



UNIVERSITY HOSPITALS KINGSTON FOUNDATION

2020-2021 GIVING REPORT





A MESSAGE FROM TAMÁS ZSOLNAY: IMPACT OF DONOR COMMITMENT

Our community, like the rest of the world, has seen historic and significant change over the last year. At times, it has been difficult to see the light at the end of the tunnel. But thanks to the vaccination program, there is now a renewed sense of optimism and the approach of a new beginning.

Throughout the pandemic, we have all been challenged in our personal, professional and emotional lives in ways that were previously unimaginable. During these trying times, there have also been profound moments of compassion, caring and support. Many of these have been made possible by you, the University Hospitals Kingston Foundation's (UHKF) donor family.

The unprecedented ways in which the Kingston community has stepped up to support local health care has been inspiring. I am in awe at the generosity that has provided vital support to Kingston Health Sciences Centre (KHSC) and Providence Care, ensuring that our healthcare teams have been able to respond to the pandemic while cohesively delivering everyday care.

The community's generosity is highlighted by the fact that UHKF's direct response fundraising has raised over \$1.5 million in revenue, an increase of more than 30 percent over the previous year. Certain campaigns in particular received unparalleled support. The Wear Your Heart On Your Window

campaign saw more than 2,000 community donors contribute over \$300,000 for the most urgent needs of KHSC and Providence Care.

Community events have also greatly exceeded expectations. The Tim Hortons Smile Cookie campaign topped last year's record-breaking event by raising over \$150,000 for the Neonatal Intensive Care Unit at KHSC. The local Smile Cookie campaign has now raised more than \$1 million for KHSC since its inception. Despite the required physical-distancing restrictions, the Rose of Hope golf day raised over \$187,000, also reaching a remarkable milestone of \$2 million raised since the first event in 1998.

Seeing these significant fundraising efforts during a pandemic shows how truly fortunate we Kingstonians are to live in such a thoughtful community that understands the value of exceptional health care. From purchasing life-saving ultrasound equipment, to supporting further education for nurses, to funding resources that help mental health programs, our community's incredible generosity will directly impact the lives of patients, families and staff for years to come.

This September marks two years since I arrived in Kingston and took up my post at UHKF. I could never have imagined that the dedication, understanding and compassion I saw in my first year could be surpassed. But these qualities have reached new heights this year, especially under such challenging circumstances. Thank you, UHKF's phenomenal donors, for your steadfastness, resolve and generosity. During a worrisome period, you have been a radiant source of hope.

Over the coming year, life will hopefully return to a new normality and UHKF looks forward to hosting events that you, our donors, can physically attend once again. This is something I am looking forward to with great anticipation so I can thank you in person for your overwhelming support. UHKF would simply not exist without you.



TAMÁS ("TOM") ZSOLNAY
PRESIDENT AND CEO

A MESSAGE FROM WAYNE OWENS: THANKING THE COMMUNITY

My first year as the University Hospitals Kingston Foundation (UHKF) Board Chair could not have come at a more interesting and challenging time. The COVID-19 pandemic has been all-consuming and forced many significant changes across the healthcare sites of Kingston Health Sciences Centre (KHSC) and Providence Care. Some of these changes have made life extremely difficult for staff, patients and families across our community.

To overcome these difficulties, KHSC and Providence Care have worked closer together than ever before. Both organizations already had strong relationships and joint teams in place, but through the pandemic they reached new levels of co-operation.

Among many areas of collaboration, KHSC and Providence Care have worked particularly closely in relation to the unprecedented levels of patient transfers between their healthcare sites. This teamwork has opened up capacity at KHSC and ensured that their healthcare sites have remained safe and prepared for potential patient surges. I have found the dedication and creativity of both organizations to be truly inspiring.

The steadfast leadership of Dr. David Pichora, KHSC's President and CEO, as well as Cathy Szabo, Providence Care's President and CEO, has also been instrumental in helping the community through this unique period in Kingston's history.

It's certainly a very proud moment to be a Kingstonian, and not just because of KHSC's and Providence Care's phenomenal healthcare workers and teams who have sacrificed so much this last year. The Kingston community has also shown its true colours and dramatically stepped up during this time of need. UHKF donors in particular have shown incredible generosity and thoughtfulness, which has directly impacted the lives of those we serve.

