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Steve Davis and wife, Donna, sit on the living room couch where Steve started experiencing signs of a stroke on December 7, 2022.

WONDERFUL CARE INSPIRES STROKE PATIENT TO GIVE BACK

As Steve Davis sat in his living room getting ready to watch TV on December 7, 2022, his wife Donna noticed that he was breathing funny and asked him if he was okay.

When Steve responded with confused gibberish, Donna's instincts kicked in. She knew her husband, who had been living with heart issues (atrial fibrillation) since 2007, was having a stroke and immediately dialed 911.

The ambulance arrived quickly and Steve was rushed to the Emergency Department at Kingston Health Sciences Centre (KHSC). His life was saved but the stroke paralyzed Steve on his right side from head to toe and he was soon moved to the Neurology floor. He had to be fed through a nose tube and eventually lost 50 pounds. When Steve's health stabilized, he was transferred to Providence Care Hospital to start the long road to recovery.

He went to the rehab clinic to relearn simple tasks like eating and talking.

It was a challenging time but Steve and Donna say the support they received at KHSC and Providence Care left an indelible mark on their hearts. The kindness they experienced—such as nurses bringing a comfortable chair or warm blanket to Donna who was often by Steve's side in the hospital—was more than just gestures. It was compassion that sustained them through the toughest times.

"Steve couldn't stand or go to the bathroom by himself but they treated him with dignity and care," remembers Donna, her voice filled with gratitude.

"On a scale of one to 10, everyone was a 9.5. I don't say 10 because no one is perfect, but they are as close as you could be," says Steve about the health-care professionals who saved him.

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WONDERFUL CARE INSPIRES STROKE PATIENT TO GIVE BACK

Continued from page 1.

Today, Steve is back home and doing much better, but the effects of the stroke still linger. The veteran who spent more than three decades in the Canadian Forces finds that he is more tired than before. Fortunately, he is healthy enough to still play golf with friends, which Donna feels is the most enjoyable therapy Steve does.

The amazing care inspired Steve and Donna to make a donation through University Hospitals Kingston Foundation as a way to say thank you to KHSC and Providence Care staff, and to help other patients going through similar struggles.

"We were so pleased with the way we were treated," says Donna. "Our gift is small comparatively speaking but every little bit helps."

"If our donation can help somebody get treated the way we got treated, that's great," Steve adds.

Providence Care Occupational Therapist Emma Boudreau, who worked with Steve previously on the stroke unit, was honoured to hear about a former Providence Care patient supporting the hospitals.

"This story goes to show how simply incorporating compassion, meaningful activities and functional tasks in a therapeutic setting can really make a difference in someone's life. I love helping patients get back to doing all the things they love and I am so happy to hear that he is back golfing with his friends." She further noted that "These donations from former patients and community members allow us to deliver the best possible care and help individuals, like Steve, get back to the things that they need to do, want to do, and enjoy doing."

FALL REPORT MESSAGE FROM DR. DAVID PICHORA

As the leaves change and we embrace cooler temperatures, I want to extend my heartfelt thanks for your support of Kingston Health Sciences Centre (KHSC). As southeastern Ontario's only provider of complex, acute and tertiary care, your contributions have made a tangible impact to our patients.

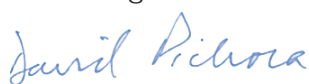
These past few months have highlighted the incredible skills, innovation, and dedication of our health-care teams. For example, with our donor-funded surgical robot, we are performing new types of minimally invasive surgical procedures, such as thoracic surgery. Our patients are experiencing less pain, avoiding an ICU stay, and going home much sooner.

We're also making progress to bring a new digital health information system to life which will improve patient care across the region. With this new system, your health records will be available, when needed, at KHSC and at our partner hospitals in southeastern Ontario. Patients will be able to directly access their records and many features of the new system will improve the quality and efficiency of the care we provide to you and your family.

Thanks to your support, we have been able to enhance our facilities, invest in cutting-edge technology, shorten wait-times, and ensure that our patients continue to receive the highest quality of care. From the purchase of new medical equipment such as the new CT Scanner at our Hotel Dieu Hospital site, to advancing health research, your support remains at the heart of everything we do.

