



UNIVERSITY HOSPITALS
KINGSTON FOUNDATION

THE FOUNDATION REPORT

SUMMER 2023



Declyn Carman pictured above

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MENDING LITTLE HEARTS: ONE FAMILY'S INSPIRING STORY OF GRIEF AND HOPE

On September 29, 2021, Declyn Carman was born at Kingston Health Sciences Centre (KHSC) with AVSD Complete, a Congenital Heart Disease (CHD) which is a common condition for children with Down syndrome. Despite needing weekly hospital visits until undergoing open-heart surgery in February 2022 at the Children's Hospital of Eastern Ontario (CHEO) in Ottawa, Declyn was a happy baby with a smile that lit up the room.

On New Year's Eve, Declyn wasn't his happy self. He was admitted to KHSC and prepped for a transfer to CHEO but his health continued to decline. It was clear he now needed to go to SickKids: The Hospital for Sick Children in Toronto. Sadly, the ambulance did not arrive at KHSC in time and Declyn passed away on January 2, 2022, at three months and four days old.

For Declyn's family, supporting local health care is helping them grieve. Through the University Hospitals Kingston Foundation (UHKF), Declyn's parents, Amanda McArthur and Brad Carman, have set up a fundraiser called Mending Hearts with Declyn. The funds raised are donated to the KHSC Pediatric Cardiology fund to help other children and families who face similar diagnoses.

"First and foremost, we are very thankful for Declyn's cardiologist at KHSC, Dr. John Smythe," says Amanda.

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MENDING LITTLE HEARTS: ONE FAMILY'S INSPIRING STORY OF GRIEF AND HOPE

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"He was amazing with Declyn and addressed all of my questions and concerns. The nurses were great too. Our hope is that Mending Hearts with Declyn will keep Declyn's memory alive by helping to provide education and equipment, so that other children born with a CHD can get the care they need, right here in Kingston."

So far, generous donations from supportive family, friends and colleagues have raised nearly \$5,000. Most notably, Declyn's extraordinary older siblings, Ryder and Jordyn, have raised more than \$2,500 through a lemonade stand and a hockey fundraiser.

"I think fundraising has helped us all with the grieving process, including the kids," says Brad. "It makes them feel like they're doing something for their brother, and they're both very good at explaining Declyn's condition and why they're raising money. It also feels great knowing that their friends and

teammates want to support us and other families. We're so grateful."

The family's selflessness in the face of unimaginable loss has created a legacy that highlights the power of supporting others. Their kindness has not only offered each of them a measure of hope and healing through the darkest of times, it has also provided critical resources and support for other families who may follow in their footsteps.

"Declyn was a beautiful child; he seemed naturally drawn to people, as we were to him," says Dr. Smythe. "His sudden loss was heartbreaking for everyone, unimaginably so for his family.

Yet this tragedy has inspired Amanda, Brad, Ryder and Jordyn to think of others. I hope their compassion brings them some measure of solace. I know it will benefit many other families and children in our community."

SUMMER REPORT MESSAGE



Evelyn Maizen
Board Chair, University
Hospitals Kingston Foundation

As the sun shines brighter and the summer days grow longer, filling us with warmth and hope, I am so grateful for the kind and thoughtful

donors who support the University Hospitals Kingston Foundation (UHKF).

As detailed in this report, the commitment of UHKF's donor family to improving local health care is truly inspiring. From generously donating towards life-saving equipment to setting up funds that support families in need to providing essential services that improve quality of life for patients, donor generosity has a real and sustained impact on the lives of the many people who enter our partner sites.

On behalf of the people of Kingston and southeastern Ontario, thank you for your exceptional generosity. It is an honour to work alongside such kind and thoughtful champions of local health care.

Your support for what we do is truly a gift; we could not do this work without you.

- Evelyn Maizen

LOCAL UROLOGIST INSPIRES FUTURE ACADEMIC SURGEONS



Dr. Curtis Nickel, Clinician Scientist, KGHRI Professor and CIHR Tier 1 Canada Research Chair in Urologic Pain and Inflammation, Department of Urology, Queen's University

Dr. Curtis Nickel has dedicated his life to the treatment and care of men with prostate disease. As a urologist with over 40 years of experience, he has guided hundreds of men through their cancer journeys through Kingston Health Sciences Centre (KHSC) Department of Urology.

