



Paul and Christine Bell

PAUL BELL GIVES RINGING ENDORSEMENT FOR SENIORS REHABILITATION

Paul Bell's health journey has been a testament to resilience, hope and the incredible impact of compassionate health care.

Over the past few decades, the 77-year-old has had multiple issues which have impacted his health – a list that includes cancer, gallbladder issues, osteoarthritis, deteriorating knees, spinal stenosis, chronic pain, peripheral neuropathy, severe irreversible nerve damage to his legs and feet, gout, infections, post-traumatic stress disorder, multiple falls including a serious concussion and hepatitis B. Paul has been a full-time wheelchair user since 2021.

During that time, he has interacted with many departments at our local hospitals – Emergency Care, Gastroenterology, Orthopedic Surgery, Hematology, Neurology, Oncology, Internal Medicine, Urology, Physiotherapy and the Chronic Pain Clinic.

Despite the many challenges he has faced, Paul is an example of how the power of a positive attitude

and a supportive health-care system can keep a person upbeat. Paul's path to recovery led him to the Providence Care's Seniors Day Rehab (SDR) program at Providence Care Hospital.

Paul loved the program's holistic approach. Over the years, he has dealt with many specialists who focus on a single medical issue. Therapists at SDR program looked at his complex medical diagnoses as a whole, and approached care in a positive manner which Paul found inspiring.

"They don't tell you what you can't do. They focus on you what you can do and go from there," Paul explains. "They encourage you, 'Come on, you can do one more.' But there's no pressure."

Paul's optimism and sense of humour played a crucial role in his recovery. He made it a point to bring joy to the SDR program, engaging with other patients and staff. "I'd make an entrance, tell a joke and look around to see who was there. We had a good time," Paul shares.

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As Paul approached the end of his time with the SDR program, the Bells wanted to express their gratitude to the team, so they made a small financial donation through University Hospitals Kingston Foundation (UHKF)'s Honour Your Caregiver program. By doing so, they did more than simply say 'thank you' to the physiotherapy, occupational therapy, nursing, medical and support staff.

"Paul wanted to donate. We've had so much contact with the health-care system, and it was what we saw at Providence Care that made us want to give," said Paul's wife, Christine.

Paul stresses the importance of supporting health care because everyone in the community will visit a hospital at some point.

"You'll find out why having the right medical equipment and services are important as soon as anybody close to you gets sick or hurt. Those doctors, nurses and therapists are there for you when you need them," says Paul. "I know where

that money is going, and I've seen what it does. I'm a better man for it. For me, giving through UHKF was a wonderful way to say 'thank you' and to show my appreciation to my caregivers. Donations provide much-needed funding for equipment."

Unfortunately, Paul was not able to complete the final two sessions of the SDR program. In April, Paul faced a life-threatening health scare when internal bleeding forced him to go by ambulance to the Emergency Department at Kingston Health Sciences Centre. "Paul lost a tremendous amount of blood. We were told he could have died," Christine recounts.

Paul underwent an urgent angiogram procedure. He was impressed by the professionalism of the medical staff and grateful for the dedication of the staff during difficult circumstances.

"They stopped the bleeding, and everyone treated me well, even when they were clearly overburdened," Paul notes. "The care and dedication of the [Emergency Department] staff saved my life."

MESSAGE FROM PROVIDENCE CARE PRESIDENT & CEO

As we embrace the spirit of the holiday season, I want to extend our deepest gratitude for your extraordinary generosity and steadfast support of Providence Care. This year, your contributions have been nothing short of transformative, and we are truly grateful for the impact you've made.

Thanks to your remarkable donations, we've reached milestones that will have a lasting effect on the lives of those we serve. Your generosity has allowed us to expand our programs, enrich the education of our staff, and acquire vital equipment that supports our patients, clients, and residents. Every facet of our organization benefits from your support, allowing us to continue offering specialized services and maintain our position as a leader in aging, mental health, palliative care and rehabilitation.

