



the Circulator

Heart and Lung Transplant Trust (Victoria) Inc A0037327C/ABN 68 585 966 022

First Quarter | 2018 | Issue No. 91

Welcome to 2018!



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President's Message

Welcome to 2018! We hope you had a great summer, and thanks for keeping up with us for another year!

We had a big end to 2017 before our break over Christmas. October saw a small group of us participate in the Melbourne Marathon Festival, with walkers in the 3km event and runners (including myself) in the 10km event. We have been participating for a few years now, and participation by a big HLT TV contingent is something we'd like to see for 2018 and beyond. We know that when you hear 'Melbourne Marathon' it probably sounds a bit daunting. However the 3km event is really about having a fun stroll as a group, representing our transplant family, and raising a little bit of money. The longer distances (5km, 10km, half marathon and full marathon) are for those who maybe want to push themselves and are a great goal to work towards over time. I started off with the 3km, and have now done the 10km – very slowly and with a fair bit of walking – but I got around. Please keep an eye out when we start promoting the day – it would be fantastic to see more of our community – and our t-shirts – in the crowd!

October also saw our first ever Gala Evening, which was a rip-roaring good time. Plenty of games, laughter, dancing and general fun. Plus plenty of money raised with over \$10,000 towards our accommodation program. It was a fantastic achievement by the organising committee, led by HLT TV committee member, Martina.

Our AGM happened soon after in November, and there is a short report on the AGM later in this edition. As we celebrated another successful year we said goodbye to outgoing committee members Carla Bondini, who is leaving the committee to do post-graduate nursing studies, and Brandon-Lee Rocco; and we said welcome to new committee members Maarit Moilanen, Andrew Weybury and Belinda MacLeod-Smith. The committee is looking forward to a great year of working together to support the heart and lung transplant community.

Finally, in November, we had our Christmas BBQ. Thank you to all the brave souls who came despite the threatening weather. Luckily the rain mostly held off! There are photos from the day later in edition of The Circulator – check them out!

And what will 2018 bring? We've already scheduled our first event – our Easter BBQ – for the 4th of March. We're also hoping to support more regional transplant groups this year – so if you are involved in a group near where you live or would like to set one up, get in touch and see how we can help. We're also hoping to be more active in advocacy around hospital services, so watch this space for updates and ways you can get involved. Finally, if you're interested in volunteering for the HLT TV on either an on-going basis or as a once off, please get in touch with me (president@hlttv.org.au) and see what opportunities we currently have.

Thanks for your ongoing support, I am looking forward to meeting and working with lots of our com-

munity members in 2018.

President

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A note from the editor

Hello Readers,
Happy New Year! I hope that this year has started well and in the best of health for every reader. This edition seems to be bursting at the seams. It is full of the activities of the Heart Lung Transplant Trust Victoria community. There are introductions to already well known members of that community, Maarit Moilanen and Larna Kennedy. Maarit is a heart transplant recipient who is most often found manning the barbecues at the HLTTV Easter

and Christmas events. Larna is a DonateLife nurse who works in Ballarat and, as in the article, is active in the fostering of communication between the DonateLife group and transplant recipients as well as amongst transplant recipients.

We say a sad farewell to Bill Vickers who established what is now a tremendous legacy, the Heart to Heart respite house in Barmah. I encourage all of you to take advantage of this wonderful retreat available for a nominal fee; it is a peaceful location to take time out from the stresses and strains of transplant life (pre

or post!). DonatLife day poses an opportunity for recipients to say thank you for the gift of organ donation whilst raising awareness of the life changing and life saving nature of organ donation.

Finally we have pictures from our end of year BBQ in 2017. This fun, informal event, conveniently held in Fawkner park is a great way to meet other recipients or those waiting and their families and friends. We hope to see you at the Easter event!

Happy reading!
Claire - Circulator Editor

Donations to the Heart and Lung Transplant Trust (Victoria) are fully tax deductible and easy to do using www.givenow.com.au. Simply visit <http://givenow.com.au/hlty> and follow the prompts.



