001

St George's Health Service (established 1912) becomes part of St Vincent's under an auspice arrangement with the Victorian Government.

2009

The Sisters of Charity establish the Mary Aikenhead Ministries as a legal entity to ensure their Mission carries on for future generations.



2011

St Vincent's surgeons perform Australia's first hand transplant in an extraordinary nine hour procedure.



2016

Opening of the BioFab Centre, Australia's first robotics and biomedical engineering centre embedded within a hospital.

2017

In collaboration with the Bionics Institute, St Vincent's neurology team develops a world-first brain implant which is able to forecast an impending epileptic seizure.



2018

St Vincent's has grown to encompass multiple sites across greater Melbourne, delivering high quality acute and sub-acute care, rehabilitation and aged care. We are an active teaching and research hospital, collaborating extensively to deliver pioneering health solutions with world first innovations. Our core values of compassion, integrity, justice and excellence underpin all activities.

Paying it forward



Brendan thought he had torn a muscle in his leg when he began noticing inflammation in his right hip. Feeling no pain or discomfort, nonetheless Brendan visited his local GP. After an x-ray, ultra sound and then a MRI, he was shocked to discover that he had a large cancerous mass in his inner right thigh.

Initially referred to Peter MacCallum Cancer Centre, Brendan was then referred to St Vincent's, where a treatment plan was put in place. Brendan's treatment started with radiation to kill as many cancerous cells as possible, followed by a full day of surgery.

'That was one of the hardest moments, waking up after a gruelling day of surgery,' Brendan says. 'My wife didn't get to see me until after 8pm that night and said I was as white as a ghost. I had lost about 1.5 litres of blood.'

The surgery involved two specialist teams; orthopaedic surgeons removed Brendan's tumour and specialist plastics and reconstructive surgeons reconstructed his leg. A few days later, Brendan received the best news possible, that he was completely cancer free.

'I felt like I had the best care, especially given the fact I was not able to get out of my bed for a week. I had three drains coming out of my legs and felt like I was almost chained to the bed.'

Brendan is determined to give back to the hospital that saved his life and is fundraising to help others who are in similar situations.

'I decided to support St Vincent's as an expression of my heartfelt thanks for the support, care and treatment over the course of my cancer journey. I am thankful to now be cancer free, with my body restored in the best possible way to set me up for a successful and happy recovery.'

'I thought saying thank you wasn't enough.'

Recovery is slower than Brendan would like, but he is staying positive and building up strength in his right leg. The doctors say it will take six months to get back to how he was before the treatment began.

Brendan is sharing his story so that others, who may find something different or odd with their bodies, immediately consult a medical professional.

If you would like to fundraise for St Vincent's Hospital or support Brendan please visit www.stfoundation.org.au/brendan



Remembering Cassandra

Carl, Carmen and Chelsea Alexander (centre) joined Unit Manager Philippe Thomas (right) and Cassandra's work colleagues Kristin Richmond, Danielle Hewitt and Nathan Smith (left) in March, to view the ICU waiting area, recently refurbished with funds they raised in daughter and sister Cassandra's memory.



Biopen project secures share of \$10m worth of funding

St Vincent's Biopen project was recently announced as one of 11 recipients of a \$10 million grant to be announced by the Federal Minister for Health, the Hon. Greg Hunt MP. Collaboratively developed by St Vincent's, University of Melbourne, University of Wollongong and Swinburne University, the Biopen uses 3D technology to print live cells to repair damage to cartilage, muscles, tendons and bones.

The art of feeling connected



The age-old practice of felting was introduced to our palliative day hospice patients and volunteers in May. Under the guidance of Artist in Residence, Liz van Herwaarden, every Wednesday and Thursday they meet at Caritas Christ Day Hospice to learn and practice this form of textile art.

'I've had the good fortune to be able to have the use of the art studio at Caritas Christi as an Artist in Residence for my tapestry and felting works,' Liz says. 'I have been interested in sharing my skills at Caritas Christi since I first moved into the studio as I felt it would make a positive difference for the clients and am so pleased that I have been able to do so.'

'Sitting around the table felting together is a highly enriching process which leads to sharing experiences, telling stories and feeling connected. There is also a really meditative quality to the felting process as the repetitive felting action allows you to be in the moment.'

Patients say that being able to take part in the felting art classes has definitely helped with their outlook and feelings of social isolation. Frank, one of the clients at the Day Hospice, is delighted to be a part of the art program.

