

# Quarterly

Winter 2020



## Prostate Cancer

**JOHN VOGELS' PLEA TO ALL MEN**

PG 4



*Stroke survivor* PG 3



*Bowel cancer  
conquered* PG 5



*Speech  
drives confidence* PG 7

# FIONA HANEL WINS 2020 ICARE DR PETER FOX STAFF AWARD

An emotional Fiona Hanel has become the second annual winner of Timboon and District Healthcare Services (TDHS) ICARE Dr Peter Fox Staff Award which is named in honour of the man who delivered her into the world and saved her life.

At our awards night back in March, Ms Hanel told the crowd at the Timboon Golf Club that if she was ever going to win an award, the ICARE Dr Peter Fox Staff Award was the one that meant the most.

In her acceptance speech she explained how she wouldn't be alive today without Dr Fox who helped her overcome many health challenges from the moment she was born.

She said it was also a huge thrill to receive the award from Dr Fox's son John whom she had been able to help in recent years to regain his health, independence and purpose.

Ms Hanel was one of six people nominated by her peers for the awards, along with Corry Kerr, Cathy Frusher, Tracey Heeps, Kath Brown and Andrea Stewart.

The award is to acknowledge the outstanding contributions made by staff members who demonstrate the ICARE values to an exceptionally high level. The values include integrity, compassion, accountability, respect and excellence.

TDHS chief executive officer Rebecca Van Wollingen said in her role as a continuum of care coordinator, Ms Hanel put her nursing experience to wonderful use.

"Fiona has compassion for clients and patients and understands their home situation. She shows respect for them by respecting the way they choose to live, but quietly arranging help for them if needed.

"She has helped community members who are victims of domestic violence to find a place to stay and find work. She founded the Timboon Hospital Op Shop when she discovered



*Caption: Dr Peter Fox's son John and TDHS chief executive officer Rebecca Van Wollingen present Fiona Hanel with the 2020 ICARE Dr Peter Fox Staff Award.*

community members were in need of cheaper clothes and shoes and she has assisted community members to find new meaning in life by volunteering at our healthcare service."

The night also saw Del Taylor recognised with the Volunteer Award. She has been volunteering at Social Support Group for 23 years and is also a Meals on Wheels volunteer.

Other nominees for the Volunteer Award were Lesley Togni, Monica Norman and Pam Robb who each received framed certificates along with all awardees.

A number of long service staff awards were also presented to;

- **Jodie Couch** – 10 years – Hotel Services Assistant
- **Donna Bellis** – 10 years – Hotel Services Assistant
- **Kathy Blake** – 10 years – Enrolled Nurse
- **Julie Giblett** – 15 years – Enrolled Nurse
- **Margaret Tesselaar** – 35 years – Associate Nurse Unit Manager

TDHS now holds the Staff and Volunteer Awards annually on or in the week of 5 March which was chosen because it was the date in 1956 that the hospital opened to receive patients.

## CEO & CHAIR'S *Report*

What tumultuous times we are all living through, we could not be prouder of how our staff and community have responded.

Timboon and District Healthcare Service (TDHS) is taking all reasonable measures to reduce the spread and severity of COVID-19 and support our community during these challenging times.

Whilst you might feel like you don't have control of current events, it is important to remember that you can do many small things to feel empowered and enabled.

It has been almost a year since we hosted The Resilience Project in which founder Hugh Van Cuylenburg showed our community how applying gratitude, empathy and mindfulness can assist in improving personal resilience and mental health.

Now more than ever we need to apply these techniques to focus us on the positive things in our lives.

Our Winter Quarterly showcases several journeys of resilience, fortitude and hope from our community members. We hope these stories help you feel connected to your community. Together we will persevere.

Warmest Regards,

**Board Chair**  
**Maryanne Puli Vogels**

**Chief Executive Officer**  
**Rebecca Van Wollingen**





# NOT EVEN A LIFE CHANGING STROKE CAN WIPE THE SMILE OFF FAYE'S FACE

"I can't cut pumpkin," Faye Searle says with a laugh when asked what limitations she still has nearly 13 years after suffering a stroke.

