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## **25 Years of 'Kids for Kids' Helping KHSC Provide Life-Saving Care**

On March 24-26, the Kids for Kids Hockey Tournament will celebrate its 25th anniversary. Over the years, the tournament has raised over two million dollars for the Kingston community, with Kingston Health Sciences Centre (KHSC) receiving over \$500,000 to support children's programs at KHSC, including the Neonatal Intensive Care Unit (NICU). This vital support helps to provide excellent critical care for newborns like Brooklyn Tryon.

On January 24, 2011, KHSC pharmacist Michelle Tryon delivered urgent medication to a sick baby in the NICU. Michelle had no idea that 24 hours later she would give birth and return to the NICU as a patient, with her own newborn baby girl, Brooklyn, fighting for her life.

At just 28 weeks gestation, Michelle's umbilical cord had partially ruptured. She went straight to KHSC where the cord fully ruptured. With just minutes to save the baby, staff told Michelle she needed an emergency C-section.

Thankfully, with the help of many donors, including the Kids for Kids Hockey Tournament, the KHSC NICU is a Level 3 unit, which means it can care for babies who are born prematurely, are critically ill or require surgery. "If I hadn't been at KHSC, or if I didn't have a really good doctor who knew exactly what was going on, or if I had had to travel to another city, then Brooklyn would have died," says Michelle.

In her first week, Brooklyn required multiple blood transfusions and had a brain hemorrhage. During her two-month stay, she would also receive treatment for a bacterial infection in her blood. It was a very difficult period for both mom and baby.

"It was emotionally overwhelming, not knowing if she would live or not," says Michelle.

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## 25 Years of 'Kids for Kids' Helping KHSC Provide Life-Saving Care

*Continued from page 1.*

"Given my work, it was also difficult to go from providing care to receiving care as a patient. But I had good friends taking care of her and the amazing staff adapted their communication style to cater to my questioning. I was really thankful for the extra information and reassurance they were giving me during that emotional time."

Today, Brooklyn is 11 years old and lives a healthy life. She loves gymnastics, baseball, figure skating, drawing, knitting and going to school. She can do all these things thanks to the vital support of generous donors who help staff in KHSC's NICU provide life-saving care to newborn babies in southeastern Ontario.

"I thank the staff every day, but I also want to thank the donors,"

says Michelle. "Care in the NICU is very expensive. Without donors, like the Kids for Kids Hockey Tournament, to help purchase new equipment or fund education opportunities, staff would not be able to care for babies like Brooklyn. I feel so grateful to live in a community that takes care of its most innocent population and helps to bring new life into the world."

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## Message from KHSC President and CEO



**Dr. David Pichora**  
KHSC  
President and CEO

The remarkable support of donors has played a significant role in KHSC's success in overcoming many recent challenges, including helping our health-care teams gain

access to leading-edge equipment and excellent education opportunities. In these difficult times for frontline health-care workers, thoughtful 'Honour Your Caregiver' gifts have also been incredibly meaningful and important in boosting staff and physician morale.

As we emerge from the cold winter – and a tough respiratory virus season - into the brighter and warmer days ahead, we will need to tackle new and even more difficult challenges, including support for the ongoing modernization and innovation at KHSC.

Challenges are also opportunities to showcase our ability to respond nimbly and effectively. With generous and thoughtful donors by our side, I am yet again reassured that KHSC, together with Providence Care, will continue to grow stronger to meet the health-care needs of southeastern Ontario and beyond.

Dr. David Pichora

# Message of Thanks from UHKF's Outgoing Campaign Chair



Pictured above is Sue Creasy, reflecting on her 8 years with UHKF

In January, after eight rewarding years, I stepped down as the University Hospitals Kingston Foundation's (UHKF) Campaign Chair, and I'd like to take this opportunity to thank you – southeastern Ontario's amazing donor family.

As a group, the campaign committee volunteers lead the charge for massive fundraising goals at Kingston Health Sciences Centre (KHSC) and Providence Care. To succeed, we engage with the community's leadership, build rapport with people who may not understand the need for donations at this level, and provide opportunities for those wanting to give back. Needless to say, I have been amazed by the incredible generosity of donors who have helped us to achieve so much during my time as chair.

The two significant accomplishments that stand out for me are the development and construction of the Providence Care Hospital and KHSC's Breast Imaging Kingston facility.

Donors helped us raise in excess of \$65 million for Providence Care Hospital, which was the first hospital in North America to combine long-term mental health care, physical rehabilitation and complex care programs in one building. It is probably one of the best-engineered and most environmentally-friendly hospitals in the country.

