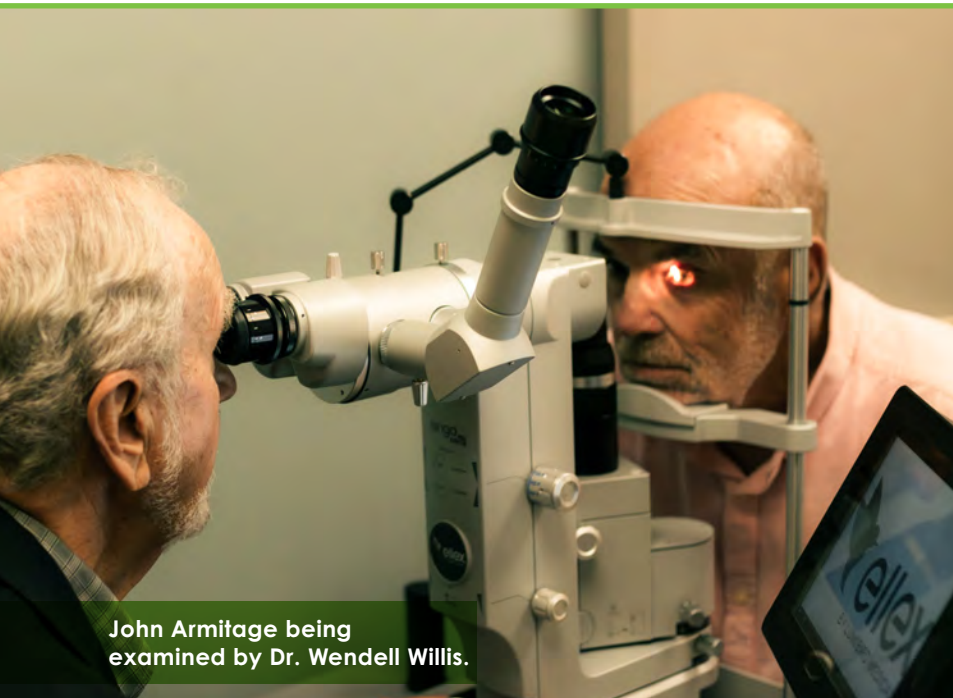




UNIVERSITY HOSPITALS
KINGSTON FOUNDATION

THE FOUNDATION REPORT

SPRING 2024



John Armitage being examined by Dr. Wendell Willis.

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CORNEA TRANSPLANT RECIPIENT RECOGNIZES PHYSICIAN DECADES LATER

John Armitage has a history with health care in Kingston that spans over four decades.

John first dealt with cornea transplant surgery in 1979, with noted physician Dr. Wendell Willis undertaking measures that were groundbreaking at that time. John remembers how personable and professional Dr. Willis was during his care. He has recognized Dr. Willis with a donation of funds towards cutting-edge technology, with the goal to enable others to enjoy healthy vision.

“Dr. Willis worked with Dr. John Morgan; Dr. Morgan was the one who did the lens for the prescription,” recalls John. “They started out experimenting with contact lenses to try to keep the cornea in a conical shape. They were also the first in Canada to use a lens called the Boston lens, which was a gas permeable lens that would allow oxygen to get to the surface of

the eye, because dry eyes and contacts were a big deal. Eventually with my eyes, the nerve endings on the cornea got exposed to the point where it couldn't tolerate a contact lens.”

“Interestingly, the life of a cornea transplant is supposed to only be 25 years — well 40 years later, my left eye had to be replaced three years ago. And the right eye, they said they've never seen a cornea last that long. So there must be good genes in the donor. I've had my share of the health-care system and I've been well-treated.”

In recognition of his association with Dr. Willis and Dr. Stephanie Baxter, Cornea Specialist, John contributed funds to the acquisition of an Ellex Tango YAG laser device for the Ophthalmology Department at Kingston Health Sciences Centre (KHSC).

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MESSAGE FROM KINGSTON HEALTH SCIENCES CENTRE PRESIDENT AND CEO

Spring always brings a sense of new beginnings. Along with the opportunity it affords us to reflect on the past few months, we can also cast our eyes forward to the many dreams we have for warmer days ahead. I am so pleased to report on the many things we have accomplished together, and more than that I am honoured to extend my sincerest gratitude to each of you who has continued to help us achieve our mission of transforming health care in our region.