The response is typical of Faye's incredible determination to 'do the work' and live life to the fullest.

Of course, there's other things like driving a car that she can also no longer do, but Faye doesn't really focus on what she can't do.

Instead her infectious attitude for life, health and fitness and a fierce can-do attitude has her constantly training her body to cope as best it can with paralysis down her right side.

Faye was 47 when the stroke occurred with absolutely no warning. It was 6am, she was driving her car and ran off the road near Kennedy's Creek.

"I thought it might have been something wrong with the car – I remember thinking that. The car was hanging over an embankment and a neighbour came and pulled me out," she said.

"The ambulance took me to Timboon hospital. They knew that it was a stroke because my face had dropped, I couldn't use my right arm and my right leg was no good as well.

**"Three hours later I was taken to Warrnambool. I was there for nine weeks and two days."**

For years now Faye has attended Strength Training – one of the many group exercise classes run by Tracey Heeps at Timboon and District Healthcare Service.

Tracey said Faye was fit, incredibly motivated and worked hard to maintain quality of life.

"She went into her episode twelve and a half years ago really fit and that sustained her to be able to do her rehab and come out the other side like she has," Tracey said.

Faye said 'frustration' was the word that best summed up living with stroke symptoms.

"I had to learn to talk again, walk again. I did lots of physical work in Warrnambool and speech every day and then we started to see some progress," she said.

"I was always a right hander, so I had to learn to write left-handed and do everything left-handed. My husband Gary got a breadboard and put nails in it for me to hold vegetables and things like that so I could cut them. You just learn to deal with it."

Now 59, Faye regularly visits the Colac pool and laughs about using a "not very elegant doggy paddle" to swim 40 laps of the pool.

"If you have a stroke, you have to just exercise, put in the work and keep working. Don't sit down and do nothing. I try and do everything I used to do."

**NATIONAL STROKE WEEK IS FROM 31 AUGUST – 7 SEPTEMBER.** TDHS provides a range of services that might be helpful for those that have had a stroke: Speech, Exercises/ Physio, Continence, Home Help/ Maintenance, Community Transport, Meals on Wheels, Occupational Therapy, District Nursing, Dietitian. Please contact 5558 6000 for more information or to make an appointment.

# 'TRUST WHAT YOUR BODY IS TELLING YOU - I WISH I DID'

John Vogels has lived much of his life in the public eye and now he's sharing his prostate cancer fight with as many men as he can reach.

The former Corangamite Shire and State Government politician is in the middle of treatment for prostate cancer and secondary cancer in the lymph nodes of his groin.

In his own words he has a fight on his hands, but he is positive and optimistic that his current treatment will get him back on track.

John turns 74 this month (June), but he was 60 when he first noticed some blood in his urine. Ever since then he's had yearly check-ups to make sure everything was okay.

"I was worried because my dad had prostate cancer and my grandfather on my mother's side did as well, so I was straight onto it and religiously got tested every year," he said.

"I would get the physical test and the PSA (blood) test and I was told my prostate was enlarged, my PSA was fine and to keep getting tested. I did that for 10 years.

"Then when I turned 70 I was finding it difficult to urinate. When I needed to do this, I found I only had about five minutes to find a toilet stop.

"I was also getting up three to four times a night. It was getting harder and harder and more difficult to live with. Obviously, there was something wrong with my waterworks.

"I was told by the experts that now that I had passed the age of 70 I would probably die of old age before the cancer got me and not to worry about further physical testing...I was told the PSA test should continue to be my guide.

**"People find this stuff uncomfortable, but that's part of the problem. Men need to talk about it, they need to stop worrying about getting checked and they need to listen to their body. I didn't listen to mine."**

John remembers asking doctors if he could have his prostate removed when the urination issues presented about four years ago.

"I didn't know a hell of a lot about it then – not like I do now. They told me it was a big operation, that some people are incontinent afterwards and put me on Duodart to try and shrink the prostate instead," he said.

"It helped a lot - I didn't have to get up four of five times during the night and when I did go my stream was much better.

"Then about six months ago I was harvesting on the tractor and I had to stop all the time as the symptoms reappeared. I was really worried then and went for more checks."

