



Freyni and Ardeshir Davar at The Davar Giving Tree opening

Inspiring generations to come

The Hub at Sydney Adventist Hospital has been brightened by the installation of The Davar Giving Tree, – commissioned and donated by long-term supporters the Davar family.

The eye-catching sculpture, hand forged from steel and copper, was created over more than nine months during 2020 by celebrated south-coast artist Richard Moffatt.

Freyni and Ardeshir Davar, along with their daughters Toranz, Farah and Ava, were inspired to donate a lasting legacy to encourage others to support the San.

“The San has been a place of care and comfort for our family for decades and we can think of no better place than this respected hospital for this tree to put down its roots” said Toranz.

This is a tangible symbol of mum and dad’s generous spirit and beautiful inspiration to future generations to remember to embrace the joy of giving.”

Karen Gair, Managing Director of San Foundation, praised the Davar family for their generosity and vision in planting seeds for a tree which others will ultimately enjoy.

“The idea that those after us will benefit from our deeds today is the essence of philanthropy and the essence of giving.”

If you would like to know more about The Davar Giving Tree please contact Fiona Bradley on 9480 9452.

proudly supporting



Welcome 2021

I think most of us were happy to see the end of 2020 – a year of extraordinary challenges for all of us – and welcome 2021 with open arms. It hasn't quite been the bright start we hoped for, and recent challenges remind us once again that our communities can be fragile and need nurturing. What is beautiful to see, though, is how human kindness shines through – those who were locked down over Christmas supported and cared for by those outside the hot spots; and now those who are dry helping those who are displaced by flood waters.

We see this kind of compassion and kindness every day at the San. The consoling touch of a doctor's hand on an anxious partner's shoulder, a nurse's little wink and smile to an apprehensive patient, the theatre nurse who triple checks the items on the tray so the surgeon can do their best work... so many little things like these illustrate our community pulling together to reassure and help others.

It's also humbling to watch our wider community get on with the things 'that just need to be done'. Prompting us to keep pushing forward so that what awaits us when the pandemic is controlled, the fires are out and the water subsides is what we will all need. It's certainly very true of our hospital community. We've been able to continue supporting the San throughout 2020 and into this new year because of your generosity and commitment to ensuring your community hospital is ready and waiting for whatever comes next. I'm so proud to share the stories of commitment, care and kindness that your support enables here at the San in this newsletter. As always, your contributions and dedication are the foundations that support the San and the community that surrounds us.

Thank you to each and every one of you.

Karen Gair
Managing Director

A very different Annual Lunch

Opportunities to spend time together face-to-face in 2020 were sadly very limited, however we were grateful to be able to host an intimate Annual Lunch in November. Fifty guests joined the San Foundation Board and San doctors to reflect on the impact of the past year and look forward to the future.



Chairman Richard Warburton



Board member Geoff Brown

Associate Professor Payal Mukherjee, San ENT surgeon, discussed her exciting research into 3D prosthetic printing for ears, providing hope and hearing to patients unable to use current devices. Her passion for innovation, research and teaching the next generation of surgeons was unmistakable and inspiring.



Smaller gatherings in 2020 became the norm

The Annual Lunch also allowed us to farewell two remarkable and long-standing Board members – Chairman Richard Warburton and Geoff Brown. Both gentlemen stepped down at the end of 2020 after serving on our Board for five and seven years respectively. Dieter Adamsas has now taken on the role of Chairman and we welcomed new Board member Gavin Fox-Smith.

We extend to Richard and Geoff, and their respective wives Sue and Elizabeth, our sincere gratitude for the time, talent and treasure they have given to further our hospital. We are forever in their debt.

Your generosity lives on in Jacaranda Lodge

The last stage of long-term renovations at Jacaranda Lodge has now been completed. The Cancer Support centre has been remodelled to provide more spaces and accessibility for patients while the final updates to accommodation areas are also now finished.

Funded entirely by remarkably generous supporters of the San's Cancer Services, these renovations are significantly improving comfort, access to support, information and services which provide peace of mind for patients undergoing cancer treatments as well as their family and friends.

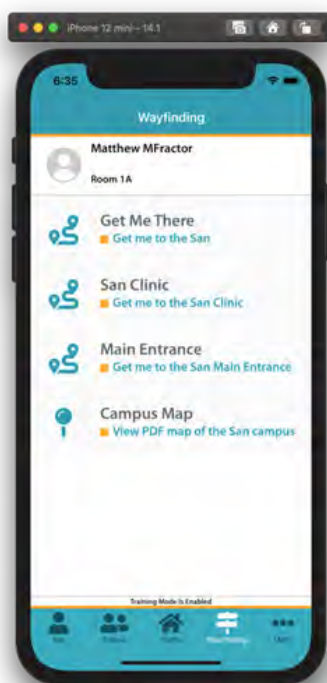
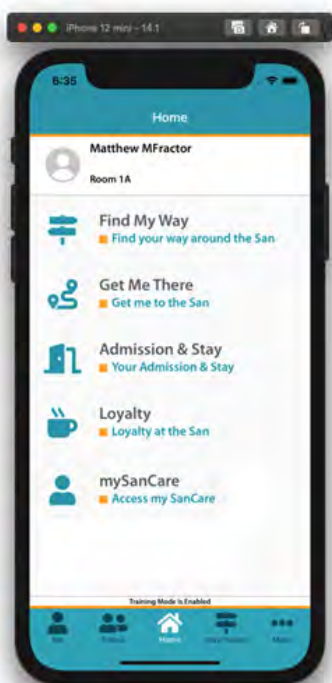
The San's new Director of Cancer Services, Catherine Murphy said "now that COVID restrictions are starting to ease, these upgrades will once again make Jacaranda Lodge a beautiful haven for our cancer patients".