I have found the gifts of technology from the community to be especially moving. The isolation caused by physical-distancing guidelines and restrictions had the potential to adversely impact the overall well-being of countless patients and families. But thanks to the generosity of the community, patients have been able to use donated devices

to connect with loved ones by video. Hearing the stories of the change in patients, who have benefited from this kindness, is truly heart-warming.

The Kingston community has been exceptionally responsive to the pandemic and followed public health guidelines. This has meant that Kingston has been able to act as a backbone of support to other areas of Ontario who have been substantially worse off. Many lives have been saved as a result – I think that's something that everyone can be proud of.

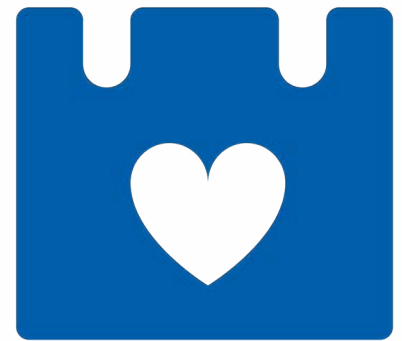
With the end of the pandemic slowly approaching, I want to thank all of you, our wonderful donors. Thanks to you, KHSC and Providence Care continue to provide some of the finest health care in Canada. As we look beyond the pandemic and into the future, I am comforted by the knowledge that with such a generous and compassionate community, we can overcome anything together.



WAYNE OWENS
BOARD CHAIR

YOUR IMPACT!

More than 48 community events/groups raised a combined total of more than \$800,000 in support of Kingston Health Sciences Centre (KHSC) and Providence Care.



Through donations, more than **50 pieces of equipment**, with a combined value in excess of \$2.1 million, have been approved for purchase by KHSC and Providence Care. Items include patient monitors, an **ultrasound machine**, an ECG machine, waiting room furniture, a **mammography machine**, **therapy chairs** for the Dialysis Program, a zeiss microscope, a TMS Machine and drawing monitors.

Donor-powered research is taking place in oncology, allergy, surgery, lung cancer, chronic pain and gastrointestinal disease.



UHKF received more than **100 gifts in celebration** of birthdays, anniversaries and other special occasions.

Donors helped support the purchase of **patient care items and programs** for KHSC and Providence Care.

Items include:

- High chairs
- Dentures
- Chemo chair
- Special programs for KidsInclusive clients
- Supplies for the Child Life Program
- Cancer Centre Program patient supports



More than 150 staff and departments were honoured for their skill, dedication, compassion, enthusiasm, daily presence, and spiritual support through UHKF's **Honour Your Caregiver** program.

UHKF received **more than 2,600 gifts that honoured the memory** of more than 560 loved ones. Together, the gifts total more than \$270,000.



KHSC and Providence Care staff received **additional training** in areas such as privacy access in information management, cognitive assessment training, accessible yoga training, skin and wound care, nursing and more – **all thanks to your generosity!**

LIFE-SAVING EQUIPMENT IN EMERGENCY DEPARTMENT FUNDED BY DONORS



Dr. Gary Burggraf understands the benefits of ultrasound more than most. The former cardiologist worked at Kingston Health Sciences Centre (KHSC) his entire career, with a sub-specialty in the use of cardiac ultrasound in diagnosis. This lifetime of experience led him to make a significant gift to the Point of Care Ultrasound (POCUS) program in the Emergency Department (ED).

The POCUS program aims to provide staff and patients with access to ultrasound imaging in real-time. This important equipment helps to provide swift diagnoses for patients who show common or life-threatening symptoms, streamlining the pathway to pain relief or treatment.

“During my career, I had to rely on medical history and physical examination in the immediate diagnosis of patients,” says Gary. “But today with POCUS, emergency physicians can now rapidly and accurately identify problems over many parts of the body. This means they can activate treatment options much sooner, including the preparation of surgical teams.”

Compared to other imaging technologies, POCUS is very cost-effective, portable, and is widely considered the best practice for many life-threatening conditions. POCUS saves time, money and lives.

“A 48-year-old male, with a history of lung cancer, recently presented to the KHSC Emergency Department in extreme distress,” says Dr. Joey Newbigging, Emergency Medicine POCUS Director. “His heart was racing and he was unable to lie down due to shortness of breath. Within ten minutes,

we used the POCUS machine at his bedside and discovered that a tumour had caused a large fluid collection around his heart. Cardiology attended immediately and drained the fluid. POCUS saved this man’s life.”