Your unwavering support as donors has been instrumental in helping us to make significant strides in various areas of need within our Kingston General Hospital and Hotel Dieu Hospital sites. Whether it's through your generous financial donations, or by volunteering your time at fundraising events, your contributions have touched countless lives and help us provide innovative, state-of-the-art care, closer to home.

In this report, you will read some stories about the impact of organ transplants on local patients. With your support, we can continue to expand and enhance our surgical capabilities, providing hope and a new lease on life to those awaiting life-saving treatments.

You will also learn how your financial contributions have played a pivotal role in supporting the acquisition of new and advanced medical equipment. Your generosity empowers us to equip our health-care professionals with new tools and technology such as a third MRI for Kingston Health Sciences Centre (KHSC), this one at our Breast Imaging Kingston facility, and a PET-CT scanner at our Kingston General Hospital (KGH) site. These two donor-funded initiatives are now moving towards reality, enabling our staff to deliver the highest quality care and ensuring better outcomes for our patients closer to home.

Meanwhile, our work to renew our aging facilities through redevelopment continues to move ahead as we have made some exciting

progress with the Ministry of Health. While we have yet to finalize our full vision, we are working hard to build a plan that will better address the needs of our community. We expect that we will soon have exciting news to share about bridging projects that will help address our short-term capacity challenges and bring us closer to our dreams of a new hospital.

On behalf of the entire team at KHSC, please accept my heartfelt gratitude for your unwavering support. Your generosity serves as a beacon of hope for those in need and inspires us to strive for excellence each day. Your belief in our mission fuels our determination to innovate, elevate our standards and provide exceptional care to all who walk through our doors.

Thank you for being an indispensable part of our journey to transform care, together.

- Dr. David Pichora



Dr. David Pichora
President and CEO,
Kingston Health Sciences Centre

CORNEA TRANSPLANT RECIPIENT RECOGNIZES PHYSICIAN DECADES LATER

Continued from page 1...



Dr. Willis and John Armitage test newly funded equipment, as they reflect on the surgery performed 40 years ago.

This equipment is used almost every day for patients who develop haze behind their new lens implant after cataract surgery. It is also used to treat those at risk of developing a type of glaucoma that can occur acutely causing patients significant, sudden eye pain. This can be potentially blinding if not treated quickly with a laser.

“This is such a good news story all around,” says Dr. Baxter. “I’m so pleased that Dr. Willis is being honoured in this way and that our patients will benefit from

Mr. Armitage’s benevolence and generosity. Dr. Willis was a gifted surgeon, a revered teacher and a kind, compassionate physician who was adored and respected by all who worked with him.”

“Having a YAG laser that is available, reliable and accurate 100 per cent of the time is so important,” she continues. “To be able to treat patients when they need it is fundamental to any ophthalmic practice.”



From left to right: Danielle Corbin, Jennifer Butchart, Dr. Stephanie Baxter, Dr. Wendell Willis, John Armitage.

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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.

CAREGIVER PROVIDES CRUCIAL COMPONENT OF SURGICAL SUCCESS

Surgery is stressful at the best of times, so sometimes small actions can have a big impact. The pre-surgical screening program is vital to the success of the eventual procedure, and nurse Meaghan Perry has been recognized for her role in making this process as smooth as possible.

“I went for my pre-screening at Hotel Dieu Hospital (HDH) site and my nurse was Meaghan,” says Patricia Hart, who recognized Meaghan with a donation through the Honour Your Caregiver program. “Meaghan was very nice, helpful, organized and very thorough. She answered my questions and I was in and out of there in no time. It was a pleasant experience and I wanted to say thank you.”