A great place to relax

Heart to Heart House Barmah Vic

Bookings & Information

Martina McArdle
Mobile 0409 957 492

Laraine Anderson
Tel 03 9770 7197
Mobile 0418 599 745



HLTTV's valued program partner

Since May 2012, HLTTV have been thrilled to partner with the Park Regis Griffin Suites to provide affordable, accessible and practical accommodation for regional transplant recipients. Park Regis Griffin Suites have partnered with our Second Chance Accommodation Program to provide six, 1 bedroom apartments for the use of transplantation recipients. Situated between Melbourne's city centre and St Kilda Beach, the Park Regis Griffin Suites features include a range of different accommodation options, an onsite cafe/bar and a tram practically at the front door.

Park Regis Griffin Suites
Phone | (03) 8530 1800
Location | 604 St Kilda Road,
Melbourne
Email | griffin@parkregishotels.com
Web | www.parkregisgriffinsuites.com.au

We highly recommend the Park Regis Griffin Suites, and the Stay-Well Hospitality Group. For those looking for accommodation close to The Alfred, make sure you check with the Park Regis for any available discount rates.



The Circulator editorial team is keen to review books, magazines and articles that may be of interest to the transplant community. We're also keen to promote the work of those who have embraced their 'second chance' at life to explore their creativity or pursue their dreams.

Contact Claire by email | claire@hlttv.org.au

Items for review can be posted | Editorial team C/O PO Box 25036, Melbourne, Vic, 3004.



Heart and Lung Transplant Trust (Victoria)

Our Vision, Mission & Values

Our Vision is for a bright and active future for all those involved with

or in need of a heart or lung transplant.

We actively encourage organ donation and support The Alfred Hospital Melbourne, the Transplant Team, patients, recipients, their families and carers throughout the journey.

Our Values

Hope | We provide a sense of confidence, belief and realism throughout the experience.
Leadership | We lead and promote a focus on caring, advocacy, support and community to those who share in the transplant journey.

Teamwork | We believe our success depends on how well we interact and communicate with others. We inform, network, collaborate and partner with all relevant stakeholders.

We have a bias towards action.
Trust | Our integrity is fundamental in all that we do and stand for.

We act ethically and honestly at all times. We do what we say.

Vitality | We approach our task with compassion, understanding, strength and joie de vivre.



Are you involved in a business which could provide discounts on goods or services for HLT-TV members? We're looking to increase benefits for our members and we'd love to hear from businesses that would like to get involved with the work we do either through providing discounts or supporting us in other ways.

Email our President, Louisa, via:
president@hlttv.org.au
to find out more!

Ballarat Support Group

The Ballarat Transplant Support Group runs regularly throughout the year and is always keen for new members!

If you are a transplant recipient or carer, live in or around Ballarat, and are interested in being part of the group, please contact Larna Kennedy, Donation Nurse Specialist:
on 0411 323 006
or larna.kennedy@bhs.org.au
for upcoming meeting dates and locations.

Any questions or concerns they may have around the transplant process, and to provide moral support by sharing your own experiences.

Vale Bill Vickers

William (Bill) David Vickers was well known amongst the heart and lung transplant community. He was the founder of Heart to Heart House in Echuca. He is remembered here by Gaylynn Pinniger and an article published in the Riverine Herald sent to the editor courtesy of Bill's friend Martina McArdle.

"The first time I met Bill Vickers and Glenys and some others who had become 'transplant' friends with them, was while we were waiting for our Clinic appointments. Bill was a new one compared to me and I was amazed that he was going on about organising a respite house at Barmah. A few people thought this to be a bit too ambitious!!! With his drive and the help of the local community and transplant community his dream was achieved. I have had a tour of the house by Bill and Glenys but I am still to find time for a relaxing holiday there. So don't be like me and put it off, we all owe it to Bill to take advantage of his dream."

Gaylynn Pinniger

PAGE 8—Riverine Herald, Wednesday, November 22, 2017

riverineherald.com.au

Bill Vickers lived life to the full

BILL VICKERS
Born: 31/5/1943
Died: Echuca 23/10/17

BILL Vickers lived two lives — one pre-transplant and 14 years after that with his new heart.

They were both, his family said, full lives well lived.

He was a man of many achievements, some against considerable odds due to ill health.

In his eulogy, Bill, who died at 74, was described as a man of ideas — with the skills and tenacity to put them into practice.

But he also had the unflagging support of his wife of 51 years, Glenys, and together they formed a formidable partnership and a devoted couple.

In his early years, Bill was a champion cyclist, winning several titles, including the Echuca Amateur Track Championship in 1961 and 1962, and Victorian Schoolboys Champion Titles.

After contracting arthritis at 19, ending his cycling pursuits, Bill turned his attention to waterskiing and became dangerously good at it.

