



the Circulator

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

FourthQuarter | 2017 | Issue No. 90

A Game for Awareness



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President's Message

It's coming into party season! Probably, by the time you read this we would have just had our first ever Gala Evening, and we're busy planning our Christmas BBQ! The days are getting longer, it's getting warmer, we've made it through another winter. Hurrah!

The end of the year also means that the AGM is upon us, and this edition is filled with everything you need to know about the AGM and the committee. All positions are vacant at every AGM, but we recommend that if you're interested in being part of the committee (and we hope you are!) then you'll drop our Secretary, Emily, a line before the night to tell us a bit about yourself and the position you're interested in. We also have several (extra)Ordinary Committee member positions, which come without specific duties. We've had at least one of these positions unoccupied for the last few years, so if you're thinking about joining us, but don't know how your skill set can best help, then an Ordinary Committee role is an ideal 'in' to being a member of the committee.

The HLTTV couldn't exist without volunteers. We have no paid staff, and rely on our community members to keep the organisation going. I seem to say this in every President's update but it really is true! If you have been looking for a volunteer position – whether it be a committee role or something smaller or less frequent, then please contact us. We'd love to have you on board in whatever capacity you can offer us.

After the BBQ things go a bit quiet for us – like everyone – over

Christmas. And the 2017 committee definitely need a well-earned break after a busy year. But I hope to see lots of you at the Christmas BBQ, and if not there, at one of our events in 2018. It's sure to be another ripper year with lots of great things going on – so keep your eyes on The Circulator, our social media and around the hospital for all our updates!

As you may be aware, the HLTTV has funded the Allied Health Assistant position within the lung transplant team, which is currently held by Megan O'Leary, for the past two years. Megan helps the HLTTV manage the Second Chance Accommodation Program for both heart and lung transplant recipients, as well as assisting Jane Harris, the lung transplant social worker. Up until a few weeks ago we were a bit unsure as to whether we would be able to continue to fund this position for another 12 months. However due to a very generous donation from one of our members, we can confirm that the AHA position (and hopefully Megan!) will stay on board as part of the team for another year. The committee want to extend our heartfelt thanks to this extremely generous donor, and we're so happy that we can continue to support The Alfred, and transplant recipients, through funding the AHA position. We are also working hard with The Alfred to see this position eventually become permanent within their team and funded by the hospital itself.

Louisa Walsh

President

Committee Contacts

President: Louisa Walsh
Email: president@hlttv.org.au
0427 509 042

Vice President: Camille Condon
Email: vicepresident@hlttv.org.au
0404 084 625

Secretary: Emily Adamson
Email: secretary@hlttv.org.au

Treasurer: David Pidgeon
Email: treasurer@hlttv.org.au
0421 134 805

Membership Officer: Vanessa Scott
Email: membershipofficer@hlttv.org.au 0417 384 974

Patient Support Officer: Carla Bondini
Email: patientsupport@hlttv.org.au

Events Officer: Brandon-Lee Rocco
Email: events@hlttv.org.au

Circulator Editor: Claire Stubber
Email: circulator@hlttv.org.au

Ordinary Member: Martina McArdle
Email: martina@hlttv.org.au
0409 957 492

Postal Address
Heart and Lung Transplant
Trust Victoria
PO Box 25036
Melbourne 3004

A note from the editor

Hello Readers,

I hope you have been enjoying the start of warmer weather as we move in to spring. Just remember (as always) to protect yourself from the sun.

This edition there are notices for a few important events such as the November AGM and committee meeting. As usual all are welcome to attend. There is also the Christmas BBQ on Sunday the 26th of November, this is a

great opportunity to meet and talk to other transplant candidates and recipients.

There is still time to get tickets to the HLTTV Gala on the 21st of October, this promises to be a glittering event with entertainment, music and prizes.

For our Tasmanian readers (or those members who will be in Tasmania on the day) a DonateLife Thank You event is taking place on Sunday November 19th in Kingston.

I received a report from member Rom Konieczny about a football game that took place in Orbost that aimed to raise awareness of Organ Donation. The result was good for organ donation as people signed forms indicating their wish to donate their organs.

As this is the last edition for 2017 I'd like to take the opportunity to thank everyone for reading. Merry Christmas and Happy New Year!