'I used to work as a Medical Scientist at Monash University and I find that the process of felting where the wool fibres come together and transform into a solid shape reminds me of the process of synthetic skin grafts used today in hospitals for burns victims,' says Frank. 'This felting activity certainly enhances the physiological wellbeing of all the members of our group.'

The collaborative piece created by Frank, Gregory, John, Mary, Pip, Le and Liz, named "Blue Poles", allows for each member's own inherent style to show through. What connects their individual interpretations is an agreement to all use the same colour palette - red, yellow, blue and white on a black background.

This underlying interconnectedness and interdependence is what underpins Liz's art practice and teaching. This is also the ethos of the Caritas Day Hospice - of providing an environment with a strong spirit of companionship where everyone feels connected and well-cared for.





'I started my intern year in January after studying at St Vincent's Clinical School for the last three years. I also worked in the research lab on campus for five years prior to that, so I have been at St Vincent's for quite a while. I started the year on the neurology unit and worked with a great team which has been a nice way to transition into the year. I chose to return to St Vincent's because I like the atmosphere here. I enjoyed my time in the Clinical School and it is nice to return to a place where people know you and you know most of the people.'

Dr Samuel Thorburn



'The nurses are always smiling, trying to help you do the very best to make you well and to give you the right medication whenever you need them.'

Jusepe Versace

A Safe Haven Café opens in Fitzroy



Every day dozens of people present to St Vincent's Emergency Department (ED) experiencing mental health issues. These people may also be homeless, isolated, and lacking established support networks.

Designed by consumers, for consumers, the Safe Haven Café offers a compassionate alternative to attending the ED. Located in the St Vincent's Art Gallery, it offers respite in a warm, caring and respectful environment with an emphasis on peer support to empower people looking for assistance, but not needing acute care.

'Navigating the mental health system in times of crisis is a real challenge for consumers and their loved-ones. People often don't know where to go, and can end up in the wrong places,' says Jenelle Linton, St Vincent's General Manager Mental Health.

'Funded by Better Care Victoria, the Safe Haven Café is an investment in an alternative means of supporting people with mental health issues, and empowering them to have more control over their wellbeing.'

Along with tea and coffee, the Safe Haven Café has peer support workers and volunteers with a lived experience

of mental health issues, who work alongside mental health professionals to provide a safe, therapeutic space for people needing it.

The initiative was last month officially opened by St Vincent's CEO Angela Nolan and Rebecca Power from Better Care Victoria.

'The Safe Haven Café doesn't replace clinical mental health interventions, but enables people to explore what options may be available to support them, and identify relevant local services,' Ms Nolan says.

'It will ensure that consumers do not end up in the Emergency Department unnecessarily and encourage them to develop self-management skills to help maintain their mental health on an ongoing basis.'

The Safe Haven Café is modelled on a successful service operating in Hampshire, U.K. since 2014. It has been shown to reduce social isolation for vulnerable people and to help them to maintain their mental health on an ongoing basis.

The Safe Haven Café is open Friday 6-8pm, and 2-8pm Saturday and Sunday.

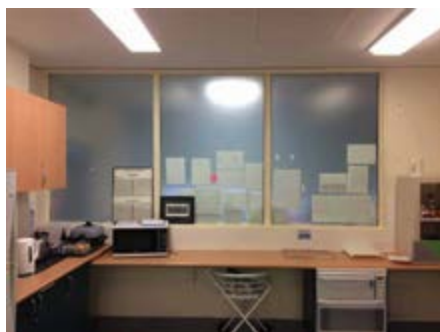
A Room with a View

If you had the choice of an ocean view, a sunset, a sunrise or lush green forest, which one would you choose?

These were the options put to our Geriatric Evaluation and Management (GEM) and Rehabilitation Unit staff by Artist-In-Residence Lindy de Wijn. The winning vote would result in the dull opaque film on the windows of the Therapy Kitchen Room being replaced by a stunning wall-photo art vista.

The overwhelming winner was a lush green forest view, from a photograph taken of Melbourne's breathtaking alpine resort area, Marysville.

'We agreed that this view made the room the most homely, relaxing and welcoming for our patients,' explains Kate Allen, Nurse Unit Manager of GEM.



The Therapy Kitchen Room is used by the Occupational Therapy Breakfast Group to assess the physical and cognitive ability of a wide cross section of medical diagnoses, including rehabilitation and dementia patients. Kitted out with a fully functional kitchen, accurate assessments can be made through watching patients make a cup of tea or prepare a meal.



