

Fall 2026

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THE FOUNDATION REPORT



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Kingston Foundation**

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Teen Gives Back for Dad

For 13-year-old Giovanni McDougall, the decision to thank Kingston Health Sciences Centre (KHSC) by giving through the Honour Your Caregiver program at University Hospitals Kingston Foundation (UHKF) came naturally. After spending nearly every day at the hospital during his father's illness, he saw firsthand the difference health-care workers made.

"I just wanted to help," said Giovanni, who regularly uses his money earned from household chores to support local charities.

His father, Daniel, had always been active, biking to work year-round and rock climbing regularly with his children. But in July 2025, everything changed almost overnight. What started as a routine illness quickly escalated.

"I was feeling very ill—coughing, exhausted and just out of it," Daniel recalled.

Within days, his condition worsened to the point where he could

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Dan and Giovanni
McDougall at the Boiler
Room climbing gym



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barely speak. A visit to urgent care revealed a severe case of pneumonia, and he was transferred to KHSC for further treatment.

There, doctors discovered his pneumonia had progressed to empyema, a serious infection causing pockets of infected fluid around his lung. Daniel underwent surgery, including a thoracic procedure to drain the infection. In total, he spent three weeks in the hospital.

For Daniel, the care he received made all the difference. “All the staff were professional and helpful. They work very hard, and you can tell they want to help people,” he said. “I am glad they were able to keep me alive.”

Mariana, Daniel’s wife, saw not only the clinical expertise but also the compassion behind it. She remembers the surgeon,

Dr. Wiley Chung, asking her how *she* was doing and comforted her by telling her that Dan was one of the fittest and healthiest patients he’s had.

“It was a very scary time,” she said, recalling the uncertainty during her husband’s surgery. “But the staff were incredible. Not just with Dan, but in how they supported the family.” After weeks in the hospital and months of recovery, Daniel is now back to his active lifestyle. It’s a milestone that means even more to his son.

For Giovanni, his donation was money well spent.

“It’s a relief to see him healthy and out of the hospital,” Giovanni said. “I’m happy that I get to climb with him again.”



A Message From Dr. David Pichora, KHSC's President and CEO

This summer, across Kingston and southeastern Ontario, our community has **made an extraordinary difference** through its support of health care.

While there have been many examples of outstanding generosity, some events have demonstrated how much is possible when the entire community rallies around urgent patient needs with a shared vision.

Especially these three charity golf events:

- The **Rose of Hope** continued its long-standing commitment to advancing breast imaging with Dr. Doris Jabs and the Breast Imaging Kingston team.
- The **Power of Hope** helped expand KHSC's advanced surgical robotics program, giving more patients access to minimally invasive procedures.

- The **YGK Healthcare Champions** supported important Alzheimer's research and care for people facing this difficult disease.

Their events help create new possibilities for discovery, innovation and compassionate care, so patients across southeastern Ontario can access specialized treatment close to home.

I would also like to recognize local donor **Stephen Sorensen** who continues to demonstrate his visionary passion for innovative health care, highlighted by several significant gifts this summer that improve our ability to quickly diagnose and expertly treat complex medical conditions.

On behalf of everyone at KHSC, thank you.

Your generosity is transforming lives today while helping us **build a healthier future** for generations to come.



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 _____

Address _____

City _____ Province _____ Postal Code _____

Email _____ Phone _____

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 _____ / _____

Name on Card _____ Signature _____

UHKF recognizes donors by name in its publications to encourage others. I do not wish my name to be published. You may change or cancel your monthly gift at any time. Tax receipts will be issued for all qualifying gifts of \$20 or more. We do not sell, share, trade or rent our donor lists. Charitable Registration No. 820218147R0001. **27-DM-AG-09NL02 Fall 2026.**



Aiden Dorosz

Honouring Compassion at KHSC Detox Centre

When a family chooses to honour a caregiver, it is often because someone made a lasting difference during one of life's most difficult moments.

Staff at the Kingston Health Sciences Centre (KHSC) Detoxification Centre experienced that gratitude firsthand when the parent of a former client made a donation through the University Hospitals Kingston Foundation (UHKF) Honour Your Caregiver program.

The gift recognizes the compassion and dedication shown by the team who support people who are trying to turn their lives around at the earliest stages of recovery from substance use.

For Aiden Dorosz, Program Manager of Addiction Care at the KHSC Detoxification Centre, the recognition means a great deal to staff who meet clients during a

difficult chapter of their lives.

"We often see people when they're at their worst," Aiden said.

The Honour Your Caregiver program allows grateful patients and families to recognize a caregiver by making a donation in their name. For the detox team, receiving this acknowledgement provides both encouragement and reassurance that their challenging work matters.

"It's an incredible feeling," Aiden said. "To hear that someone took time out of their busy day to think of us and make a donation. It's huge for morale."

Staff rarely see the full arc of a client's recovery journey. Withdrawal management is often just the first step toward treatment, counselling and long-term sobriety. That's why hearing from former clients can be deeply meaningful.

