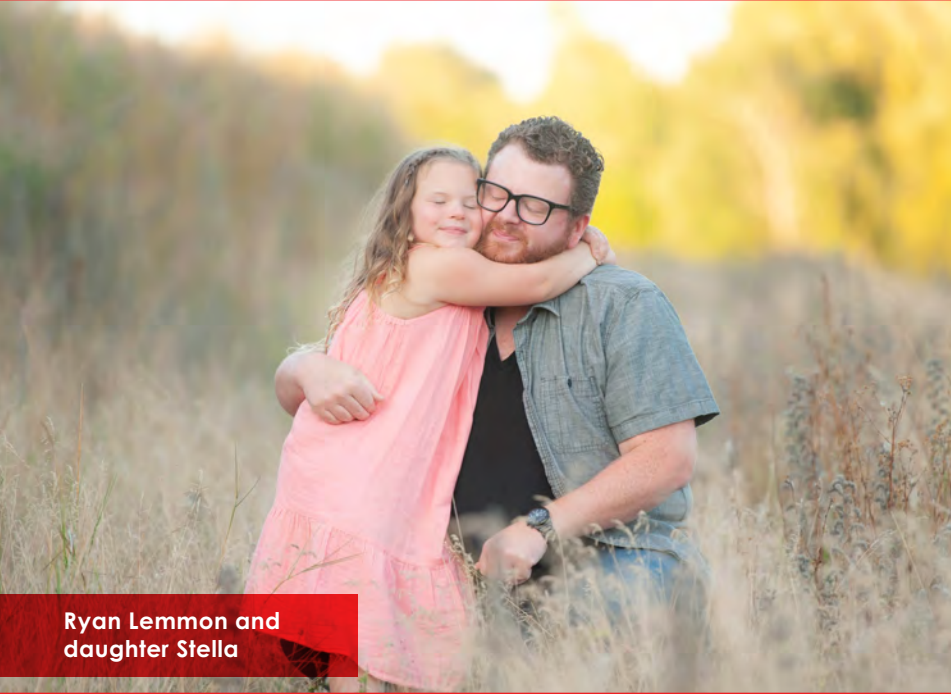




UNIVERSITY HOSPITALS  
KINGSTON FOUNDATION

# THE FOUNDATION REPORT

SUMMER 2024



Ryan Lemmon and  
daughter Stella

## IN THIS ISSUE:

**YGK HEALTHCARE CHAMPIONS RAISING FUNDS FOR REHABILITATION THERAPY CENTRE**

Page 3

**JACKIE LEBLANC PASSING TRADITION OF PHILANTHROPY TO HER SONS**

Page 5

**MUSIC FOR MENTAL HEALTH**

Page 7

## BROADCASTER BOOSTS NICU ON AIR AND AROUND KINGSTON

During his day job as Big FM radio host Sideshow, Ryan Lemmon tries to put smiles on the faces of his listeners. But the staff at the Neonatal Intensive Care Unit (NICU) at Kingston Health Sciences Centre (KHSC) helped put some light into the lives of Sideshow, his wife Kelsey, and their daughter Stella.

In November 2015, Stella was born with hypoxic ischemic encephalopathy (HIE) which is a type of dysfunction that occurs when the brain experiences a decrease in oxygen or blood flow.

"Stella came out feet first and got stuck," Sideshow explains. "And she was technically born in the Emergency Department (ER), although most of her was born in my home and our driveway and the ambulance."

Stella was in a coma for three days when she was born and stayed in the NICU for the next month.

"It was the worst and best month of my life, through the scariest and worst possible days I could imagine," says Sideshow. "Those nurses in the NICU are another breed. It's pretty amazing. With the NICU, I always say it's like the best club you never want to be a part of. I just cannot believe the work that they do."