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/hlttv> 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.

Recipes



Spicy Pumpkin Chips

Ingredients

1 Pumpkin, peeled and deseeded, approx. 800g Pumpkin flesh

2 tsp Cornflour

1 tsp Curry Powder

Dip –

75g Greek Yogurt

100g Mayonnaise

1 heaped tsp Paprika

2 cloves Garlic

Sea Salt, to serve

Method

Pre-heat the oven to 220°C

Cut the pumpkin into thin chips. Put them in some cold water to soak for at least an hour (to get rid of some of the starch).

Meanwhile, make the dip. Peel and mince the garlic cloves then mix together with the mayonnaise, paprika and yogurt.

Drain the pumpkin chips and pat dry. Mix the cornflour and curry powder together and sprinkle over the chips. Mix well.

Put the chips spaced out on some

baking trays. Bake in the oven for about 20-25 minutes, turning once until they are crisp and slightly browned. Serve alongside the garlic dip.

Prep time – 15 mins, plus soaking

Cook time – 20-25 mins



Pomegranate, Sweet Potato and Avocado Salad

Ingredients

200g Baby Spinach Leaves

2 Sweet Potatoes

2 Avocados

2 Pears

Seeds of 1 Pomegranate

50g Walnut Pieces

Balsamic Vinegar

80ml Olive Oil

2 tbsp Pesto

Juice ½ Lemon

Juice ½ Orange

Sea Salt

Black Pepper

Method

Pre-heat the oven to 200°C

Peel the sweet potatoes and dice into small chunks.

Place in a baking tray and drizzle with 35ml olive oil, roast for 30 minutes.

To make the dressing, mix the pesto with the lemon and orange juice.

Wash the spinach and dry well.

Peel and remove the stones from the avocados and dice.

Wash the pears, cut into quarters lengthways, remove any seeds and dice.

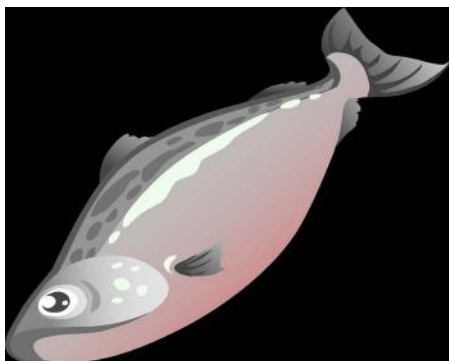
Mix the avocado chunks, pear chunks and baby spinach together in a bowl and pour over the dressing.

In a bowl mix the remaining 15ml olive oil with the balsamic vinegar and walnuts.

Place on a small baking sheet in the oven for 5-6 minutes.

Toss the hot sweet potato chunks in with the salad.

Sprinkle over the toasted walnuts and pomegranates



Salmon Frittata

Ingredients

8 Large Free Range Eggs

200g Smoked Salmon

40g Kale

300g Baby Potatoes

80g Leeks

30g Butter

Splash of Olive Oil

Sea salt and black pepper

Method

Preheat the grill to medium

Thinly slice the potatoes, cook in some boiling salted water for 3 minutes - then drain

In a bowl, break the eggs and whisk, season with a little salt and some black pepper

Cut the smoked salmon into strips

Wash, and dry the leek – then thinly slice

Shred the kale

Melt the butter with the olive oil into a large non-stick frying pan

Add the potato, egg, leeks and kale – cook on a low light gently stirring for a few mins

Add the smoked salmon, and stir round once

Cook the frittata for 2 to 3 minutes on a very low heat without stirring – to set the base

Then put the frying pan under the grill and cook for about 2 to 3 minutes till the top is slightly browned and the frittata is set

Transfer to a plate and cut into slices

5th Floor Relocation Project Update

The design for the new Respiratory Medicine service has progressed, with the footprint now extending into the outpatient area on the 2nd Floor.

This addition will increase clinical area for the service.

This is a significant change. While keeping the service in one location and on one floor, it will provide two separate entrances (East Block and Philip Block) to help with infection prevention measures.

The design process is taking longer than initially planned as it is

a more complex project than anticipated, affecting other services such as the Infectious Diseases Clinic as well as administrative areas.

