

We the San



Impact Magazine

Spring Edition 2023



Proudly supporting





Welcome from Judy

“We are at our best when in service to others” - Ira Byock. I keep this quote as the screen saver on my phone because it speaks to so many facets of the work, we do at the Sydney Adventist Hospital. It speaks to the dedicated doctors and nurses at the San. It speaks to the hospital executives that provide governance and support. It speaks to the army of volunteers that carry out countless tasks to support our patients. And it speaks to you, our valued donors, that provide philanthropic support to ensure that our medical staff have access to the best facilities, equipment, and opportunities for ongoing education.

An inspiring example of a life dedicated to being “in service to others” is highlighted in our Donor Spotlight article about Noeleen Tinworth. Noeleen was born at the San and has maintained a close association with the hospital for the past 94 years. She offers unique insights into the history of the San, and into the many changes she has observed throughout her time as a nurse, patient, advocate, and long-time supporter. Noeleen currently enjoys dedicating her philanthropic support to “cutting-edge innovations” to help ensure that the San remains at the forefront of world-class care.

The longevity and creativity of our donors never ceases to amaze me, and the breadth and depth

of projects supported by your generous donations ensures that San Foundation continues to impact the hospital in a multitude of ways.

Just this month we launched a series of Nursing Scholarships for advanced education in several disciplines including Cardiac Care, Midwifery, Haematology, and Cancer Services. The ongoing education of San nurses is crucial to ensure that the hospital can sustain and support the high level of care expected by patients of the San.

In addition to recognising the benefits of ongoing education, San Foundation launched the inaugural San Foundation Research Grant to recognise the importance of Research in informing the best approach to some of the most pressing issues in our community. The San Foundation Research Grant was awarded to Dr Ketan Bhatt and Marleta Fong to advance ongoing analysis of the psychosocial needs of patients with dementia. This work will inevitably assist our wider community, as more and more families face the pressures of caring for loved ones diagnosed with dementia.

We are so fortunate to work closely with the physicians that continue to innovate and strive for excellence in their respective fields, and we had the opportunity to showcase these talents at the annual “San Talks 2023”. This annual event has quickly gained popularity with staff and donors

alike, as it affords the opportunity for our community to hear firsthand about how innovation and research is driving advances in the level of care available at the San.

In conclusion, I would like to thank you for your support for the San Steppers that represented the hospital at this year’s City to Surf. It was great fun to lace up our runners and join the energetic team of San staff members to raise funds for our Cancer Services. I was grateful to be in the company of dedicated doctors and nurses on Heartbreak Hill, and I am happy to report that no medical interventions were necessary.

Even though the City to Surf is over, we continue to run at a healthy pace at San Foundation, planning events and other meaningful ways to convey to you the significant impact your support has on the dedicated medical staff that serve our community.

We love hearing from you, and the San Foundation Team are dedicated to ensuring that the experience of donating to the hospital is as easy and gratifying as possible.

My warmest regards,

Judy Tanna
Managing Director
San Foundation

GRATITUDE AND TOGETHERNESS



A heartfelt thank you to our supporters and dedicated staff

On 28 September, the San Foundation family gathered at the Fox Valley Community Centre, for our annual Thank You Morning Tea. It was a heartwarming occasion, and a chance for us to come together with our cherished supporters and welcome new friends into the San Foundation family.

The event was a testament to the incredible sense of community that surrounds our organisation. Supporters and staff rallied together, creating an atmosphere of warmth and unity. Sharing stories, laughter, and heartfelt conversations over cups of tea.

The morning tea was an opportunity for us to say a heartfelt “thank you” for your generosity. Your commitment to our cause is truly inspiring and has allowed us to fund essential projects, purchase life-saving equipment, and support groundbreaking research that ultimately benefits patients and their families within our San community.

We would like to extend a special thank you to Gavin and Dani, who shared their inspiring stories with us on the day. Gavin, as Nursing Unit Manager of our Emergency Care Department, gave us a glimpse into life on the wards, showcasing

the dedication and compassion of our healthcare professionals. Dani, our Cancer Navigator Nurse, shed light on the vital support she provides to patients, emphasising the human touch in healthcare.

Your presence and support are invaluable to us, and we look forward to continuing this journey together. Thank you for being part of the San Foundation family and for helping us make a real difference in healthcare.



