



Dry July saves lives

PHOTO: Acting Nurse Unit Manager Rebecca Johnson chats with leukaemia patient Jim Colbert while he rests in a treatment chair.



ISSUE 1, 2017

A MONTH off the booze for 65 Far North fundraisers will mean earlier diagnosis for some cancer patients in the region.

Not only that, but since the Liz Plummer Cancer Centre started using the CADD pumps that the Dry July fundraisers helped buy more of, they have saved more than 300 inpatient bed days and \$240,000 in drug costs to the hospital.

The Far North Queensland Hospital Foundation received \$28,905 from Dry July, enabling the purchase of a treatment chair for the oncology day unit, six chemotherapy pumps for administering chemotherapy at home and a moisture meter to measure swelling in some cancer patients.

Liz Plummer Cancer Centre advanced pharmacist Jason Black said CADD chemotherapy administration pumps make a huge

difference to the patient experience.

"The use of these pumps allow patients to be treated at home rather than have to come into hospital for several days. I actually had no idea how big an impact they would have, until I had one patient who had booked in to see a psychologist and arranged to take anti-depressants because the hospital experience can be so intense.

"We administered his chemotherapy using the CADD pump and treated him as an outpatient. He told me his experience was vastly improved and didn't require any of his psychology interventions anymore. They help allow the hospital to keep inpatient beds for patients who most need them."

A moisture meter which also has been bought, allows staff to assess swelling in patients with breast

and head/neck lymphoedema. Liz Plummer Cancer Care acting advanced oncology occupational therapist Caitlin Ryan said they had not previously been able to offer this service.

"The ability to obtain these measurements will allow our therapists to not only detect these conditions earlier for our clients, but provide more accurate assessment of their swelling over time and between therapists.

"This in turn will ensure any increases in swelling can be detected earlier and addressed promptly to ensure the best possible outcome for these clients.

"I would like to sincerely thank the Foundation and the local community who have worked so hard to raise the funds required to purchase this moisture meter for our clinic."

Continued

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SPECIAL LAD:
Cairns Hospital
patient Brock Bryant
gives a thumbs up to
Michael Aw for his
laptop gift in time
for Christmas.

Brock is one in 7 billion boy

BROCK Bryant is a one in 7 billion boy.

There is no one else known on the planet with his health issues and this week the special 11-year-old received a gift that will help educate him.

Brock has three health conditions – auto-immune hepatitis, nephrotic syndrome and capillary leak syndrome.

His mum Katrina Bryant says the future is unclear but they make the most of each day as a family and work hard to keep each other's spirits up.

This week his family received movie tickets from Event Hospitality and Entertainment, and a laptop computer from The Good Guys Cairns.

When executive store manager Michael Aw visited the children's ward at Cairns Hospital, Brock and his brother Connor were walking the wards, selling raffle tickets to raise money for the ward.

Ms Bryant, who works in family day care, said Brock's health conditions were hard on the whole family and every day was a roller coaster ride.

"None of us know what tomorrow will bring but

we just try to deal with each day as it comes," Ms Bryant said.

The Good Guys Cairns store executive manager Michael Aw said his team was overjoyed to be able to help Brock out this Christmas.

"It is so important to help those who truly need it most, especially at this time of year," Mr Aw said. "We hope this donation will make this tough time a little less stressful for Brock and his family," he said.

Far North Queensland Hospital Foundation fundraising and marketing manager Glenys Duncombe said while the hospital was sometimes the scene of sadness, it was also a place where selfless acts of giving occurred on a daily basis.

"Here we have a family who are dealing with a serious health condition and they have received what may seem to be a small gift, but sometimes the knowledge that someone out there is thinking of you and caring for you, means more than any gift," Ms Duncombe said.

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Patients benefit from fundraiser

SAMANTHA Slade was a regular mum of three, wife, working as a fitness trainer and breast-feeding her youngest child.

Then she found a lump in August 2009.

She underwent a double mastectomy, chemotherapy and radiation and has discovered a passion for helping others.

Now, Samantha Slade is a regular mum of three, wife and working in youth justice and as a fitness trainer.