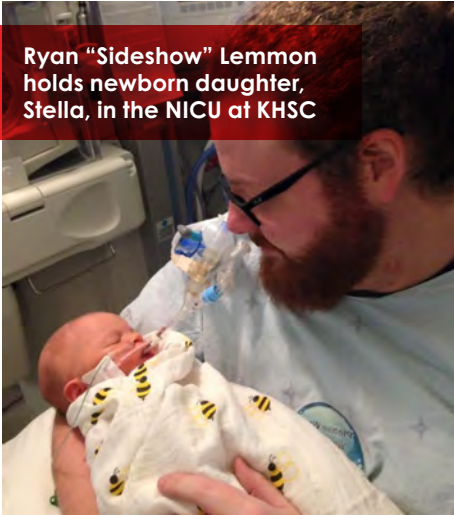
The family's journey followed milestones like the removal of her breathing tube; every day was a little bit better than the last. As time passed, Stella started improving in leaps and bounds.

Sideshow has been a big part of supporting the University Hospitals Kingston Foundation (UHKF), from promoting a fundraising campaign to buy webcams for the NICU so parents can see their babies during the pandemic to surprising lucky 50/50 ticket winners with massive cheques.

Continued on page 2...

# BROADCASTER BOOSTS NICU ON AIR AND AROUND KINGSTON

Continued from page 1...



"It is amazing that Sideshow and Stella are so passionate to support pediatric care here in Kingston," says Dr. Bob Connelly, Neonatologist, KHSC. "This helps with fundraising

support the hospitals have used them at some point.

"We need good hospitals and we need them to be prepared for the situations like Stella," says Sideshow. "It's something that people still remember in the hospital because what happened was so rare. So the fact that they were able to react and able to have the resources to save her life, to do what they did, they have to be prepared to pretty much do anything."

"We are thankful to Ryan for raising awareness about the NICU," says Dr. Faiza Khurshid from the Department of Pediatrics at KHSC. "Communication is essential to mobilize not only the community but also in-house personnel. Efforts like Ryan's broadcasting about NICU helps build community recognition that our hospital not only provides care but needs care from the community too. Community funding can support research, education, advocacy and technology to ensure that every family remains healthy and strong—now and tomorrow."

efforts so we can purchase up-to-date equipment. Their support is also an important source of encouragement to the entire health-care team who care for children and their families in Kingston and surrounding region. We are truly grateful for their ongoing support and commitment."

Sideshow says the support from members of the public means the world, reflecting that a lot of the people who make the donations and who

## MESSAGE FROM UHKF PRESIDENT AND CEO

Summer has arrived and it's an opportunity for everyone to get outside. A hike or a day at the beach is a great way to recharge your body and boost your mental health.

A number of stories in this issue touch on the importance of people's emotional, psychological and social well-being.

During the month of May, the Stand Up to Stigma campaign was held to address the undeniable negative perceptions about mental illness and those who suffer from it. Fear and misunderstanding often lead to prejudice and discrimination. It can contribute to worsening symptoms and reduce the likelihood of people seeking treatment.

I'm grateful for people like Sharen English (read her story in this report) who receives care to

manage her bipolar condition. She is now paying it forward by leaving a gift in her will to support local mental health and psychiatry initiatives.

Donors, along with many health-care professionals, are coming together to support people who deal with all forms of mental illness or addiction— such as depression, anxiety and smoking.

The need for mental health programs is immense. Together, we can help.

- Tamas (Tom) Zsolnay



# YGK HEALTHCARE CHAMPIONS RAISING FUNDS FOR PROVIDENCE CARE'S REHABILITATION THERAPY CENTRE



Marilyn Lawlor, Rehabilitation outpatient, using the current parallel bars at Providence Care Hospital site

Providence Care physiotherapist Samantha Rancourt, who works in rehabilitative care at Providence Care Hospital, knows helping people learn to stand and walk again can be life changing.

"Everybody wants to walk. That's pretty much all of our patients' goals. It's something they look forward to and it means so much to them," Samantha says. "So my philosophy is to get them on their feet as early and safely as I can."

It can be difficult and overwhelming for a patient taking their first step after a stroke or major car accident. So it's important to have the proper equipment to ensure they can regain their mobility safely.