Empowering Excellence: The impact of Nursing Scholarships at San Foundation

At San Foundation, our commitment to healthcare excellence extends beyond providing world-class medical services. We recognise that nurturing the next generation of healthcare professionals is essential for the future of healthcare. This is why we are proud to shine a spotlight on the vital role that nursing scholarships play in our mission, and how these opportunities are made possible through the incredible generosity of our donors.

Nursing scholarships lie at the very heart of our mission at San Foundation. They serve as a testament to our dedication to healthcare education and the vital role nurses play in patient care. These scholarships are a beacon of hope for aspiring nursing students, empowering them to achieve their dreams and contribute to the ever-evolving field of healthcare.

THE COTTON SCHOLARSHIP: Empowering Tomorrow's Nursing Leaders

The Cotton Scholarship, generously established by the Cotton family, is a shining example of how philanthropy can change lives. This scholarship empowers deserving nursing students to pursue their education at the San and become leaders in the nursing profession. By investing in the education of these students, the Cotton family is leaving a lasting legacy of compassionate care.

THE HARRIS SCHOLARSHIP: Supporting Lifelong Learning

The Harris Scholarship, established by a compassionate donor with a deep appreciation for specialised nursing care, provides an opportunity for aspiring nurses to specialise in areas such as oncology, and haematology. This scholarship equips them with the skills and knowledge needed to provide exceptional care to patients facing unique challenges.

THE LETHAM SCHOLARSHIP: Fostering Excellence in Specialised Care

The Letham Scholarship is a testament to the belief that learning never stops in healthcare. Named after a doctor and a donor with a passion for continuous improvement, this scholarship supports nurses in pursuing advanced degrees, certifications, and professional development opportunities. It ensures that nurses at the San are always at the forefront of healthcare innovation.

Nursing scholarships at the San Foundation are more than just financial aid; they are investments in the future of healthcare. They empower students to become compassionate caregivers, dedicated leaders, and lifelong learners. The Cotton, Harris and Letham Scholarships, made possible by the kindness of our donors, are shining examples of how philanthropy can transform lives and elevate the standard of care. Together, we can make a lasting impact on the world of nursing and healthcare.



"I am immensely grateful for the scholarship I received. With its support, I was able to pursue advanced studies in my speciality, gaining invaluable knowledge and skills that have significantly elevated my expertise. This scholarship has not only empowered me to achieve my professional goals but has also reaffirmed my commitment to excellence in my field."

Ernie Koh
Clinical Nurse Specialist



"Scholarships have the power to transform a nursing career in profound ways. They are a vote of confidence, an investment in a future caregiver, and a commitment to the improvement of healthcare. The impact of nursing scholarships reverberates through the entire healthcare ecosystem, creating a ripple effect of excellence and compassion that benefits patients, families, and communities. As an education manager, I have witnessed firsthand how these scholarships turn aspirations into achievements and dreams into realities. With donor support to increase the breadth and depth of support we offer our nurses, we can build a strong, confident workforce and a sustainable environment for all our patients."

Kay Leatherland
San Education Manager



Donors fund new dementia facilities and dementia research at the San!



A \$20,000 grant, made possible through donations to the San Foundation, means that a long-held dream for the San to have a dedicated space for diversional therapy and guided activities for patients with dementia will become a reality. The grant also enables research into how this will impact patient outcomes.

An area which used to be a four-bed ward on Level 7 Burnside will be converted into a special unit for diversional therapy such as arts and crafts, music therapy, pet therapy, an indoor garden, structured programs, and reminiscence activities.

"Patients with dementia are more prone to worsening behavioral symptoms and agitated delirium when they come to hospital," said Dr Ketan Bhatt, a physician in geriatrics and general medicine at Sydney Adventist Hospital. "This can lead to a host of problems, including falls, antipsychotic administration, exit-seeking behavior and stress on carers/ nursing staff."

"The aim of this new unit is to see if we can better cater to the psychosocial needs of our patients who have dementia and reduce adverse outcomes. Hospitals can

be unsettling and disorienting environments for such patients and result in significant patient stress and problematic behavior."

THE NEW SPACE

Patients will have their own rooms as normal, but during the day they'll have the option of spending time in the new activity centre located on the same ward.

"People with dementia need to connect socially with other people and to do varied and interesting activities, but often they need someone to guide them through it," said Marleta Fong, Cognitive Impairment Nurse and Clinical Nurse Consultant at the San. "The psychosocial needs of a person with dementia are harder to meet than for those who do not have dementia. This room will facilitate interaction and connection, and the activities will help reduce anxiety, provide stimulation and promote confidence."

