2017 Philanthropy Report

• Innovation • Excellence • Compassion
Dear friends, I want to take this opportunity to thank you for your support this year. Your donations have been critically important to Epworth achieving our goal of providing patients with the very best care possible, and I cannot thank you enough for your generosity and kindness.

It is not over-playing the situation to say that the support you provide is what allows us to do the work we do. During the past year, we have again achieved great things with your help, and I am pleased to share some of those great things with you in this report.

I personally place great value on ensuring that each and every donation we receive is used as effectively and efficiently as possible. When a donation is received, my goal is to put it straight to work, so that the benefits are felt by our patients as soon as possible.

My medical colleagues at Epworth HealthCare – and quite often patients and their families as well – frequently thank me for what we do, and ask me to pass their thanks on to the donors who make this possible. They appreciate the difference that your donations make: they see it, they feel it, and they definitely benefit from it.

So in this issue of the Philanthropy Report, for example, you will learn how your donations have been used to purchase coagulation technologies for cardiac patients, new equipment to increase the use of our robotic surgery procedures, ventilators for use in Intensive Care, garden facilities for patients and families to relax, training opportunities for staff to learn advanced treatment techniques, research projects for improving surgery recoveries and detecting residual cancer in blood, and so much more.

Really, the stories and pictures in this newsletter speak for themselves, and I hope you feel as much pride in knowing you have helped to make all of this possible as I feel grateful, on behalf of our patients, for your kindness in caring for them in this way during what is often one of the most vulnerable and uncertain times of their lives.

In the meantime, I also encourage you to take a look at the Events Calendar enclosed with this newsletter. I think this is one of our fullest calendars yet, and it is always wonderful to spend time at these lovely, social events, getting to know you better. There will be VIP tours, social outings and meals a-plenty, and our new Wills Days will be an informal way to make or update your Will if you haven’t already done so, with the help of a qualified solicitor.

I hope you enjoy the heartwarming stories in this issue of the Philanthropy Report, and wish you all the very best for your own good health.

Warmest regards,

Scott Bulger
Executive Director, Epworth Medical Foundation

PS In March 2018 I will be again leading a challenge to Laos & Cambodia see the back page for more information on my trip and the many others you could participate in.
Dr Hargreaves has been travelling to Mongolia yearly since 2010, to help train medical practitioners in obstetric and gynaecological treatments, so she understands first-hand the medical challenges that many Mongolian women face.

Both maternal and infant mortality rates are relatively high in Mongolia, and complications relating to antenatal care and births are 2.1-fold higher than the standard estimate.

The reasons for these poor outcomes are complex, but one area in which Dr Hargreaves and her colleagues are well-equipped to help is in the provision of medical training. At present, of all health workers involved in EmOC (Emergency and Obstetric Care) in Mongolia, only 22 percent are obstetricians and 7 percent neonatalists. The remainder of medical professionals (53 percent doctors and 19 percent nurses) have no neonatal or obstetric training.*

Using funds raised during the Japan Challenge, Dr Hargreaves partnered with some of her colleagues from the Royal Women’s Hospital to bring two Mongolian doctors to Australia to gain advanced medical and clinical experience in obstetric and gynaecological treatments and procedures, as guests of Epworth HealthCare. They are Dr Munkh-Od Zorigt, and Dr Unurjargal Davaajav, who is head of gynaecology at Maternity 1 hospital in Mongolia.

A number of Epworth’s leading specialists also agreed to host training sessions and mentor the doctors, and Dr Hargreaves developed a full program, enabling the Mongolian doctors to work beside specialists at Epworth Freemasons, Epworth Richmond, and Epworth Eastern, as well as a number of other hospitals and clinics across Melbourne (including the Royal Women’s, the Mercy Hospital for Women, WUME, the Jean Hailes Clinic, and Melbourne IVF).

“Both doctors were very excited to be given this opportunity to experience our health system and see the treatments we are able to offer women in Australia,” Dr Hargreaves said. “The intention was that they would learn on a practical, clinical and operational level.

“We have surgical facilities and clinical staff numbers in abundance compared with developing countries, so the doctors could observe and enjoy the collaborative work style shared by surgeons and nurses in Australia, which is just being developed in Mongolia.

“High sepsis rates following surgery contribute to increased death rates in Mongolia, so we emphasised our guidelines in relation to surgical counts and checklists, which could be transferred back to their own workplaces in a reasonably inexpensive way.”