The POCUS program has struggled to keep up with the dramatic increase in ED visits over the past two decades. The result is a lack of POCUS equipment availability and up-to-date technology in the ED. Gary’s donation was the first from a few donors who helped fund two new POCUS machines. More are still needed but this is a giant step forward for the KHSC ED.

“Generous donations like Gary’s help us to purchase new and updated POCUS equipment that is desperately needed in our Emergency Department,” says Dr. Newbigging. “We are extremely grateful to Gary and everyone who has contributed to the POCUS program. These donors are helping physicians save lives and give better care experiences to patients in the Emergency Department for years to come.”

“It gives me tremendous satisfaction to make this sort of contribution to a very worthy cause,” says Gary. “Throughout my career, we were supported by essential donations from the community. Without donors, our healthcare sites wouldn’t have access to all the life-saving equipment they need, like POCUS. It feels great to give back to KHSC after what it did for my career and what it’s doing for the physicians and patients of today and tomorrow.”

For more information on supporting KHSC’s ED please contact Abby McIlquham at Abby.Mcilquham@uhkf.ca or call 613-328-7526.

THIS IMPORTANT EQUIPMENT HELPS TO PROVIDE SWIFT DIAGNOSES FOR PATIENTS WHO SHOW COMMON OR LIFE-THREATENING SYMPTOMS, STREAMLINING THE PATHWAY TO PAIN RELIEF OR TREATMENT.

PASSING OF BELOVED NURSE INSPIRES DONATIONS FOR PATIENT COMFORT



Mary McDonald (pictured) always focused on her family first, but her second passion was her career as a nurse. She dedicated 37 years to caring for others. In August of 2018, life dramatically changed when Mary was suddenly diagnosed with an incurable form of brain cancer.

“Mary grabbed me, but she couldn’t talk,” recalls her husband Mike. “It passed, but we went to the emergency department and within an hour we were told she had an aggressive brain tumour. It literally happened that fast with no signs or symptoms beforehand. It was devastating.”

Mary was operated on the next day by world renowned neurosurgeon Dr. D. J. Cook at the Kingston Health Sciences Centre (KHSC). The successful surgery gave Mary quality of life and, most importantly, time — a total of two and a half years. During this time, Mary underwent an intensive treatment plan.

“I’m so thankful for that time,” says Mike. “A lot of people with this form of cancer don’t live as long as Mary did. She was able to stay active and involved with the kids, we were able to travel, and we got to say all of the things we needed to say to each other. We were so lucky to have had Dr. Cook, his team and everyone who helped — the nurses, the radiologists, the oncologists, the rehab team at Providence Care Hospital — they’re all so talented.”

With ever-changing symptoms and issues, being able to access this incredible care locally made life so much easier for the whole family.

“It was everything that I hoped health care could be,” says Mike. “Having this world class service in Kingston was absolutely the best thing for our family. I can only imagine how much worse it would have been to travel out of the region to get care.”

By September 2020, the tumour had grown back and Mary’s symptoms had become more complicated. Mary walked into the Palliative Care Unit at Providence Care Hospital in January and passed away on February 2nd.

“She was very brave,” says an emotional Mike. “The Palliative Care Unit was a great place and I just have so much respect for the staff. They were amazing and knew exactly how to handle things.”

Donations in Mary’s name through UHKF will support Providence Care Hospital’s Patient Comfort Fund.

“We are thrilled to receive these donations in Mary’s memory,” says Janet Hunter, Director of Volunteer Services at Providence Care Hospital. “Our Patient Comfort Fund enables us to support patients and clients who are not financially able to purchase items, such as assistive devices, wheelchairs, walkers and clothing. We also use this fund to assist with the final wishes of patients. It’s often extremely helpful and very moving for patients and families to receive these gifts which can make life a lot easier during very difficult times.”

“I just want to thank everyone for their support, it’s been incredible” says Mike. “I’m so proud of the funds that have been raised and the help they will give to patients and their families. I know Mary would be proud too.”

**“THE NURSES, THE RADIOLOGISTS,
THE ONCOLOGISTS, THE REHAB TEAM
AT PROVIDENCE CARE HOSPITAL —
THEY’RE ALL SO TALENTED.”**



SISTERS PROUDLY SUPPORT THE NEW PROVIDENCE MANOR

The Sisters of Providence of St. Vincent de Paul have cared for vulnerable people in Kingston since 1861. Today, the Sisters are still carrying out this call with significant financial support towards the construction of the new Providence Manor and providing the land at Providence Village on which it will be built.