Updated kitchen, meals and bathroom areas



Your help is bringing our new smart Patient App to life!



Visiting hospital last year was a very different experience. Restrictions on visitors and surgeries and ever-changing public health guidelines meant many patients couldn't have the full support of their families or friends during their time in hospital. Because of your help late last year, our very talented Information Services team have been able to do great work on the new **mySanCare** app which will launch later in 2021. This great new app is being purpose built to help San patients, visitors and their families navigate their

hospital visit more easily - manage their admission, find their way around the hospital, order meals and update friends and families on their ward location. Looking further into the future, this very secure app will be able to hold important information about visits to the San - things like discharge instructions, medication advice and even your test results.

We're so excited that this great app is on its way, and we thank you for your part in making it a reality.

Recognising remarkable research

Sydney Adventist Hospital has a rich history in education and research – particularly clinical research which can have real and rapid impact on how we care for patients. We know this kind of research is very close to many of our supporters' hearts, so we were very happy to present the 2020 (Inaugural) San Foundation Research Awards, which recognised outstanding work related to the hospital's research priorities.

Three tremendous teams were awarded in three different categories:

1. The SAH Community Palliative Care team won the 'Living with Cancer' category with their research on "Economic and Clinical Outcomes of the Nurse Practitioner led SAH Community Palliative Care Service"
2. The team from the Australasian Research Institute won the 'Healthy Living' category with their "Caffeine Study"
3. And the San Dietetics team won the 'Optimising Health Services' award for their study titled "Shining a Light on Malnutrition: A Focused Approach"



A/Prof Geoff Herkes, Karen Gair, Jodie Privett, Prof Ross Grant



SAH Community Palliative Care team receiving their award

Paying it Forward at the San



Kevin Churchill, NUM of San Emergency Care

A little of bit of cheer began spreading throughout the hospital in December with the launch of San Foundation's Pay it Forward project with San Café. Customers at the Café can purchase a voucher to pay forward a hot drink as a small gesture of thanks or thoughtfulness. They can choose to deliver the voucher



Staff from Reception and Temperature Checking Stations with their Pay It Forward vouchers

to someone specific, or the Foundation team will deliver them to worthy staff.

Emergency Care staff were touched to receive some of the first Pay it Forward vouchers - appreciating the thoughtfulness of an unexpected gift.

In mid-March we reached 180 vouchers purchased and presented to our people all across the hospital – a truly caring community!



Peter and his supporters test out a new recliner chair

Peter Blyth deserves a good sit down!

Nothing could stop Peter Blyth from his goal of riding 5,000km in 2020. Determined to raise funds to support Poon Ward, Peter braved accident and injury, clocking up the kilometres on the streets of Sydney after most of the regular public cycling events were cancelled.

With his supporters cheering him on, in January 2021 Peter celebrated the delivery of a new electric recliner chair to the ward – thank you Peter and your donor fan club! These wonderful recliner chairs provide comfort and relief for sensitive patients in our oncology ward.

Embracing our memories online



Helena Wu, NUM of San Day Infusion Centre

Each year we hold an Annual Memorial Service to remember and celebrate the memories of those we've lost. As with most of our events, the November 2020 service moved online. With messages and readings from hospital staff, a San Chaplain and our MD Karen, the online service was a lovely reflection and we hope it



brought comfort to those who watched.

The short service can be viewed at www.sanfoundation.org.au

If you would like to know more about this annual event please contact Michelle Shimakage on 9480 9878.

Support that is evergreen

Generosity is something we see a lot of in our hospital. Doctors generously visiting patients in the early morning before a full day of work; nurses who generously make the time to ensure patients are that little bit more comfortable as they go about their day; hundreds of volunteers who generously give hours of their time to help our patients and visitors in many ways. And supporters like you.

Healthcare is evolving rapidly and constantly. Through the generosity of supporters who share with us their intention to leave a gift in their Will to San Foundation, we are able to help the hospital plan ahead and know that we can support their needs well into the future.

"My time as a patient (and also that of my late wife), goes back to the original building in the early 1970's.

It is because of the caring approach of the Sydney Adventist Hospital people that it has grown in size and admiration – helped by patients who have provided bequests in their Wills.

This hospital heads the list in my Will. I encourage other patients who benefit from the private and devoted medical expertise of the San's doctors and staff to consider leaving a gift in their Will too."

If you would like to know more about leaving a gift in your Will, please contact Terrie Quilty on 9480 9405.



Walter Watterson, pictured with Berni

Because of you our Emergency team is in top shape!



Emergency staff testing their skills

Forever in our hearts

Our heartfelt thanks to the family and friends who've donated to San Foundation in memory of the following people:

Yvonne Schou, Angelo Maugeri, Choon Teoh, Margaret Martire, Yvette Middendorp-Reid, Susan Clare.



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Thanks to your support, San Emergency now has new training software which allows staff to manage, change and respond to emergency scenarios using mannequins, prepare for the unexpected and keep their skills up to date.

Kevin Churchill, Nursing Unit Manager in San Emergency, was thrilled to have the software up and running:

"The software has received great feedback. It means we can write and run simulation scenarios quickly and easily and can also use it to assess staff on Advanced Life Support skills. The ability to program scenarios and cardiac rhythms means that staff are not imagining the situation but can see it and then focus on what they need to do, just as they would in a real life situation."

We are ever grateful for the gifts the following people left to San Foundation in their Wills. They are now in God's arms:

Donald Cormack, Roma Duffell, Stanley Dunlop, Eric Phillips, Wendy Pietz, Richard Ottaway, Matthew Trainor.

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