It was during the Japan Challenge that Dr Hargreaves learnt about how our generous donors directly impacted the lives of staff and patients at Epworth HealthCare. “It was a marvellous trip where I personally discovered the ways the Foundation is distributing the funds raised to improve healthcare not just at Epworth, but for everyone.” she said.

“I have since learned more about the work the Foundation is doing, and the ways in which they help Epworth doctors make such a difference. And, in my case, to women’s health on a global level! I am very grateful”
The best possible care

Thank you! Your donations directly help our patients receive the best possible care. That means ensuring that they are cared for in world-class facilities; using cutting-edge technology, under the care of leading surgeons and specialists with early-access to groundbreaking research trials and findings, and a suite of compassionate services and programs that care for the emotional healing of patients and their loved-ones, and help provide financial support for patients who struggle to meet the costs of their treatments.

Equipment: advanced cardiac theatre & post-op monitors

In January this year we reached out to our donors asking for their help in upgrading the Cardiac Unit with advanced coagulation monitoring systems for use both in theatres, and at the patients’ bedside after operations.

The response was so generous that we were able to purchase and install eight monitors immediately, each of them fully-funded from donations.

Coagulation is the process by which blood changes from a liquid to a gel, forming a blood clot. This stops the blood loss from a damaged vessel, followed by repair, which is common in cardiac cases.

The state-of-the-art new Hemochron Signature Elite units monitor the coagulation process at the point of surgery and at the bedside, enabling clinicians to provide fast, accurate and reproducible results for clinical decision-making, thereby enhancing patient care.

*Scott Bulger with Cardiac Nurse Unit Manager Charles Bonavia, and Cardiac Staff Kathryn Bibby & Diana Lee*

“Having access to this equipment means we can provide an additional level of care to our patients at the bedside, quickly and with comfort,” says Nurse Unit Manager Charles Bonavia.

“Thank you for helping us buy this new and critical equipment. Your continued support truly helps our patients be treated in outstanding facilities.”

On behalf of all of us at Epworth Allergy Specialists, we would like to thank all the donors for their generosity in supplying us with a new defibrillator. We are using this to care for both paediatric and adult patients, in the event of an emergency. It is very much appreciated!

*Rebecca Gibson (Nurse Unit Manager, Epworth Allergy Specialists)*
Equipment: meeting increased demand for robotic surgery

Epworth HealthCare pioneered the use of robotic surgery in Australia in 2003. This was achieved through the support of our donors, and we continue to innovate in this field today.

The robotic surgical system features a magnified, three-dimensional, high-definition vision system, as well as tiny, wristed instruments that bend and rotate to far greater angles than is achievable by the human hand. As such, surgeons can now operate with enhanced vision, precision, and control.

Robotic surgery enables surgeons to operate via just a few small incisions, making it a significantly less invasive procedure for patients, aiding in faster post-operative recoveries.

Today, Epworth surgeons use this technology for a range of specialties, including urology (prostate, bladder and kidney tumours), gynaecology (cancerous and benign hysterectomies, myomectomies), colorectal (colorectal tumours and masses), general surgery (hernias), and thoracic surgeries (lobectomies, mediastinal mass).

To meet increasing demand from both surgeons and patients for more robotic procedures at Epworth, we reached out to donors recently to help fund the purchase of additional surgical instruments for robotic procedures.

The sterilising processes required to ready the instruments for use is time-consuming. Therefore, the additional full instrument set and telescope, fully funded by our generous donors, has significantly increased the number of surgeries we are now able to perform, while also reducing wear and tear on existing equipment.

< Epworth Surgeons using new equipment

Equipment: new ventilators for vulnerable ICU patients

Donors have funded three state-of-the-art new ventilators for use in our Intensive Care Unit (ICU).

Epworth ICU is a patient-centred facility that offers the very best in evidence-based critical care practice for patients and families. Ventilators are used for all ICU patients who need to remain intubated and on supported breathing, due to the severity of their illnesses or psychological states.

The new, donor-funded Puritan Bennet 980 Ventilators help patients breathe more naturally, and make use of some of the most innovative breath-delivery technology in the world, and significantly improve patient comfort during this difficult time.

ICU Nurse Unit Manager Sanjee de Silva says that having this technology and upgraded equipment in line with the leading evidence-based practices ensures the team’s delivery of care is the very best possible.

"On behalf of the nursing staff and patients in the ICU, we would like to sincerely thank all your donors for generously funding our new ICU Ventilators," he said.