“Because of our long history with Providence Care, we’re very happy to have had a hand in bringing the new Providence Manor into the Providence Village,” says Sister Sandra Shannon, Mother Superior. “It makes me proud to see the fruits of our contributions over these 160 years, and very pleased to see that our mission of caring for the vulnerable is going to be continued on in this state-of-the-art home.”

The Sisters have had an enormous impact on the people of Kingston. For many years, the Sisters were actively involved in the management and operations of healthcare services in southeastern Ontario. Today, their legacy lives on in our region through the work of Providence Care.

“We’ve supported the people of Kingston ever since we came here, responding to the needs of the time,” says Sister Sandra. “There’s now a large and growing population of seniors in Kingston and they need a place where they can live and enjoy their senior years, receiving the care they need in a safe, client-centred environment that promotes the dignity of each person. This is why the new Providence Manor is so

exciting and why we wanted to help in any way that we could.”

With only 51 sisters remaining, the Sisters of Providence have an uncertain future.

“We don’t know what our future is but we’re not unhappy about that,” says Sister Sandra. “We’ve achieved the mission that God asked us to do and we continue to do what we can. We’re making plans to pass on our legacy to others, which is why Providence Village came into existence, and part of our legacy will be the new Providence Manor. In the future, I hope people will remember that we looked after the vulnerable in society and tried to make a difference in the world.”

“Providence Care and the entire Kingston community are forever indebted to the work of the Sisters of Providence of St. Vincent de Paul over the last 160 years,” says Cathy Szabo, Providence Care President and Chief Executive Officer. “Their legacy of caring for the most vulnerable is embodied in their incredible gift towards the construction of the new Providence Manor. With their support, the Sisters are helping Providence Care usher in a new era of health care in our community. We could not be more grateful for their significant leadership and are excited for the home’s next chapter.”



TD PLEDGE SUPPORTS VULNERABLE YOUTH POPULATION



Mental health and addiction-related emergency visits by youths under 25 years of age have increased dramatically since 2006. The COVID-19 pandemic has been particularly traumatic for this population, due to periods of social isolation amplifying stress, anxiety and fear, especially for those already dealing with mental health or addiction issues.

TD Bank Group has stepped forward to address this challenge with incredible generosity. Their commitment of \$300,000 has moved Kingston Health Sciences Centre (KHSC) a giant step closer to creating a Youth Mental Health Intensive Trauma Day-Treatment Program.

Aimed at those aged 16-24 who are struggling with homelessness or significant mental health problems, this innovative program will serve those who require highly-intensive services offered by very specialized staff. The safe space and wraparound care will help them avoid behaviours that might put them at risk, and give them opportunities to engage in academic programs to help them overcome barriers to employment.

"This program has been our dream for a long time," says Nicholas Axas, Program Operational Director for Mental Health and Addiction Care at KHSC. "The funds will go a long way in starting to help this specific population access the services and support they need, including materials for activities and access to therapy, that will help them develop valuable coping skills."

This program will be the first of its kind in the Kingston area and will offer the same level of highly-specialized care and therapy that the adult population receives. The program will also help KHSC reduce wait times, while avoiding unnecessary admissions to the Emergency Department and/or inpatient mental health and addiction units at the Kingston General Hospital site.

"The long-term impact of this program can't be overstated," says Nicholas. "Discovering and acting on issues earlier will prevent mental health difficulties from snowballing into adulthood. This will help limit the future burdens of poor adult mental health outcomes, and significantly reduce costs placed on our health care system, through visits to Emergency Rooms."

"Thank you to the donors, especially TD, because I really can't see how we would've made it this far without them," says Nicholas. "UHKF donors have been so instrumental in providing the funds that we otherwise wouldn't have, and that in turn directly affects our patients and community."



**TD READY
COMMITMENT**



OUR FINANCES

The information presented here is for the year ending March 31, 2021. The complete UHKF financial statements, audited by MNP LLP, and registered charity return are available at uhkf.ca.

Fundraising priorities are set in accordance with Kingston Health Sciences Centre and Providence Care plans and needs, and donations that are designated to specific funds are spent accordingly.

2020-2021:

More than **\$18 million** in new outright gifts and future commitments was raised through the generosity of **7,300** donors.

Total gifts received including payments on amounts pledged in prior years:
\$15,346,401

- Donations
\$11,203,568
- Bequests
\$3,316,386
- UHKF and Community Events
\$826,448

Realized Investment and Other Income
\$4,450,565

Total expected in future pledge payments
\$22,413,850

Total Foundation operating expenses
\$3,311,335 (\$0.18/\$1.00 raised)

The complete audited financial statements, as filed with the Canada Revenue Agency, including detailed information on UHKF's expenses, are available at uhkf.ca.