A plan is then put in place so that they can work towards regaining their independence and safely carry out day-to-day activities in their own environment.

'The spectacular artwork reduces the clinical feel of the room,' says Meaghan Mackenzie, Nurse Unit Manager of Rehab. 'It helps our patients perform at their best, keeping them calm which leads to them returning home sooner.'

The St Vincent's Hospital Artist in Residence program, located at Caritas Christi Hospice, provides selected artists with a studio for a year-long residency. In return, artists donate an artwork created during this time to the St Vincent's Art Collection.

'The spectacular artwork reduces the clinical feel of the room,'

'It really has been such a privilege to be involved in the program and to be able to give back in such a unique way,' says Lindy de Wijn. 'It highlights how important it is to provide patients with the right environment to aid their recovery and how art can play a pivotal role in this process.'

ST VINCENT'S
Gala Ball
2018
CELEBRATING 125 YEARS

**SATURDAY 11 AUGUST 2018
7.00PM UNTIL LATE
MELBOURNE TOWN HALL**

Proceeds from this Black Tie evening will support the next 125 years of St Vincent's caring for the Victorian community

Purchase your tickets at stvfoundation.org.au/gala or contact the Foundation office on 03 9231 3365

TIM CAMPBELL
ANN PEACOCK

125 YEARS
ST VINCENT'S HOSPITAL MELBOURNE
A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

Meet the multi-talented Connor Gist

Connor Gist is one very talented lady with two very diverse passions and skillsets, and she's one of us! When she's not running laps around the Emergency Department as a graduate nurse, Connor is hitting the track as an elite middle distance runner.

'I started my athletics journey in primary school with my teacher describing me as 'an exuberant young girl with ants in her pants', Connor says. 'I joined the Doncaster Athletics Club when I was 12 and I have been running competitive track ever since.'

As a teenager, Connor travelled Australia competing in the Australian Junior Championships, winning multiple Junior State titles in the 800m and 1500m.

Connor is now a professional elite athlete and is fortunate to be coached by Pete Fortune who trains the 'Wolfpack' running group known for Olympians Cathy Freeman, Linden Hall and Anneliese Rubie.

'My current personal best is 2.06.45 for my pet event the Women's 800m and I held the ranking of twelfth in Australia,' Connor says. 'I was preparing for this year's Commonwealth Games but disappointingly had to sit it out nursing Achilles Tendinopathy. But after a summer of intense rehab I am back!'

Connor is also a Nike Running Ambassador and a member of the Nike Run Club.



'The Nike Run Club was developed by Nike to give the general public the opportunity to train in a semi-elite environment in a speed run, recovery run or long run. As a sponsored Nike athlete, part of my commitment is to share my life as an athlete on social media and make event appearances.'

Connor also has a passion for nursing and believes that nursing should be considered an Olympic sport in its own right.

'Emergency can be challenging, and at times when you have a difficult patient or a behavioural patient, the motivation can be harder to find. Being a nurse isn't a simple job where you can think 'oh well, I'll just leave that until tomorrow' or 'I'll do it later.'

'I might be tired or frustrated, but then I remember that the patients are having a harder day than me; and I might

'Being a nurse isn't a simple job where you can think 'oh well, I'll just leave that until tomorrow' or 'I'll do it later'.'

occasionally whisper 'Just Do It' to help get me through.'

With Nike seeming to be the footwear of choice for nurses on shift, we had to ask the expert... How is Nike pronounced?

'It's pronounced 'Ny-key'! Nike was the Greek Goddess of Victory, Strength and Speed which is fitting. And while we are at it, it's a swoosh, not a tick! The 'swoosh' is meant to be the sound you make when you're running.'



Congratulations!

Congratulations to our own Hockeyroo Emily Hurtz who recently returned to work after helping Australia win a Silver Medal at the Gold Coast Commonwealth Games.

A jubilant Emily, who is a nurse at our St George's campus, brought her medal to work to celebrate with her work colleagues.

Winning Commonwealth Games and World League Semi-Final Gold Medals are among Emily's previous achievements while playing for our national Australian hockey team.

Go Dry for St Vincent's this July

In July, an average of 11,000 Australians will be diagnosed with cancer. Cancer is a very personal journey, but we all have an opportunity to accompany our cancer patients on their journey. Dry July is a national fundraising campaign, and this July, St V's is promoting the joint benefits of an alcohol free month, and a chance to raise funds for our Cancer Centre and its patients.