Scott Bulger, Dr Stephen Warlow, Nurse Unit Manager Sanjee de Silva and members of the Epworth Eastern ICU team
Facilities: the Parkinson-Levine Family Courtyard

The Epworth Freemasons hospital campus at Grey Street is undergoing a massive redevelopment, with design, fit-out and equipment all purpose-built and planned to maximise the functionality and amenities of the hospital, increase the theatre-to-bed ratios, and enable us to admit more patients for overnight stays when needed.

The internal courtyard, a feature of this beautiful art-deco building, has been renovated to create the most welcoming and comfortable environment possible for both patients and their visitors. And we are pleased to announce today that the courtyard has been named in honour of the Parkinson-Levine Family, for their generous and long-term support.

Marie Parkinson-Levine and her late husband Gerry Parkinson-Levine were married for over 60 years, and together travelled widely, while also caring for Marie’s elderly parents.

Marie still remembers her father’s love of the garden in their family home at Brighton, where he would tend the poppies, roses and chrysanthemums. This memory enhances the joy she now feels at being able to play such an important part in creating a beautiful garden environment for patients and their families at Epworth Freemasons.

“I know Mum, Dad and Gerry would all be happy to know that our support has helped many people, and I’m delighted that the courtyard will provide patients, family-members and staff-members with a place to rest and seek comfort,” she says.

Research studies have revealed significant physical and psychological benefits to patients having access to fresh air and sunshine. These benefits include improved sleep, faster recovery times, and better overall wellbeing.

The Parkinson-Levine family has a long history with Freemasonry, and Marie has a deep appreciation for the care that she and her family have received from Epworth doctors and nurses. She adds, “I am proud to know our family will be honoured and remembered at the Epworth Freemasons forever.”

Research: innovative diagnosis technique for bladder cancer

Oncologists tell us that bladder cancer is easily treated when detected early. Unfortunately, diagnosing bladder cancer is not straightforward, and the tumours can be especially difficult to see.

An innovative new diagnostic dye technology, known as “blue light cystoscopy,” has been brought to Australia by Epworth urologist Mr Paul Anderson, providing a greater degree of accuracy in both the diagnosis and treatment of bladder cancer than was previously possible.

It makes use of “Hervix,” a dye that penetrates cancer cells more quickly than it does healthy cells. By using this dye, specialists now have a three-hour window during which cancer cells appear bright pink when illuminated with ultraviolet light, allowing them to be clearly identified.

After an initial period during which Mr Anderson received a special prescriber licence to trial the dye in Australia, he was recently awarded official Therapeutic Goods Administration (TGA) approval to use Hervix in our country.

“With this dye, what would otherwise be invisible to the eye shines brightly pink, allowing for a much higher degree of accuracy in the diagnosis and staging of the tumour,” he explains. “We can then target our treatment much more specifically to the cancer, so we don’t over-treat or under-treat the patient.

“The benefit for the patient is that by using this technology and correctly identifying and treating the cancer, the level of recurrence drops, which in turn means less frequent procedures for the patient.

We are deeply grateful to all of our donors who funded the purchase of the cystoscopes used by Mr Anderson to conduct this research and care for our patients in this way.
Epworth Medical Foundation continues to expand its paediatric services, in response to growing demand from the community, and most recently, we opened a paediatrics service at our new Geelong hospital.

Children have unique physiological differences to adults, so it is essential that staff are trained in the appropriate management of significantly unwell children. To assist their training, Epworth Medical Foundation recently awarded several donor-funded scholarships to nurses from critical care departments at Geelong, to enable them to attend a short course on Advanced Paediatric Life Support.

This course is internationally recognised as the gold standard in paediatric emergency training, and is the recommended course for all hospital staff working in clinical environments where children may receive care.

The Advanced Paediatric Life Support course covers best-practice care for seriously ill or injured children; as well as common paediatric clinical scenarios such as breathing difficulties, dehydration, trauma and resuscitation. Staff receive some training online, and also undertake practical, multi-disciplinary scenario-based training, where they must demonstrate procedural skills.

An added benefit from enabling the nurses to attend this course is that they in turn have educated their colleagues on how to safely and optimally manage paediatric emergencies.

“One of my patients, Suzie, had a nasty car accident in 1989 and lost a large part of her top jaw, together with numerous teeth. She underwent complex bone-graft reconstructive surgery 10 years ago, but this failed at the end of last year.

