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THE FOUNDATION REPORT



Megan Wheatley
at the top of
Mount Kilimanjaro
(5,895 metres)

Brain Injury Survivor Climbs Africa's Highest Peak and Raises \$7,500

Twelve years ago, Megan Wheatley's life changed in an instant. A car accident and serious brain injury left her facing an uncertain future with a long road of recovery ahead.

But on August 17 this year, the 30-year-old stood at the summit of Mount Kilimanjaro—the highest mountain in Africa at 5,895 metres—after an eight-day trek that tested her strength, endurance and resilience.

“Climbing Kilimanjaro was definitely more than just summiting a mountain,” Megan said. “It felt like validation and proof of how far I've come in the last 12 years. Twelve years ago, summiting the highest mountain in Africa would've felt impossible. Standing at the top was a reminder of how recovery can lead you to places you never thought you'd be able to get to.”

Megan reached the summit after carefully training for months and preparing for the physical and mental challenges of the climb. But the altitude (and lack of oxygen) brought its own difficulties. Still, Megan pushed forward, reminding herself to take it one step at a time.



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For Megan, the climb was more than a personal achievement.

Megan used the journey to raise funds for Community Brain Injury Services (CBIS) at Providence Care, a program that helps others living with brain injuries rebuild their lives. Her initial fundraising goal of \$3,000 quickly grew to \$5,000, and with overwhelming support, she surpassed it—raising more than \$7,500.

“I’m blown away by everyone’s generosity,” Megan said. “To me, it really means that people connected with the cause. A big part of this for me was raising

awareness that there is life after a brain injury. It’s often an invisible injury, but I wanted to show that recovery and hope are possible.”

Despite challenges such as memory loss, fatigue and sensory sensitivity, she hoped to inspire others with brain injuries – showing that recovery makes incredible achievements possible.

For Megan, the summit of Kilimanjaro was not just a peak on a map, but a powerful symbol of perseverance and gratitude.

“This trip gave me perspective and reminded me to appreciate the journey,” she reflected.



A Message from Providence Care’s President and CEO

As we embrace the spirit of the holiday season, I want to extend my heartfelt thanks for your generosity and support of Providence

Care. Your contributions this year have been truly transformative, and we are deeply grateful for the difference you make in the lives of the people we serve.

One of the most meaningful milestones of 2025 was the opening of Providence Care’s hospice residence, the A.B. Smith Homestead House. This beautiful 10-bed home, which opened in March, is Kingston’s first hospice house. Already, close to 100 people—who might have otherwise spent their final days in hospital—have been able to receive end-of-life care in this home. Built by the community, for the community, the A.B. Smith Homestead House is now a place where patients and their families can find peace, comfort, and exceptional care.

At the same time, redevelopment of our long-term care home, Providence Manor, continues to move

forward. With the concrete structure complete, the building now rises proudly as crews transform it into a future home for 320 residents. When it opens in late 2027, it will be a welcoming place of care and community.

Your gifts also allow us to acquire vital equipment, support staff training and education, and strengthen our ability to provide specialized health care across aging, mental health, palliative care and rehabilitation. Every part of Providence Care feels the impact of your kindness.

Because of you, people are finding support, comfort and care during some of the most challenging times of their lives. Know that you are making a difference, and in doing so, helping to make our community stronger. Your generosity has a ripple effect, touching countless lives, and during this season of warmth and magic, I hope you know how deeply appreciative we are.

Wishing you and your loved ones a joyful holiday season.



milestone over the summer with the completion of the structural concrete work.

When finished in late 2027, the new home will feature 320 beds (77 more than the current home on Sydenham Street) and will have improved accessibility, more space for socialization, secure outdoor spaces and naturally lit spaces with dedicated areas for spiritual health and worship.

This much-needed long-term care facility will replace the original Providence Manor on Sydenham Street, which was established in 1861 and is one of the oldest long-term-care homes in Canada. It has served the community for over a century, undergoing multiple renovations, the last of which was in 1990.

The new building will help to meet the growing demand for long-term care in Kingston and the surrounding areas. The expansion is important as the aging population continues to increase the need for more long-term care services and facilities.

New Long-Term Care Home Reaches Construction Milestone

Construction on Providence Care's new long-term care home, Providence Manor, hit a major



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KHSC Becomes First Canadian Hospital to Acquire Innovative AI Heart Imaging Technology

A groundbreaking new artificial intelligence tool used to diagnose coronary artery disease on CT scans is transforming cardiac care at Kingston Health Sciences Centre (KHSC)—and it's all thanks to the generosity of local donor Stephen Sorensen.

Mr. Sorensen's philanthropic gift of \$100,000 launched the use of HeartFlow, a revolutionary AI-based technology that allows radiologists and cardiologists to measure how blood flows through a patient's coronary arteries using only a non-invasive CT scan.

KHSC is the first hospital in Canada to offer this leading-edge diagnostic tool, which is already in use in the United States and the United Kingdom.

For patients living with chest pain and suspected coronary artery disease, HeartFlow provides a safer, faster and more accurate diagnosis of low blood flow and helps medical teams determine how severe a blockage in a patient's artery may be—without having to undergo an invasive procedure.