Staff and patient community are involved in the design process.

Initial designs have been reviewed by clinicians as well as patient representatives.

As you can see from the table the feedback from the Patient Reference Group (opposite) is thorough and detailed.

This feedback is informing and refining the next updated design, which will be shared with the broader patient community for respiratory medicine (online and in-situ) in coming weeks.



Website:

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

Feedback from the Patient Reference Committee

Aspect	Questions	Suggestions
Waiting areas	<ul style="list-style-type: none"> • Are there sufficient waiting areas? • Will there be sufficient space to park wheelchairs/ scooters? • Will oxygen be available in consulting rooms and waiting areas? • Will there be access to Wi-Fi? • Where will CF patients wait? 	<ul style="list-style-type: none"> • Place chairs in separate pairs • Increase separation/zoning of areas • Use SMS notification: consider message to advise patients on next steps if they are acutely unwell
Timely care	<ul style="list-style-type: none"> • Are there enough rooms for growth in the volume of CF patients? • Is there sufficient room capacity and consideration for growth across Respiratory Medicine? • Where will eHealth/telehealth occur? 	<ul style="list-style-type: none"> • Involve patient in discussions about how to best operationalise clinical areas • Educate and communicate to patients about how the clinics will work in practice
Comfortable and accessible	<ul style="list-style-type: none"> • Will the clinic areas have sufficient sound proofing to protect confidentiality? • Will there be a private space for sick patients? • Will there be access to tea and coffee, water? • Are there sufficient toilets for staff and patients? 	<ul style="list-style-type: none"> • Accessibility/circulation spaces – sliding doors • Consider using technology to provide patients with information about resources in hospital and community • Ensure/confirm wheelchair access to lifts in EAST block • Include water fountain in design
Cleanliness and infection prevention	<ul style="list-style-type: none"> • Will we be able to adhere to the CF infection prevention guidelines? • Is there a risk of cross infection given shared reception areas? • How will we minimise cross infection? 	<ul style="list-style-type: none"> • Hospital wide strategy for infection prevention • Streamline assessment process for when acutely unwell • Patient education on infection prevention including defining what is 'unwell' • Add pot plants (in absence of natural light) • Design clinic rooms to maintain patient privacy even if door is open.
Patient flow and proximity to services	<ul style="list-style-type: none"> • Where do we access Hospital In the Home? • How does the design work from the perspective of patients with varying needs? 	<ul style="list-style-type: none"> • Explain the operational plan for the area and how it will work for patients.
Highly skilled interdisciplinary staff	<ul style="list-style-type: none"> • Will we have access to an interdisciplinary team? 	<ul style="list-style-type: none"> • Increase breakout spaces/pods/team spaces • Locate consultant offices in close proximity to patient areas

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.



HEART AND LUNG TRANSPLANT TRUST (VICTORIA) INC.

Incorporated in Victoria - A0037327C

ABN 68 585 966 022

P.O. BOX 25036, Melbourne, Victoria 3004

Notice of Annual General Meeting 2017
Tuesday 14th November at 7.30 pm, 5th Floor Seminar Room
The Alfred

**Join us to acknowledge our achievements and elect
new members to the committee**

The business of the annual general meeting shall be:

1. Confirmation of Minutes of the 2016 AGM
2. Presentation of the 2017 Annual Report
3. Presentation of the 2017 Annual Financial Report*
4. Elect officers of HLTTV and the ordinary members of the committee; and
5. Confirm appointment of the auditor for 2017-2018
6. Any special business (if any)

The annual report and financial reports to be considered are available from the Secretary on request secretary@hlttv.org.au. The 2017 agenda and minutes of the 2016 AGM are available on our website in the events, AGM section.

Any member intending to bring any other business before a meeting must notify the Secretary in writing, or by email to secretary@hlttv.org.au no later than 20th October 2017.

Each member is entitled to appoint another member as a proxy by notice. Please email the secretary@hlttv.org.au for the proxy form or download a form on our website in the Events section. You can complete and return the form to the Secretary via email or hand it to the Secretary before the time of the meeting.