“We implanted a 3D jaw on 14 March this year and, just three days after the surgery, she reported feeling very well and was experiencing little pain. She was taking care with rinsing her mouth, but was otherwise able to clean the teeth on the other side of her mouth.”

Oral and maxillofacial surgeon Dr George Dimitroulis says the high-tech medical implant allows for full dental rehabilitation in cancer and trauma patients who are missing teeth and have insufficient jaw bone to support conventional dentures and dental implants.

Called the Osseoframe, this new device was conceived, developed and manufactured here in Australia by Dr Dimitroulis and a team of engineers, designers and prosthetists.

However, he said that without the support of our donors, we would likely have lost this technology to overseas markets. It was donations made through Epworth Medical Foundation, as well as some additional assistance from the Federal Government, that ensured patients in Australia were among the first in the world to benefit from this innovation. “We are deeply grateful to your donors for their generosity,” he said.
**The search for advanced treatments & therapies**

Did you know that more than 80 percent of the research projects underway at the Epworth Research Institute are funded from donations? Research is essential if Epworth HealthCare is to remain at the forefront of advanced treatments and medications. This ensures that our patients today have early access to new techniques and therapies that may significantly improve their wellbeing and outcomes, while the patients of the future can benefit from the groundwork done and discoveries made today.

During 2017, we awarded more than 15 medical research grants, every one of them funded from donations, and every one of them poised to further improve the care and outcomes our patients receive.

### Exploring best-practice thyroid cancer diagnoses

**Official research study:** “Performance of Next Generation Sequencing Mutation Panels in Thyroid Nodule Fine Needle Aspiration Samples”

**Lead researcher:** Mr James Lee, VMO General and Endocrine Surgeon, Epworth Richmond

Endocrine surgeon Mr James Lee is undertaking this study with the hope of increasing the accuracy of using “fine needle aspiration” (FNA) to diagnose thyroid cancer. FNA is a biopsy procedure used to detect cancer in a thyroid nodule, or to treat thyroid cysts.

In this study, Mr Lee intends to compare two techniques for undertaking FNA. The first is the “ThyroSeq,” a custom panel designed to target 12 cancer genes with 284 mutational hot spots. ThyroSeq only requires a small amount of DNA, and can be performed via fine needle samples, allowing pathologists to check for multiple genetic markers by collecting only a few cells, instead of performing an ultrasound-guided biopsy.

For comparison, Mr Lee will also study the latest advance in ThyroSeq, known as “Next Generation Sequencing” (NGS) molecular panels. His goal is to determine the sensitivity, specificity and accuracy of the new panels, by comparison to the old.
Through this project, Dr Ananda hopes to demonstrate that if tumour DNA is detected in peripheral blood after a complete resection of the primary tumour, or following the completion of adjuvant chemotherapy, this is a marker of subsequent disease recurrence for patients with stage I-III ovarian cancer. The intention is that if through this study disease recurrence can be detected earlier, new treatments can be tried sooner, increasing the patient’s chances of recovery.

Official research study: “Circulating Tumour DNA as a Marker of Residual Disease and Response to Adjuvant Chemotherapy in Stage I-III Optimally Debulked Epithelial Ovarian, Fallopian Tube and Primary Peritoneal Cancer”

Lead researcher: Dr Sumitra Ananda, Medical Oncologist VMO, Epworth Freemasons and Richmond

Better diagnoses, treatments and referrals for concussions

Official research study: “Development of a Concussion Protocol, Symptom Checklist and Intervention Program for Directing Patients through a Continuum of Care”

Lead researcher: Professor John Olver, Victor Smorgon Professor of Rehabilitation Medicine and Medical Director of Rehabilitation, Epworth Richmond and Hawthorn

Professor Olver’s research study involves the early recognition, accurate diagnosis and appropriate referral for active management of concussion in the Emergency Department. He intends to implement a standardised assessment tool to guide referrals and clinical practices, and to evaluate the predictive value of this tool in terms of recovery times, patient outcomes, and returning to pre-injury levels of function.

At Epworth HealthCare, Professor Olver is the Medical Director of Rehabilitation, where he is also Coordinator of the Epworth Rehabilitation acquired Brain Injury program. He is Coordinator of the Clinical Institute of Rehabilitation, Psychiatry and Pain Management, and is the Victor Smorgon Chair of Rehabilitation Medicine through Epworth HealthCare and Monash University. He has co-authored more than 70 papers and five book chapters.