As we look ahead, I am confident that with your help, we will continue to provide exceptional care for all who rely on us. We truly are *transforming care, together*.

Warm regards,



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



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

2024 TIM HORTONS SMILE COOKIE CAMPAIGN RAISES \$177,413

Health-care professionals have a big smile on their faces today, thanks to being presented with a cheque for \$177,413 in support of child and youth mental health programs at Kingston Health Sciences Centre (KHSC).

The money comes from this year's Tim Hortons Smile Cookie campaign, which ran from April 29 to May 5, and saw all Kingston-area Tim Hortons restaurants donate 100 per cent of their Smile Cookie sales.

"This is the second year in a row we've raised money for child and youth mental health services and I am tremendously proud that we have given more than \$400,000 over those two years," says local Tim Hortons restaurant owner Sherri Agnew. "Today's kids and teens are experiencing challenging childhoods that my generation never faced—from dealing with harmful effects of social media to a global pandemic. Thanks to all our guests for helping support this great cause. The Kingston community is truly amazing!"

Smile Cookie funds from last year were used by KHSC to purchase comfort and treatment items such as weighted blankets, therapy workbooks, art supplies, fidget spinners, specialized toys and sensory items. Exercise bikes and small trampolines were also purchased, giving youth a way to stay active and release pent-up energy. Board games, puzzles, Lego and Play-Doh were bought and are used as tools to promote social interaction.



This is the 21st year that the local Tim Hortons have designated the proceeds of Smile Cookie Week to KHSC.

"This money will help give kids and teens the skills and tools they need to overcome their challenges, thrive and set them up for a successful future."

"It's always difficult to find funding for our programs so we are incredibly grateful to Tim Hortons and the people of Kingston who supported the campaign," says Nicholas Axas, Program Operational Director, Mental Health and Addiction Care at KHSC. "This money will help give kids and teens the skills and tools they need to overcome their challenges, thrive and set them up for a successful future."

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

Cut out this form and mail to: University Hospitals Kingston Foundation, 4-55 Rideau Street, 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: _____

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.

DIABETIC WHO LOST LEG MAKES DONATION AFTER REHAB CLINIC HELPS HIM WALK AGAIN

David Kirkwood is walking confidently on his new prosthetic leg after re-learning how to walk following a lower-leg amputation. He credits his newly-found confidence to his dedicated rehabilitation team and therapy dog at Providence Care Hospital.

"I've worked hard to get my life back and done what I needed to do. It's been a long haul. There are some phenomenal staff here [at Providence Care Hospital] that have helped me along the way," says David, who is now back home with his bulldog Bentley and working full-time.

In August 2023, David's life took an unexpected turn when he awoke one night with low blood sugar. As a person with diabetes, this wasn't new to David and he headed to the kitchen for juice. The last thing he remembers is grabbing a glass and dropping it on the floor. Two days later he woke up in Brockville General Hospital (BGH), where his health issues continued to progress.

"I didn't know what had happened when I woke up. They told me that I had an infection and that I must have cut my leg on the glass when it dropped. Then I found out that the infection was actually flesh-eating disease," explains David.

Necrotizing fasciitis, known as flesh-eating disease or flesh-eating bacteria, is an infection caused by bacteria. It can destroy skin, fat and the tissue covering the muscles within a short time. The team at BGH attempted to save his leg but ultimately, it had to be amputated below the knee on September 4, 2023.

After three months of receiving excellent care at BGH, David returned home where he awaited his next journey—receiving specialized inpatient rehabilitation at Providence Care Hospital. He was excited to be with his beloved English bulldog, who was re-homed temporarily when David fell ill.



David Kirkwood

“Even though that was really difficult, I made it work. I was going up and down my stairs on my butt once I got home, I had a wheelchair on the main floor and walkers elsewhere, but I was back home with my house hippo Bentley. He’s a pretty mellow dog and he almost got excited when he saw me,” explains David.

In late January, David began his rehabilitation journey at Providence Care Hospital and quickly learned how to live with his new prosthetic leg while gaining strength through rehabilitation.