Last year, the tables turned when Dr. Nickel was diagnosed with an aggressive form of prostate cancer. Despite the diagnosis, Dr. Nickel remains optimistic and passionate about the importance of giving back to local health care, and has expressed this by creating a research-related travel fund for urology residents in training.

For approximately 20 to 25 years, the Dr. J. Curtis Nickel Research Travel Award fund will cover travel expenses, accommodation and registration fees, enabling urology residents to attend and present their research at international events.

"When I left the department, I wanted to leave a small legacy that would cover my main interests which were clinical research, research-related travel and resident teaching," says Dr. Nickel. "The aim is for

the fund to act as a stimulus for residents to think about research projects that are good enough for them to present at international meetings."

Dr. Nickel's passion for clinical research, and the associated travel, has taken him to every medical school in Canada, 37 states in the United States and over 50 countries worldwide. With this generous gift, Dr. Nickel hopes that residents may be influenced to become academic surgeons and undertake a career path that was as inspiring and exciting as his.

"My career in Kingston was absolutely fantastic," says Dr. Nickel. "And I want to impart some of that excitement and stimulation to our residents who are the urologists of the future. I am trying to instill in them the same love that I have for the national and international academic stage. As it's an award, the fund can also help residents when they apply for further training, competitive research or clinical fellowships across North America."

Not only has Dr. Nickel provided excellent care for patients, he has also trained and mentored most of the staff in the department. This includes Dr. Mike Leveridge, who fully understands the dramatic impact the travel fund will have on residents.

"We are staggered by Curtis' generosity with this wonderful gift but also unsurprised by his unflinching forward focus. He is an academic titan in urology and simply the most engaging speaker around his craft," says Dr. Leveridge. "He knows well how exposure to conference travel and the stimulation of academic engagement are contagious. No doubt this award will help light the path to fulfilling and successful careers for our outstanding residents for many years."

Honouring Your Caregiver Can Save Lives

An Honour Your Caregiver (HYC) gift is a wonderful way to show appreciation for the staff at Kingston Health Sciences Centre (KHSC) and Providence Care, while providing much-needed funding for equipment, education, research, facilities and more.

A GIFT FROM THE HEART

Frequently, the care and dedication of health-care professionals, volunteers, office staff, and other employees, teams or departments at Kingston Health Sciences Centre (KHSC) and Providence Care leave a lasting impact on patients and their families.

The Honour Your Caregiver (HYC) program offers grateful patients and their families an opportunity to directly express their gratitude to KHSC and Providence Care physicians and staff. This is exactly what Peter Rollins and Cathy Halpin did.

In December 2021, Peter experienced symptoms of indigestion for over a week. After two days at Belleville General Hospital, it was determined that he was actually experiencing an irregular heartbeat known as atrial fibrillation.

Peter was sent to KHSC for an angiogram but once he arrived, he was instead wheeled into the operating room for triple bypass surgery. During surgery, it was also discovered that he needed a mitral valve replacement. "It was horrible," says Peter's wife, Cathy. "We thought he was fine and that he wasn't going anywhere. But next thing we know, he's in Kingston having major emergency surgery."

Thankfully, Peter went on to make a full recovery and returned to his healthy and active lifestyle. Today, over a year later, Peter and Cathy are so grateful for the lifesaving care Peter received at KHSC that they have given back through the University Hospitals Kingston Foundation's (UHKF) Honour Your Caregiver (HYC) program. They recently donated a very generous gift in honour of Cardiac Surgeon, Dr. Holly Mewhort, and Program Medical Director of Cardiac Surgery, Dr. Darrin Payne.



Dr. Darrin Payne celebrating the HYC certificate, made in honour of the care to Peter Rollins

"The two of them were just amazing," says Cathy. "But it was everyone from the people on the front desk to the surgeons to the nursing staff. They were unbelievably helpful and Peter was treated beautifully. We have been overwhelmed with the gratitude we've received since the donation. It's warmed our hearts to make the staff so happy."