We are greatly indebted to your donors, who have supported and funded several investigator-led research trials, exploring the merits of contemporary radiotherapy techniques in the management of patients with prostate cancer, spinal metastases, brain metastases, and kidney cancer. So far, thanks to your help, more than 450 patients have been enrolled in various protocols, proving that good-quality research can still be conducted in a busy private-practice radiotherapy environment.

Dr Andrew See (Radiation Oncologist, Epworth Radiation Oncology)
Scholarships promote innovation and outstanding care

At Epworth we are committed to fostering excellence and innovation, and we believe this shows most powerfully in our people. That’s why we have the biggest hospital-staff scholarship program in Australia. Last year, we distributed 130 scholarships that were used to further our recipients’ education, and provide them with specialist experience and exposure to cutting-edge new practices.

Clinical leaders travel to USA in inaugural partnership

Earlier this year, a group of five outstanding clinical leaders at Epworth HealthCare undertook a two-week educational placement at Northwell Health in the USA, as part of the Epworth Medical Foundation scholarship program.

Northwell, previously known as “North Shore Long Island Jewish Health System,” is a healthcare leader in New York. With a staff of 61,000 employees, Northwell is the 14th largest healthcare organisation in the United States.

This was the inaugural initiative under a new strategic partnership formed between Northwell and Epworth for the sharing of information and best-practice, while advancing medical science and education at both organisations.

I was able to spend time at one of Northwell’s main orthopaedic hospitals (Syossett Hospital) and met with staff members across numerous departments observing, discussing and learning about the methods and resources they are using to keep their patients safe, to enhance the patient experience and to deliver outstanding clinical outcomes following joint replacement surgery.

Anna Imbesi, Associate Nurse Unit Manager, Epworth Eastern

This was an incredible opportunity for all Epworth staff involved,” said Simon Benedict, HR director at Epworth Richmond. “Northwell educated us in many different aspects of healthcare and I know these learnings will be translated back at Epworth, ultimately improving the care that we provide to our patients. The experience was truly collaborative and our team were able to share Epworth best-practice in return.

Each clinician identified a specific area of health to focus on and investigate during the study tour, and then, upon return to Epworth, implemented quality improvement initiatives based on the insights they had gained.

- Caroline McLoughlin, an acute pain nurse at Epworth Richmond, focused on improving acute pain services and patient outcomes
- Anna-Maree Imbesi, an associate nurse unit manager at Epworth Eastern, investigated the use of the Orthopaedic Pre-Admission Clinic to improve clinical outcomes and reduce length of stay
- Jeremy Buckmaster, community rehabilitation manager at Epworth Rehabilitation and Mental Health, reviewed the extensive home-based models of care at Northwell with the goal of positioning Epworth to offer a range of diverse and flexible programs that would bring rehabilitation services to patients in their local communities
- Jane Thomas, education manager at Epworth Eastern, explored how to increase staff engagement with education by benchmarking against the Centre of Learning and Innovation and the Patient Safety Institute
- John Kenny, chief medical physicist at Epworth Radiation Oncology, benchmarked improvement opportunities for radiation oncology, including the “No Fly” program
Epworth delegate a prestigious Wharton Nursing Leader

Epworth Freemasons’ Education Manager, Catherine McKellar, travelled to the University of Pennsylvania in the US recently, as one of 30 international nurse leaders who flew to the US to participate in the prestigious Wharton Nursing Leaders Program.

Catherine’s attendance was funded by the Susan Harris Foundation Scholarship, which has been endowed in perpetuity and is awarded every year to an outstanding Epworth staff-member. Susan Harris is a major benefactor of Epworth, and in recognition of her family for their generous gifts, we have named the new paediatric ward in their honour.

Without the Susan Harris Foundation Scholarship, Catherine would not have been able to attend the program, which she says was one of the best education programs of her career, and which has continued to motivate her passion for lifelong learning.

During the four-day Wharton Nursing Leaders Program, world-renowned experts facilitated a range of sessions that focused on developing leadership skills to help attendees grow as effective managers and patient advocates.

Catherine says one of the most valuable aspects of the programs was the opportunity to network with other attendees. “Everyone learned a remarkable amount from each other’s diverse professional backgrounds,” she said.

Scholarship recipient radiation therapist Emma Fitzgerald

“My name is Emma Fitzgerald and I have been employed with Epworth for the past five years as a radiation therapist. During this rewarding period of time I have been fortunate to receive two Epworth Medical Foundation scholarships.