As we head into the winter season, I am thrilled to anticipate the opening of Kingston's first hospice residence. This 10-bed home-like, facility will provide more options for families during the challenging and emotional times of end-of-life

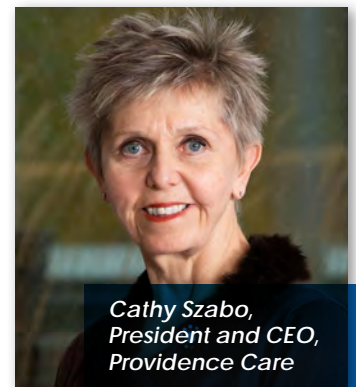
care, offering a place of peace and support within our community. This project, along with the redevelopment of Providence Care's long-term care home, Providence Manor, is made possible, in part, thanks to the unwavering generosity of donors like you.

Miracles happen every day at Providence Care, and it wouldn't be possible without the kindness of donors like you. Your support has touched countless lives across our community, and I am profoundly grateful.

Wishing you and your loved ones a wonderful and joyous holiday season.

With sincere appreciation,

Cathy Szabo
President and CEO,
Providence Care



Cathy Szabo,
President and CEO,
Providence Care

\$21,100 DONATION TO HELP EXPAND PROVIDENCE CARE'S RECOVERY COLLEGE

Recovery College—an adult learning centre run by Providence Care which provides free classes and workshops to support mental health, wellness and recovery—is helping more people in the community thanks to a major donation.

The Community Foundation for Kingston & Area (CFKA) has given a \$21,100 gift which allows the college to expand and offer more free courses.

“At its core, Recovery College is all about instilling and fostering mental health and wellness resilience in their students. Their approach to empower students through understanding and skill development reflects CFKA’s aspiration to build community resiliency,” says Community Foundation Executive Director, Stacy Kelly. “We understand that it’s often hard for people to access such vital programs. We appreciate that Recovery College seeks to be open to anyone who could benefit from its learnings and peer-support model. We hope our support helps them to reach the broader community.”

Providence Care’s Recovery College classes teach people how to better support their mental health and wellness by offering courses such as Learning to Live with Stress and Building Healthy Relationships. It also offers activities such as gardening and art classes to promote social interaction and encourage self-expression.

Recovery College Coordinator and Occupational Therapist, Jenna Sands, says the college is a resource for people to learn skills and to become more independent with managing their mental health and support their recovery journey.

“Education is empowering for people,” Jenna says. “This space offers people a chance to get out of their homes and do something meaningful while building connections and developing a sense of belonging. They realize they are not alone.”

Everyone who wants to take a free class is welcome. No doctor referrals are required and participants don’t have to disclose their personal mental health information to attend.

“It’s open to absolutely everyone who feels like they need to learn and grow regarding their mental health,” says Recovery College Coordinator and Occupational Therapist, Ellie Lambert.



Recovery College
Cheque Presentation



Recovery College Class Photo

The college, located at 533 Montreal Street, started in January of 2023 and, in its first year, helped about 180 students.

Ellie and Jenna focus on creating a positive classroom environment where people feel comfortable enough to come out of their shells, speak and participate. But Ellie and Jenna are also okay if people want to just sit back, watch and learn, whatever makes the participants comfortable.

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So far, the classes are having a big impact. One student living with social anxiety is now comfortable enough to stand up and lead a class as a peer facilitator.

The CFKA grant is the first significant donation to Providence Care’s Recovery College program, and Ellie and Jenna are thrilled for the support.

“We are beyond grateful to CFKA because their donation is instrumental in allowing us to expand our programming to meet the needs of the community,” says Ellie.

FARMER SAYS HOSPITALS AND STAFF HAVE BEEN A 'LIFELINE FOR ME'



Gary Hunt,
grateful patient

In 2018, on his 74th birthday, Gary underwent open heart surgery at Kingston Health Sciences Centre to repair a leaking aortic valve and he was surprisingly unfazed about it.