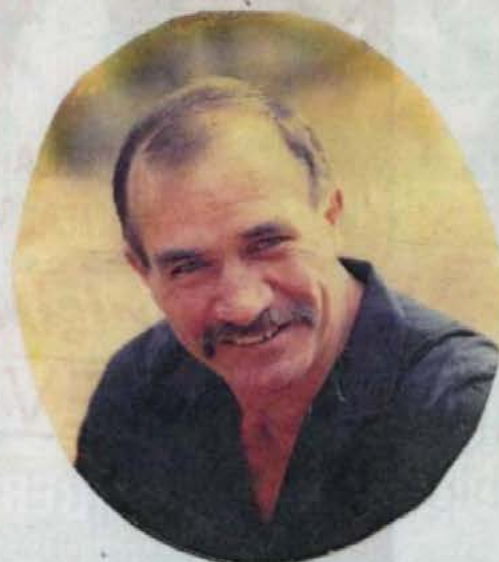
Until a high speed tumble in 1974 caused a stroke. While he fully recovered from that, it spelt the end of his waterskiing.

But he was one of the founding fathers of the Shell 500, which is now the Southern 80 ski race.

Bill qualified as a motor mechanic, working with various local garage proprietors and from home.

Cars were in Bill's blood and there are many stories told about numerous and legendary death-defying antics.

In 1968, Bill joined Castrol as a travelling representative and continued in this role until 1975.



During this period, he and Glenys built their dream home in River Ave, Echuca Village, on the Murray River.

After leaving Castrol, Bill and Glenys set about building from scratch a holiday resort at Echuca Village — River Village Resort — completing this in 1980 and successfully running the business until 1986 when it was sold, and it continues to this day.

The Murray River was in Bill's blood, no doubt inherited from his father George who skippered the PS Canberra for many years.

So naturally Bill's interest turned to a paddlesteamer and after qualifying as a commercial skipper, he and Glenys acquired a half interest in the PS Pride of the Murray in 1985.

They operated commercially out of the Port of Echuca until 1986, when Bill decided to commission the construction of a purpose-built tourist boat, the 'Discovery', and Bill and Glenys operated this from the Moama Wharf until 1994.

That year, they sold Discovery and moved to Barmah and commissioned the construction of another tourist

boat, the 'Kingfisher', which they operated on the Barmah Lakes.

In 1993 at the age of 50, Bill suffered heart problems and ultimately underwent open heart surgery.

This meant Bill was no longer able to skipper the Kingfisher and, in 1999, they sold it.

Bill bought and renovated a smaller boat known as 'BOB' (Bill's Old Boat) and in 1999 he and Glenys navigated the Murray from Albury to Goolwa, a trip which took two months.

In 2002, Bill was put on the Alfred Hospital waiting list for a heart transplant and, in 2003, a new heart became available, successfully transplanted about the time of his 60th birthday.

About 2004, Bill decided on a venture to help others who were either awaiting, or recovering from an organ transplant.

He organised a group of keen volunteers comprising of Barmah locals, Echuca-Moama locals and some fellow transplantees Bill had met at the Alfred Hospital.

After much coping with bureaucratic requirements, fundraising activities, working bees and with the co-operation of the Alfred Hospital and generosity of many local businesses, Heart to Heart Respite House became a reality available for the use of pre and post-organ transplant patients.

The doors opened in 2007 and the official opening was held in early 2009.

In 2013, the house and its operation were handed over to the Nathalia Rotary Club which is still operating it today; a lasting monument to Bill's vision, determination and hands-on efforts.

Bill continued his boat building and car restoration until 2015 when they left Barmah and moved to Echuca.

He has been accurately described as "a loveable scallywag".

His daughters, Lisa and Jacqui, described him as an incredible father and grandfather.

"Life when Jac and I were young seemed like an endless adventure," Lisa said.

"Dad had a never-give-up attitude that was instilled in us at an early age. His great attitude and never say never way of looking at life has helped both him and us through some tough times.

"Dad taught us to follow our dreams and that sometimes the heart needs to win over the head."

"He left us a legacy and that is that tomorrow is never promised so make today count."

In an article in the Riverine Herald on February 15, 2016, on his 50th wedding anniversary, Bill said: "Life is like travelling down the river, going from the source to sea. Occasionally you hit a few snags, but you get a couple of repairs on the boat and replace the boiler. And with a bit of luck, we will reach the open sea."

