



Dave Burns moments before taking to the skies

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When people receive life-changing news, some take a leap of faith for what lies ahead for them. But Dave Burns has taken a leap of a very different kind.

Dave is currently dealing with stage 4 lung cancer, after being diagnosed earlier in 2023. While celebrating his Father's Day with family, what started as a "bucket list" gift from a relative escalated into a fundraising family skydive.

He and seven other family members took the leap over Gananoque and the Thousand Islands area in August to generate awareness and funds for the Cancer Centre of Southeastern Ontario. Dave downplays the

scale of his fundraising efforts, but recognizes the importance everyone plays in supporting health care.

"Giving is a philosophy that is moulded by personal life experiences and values, ultimately shaping an individual's life priorities," says Lucas Mott, Program Manager for Pediatric Oncology, Systemic Treatment Unit, Malignant Hematology Day Clinic and Inpatient Oncology. "Cancer, in all its forms, affects everyone. Two out of every five Canadians are likely to develop cancer at some point in their lifetime, and one out of every four will succumb to it. We are grateful for all of the support we receive and know that Dave's efforts are positively impacting future families."

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THANK YOU FOR HELPING TO INSPIRE MIRACLES



Dave Burns stands with his family and friends following an exhilarating leap from a plane at Skydive Gan overlooking the Thousand Islands

CANCER PATIENT'S LEAP PROVIDES FUNDING TO CANCER CARE

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"That first step, that's a big one," Dave says. "My eyes and my wife's eyes got opened very, very wide when we had our initial appointment at the cancer clinic. Just the amount of people that are going through some sort of cancer and also getting treatment, chemo or immunotherapy. It is overwhelming."

"Throughout the journey, from investigation to diagnosis to treatment, I have received incredible care and compassion from the staff at the cancer clinic. I wanted to take this opportunity to give back to the clinic that has provided me with support and empathy throughout this experience."

WINTER REPORT MESSAGE FROM PRESIDENT AND CEO OF PROVIDENCE CARE

Health-care miracles in our region are made possible by donors like you.

During the holiday season, it is always so inspiring to see how our community comes together to support health care and in turn, the people we serve. This year, Providence Care has a lot to be grateful for in terms of equipment received, volunteers who donate their time and the growth of our organization.

Over the last year, we have received life-altering equipment. Thirteen next generation ventilators were purchased for our complex medical management unit at Providence Care Hospital. These will ensure patients who rely on machines have improved quality care and can

move freely around the hospital or grounds. Through your donor dollars, high-quality equipment like this continues to improve lives.

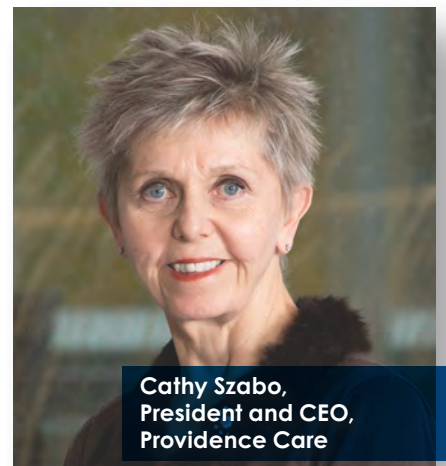
I am also eternally grateful to the Providence Care volunteers. Their commitment, efforts and generosity to our patients, clients and residents is extraordinary and from this year alone, their impact will be felt well into the future.

As we look to the New Year, I am excited to see Kingston's first hospice residence open its doors, as well as ongoing progress to the redevelopment of Providence Manor. Projects that are possible in part, because of the ongoing generosity of donors like you. It is a true sign of success to

look back on a busy year while preparing for another. Thank you for taking care of one another and thinking of the health-care needs of the people in our community.

Wishing you a happy and healthy holiday season.

- Cathy Szabo



Cathy Szabo, President and CEO, Providence Care

IVR TEAM AT KHSC RECOGNIZED FOR OUTSTANDING CARE

When you talk to Dr. Alexandre Menard about the Interventional Radiology (IVR) team at Kingston Health Sciences Centre (KHSC), he's quick to point out there's no "I" in team.

