



PATRY FAMILY INVESTS \$1 MILLION IN GENOMICS AT KHSC

Jay and Kendal Patry are investing \$1 million to establish Kingston Health Sciences Centre's (KHSC) first "Clinical Chair" role, in an area many refer to as the future of medicine – genomics.

"We can either be on the cutting edge of medicine or fall behind. I want our community to be on the cutting edge and have access to it as soon as possible," says Jay, the owner of the real estate company, Patry Inc. Developments.

Genomics focuses on using knowledge about our genes (DNA) to improve medical care. The traditional method of disease treatment was a one-size-fits-all approach developed for an average person. In genomics, scientists identify a person's genetic variations that might affect their risk of getting sick or how they respond to treatment. Then, scientists turn this knowledge into personalized treatments tailored to an individual's genetic makeup. It's part of the emerging field of personalized medicine.

The Jay and Kendal Patry Clinical Chair in Genomics position will be held by Dr. Prameet Sheth. His expertise in genomic sequencing and microbiology has been pivotal in the response to the COVID-19 pandemic, when provincial leaders and other hospitals came to rely on KHSC specialists. During the early waves of the COVID-19 pandemic, KHSC teams developed their own tests that

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University Hospitals Kingston Foundation

**uhkf.ca | 613.549.5452
foundation@uhkf.ca**

4-55 Rideau St
Kingston ON K7K 2Z8



Dr. Premeet Sheth

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were more accurate in detecting the COVID-19 virus. Later in the pandemic, KHSC was selected as one of only four hospitals in Ontario to become a provincial site for ‘whole genomic sequencing’, which allowed experts like Dr. Sheth to track the virus’s evolution through its various mutations.

While genomics may be the next step in health-care innovation, it brings some unique challenges. The human genome, home to roughly 20,000 genes, is an immensely complex structure that requires significant resources to analyze and develop testing and diagnostic tools.

“(Genomics) is like being handed a 20,000-page book and being told ‘The answers are in there’ and you think ‘How am I going to find them?’” explains Dr. Sheth. “So to dissect that information and to actually find what is important takes a significant amount of computational understanding and prowess.”

Dr. Sheth feels honoured to be named as the inaugural Clinical Chair, as a result of the Patry’s major contribution, and says the community will benefit having better access to the leading-edge of healthcare. “The Patrys are ahead of their time. They are investing in something that is so clearly going to make a massive difference in our future,” says Dr. Sheth. “It is very

forward thinking of them. So thank you to the Patrys for investing in the future, and thank you for investing in KHSC, in me and in the community”

The \$1 million investment will bolster KHSC’s already stellar reputation in genomics and as a leading research hospital, which also helps recruit and retain top talent in Kingston. KHSC and its research institute, the Kingston General Health Research Institute (KGHRI), has been named by Research InfoSource as one of the Top 40 research hospitals in Canada for 13 consecutive years, landing in 23rd in the most recent rankings.

“This gift from the Patrys will reinforce our reputation in genomics and help us continue to be one of the leading organizations in this field,” says KHSC Chief Operating Officer, Dr. Renate Ilse. “Precision diagnostics and therapeutics, including personalized medicine, are the future of cancer treatment and infectious disease surveillance, with genomics playing a huge role in them. Understanding the genetics of cancer cells is leading to new discoveries and treatments while understanding changes in infectious disease can also help us with managing outbreaks and monitoring drug resistance.”

The Patrys share KHSC’s vision to push the frontiers of medicine. They’ve experienced the loss of friends, who were young and healthy, due to cancer. They’re in a position to give back and believe that investing in the future is important. The Patrys hope that genomics will be able to come up with new early detection tests and treatments for cancer and other diseases and viruses.

“I’ve always believed in giving back to the community,” Jay says. “If someone is blessed with success in business, they have a responsibility to share back with the community where they earn their living.”



Jason Hann, Brent Atkinson, Tamás Zsolnay, John Armitage, Kendal Patry, Jay Patry, Dr. Premeet Sheth, Dr. David Pichora, Sherri McCullough and Dr. Renate Ilse

A MESSAGE FROM KHSC PRESIDENT AND CEO



invasive procedures such as robotic-assisted surgery, or expanding programs that support patients during their most vulnerable moments, your philanthropy touches every aspect of what we do.

This report showcases the impact of your support—stories of hope and innovation made possible by your commitment. It is because of people like you that KHSC remains a leader in health and healing for southeastern Ontario, providing care to hundreds of thousands of patients each year.

On behalf of our staff, physicians and everyone whose lives you've helped transform, thank you for your trust and generosity. Together, we are building a healthier future and transforming care, together.