Breast Imaging Kingston is an 8,000-square-foot facility that combines breast imaging and diagnostic services and procedures under

one roof. The state-of-the-art spaces and equipment make it one of the leading breast diagnostic centres in Canada.

Both of these remarkable facilities are second to none. It was so exciting to see those projects take shape from start to finish, and it was a thrill to walk through them upon completion. I'm so grateful to the donors who helped make these facilities a reality. The resulting services that the sites provide will greatly improve patient comfort, increase access to care and save lives for generations to come.

UHKF always needs support for new equipment and education opportunities for staff. However, with a growing and aging population, donors will need to continue investing in large-scale facility upgrades. This will continue to attract the brightest medical practitioners to the wonderful city of Kingston, and it will help provide the people of southeast Ontario with world-class medical care close to home when they need it most.

I will remain on the committee, but it is now time to pass the baton to the new Redevelopment Campaign Chair, Tom Wightman. I've known Tom for many years; he is very well connected and respected, and just a wonderful man. Tom has been on the planning committee as we built the next campaign team. I have full confidence in his leadership.

As I sign off now, I also want to thank the great team I have worked with on the committee, and the UHKF staff. Alongside donors, we have all worked very hard together to create a better future for everyone in the Kingston region. From the bottom of my heart, thank you.

*"On behalf of everyone at UHKF, I'd like to thank Sue for her dedication and valuable expertise during her time as Campaign Chair. There is no doubt that the Foundation would not be as successful during this time without her leadership."*

**- Tamás (Tom) M Zsolnay,  
President and CEO**

# Golf Tournament Provides Life-Saving Diagnostics

Thanks to the Kingston and Area Real Estate Association (KAREA) golf tournament in October, a new electrocardiogram (ECG) machine is now in place at the Cancer Centre of Southeastern Ontario at Kingston Health Sciences Centre (KHSC).

Previously, patients who required an ECG would have to wait until one was available elsewhere in the hospital. This could result in significant wait times for patients, but that wait is no more. Now, this new ECG is helping to improve patient flow and resulting in quicker turnarounds to diagnostics.

"This new machine enables us to check on patients rapidly and helps to keep the flow going for patients who have this as part of their routine checkup," says Nicole O'Callaghan, Program Manager, South East Regional Cancer Program. "Our patients

have enough on their minds and we now have a unique opportunity to help them receive potentially life-saving diagnostics in a timely manner."

This ECG machine allows staff in the Cancer Centre to check a patient's heart rhythm and electrical activity. This is vital because certain cancers and cancer treatments can affect the heart. The equipment also benefits patients across KHSC because it ensures that ECG technicians are not needed from elsewhere in the hospital.

"This equipment is truly invaluable. I was overwhelmed when I received the call that a donation was going to pay for a new machine," says Nicole. "For KAREA to recognize something so important to KHSC and our patients is just amazing. We are so grateful for their efforts. Every one of us is going to be affected by cancer in some way, shape

or form, so everybody in the community will benefit from this technology."

The golf tournament gave KAREA an opportunity to address a request from the University Hospitals Kingston Foundation (UHKF) for this cutting-edge equipment. They were thrilled to help and are excited to hear how the technology is now helping dozens of patients every day.

"As Realtors®, we love giving back to the community we serve and we couldn't be more delighted to help local patients," says Mary Ambrose, 2022 Chair of KAREA's Public Relations Committee. "We are so privileged that our generous participants and sponsors helped us to support local health care through this event. We cannot thank them enough."

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## YES! I WANT TO SUPPORT LIFE-SAVING CARE...

Cut out this form and mail to: University Hospitals Kingston Foundation, 55 Rideau Street, Suite 4, Kingston, ON K7K 2Z8

- I wish to support care by making a **monthly gift** of \$\_\_\_\_\_ which will be withdrawn on the 10th day of the month.
- I wish to support care by making a **single gift** of \$\_\_\_\_\_.
- I am interested in learning about the Honour Your Caregiver program. Please send me information.

### Method of payment:

- I have enclosed a cheque payable to UHKF or a VOID cheque for my monthly gift.
- I prefer to donate by credit card.

Visa     Mastercard     American Express

Name on card: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Card number: \_\_\_\_\_ Expiry date: \_\_\_\_\_

Email: \_\_\_\_\_ Signature: \_\_\_\_\_

# Paving the Way to Recovery with a Trailblazing Legacy

For clients receiving mental health and addiction care, sometimes the smallest things can help them on their journey to recovery.

