

THE FOUNDATION REPORT

Summer 2025

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Kingston Health Sciences Centre (KHSC) is now only the second hospital in Ontario to have a portable magnetic resonance imaging (MRI) machine for clinical use in its Intensive Care Unit (ICU), thanks to the generosity of donor Stephen Sorensen who made a donation through University Hospitals Kingston Foundation (UHKF).

The Swoop Portable MRI Imaging System is now being used in the ICU and is helping KHSC provide more timely care, with less discomfort for patients. The ultra-low-field magnetic resonance device can be moved to a patient's bedside, plugged into a standard electrical wall outlet and operated using a mobile device such as a smartphone to capture images within minutes without radiation exposure.

Patients in the ICU are critically ill and are typically connected to various life-support devices such as catheters, tubes and IVs. So, transporting them to the MRI or CT (Computed Tomography) suite is challenging.

“This brings the risk of transporting ICU patients down to zero,” says Dr. Omar Islam, Head of the Department of Diagnostic Radiology. “It’s only about 500 metres, but if you are a critically-ill patient in a busy hospital, sometimes that 500 metres can feel like 500 miles.”

The benefits of the portable MRI extend beyond improved patient outcomes. For example, it can take a medical team up to 90 minutes to



**University Hospitals
Kingston Foundation**

uhkf.ca

613.549.5452

foundation@uhkf.ca

4-55 Rideau St
Kingston ON K7K 2Z8

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move and monitor an ICU patient who requires a scan in the traditional MRI suite. Thanks to the portable MRI, the team can now remain in the ICU to assist other patients.

Additionally, with fewer ICU patients in the traditional MRI and CT suites, more time will be available for others, such as cancer patients waiting for diagnostic imaging. It will also contribute to timely access to radiology results, so doctors can make quicker decisions about treatment plans for their ICU patients.

A ribbon-cutting ceremony was held at KHSC on January 29. The portable MRI machine was in use and scanning ICU patients just a few weeks later.

Stephen has previously supported radiology at KHSC, including donations in support of the purchase of an MRI machine to be located at KHSC's Breast Imaging Kingston clinic. He hopes his donations will lead to faster patient diagnoses and healthier patient outcomes.

"Radiology has been a passion of mine for decades, and in my opinion, may be the most important

Stephen Sorensen cuts the ribbon on the new portable MRI machine



branch of medicine. Without our present imaging technology to diagnose and treat disease, we'd be back in the dark ages. These machines and the skilled radiologists who use them make a dramatic difference in our quality of life," said Stephen.

KHSC is only the second ICU in Ontario to use this innovative technology. Ontario's first portable MRI installation was in Moose Factory (Weeneebayko General Hospital) in 2021. This initiative provides care closer-to-home for individuals living in remote northern communities and is supported through a partnership with KHSC and Queen's University Health Sciences.

A Message from UHKF's President and CEO



Tamás (Tom) Zsolnay

Summer is finally here—bringing sunshine, fresh air and exciting ways to support health care while having fun!

If you love golf, you won't want to miss some of the season's most anticipated tournaments, including Rose of Hope, Power of Hope and YGK Healthcare Champions—each one making a meaningful impact on patient care in southeastern Ontario.

Car enthusiasts can take a step back in time at the Limestone City Car Classic on August 30 at the Kingston Memorial Centre Fairgrounds. This annual event has already raised more than \$100,000 for melanoma cancer research and treatment—proof that a passion for vintage cars can help drive change in health care.

Music lovers, I hope you had a chance to take in Banding Together with YGK Healthcare Champions, a fundraising concert featuring Old Docs New Tricks, a band made up of local physicians performing rock classics. It was an evening of great music, all in support of local health care.

No matter how you choose to spend your summer, there's a way to make a difference. Thank you for your generosity—your support changes lives every day.

Summer Events Calendar

From inspiring golf tournaments to a sweet lemonade stand, these fun-filled events support life-changing care.