*receive and consider the statement in accordance with the section 30(3) of the Act

**If you plan to attend the AGM, please RSVP by Friday 3rd
November, 2017. If you are unable to attend, and would like your
apologies to be noted, contact the Secretary, Emily Adamson 0400
187 044 or secretary@hlttv.org.au**

www.hlttv.org.au

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 14th November

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!



Join us for the BBQ, here's why:

The HLTTV Christmas event is a key event for all members and partners.

Held in the beautiful surrounds of Fawkner Park, this year's event is something to truly look forward to on Sunday 26 November 2017.

All food and soft drinks are FREE for members, and events on the day will include one of our fantastic raffles, and some very special visitors for the kids. BYO shelter, chairs and rugs.

We start at 11.30am on the Fawkner Park Lawn opposite the Alfred main entrance.

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.

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.

Transplant Anniversaries - We Wish You Many More

November

Heart

Paul Allen, 2011
Jennifer Ball, 2009
Fulvio Filippini, 1993
Bernice Hallam, 1996
Adrian Sayers, 2007
Nadine Towler, 2015
John Turley, 2002

Lung/s

Lynette Alexander, 2015
David Biram, 2010
Phillip Buckland, 2009
Ian Casey, 2008
Bob Crockett, 2015
Ken Fletcher, 2016
Paul Gloede, 2012
Len Hain, 2002
Alan Picone, 2015
Karen Pritchard, 2015
Nikola Radocaj, 2002
Terry Rocks, 2016
Noel Sandrazie, 2016
Simone Volkman, 2016
Peter Wiedl, 2014

December

Heart

David Ash, 2008

John Bisiach, 2002
Jane Buxton, 2014
Greg Dartnell, 2004
Peter Grimsted, 2016
David Hales, 1998
John (Jack) Jones, 1989
Gaylynn Pinniger, 2002
Helen Rankin, 2011
Peter Stonham, 2016
Rodney Whitford, 2011
Russell Wills, 1991

Lung/s

Kevin Avery, 2015
Graham Harrison, 2014
Ilene Henderson, 2015
Tony Hyams, 2015
Wendy Jenkins, 2006
Anne McArthur, 2011
Alison Walters, 2004

January

Heart

Howard Bear, 2013
Kylie Chappell, 1992
Carol Darroch, 1992
Simon Eaton, 2011
Mark Ginn, 1993
Andrew Hunt, 2008
Peter Ketelaar, 2017

Michael Muschamp, 1996

Lung/s

George Bouios, 2008
Michael Cox, 1996
Ann-Marie Dunbar, 2014
Elizabeth Johnson, 2013
Leslie Miller, 2016
Patricia (Sue) Newell, 2017
Gary Quick, 1999
Nancy Reynolds, 2008
Philip Stephenson, 2003
Chris Teese, 2014
Graeme Vessey, 2011
Margaret Westwood, 2013

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 Open for the Committee

Nominations for elections to the Heart and Lung Transplant Trust's Committee of Management are open. All positions are open to nominations. For this coming year, the committee will need ordinary members to join the committee. These positions can assist with a range of tasks, including helping with social and fundraising events, assisting with raising our profile at events such as DonatLife week, or perhaps source or write articles for our Circulator Newsletter. For more information about the committee positions, check out our [committee page](#) on the website.

Nominations for the positions must be received by 5.00 pm on **Friday, 3rd November 2017**. A nomination form can be [downloaded](#) or email the secretary. Should more nominations than there are vacancies be received, voting will take place according to the HLTTV's Constitution.

Office bearers will also be elected at the Heart and Lung Transplant Trust's Annual General Meeting, which is being held at on Tuesday, 14th November 2017, commencing at 7.30 pm. Members who would like to serve on the Committee of Management need to be a member of the Heart and Lung Transplant Trust (VIC). If you have any questions, please contact Emily, the secretary on 0400 187 044 or secretary@hlttv.org.au

East Gippsland League Game Dedicated to Organ Donation Awareness

HLTTV Member Rom Konieczny sent an email about an event that occurred in Orbost; he recounted how the event was initiated and described what how the event was run. On the 17th of June the Orbost Snowy Rovers Football Netball Club and the Stratford Football Netball Club dedicated their East Gippsland League game to Organ Donation Awareness

prior to the game, both Sue and Rom spoke to the Clubs on Organ Donation Awareness

taken on the Thursday night by players, committee and supporters and a good number signed up on the Saturday.