"I had to have radiation in Townsville and I had to take my two-year-old with me because my husband was up here with our two older children so you can imagine how challenging that was," Ms Slade said.

"These days women in Cairns can have that treatment here so the region has come a long way in its health services provision," she said.

She has thrown her support behind cancer fundraising event, the Trinity Powersports Sea-Fari – a jetski-powered island hop from

Yorkeys Knob to Port Douglas on Australia Day.

Since inception, the event has raised more than \$140,000 for cancer services and organisers this year hope to raise more than \$50,000.

Far North Queensland Hospital Foundation fundraising and marketing manager Glenys Duncombe said the event had grown in popularity and donations.

"We have an awesome Sea-Doo jetski that will be raffled just before the event and participants are already out there fundraising because they know this is a health concern that will affect most of us in some way, during our lifetime," Ms Duncombe said.

According to the Cancer Council Queensland, 1379 people are diagnosed with cancer in Far North Queensland each year, and 461 people in the region die from cancer each year.

To participate, buy a raffle ticket or donate, visit

www.seafari.org.au.

Dry July saves lives in Far North region

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In addition, another treatment chair has been bought for the oncology day unit.

Oncology Day Unit acting Nurse Unit Manager Rebecca Johnson said patients often spend long hours in the chairs receiving treatment, and it was important they feel comfortable during their stay. "The treatment chair is also extremely practical for staff, who are required to perform tasks at various heights, as the chair is fully automatic and allows the patient to recline in various positions. The funding that was raised from the community during your Dry July campaign has certainly been put to good use," Ms Johnson said.

Foundation CEO Tony Franz said the Foundation had received more than \$130,000 from Dry July since 2012, and it was rewarding to know it was going directly to help those who needed it.

"We've all been affected by cancer in some way but Dry July is an easy and fun way for people to fundraise with their friends to make a difference – potentially to their friends' lives," Mr Franz said.



JOHN Heineman had possibly one of the toughest childhoods imaginable.

Spending 15 months in hospital with polio, including three weeks in an iron lung and being in the care of a stepmother who entertained foreign military personnel, was a tough way for a little boy to grow up.

During his hospital stay from age 11, his father and stepmother visited him once and he slept on a steel crucifix frame due to a bed sore. He also lost half his body weight while in hospital.

But he overcame that adversity, went on to become a hydro-geological engineer on the Snowy Mountain Hydro Scheme and PNG, and have a family of his own.

For the past 13 years, John has

been a volunteer at Cairns Hospital through the Far North Queensland Hospital Foundation, but at age 82, he recently retired.

Foundation volunteer manager Anne Chirio said it had been very rare for Mr Heineman to ever have a sick day and he was thought of very highly by his team.

“I’ve been having prostate cancer treatment which has made me quite muscle-weak and I decided I wanted to spend some more time with my wife and family,” Mr Heineman said.

He came to volunteer when he was visiting the hospital cobbler for post polio syndrome, and a physio suggested his handy skills could help others. “I guess you could say I’ve been working one or two days a week helping with

minor maintenance matters. Before I started, I had no knowledge at all of all these wonderful hospital volunteers,” Mr Heineman said.

A father of three and grandfather of seven, Mr Heineman said his childhood experiences possibly made him more compassionate and understanding. “There was one fellow who had had a stroke and I saw him in the gymnasium – we recognised each other but he couldn’t talk at that stage – he was a locksmith and I could see that his hands were so important to him and his work. So I made up a timber jig consisting of dowel sticks to put into holes and I think that little device helped him a lot.”

Retirement will mean spending more time with family and playing his beloved Sudoku.



Thanks to Chris and June Kingsbury of Totally Workwear Cairns for their support of the Foundation and the Trinity Powersports Sea-Fari Island Hop.



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Santa's early Cairns visit

Ho, ho, ho! It was so awesome to be part of bringing some smiles to the faces of sick kids in hospital. Thank you to Cairns Central and Scene to Believe. Nice also to light up the days of the staff of Cairns and Hinterland Hospital and Health Service.



For a cause

A DAY out on his boat fishing with his son is a great day for Noel Rumble, but even better is knowing they are making a difference to cancer patients outcomes.