“Within two weeks, I was walking alone without any aides—no walker or cane. I couldn’t believe it. The program here [at Providence Care Hospital] is just absolutely incredible. The occupational therapists (OT), physiotherapists (PT), the nursing team and all the OT and PT assistants are just amazing people,” says David.

As fate would have it, David met another bulldog during his hospital stay thanks to Providence Care’s pet therapy program. Pets in the program are used for social visiting and utilized in therapy. In total there are 21 therapy dogs in the pet therapy program that assist Providence Care’s patients, clients and residents.

“Physio and occupational therapy told me I should probably walk a dog and told me they had one coming in. I was absolutely delighted to see that he was a bulldog,” says David. “My goal when I arrived here was to be able to walk Bentley once I returned home.”

After six months off work, David is walking Bentley and working full time as an account executive with Bell Media.

“I know the hospitals are underfunded and since I received excellent care, I would like to give back to an organization that helped me get my life back.”

David is recognizing the health-care professionals who were there for him when he needed it most by making a donation through the Honour Your Caregiver program as a thank you.

“I know the hospitals are underfunded and since I received excellent care, I would like to give back to an organization that helped me get my life back,” David said. “I owe it to the staff of the (Providence Care) rehab program.”

NOTE: This article is an edited version of a story originally from the Providence Care website: One step at a time—A journey to recovery with a four-legged friend—Providence Care

HONOUR YOUR CAREGIVER

A wonderful way to say ‘Thank You’ for exceptional care.

Often, patients and their families are touched by the care and dedication of health-care professionals, volunteers, office staff or any other employee, team or department at Kingston Health Sciences Centre, Providence Care or our community programs.

**SCAN THE QR CODE
OR VISIT UHKF.CA**



HEART PATIENT ENJOYS FEELING LIKE HIS OLD SELF AFTER BYPASS



Graeme Wall

Whether it's climbing ladders or putting on his favourite cowboy boots, Graeme Wall is doing things he was unable to do a year ago, thanks to a much-needed heart bypass and aortic valve replacement.

"It was kind of strange because I changed doctors and the first time my new doctor examined me, he said 'There's something with your heart,'" recalls Graeme. "I was eventually referred to Dr. Darrin Payne at Kingston Health Sciences Centre (KHSC). It was amazing because when I met Dr. Payne, he relaxed me quite a bit."

What's interesting about Graeme's situation is that, despite working in the health-care field himself for years as a personal support worker, he was terrified of visiting hospitals.

It's good he overcame his fear because the surgery paid dividends in all areas of his day-to-day life. Before the surgery, Graeme was an avid golfer but was reduced to playing only nine holes instead of 18 because walking was too painful.

"Right after the operation, we're talking like hours, everything disappears," he recalls. "My wife knew it right away. It was just unbelievable. I got home and I have some western boots. I haven't even been able to put them on in like three or four years, but no problem now."

"This heart bypass is basically giving me a rebirth in my life."

Even interactions with his family, like playing with his grandchildren, have improved. This turnaround has inspired Graeme to give back as a donor to health care in Kingston.

"I just never had the patience or the time or the energy and I just wasn't enjoying life very much," he says. "This heart bypass is basically giving me a rebirth in my life."

For Graeme, the important aspect of donating is more than just improving health care in southeastern Ontario, but the good feeling that comes from contributing. He also acknowledges that you never know when you'll need care, whether you're a donor or not.

"I'm glad our health-care team was able to help Graeme reclaim his life," says Dr. Payne. "Graeme and every other patient who comes through KHSC has benefited from the generosity of donors, whether it's new equipment or services supported by donor funds. Thank you to people like Graeme for giving health-care professionals the tools to keep our community healthy."

EMERGENCY DEPARTMENT HOLDS SPECIAL PLACE IN HEART OF DONOR

It is clear Joan Roantree jumped into the health-care system in Kingston feet first back in the 1930s. That was how she first came into the world when she was being delivered at the Kingston General Hospital (KGH) site and it's a place she has come back to over the years.

This is why she has chosen to support the emergency department through her will when she passes on.