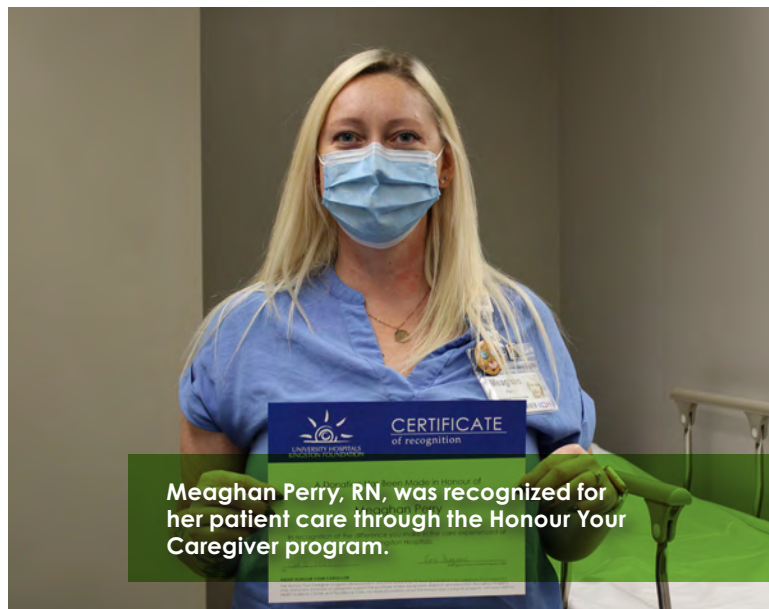
Meaghan is a registered practical nurse (RPN) in the Pre-Surgical Screening (PSS) program and acknowledges it is humbling and rewarding to be honoured for helping those experiencing stressful situations. The Pre-Surgical Screening team helps to prepare patients through a variety of methods, such as lab tests, x-rays and a nursing assessment. They also provide information about what to expect before and after surgery.

“I strive to always provide a positive experience when a patient comes in to the hospital as do my many wonderful co-workers,” says Meaghan. “I work with a great team here in PSS and have the pleasure to come to work every day and continue to do that for every new patient I meet.”

She shares that the Honour Your Caregiver program is one of the best ways that a patient can recognize staff and the organization as a whole.

“Over the last few years it has been stressful and morale can be low at times,” Meaghan says. “Knowing that a patient has seen us, and appreciates us and the work we do, helps to keep us going. It is the little things that make

nursing the best job. Knowing that a patient truly appreciates us as a human. And they also help us help others, which gives us the boost we need to keep going on those hard days.”



“For those that have given or thought about giving, I say thank you! The impact that donations have on our various programs helps us improve the care we are providing, expands our training opportunities and gives us staff here at KHSC the ability to keep providing the exceptional care we strive for every day, for all patients. To be recognized by our community is a wonderful thing.”

KIDNEY TRANSPLANT BOOSTS AILING PATIENT'S QUALITY OF LIFE

After years of waiting, the kidney that Veronica Lessard needed became available.

But knowing the donor had passed away was difficult to reconcile for Veronica, tempering the joy of receiving the organ she needed with the sorrow of its owner's passing.



"That was very hard, very, very hard on me because I knew someone had to die for me to have a kidney," she says. "It was really a heartbreaking thing."

What started as painful migraines escalated to a trip to the intensive care unit (ICU) where Veronica learned that her kidneys were failing. After an eventual diagnosis of focal segmental glomerulosclerosis (FSGS), she went on dialysis in January 2018. It was four years before a suitable donor kidney match was found. During that time, with a tube attached to her abdomen, various factors of the treatment took hold, including "dialysis dementia" which can fog judgement and affect memory.

"You can tell someone something and then they don't even register it," shares daughter Krista Lessard. "And you could tell them again and again, it could take three, four, five times for them to remember because it's like having dementia when you're doing dialysis. There's just so much happening in your body."

Veronica's family had to take special precautions throughout the pandemic to avoid

bringing any germs into her home with her fragile immune system. Veronica's quality of life turned on a dime, when she finally underwent the procedure she had long awaited and was informed the tube that had been attached for her all those years would no longer be necessary.

Veronica says, "Dr. (Khaled) Shamseddin told me that if surgery goes well, they will be able to finally remove the dialysis tube from my stomach. When I woke up in the ICU, the first thing I did was to check to see if the tube had been removed and my first thought was, 'oh my God, it's gone!' That means the kidney works and I was so, so happy."

Veronica is thankful not only for the donor who extended her life, but the attending staff who took such great care of her throughout the process. She speaks especially glowingly of RN Natalie Witton and Dr. Khaled Shamseddin, Medical Director, Kidney Transplant Program at KHSC.