Noel and son Michael are strong supporters of the Trinity Powersports Sea-Fari event, having volunteered their boat for a third time in January 2017.

Retiree Noel also has strong beliefs about building the Far Northern health system to improve outcomes for people who live in the north.

“One of the things I love about supporting the Hospital Foundation is that the fundraising that’s done here is supporting the people who live here,” Mr Rumble said.

“Last year the weather was good, we had a great day out on the water – ours was one of the support boats and the structure of the event now is really good,” he said.

Visit www.seafari.org.au

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Tribute paid to volunteers

INTERNATIONAL Volunteers Day, was an apt occasion to share some shots of some of our hospital volunteers at our annual Christmas celebration and awards ceremony.

Special congratulations to Thelma Bryan and Maud Way, who

celebrated 25 years of volunteering at the Cairns Hospital.

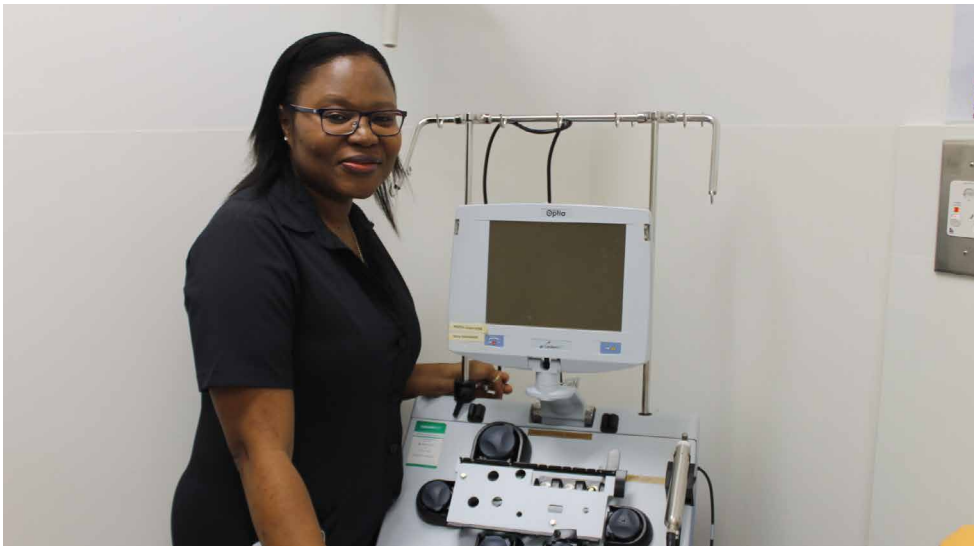
Thanks to our board chairman Dr Ken Chapman, and board member Steve Russell for helping pay tribute to these special people.

You might also note our cheeky

commercial operations manager Steve McGuinness photobombed a couple of shots!

New Cairns and Hinterland Hospital and Health Service chief executive Clare Douglas also attended.





Improving outcomes

MORE than 25 health professionals in the Far North will be able to advance their skills and knowledge courtesy of grants provided by the Far North Queensland Hospital Foundation.

Foundation CEO Tony Franz announced this week that this year's education and training grants would total more than \$35,000 and go to a variety of health professionals.

"We have nurses, doctors, physiotherapists, a dementia psychologist, an occupational therapist and a senior speech pathologist among the successful recipients this year," Mr Franz said.

Staff from Cairns and Hinterland Hospital and Health Service, and Torres and Cape Hospital and Health Service, cover the fields of cancer, emergency, urology, tropical medicine, obstetrics, paediatrics, renal medicine, sexual health, pain management, bereavement support, online communication for GP's, cancer, hepatitis C and developing the listening and language skills of children with hearing loss.

"We're really pleased with the calibre and variety of applications this year and we can see that skills are advancing which is leading to greater health outcomes for the people of Far North Queensland,"

Mr Franz said.

Successful applicants receive up to \$1500 each which enables them to take part in online courses, conferences and other educational opportunities, he said.

To date, the Foundation has contributed more than \$50,000 to improving the educational opportunities for health staff.

"We aim to contribute to improvement in the quality of health care in Far North Queensland through the funding of modern equipment, facilities, education, training and research and through the provision of support services," Mr Franz said.