"When we receive updates that someone we helped is doing well, the staff are smiling and excited," Aiden explained.

The Detoxification Centre plays a critical role in the region's addiction care system. It is currently the only publicly funded detox facility located between Ottawa and Oshawa, providing medically supported withdrawal management for people aged 16 and older.



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, infrastructure and more.

Scan to donate or visit uhkf.ca/HYC





Karen Trenholm and her niece Jill Frick

Life-Saving Care Inspires Donation from Patient and Niece

When Jill Frick couldn't reach her aunt, Karen Trenholm, after several unanswered texts, she was concerned. Jill rushed to her aunt's home, where she found Karen collapsed on the kitchen floor. They don't know exactly when Karen lost consciousness but think she had been on the floor for about 18 hours.

"That is when our ordeal began," said Jill, about the incident that happened on October 16, 2024. "We called 911 immediately, and from there it became a very serious, very frightening journey."

Karen, who lives alone, had been feeling unwell and assumed she had the flu. She missed Thanksgiving dinner with her family, not wanting to risk passing along what she thought was a minor illness.

Karen initially went to the Lennox & Addington County General Hospital in Napanee, but after a day her situation was deemed critical, and she was transferred to Kingston Health Sciences Centre (KHSC). Karen spent several

weeks in the Intensive Care Unit, much of that time unconscious and on a ventilator.

"She was in septic shock, her organs had shut down, and she was on full life support," Jill said. "The doctors were very honest with me. We were in the 'hour-by-hour' phase."

After a series of tests, doctors determined Karen was suffering from a severe case of Legionnaires' disease, a diagnosis that allowed the medical team to adjust her treatment and marked a critical turning point in her recovery.

"I woke up about three and a half weeks later and had no idea why I was there," Karen said. "It took days just to start piecing my life back together."

After more than a month at KHSC, Karen was transferred to Providence Care for rehabilitation. She arrived unable to sit up, roll over, or care for herself. With the support of the rehabilitation team, she steadily regained her strength and independence, returning home in January 2025.

"Quite frankly, they saved my life," Karen said. "I received excellent care."

Jill and Karen both made donations through University Hospitals Kingston Foundation (UHKF) in gratitude for the outstanding care and to help ensure the high level of health care remains available to everyone in the community.

"I was just amazed by the sheer number of people and resources involved in caring for one person," Jill said. "The nurses, doctors, respiratory therapists—everyone took the time to explain what was happening and to treat my aunt with dignity."



Ames Findley and Dawn Pyke

A Gift of Comfort and Safety at Home

When Brockville resident and Providence Care client Dawn Pyke sits back and relaxes at home, it takes on bigger meaning.

That's because Dawn's electric sit-to-stand recliner was purchased for her by Providence Care's Community Brain Injury Services (CBIS). Support from donors to Providence Care's fundraising arm, University Hospitals Kingston Foundation, helps make this kind of care possible, contributing to programs and services that improve quality of life for clients like Dawn.

"I could never have gotten anything this comfortable on my own," says Dawn.

Fortunately for Dawn, her Community Rehabilitation Counsellor Ames Findley, who works with Dawn once a week in her home, saw the need for a recliner.

"Dawn had a futon for a long time that was uncomfortable and started to fall apart until it completely cracked and broke down," explains Ames. "For weeks, Dawn was sitting on the edge of her walker, which became a safety issue because she would often doze off. We wanted to get her into something more comfortable, but helping her get up was a priority too."

Dawn has been living with the effects of her brain injury for more than three decades. While working as a professional ballerina in Germany in her early 30s, she sustained a traumatic brain injury after a fall from a third-floor balcony.

Her brain injury affects her mobility, memory and problem-solving abilities. She has been a client of CBIS for the last five years, finding the program after her mother and caregiver was admitted to long-term care.

The program, which runs in Brockville, Kingston and Belleville, supports people with acquired brain injuries to live as independently as possible, offering one-on-one support, goal setting and connection to community resources.

Not having a comfortable and safe place to sit and relax at home became a problem as the lack of mobility was a barrier for Dawn who wanted to resume living well.

"It's just so much easier for me when I come home, then I can just relax," says Dawn.

"Before I was wondering, should I sit here, or should I do that or stuff like that. Now I don't have to think, I just know I can sit here and be comfortable."

Cancer Survivor Inspired to Give Back

When Keith Orton, 79, began experiencing persistent abdominal pain in the summer of 2024, he knew something wasn't right. He decided to visit a doctor at a walk-in clinic. It was a decision that ultimately saved his life.

After sharing his family history, including his father's death from colon cancer, Keith was referred for further testing. While his colonoscopy came back clear, a routine PSA (prostate-specific antigen) test raised concern.

"The reading came back really high, 68," Keith recalled. "Normal is between one and four, apparently. So yeah... a little bit concerning."

A referral to Kingston Health Sciences Centre (KHSC) confirmed the diagnosis; prostate cancer.

For Keith, the moment was sobering, but somehow not overwhelming.