In 2017, Jack Keyes started The Jack and Maureen Keyes Mental Health Endowment Fund. Endowment funds retain the donated capital in perpetuity and only investment returns are allocated to the designated purpose of the fund. By the time of his passing in 2020, Jack had donated more than \$200,000.

This remarkable generosity subsidizes services and items that support the social, emotional and spiritual needs of people experiencing mental health and addiction challenges at Kingston Health Sciences Centre (KHSC). The intention is to maximize wellness and recovery in the presence of acute mental illness or substance use.

The fund recently awarded almost \$17,500 across several mental health and addiction programs at KHSC. This will provide therapeutic tools and supports for clients in these programs, including gardening items in the form of planter boxes, tools, soil and seeds, as well as inspirational art, plants, lighting or new appliances to help refresh therapy and client spaces.

“Growing nutritious vegetables in a patio garden or seeing positive messaging in a piece of art can help to inspire new behaviours,” says Victoria Pereira, Supervisor of the Detoxification Centre. “We are so grateful for these tools that will really support people through their withdrawal and into recovery.”

The funds will also support expanded music therapy programming with professional musicians, helping to bring clients together who often isolate.

“Music can really engage individuals with dementia, for example,” says James Graham, Psychotherapist in the Inpatient Mental Health program. “We have instruments that people use to play along with the singers, who are all chosen for their ability to engage and to encourage singing that is calming and promotes health and happiness. When we see someone who usually isolates make their way out of their room to listen to the music, it is really amazing!”

Jack and Maureen were longtime supporters of Kingston health care through UHKF. Since his passing, Jack has even been described as a trailblazer when it comes to supporting local mental health programs. It is perhaps appropriate that both of their memories will now live on forever through the fund.

“Provincial funding for mental health and addictions provides staffing and basic needs. When we need something extra for patient care, donations are almost the only way we’re able to do it,” says Nicholas Axas, Program Operational Director, Mental Health and Addiction Care. “We’re so grateful to once again honour the legacy of Jack and Maureen, and we all look forward to seeing the impact of these wonderful gifts on clients for years to come.”





UNIVERSITY HOSPITALS  
KINGSTON FOUNDATION

# THE FOUNDATION REPORT

SPRING 2023

## Paving the Way for Better Health Care Tomorrow

For young people in the Kingston community who want to give back to local health care, it can be difficult to know where to start. The YGK Healthcare Champions is a group of like-minded young professionals and business leaders dedicated to raising funds for Kingston Health Sciences Centre (KHSC) and Providence Care.

"I think much of the community does not know that so much of our local health care is donor-funded," says Emma Fitzgerald, Executive Committee Member. "It's important that groups like the YGK Healthcare Champions exist to raise awareness. The group also provides a chance to hear how donor gifts are impacting patient care. It's a great feeling to see the difference that your donation makes."

Since the YGK Healthcare Champions group began in 2020, they have already made a significant impact by raising

over \$215,000 to purchase vCreate technology for KHSC's Neonatal Intensive Care Unit (NICU).

"vCreate is a secure video messaging service that enables NICU staff, with the consent of parents, to send videos and images of hospitalized infants to families when they are unable to be on the unit," says Damiano Loricchio, Program Operational Director, Women and Children's Programs at KHSC. "Parents have asked for this kind of support for some time and we're grateful that we can now make it easily available to them, thanks to the incredible work and generosity of the YGK Healthcare Champions."

The group also provides young people with a chance to network with a diverse group of like-minded business and community leaders. It has proven to be a great way to develop relationships and business skills, while

providing behind-the-scenes opportunities to give back to local health care.

"I had my own journey through the health-care system after being diagnosed with cancer a few years ago," says Greg Brown, Executive Committee Member. "I was surrounded by top notch caregivers who did so much for me and my young family, but the last couple of years has shone a light on the quality of front-line health-care workers we have throughout Kingston. They have really shown up for our community. Joining a group like this gave me a fun way to say thank you to them and to send the message that the community cares and wants to help our hospitals."

If you or someone you know would like to join an upcoming YGK Healthcare Champions event, please visit [www.uhkf.ca/Ways-To-Give/YGK-Healthcare-Champions](http://www.uhkf.ca/Ways-To-Give/YGK-Healthcare-Champions) or contact [foundation@uhkf.ca](mailto:foundation@uhkf.ca)

Kingston Health  
Sciences Centre

Centre des sciences de  
la santé de Kingston



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