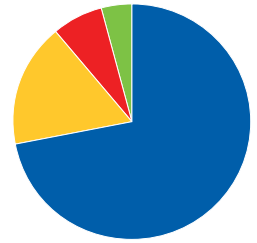


APPROVED GRANTS

KINGSTON HEALTH SCIENCES CENTRE

\$2,623,353

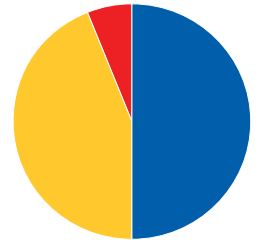
Equipment - 72%
 Research - 17%
 Patient care - 7%
 Education - 4%



PROVIDENCE CARE

\$544,374

Patient care - 50%
 Equipment - 44%
 Education - 6%

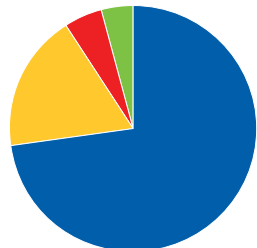


FUNDS HELD FOR IDENTIFIED PRIORITIES AND ONGOING NEEDS

KINGSTON HEALTH SCIENCES CENTRE

\$60,115,132

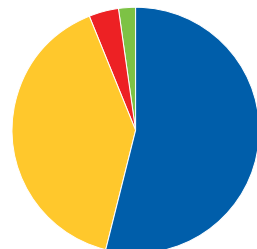
Program Funds - 73%
 Buildings -18%
 Education and Research - 5%
 Equipment - 4%



PROVIDENCE CARE

\$11,028,697

Program Funds - 54%
 Buildings -40%
 Equipment - 4%
 Education and Research - 2%



Total Endowments (funds for which donors have directed that only income generated is applied to a specific purpose):

\$22,928,763

*Grants include commitments approved during the year for which invoices have not yet been received from Kingston Health Sciences Centre and Providence Care.

HOSPITAL STAFF TOUCHED BY COMMUNITY SUPPORT



Few people understand the horrors of the pandemic quite like our nurses. They see the best and the worst of times in health care. Amanda Thielman (pictured with her family), a nurse in Kingston Health Sciences Centre's (KHSC) Intensive Care Unit (ICU), describes some pretty challenging times. With the help of the community this last year, she also feels reinvigorated in her passion for nursing and helping those in need.

Amanda and her colleagues have struggled with the limitations on family members and visitors in the ICU during the pandemic. "Families watching through a window as their loved one passes away is traumatizing and heartbreaking," says Amanda. "It's something that will never escape my mind."

The Kingston community saw these challenges and generously donated technology to help connect patients with their families. The impacts of this generosity have been incredible. "For patients to be able to use a video call to touch base with their loved ones has been a game changer," says Amanda. "It has been amazing. I don't know if we would've survived without that."

"To see a patient connect with a missed loved one is so incredibly heartwarming and gratifying," says Dr. Neil Elford, Director of Spiritual Health at both KHSC and Providence Care. "This technology, and how it helps to support and bring hope to those we serve — it's all been deeply moving. We are so thankful for each of these generous gifts!"

Amanda's husband is an advanced care paramedic and they have two young children. Work and family balance has been particularly challenging throughout this pandemic. Amanda is extremely thankful for the moral support she and her colleagues have received from the community, including through the UHKF Honour Your Caregiver program and Sprinkle Some Joy.

"It's been a very difficult year," says Amanda. "But it honestly feels fantastic to be appreciated in those ways. Nursing in particular can be a thankless and demanding job, so it's nice to have a little spotlight and appreciation for what we do. It's totally reassured me that I've picked the right profession and that nursing people in their most vulnerable state is right for me."

HONOUR YOUR CAREGIVER

A gift through the UHKF Honour Your Caregiver (HYC) Program is a great way to show appreciation for care received while providing much-needed funding for equipment, education, research, facilities and more. To learn more about the HYC Program, visit uhkf.ca or call 613-549-5452.

SPRINKLE SOME JOY

In 2020, thanks to the incredible generosity of our grateful community, KHSC organized the "Sprinkle Some Joy" initiative. Gift cards, meal vouchers and other donated items were given away weekly to staff through randomized draws. If you would like to donate items to staff, please call UHKF at 613-549-5452.