“Dad taught us to follow our dreams and that sometimes the heart needs to win over the head”

Celebrating DonateLife Day – Nov 19th, Hobart

An afternoon reception in support of National Thank You Day on Sunday, 19th November was attended by over 100 people at St Clement's Anglican Church, Kingston. This event represented the whole-of-society:

donors, recipients, carers, family and friends. As you can imagine, a sense of appreciation and connection flowed through these groups.

A public Thank You is one small way to assist donor families in recognising their critical contribution. To all donors, we say it again, thank you. Senator Catryna Bilyk, Labor Senator for Tasmania since 2008, introduced Jane Wells, Nursing Specialist, DonateLife and Martina McArdle Heart and Lung Transplant Trust Vic. Martina, a Member of the Executive travelled from Melbourne for this event.

Everyone who attended had a different but overlapping

story of their involvement. Jane Wells spoke about the work of DonateLife, the number of donations, types and the needs within Australia and invited people to sign up for organ donation. Martina Ms McArdle spoke about her personal story, the transplant process, her cur-

There were two large cakes; one for donors and one for transplant recipients and a representative of each donor family present was invited to cut their cake followed by the cutting of the other cake by transplant recipients. The event was also an opportunity to launch a new

resource book targeting carers of transplant recipients. A carer is defined as an individual who volunteers to care for someone else. To care for someone requires devoted and serious attention, an element of caution and protection, a degree of concern, to make provision for and, a degree of self-sacrifice. Caring requires compassion and at times, unlimited time.

After Carey Denholm received his double lung transplant in May, 2016 both he and Laura (his carer) started to think of ways they could make a contribution to the transplant

community. In the world of transplant surgery, there



Group speakers



Cutting of recipients' cake.

rent life and the work of the HeartLung Transplant Trust.

is inevitable exposure to challenging sights, challenges, tasks, smells, personal demands and uncertainties never previously experienced. Although crucial, the role of the carer is often misunderstood and is not clearly defined so the idea of a book was developed over a six-month period.

The Carer: Partnering a transplant recipient is co-authored by Laura and Carey Denholm of Hobart and has been given to the HeartLung Transplant Trust to raise funds for the Trust and to be provided for carers. It is a resource book for those anticipating a transplant and includes notes on such topics as managing anxiety, depression, pain, coping and grief and loss, and is available through the HeartLung Transplant Trust (Victoria).



Donors' cake



Recipients say 'Thank you'

Meet Larna Kennedy

Nurse Donation Specialist,
Ballarat Health Services

What is your name?

Larna Kennedy

Can you tell us a little bit about yourself?

I am Ballarat born and bred, recently married with one son, Liam who is 2 years old. I am an ICU nurse by training and have worked in the ICU area for over 10 years in Ballarat as well as at the Alfred ICU.



Ballarat transplant group lunch

What is

your connection to the transplant community? Throughout my time as an Intensive Care nurse at the Alfred, I cared for many transplant recipients immediately post their heart or lung transplant and I have also cared for many patients who have gone on to become organ donors. I have always had a great interest in the organ donation and transplantation area, and it is such a privilege to be part of it.

How long have you been working for DonateLife?

I have been the Nurse Donation Specialist at Ballarat Health Services since January 2016. My role is very diverse and includes working with the staff in the hospital to identify all potential organ and tissue donors and to then support those staff, the donor and donor

family throughout all stages of the donation process. I also provide education on organ and tissue donation for doctors and nurses who work in areas that care for organ donors, like Intensive Care,

the Emergency Department and the Operating Suite. My role is not just limited to the hospital. I also spend a lot of time out in the community, raising awareness of organ donation and encouraging people to join the Australian Organ Donor Register.

What's your favourite thing about the job you do?

I love my job! I am so honoured to support families at one of the most distressing and traumatic times in their lives, and I hope that in some little way I can make the whole process of dealing with the loss of their loved one a little easier. Not many people get to be part of such a personal and affecting journey of someone's life ending. For me, it is a privilege to be allowed to part of this and to make this time as dignified and

comfortable as possible.

You run a regular peer support group for people from the transplant community.

Can you tell us about that, and how members of the HLTTV might get involved?