Dr Bhatt expects this new model of care will help lessen patient's distress and agitation, improve comfort and dignity, decrease the number of falls and reduce the need for psychotropic drugs. It may also shorten the length of stay in hospital and ease some of the stress on nursing staff.

THE RESEARCH PROJECT

Part of the \$20,000 grant from San Foundation will be used to fund research into this new model of care for people with dementia in the acute hospital setting. The chief investigators of this research project are Dr Bhatt and Marleta Fong.

"We call this research a 'before and after' study," said Dr Bhatt. "We will look back at the medical records of a random cohort of 100 patients with dementia and compare them prospectively to 100 patients who have used the new activity centre during their hospital stay. The aim is to see if there is quantifiable data to show this intervention has an impact." The research project will also include information from hospital staff and patients' families.

"We are very appreciative to all the donors who have made it possible to start work on the new activity centre and the associated research project," said Dr Bhatt. "This grant is a great start and we're excited to see this initiative get underway. We think this model of care will transform the care of patients with dementia throughout their hospital stay."

The new activity centre will be completed by the end of this year, and it is expected the research project will take two years.

More funding will be needed to provide diversional therapists and run activities on an ongoing basis, as well as complete the two-year research project.

For further information and to make a donation towards this exciting initiative, contact a member of the San Foundation team on (02) 9480 9405 or email foundation@sah.org.au.



94 Years of Giving to the San



“If you are blessed to be in a position to give a little, that’s reward enough,” said Noeleen. “My parents were my example of philanthropy. My mum’s philosophy was to give a bit, save a bit, spend a bit.”

Not many people have a 94-year relationship with Sydney Adventist Hospital (the San). Noeleen Tinworth was born at the San, and is a staunch, consistent and generous supporter of the hospital and the San Foundation. While she has made numerous donations to San Foundation over the years, she is reticent to receive any public recognition.

Noeleen trained as a nurse at the San where she particularly enjoyed working in operating theatres. After having children, she returned to the San and managed the hydrotherapy and massage department.

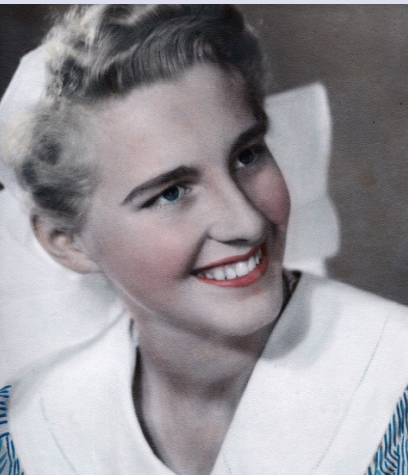
When a need was identified to have a facility co-located with the hospital for short-stay accommodation for patients’ families (Jacaranda Lodge), Noeleen and her husband were involved in fundraising for this facility from its inception. Noeleen has had a long association with Jacaranda Lodge ever since, in a volunteer capacity. Cancer support groups are also based in Jacaranda Lodge, and Noeleen ran some of these support groups and continued volunteering there until 90 years of age.

Some of Noeleen’s dear family members have had prostate disease, heart disease and cancer. It is these personal links that have inspired her to donate to the San Foundation to support these services close to her heart.

She also has a keen interest in technology and medical advances. “I’ve always looked to the San as a leader in innovation, equipment and new techniques - for the difference this can make to patients,” said Noeleen. As a curious and forward-thinking person, she gets a lot of satisfaction from donating towards cutting-edge innovations.

Another enduring interest of Noeleen’s is the training of nurses, and she has supported the upskilling of many nurses through her donations to the San Foundation. She particularly likes to support training in bedside nursing skills. “There is so much computer reporting nurses have to do these days, but what I’m passionate about is enhancing bedside nursing skills,” said Noeleen.

“My heart is very much at the San,” she added. “I’ve had many links with the hospital over the years - from working there to being a patient there. Some of my children and grandchildren were born there. I admire the San’s Christian ethos and the cutting-edge technology. It gives me a sense of security to know the San is nearby, so if I ever need it, I know I will be cared for.”



Cutting edge new dialysis machines only made possible from the support of San Foundation



Through the support and generosity of our donors, Sydney Adventist Hospital is very proud to be the first unit in New South Wales to be fully equipped with the Fresenius 6008 CAREsystem, having recently purchased 17 of the new dialysis machines for our renal unit.

The San is committed to achieving excellence in patient experience and dialysis care for our patients, and the 6008 Dialysis machines help us to provide that to our patients during their treatments.