The road to recovery has taken rocky turns. Special medication has been needed to fight the possibility of her body rejecting the new organ. All that aside, Veronica finds herself doing things she was doing five years ago with a renewed strength.

Dr. Shamseddin remarks that once someone receives their kidney transplant, there is an obvious change for the better in a short time. "When (someone gets) a kidney transplant, the improvement of the patient's general medical condition is significantly fast," he says. "Even if it doesn't happen within the first couple of weeks, it usually happens within the first three months. You can actually tell the difference seeing patients going back to a normal life. I can even see it in their faces and mood."

"I have a lot more energy now," Veronica says. "I painted the bedrooms at home. I painted the living room and now I'm gonna do the bathroom. It just feels awesome ... to be able to have my life back, to be able to go and do things that I want to do."

CANCER SURVIVOR SETS SIGHTS ON FUTURE RESEARCH

Raymond Kiley still remembers the date he was diagnosed with throat cancer: April 28, 2013. More than a decade later, he recalls the care he received and is deciding how to help future generations who may face a journey similar to his.

Raymond is supporting health care in Kingston by contributing to cancer and cardiology research in his will. Being the youngest in his family and not feeling pressure to support his older relatives, he explains that his money can best go to research and equipment.

“The mortgage is paid off and my family doesn't need my estate, but it should go to somebody who needs it,” says Raymond. “As you know, it's hard in the health-care system to get funding from the government.”

He recalls having a clean bill of health in early 2013, playing volleyball and softball. Then one night he had difficulty swallowing, and the next thing he knew he was receiving the shocking news that he had throat cancer.

“You know how some doctors, they slide their chair over to you, they put the hand on your shoulder, and say this is what you have,” he recalls. “And then 10 minutes later I was on my back. It finally hit me. I kind of got weak and passed out.”

What got Raymond through the most difficult times of his treatment was knowing he had a full team working with him, from a social worker to his physician to nurses and more.

Raymond recalls the staff always being on a first-name basis with those receiving care, which

means a lot, especially during such a challenging time. He always felt his needs were taken care of.

“I was surprised with the ‘team’ sort of thing,” Raymond shares. “This is your social worker, this is your psychiatrist, this is your radiation person, and this is your team. I was quite surprised. It all worked out and it was positive.”

Raymond wants his legacy to support those receiving care in the future. His generosity will benefit cancer and cardiology patients at Kingston Health Sciences Centre for generations to come.



Raymond Kiley visited the UHKF office to tell his story and pose for a photo.

“Planned giving and financial donations are the seeds we plant today to ensure a bountiful harvest for future generations,” says Lucas Mott, Program Manager for Pediatric Oncology, Systemic Treatment Unit, Malignant Hematology Day Clinic and Inpatient Oncology. “They are the legacy of care and foresight that nourishes the dreams of tomorrow and ensures that the world we leave behind is richer, more compassionate, and full of opportunity.”

YKG HEALTHCARE CHAMPIONS MAKE AN IMPACT

“Champions are made from something they have deep inside them – a desire, a dream, a vision.”

Professional boxer Muhammad Ali's explanation of what makes a champion can translate to all walks of life. And when Providence Manor — Providence Care's long-term home — started devising ways to acquire more equipment to benefit the well-being of its residents, the YGK

Healthcare Champions were there to help make their vision a reality.

The YGK Healthcare Champions are a community of volunteer ambassadors for Kingston Health Sciences Centre (KHSC) and Providence Care, with a mission to inspire value-aligned leaders to raise funds in support of health care.



A Providence Manor resident, pictured here, using the interactive Omi Magic Table

They also strive to develop relationships with professionals and business leaders, and to generate interest, participation, leadership and financial support for the hospitals and their programs.

“At first, we kind of started off as a young professional network, but then we realized that there’s kind of a hunger for this in Kingston,” says Emma Fitzgerald, a member of the YGK Healthcare Champions. “So now we’re calling ourselves more like value-aligned professionals that are looking to network in Kingston, but also fundraise and give back to our hospitals.”

She says the bulk of membership lies in the 30-50 age range of professionals in Kingston.