John had a colonoscopy, endoscopy, ultrasound, a CT scan, MRI, bone density scan and range of other tests to find out what he was dealing with.



"They found some spots on my lungs, a cyst on my liver and an aneurysm in my stomach...I found out a lot of things that were wrong with me, but not why I was having problems down below," he said.

"I knew there was a problem, but I couldn't get the answers. Then in January this year a specialist in Melbourne did a physical exam and told me immediately I had cancer. He sent me off for another MRI and biopsy and told me to come back the following week.

**"When I went back, he said sorry to say this but you have a very large aggressive cancer in the prostate and it's spread to your lymph nodes which is secondary cancer and I'm worried about the spots on your lungs."**

John was immediately put on hormone therapy. The process involves an estrogen pellet being placed under the skin every three months.

"The doctor explained that the cancer feeds on testosterone – it fuels it. So, the estrogen stops the fuel and stops the cancer from growing. It also means that I am going through symptoms that women experience during menopause like hot flushes.

John said that learning about the wonderful work of the EJ Whitten Foundation, through CEO Nick Holland, led to him being accepted as a patient by the team. They research the latest developments for prostate cancer and are funded by the foundation.

"That's when we met Professor Nathan Lawrentschuk who is a specialist in this field.

"He explained it all, what was happening to my body and gave me a roadmap for what was ahead of me. Things I thought were not options for me due to the advanced prognosis of my cancer, were all of a sudden back on the table and my outlook was vastly improved which was wonderful."

# Geoff's ROAD TO REMISSION

Cancer has turned Geoff Townsend's life upside down more than once, so when he was diagnosed in 2017 he knew all too well what his body was about to endure.

Geoff's wife of 51 years Maria had battled breast cancer for 25 years. She passed away in February last year after supporting Geoff to beat his bowel cancer.

"She was there for me, and she was well, when I was sick. It (cancer) just seems to have followed us around. We lost a grandson to a rare cancer as well – he was 11," Geoff said.

**Geoff agreed to share his story to help mark Bowel Cancer Awareness Month (June). Bowel cancer kills over 80 Australians every week and is the nation's second deadliest cancer.**

"It was 2017 when I started having unusual bowel habits. I'd been doing the self-testing with the bowel kits and they had always come back negative," he said.

"So, I made an appointment in Timboon and my GP recommended blood tests, another scan and a colonoscopy.

"The blood tests and scan were clear again, but the colonoscopy found a 10cm tumour in the bowel."

Geoff immediately started five weeks of radiation and chemotherapy at the cancer centre in Warrnambool. Towards the end of the treatment he became so dehydrated that he was admitted to hospital for a few nights.

"The treatment shrunk the tumour to the point that in January 2018 I was able to have the operation to remove it, along with 10 inches of bowel. They also took out 15 lymph nodes and found one of those was also cancerous," he said.

"I had a colostomy bag for a few months to let everything heal and then had another seven courses of chemotherapy to make sure it was gone. I never felt great, but I wasn't really unwell like some people are with chemo, so I was a bit lucky there.

"Later that year I was declared cancer free and in remission. I'm actually part of the Aspirin trial to see if Aspirin can prevent cancer coming back but I don't know if I'm on Aspirin or the placebo."

Geoff said he had become an advocate for men's health and urged everyone to act quickly if they noticed anything different with their bowel movements or general health.

"Do the bowel kits after you turn 50 for sure – it's free every two years. But if you're worried about anything go to your GP, get a blood test, scan or some advice and look after yourself," he said.

"Life is pretty normal for me now. I have a pretty strict diet because my bowel can't handle much variety. Red meat affects me a bit, so I stay away from that, but if that's all I have to worry about I'm doing pretty well.

"Home care workers from Timboon and District Healthcare Service come once a fortnight to help with a bit of house cleaning and to check up on me, so that's nice and a great help. I'm still living in our farmhouse in Heytesbury Lower."

**TDHS provides procedural surgery (colonoscopy and gastroscopy) every fortnight. To organise a referral please contact the Timboon Medical Clinic on 5558 6088.**



In recent months, John has undergone a TERP operation which he said was like a 'rebores of his waterworks' so that he could urinate again more normally.