July 29 | Rose of Hope | The annual ladies golf tournament at Cataraqui Golf and Country Club is one of the biggest fundraisers for KHSC breast health programming.

August 10 | Marley Fights Fore Leukemia Golf Tournament | The fourth annual event, at the Rideau Lakes Golf and Country Club, supports KHSC's Cancer Centre of Southeastern Ontario.

August 16 | TakeAway and Recycle Golf Tournament | The event at Amherstview Golf Club is raising funds for the Neonatal Intensive Care Unit (NICU) at KHSC.

August 21 | YGK Healthcare Champions Golf Tournament | The tournament at the Loyalist Golf and Country Club supports a KHSC pilot

project to help reduce PTS(D) symptoms for veterans, military personnel and first responders.

August 25 | Power of Hope | The golf tournament at Cataraqui Golf and Country Club has raised more than \$500,000 over four years for prostate cancer.

August 29 | Mending Hearts with Declyn Lemonade Stand | This fundraiser (at 1018 Old Colony Rd.) for pediatric cardiology is run by the family of Declyn, a three-month old boy who passed away in 2022 from a congenital heart defect.

August 30 | Limestone City Car Classic | Hundreds of classic cars will be on display at the Kingston Memorial Centre Fairgrounds. The event raises funds for melanoma research.

For more details, visit uhkf.ca/Events.

Yes! I want to support life-saving care!

Mail this form to University Hospitals Kingston Foundation
4-55 Rideau St Kingston ON K7K 2Z8
or visit uhkf.ca/Donate



I'd like to make a monthly gift of \$ _____ **OR** a single gift of \$ _____

Name _____

Signature _____

I have enclosed a **VOID** cheque (for monthly gift) or a cheque payable to "UHKF" (for single gift)

Or please charge my **Visa** **Mastercard** **American Express**

Card Number _____ Expiry _____ / _____

Address _____

City _____ Province _____ Postal Code _____

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Providence Care Physiotherapists Honoured for Transforming Lives

Health-care workers often go above and beyond for their patients, and when patients recognize their dedication, it makes a lasting impact. That's exactly what the University Hospitals Kingston Foundation's Honour Your Caregiver awards aim to do. Providence Care's physiotherapy team recently received an astonishing eight awards from grateful patients over six weeks—a heartwarming testament to their exceptional work.

Celeste Clarke, a physiotherapist in complex medical management, expressed the group's gratitude for the recognition.

"We're honoured," Clarke says. "It's nice to have a sign of appreciation and recognition for the work that we're doing and for people to acknowledge that we play a big part in someone's recovery."

The physiotherapy team plays a crucial role in helping patients regain mobility and independence after serious medical events like surgeries, stroke, spinal cord injuries, brain injuries, cardiac events, fractures and respiratory diseases.

Their work directly supports Providence Care's mission to restore quality of life.

Darcy Woods-Fournier, Vice President of Patient and Client Care at Providence Care, believes the large number of Honour Your Caregiver awards is a sign of the great work happening at Providence Care and she is immensely proud of the physiotherapy community's work.

"Our allied health staff support individuals to regain mobility, independence and overall wellness, supporting them as they return to their lives, even if it's in a new way," says Woods-Fournier. "Patients leave us empowered and in a much better place than when they arrived."

Philanthropy and donations through programs like Honour Your Caregiver help give physiotherapists the tools to provide better care for patients.

"We've had lots of equipment donated over the years. One of the most impactful donations is an electrical stimulation bike," says Jennifer McKenzie, a physiotherapist specializing in stroke rehabilitation. "Research has shown electrical stimulation improves motor recovery after a stroke, spinal cord injury or brain injury. This bike allows us to provide evidence-based treatment that we couldn't before."

Donations have also funded the purchase of a sit-to-stand trainer, which allows patients to safely get on their feet earlier in the recovery process. Clarke describes the machine as "promoting a normal movement pattern, which is great for recovery and decreases the need for multiple staff during patient support."