"I decided that a long time ago, as I have been in the emergency department many times," she says. "I've had kidney stone problems. I have had a mouth that wouldn't close after dental surgery. I used to yawn and the jaw would come out and I'd have to go to emergency. So I was at emergency too often not to contribute."

Joan's experiences are not confined to Kingston Health Sciences Centre (KHSC) as during the interview for this article, she was recovering at Providence Care due to a broken hip.

She knows she's not as mobile now at 92 as she was in her younger years, but she marvels at the positive efforts that health-care professionals have made to her wellbeing.

"The care that I've received over the years has been fabulous. And you need good health care when you least expect it. Any second, you can be in dire need," says Joan. "We've got to contribute to health care. You can't expect the government to do it all. We have to help ourselves. We need an emergency department and we need help here at Providence Care. These (nurses) are overworked and they're trying to make every patient happy, which is a big job."



Joan Roantree in her Kingston apartment.

Dr. Tim Chaplin, Rapid Assessment of Critical Events (RACE) Team Medical Director at KHSC, says donors like Joan are important because their generosity has allowed the department to acquire much-needed items such as a blanket warmer and ultrasound machine.

"Donors directly help to improve our ability to provide quality care to all members of our community," says Dr. Chaplin. "Their gifts allow us to ensure we have the necessary tools to deliver emergency care, something our fantastic team of nurses, doctors and support staff is proud to provide."

Leaving a gift through University Hospitals Kingston Foundation (UHKF) in your will is a simple and meaningful way to make a difference. A donation of as little as 1% of your estate can result in a bigger contribution than you ever thought possible. You're still leaving the bulk of your estate to support your loved ones, and you're not using any of the money you need now.

Please contact Jennifer at Jennifer.Butchart@uhkf.ca or at 613-549-5452 if you'd like more information about leaving a legacy gift to UHKF.

Your kindness today will heal lives for generations to come.

ASHER'S CORNER

It's been a busy few months for me as I've been visiting hospitals, hanging out with motorcycle riders and eating cookies—all in the name of raising money for local health care.

In April, I helped honour the 'Hidden Heroes' of the Renal Department at the Kingston Health Sciences Centre (KHSC) during a ceremony. There are many people in the health-care system who work behind the scenes who don't often get the recognition they deserve. I'd like to congratulate the honourees (Halina Weatherdon, Dr. Zardasht Jaff, Corenia 'Corey' Dunn, Melissa Rojas and Brittany Stonness) for their willingness to continually go above and beyond for patients and their families.

I spent time judging a cookie decorating contest and visiting local Tom Hortons restaurants as part of the Smile Cookie Campaign. From April 29 to May 5, local Tim Hortons stores donated 100 per cent of the proceeds from Smile Cookie sales and they raised \$177,413 for child and youth mental health services.

Thank you to Breast Cancer Action Kingston (BCAK) who stopped by the University Hospitals Kingston Foundation (UHKF) offices in April to visit me and present a cheque for \$10,000. It was the proceeds from their annual Walk for Awareness, which has raised over \$150,000 for KHSC over the years.

In May, I joined crowds of bikers for the 20th annual Kingston-Quinte Motorcycle Ride for Dad, which raises funds for prostate cancer research and promotes awareness. Since 2004, Ride for Dad has raised over \$1.6 million, with \$700,000 going towards KHSC.

In June, I joined more than 200 people at the 27th Annual Kilometres for Kids—Run-Walk-Roll for KidsInclusive. Families walked, ran, biked and rollerbladed for one or five kilometres to support KidsInclusive, one of 21 children's treatment centres in Ontario. For over 50 years, the centre has provided rehabilitation and support services for children and youth with physical, neurological and/or developmental challenges.

There were numerous visits to KHSC and Providence Care to celebrate events such as Green Shirt Day (in support of organ donor awareness) and Oncology Nursing Day, as well as meetings with various doctors, nurses and hospital staff who were recipients of the UHKF Honour Your Caregiver awards.

The end of summer doesn't mean I take a break. Come up and give me a high five if you see me at any health-care fundraising events this autumn and winter.



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