Nursing staff identified early on the benefits to both patients and staff of the 6008 CAREsystem which has key features designed to ensure that safe care of our patients is a priority. A planned interface with hospital systems also adds to the safety aspects of the system with an improved timeliness and efficiency of data capture to the electronic medical record, allowing staff more time to spend in face-to-face patient care.

Our generous supporters enable equipment to be kept up-to-date and replaced when it wears out, helping every patient receive the best possible treatment. Thank you for your continued support.



Your kindness is helping Poon Ward patients and visitors

Every day in Poon Ward, patients and their families are more comfortable thanks to the incredible generosity and commitment of our supporters.

Because of you, San Foundation has been able to purchase three new recliner chairs this year. These chairs have been very popular with patients and their families because of their comfort, design and adaptability.

Patients are able to use the chairs to visit areas such as the rooftop garden and families are able to spend more time with their loved ones by converting the chair to a bed and staying overnight.

Your kindness has helped so many people and made such a difference to their comfort and time in Poon Ward.

Follow us on social media

Scan the QR Code to keep up to date with all the latest news from San Foundation and the San.



San Foundation: San InnovationTalks

San Foundation hosted it's second San Innovation Talks in May, a spectacular evening, which brought together our cherished supporters, partners, and friends for an enlightening and inspiring event.

Held onsite in our Clinical Education Centre, this year's edition featured six distinguished medical clinicians, all experts in their respective fields, who shared invaluable insights on how innovation and research is supporting them to advance healthcare at the San.

Special thanks to our speakers: Dr Jason Sharp (Interventional and Structural Cardiologist), Prof. Michael Peek (Obstetrician

and Gynaecologist), Dr Dr Amy Teh (Radiation Oncologist), Dr Saurabh Gupta (Interventional Gastroenterologist), A/Prof. Craig Lynch (Colorectal and Robotic Surgeon) and Dr Upeksha De Silva (Vascular Surgeon). Their presentations were not only enlightening but also deeply inspiring, highlighting the profound impact that innovations can have on patient outcomes. They shared how cutting-edge technology, groundbreaking research, and a commitment to excellence are enabling them to push the boundaries of medical care.

San Innovation Talks was a night to remember, a celebration of progress, innovation, and the unwavering

support of our community.

It was truly an evening that showcased the world-class medical care that our patients are so grateful for. Thank you to all those who joined us for what was an insightful and inspiring evening. Our thanks also to Meredith Cheng, one of our ANU medical students, who performed two Opera songs for our guests.

If you would like to support the Innovations at the Sydney Adventist Hospital, please contact a member of the San Foundation team on (02) 9480 9405.

Together, we can improve the outcomes for thousands of patients each year.



A blessed moment on June 2nd

On Friday, June 2nd, we gathered to celebrate a remarkable achievement – the completion of the refurbishment and the installation of the latest generation Philips system into Cardiac Catheter Lab 3. It was a moment of great excitement, marking the perfect alignment of philanthropic generosity with the most pressing needs of our hospital.

This achievement would not have been possible without the visionary support of San Foundation. Their dedication to advancing healthcare has transformed a vision into a reality, enhancing our ability to provide top-tier care to our community.

We are profoundly grateful to all those who played a part in making this happen. Your commitment and generosity have made a lasting impact on our hospital, our patients, and our community. This blessing reminds us of the incredible change that can occur when passionate hearts come together for a common purpose.

Here's to a brighter, healthier future, made possible by your visionary support.



Adventist Community Visits

Adventist Aged Care Wahroonga welcomed Judy and Emelia from San Foundation to a recent Friday 'Coffee Club'.

Just a short stroll from the San across our lovely neighbouring bushland, they were greeted by an enthusiastic gathering of over 30 residents.

Over a delicious morning tea, many stories were shared about our much loved San. Residents comprising past and current volunteers, staff, students and patients.

Thanks so much to Isobel for 'gathering the troops' and making San Foundation feel so welcome.





City2Surf

**22 doctors, nurses and staff,
14kms and over \$15,000 raised
to support our Cancer Services!**

On Sunday, 13 August, 22 members of the San community came together to participate in this year's City2Surf, and it was nothing short of amazing. The sun was shining brightly, adding to the festive atmosphere, and our team of dedicated individuals showcased their unwavering commitment to our cause.