While Providence Care Hospital opened in 2017 and has many modern features, some of the equipment in the Rehabilitation Therapy Centre came from the former St. Mary's of the Lake Hospital site. Many pieces are aging and in need of repair or replacing.

For example, a special walking apparatus with two adjustable parallel bars (for patients to hold as they relearn to walk) is in need of repair, with only one rail adjustable. The equipment is so dated, the manufacturer no longer carries replacement parts to fix it. Other examples of assistive rehabilitative equipment needed in the clinic include a sit-to-stand assist trainer, mini staircases with adjustable handrails and universal gym equipment (such as step machines and treadmills).

Continued on page 4...

SUMMER 2024 | 3

## 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: \_\_\_\_\_

# YGK HEALTHCARE CHAMPIONS RAISING FUNDS FOR REHABILITATION THERAPY CENTRE

Continued from page 3...

Fortunately, the YGK Healthcare Champions are stepping up to help.

Led by their executive committee of Emma Fitzgerald, Greg Brown, Heather Shortall and Chelsea Loutsenko, the Champions are a group of leaders whose goal is to develop interest, participation and financial support for health care in Kingston.

They have selected the Rehabilitation Therapy Centre at Providence Care Hospital to be the beneficiary of their next major fundraiser—an inaugural golf tournament on August 22 at the Loyalist Golf and Country Club in Bath.

The Champions committee has set a goal of raising \$50,000.

Greg knows firsthand the benefits of having the community support health-care projects. Greg was diagnosed with cancer and—thanks to support from donors—equipment was available for him to do chemotherapy treatments at his home.

“Having a young family at home to support me made a huge difference when I was going through those last few treatments. Today, I am happy to be able to give back and help others,” says Greg.

Providence Care Rehabilitative Services Program Manager Janna Dolphin is grateful for the support of the YGK Healthcare Champions, noting that community support is essential for her department.

Many people think health care is 100 per cent publicly funded, but Janna says that is a misconception.

“We don't have the funds to buy all the new equipment we need,” says Janna about the rehabilitation centre, which sees about 12,000 people per year, including inpatients of the

hospital and outpatients from the community. “So we work with our community partners like the YGK Healthcare Champions to help us provide compassionate, respectful and dignified care to our patients.”



The YGK Healthcare Champions executive committee (left to right) Chelsea Loutsenko, Heather Shortall, Greg Brown and Emma Fitzgerald

Anyone interested in entering the August 22 golf tournament or providing sponsorship can contact Krista Lessard (613-549-5452 ext. 5917 or [krista.lessard@UHKF.ca](mailto:krista.lessard@UHKF.ca)) or Heather Shortall (613-328-5175 or [hs@royallepage.ca](mailto:hs@royallepage.ca)).

**The YGK Healthcare Champions are always looking for new members. Please consider joining the YGK Healthcare Champions (for only \$20 a month) if you are interested in networking with business leaders and having a say in the future of health care in southeastern Ontario.**

**Visit the YGK Healthcare Champions website for more details.**

# JACKIE LEBLANC PASSING TRADITION OF PHILANTHROPY TO HER SONS

Jackie Leblanc has been donating to support health care in Kingston for more than a decade in memory of her late husband Jack, who passed from cancer. It's a legacy her family plans to continue into the next generation as Jackie has told her children to continue to donate through the University Hospitals Kingston Foundation (UHKF).



Jackie Leblanc and late husband, Jack, pose with sons Marc and Eric

"I support lung research, in memory of my husband, and I also support placing funds where it's needed most," she says.

She remembers the quality of care her husband received at Kingston Health Sciences Centre (KHSC) during his cancer treatments and the impact it had. She reached out to her sons to ask them to carry on the family's tradition in the coming years.

"I told my sons Eric and Marc 'When mom kicks the bucket, hopefully you're going to continue with your dad's legacy,'" she says.