Warm regards,

Dr. David Pichora

President and Chief Executive Officer
Kingston Health Sciences Centre

As spring brings new beginnings and renewed energy, I want to express my heartfelt gratitude for your continued support of Kingston Health Sciences Centre (KHSC) through the UHKF (University Hospitals Kingston Foundation). Your generosity makes a profound difference in the lives of our patients, their families, and our entire community.

Thanks to your contributions, we've been able to take meaningful steps in advancing care across the hospital and our region. Whether it's introducing groundbreaking imaging technology, leading the way in genomics research, providing minimally

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ROBOTIC SURGERY LEADS TO FASTER RECOVERY AND BETTER PATIENT OUTCOMES



Cathy Rows

While Cathy Rows' desire to have fun and stay active fuels her pickleball game, she says the rallying of her family, friends and Kingston Health Sciences Centre (KHSC) care teams powered her ability to bounce back from colon and lung cancer in just 16 short weeks.

Equipped with a robotic operating system called da Vinci, Cathy's surgical teams were able to perform both her surgeries with robotic assistance, which meant her recovery times were quick. She was home in a few days and on the pickleball courts 10 days later.

It's possible to recover faster because – unlike traditional surgery where patients experience long, deep incisions – robotic systems allow surgeons to use micro-instruments that provide greater precision, resulting in much smaller incisions and less bodily trauma including blood loss.

“My, how things have changed since I did general surgery as a registered practical nurse,” says Cathy, who is 70 and has two children and six grandkids. “Back then, my recovery from two traditional surgeries would have taken double the time at least. Technology is a wonderful thing.”

Cathy and the Kingston community have the generosity of donors to thank for having access to the surgical robots. Philanthropist A. Britton Smith and Homestead Land Holdings gave millions to acquire and operate the

machine. The A. Britton Smith Q.C. Robotics Program at KHSC was named in his honour.

B'nai Brith Kingston raised \$1.6 million for the program through its annual “An Evening With...” fundraiser in November of 2024. That large gift was achieved thanks to support from Power of Hope golf tournament co-organizers, Mike Laframboise and Sandy Wilson, who announced they would match the money raised at “An Evening With” event (up to \$500,000).

Cathy had never heard of robotic-assisted surgery before meeting with her surgeon Dr. Sunil Patel. That's when she learned it would be the technique used during her surgery. As a national leader in robotic colorectal surgery, KHSC is able to offer this method in over 90 per cent of colorectal cancer cases.

She was very happy with the procedure after she experienced the fast recovery process, and then disappointed when she was told her next surgery for lung cancer with Dr. Andrew Giles might not be robotic-assisted.

“Even though KHSC is the only hospital in the country using the robot regularly for lung and colorectal surgeries and where it's more likely patients can receive robotic surgery for both, scheduling one system is a challenge,” says Dr. Patel.

“I was excited when my lung surgery got scheduled on the one day a week Dr. Giles has access to the robot,” says Cathy.

With one robotic system in the A. Britton Smith Q.C. Robotics program for all of southeastern Ontario, KHSC is at capacity offering 200 to 300 robotic-assisted surgeries each year.

“Adding another robotic system would let us offer this advanced care to more patients in our region, and expand our use of robotics in different surgeries,” says Jason Hann, Executive Vice President of Patient Care at KHSC. “It's a big investment, but it's worth it for the improvements in patient recovery, positioning KHSC as a leader in advanced robotic surgeries.”

Each year, using the robotic system saves KHSC nearly \$400,000 in decreased (often by more than half) Intensive Care Unit admissions, 90-day hospital readmission rates, emergency department return visits, and length of time people need to stay in the hospital after surgery.



NEW LABYRINTH HIGHLIGHTS THE IMPORTANCE OF SPIRITUAL HEALTH

A new outdoor labyrinth, painted on the grounds of the courtyard of Providence Care's Forensic Mental Health Unit at Providence Care Hospital, is offering clients a powerful space for healing, reflection and spiritual growth.

This initiative was born from a deep understanding of the challenges faced by clients in the mental health program.

"Many of our clients lack access to the other labyrinths in and around the hospital, so it was important to create this space specifically for them," explains Spiritual Health Practitioner, Ann Muhia. "Labyrinths are significant tools for individuals working through trauma or PTSD (Post Traumatic Stress Disorder), as they represent a symbolic journey of retracing one's steps through past experiences."

Covering a 25-by-25-foot space, the labyrinth mirrors the complex path of life, with twists and turns that represent the challenges these clients encounter. Facing the waterfront, the design symbolically incorporates the healing properties of water and earth, providing a serene backdrop for clients seeking peace.