More recently, a physical shield was inserted between his lymph nodes and other organs in preparation for radiation therapy which began last month.

"The shield is put there so they don't damage other organs with the radiation. They also put gold specks in my prostate which acts like a GPS for the radiation to target more accurately.

"I'm happy to say that they're zapping my cancer hard with two months of daily treatment in the hope that I end up in remission.

"My message to other men is to get the PSA test, don't fear the physical test but most of all listen to your body. Those tests are there as a guide but they aren't definitive.

"My only regret is not being guided by my body. I know now I've got the best team for the job and my treatment is underway and going well, so I'm really positive about my future.

"Lastly – don't give up. I had a pretty bad diagnosis to begin with but the team at the EJ Whitten Foundation and the Epworth have given me hope."

**MEN'S HEALTH WEEK IS FROM JUNE 15 – 21. For a Men's Health check-up please contact the Timboon Medical Clinic on 5558 6088 to make an appointment.**

June is Bowel Cancer Awareness Month  
**HELP BEAT BOWEL CANCER**  
Bowel Cancer AUSTRALIA | Bowel Cancer Awareness Month | 100% NEW ZEALAND

# TIMBOON AND DISTRICT HEALTHCARE SERVICE

# 2020 ANNUAL APPEAL



**WE SEEK YOUR SUPPORT FOR UPGRADES TO OUR GYM EQUIPMENT FOR OUR GROUP CLASSES AND TO ASSIST OUR ALLIED HEALTH PRACTITIONERS WITH REHABILITATION WORK.**

**Dear Community Members,**

Many people in our community have been financially impacted by the COVID-19 restrictions in recent months and we understand it may be a difficult year for our annual appeal.

Last year, donations totalling \$17,480 funded the purchase of six recliner lift chairs which have made a big difference to our patients, clients and staff.

If community members are in a position to make a financial contribution to our 2020 appeal, all money raised will go towards the purchase of various pieces of gym equipment.

In the near future we will have an additional physiotherapist here at Timboon and District Healthcare Service which is really exciting. This new position was very much driven by the community.

In consultation with the physio department, we will need to purchase a number of new pieces of equipment that can be used to assist in the individual rehabilitation needs of clients.

We also have a bit of a wish list for equipment that would benefit our existing timetable of group classes run by Tracey Heeps. Such things include a raised plinth that clients can use for strength exercises laying down - without having to get down on the floor.

We thank you for your support through our past appeals and look forward to your continued support as we work together for a healthy community.

Yours sincerely,

  
 Rebecca Van Wollingen  
 Chief Executive Officer

  
 Maryanne Puli Vogels  
 Board Chair



## 2020 ANNUAL APPEAL

Name: Mr, Mrs, Miss, Ms .....

Address: .....

..... Postcode: .....

Donation: ..... Date: .....

Donation type  Cash  Cheque  Direct Deposit

To donate via direct deposit use BSB 083-928 A/c 516 067871 (use 'Appeal' & 1st 3 letters of surname as reference)

**Note: Full name and address would be appreciated to enable us to forward a receipt to you, please return in reply paid envelope provided.** All donations of \$2.00 and over are tax deductible.



**TIMBOON  
AND DISTRICT  
HEALTHCARE  
SERVICE**

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 www.timboonhealthcare.com.au

# SAY AAH.

**A column from the Doctors at the Timboon Medical Clinic**

We certainly have had a unique few months with the sudden appearance of the Coronavirus but we also still need you to be vigilant about the flu season this winter.

Flu season will arrive, and the fact that Coronavirus stopped the world in it's tracks to a large extent, does not downgrade the seriousness of influenza.

It is important to get your influenza vaccination, which we can provide at our Clinic. Due to heavy demand, we do ask you to call ahead to make an appointment for your flu shot, so we can prioritise accordingly. Community members over 65 years of age and/or those that have a chronic disease will get precedence.

This year the Government has imposed a directive that all visitors to an aged care facility be required to show proof that they have received the 2020 influenza vaccination or access will be denied. Therefore families and friends of inpatients at TDHS will also be prioritised for influenza vaccinations so that they can visit their loved ones.