Traditionally, many patients had to undergo a cardiac catheterization, an invasive test that involves threading a wire into the coronary arteries to measure blockages. Now, using the AI capabilities of HeartFlow, physicians can make the measurement directly from a CT scan.

This technology determines whether a blockage is restricting blood flow and whether the patient requires further treatment like inserting stents or undergoing bypass surgery to remove the blockage.

"This AI tool is a game-changer for the way we triage patients," says Dr. Omar Islam, Head of Diagnostic Radiology at KHSC. "Before, we had to



HeartFlow offers a non-invasive way to assess reduced blood flow, giving medical teams quicker and safer insight into how serious an artery blockage may be

send everyone with a possible significant blockage to the catheterization (cath) lab just to see if the flow was reduced. Now, we can do that non-invasively with HeartFlow. If the flow is normal, the patient avoids an invasive procedure entirely. It helps our capacity in the cath lab and saves the health-care system money. From a patient perspective, it spares them a procedure they may not have needed."

That's a win not only for patient comfort and safety but also for the health-care system. Studies have shown that HeartFlow can reduce unnecessary catheterizations by up to 30 per cent.

"The understanding that HeartFlow brings about coronary blood flow to the muscle of the heart is a tremendous advantage," says Dr. Cathy McLellan, Cardiac Program Medical Director at KHSC and Head of the Division of Cardiology at Queen's University. "It allows many of our patients to avoid invasive procedures to measure blood flow, and it helps accurately quantify how much the blood flow has been reduced in those patients who need invasive medical or surgical care."

Health-care professionals at KHSC started using HeartFlow in the summer.

Groundbreaking Technology for Breast Cancer Care Coming to KHSC

Kingston Health Sciences Centre (KHSC) has become the second academic centre in Ontario to adopt MOLLI®, a revolutionary wire-free and radiation-free technology that is transforming breast cancer treatment.

The acquisition is being made possible thanks to a \$175,000 gift, through the University Hospitals Kingston Foundation (UHKF), from local resident and philanthropist Stephen Sorensen. By acquiring this advanced technology, KHSC is further cementing its reputation as one of Canada's leading centres for breast cancer screening, diagnosis and treatment.

MOLLI® will allow radiologists at KHSC's Breast Imaging Kingston facility to locate and mark a breast tumour prior to surgery, so that the tumour is easier to locate once the patient enters the operating room.

Replacing traditional procedures which can be painful, restrictive, and stressful, MOLLI® uses a tiny magnetic marker—about the size of a sesame seed—that can be placed in the lesion up to 30 days before surgery. Surgeons then use a handheld wand and tablet to precisely locate the tumour with pinpoint accuracy, resulting in more accurate incisions, fewer repeat surgeries and a far more comfortable patient experience.

“This gift is another example of how philanthropy and innovation are coming together at KHSC to change lives,” said Dr. David Pichora, President and CEO. “We are committed to offering world-class care close to home, and MOLLI® will help us deliver safer, less invasive breast cancer surgery for patients across southeastern Ontario.”

The key benefits of MOLLI® include:



The MOLLI® technology will be located in the prone breast biopsy room at Breast Imaging Kingston

- No wires or radiation during localization procedures
- More flexibility in scheduling surgery
- More accurate tumour removal with fewer follow-up procedures
- Improved efficiency for both surgeons and radiologists

“For patients and surgical teams, the difference will be immediate and meaningful,” said Dr. Ross Walker, Head of the Department of Surgery at KHSC and Queen's University. “For years we have been working continually to find ways to improve breast cancer surgery using technology and MOLLI® will allow us to plan surgeries with greater precision.”

KHSC's inaugural Rose of Hope Clinical Chair in Breast Health and women's imaging radiologist, Dr. Doris Jabs says the new technology is a win for patients. “I am excited to see continued advancement in breast cancer care at KHSC and am grateful to Mr. Sorensen for his generous gift.”

Originally developed by Dr. Nicole Look Hong and Dr. Ananth Ravi and their team at Sunnybrook Research Institute, and recognized as one of TIME Magazine's Best Inventions of 2022, MOLLI® is now expanding both nationally and internationally.

Carolyn and Del's Story of Love, Hope and Gratitude



Carolyn Bresee is leaving a gift in her will in gratitude for the care her late husband Del received

When Del Bresee collapsed outside his home in March 2023, he looked up at his wife Carolyn and said, “I’m going down—I can’t feel anything in my legs.” At that moment, it felt like everything changed. Del’s prostate cancer—first diagnosed and successfully treated in 2001—had returned and spread.

The doctors had bad news. Del was given just two weeks to live.

But thanks to the expert care and compassion of the staff at Kingston Health Sciences Centre (KHSC), those two weeks became 14 precious months before Del passed away in May 2024.

Carolyn is grateful for the extra year she was able to spend with the love of her life.

“Del was the best person I’ll ever know and KHSC made it possible for us to have that

last year of faith and hope together,” Carolyn says. “Everyone—doctors, nurses, kitchen staff, maintenance—they all treated Del with such respect and care. It made all the difference.”