"Walking toward the centre of the labyrinth is like walking into the centre of oneself," Ann says. "It offers a purposeful way for clients to pause, reflect and find

meaning in their struggles."

Labyrinths are often mistaken for mazes, but the two serve very different purposes. Unlike a maze, the labyrinth is a pathway, making the space free of judgment and stress.

"I want the people who travel through that path to be able to grow and notice something different every time," says Douglas Vanasselstine, the artist who designed and painted the labyrinth. "This mural is more than art, it's an invitation to reflect and connect."

The importance of spiritual health in a hospital setting cannot be understated. Spirituality can be an important element in the way patients and clients face chronic illness, suffering and loss. Studies have shown integrating spirituality into hospital care results in better patient outcomes.

By nurturing the spiritual health of the individuals, Providence Care staff can help clients find purpose in their experiences, alleviating depression, anxiety and fear. This holistic approach to care supports clients coping with challenges while empowering them to envision who they might become.

The labyrinth was made possible thanks to the generous support of University Hospitals Kingston Foundation (UHKF) donors.

"I want to extend a heartfelt thanks to the donors for their incredibly generous contribution," Ann says. "The support has brought a meaningful and healing space to those who need it most."

CANCER SURVIVOR BECOMES HEALTHCARE CHAMPION

Greg Brown's journey with cancer began with a seemingly minor symptom—a cough he brushed off initially as something that would pass. However, the cough persisted, and he began experiencing increased fatigue and shortness of breath. It was 2015 and he just turned 40. Concerned, he sought medical attention, leading to a chest x-ray that revealed a shocking discovery: a grapefruit-sized tumour between his lungs.

The diagnosis stirred memories of his mother's own battle with the same type of cancer diagnosed at the same age, which ultimately claimed her life.

“In the first couple of days, your mind goes to some dark places,” says Greg. “But quickly my mindset changed when I began to realize there were things that I could control—my rest, my exercise, my food intake. These were the things I started to focus on.”

Greg was diagnosed with a form of a non-Hodgkin's lymphoma and was soon at the hospital receiving week-long intravenous chemotherapy treatments. Greg didn't enjoy having to spend the entire week (including nights) away from home and his young family.

After a few weeks, doctors approached Greg to say he was good candidate for a trial program. The cancer program was exploring new portable equipment (a special pump) that could deliver the anticancer drugs through an IV in the comfort of his own home.

Being able to receive treatments in the familiar surroundings of his own home made an incredible difference. Greg could enjoy moments with his family, eat home-cooked meals and be present for his children during a challenging time.

“In the hospital, I was being awakened every couple hours to do vital signs, and I could only walk around the halls,” says Greg. “At home, I could go for a walk outside every day. I had some freedom. I was surrounded by family and being home took some stress off them as well as me.”

Kingston Health Sciences Centre (KHSC) oncologist



After surviving cancer, Greg Brown is now involved in various health-care groups, including the YGK Healthcare Champions.

Dr. Tara Baetz, who helped treat Greg, says doctors like giving patients the option of getting treatments at home (under the condition it can be done safely and properly).

“There are so many benefits to keeping people at home and not at the cancer centre. We have certainly shifted as many treatments as possible (to people's homes),” says Dr. Baetz. “We have some of the largest cohort of at-home treatments compared to most cancer centres. So that's been something that's been a priority for us.”

With each round of treatment, the tumour shrank, and Greg's health returned. Nearly 10 years later, Greg lives a cancer-free life.

Inspired by his journey, Greg embarked on a mission to give back. Greg is paying it forward by working with organizations, like the UHKF (University Hospitals Kingston Foundation) YGK Healthcare Champions, the UHKF Board's Audit Committee and lending his voice to patient advisory councils.

He encourages others to support KHSC and Providence Care financially and/or through volunteering.

“The hospital is going to touch your life at some point. You're born there, most people will pass away there. You will have some hospital visits in between, hopefully as a visitor, not as a patient,” says Greg. “Demands on our health-care system are only becoming greater. So if we want to continue to be able to support health-care workers, we have to give them the best tools to help people.”



HYC PROGRAM INSPIRES CARDIAC SCIENCES NURSE

Jesselyn Hale is already leaving a profound mark on her patients after only a few months on the job as a Registered Nurse.

Jesselyn, who graduated from the St. Lawrence College/Laurentian University nursing program in June 2024, received an Honour Your Caregiver (HYC) award for her remarkable compassion and dedication while working in the Cardiac Sciences Unit at the Kingston Health Sciences Centre.