I have met many local transplant recipients during my time in this role, and with getting to know them, I found that they were interested in having an opportunity to regularly meet with other people in their local area who have been through similar experiences to their own. Our "Transplant Recipient Catch-Up Group" is very casual and social. We spend about half of the time talking about different things relating to transplantation or having a guest speaker attend... we recently had a local donor family member come along to tell their story and in the coming months we will have a local dermatologist come and speak to the group. The group is not only for transplant recipients, but also for their family members and carers. If anyone in Ballarat or surrounding areas is interested in joining our group, they would be most welcome and can contact me at any time for more details (larnak@bhs.org.au)

And, finally – a fun question – where is the best place you've ever gone on holiday?

I have been lucky enough to do a lot of traveling in my life to many countries all over the world. But I have to say that Port Douglas in Far North Queensland would probably have to be my favourite! We were just there in mid-September and actually eloped to be

Gala Evening Silent Auction

married there! It is a beautiful spot, and was perfect for a relaxed, casual wedding.

THANK-YOU!



Larna Kennedy

Thank You to Our Supporters!

Aberdeen Abbey Guest House
- Geelong
Anonymous Wines
art@wintergarden
Bar 81 - Berwick
Bayview on the Park
Heart to Heart Respite House
Kingston Heath Golf Club
Let's Unwine
Lobster Cove
Melbourne Mustangs Ice Hockey Club
Rotary Club of Endeavour Hills
Shanikas Restaurant
Shiny Happy Art
St Kilda Football Club
Steampocket Café and Pizzeria
Dandenong Plaza TAB
The Grand Hotel Warrandyte
Village Cinemas
Warrandyte Goldfields Bed and Breakfast
Woodlands Golf Club

Thank you for your time, gifts and donations:

Paul and Harry Commins,
Cas Duff,
Kerin Galbally,
Len Hain,
Gerry and Helen Hanily,
Tina and Steve Jenkins,
Stephen Kinson
Ellie Joss - Flowers,
Martina McArdle,
Maarit Moilanen,
Fiona and David Pidgeon,
Gaylynn Pinniger
Brandon-Lee Rocco
Jon Rolfe,
Felicia Welstead
and all of you who came and supported our Gala for the Second Chance Accommodation Program.

Donate now

I/We would like to make a donation to the Heart and Lung Transplant Trust (Victoria) Inc.

Name:

Address:

Postcode:

Donation: \$

(Donations over \$2.00 are tax deductible)

Please send to: Treasurer Heart & Lung Transplant Trust (Victoria) Inc

PO Box 25036, Melbourne, Vic, 3004

Please visit <http://www.hlppv.org.au/> and look under 'Quick Links' and choose one of the 'Donate Now' links.

Transplant Anniversaries - We Wish You Many More

February

Heart

- Mark Brewer, 2008
- Margaret Neilson, 2009
- Barry Parsons, 1997
- Katrina Rehlaender, 1993
- Deb Stumm, 2017
- John Winter, 1992

Lung/s

- Camille Condon, 2013
- Phyllis Cremona, 1994
- Ken Gain, 2004
- Kirsten Larsen, 2003
- Frank Lineen, 2008
- Ronnette Williams, 2015

March

Heart

- Gary Down, 2012
- Christiaan Gerritzen, 1995
- Sue Konieczny, 2008
- Edward O'Bryan, 1990
- Matthew Orchard, 2014
- John Timothy Prior, 2008

AGM 2017 Update

Our AGM for 2017 went smoothly on the 14th November.

Louisa, as President outlined the highlights and achievements of the year. Louisa expressed a big thank you to Carla Bondini who had resigned from the committee. Carla had been with the committee for over 2 years and did a fantastic job with building up the Patient Support role. Louisa also noted that Brandon Lee Rocco stepped down from the committee. Brandon was thanked for his great work with the Easter BBQ which was a bigger event than usual with live music

David Pidgeon, our Treasurer discussed the Financial Report for the period July 2016-June 2017. David

Lung/s

- Laurie Crowther, 2017
- Judi Groves, 2012
- Heather Hill, 2006
- Toni Miles-Bennett, 2011
- Authur Pape, 2016
- Jon Rolfe, 2009
- Betty Sammartino, 2011
- Lois Scott, 2012
- Chetan Shah, 2016
- Vicky Yfantis-Cocossis, 2013

April

Heart

- Tony Allan, 1994
- Nicole Armstrong, 2014
- Ivan Clark, 2015
- Graham Percival, 2016
- Bill Saunders, 2010

Lung/s

- Ann Convey, 2012
- Christine Flack, 2014
- Sam Ira, 2013
- Robert Regan, 2017

had overseen the auditor's review undertaken with Not for Profit Accounting Specialists. The attending committee officers and members accepted the financial report which can be viewed on our website in our Annual Report section.