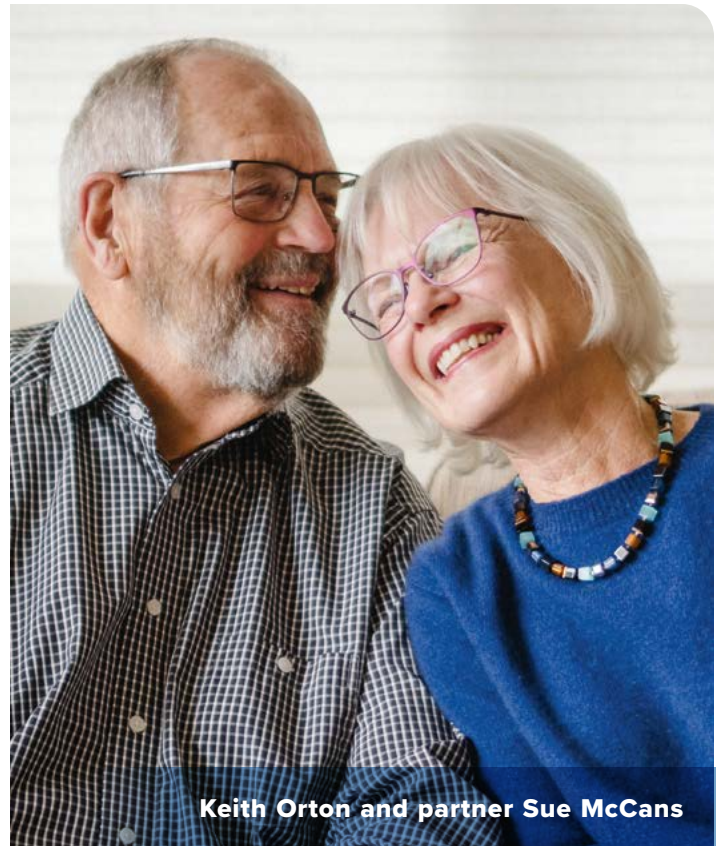
"It didn't make me angry. It didn't make me upset," he said. "I just thought, 'Okay, so how do we deal with it?'"

With the support of his partner, Sue McCans, a retired nurse, Keith moved forward quickly. After discussing various options with his care team, he chose radiation treatment.

Keith underwent 25 sessions over several weeks, completing treatment in January 2025. While the process required discipline and patience, he describes it as manageable.

"I never felt that I hit any low points. I'm generally a positive person, and I was positive throughout the process," said Keith.

Today, Keith's prognosis is excellent. His



Keith Orton and partner Sue McCans

PSA levels are now nearly undetectable, and aside from some manageable side effects from ongoing hormone therapy, he considers himself fully recovered.

Throughout his journey, Keith says the care he received made all the difference. From physicians, including Dr. Michael Leveridge and Dr. Michael Kucharczyk, to radiation staff in the Cancer Centre of Southeastern Ontario, he experienced compassion and professionalism every step of the way.

Grateful for the care he received, which gave him more time, Keith felt compelled to give back. Together with Sue, they made donations through the University Hospitals Kingston Foundation.

"The doctors have given me a few more years to live," Keith said. "The least I can do is give back some of that financially to the hospital."



Charles Morris and wife Joan McBride

Life-Saving Care Inspires Gift for Cancer Research

For most people, pancreatic cancer is discovered too late. For Charles Morris, a persistent case of indigestion helped save his life because it was the first sign that something was seriously wrong.

Then came jaundice.

At the urging of his wife, Joan McBride and his daughters; one a family doctor in Ottawa and the other a nurse at Kingston Health Sciences Centre (KHSC), Charles went to the Emergency Department.

Within hours, doctors had completed tests, ordered a CT scan and delivered devastating news: they suspected pancreatic cancer.

“It all felt surreal,” said Joan. “For weeks after the diagnosis, we felt suspended between a dream world and the shock of reality.”

What followed was a complicated journey that included emergency procedures, a life-threatening bout of sepsis, major surgery and six months of chemotherapy.

Throughout it all, Charles and Joan say they were uplifted by the skill, compassion and teamwork of the staff at KHSC.

“I walked into the emergency room at nine o’clock at night and by three in the morning I had been assessed, scanned and admitted,” Charles said.

Charles underwent a complex eight-hour surgery performed by Dr. Diederick Jalink, followed by chemotherapy under the care of Oncologist Dr. Christopher Booth.

“Everybody worked together,” Joan said.

“Everyone cared deeply about what they were doing. We always felt Charles was in the best possible hands.”

Today, Charles is recovering well, and recent scans have shown no evidence of recurrent cancer.

Grateful for the care they received, Charles and Joan decided to make a donation through UHKF to support pancreatic cancer research at KHSC.

“The treatments I received exist because of research,” Charles said. “The surgery techniques, the chemotherapy, none of that happens by accident.

For Joan, the decision was deeply personal.

“If we had a million dollars, we’d give it,” she said. “We are just so grateful. We wanted KHSC—and especially Dr. Jalink and Dr. Booth and their teams—to know how much we appreciate everything they did for us.”



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