The HYC program is offered by the UHKF (University Hospitals Kingston Foundation) as a meaningful way for grateful patients or family members to express their gratitude and thank health-care professionals.

People make a donation in honour of one or several doctors, nurses, therapists, volunteers or any health-care staff who have made a difference. It's a perfect way to say "Thank You" and provide much-needed funding for equipment, education, research, facilities and help medical staff offer amazing care for patients.

The award is a well-deserved morale booster for health-care workers like Jesselyn. "Knowing I made a difference in someone's day, that's what keeps me going," says Jesselyn. "It made me feel proud to receive the honour."

These recognitions matter. They remind me (and my colleagues) that what we do makes a difference."

Jesselyn was inspired to become a nurse because of her grandfather, who had struggled with heart conditions for years and passed away just before Jesselyn started her nursing studies. His health challenges fueled her desire to care for others.

In the Cardiac Sciences Unit, she works with patients recovering from heart surgeries, heart attacks and cardiac arrests—often at the most vulnerable and scary moments of their lives.

Jesselyn credits her success to her ability to communicate with patients and their families, helping them feel informed and secure in difficult circumstances. Whether through small talk or carefully explaining medical information, Jesselyn goes the extra mile to build trusting relationships with her patients.

"When I'm at work, I try to make sure every patient feels respected, cared for and safe," she says.

Jesselyn's story is a shining example of why the HYC program is so important—not just for the individuals who receive the recognition, but for the entire health-care community. In an era where nursing shortages are putting pressure on health-care workers, a thank you is a powerful way to show gratitude and boost morale.

"These small gestures show that even when we are very busy, our work doesn't go unnoticed," says Jesselyn. "It reminds us that we are appreciated, which strengthens our team dynamic and makes the hard days worth it."

In the last year, UHKF received more than 200 HYC donations celebrating more than 320 health-care workers.

For more details about the program, contact Krista Lessard at krista.lessard@uhkf.ca or call 613.549.5452 ext. 5917.



HONOUR YOUR CAREGIVER

Giving the gift of recognition has never been so meaningful

Make a donation through the Honour Your Caregiver program to say 'Thank You!'. A donation also means that our hospitals receive direct support for much-needed funding for equipment, education, research, facility upgrades, maintenance and more.



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HEART SURGERY AND COMPASSIONATE CARE INSPIRES PATIENT TO GIVE BACK



Elizabeth, Annette and Paul Lawrence

In April of 2024, Annette Lawrence had just moved to Kingston from Mississauga to be close to her daughter and was adjusting to life in her new home when an unexpected health scare sent her to the hospital.

Struggling to breathe, Annette (who turns 72 in April this year) went to the Emergency Department, where doctors initially sent her home with pills to treat water in her lungs. A week later, Annette's symptoms worsened, leading to a second trip to the hospital. This time, doctors discovered the real problem—her heart valve was not functioning properly.

“It was a scary time,” Annette recalls. “I wasn't able to sleep or breathe comfortably, and my lungs would fill with fluid. But the care I received was incredible. Even though the hospital was busy, the staff were all so positive and supportive. I never felt like I was just another patient.”

From that point on, Annette embarked on a journey filled with tests, consultations and procedures. Her daughter, family physician Dr. Elizabeth Lawrence, accompanied her to every appointment.

In July, Annette had a nine-hour surgery with Dr. Holly Mewhort to replace her malfunctioning heart valve.

Following the surgery, Annette spent a week in the Intensive Care Unit for cardiac patients and a total of two weeks in the hospital.

After being discharged, Annette became an outpatient of Providence Care's Cardiac Rehabilitation program

to work on her recovery through fitness sessions, diet education and meditation. “The rehab team has been wonderful too. It's a long process, but I'm getting stronger every day,” Annette says.

Her husband, Paul Lawrence, was deeply moved by the level of care Annette received. He wanted to recognize the incredible efforts of health-care professionals by making donations through the UHKF (University Hospitals Kingston Foundation) Honour Your Caregiver (HYC) program.

An HYC gift is a wonderful way to show appreciation for the staff at Kingston Health Sciences Centre and Providence Care while providing much-needed funding for medical equipment, education, research, facilities and more.

“Every step of the way, the care was at such a high level,” Paul shares. “From the cardiologists to the CSU team, they were all excellent. That's why we decided to give back. It was important to us to recognize the incredible people who helped Annette on her journey.”

For more details about the program, contact Krista Lessard at krista.lessard@uhkf.ca or call 613.549.5452 ext. 5917.

University Hospitals Kingston Foundation
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