Dr. Menard is a vascular and interventional radiologist at KHSC, who was recently recognized with an Honour Your Caregiver (HYC) award after being nominated by a former patient.

IVR involves the radiologist using fluoroscopy (x-ray) or ultrasound imaging to guide them while they perform minimally-invasive procedures.

"Everything we do, we do as a team, and that includes a large group of nurses and technologists," says Dr. Menard. "You can't take a member out of this team and still be able to offer the care we offer."

Former patient Claire Walker gushes when the topic of the IVR team at KHSC comes up.

"Dr. Menard put me in a comfortable position. He explained everything. Everybody in that room was nothing but helpful," says Claire, who nominated Dr. Menard and his team for the award. "They're always there for patients. I am more than thankful for his ability and his crew, and their rapport with patients."

Dr. Menard reflects that recognition is great for workplace morale, notably for teams like his that aren't necessarily on the front line of care.

"Our interactions with patients are short but important," he says. "It is of great value for the members of the IVR group to be reminded that their hard work is appreciated by patients. My colleagues in IVR have a strong drive for doing good, and work very hard to offer care and service to the community. To be recognized from time to time for doing so is important to maintain this commitment."



Interventional Radiology Team at KHSC pose for a group photo to celebrate their HYC recognition

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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 would like more information on how I can support health care through my will or estate plans.

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: _____

We recognize donors by name in our publications: 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. Charitable Registration No. 820218147R0001. We do not sell or rent our mailing lists.

SISTER MARILYN LAROCQUE BATTLES LYMPHOMA WITH LOVE

Sister Marilyn Larocque is a woman of faith, both in terms of religion as well as her confidence in the health-care system in the Kingston area. So when times looked their most bleak in her battle with lymphoma, she knew she wasn't done yet.

Sister Marilyn knows the system well, following decades working as a nurse as well as her work with the Religious Hospitaliers of St. Joseph (RHSJ). She also serves on the Kingston Health Sciences Centre (KHSC) Hotel Dieu Hospital (HDH) site Board of Directors, its Volunteer Board, and the Mission and Values Committee. When she was diagnosed with non-Hodgkin's lymphoma in 2005, she decided to approach her situation from a unique perspective: she would use love to conquer her illness.

"They told me that I must have had it for three years (back in 2005)," she shares. "It took that long for my body to feel like it was compensating, sapping my energy. I had a few serious complications. Everyone was trying to destroy my lymphoma and I felt that I was being called to love my lymphoma in order to heal it."

In early fall 2019, an allergic reaction to medication caused Sister Marilyn to have sharp chest pain. It then radiated into her shoulder blade, and then into her kidneys, before sending her into shock.

"I didn't think that I would make it to Emergency Room from the clinic area. I thought I was going to die," she recalls. "The nurse who was with me in the clinic came down also to check on me plus the excellent ER team were all around me.

"I asked them to call one of our RHSJ Sisters to come and be with me. When she arrived, I told her that God wasn't ready for me yet. She told me that I was a walking miracle and now I am a survivor."

Sister Marilyn's lymphoma is remaining fairly stable. Some complications between COVID-19 vaccinations aside, she considers her situation manageable and remains grateful for the life-saving care she received.

"Some people didn't think I would live this long but I'm still here," she says. "They said it was probably 2002 that it began in my system, and I've been a survivor for four or five years."

She credits the care provided at KHSC and the Cancer Centre of Southeastern Ontario for her recovery.

"Being a part of the cancer community can hold a profound and heartfelt significance for those who have survived, been recently diagnosed, or provided support for someone going through treatment," says Lucas Mott, Program Manager for Pediatric Oncology, Systemic Treatment



Unit, Malignant Hematology Day Clinic and Inpatient Oncology at KHSC. "Our shared experiences allow us to connect on a deep level and comprehend the complex emotions of loss, love and gratitude."

Sister Marilyn also marvels at the work done by the professionals at Providence Care, having visited with some patients in their system and seeing how positively they've been influenced.