If you experience ANY flu-like symptoms, we ask that you contact our Clinic, because currently any cold or flu like symptoms have to be treated as a potential Coronavirus case.

During this call we can establish and organise the most appropriate and safest way for you to be assessed and treated. If someone is displaying significant symptoms, directions will be given on how to safely attend your appointment at the Clinic.

If the assessment over the phone indicates that you need to be tested for the Coronavirus, we can do this at the Timboon Clinic. The test will be conducted in the car park by one of our GP's who will be wearing the appropriate personal protective equipment. After this test you will need to stay at home and isolate until you receive your test result.

What we don't want is to spread any virus further – even if it's the common cold.

It is very important to be alert and not alarmed. We live in a wonderful and caring community and together we can keep each other safe.

**GP's working at the Timboon Clinic are Dr Warwick Rouse, Dr Andrea Hedgland, Dr Diana Peneva-Arabadjyska and Dr Ferdinand Pranadi.**

**Opening times Monday – Friday 8.30 am – 5.30 pm and Saturday 9.30 am – 11.30 am. Appointments can be made by calling 03 5558 6088.**



## IMPROVED SPEECH DRIVING *Danielle's* CONFIDENCE

Being able to speak like all the other kids is really important to five-year-old Danielle Woolstencroft's confidence, according to her mum Glenda.

Every week Danielle and Glenda are doing a 50-minute session with Timboon and District Healthcare Service speech pathologist Narelle Jukes and the work is seeing results.

Glenda is no stranger to speech pathology – four of her five children have needed help. She was happy to share Danielle's story to help mark Speech Pathology Week (August 23-29).

"Danielle is our youngest and we knew from a very young age that she would need help with her speech. She did a speech review at kinder last year and we were referred here to Narelle to give us some help and guidance," Glenda said.

"I know it's a confidence thing for Danielle – she doesn't like to speak to people because they don't understand her. That's hard to watch – to see her so self-conscious like that.

**"We can already see improvement and Danielle is starting to have conversations with people now that she wouldn't have before and that's wonderful."**

Glenda said she also attended the sessions with Narelle to understand what they were working on and to continue the work at home.

"Danielle struggles with sounds – she can't form some like ge and ke which are back sounds made near the throat," she said.

"She also struggles with blend sounds as well like st and tr so words like truck were really difficult for her.

"What the sessions with Narelle do is help Danielle understand how the sounds are made with her mouth - to feel where they are coming from so she can learn how to make it."

Glenda said her other children who needed help with their speech now spoke fine and she could tell from Danielle's progress that she would also get past this phase in her life.

"The other three children also went to a speech pathologist when they were four or five and by the time they hit grade one they didn't need any more assistance," she said.

"Danielle is working hard and we're getting there now. Kids her age are pretty good, they don't pick on her or anything like that which is nice."

**To make an appointment with our accredited Speech Pathologist Narelle please call 5558 6000.**

# WHAT'S ON Events



Please note that some activities are on hold due to the COVID-19 restrictions.  
Please call us on 03 5558 6000 to check.

## JUNE

### BOWEL CANCER AWARENESS MONTH WORLD CONTINENCE WEEK 17-29

1. Walking Group, Speech Pathology, Physiotherapy
2. Cobden SSG, Men's Shed, Public Podiatry, Dietician
3. Cobden SSG, Dietician, Private Dentist
4. Men's Shed, Occupational therapy, Timboon SSG, Private Podiatry
5. Timboon SSG, Speech Pathology
8. **Public Holiday**
9. Men's Shed, Cobden SSG, Dietician, Continence Clinic
10. Cobden SSG, Dietician, Private Dental, Friendlies – (visually impaired group)
11. Timboon SSG, Occupational therapy, Men's Shed
12. Timboon SSG, Speech Pathology
15. **Men's Health week**, Walking Group, Speech Pathology, Physiotherapy
16. Cobden SSG, Men's Shed, Public Podiatry, Dietician
17. **World Continence Week**, Cobden SSG, Dietician, Private Dental
18. Timboon SSG, Occupational therapy, Private Podiatry
19. Speech Pathology, Timboon SSG
22. **Healthy Tuckshop Day**, Walking Group, Speech Pathology, Physiotherapy
23. Cobden SSG, Men's Shed, Dietician
24. Cobden SSG, Dietician, Friendlies – (visually impaired group), Private Dental, Audiologist
25. Timboon SSG, Occupational therapy, Private Podiatry
29. Walking Group, Speech Pathology, Physiotherapy
30. Cobden SSG, Men's Shed, Public Podiatry, Dietician