The last part of the formal

business was the election of Office Bearers and Committee of Management members. The Secretary received seven nominations for role bearing and ordinary positions prior to the meeting and two nominations during the meeting. Being the only

- Bruce Vernon, 2015

Heart and Lungs

- Carla Bondini, 2014
- Jose Lopez, 1990 November

Please Note: If you or your loved one has had an attribution made in error or you no longer wish for the anniversary to appear in *the Circulator* please notify the membership officer at:

membershipofficer@hlttv.org.au

If you have sent notice to any other address within the past year please send a reminder email to the membership officer.

nominations, all 9 positions were elected unopposed. It is great to have the continued input and dedication from our returning officers, Louisa, Camille, David, Vanessa and

| Committee Positions | Elected |
|--------------------------|------------------------|
| President | Louisa Walsh |
| Vice President | Camille Condon |
| Secretary | Emily Adamson |
| Treasurer | David Pidgeon |
| Membership officer | Vanessa Scott |
| Ordinary member/ Patient | Belinda Macleod- Smith |
| Support Officer | Martina McArdle |
| Ordinary member | Vacant |
| Ordinary member/Events | |
| Office | |
| Ordinary member | Andrew Weybury |
| Ordinary member | Maarit Moilanen |

Martina and we look forward to working with Belinda (who is coming back for more after a small break away!), Maarit and Andrew.

Become a member now



Heart and Lung Transplant Trust (Victoria) Inc.

Membership Form

Name:

Partner's name (if applicable):

Address:

Postcode:

Telephone:

Mobile:

Email address:

Date of birth:

New member

I wish to become a member of the Trust

OR

Existing member

I wish to renew my membership

I wish to receive my copy of 'The Circulator' by email:

Yes

No

Recipient (Please complete information regarding Transplant Type, Operation, Month and Year – this allows us to celebrate transplant anniversaries if you consent below.)

| | | | | |
|------------------------|-------|-----|------|-----|
| Lung/s | Month | [] | Year | [] |
| Heart | Month | [] | Year | [] |
| Heart & Lung | Month | [] | Year | [] |
| Other (please specify) | Month | [] | Year | [] |

Are you happy for this information to be included in 'The Circulator' newsletter 'Transplant Anniversaries' each year? Yes No

OR

Pre-transplant (Waiting list)

OR

Carer/other/supporter (please specify)

Signature: **Date:**

Membership for Pre-transplant members is free. An annual fee of \$15 applies to all other category of member. A membership reminder will be included with the Winter edition of The Circulator each year. Prompt payment on receipt of a membership invoice is appreciated and we are grateful for any donations. Donations over \$2 are tax deductible.

Please return this form to:

Membership Officer, Heart and Lung Transplant Trust (Victoria) Inc.
PO Box 25036
Melbourne Victoria 3004

Members may also join online and pay membership and donation via direct bank transfer. Please visit <http://www.hlttv.org.au> and follow the 'Membership' links.

2017/18 membership fees are now due

Our annual membership is \$15, and is due at the start of each financial year. Your membership fees can be paid by either direct debit, Paypal or cheque. Donations are also welcome and are tax deductible.

If you'd like to pay your membership via direct debit, here are the details:

Account name: Heart Lung Transplant Trust Victoria

Acc number: 415147

BSB: 033002

Please include your surname in the payment description so we can track it back to you.

If you prefer to send us a cheque, just mail it to:

Membership Officer

Heart Lung Transplant Trust
(Victoria) Inc

PO Box 25036

Melbourne 3004

If you believe that our records are incorrect, or you have any questions, please contact me via my contact details as above. Please let us know your new email address.

If you no longer wish to be a member of the Trust, please let us know so we can update our records.

HLTTV Committee Meeting

Date: Tuesday 13th February

Time: 7:30 pm

**Place: Seminar room, level 5,
Centre Block.**



You can also join members of the committee for an informal get-together at 7pm in Alf's cafe. All welcome!

Donation envelopes

Do you have an event coming up and would like to support the HLTTV? We have branded donation envelopes which we're happy to send out to you for use at events where your guests may like to make a donation.