“Through your generous donations, the initial opportunity I had was to attend a European training course in Advanced Breast Cancer treatment techniques. This technique has since been implemented at Epworth, and is showing excellent results for our more complex breast-cancer patients. As a result of people I met during this scholarship, I was invited to speak at Oxford University in the UK to discuss Epworth’s breast cancer treatment techniques.

“More recently, I received a scholarship to travel to the UK to learn the new technique of 4DBrachytherapy for prostate cancer patients. I will have the opportunity to shadow the medical specialists who founded this technique, to learn the procedure and what it is involved.
Meet Epworth’s inaugural director of psychiatry

Professor Paul Fitzgerald joined Epworth HealthCare as our Director of Psychiatry in February this year, in partnership with Monash University. He is an internationally recognised leader in mental health and brain research, and his work at Epworth will combine clinical care, research, and education.

**Q: Can you tell us a little bit about contemporary mental health treatments?**

**Professor Fitzgerald:** One of the major challenges in treating most mental health disorders is that the medication and psychological treatments that we have available are only effective for a sub-population of patients. Fortunately, we are in an exciting time, where a number of new therapeutic modalities – especially those involving what we call non-invasive brain stimulation – are being developed as alternative options for patients. Transcranial magnetic stimulation for example, a safe and well-tolerated treatment for depression, is already being used widely in clinical practice, and there is now a highly-promising range of other treatments in development.

**Q: How are you finding your transition to Epworth?**

**Professor Fitzgerald:** It has been an exciting and challenging start. I have been transitioning my clinical practice, while working hard to get a number of new research studies up and running as quickly as possible. I have been excited by the openness to research and new ideas at Epworth, and the number of programs in place to facilitate this.

**Q: What are your early goals for this role?**

**Professor Fitzgerald:** I hope to establish a unique clinical research program, embedded within the clinical services provided at Epworth. My main interest is in the development of new treatments for disorders such as depression, obsessive compulsive disorder, post-traumatic stress disorder, and dementia – especially using novel brain stimulation treatments. The intent is to establish a research program that develops and tests new treatments, closely linked to clinical service provision.

**Q: Tell us your plans for the Epworth Mental Health Education and Research Unit**

**Professor Fitzgerald:** The intention really is to grow our program to become the leading mental health research unit in the private psychiatry space in Australia, and equivalent to some of the leading private hospital based research groups in the world. This will help us attract the best mental health staff to Epworth, ensure we are at the leading edge of service provision, and obviously provide the best possible treatments to our patients.

**Q: How does this research benefit existing mental health patients?**

**Professor Fitzgerald:** At the most direct level, this research can give patients access to developing treatments that may have a profound impact on their symptoms and functioning. By far the most satisfying part of my role is seeing patients achieve dramatic and life-changing benefits when treated as part of innovative research protocols.

On another level, it can provide critical hope to patients – the sense that something is in the pipeline for the future – especially for patients struggling with illnesses that are not responding to established treatments.

**Q: Where do we find you when you’re not at work?**

**Professor Fitzgerald:** Spending as much time as possible with my family, travelling, coaching junior football (soccer), and skiing.

“..."My team and I just wanted to thank EMF and the donors so much for the amazing patient care packs that arrived today. Our office was a-flutter with excitement at being able to utilise these in our therapeutic day programs in mental health, and using them on the ward with our patients as well. These items will have such a significant impact on our patients and their experience at Epworth, and for this we are incredibly grateful…"

**Maya Zerman (Program Manager of Mental Health, Epworth Rehabilitation)**
For many of our donors, endowments are some of the best ways to support Epworth patients and establish a permanent legacy of care. Endowments are simply donations that have been invested, so that distributions can be made from interest earned, forever.

Many of our donors are grateful for this opportunity to give back to Epworth, and to make a meaningful difference to the patients of the future. Some plan for endowments to be made via bequests in their Wills, as this gives them an opportunity to give at a greater level than might be possible during their lifetimes. Others prefer to establish their endowments sooner, so that they can personally see the positive impact their generosity has on our patients and staff.

Dorothy Wood always wanted to be a teacher. Born in 1930 as the youngest of four children, she was not allowed to study teaching after she finished school but was instead told to get a job. This Dorothy did, working as a secretary for several years. But, after a life-changing, year-long journey to London and exploring Europe, she returned home and announced that she had made up her mind to become a teacher.