Through their collective efforts and the support of wonderful donors like you, we were able to raise over \$15,000, a remarkable achievement that will contribute significantly to supporting the vital services and programs provided by San Foundation. This accomplishment

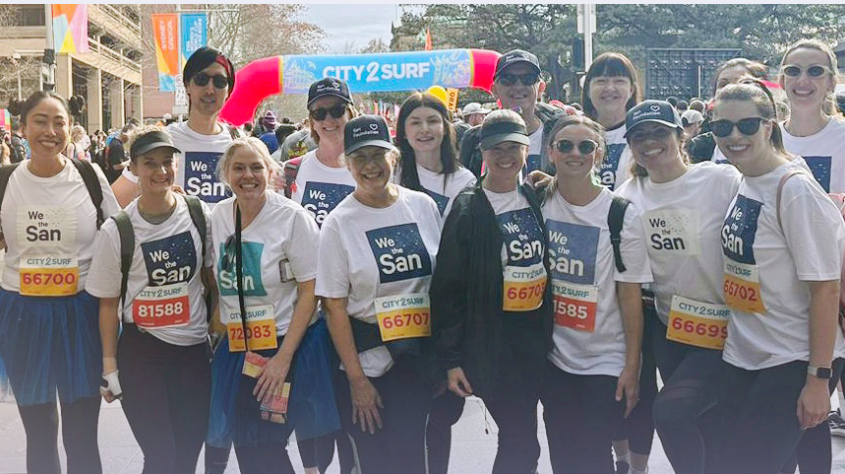
is a testament to the power of unity and the compassion that drives our community forward.

Not only was the City2Surf a resounding success in terms of fundraising, but it was also a day filled with joy, laughter, and camaraderie. We ran, walked, and cheered each other on, creating unforgettable memories along the way. The spirit of togetherness was truly palpable, and we couldn't be prouder of our team.

The impact of our actions extends far beyond the finish line of the race and reminds us all of the positive change that can be achieved when we come together with a shared purpose.

"We are so grateful and are looking forward to forming a men's pelvic floor physiotherapy group for patients after prostate cancer treatment. Evidence shows that men are more likely to discuss issues they are facing within an exercise group format. We hope to promote psychosocial support as well as improve continence outcomes. This group is only made possible by everyone's efforts, and I want to thank everyone who took part and donated" Danielle Stone, Prostate Navigator Nurse

If you would like to know more about how you can fundraise for San Foundation, please contact a member of the San Foundation team on (02) 9480 9405.



Pay It Forward hot drink vouchers: Spreading joy, compassion and good will



We are thrilled to share the incredible success of our "Pay It Forward" initiative!

To date, we've witnessed over 2000 random acts of kindness.

These simple gestures have touched the lives of countless individuals, filling our community with joy, compassion and good will.

A special mention goes out to Jason from SNAP Eastwood, who generously donated vouchers for a ward in recognition of the exceptional care his family received. It's heartwarming moments like these that truly make a difference.

Together, we are creating a world where kindness and empathy are at the forefront of our interactions, making a lasting impact on individuals and communities alike.



**Do you have a San story
you would like to share?**

To share, phone San Foundation on
(02) 9480 9405 or email us at
sanfoundation@sah.org.au

Staff Spotlight 5 Questions with Michelle



Name: Michelle
Title: Donor Relations Manager

Q: When did you start with San Foundation?
A: March 2018

Q: Describe yourself in three words?
A: Quiet, trustworthy, caring

Q: How did you get into the fundraising industry?
A: An opportunity to give back after losing a loved one at the San

Q: Best thing about being part of the San Foundation team?
A: Meeting all our wonderful supporters in person

Q: Last book you read?
A: Tuesdays with Morrie

Sudoku



Fill in the puzzle so that every row across, every column down and every 9 by 9 box contains the numbers 1 to 9.

Medium

8							5	
9	6		8	5	4	3	7	1
5	3	1	7		6			
		8	2			4		
3	1			6	8			5
4	2			9	7			8
2	5	4			1	6		
						5	8	4
7				4				

Hard

					4			
		6						
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	7	4					6	
	8				3			9
9		2		1		3	7	
	3	1	6			9		
		9						
			5	4		6		



Are you a San Baby?

If you are, have or know of a special San Baby, let us know!

The first 'San Baby' arrived in 1903 and now over 2,000 babies are born here each year. Every baby is special and with each birth, we welcome another member into our community.

Our generous supporters enable equipment to be kept up-to-date and replaced when it wears out, helping every little patient receive the best possible treatment.

For more information visit sanfoundation.org.au/sanbaby.

Contact Us

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