DONOR'S ENDOWMENT FUND INVESTS IN MENTAL HEALTH



FROM LEFT TO RIGHT: MIKE KEYES, JACK'S SON, AND JACK KEYES.

Jack Keyes was a proud supporter of many local causes and knew the importance of giving to health care. Mental health was one area Jack placed significant importance on. Motivated by his daughter's struggles, Jack donated \$100,000 to set up the Jack and Maureen Keyes Mental Health Program Endowment Fund in 2017.

"Dad wanted to make sure that people had access to the services they needed," says Mike Keyes, Jack's son. "He was also trying to inspire other people in the community to give. That was very important to him."

The fund Jack created subsidizes services and items that support the social, emotional and spiritual needs of mental health clients. The intention is to augment the resources available to clients beyond those funded by the provincial health system, to maximize wellness in the presence of acute mental illness.

"We are very grateful for Jack's generosity," says Nicholas Axas, Program Operational Director, Mental Health and Addiction Care. "Provincial funding for mental health provides staffing and basic needs. When we need something extra for patient care, Jack's fund is almost the only way we're able to do it."

This fund has already provided a variety of items for patient-related care. One especially impactful purchase was that

of exercise equipment for the Mental Health and Addiction inpatient units at Kingston Health Science Centre (KHSC).

"Exercise is key to mental health, but we didn't have much exercise equipment here when I applied," says Lucas Mott, Inpatient Program Manager, Mental Health and Addiction Care, who was a 2018 grant recipient. "Jack's fund allowed us to get a new exercise bike. This was so beneficial to patients that other staff members applied and received more equipment. The exercise area has more room for growth but what we have been able to get has been great. We feel so fortunate."

Before his passing in January this year, Jack donated a further \$100,000 to his endowment fund. "Jack was a trailblazer," says Lucas. "We're extremely grateful for his support. Hopefully, we will make him proud by continuing to grow this program and supporting everyone in the Kingston region by providing a more holistic approach to mental health and addiction care for years to come."

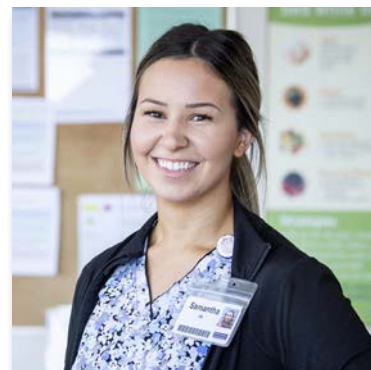
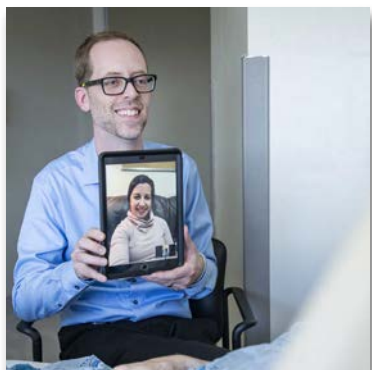
"We were very sorry to hear of Jack's passing," says Tom Zsolnay, President and CEO of the University Hospitals Kingston Foundation. "He was such a kind and thoughtful person, and he will be truly missed. We are extremely grateful for all that he contributed to local health care."



GRANTS TO PROVIDENCE CARE AND KHSC

Here are some of the highlights of grants made possible by donors like you! Your support is making an impact at Kingston Health Sciences Centre and Providence Care.

- This year, 22 grants went to Providence Care's Providence Manor to support resident care, staff education, equipment and facilities improvement.
- 12 grants went to the Cancer Centre of Southeastern Ontario at KHSC, in support of patient-centred care through the purchase of equipment, support for staff education and patient programs, and local cancer research.
- 48 grants totalling more than \$2 million were made to purchase equipment at Providence Care and KHSC, supporting pediatrics, cardiology, cancer programs, imaging services and more.
- 30 grants to support patient and client programs, research, comfort and care needs, and equipment at Providence Care Hospital, southeastern Ontario's leading provider of aging, mental health and rehabilitative care.
- 27 grants to KHSC funded patient comfort and care needs, equipment, research, and education for nurses and other KHSC front line staff.
- 12 grants supported Mental Health programs across KHSC and Providence Care.
- 5 grants went to the Department of Pediatrics at KHSC, from education for care team members to life-saving equipment used to care for some of our tiniest and most vulnerable patients.