"I took it in stride. It was just another day on the job," recalls Gary, who turned 80 in July 2024. "I wasn't worried. You can't control everything, so you just roll with it."

Gary's positive attitude and sense of humour are evident even in the face of such a serious operation. Fixing his aortic valve involved surgeons using tissue from a bovine (cow) heart, which is very fitting for a dairy farmer.

"I'm now part cow! I got a lot of laughs from that," says Gary.

Despite the surgery's complexity, Gary's recovery was smooth and he was soon working on the farm.

Unfortunately, his health challenges continued. Over time, Gary developed chronic venous insufficiency (when the heart cannot pump blood from the leg veins back to the heart) and neuropathy in his legs, which recently culminated in the amputation of his right leg (at the knee) and the big toe of his left foot. He and his wife, Dorothy, were forced to move away from their farm in Tweed and now live in an apartment in Belleville to be closer to medical help.

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Spending most of his life on a farm has made Gary Hunt strong both mentally and physically. He grew up tossing hay bales and loved playing sports like hockey and football. Running a dairy farm has given him a strong work ethic.

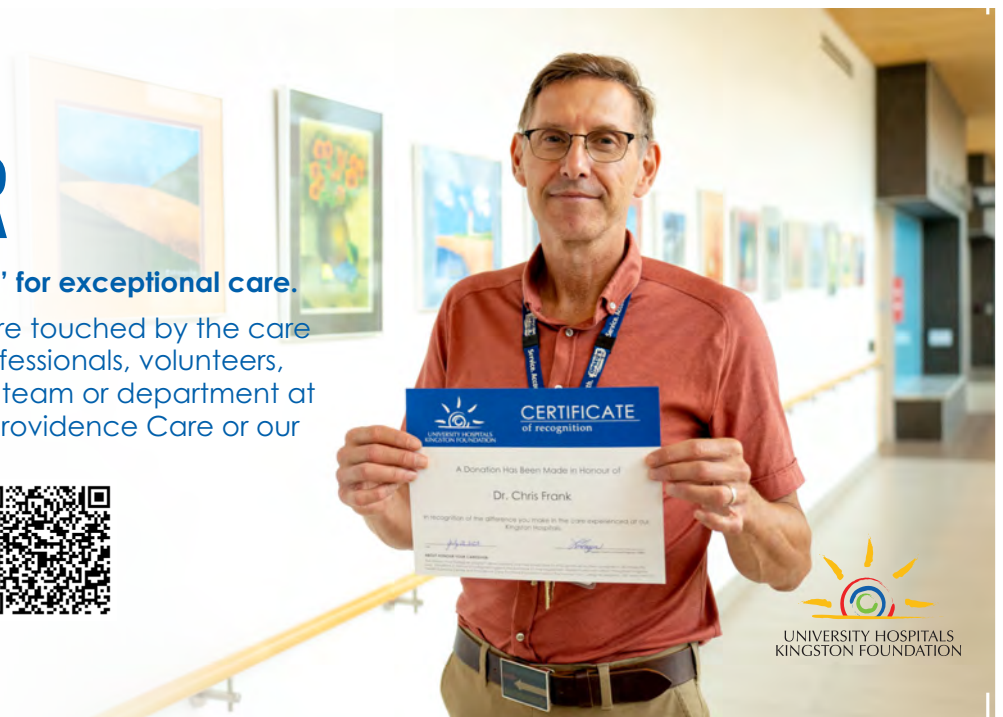
As he faces a series of daunting medical challenges – which includes a leg amputation and being confined to a wheelchair – his strong mental fortitude is keeping his attitude positive.

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



HOSPITALS AND STAFF HAVE BEEN A ‘LIFELINE FOR ME’

Continued from page 4.

Throughout these ordeals, the support from the health-care community was unwavering. He is now using a wheelchair but fortunately, his Belleville apartment has been made fully-accessible.