"The benefit of these grants is that we are assisting health professionals, in a whole range of fields, to improve their knowledge and skills," he said.

The Foundation contributes about \$1.3 million to improving health services through education, training and research grants, as well as purchasing equipment that is in addition to what is already provided by the health services.

Because profits from the Foundation's commercial operations cover all administrative costs, every cent donated to us, goes to its intended cause.



Gifts in wills

EVERY day, Far North Queensland residents benefit from health equipment and expertise funded by the Far North Queensland Hospital Foundation.

All funds raised by the Foundation are spent on providing better health care services for people who live in this region.

A bequest to the Foundation will help us to continue improving the health prospects of your community and other communities in the Far North.

Many people mistakenly believe only wealthy people leave money to a charity. In fact, most gifts in wills are made by ordinary Australians, who want to make a difference.

No matter how small, every sum donated to the Foundation is appreciated and put to good use. Every dollar counts.

The Foundation and its staff and volunteers work hard to improve health care facilities throughout the region.

When you are writing or updating your will, please consider leaving something to the Far North Queensland Hospital Foundation.



dcafe recipe

The easiest roasted shrimp cocktail ever made with just five minutes prep. Yes, it's just that easy! We like to use red spot or Endeavour Prawns for this dish. Leaving the heads on gives a great presentation and additional yumminess for the more adventurous foodie.

Garlic Parmesan Roasted Prawns

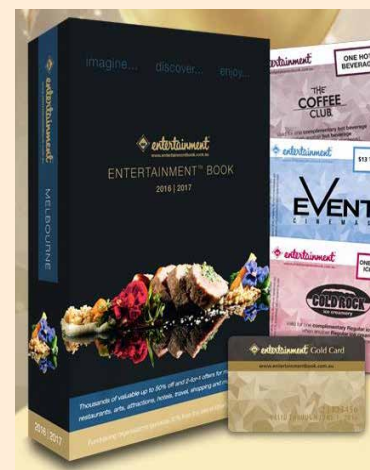
What you need

1kg large green prawns (red spot or Endeavour are best), peeled and deveined, 6tbspn olive oil, 4 cloves garlic, minced, 2 tspns dried oregano, 2 tspns dried basil, pinch dried chilli to taste (optional), 1/2 cup freshly grated parmesan, sea salt and freshly ground black pepper, to taste, juice of 1 lemon,

6tbspns chopped parsley leaves, for garnish; 6tbspns chopped fresh basil leaves, for garnish.

Method

1. Preheat oven to 180 degrees C.
2. Place prawns in a large bowl. Add olive oil, garlic, oregano, basil chilli and parmesan; season with salt and pepper, to taste. Toss to combine.
3. Lay out in a single layer onto a prepared baking sheet.
4. Place into oven and roast just until pink, firm and cooked through, about 6-8 minutes. Stir in lemon juice.
5. Serve immediately, garnished with parsley and fresh basil.



Grateful recipients

THE increasingly popular Entertainment Book is a fabulous way to gain discounts on eateries and accommodation not only across the Far North, but around the nation.

When you buy your copy of the Entertainment Book, you can do so through the Foundation, ensuring 20 per cent of the sale proceeds goes to us. In the past year, the Foundation received almost \$1500 – every cent makes a difference to improving health services in Far North Queensland.

www.entertainmentbook.com.au/orderbooks/9118k34

- ☐ Yes, please keep me informed about activities at the Foundation.
- ☐ Yes, please send me more information about becoming a volunteer with the Foundation.
- ☐ Yes, please send me more information about the "Friends of the Foundation".

Please name your region _____

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- ☐ Fundraising ☐ In Memoriam ☐ Gift in Will Services

Phone for more info: PO Box 957 Cairns Queensland 4870

P: 07 4226 6553 F: 07 4226 6663 E: fundraising@fnqhf.org.au

W: www.fnqhf.org.au

- ☐ Yes, I would like to help the Hospital Foundation with a donation of

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PAYMENT METHOD

- ☐ Visa ☐ Mastercard ☐ Cheque ☐ If you wish to receive a receipt please tick this box and it will be posted within 14 days.

or you can donate online: www.fnqhf.org.au

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