Thank you

**THIS PAST YEAR, MORE THAN
75 UHKF VOLUNTEERS MADE A
DIFFERENCE IN OUR COMMUNITY.
THANK YOU FOR YOUR
CONTINUED DEDICATION,
KINDNESS AND COMPASSION!**



Michael Robinson, Ian Wilson Award for Volunteerism in Fundraising 2020 award recipient.



Sister Dorothy Fournier, Sister Dorothy Fournier Award for Volunteerism 2020 award recipient.

UNIVERSITY HOSPITALS KINGSTON FOUNDATION

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COMMUNITY SUPPORT

The University Hospitals Kingston Foundation (UHKF), Kingston Health Sciences Centre (KHSC) and Providence Care would like to thank everyone who stepped up during the current healthcare crisis. We are so fortunate in this community, and every day we see the generosity that lives here in Kingston.



UHKF was delighted to receive many **messages of support** for our healthcare teams this year! These words of encouragement and thanks made the staff feel appreciated and reminded them the community is grateful for all they do. Others shared their support by displaying the **#YGKHealthcareHeroes blue heart** on their window. Thank you to everyone who shared!



Our community supported our healthcare workers with **donations of meal coupons, gift cards, personal care products, masks, hand sanitizer and so much more!** Through donations made directly to UHKF, media support for our events and nurses week, your generosity knows no boundary. Read Amanda's story on page 12 to hear first-hand how thankful she is for community support!



Local businesses raised money for Personal Protective Equipment (PPE), and the community donated PPE through UHKF. The PPE was sorted by staff, then vetted and categorized by KHSC and Providence Care's Occupational Health, Safety and Wellness, and Infection Prevention and Control (IPAC) teams. Donations included over 60,000 masks for visitors as a form of source control at the hospital sites, as well as N95 masks, face shields, goggles and gloves.

ENTHUSIASTIC COMMUNITY PARTNERS



In September 2020, Kingstontians raised another record-breaking total of \$150,000 through this year's **Tim Hortons annual Smile Cookie campaign**. The pandemic did not stop Kingston from showing its support of Kingston Health Sciences Centre's (KHSC) Neonatal Intensive Care Unit (NICU). The campaign has raised more than \$1 million for KHSC after nearly two decades of enthusiastic support! Proceeds from the annual campaign supported the purchase of life-saving equipment and the redevelopment of KHSC's NICU.



Best friends, **Pamela (right) and Rebecca (left)**, sold **Freezies, banana muffins and lemonade** to raise money for the **pediatric unit at the KGH site**. They spent days at the end of their driveway asking community members to buy a sweet treat for an important cause. Pamela's brother has been receiving care at KHSC and she felt it was important to give back to the hospital. They even boiled the change in a pot of water to make it clean!



Following the loss of her daughter in 2019, Jennifer Bellamy from Addison's House of Hair was determined to give back to KHSC. Jennifer was appreciative of the care she received from the compassionate nurses and doctors. In December 2020, she collected all of the tips offered by her clients and donated them through UHKF. **Jennifer raised \$1,000 to support patients, families and nurses in the Maternity Ward at KHSC.**



In October 2020, the Murphy and Mangan families hosted the second annual fundraising walk, **Darlene's Walk**, to celebrate the life of Darlene Murphy-Mangan, whose life was taken by pancreatic cancer. **In light of COVID-19 restrictions this past year, the walk was held virtually and raised more than \$20,000 in support of pancreatic cancer research in Darlene Murphy-Mangan's name.** The families have raised close to \$50,000 since the first walk in 2019!



In 2020, UHKF launched the **Share Your Smile button fundraising campaign**. So far, more than 900 buttons have been purchased, with proceeds supporting areas of greatest priority at KHSC and Providence Care. The buttons show the face behind the mask to help our community connect colleagues and customers in a new way. Organizations such as Black Dog Hospitality Group, Haven Home ClimateCare, Active Orthopedic Solutions, and staff at KHSC and Providence Care supported this campaign.



Last June, the **UHKF Stream-A-Thon** fundraising event, hosted by **Kingston's Pure Country and 98.3 FLY FM**, raised **\$33,760 for Providence Care and KHSC!** The International Brotherhood of Electrical Workers Local 115 played a pivotal role in the Stream-A-Thon by providing a \$25,000 matching gift!

THE TRUE VALUE OF CARE CLOSE TO HOME



Most of us take for granted how lucky we are in the Kingston region to have world-class health care on our doorstep. It's easy to do, until you need it. For Suzanne Kilpatrick (pictured above) and her family, this is something that will be at the top of their minds for a long time.