“We were very fortunate. The community and the hospital staff made sure I had everything I needed to continue living as independently as possible,” says Gary.

Gary’s journey underscores the vital importance of supporting health-care institutions, which is why he has become a University Hospitals Kingston Foundation (UHKF) donor.

“Hospitals and their staff have been a lifeline for me,” Gary says. “Without their care and the facilities they provide, my life would be very different today. That’s why it’s so important to donate and support hospitals. Every contribution helps people like me get back on their feet, literally and figuratively.”

While hospitals receive significant funding from the government, it doesn’t cover all the expenses and needs of the hospital. Donations from the community provide additional resources to purchase equipment, research or pay for capital projects not fully funded by the government.

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His wife, Dorothy, also emphasized the critical role of donations and support for health-care services.

“Since Gary started receiving services from the hospital, we’ve seen firsthand how donations can change lives,” says Dorothy. “We read about different people’s stories in the UHKF newsletters, and it’s clear that every bit of help counts.”

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.

LIFE-SAVING ACTION IN EMERGENCY DEPARTMENT INSPIRES PATIENT TO GIVE BACK

Katrien Mooney was driving back from Ottawa to her home in Caledon (located one hour northwest of Toronto) in January when she started experiencing signs of a stroke.

"I had a very hard time speaking, my right arm was affected and I couldn't walk," she recalls.

Katrien and her husband went to the Emergency Department at Kingston Health Sciences Centre, which is home to southeastern Ontario's regional stroke program, where the medical team sprang into action.

"I was immediately admitted, and within 20 minutes, I had two neurologists by my bedside," she remembers vividly. A CT scan and MRI quickly followed, and she was given a clot-busting drug that played a crucial role in her recovery.

In just two hours, the doctors managed to diagnose and started treating her stroke. A few hours later, Katrien regained full function of her arm, leg and speech.

"I made a 100 percent recovery almost that night. The care I received at the hospital was absolutely phenomenal," she added. "Dr. (Gord) Boyd took the time to show me the scans and explained everything to me in depth. He even gave me his email address and told me to reach out if I had any questions."

It was this exceptional care that inspired Katrien to become a University Hospitals Kingston Foundation donor, even though she lives 300 kilometres away from Kingston.

"When I received the envelope asking to be a donor, I thought, 'You know what? I will support this hospital.' I was incredibly impressed with the doctors and the nurses. Everybody that looked after me was so kind and attentive," she says.

For Katrien, becoming a donor was a way to give back and help guarantee that the level of care she received would be available to others in their time of need.



Katrien (second from left) with her family at her daughter Lauren's high school graduation. Also pictured are husband Rob (far left) and children Jaime and Nikolas (on the right).

While Katrien is grateful to the medical team, Dr. Boyd is grateful for donors like Katrien who give him and his colleagues the tools to support the Emergency Department's life-saving work.

"When I received the envelope asking to be a donor, I thought, 'You know what? I will support this hospital.' I was incredibly impressed with the doctors and the nurses. Everybody that looked after me was so kind and attentive."

"Donors like Katrien have a profound impact on our ability to provide exceptional care to our patients. The support enables us to purchase new medical equipment and training, which improves patient outcomes," says Dr. Boyd. "Thank you to Katrien and all donors whose generosity creates a healthier, brighter future for our entire community."

AFTER CANCER TOOK HER FATHER, DAUGHTER REFLECTS ON HER OWN CANCER JOURNEY

Lisa Johnston's journey with cancer began with the memory of her father's battle with prostate cancer 30 years ago.

Watching him endure treatments, and ultimately lose his life, left a lasting impact on Lisa. Yet, little did she know that this experience would later inspire her own cancer journey with a unique perspective on hope.

"The process that I saw my dad go through and the process I went through were amazingly different," Lisa says. "The advancements in the care and technology has greatly improved. I always give money to cancer research and you really see the benefits when you are the one diagnosed and fighting it."