In terms of her own ministry and interactions with those on their health-care journeys, her health struggles have informed her approach in this area.

"I find it helps me when I'm doing either pastoral care or nursing or whatever with someone else," she says. "And the thing is to just be with them and journey with them wherever they are. You don't put what you believe out on the table. You see where they're at and hopefully they'll take the initiative to start a journey."

STROKE SURVIVOR CREDITS TOP-NOTCH TEAM WITH RAPID RECOVERY



“They did a great job of looking after me there, starting with a rehab program within the facility. They took good care of watching my vitals and making sure I was on the road to recovery.”

Recovering from a major health episode is always challenging but David credits Dr. Bryce Durafourt, Neurologist at KHSC. For his part, Dr. Durafourt says he’s one cog in a whole team of professionals who have minutes to make major decisions.

“I was exceptionally lucky; they did such a really fantastic job of pulling me through as well as telling me what was happening and what was going on,” he recalls.

“The most satisfying part of being part of the stroke unit is that it is a team effort,” shares Dr. Durafourt. “The physician is involved as soon as the patient presents to the emergency room.

“But it’s certainly not just us. There’s a resident, often we have a medical student, the emergency room nurses, and of course the paramedics. Then from the emergency room going on to the computerized tomography (CT) scan, we have our CT technologists who are able to stop what they’re doing and make room for the stroke patient to be scanned immediately.”

This well-coordinated effort is part of an ongoing tradition of excellence for stroke care at KHSC. In 2012, KHSC’s Kingston General Hospital (KGH) site was the first acute stroke centre in Ontario to receive Accreditation Canada’s National Stroke Distinction Award for acute care standards. The KGH site received the award again in 2014, 2018 and 2022, after the Accreditation Canada Stroke Distinction program changed to a four-year cycle.

“Our community is fortunate to have a world-class program,” says Dr. Al Jin, Stroke Neurologist and Medical Director of the Regional Stroke Program, KHSC. “Everyone shows responsibility to the people and that lets us strive to be better and to meet the challenges of the day.”

Sometimes when people are having a stroke, they don’t realize what is happening to them until it is too late. Luckily for David Remmer, his spouse Tracy knew he needed help and called for an ambulance. He was treated at Kingston Health Sciences Centre (KHSC) and has lived to tell his story.

“I just simply never felt like I was having a stroke,” he recalls. “I mean, it’s one of those things where your left side of your brain just starts to disconnect and you don’t even notice it. I had no idea that I was having a stroke.”

David had his stroke in July 2021, and was taken to KHSC to receive emergency care. He stayed in the hospital for a couple of weeks and credits the teams there with saving his life. He acknowledges the care he received was outstanding and that Kingston residents are fortunate to have health-care options like this in their own backyard. Accreditation Canada awarded KHSC with a Distinction Award for acute stroke care in recognition of its clinical excellence and outstanding commitment to leadership in stroke care.

“After the stroke, I was in the Intensive Care Unit (ICU) for a little under a week, and then in the stroke unit for a little more than a week,” says David. “There was some paralysis to the left side of my body; certainly some speech issues. I was pretty manic at the time and pretty excited to still be alive.