Generous fundraisers have raised \$356,000 in total for the Cancer Centre so far and this year is our most ambitious yet. We would like to raise \$60,000 to provide our cancer patients with comfortable treatment chairs, a scalp cooling cap machine, which reduces hair loss during chemotherapy, and comfort items like tea and

newspapers to help with patient wellbeing during treatment.

Having a month off alcohol also has great health benefits, such as sleeping better, having more energy and of course, no hangovers! So you're not only helping others, you're helping yourself. It's a win-win!

Why not go dry this July and support St Vincent's Hospital? Head to www.stvfoundation.org.au/dryjuly



Last year, our fantastic fundraisers helped purchase one of the first scalp cooling caps available in a Victorian public hospital. Patient Afaf was thrilled to have the option of the scalp cooling cap 'It means a lot to me to have my hair and I have now been given the opportunity to save my hair.'

Calling all crafters

The St Vincent's Mission team would like to warmly invite all crafters to create and donate a tea cosy for exhibition and sale at St Vincent's Cosiest Morning Tea to celebrate 125 years of care for our community.

Tea cosies will be exhibited during Mission Week in September, followed by a silent auction, with all money raised going to the St Vincent's Good Samaritan Fund, a staff initiative supporting patients in our care experiencing high levels of poverty, vulnerability and hardship.

This unique idea was Mission Director Maria Egan's, who sadly passed away in January, and has become a reality thanks to Art Curator Monique Silk.

'After I found out that Maria had passed away, I went into her office and noticed three books on the subject of tea

cosies,' Monique says. 'Maria could not knit, but she had this great idea to make 125 tea cosies for the 125th anniversary.'

'There is an iconic image from early last century of the Sisters of Charity serving tea to the needy. The tea is being served in fine crockery, with pressed white tablecloth and beautifully prepared food. The photo perfectly encapsulates the Mission of the Sisters and their appreciation of the dignity of every person.'

'I thought I've got to make this happen. I love tea, I love tea cosies, I love the craft, and I thought it would make a great legacy to Maria.'

So with winter upon us it's time to get crafting with your friends and help us make St Vincent's Cosiest Morning Tea a celebration of 125 years of care come September.

For any enquiries, please contact Monique Silk on 9231 3420 or at monique.silk@svha.org.au.





St Vincent's cares. Always has. Always will

- ☒ I want to help provide an additional ultrasound machine

I want to make

A regular gift of:

\$ _____ Deducted*

☐ Monthly

*Your gift will be processed after the 15th and will continue until you notify us to stop.

Single gift:

☐ \$1,250 ☐ \$750 ☐ \$250 ☐ \$125

☐ My choice \$ _____

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Please return this completed form to:
Reply Paid 65162, Fitzroy VIC 3065

Other ways to donate

 www.stvfoundation.org.au/donate

 (03) 9231 3365

 St Vincent's Foundation Office,
Ground Floor, Rear, 55 Victoria Parade
(next to Courtyard 55 Café)

All donations of \$2 or more are tax deductible. ABN: 22 052 110 755

Please contact me as:

- ☐ I would like to include St Vincent's in my Will
☐ Keep me updated on future news and events
☐ Do not send me future St Vincent's Foundation Communications

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June edition 2018

Open House Melbourne

As part of St Vincent's 125th celebrations, St Vincent's Hospital Melbourne is excited to participate in Open House Melbourne (OHM) this July.

Join us on Saturday 28 July from 10am to 4pm to view the 125th anniversary art exhibition in the St Vincent's Gallery and tour the iconic tunnel between St Vincent's and the Royal Victorian Eye and Ear Hospital.

Stretching 164 metres under Victoria Parade and lying 10 metres below the surface, the tunnel was built with excavating equipment previously used for the Melbourne underground rail loop.

The project took ten years to come to fruition, starting with preliminary discussions in 1973, and excavation in 1979, before its official opening held in April 1983.

Today the tunnel is used to transfer patients, equipment and personnel. The tunnel has also been used by film and television crews for music videos, TV shows and feature films.

Open House Melbourne

Date: 28 July

Time: 10am – 4pm





Venue: Meet at St Vincent's Art Gallery,
Ground Floor, Building D

Tours: Every 30 minutes with 15 people per tour,
30 minute duration



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