In 2023, Lisa, who lives in Mallorytown, went for her routine mammogram in Brockville. The radiologist detected something suspicious and quickly sent her to the Cancer Centre of Southeastern Ontario at Kingston Health Sciences Centre (KHSC) for further testing. By mid-June, Lisa received the dreaded call confirming she had breast cancer.

Surprisingly, Lisa faced this news with remarkable calmness. Cancer was not new to her as many close family members (including her father) have been diagnosed with this disease, so she was mentally prepared and knew what to expect.

More importantly, she had immense faith in her doctors, who reassured her that the cancer was caught early and was highly treatable. Lisa knew she was in capable hands.

Her treatment journey, though challenging, was marked by incredible care and support. She underwent surgery to remove the cancerous mass and received a brief but intensive course of radiation therapy. The side effects, including a severe sunburn-like rash, were tough, but Lisa kept her spirits high.

Throughout her treatment, Lisa was consistently amazed by the quality of care she received. The medical staff at KHSC were compassionate, guiding her through each step with clarity and support.



*Lisa Johnston,
grateful patient*

By November, Lisa's treatment was complete, and her doctors declared her free of cancer. The journey from diagnosis to recovery took just five months.

"I'm one of the lucky ones because my cancer was detected very early and I had it removed quickly. I didn't have to have chemo, only a few doses of radiation," says Lisa. "The care I received from the staff just blew me away. It was phenomenal."

"If people can, please donate. Your contribution can make a difference in someone's life. If you don't have your health, you don't have much."

Reflecting on her experience, Lisa felt a profound sense of responsibility to give back. She understood firsthand the critical role that hospitals and cancer centres play in saving lives. This motivated her to make a donation to the University Hospitals Kingston Foundation.

"Our hospitals need our support. They need resources, advanced equipment, and dedicated staff to continue providing exceptional care," says Lisa. "If people can, please donate. Your contribution can make a difference in someone's life. If you don't have your health, you don't have much."

DONOR INSPIRED TO GIVE BACK AFTER EMERGENCY DEPARTMENT DOCTORS SAVE HER HUSBAND

Wendy Stevenson became a University Hospitals Kingston Foundation (UHKF) donor after experiencing firsthand the life-saving care her husband received at Kingston Health Sciences Centre (KHSC).

Wendy's husband was rushed to the hospital with a severe health emergency that caused significant internal bleeding.

"He almost bled to death," Wendy recalls, adding that the KHSC medical team's quick and effective response saved his life.

During the eight days her husband spent at KHSC, Wendy was impressed with the care he received, especially considering it happened during the COVID-19 pandemic when doctors and nurses were dealing with many other health emergencies.

"The doctors and nurses were great. They saved my husband's life," Wendy says.

This experience had a profound impact on Wendy, leading her to make a significant donation to the hospital through UHKF. Wendy's decision to donate was driven by a desire to give back to the institution that had provided life-saving care to her husband.

Wendy believes that supporting local health care is crucial for the well-being of the community.

"It might not directly affect you now, but your loved ones are all getting older. One day you or someone you care about will be in the hospital," she says.

Wendy, who owns Lighting Reflects Design on Princess Street in Kingston, was a medical secretary for 25 years so she understands the challenges health-care workers face.

"I think it's important that they get the funding they need because hospitals everywhere are underfunded, and doctors and nurses are under pressure," she says.



UHKF donor Wendy Stevenson is the owner of the Kingston business Lighting Reflects Design.

Supporting the community has always been important to Wendy and her husband as they regularly give to local charities like the BGC South East (aka Boys and Girls Club) and Habitat for Humanity.

"You don't realize how much you need a good health-care system until something happens and you're in the hospital."

They plan to continue their support by making annual donations to UHKF because they believe contributing to health care is not just an act of charity but a necessary investment in the future of the community.

Wendy says, "You don't realize how much you need a good health-care system until something happens and you're in the hospital."

Kingston Health
Sciences Centre

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la santé de Kingston



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