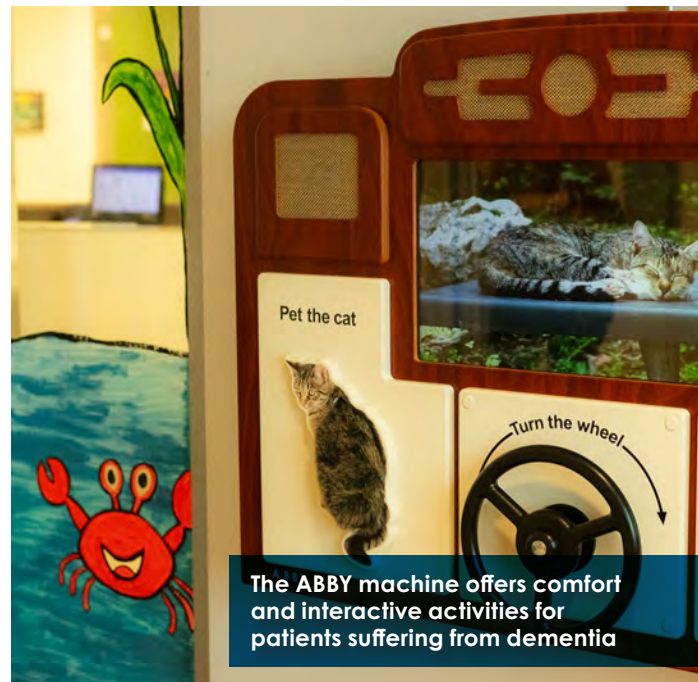
PROVIDENCE CARE VOLUNTEERS GO ABOVE AND BEYOND



A newly installed ABBY machine is located on Parkside 2 at Providence Care Hospital

electrocardiogram (ECG) machines that check the heart, as well as physiotherapy equipment.

Most recently, volunteer-raised dollars purchased an ABBY machine which offers comfort through tactile activities for patients with dementia, improving their overall quality of life. Volunteer fundraising has also allowed for funds to be earmarked for patient care in the mental health units.



The ABBY machine offers comfort and interactive activities for patients suffering from dementia

Providence Care volunteers continue to show that actions speak louder than words. Since 2016, volunteers with the organization have provided University Hospitals Kingston Foundation with nearly \$600,000 for key equipment for patients, clients, residents and health-care professionals. Their fundraising efforts have also allowed for facility development and contributed to patient and client comfort.

“Providence Care’s volunteers are one of a kind,” shares Cathy Szabo, President and CEO, Providence Care. “Whether by filling extra shifts in our gift shops or taking on more responsibility supporting our popular community bingo programming, we are profoundly grateful for their important contributions.”

Providence Care’s CEO credits Janet Hunter, Director of Volunteer Services, with coordinating the inspiring efforts put forth by the volunteer team. Their commitment has enabled the purchase of wheelchairs and beds, technological devices that facilitate rehabilitation,

“Our volunteers can stand proud and know their hard work helps improve the experience of our patients, clients and residents, ensuring they have access to top-quality care and world-renowned resources,” says Cathy. “They continuously go above and beyond and demonstrate their dedication to our organization every day.”

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A CALL FOR VOLUNTEERS

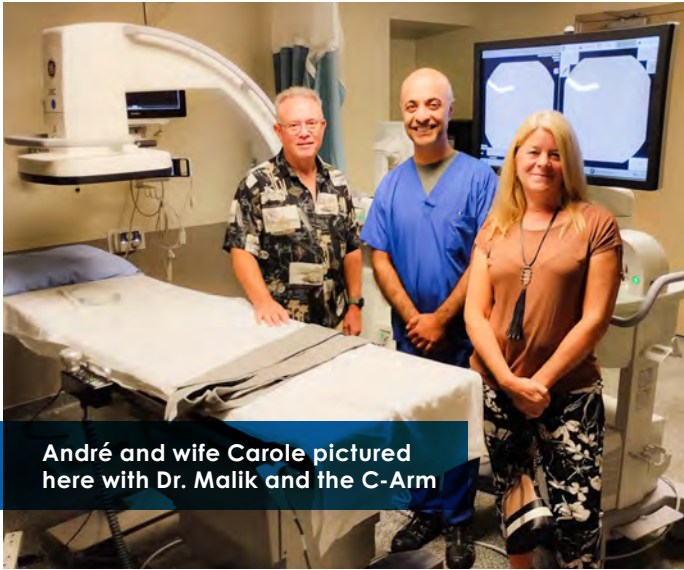
Health-care volunteers are just like you; they come from all walks of life and are looking to improve the lives of patients and families. KHSC and Providence Care are always looking for extra support.