Woods-Fournier says donor contributions ensure Providence Care physiotherapists have the tools needed to enhance recovery. Every donation empowers health-care professionals at Providence Care to deliver a level of service that reflects compassion and excellence for every patient who walks through the doors.

"The government doesn't fund most hospital equipment, so the support we get from donors makes a vital difference," she says.

The Honour Your Caregiver awards are a meaningful way for patients, clients and residents to say thank you while supporting continued advancements in care. By recognizing the hard work of Providence Care's physiotherapists and contributing to essential equipment, donors ensure that compassionate, high-quality care will be available for years to come.

Using the Legacy of Dollar Bill's to Support Cancer Care

In the heart of Kingston's music scene, few places held as much magic as Dollar Bill's. Between the late 1970s and 1980s, the legendary bar on Ontario Street—now the site of Tir nan Òg—was the epicentre of blues and rock, hosting icons like John Lee Hooker and David Wilcox.

For music lover Stephen Berofo, it wasn't just a bar—it was a way of life. "I was down there four nights a week," he recalls. "It was the most fun ever—getting good seats, hearing great live music and having the chance to talk with the musicians after their shows."

Years after Dollar Bill's closed, Stephen found himself on a mission to bring its legacy back to life—not just for nostalgia, but for a cause close to his heart. He helped organize a successful fundraising concert in 2014, where rare recordings from the venue were released on CD and raised \$30,000 for Kingston Health Sciences Centre cancer programs through University Hospitals Kingston Foundation (UHKF). With that success, he knew there was more to be done.

Then, in 2018, life threw Stephen a curveball: he was diagnosed with bladder cancer.

"When there is blood in your urine, that scares you. But I knew to go to the hospital immediately and get it checked," Stephen admits. Fortunately, this action saved his life because the cancer was caught early and eventually removed with a laser procedure. "Without that laser tool, I'd be dead," he says.

Grateful for the care he received, he dedicated himself to using the legacy of Dollar Bill's to support cancer care through UHKF, ensuring that others could have access to life-saving treatments.

That's how Dollar Bill's Private Stock Premium Ale and Dollar Bill's Private Stock Coffee were born.

"The Dollar Bill's logo was originally designed for a beer can," Stephen explains. "So I thought, why not make a beer to raise funds for the hospitals?"

Partnering with Spearhead Brewing, Dollar Bill's Premium Ale was launched in 2023. The response was overwhelming—30,000 cans sold in the first



year. It is available at Spearhead Brewing Company on Development Drive in Kingston, as well as select Beer Store and LCBO locations.

After that success, Stephen jokingly says he wanted to expand his "beverage empire," so he worked with North Roast Coffee earlier this year to launch an organic, high-quality brew. It can be ordered online through the North Roast Coffee website or purchased at the North Roast Coffee office on Progress Avenue.

The nostalgia surrounding Dollar Bill's has been a driving force in the success of both products.

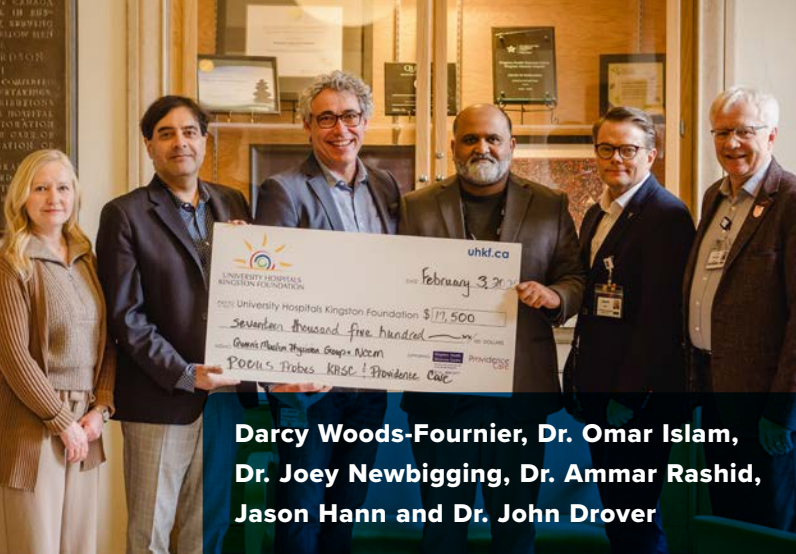
"The reason the beer started selling was that people recognized the Dollar Bill's logo," Stephen says. "People remember the bar, the music and the good times."