In November, Suzanne learned first-hand the value of having care close to home and the difference it can make. Her daughter, who happens to be a doctor, took Suzanne into Kingston Health Sciences Centre's (KHSC) Emergency Department to address her high heart rate.

"She could see I was failing," says Suzanne. "But I had a procedure and my heart rate went down to 72 beats per minute. I was back at my daughter's house in Gananoque that night. I was really impressed."

A few mornings later, Suzanne woke up with excruciating abdominal pain. She called out for her daughter then collapsed onto the floor, unconscious.

"My daughter thought I was dying," says Suzanne. "She took my heart rate and it was 190. When she couldn't bring me round, she called 911 and I was taken to KGH by ambulance."

A scan revealed a bleeding gastric artery and Dr. Ben Mussari, Interventional Radiologist at KHSC, performed an emergency angiogram and embolization. "Suzanne is lucky that she lives so close to one of the few academic centres across Ontario that could perform this specific interventional procedure," says Dr. Mussari. "It was a big bleed. She may not have lived long enough to make it to another city, especially during a pandemic."

"I wrote to thank Dr. Mussari because he saved my life," says Suzanne. "After the procedure, I was also cared for beautifully in KHSC and my rehabilitation at Providence Care Hospital was first rate. I have nothing but praise for both hospitals."

Suzanne's story is a reminder of the important role that thoughtful and generous local donors play in our community's health care, because the equipment used in life-saving procedures, like hers, has been community-funded.

Since her recovery Suzanne has made a very generous donation to the University Hospitals Kingston Foundation. "It's important to give back, especially for a service that we will all use," says Suzanne. "I'm just so grateful that I was with my daughter and amazed that I got the immediate medical, surgical and rehab care that I needed, and so close to home. I'm better now than I was before I got sick. I'm better than ever!"



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UHKF DONORS INVEST IN NURSING EDUCATION

Recruiting nurses in Canada is a constant challenge for many hospitals. Kingston Health Sciences Centre (KHSC) and Providence Care are no exception. Two of the many reasons for this are the fixed amount of nursing education programs available, and the limited number of grants to help with the considerable costs of the programs. The result is a country-wide shortage of nursing staff and a competitive recruitment market.

At Providence Care, there are a number of bursaries available for staff, including some specific to nursing. "The funds are geared to support the professional development of our staff," says Sandra Carlton, Vice President and Chief Human Resources Officer at KHSC and Providence Care. "They are an immense help to those employees participating in master's or doctorate level studies, or those desiring attendance of international training sessions and conferences."

At KHSC, the Nursing Scholarships and Grants Program provides funds to help KHSC staff access nursing education. The program is funded by various endowments and administered by the University Hospitals Kingston Foundation (UHKF). The program's positive impact on patient care cannot be overstated.

"Everybody is looking for nurses," says Mike McDonald, Chief Nursing Executive and Executive Vice President of Patient Care & Community Partnerships. "The Nursing Scholarships and Grants Program helps improve the skills and abilities of our staff, which directly enhances the quality of care that KHSC can deliver to patients. Any time we can invest in frontline staff and their education, it always benefits patients in the long run. That's why the program is so important."

The program primarily supports staff members who want to become nurses or to help nurses gain further education with bachelor's degrees, master's degrees or specialty certificates.

This year, KHSC offered the Nursing Tuition Assistance Award to over 30 grateful candidates.

"I am so humbled," says Morgan Giroux, an award recipient. "Costs are one of the biggest factors why people are unable to pursue further education and work towards their dreams. I will be using the funds to pay off the rest of my course debt. This means more than words can ever explain."

"I am extremely grateful for this award," says Elisha Warburton-Heyman, a fellow recipient. "This funding will help alleviate some of the considerable financial stress that comes with completing a university degree while working."

"In a perfect world we would have unlimited funds to help staff with further education," says Mike McDonald. "In reality, we rely on donations to help and there have been an awful lot of generous donors over the years. Without these funds, it would be almost impossible for us to support the education of nurses today and in the future. We're eternally grateful to the donors who make it possible."

By helping staff in this way, these programs also aid each organization's ability to attract and retain nursing staff, ensuring care is delivered to patients when and where it's needed. Without the support of generous donors in the community, this program would simply not be possible. Without the program, recruiting and retaining nurses would be a lot more difficult.



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