Jackie hopes that her donations will help extend the lives of patients while the search for a cure for cancer is ongoing. Her visits to the UHKF office also help serve as her reminder that Jack's memory is still going strong.

"Every time I go to UHKF and give, I always talk about Jack and they always thank me," she says. "This makes my day. I feel good when I come out. I think everybody should donate because it

just makes you feel happy. My youngest son said we're always going to get it back. And we do."

"Generational philanthropy is the heartbeat of progress in cancer treatment, echoing the resilience of the past, nurturing the present, and sowing the seeds of hope for a future," says Lucas Mott, Program Manager for Pediatric Oncology, Systemic Treatment Unit, Malignant Hematology Day Clinic and Inpatient Oncology at KHSC. "Each contribution becomes a bridge connecting generations, creating a legacy of compassion and commitment that spans time and transforms lives."

Jack was athletic and enjoyed playing hockey, golf and broomball. He spent more than three decades in the military, obtaining the rank of Chief Warrant Officer before retiring. He was recognized for his exceptional service and was subsequently made a member of the Order of Military Merit.

"He was healthy. He even was running up and down the stairs at work when he found out he had lung cancer," Jackie says. "I lost a good man I spent 35 years with. Before he passed he used to say 'Love you always, and forever.' He was a special man and the best father anyone could ever have. I was the lucky lady to have had that."

The Leblancs' generosity honours the memory of Jack and improves health care in southeastern Ontario.



Jackie Leblanc holding a photograph of her late husband, Jack

# FULL CIRCLE MOMENT AS PREVIOUS PATIENT NETS PRIZE DRAW DOLLARS



Sharen English visits the UHKF office to tell her story in support of mental health services

For Sharen English, the last two decades have involved considerable interaction with the health-care system in Kingston, receiving care for her bipolar condition. After years of receiving help, Sharen is helping others by leaving a planned gift to mental health and psychiatry initiatives in her will.

“After I die, the money goes to mental health and psychiatry,” says Sharen. “Mental health affects your life, your whole life.”

Sharen credits having a good psychiatrist—who she trusted and was comfortable with—for making a world of difference when she first began receiving treatment in 2004.

“I was very happy with the care I got,” Sharen says. “I used to think I had depression when I was younger until I was diagnosed with bipolar disorder. That helped me understand

myself and my life got better. I feel like I have an obligation to my fellow people. The care I received was perfect—what I needed and wanted. I’m from Toronto but I moved to Kingston when I was 45, and I’m very happy with the care I got.”

The gravity of Sharen’s commitment to supporting health care in Kingston isn’t lost on Nicholas Axas, Program Operational Director, Mental Health and Addiction Care, at Kingston Health Sciences Centre (KHSC).

With mental health issues on the rise in our post-COVID pandemic world, philanthropy like Sharen’s is more important than ever.

“Without the support of University Hospitals Kingston Foundation (UHKF) and donors like Sharen, we could not provide the care to patients that we do. Many times we don’t have the funds to support patient comfort or help to battle stigma that still exists for patients with mental illness and addictions,” says Nicholas.

**“A legacy gift is an incredible way to raise awareness about health-care needs and to advocate for vulnerable populations like those with mental health and addiction issues.”**

## Honour Your Caregiver

Giving the gift of recognition has never been so meaningful!

Make a donation through the honour your caregiver program to say ‘Thank You’. A donation also means that our hospitals receive direct support for much-needed funding for equipment, education, research, facility upgrades, maintenance and more.

**Visit [uhkf.ca/hyc](https://uhkf.ca/hyc) to support health care today**



# MUSIC FOR MENTAL HEALTH

When you want to talk about the power of music, Nicholas Axas is all ears.

As the Program Operational Director, Mental Health and Addiction Care at Kingston Health Sciences Centre (KHSC), he sees firsthand the positive impact musical therapy has on those he sees on a regular basis. And thanks to some generous support toward this initiative, the show goes on for recipients of care to boost their mental health.