She enrolled in the Melbourne Teachers’ College in February 1956, graduating with a Trained Primary Teachers’ Certificate. Later, she studied for her Infant Teachers’ Certificates, and was promoted to Infant Mistress and later Deputy Principal.

Dorothy’s parents were by this stage quite elderly and her father was unwell, so she remained living close to them in Albert Park until 1975. After both of her parents had passed away, she and her life-long friend Barbara moved in together and later worked together, until they both retired in 1988.

Due to a family medical condition, Dorothy spent long periods of time at Epworth hospital during the later years of her life. She passed away peacefully at home, in her sleep, in 2013.

Generous to the end, Dorothy made a gift in her Will to support the patients at Epworth. Her friend Barbara recently endowed the Dorothy Wood Nursing Scholarship in memory of Dorothy’s generosity, friendship, and her commitment to education. Many of her past students still call Miss Wood “The best teacher I ever had.”

If you are considering including Epworth in your Will and would like more information or advice, please do not hesitate to contact us. The best person to contact is Vanessa Dannock, who you can call on 9426 6572, or email at vanessa.dannock@epworth.org.au

In addition, the Foundation is hosting three Wills Days in November this year. At this event, solicitors are available to meet with you and write your Will free of charge if you’re considering leaving a bequest to our hospital. The Wills Days will be hosted at Epworth Richmond on 9, 10 and 13 November; details and a booking form are in the Events Calendar enclosed with this newsletter.
Epworth Medical Foundation is proud to present an opportunity for you to create a permanent legacy of care in your family’s name, by making an endowed gift. Endowed gifts are one of the simplest ways to ensure that the positive impact of your generosity will be felt by patients of Epworth HealthCare forever.

Q: What is an endowed gift?
A: An endowed gift is simply a lump sum that you donate to Epworth Medical Foundation, which is then invested to ensure that income is received in perpetuity. A percentage of the investment earnings from your gift are distributed every year, to the field of medicine that most matters to you. Endowments are established from donations of $100,000 or more.

Q: What does it cost to create an endowment?
A: Endowed funds at Epworth are established at no cost, and 100 percent of all funds contributed to them are deposited into the endowment accounts. There is no administration fee charged to the accounts at the time of establishment, nor for administration on an ongoing basis. This is because we want the benefits of the funds to be applied to Epworth and, ultimately, to our patients. As we are a charitable organisation, all donations made to Epworth Medical Foundation are fully tax deductible.

Q: How do I make an endowed gift?
A: Creating an endowment is a straightforward process that can be fully managed by Epworth Medical Foundation. The gift may be made now in its entirety; exclusively as a bequest gift; or be established with a partial gift now, with further contributions to be made in the future, either during your life or in your Estate. To make a start, simply call or email Vanessa Dannock on 9426 6572 or vanessa.dannock@epworth.org.au.

Q: How is my legacy ensured?
A: The endowment will be named in your honour, using a name of your choosing. That may be your own name, your family’s name, or the name of someone else you wish to remember, honour or celebrate. Every year when distributions are made from your endowment, they will be done so in the name you choose, and you or your loved-ones will be honoured and celebrated for your generosity and foresight. This will continue forever.

With your permission, we would also like to celebrate your gift in our publications and on our honour-boards within the hospital. Depending on how you choose to direct the funds, there may also be an opportunity for you to meet with some of the staff or patients who are directly benefiting from your generosity.

Further, you will automatically become a member of one of our prestigious donor societies: the Epworth Society (in the case of an endowed gift during your lifetime), or the Lockwood Society (in the case of a bequest you make in your Will).

Q: How do endowed gifts help Epworth patients?
A: Endowed gifts are one of the best ways to support our patients, because the nature of endowed funds means that income is guaranteed in perpetuity. This enables us to plan for the future, and ensure that patients can receive the maximum benefit from your generosity.

Q: How will my endowed gift be used?
A: Epworth Medical Foundation would be pleased to discuss with you the area where you most wish your endowment to be directed, and how you would like it to be used in the future. As an example, some endowed gifts at Epworth are currently used to:

- Fund prestigious nursing scholarships
- Maintain state-of-the-art medical facilities
- Purchase new equipment and technologies as soon as they are needed
- Fund research projects to seek new and better treatments
- Update and improve our education resources

More information on leaving an endowment

If you are interested in making an endowment to Epworth Medical Foundation, you are invited to join our Executive Director Scott Bulger for a discussion on ways you may never have thought of to create a permanent legacy at our hospital.