After being transferred to Kidd 9 at Kingston General Hospital, Del began an intensive regimen of radiation. The goal—make him healthy enough to walk again and return to their home in Portland to continue his very determined and courageous cancer journey.

With support from physiotherapists and nurses who encouraged him every step of the way, Del slowly began to regain strength.

Carolyn remembers the day Del stood on his own again, with nurses by his side, as he took a few wobbly, joyful steps down the hall.

“It was incredible,” Carolyn says. “Del’s biggest wish was to walk again—and KHSC staff made that happen. It was the happiest moment of his recovery. He felt human again.”

Carolyn and Del shared everything—36 years of marriage, a love for music in church choirs, members in Barbershop four-part harmony choruses, sing-alongs with seniors, and camping in their camper van. Both were teachers who shared a strong faith in God. Their very special time together during Del’s final year, was made possible by KHSC staff.

To honour that outstanding care, Carolyn decided to leave a gift in her will through the University Hospitals Kingston Foundation’s Evergreen Society. Her gift will support prostate cancer treatment and equipment, ensuring others facing a frightening diagnosis will receive the same extraordinary care that gave Del a second chance.

“We had planned our estate differently before,” Carolyn says. “But after all we experienced, I knew this was what Del would have wanted. This gift is about hope, about care, and about saying thank you.”

Siblings' Lemonade Stand Raises Over \$32,000 in Memory of Baby Brother

The Carman family is turning a devastating loss into something positive and hopeful.

In 2021, Declyn Carman was born with atrioventricular septal defect (AVSD), a congenital heart defect where there are holes between the heart's chambers and the valves don't form correctly.

Declyn was a joyful baby who defied odds from the beginning. Despite many medical appointments and hospital stays, the family was optimistic Declyn would recover. Surgery was scheduled to repair the holes in his heart.

But on January 3, 2022, Declyn unexpectedly passed away at the age of three months.

"I like to think there's a reason for everything and trying to find that reason was extremely difficult when I lost Declyn," said mother Amanda McArthur. "But I knew that I needed to help other parents."

The idea of turning grief into hope originally came from Declyn's older siblings, Ryder and Jordyn (who are now 13 and 8 years old respectively), along with Ryder's friend Grady.

In the summer of 2022, they decided to set up a lemonade stand and donate the proceeds through the University Hospitals Kingston Foundation (UHKF) to support pediatric cardiology at



UHKF mascot Asher high fives members of the Carman family

Kingston Health Sciences Centre (KHSC) in loving memory of Declyn.

The response from neighbours and the community has been incredible. Now in its fourth year, the Mending Hearts with Declyn Lemonade Stand has raised more than \$32,000 to help other children and families facing similar heart-related medical issues. This year's fundraiser took place on August 30 and was the most successful year yet, raising more than \$11,000.

"It's surreal. Hosting a fundraiser was not something that crossed my mind. So the fact that it came from Ryder, Jordyn and Grady... it really speaks to the kindness and character of those kids," Amanda said. "I'm hoping we can raise enough money for KHSC to be able to get equipment and training so that when other children come in with these issues, they have a better chance of surviving."



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Land Secured for Future Kingston Hospital Site

Kingston has taken a major step forward in the future of health care. In July, the City of Kingston announced that up to 95 acres of land near Clogg's Road and Highway 401 has been set aside for the development of a new Kingston Health Sciences Centre (KHSC) hospital campus.

"This is a major milestone—not just for Kingston, but for the entire region," said Tamás (Tom) Zsolnay, President and CEO of the University Hospitals Kingston Foundation (UHKF). "It signals meaningful progress on the long journey toward modernizing health care in southeastern Ontario."

The news comes after years of careful study and planning. Originally, KHSC had planned to build a new patient tower on the Kingston General Hospital (KGH) site. That plan was paused in 2022 due to engineering challenges, rising post-pandemic costs and the realization that the tower would not meet long-term needs.

Since then, KHSC has grown into a fully integrated regional academic health sciences centre, serving an expanding population with increasingly complex care needs. Current hospital sites simply do not have the capacity to grow further.

With the new land secured,
KHSC can now move

forward with a master site plan requested by the Province of Ontario. While the provincial government has not yet committed to funding a new hospital, identifying a location allows planners to begin detailed site designs for government review.

"For the first time, planners can now move beyond conceptual models and begin crafting detailed site plans," Tom explained. "It's a significant move forward in a long process—and it puts Kingston and the region in a much stronger position to advocate for support."

A fully completed hospital may be more than a decade away, but KHSC is already considering a phased development. Early plans could see services such as labs, pharmacy and equipment sterilization move to the new site. This would create urgently needed space at the Kingston General Hospital site, enabling additional inpatient beds and an expansion of the Emergency Department.

Tom emphasized that community generosity will continue to be essential.

"Much more support will be needed to bring this bold vision to life," he said. "Philanthropic leadership will play a vital role in ensuring timely access to care for patients across southeastern Ontario."



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