With every sip of beer or cup of coffee, Kingston residents are not just indulging in high-quality beverages; they are contributing to a legacy of care.

For Stephen, this mission is personal and he has no plans to stop.

"I hope sales of the coffee and beer continue for a long time," he says.

Stephen's story is a testament to the power of music, memory and giving back—proving that even decades later, the spirit of Dollar Bill's still has the power to change lives.



**Darcy Woods-Fournier, Dr. Omar Islam,
Dr. Joey Newbigging, Dr. Ammar Rashid,
Jason Hann and Dr. John Drover**

Life-Saving Ultrasound Technology Boosted by \$17,500 Donation

Dr. Joey Newbigging, POCUS Program Director for Emergency Medicine at Kingston Health Sciences Centre (KHSC), recently had a pregnant woman who came to the Emergency Department with severe abdominal pain.

Thanks to a small, portable device known as a point-of-care ultrasound (POCUS) machine (which can be used bedside to quickly diagnose a patient), the doctor was able to swiftly diagnose the patient with a ruptured ectopic pregnancy within a minute.

“She was in the operating room within an hour,” Dr. Newbigging explained. “Without this (POCUS) technology, that wouldn’t have happened so quickly.”

This story underscores the transformative impact of POCUS machines, which are now receiving crucial support thanks to a generous \$17,500 donation from the Queen’s Muslim Physician Group and the National Council of Canadian Muslims (NCCM). Ear marked to replace vital probes, this gift will ensure that physicians can continue to provide rapid, accurate diagnoses and safer procedures.

At the cheque presentation held in February, Dr. Ammar Rashid, Chair of the Division of Hospital Medicine at Providence Care, highlighted the immense value of these devices.

“The sheer impact of having this kind of technology is undeniable. POCUS allows for meaningful, life-saving decisions to be made

right at the bedside, improving patient safety and outcomes,” Dr. Rashid said.

Dr. Omar Islam, Head of Diagnostic Radiology at KHSC, emphasized how the technology gives KHSC Emergency Department doctors the ability to make a quicker diagnosis, which helps get people in and out of the hospital faster.

“It allows us to make diagnoses on the spot without needing to send patients for further imaging. This means faster care, earlier treatment and better patient experiences,” Dr. Islam explained.

The doctors were inspired to donate after seeing the University Hospitals Kingston Foundation’s Giving Tuesday campaign, which highlighted the importance of POCUS machines.

The decision to support this initiative was a natural fit for the Queen’s Muslim Physician Group and NCCM. During the cheque presentation event, Dr. Rashid read statements from both organizations, noting the gift is their way of expressing gratitude to Emergency Department colleagues while helping advance patient care at KHSC and Providence Care. The groups want to ensure that all people, especially those from disadvantaged communities, have access to quality health care as they strive to create a more just and compassionate society.

Jason Hann, Vice President of Patient Care and Chief Nursing Executive at KHSC, expressed his heartfelt gratitude on behalf of the hospital.

“This generous gift ensures our clinicians have continued access to essential technology, directly impacting patient care at KHSC,” he said. “Thank you for recognizing the importance of investing in health care and strengthening our ability to serve the community.”

This donation is more than just a financial contribution. It’s a testament to the power of collaboration and a shared commitment to improving health-care outcomes.