There are two events, on 13 and 18 October, at Epworth Richmond and Epworth Camberwell respectively. More details and an opportunity to RSVP for either event are in the Events Flyer enclosed with this newsletter.
The Maternity Unit at Epworth Freemasons is undergoing a major $2 million renovation, thanks to the generosity of our donors. In addition, staff in maternity now have access to a dedicated annual scholarship of $8000.

**Maternity Unit renovations**

The renovations to the Maternity Unit were made possible thanks to an extraordinarily generous donation made by the Susan Harris Foundation. Susan is a great supporter of Epworth HealthCare, and we are deeply grateful to her for making it possible for us to create this outstanding environment for mothers, babies, family-members and of course the staff in the Maternity Unit.

This will be a world class redevelopment, and will help make what is already a great maternity unit, thanks to our talented and dedicated staff, into an outstanding unit.

The donated funds will help to fund a dedicated theatre on Level 2; updated recovery and holding bays; and a major refurbishment of the Special Care Nursery (with space and advanced technologies to care for critically-ill babies, a dedicated care area for babies transitioning out of critical care, additional resuscitation equipment and an enhanced opportunity to treat and stabilise vulnerable infants).

The delivery suites will be upgraded in line with global best-practice, creating environments that feel homely and private while also containing state-of-the-art technologies to care for the health and safety of mother and baby, as well as provide the best possible working environment for staff-members. The post-natal ward will also undergo a full upgrade, creating an even more comforting area for mothers and babies to enjoy their first days of bonding together.

These renovations are already underway, and the Foundation looks forward to providing you with a virtual tour of our new world-class Maternity Unit in our next newsletter.

**Inaugural Betty Amsden AO Midwifery Scholarship**

The first of the Betty Amsden AO midwifery scholarships will be distributed this year to one of our most outstanding midwives, to undertake research or gain progressive training and clinical exposure.

Betty was one of Australia’s truly great philanthropists and, not long before she passed away at the age of 90 earlier this year, she made a generous donation to establish a permanent scholarship for an Epworth midwife.

Her donation has been invested, and will enable us to award a distribution of $8000 every year, forever, to one Epworth midwife, to advance their careers by taking on further study, travelling to important conferences or events, or undertaking advanced training or new research in their fields.
Upcoming Charity Challenges with Epworth

Epworth Charity Challenges provide participants with the opportunity to enjoy once-in-a-lifetime adventure in some of the world’s most unique and exotic locations, while raising funds to help care for Epworth HealthCare patients. Along the way, many lifelong friendships are forged, and we would welcome you at any of these adventures.

If you would like to join any of our upcoming Charity Challenges, or simply desire more information about any of these events, please feel free to contact us on 03 9426 6132 or visit our website at www.emf.org.au, then click “Challenges.”

Charity Challenge Calendar

Spain, October 2017: A six-day trek to walk the final 115 kilometres of the 1000-year-old Camino pilgrimage trail into Santiago, Spain.

Nepal, October 2017: A 14-day journey through Nepal, trekking along the Annapurna Range in the Himalayas.

Myanmar, February 2018: A gently-paced cycle through Myanmar, exploring ancient pagodas, boat rides up the Irrawaddy River, and a visit to the sacred golden temple at Mount Popa.

Laos and Cambodia, March 2018: Combine treks and day-walks in Laos and Cambodia with visits to the beautiful temples of Angkor.

China, March 2018: An exquisite short cycling tour through the scenic back-roads of southern China, with plenty of time to stop in villages to take photographs.

Sri Lanka, April 2018: Travel through Sri Lanka, a land of misty highlands and tea plantations, for 10 days.

Northern Territory, May 2018: An eight-day trek along the high ridgelines of the Larapinta Trail in the West MacDonnell Ranges in the Northern Territory.

Spain, Sept-Oct 2018: A six-day trek to walk the final 115 kilometres of the 1000-year-old Camino pilgrimage trail into Santiago, Spain.

Contact us

If you would like to know more about the activities of Epworth Medical Foundation, please do not hesitate to contact us. We are always happy to help.

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In support of Epworth HealthCare incorporating Epworth Cliveden, Epworth Eastern, Epworth Freemasons, Epworth Geelong, Epworth Rehabilitation and Epworth Richmond.