**Tim Sheffield, Music Therapy Program guitarist, is one of the music facilitators who performs as part of the music therapy program**

In 2017, Jack Keyes started The Jack and Maureen Keyes Mental Health Program Endowment Fund. This fund subsidizes services and items that support the social, emotional and spiritual needs of people experiencing mental health and addiction challenges at KHSC.

The intention is to maximize wellness and recovery in the presence of acute mental illness or substance use. The funds also support expanded music therapy programming with professional musicians, helping to bring clients together who often isolate.

“We pay the musicians for the hour that they come in, and so they will bring their musical instruments and they will sing,” says Nicholas. “People get involved, and it’s really had a great impact on patient care and morale.”

Musician Lukey Pell at one time received care for mental health matters, and loves to perform and help reach those who attend and provide light for them on their mental health journey.

“I do make a difference when I visit the mental health unit to perform songs,” says Lukey. “There are certainly days when I move people from a dark place into feeling somewhat inspired and uplifted, if only for a moment.”

The impact and benefits from The Jack and Maureen Keyes Mental Health Program Endowment Fund goes beyond the music program. Money has also been earmarked for eating disorders day-treatment programming, purchases for patient activity items, and waiting room upgrades.

“We are grateful to be able to once again honour the legacy of Jack and Maureen Keyes, and look forward to seeing the positive impact their gift has on patient care,” Nicholas says.

Providence Care's long-term care home, Providence Manor, also has a music therapy program — funded by generous UHKF donors— that utilizes the healing power of music. The music therapy program for long-term care residents focuses on using music to stimulate cognitive function, fine and gross motor movements, reminiscence, reality orientation, and reduction of agitation and anxiety.

Residents have greatly benefitted from the program as Providence Manor staff have seen increased social engagement, verbal and musical expression, and autonomy.



**Tim Sheffield performs at the KHSC's inpatient mental health unit**



## MASCOT LOOKS AHEAD TO BIG THINGS IN 2024

It was a busy end to 2023 for me, as I got a chance to say hi to people all over the Kingston area who supported Kingston Health Sciences Centre (KHSC), Providence Care and University Hospitals Kingston Foundation (UHKF).

In November, some UHKF staff and I celebrated World Prematurity Day, as we made a surprise visit to the Neonatal Intensive Care Unit (NICU). Purple is the official colour of Prematurity Awareness Month, so many in the NICU were dressed in their best purple outfits, and I wore my purple scarf. The NICU staff were treated with fun swag, and I had fun with kids in the pediatrics department by giving out high-fives and plush wolf-pup toys.

Did you know there are only eight Level 3 NICUs in the province and KHSC is home to one of them? That means Kingston caters to the most critically ill and prematurely

born infants in southeastern Ontario. Approximately 400 infants and their families find support in the NICU annually.

Also in November, I met the gang at the Queen's University Children's Health Association. They hosted a Teddy Bear Toss fundraiser at the Queen's Gaels volleyball game on November 18. About 100 teddy bears were collected and donated to KidsInclusive. Over \$500 in donations was raised for Pediatric Care at KHSC. Thanks to everyone who supported the fundraiser.

December was busy as I made my way to Providence Care Hospital and spent time with some of the people in recovery there, and then took a stroll through Providence Care Transitional Care Centre; I almost got lost! I shared hot chocolate and candy canes with patients and staff and I got to check out all the excellent holiday decorations.

I also had a fun time with some of my UHKF colleagues visiting different floors at the Kingston General Hospital (KGH) site spreading cheer and to thank nurses, physicians and other health-care staff for all they do. The candy canes and Starbucks hot chocolate were well received by all those hard-working professionals. It makes this wolf pup happy to spread smiles.

This summer will be an exciting one too, as I look forward to lots of events like the Rose of Hope (July) and Power of Hope (August) golf tournaments and the Kilometres For Kids (a one or five kilometre run/walk/roll) on June 15.

From lemonade stands to events all over the community, keep an eye out for me this summer.

Kingston Health  
Sciences Centre

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Care

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