"Shaddy" – Sue Konieczny – Sue Shadbolt manning the awareness tent

Rom was approached in March by Sue Shadbolt who works part time for Donate Life as a Nurse Donation Specialist at Central Gippsland Health in Sale. Sue is connected to the Stratford FNC and told Rom that a brother of a committee member of the club was an organ donor and was aware of many organ recipients in Orbost. Sue and Rom both approached the Clubs and, Rom says, they were only too willing to help



Supporters signing up as organ donors

Sue and her husband "Shaddy" came to Orbost and set up an "Awareness Tent" and Sue and Rom also helped on the day



Aaron Smith, recipient of two kidney transplants, participates in the coin toss

After training on the Thursday

A high number of forms were

Shiny Happy Art Paint Along

In July, we held the Shiny Happy Art Paint Along.

25 budding painters had a really fun afternoon learning lots of brilliant skills from artist Anna Bartlett. By the end of the afternoon, everyone had a finished masterpiece to take home and hang on the wall.

We have one of Anna's gorgeous original paintings available for auction at the upcoming Gala Evening (see details below).



An evening of fun, music, entertainment and prizes!

Gala Evening

6.30PM Saturday October 21st, 2017
Bayview on the Park, 52 Queens Rd, Melbourne
\$75 per person - includes 3 course meal, soft drink & coffee

Martina McArdle 0409 957 492 martina@hlftv.org.au
Brandon-Lee Rocco 0401 911 946 events@hlftv.org.au

Tickets: <https://www.trybooking.com/300774>

Tables of 10 available - Drinks at bar prices

Dress in your finest with a touch (or more) of pink and purple

Heal The Living



The Heart and Lung Transplant Trust would like to thank Sharmill Films for generously providing 10 free double passes for our members to see Heal the Living. The film has received great reviews and tells a compelling story about organ donation and celebrates the amazing feat of an organ transplant. *Heal The Living*, the third feature from French helms-woman Katell Quillévéré, continues the director's moving explorations of hu-

manity with a “*sublimely compassionate, heart-crushing*” (Variety) tale of a transplant donor and recipient, and the connections between their two worlds. Based on the Booker-nominated novel, Heal The Living features “*luminous performances*” (Screen Daily) by a major cast including Anne Dorval (Mommy), “*impressive...resonant*” (Hollywood Reporter) story, and a stunning score by Academy Award winning composer Alexandre Desplat

(The Grand Budapest Hotel). (film description extracted from Sharmill Films website) You can check out the trailer on YouTube or by visiting <http://www.sharmillfilms.com.au>

DonateLife Sunday 19 November 2017 **THANK YOU DAY**



Honouring organ and tissue donors and their families

In recognition of DonateLife Thank You Day
you are warmly invited to join us for afternoon tea on
Sunday, November 19th at 3.00 pm

St. Clements Anglican Church Centre
Cnr Channel Highway & Beach Road
Kingston, Tasmania, 7050

This special day recognises the families of organ and tissue donors.

Senator Catryna Bilyk will introduce:

- Ms Jane Wells - Donation Specialist Nursing Coordinator,
DonateLife Tasmania
who will speak about organ and tissue donation in Australia;
- Ms Martina McArdle - Heart and Lung Transplant Trust Victoria
who will launch
The Carer: Partnering a Transplant Recipient
by Laura and Carey Denholm.
Copies will be available for \$15.00 (cash only)
- all proceeds donated to the Trust.

For catering purposes, please register your attendance
with Laura (0437392172) or,
email: lauracarey@westnet.com.au

Heart and Lung Transplant Trust (Vic)

Christmas BBQ 2017

Sunday November 26th from 11.30-2.30
at Fawkner Park opposite Alfred Hospital

The Christmas BBQ is a great social event for pre and post transplant 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 for Christmas Hampers and Raffles are most welcome and can be left at 5th Floor Reception. Alternatively contact Martina on 0409 957 492 or email: martina@hlttv.org.au

BYO tables and chairs and don't forget the sunscreen and a hat



We hope to see you there!