If you or someone you know is interested in volunteering please contact:

Kingston Health Sciences Centre Volunteerism: volunteer@kingstonhsc.ca
Providence Care Volunteerism: pchvolunteer@providencecare.ca
University Hospitals Kingston Foundation: foundation@uhkf.ca



HEART ATTACK SURVIVOR HELPS FUND CUTTING-EDGE EQUIPMENT FOR KHSC



André and wife Carole pictured here with Dr. Malik and the C-Arm

When André Alie had persistent arm pain, he had no idea it was a heart attack in progress. He received the care he needed at Kingston Health Science Centre (KHSC). And now, thanks to contributions from him, and his wife Carole among others, the Cardiac Medical Program at KHSC is taking a major step forward in the level of care it can provide with the purchase of cutting-edge equipment.

"I've had cardiac events, and my dad had his first cardiac event before he was 40," shares André, who had a heart attack in 2021 and received care through KHSC. "The team on the floor was phenomenal. I think the person that probably had the least support was my wife at home during the pandemic by herself, after we had just moved.

"She couldn't come in much because of COVID-19. That was a very challenging time."

André and Carole contributed to the purchase of something called a C-Arm. The C-Arm is a mobile imaging unit, used primarily for fluoroscopic imaging, which means using X-rays to obtain real-time moving pictures of the inside of your body, during surgical and orthopedic procedures. It also consists of a computer workstation used to view, manipulate, store and transfer the images.

"I think the part that's most impressive is the fact that the team is excited about using it, and it brings so much more to the hospital and to patients because everybody's excited about what they can do with it," says Dr. Paul Malik, Co-Medical Director of the Cardiac Medical Program, KHSC. "It's just not like getting a new car. It's getting new features. We come back to the concept of what it can do and do it safer, better for the patient, and better for the people doing the work as well."

"We know technology is a big part of moving our medical programs forward, and we have to continue to invest in it," says André, who remains grateful for the care he received from the cardiac department. "I had very good care and the whole network really supported me well. I'm here to talk about it two-and-a-half years later."

This machine is invaluable for saving precious minutes, from diagnosing to treating cardiac matters, when time is of the essence. The machine is also versatile — when it's not scheduled for a procedure like installing a pacemaker or a different cardiac issue, it can also be used for vascular imaging or other matters.

Donors like André and Carole help us make health care across southeastern Ontario better today and for the future.



The C-Arm, pictured here, assists medical professionals with fluoroscopic imaging



ASHER'S CORNER: LENDING A PAW FOR HEALTH CARE

Life sure is busy when you're a wolf pup at the University Hospitals Kingston Foundation (UHKF)!

In June, I was there to help reveal what the Tim Hortons Smile Cookie Campaign raised for mental health at Kingston Health Sciences Centre (KHSC); they raised more than \$300,000 thanks to people like you!

I also made a surprise visit to some young philanthropists at their lemonade stand and they were so thrilled to spend time with me! It's exciting to know that no matter what their age, everyone can have an opportunity to support our hospitals.

It was a real treat to present Emma M. with a cheque for almost \$20,000 as part of the UHKF 50/50 draw. We both had big smiles that day.

I'm always impressed with the generosity I see, and the Sandra Schmirler Foundation showed that in July, presenting funds to go towards the Neonatal Intensive Care Unit (NICU) at KHSC. I like to meet people all over town, so it was fun

to meet a cool kid like Hudson Hill, who was the race ambassador for the KidsInclusive Run/Walk/Roll. We met at the fundraising reveal in July, helping to celebrate KidsInclusive's 50th anniversary.

People sure do love golf around here! I saw so many colourful and creative costumes and carts at the Rose of Hope tournament, which was also a big success and raised funds for breast cancer research.

In August, I was very happy to join everyone who supported Hospice Kingston through Hospital Day at McDonald's locations in Kingston. That was a lot of coffee, Big Macs and McChickens! Everyone pulled together that day at restaurant doors and drive-thrus, and the people of Kingston were unbelievably generous supporting this worthy cause.

I'm excited for what lies ahead in the months to come, and look forward to seeing your smiling faces in Kingston and area!

Kingston Health
Sciences Centre

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la santé de Kingston



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