The latest initiative for the group was to generate funding for an Omi interactive mobile sensory unit, intended for every resident in Providence Manor and it can be used for all ages, cognition levels and abilities. This mobile projection system incorporates games which will be fun for the residents, as well as encouraging physical activity in a group setting for those who might not like the traditional exercise format.

“We can have it in a room where we have a table, a long table, and they can play the piano on there or tic-tac-toe or move things in the ocean,” says Stacy Jowett, Coordinator,

Resident Activities and Student Placement at Providence Manor. “The Omi is for everyone. And it’ll also be for that person who is cognitively quite impaired with dementia or a brain injury, or what have you.”

Funds for the Omi unit came from the Champions’ event, *A Night to Remember*, at the Frontenac Club in May 2023. The event featured a cocktail hour, mouthwatering hors d’oeuvres, a silent auction, and a live band in addition to networking activities. The funds raised were directed to support Providence Care’s long-term care home, Providence Manor, as well as the *Stand Up To Stigma! Let’s Talk Mental Health* campaign at Kingston Health Sciences Centre.

“Originally Providence Manor had asked us for what’s called an ABBY machine, but because we had so much money that we raised, they asked if they could get an upgraded version of that machine,” Emma says, noting that they surpassed their initial goal of \$25,000 from the event and turned in a cheque for \$38,000. “It actually moves throughout the manor so that way they can bring it to different rooms, different areas. It’s a little bit easier to raise up in height too, so people with wheelchairs can also use it. And the idea is that it would be a good way to interact with both the residents and any family or friends that are coming in.”

YGK Healthcare Champion members each make \$20 monthly contributions which give them access to educational and networking events such as hospital tours and talks with physicians. They also vote on the project or equipment that their contributions and fundraising proceeds will be directed to.

This year the group will be hosting a golf tournament on August 22, at the Loyalist Golf and Country Club. The funds raised will be supporting physical rehabilitation equipment at Providence Care.

To learn more about the YGK Healthcare Champions, find them under “Ways to Give” at uhkf.ca.

FULL CIRCLE MOMENT AS PREVIOUS PATIENT NETS PRIZE DRAW DOLLARS



Deb Chase, who won the \$800 Cash Prize in the October 2023 UHKF 50/50 Lottery, poses with her winnings.

Deb Chase has a long-standing history with health care in Kingston. Whether it was being diagnosed with Crohn's disease in the late 1980s, caring for her father in his final days, or suffering from kidney issues during the COVID-19 pandemic, you'd think she'd seen it all.

That is, until she won \$800 playing the University Hospitals Kingston Foundation (UHKF) 50/50 Lottery.

"I was so thrilled. I never expect to win, so it was thrilling," she shares. "I found out about the lottery last fall when I was at Hotel Dieu Hospital (HDH) site, and I saw a flyer. So I started right away and I've participated every month since. It's a good way to give to the hospital."

She's acquainted with many of the major health-care sites in the area, having spent time with her father, John Shirley, in his final days at Providence Care Hospital, as well as a period at Kingston Health Sciences Centre Kingston General Hospital (KGH) site in late 2021 with a gastrointestinal infection that affected her kidneys.

"I got a gastrointestinal infection and that kind of ripped through my system. It affected my kidneys, my liver, everything. I was hospitalized at KGH, and that was right in the middle of COVID, so there were no visitors. I was deathly sick, so I was on Connell 9. I was so scared. I didn't know what was happening. There were no visitors. My dad had gone.

"The service, the level of care was above and beyond. And as scared as I was and not getting visitors, and as short staffed as they were, it never stopped the nurse from coming in to make sure I was okay or settle me down when I was most scared or make sure I got my pain medication on time. Never, ever. So it doesn't get better than that."

Deb plays the 50/50 lottery consistently now, knowing that proceeds go toward supporting health care in Kingston. She adds that donating is important for everyone, since people never know when they're going to need hospital care until it's sometimes too late.

"You may not need it today, you may not need it tomorrow, but you or a loved one will need it," she says. "And you never know what you're going to need it for. I had Crohn's disease. I never thought I would need it for liver or kidneys, but you want that hospital to have the best equipment for any ailment that could afflict your family.

"That's what the money from the 50/50 goes to. That's what donations go to. Those are the things that we really need. Those are the things that are important that we really need to support."

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