SSG = Social Support Group

## JULY

### NATIONAL DIABETES WEEK & NAIDOC WEEK 5-12

1. Cobden SSG, Dietician, Private Dentist
2. Men's Shed, Occupational therapy, Timboon SSG, Private Podiatry
3. Speech Pathology, Timboon SSG
5. **NAIDOC Week 5-12**
6. Walking Group, Speech Pathology, Physiotherapy
7. Men's Shed, Cobden SSG, Dietician, Public Podiatry
8. Cobden SSG, Dietician, Private Dental, Friendlies – (visually impaired group)-craft
9. Timboon SSG, Occupational therapy, Men's Shed, Private Podiatry
10. Speech Pathology, Timboon SSG
13. **National Diabetes Week**, Walking Group, Speech Pathology, Physiotherapy
14. Cobden SSG, Men's Shed, Dietician, Continence Clinic
15. Cobden SSG, Dietician, Private Dental
16. Timboon SSG, Occupational therapy, Private Podiatry
17. Speech Pathology, Timboon SSG
20. Walking Group, Speech Pathology, Physiotherapy
21. Cobden SSG, Men's Shed, Dietician, Public Podiatry
22. Cobden SSG, Dietician, Private Dental, Friendlies – (visually impaired group)-joke day, Audiologist
23. Timboon SSG, Occupational therapy, Private Podiatry
24. **Stress down Day (Lifeline)**, Speech Pathology, Timboon SSG
27. Walking Group, Speech Pathology, Physiotherapy
28. Men's Shed, Public Podiatry, Cobden SSG, Dietician
29. Men's Shed, Dietician, Private Dental
30. Timboon SSG, Occupational therapy, Private Podiatry
31. Speech Pathology, Timboon SSG

## AUGUST

### NATIONAL TRADIES HEALTH MONTH

3. **Dental Health week**, Walking Group, Speech Pathology, Physiotherapy
4. Men's Shed, Cobden SSG, Dietician, Public Podiatry
5. Cobden SSG, Dietician, Private Dental
6. Timboon SSG, Occupational therapy, Men's Shed, Private Podiatry
7. Speech Pathology, Timboon SSG
10. Walking Group, Speech Pathology, Physiotherapy
11. Cobden SSG, Men's Shed, Dietician, Continence Clinic
12. Cobden SSG, Dietician, Private Dental, Friendlies – (visually impaired group)
13. Timboon SSG, Occupational therapy, Private Podiatry
14. Speech Pathology, Timboon SSG
17. Walking Group, Speech Pathology, Physiotherapy
18. Cobden SSG, Men's Shed, Dietician, Public Podiatry
19. Cobden SSG, Dietician, Private Dental, Audiologist
20. **Healthy Bones Action week** Timboon SSG, Occupational therapy, Private Podiatry
21. Speech Pathology, Timboon SSG
23. **Speech Pathology week**
24. Walking Group, Speech Pathology, Physiotherapy.
25. Men's Shed, Public Podiatry, Cobden SSG, Dietician
26. Men's Shed, Dietician, Private Dental, Friendlies – (visually impaired group)
28. Timboon SSG, Occupational therapy, Private Podiatry
29. Speech Pathology, Timboon SSG
31. Walking Group, Speech Pathology, Physiotherapy

**1800RESPECT**  
NATIONAL SEXUAL ASSAULT, DOMESTIC  
FAMILY VIOLENCE COUNSELLING SERVICE

The digital version of our Quarterly can be found on our website by visiting:

[TIMBOONHEALTHCARE.COM.AU/NEWS-EVENTS/NEWSLETTERS](https://www.timboonhealthcare.com.au/news-events/newsletters)