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Dr. Holly Mewhort celebrating the HYC certificate, made in honour of the care to Peter Rollins

A GIFT FROM THE HEART



Peter Rollins and his wife Cathy Halpin pictured here, reflecting on the care received from KHSC

“Generous donations like Peter and Cathy’s support innovation and research, the adoption of new technology, and the implementation of new programs and initiatives for patients and staff, which all leads to better outcomes for patients,” says Dr. Mewhort. “It is also uplifting and inspirational for the staff to know that their hard work is appreciated. Thank you to Cathy and Peter for their remarkable generosity which will have a huge impact on patients and their families, now and in the future.”

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“The care I received was perfect,” says Peter. “The surgeons who worked on me for nearly three hours were obviously incredible but it really was everyone. The nurses in particular were very kind, patient and understanding with me during some post-surgery complications. We hope the gift can help future patients get the emergency care they need, just like I did.”

Peter and Cathy’s story shows how giving through the HYC program is a fantastic way to say “thank you,” while providing much-needed funding for equipment, research and facilities that directly impacts patient care.



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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.

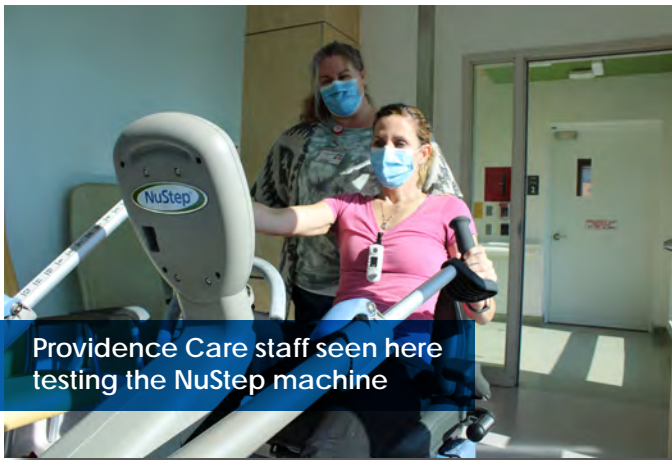
Visa Mastercard American Express

Name on card: _____ Phone Number: _____
Card number: _____ Expiry date: _____
Email: _____ Signature: _____

DONOR STEPS UP FOR MENTAL HEALTH

Exercise is very important in helping people physically function better and live healthier lives. With an amazing release of positive hormones and chemicals, among many other effects, it is also a wonderful treatment method to help people living with mental health challenges.

This is why exercise equipment generously gifted by donor Ron Warner to the Seniors Mental Health floor at Providence Care is so exciting. The NuStep Recumbent Cross Trainer incorporates both legs and arms in a push-pull motion. It's an excellent tool to improve physical activity levels in people with immediate mobility improvements.



"I've had the opportunity to use the trainer with multiple patients and everyone has really enjoyed using it," says Morgan Waddell, Mental Health Physiotherapist at Providence Care Hospital. "The machine also helps people gain muscle strength and generally increase their mobility and fitness, helping to prepare them for life back in the community."

Ensuring physical activity is available and accessible for patients living with mental health challenges is an excellent example of

the integrated, people-centred approach to care at Providence Care Hospital.

"This trainer is very accessible. The seat allows for easy transfer on and off the machine, and individuals can use just their legs or just their arms if they want to," says Morgan. "Also, for patients living with dementia, a machine like the NuStep can bring back positive memories or feelings from activities they enjoyed in the past, like biking or cross-country skiing. It is a versatile tool and we are so grateful for this important gift."

"The science clearly shows that physical and mental well-being are strongly connected, but we often under-appreciate this relationship," says Ron. "Funding for exercise equipment that supports those people living with mental health issues is limited. It's great to know that at Providence Care Hospital they will now have access to an excellent machine that's easy and fun to use."

The NuStep trainer is a perfect example of how donor funds can benefit patients, clients and residents. There's no doubt that the trainer is a great resource for the Seniors Mental Health floor.

"We are extremely grateful for generous gifts like Ron's, which enable us to provide extra tools and updated equipment that we are not normally able to purchase," says Nick Dempsey, Program Manager, Seniors Mental Health and Specialized Geriatrics. "To see this level of kindness in aid of those individuals who are struggling with mental or physical conditions is very inspiring!"

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