By investing in advanced medical tools like POCUS machines, the Queen’s Muslim Physician Group and NCCM are not only saving lives but also setting a precedent for meaningful community support in the health-care sector.



Ed Bentley

Diligent Doctors Save Retired Minister from Heart Attack

Ed Bentley, a 75-year-old retired minister from Belleville, never imagined his life would take an unexpected turn that would deepen his appreciation for health care and inspire him to give back.

Although he had no apparent symptoms, Ed shared with his new family doctor, Dr. Bushra Chaudry, his family history of cardiovascular issues, which had taken both his parents and caused his son to have a heart attack in his mid-40s.

Instead of brushing it off, the doctor took this seriously, ordering a stress test. “Dr. Chaudry looked beyond the absence of symptoms,” Ed recalls, “and that made all the difference.”

Over the following months, Ed underwent numerous tests, each step revealing more about a serious but hidden heart condition.

Eventually, it was determined that Ed had severe

blockages, including a 70-per-cent stenosis in the left main coronary artery—infamously referred to as a “widow-maker.”

It required coronary artery bypass graft surgery. The procedure was daunting, yet Ed felt a strong sense of peace after meeting his surgeon, Dr. Holly Mewhort.

“She not only had the skill but the compassion,” he shares. “You want to know your doctor is great with a scalpel, but her kindness and respect made all the difference to me.”

Ed’s experience at Kingston Health Sciences Centre (KHSC) solidified his belief in the power of compassionate care. Every staff member—from his nurses to the porters—embodied a sense of teamwork and dedication that left a profound impact on him.

“They did their job with skill matched only by their caring,” Ed reflects. The consistent kindness and professionalism he experienced made his hospital stay, even amid recovery pain, a surprisingly positive experience.

When Ed finally left the hospital, his heart wasn’t just mended physically. He felt deeply grateful and made a donation through University Hospitals Kingston Foundation.

“No words are sufficient to adequately express my heartfelt gratitude,” Ed says. “Those who cared for me—physician, physician assistant, nurse, patient care assistant, lab technician, physiotherapist, nutrition staff, porter—worked so well together that I knew I was in the hands of a cohesive unit with all parts working together for my benefit.”



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 and much-needed funding for equipment, education, research, facility upgrades, maintenance and more.



Scan to donate or visit uhkf.ca/HYC to support health care today.



Dr. Glykeria Martou

ROSE Study Hopes to Improve Women's Breast Cancer Journeys

Dr. Glykeria Martou believes that breast reconstruction is more than just surgery—it's an essential step in restoring a woman's quality of life after breast cancer.

Dr. Martou hopes her ROSE (Breast Cancer and Reconstruction Outcome Survey) study will make a lasting impact on improving breast cancer care, thanks to a \$66,000 grant funded by University Hospitals Kingston Foundation donors.

"Breast reconstruction is an integral part of breast cancer care," says the Kingston Health Sciences Centre (KHSC) doctor. "It's not just about aesthetics. It's about helping patients feel whole again and supporting their mental and emotional recovery."

For many women, breast reconstruction is a deeply personal decision. The ROSE study aims to gather critical quality-of-life data to help patients make informed choices about whether reconstruction is right for them.

Dr. Martou and her team are collecting data from both breast cancer patients who undergo breast reconstruction and those who do not. By understanding how these patients feel before and after their treatment, the study will help ensure that each woman's journey is supported with the best possible care.

One of the key tools in the study is the Breast-Q questionnaire, which measures a patient's satisfaction with their body, care and overall quality of life as well as the quality of care. The data gathered will be used to improve patient counseling and guide decisions about timing, techniques and options for reconstruction.

"We want to give patients the best information possible," says Dr. Martou. "When a woman is sitting in my office, overwhelmed by the choices she has to make, we need to be able to say, 'Here's what other patients have experienced. Here's how this decision could impact your quality of life.'"

By focusing on patient-centered care, Dr. Martou's work is shaping the future of breast cancer treatment in Ontario—one informed decision at a time.

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