If you need some donation envelopes for an upcoming event, please contact Louisa – president@hlttv.org.au and we can post them out or drop them off to you or a venue at no cost.

5th Floor Changes



Patients who attend the lung transplant clinic on the 5th floor may have heard by now of the changes that are occurring due to the 5th floor relocation project. The Alfred Hospital has produced a series of PDF brochures that update patients on the progress of this project. Copies of these PDFs can be found at:

<https://www.alfredhealth.org.au/about/patients-come-first/consult5floor>

New HLTTV lapel badges and membership information



HLTTV have new lapel badges! Purchase yours now for \$5.

New members will also receive a lapel badge in their Welcome Kit.

Remember - your membership fees help us continue the good work that HLTTV does for people waiting or who have had a heart and/or lung transplant.

Meet Maarit Moilanen

Hi my name is Maarit, I live with my partner James and our gorgeous children Elena, Nick, Zac and Zorro our dog. We are heading into our "empty nest phase" with the kids growing up, which I'm not so sure I like yet!

I am a community worker with a Finnish social support service where I've been for over 10 years. I've really enjoyed my new health, especially being able to have a family overseas holiday in Fiji for my 5th anniversary and then back to Finland after 22 years! I go to the gym, walk Zorro and love beach holidays with our friends. We have been involved with the HLTTV since my heart transplant in 2010! James riding on the first Tour de Transplant in 2014 and Zac and I travelling with the support and fundraising crew! BBQ's, fundraising dinners and talks to community groups have been a great way to spread the word about organ donation and show appreciation and gratitude to my donor and their family. I look forward to chatting with you at the BBQ or around the Alfred! I'm always in the coffee queue.



5th Floor Relocation Update

Last month the design for the Respiratory Medicine Services on Level 2, which will now extend from the Philip Block through to the East Block at The Alfred was released.

Design features

The floor design includes some excellent improvements that will add to the already high-quality service.

As you will see from the proposed layout on pages 2-3 (when you follow the link to the pdf provided at the end of this article), much of the feedback received over the past few months has been addressed, with features including:

- better facilities that improve patient access and comfort
- continued close proximity to clinical areas and staff
- improved infection prevention through isolation rooms and two separate entrances
- new and modern surfaces that are easy to clean and maintain.

Importantly, the new design allows for a 20 per cent increase in clinical capacity, supporting future growth for the service. The Sleep Laboratory (page 4) will move to a new purpose-built facility on the Ground Floor of The Alfred Centre, providing all the important facilities required.

Minimising cross infection

Infection prevention is a main concern for the Alfred's respiratory patients. Over the past few months the Alfred's clinical teams have focussed on determining the best pathways to minimise the risks from cross infection in the clinic's new relocation.

These pathways are informed

by the new proposed cystic fibrosis control guidelines for infection prevention and build on current practices to keep patients safe. Also, they take advantage of the newly created isolated rooms in the East Block to minimise cross infections.

Next stages

Preparations are underway for the next phase with tender processes under way for construction works. Plans are in place for building to start in early 2018. Also, early in the new year, work flows and scheduling in these new locations will be reviewed to better support patient experiences.

Alfred staff will continue to work together with patients and families to make their clinics efficient and safe.

Link to pdf containing update and plans:

<https://www.alfredhealth.org.au/contents/resources/corporate-publications/Consultation/5th-Floor-News-e6.pdf>



Website:
[alfredhealth.org.au/consult5floor](https://www.alfredhealth.org.au/consult5floor)



Read the regular editions of 5th Floor news (online and at reception and waiting areas on 5th Floor)



Email your questions and comments to:
patientfeedback5floor@alfred.org.au

HEART AND LUNG TRANSPLANT TRUST (VIC)

EASTER



BBQ



Sunday March 4

11.30AM - 2.30PM

Fawkner Park

(across from the Alfred main entrance)

The Easter BBQ is a great social event for pre and post tx patients, families, carers and friends. BBQ and drinks are provided (including vegetarian options). Please BYO salad.

Great raffle prizes on offer on the day - donations can be left at 5th Floor Reception. Alternatively contact Martina on 0409 957 492 or email martina@hlttv.org.au

BYO chairs and don't forget sunscreen and a hat!

We hope to see you there

HLTTV End of Year BBQ 2017 Launch of “The Carer” Book





Heart Transplant Recipients



