THE FOUNDATION REPORT

Winter 2026



Providence Manor residents Merline (left) and Sharon (right) making art together.

The Healing Power of Art

For residents at Providence Care's long-term care home, Providence Manor, healing is about more than medicine. Sometimes, it begins with a paintbrush, a piece of clay or simply the opportunity to sit around a table and create something together.

Thanks to the generosity of University Hospitals Kingston Foundation (UHKF) donors, the art therapy program at Providence Manor gives residents a chance to explore their creativity while supporting their physical, emotional and social well-being.

The program, led by art therapist Beata Churaman, welcomes everyone, regardless of artistic experience or ability. Each week, residents gather for hour-long sessions, experimenting with water colours, acrylics, sculpting, clay and other media.

"Art therapy is more about the process, and you don't need talent," Beata says. "The emphasis in art therapy is never on creating a masterpiece. It's about joy, self-respect and building confidence."

While the artwork itself is often beautiful, the greatest impact happens during the creative process.

CONTINUED ON PAGE 2

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Providence Manor resident Sheryl receives drawing tips from art therapist instructor Beata Churaman.

CONTINUED FROM PAGE 1

Painting, sculpting and other hands-on activities encourage residents to use both their hands and eyes, helping maintain fine motor skills and hand-eye coordination.

Just as importantly, the program provides opportunities for residents to learn, socialize and experience a sense of accomplishment.

“Hand-eye coordination is incredibly important and stimulating,” Beata says. “Mentally, art therapy helps foster self-respect and confidence.”

For residents living with dementia, art can also help unlock cherished memories. Familiar activities and creative exercises can bring long-term memories to the surface, creating meaningful moments of happiness and connection.

Those moments don't end when the session is over.

Residents' artwork is displayed throughout the Manor, allowing them to see their creations proudly showcased alongside their names. It's a simple but powerful reminder that they have created something meaningful.

“It’s really about celebrating and building friendships,” Beata says. “It’s so important.”

The program would not be possible without the support of UHKF donors, whose generosity helps provide the materials and resources needed to bring these sessions to life.

Robert Sweeney, Manager of Allied Health and Academic Liaison at Providence Manor, says additional support could help bring the program to even more residents.

“We’re hoping for more donations to expand this program so we can offer up to six hours a week of art therapy,” Sweeney says.

In a place where care extends far beyond medicine, art is proving that healing can take many forms.



A Message From Cathy Szabo, Providence Care President and CEO

Every holiday season reminds us that small acts of generosity can have a lasting impact. This year, your support has comforted families at the bedside, helped residents feel at home, brought moments of joy through music and art, and strengthened care for people when they needed it most. Those acts of generosity help Providence Care meet the changing needs of our community, today and into the future.

Providence Care Hospice, AB Smith Homestead House, continues to provide compassionate end-of-life care and has served more than 250 patients and their families in its first 18 months Built by the community, for the community, it continues to rely on donor support through events like Hike for Hospice and Teeing Off Fore Hospice to sustain this vital service, which is not fully funded by the government.

At the same time, construction of the new 320-bed Providence Manor long-term care home continues to make remarkable progress, bringing us closer to welcoming residents into a modern home designed for comfort, dignity and connection.

Your generosity also creates moments of joy and connection. Donations support programs like music and art therapy, equipment, staff education, and enhancements that help patients, clients and residents live each day to the fullest.

Looking ahead, your support will also help us respond to new and emerging needs across our community.

This past spring, we announced Providence Commons, an ambitious project that will help address some of our community's most pressing social and health equity needs. The current Providence Manor site will be transformed into mixed-use housing, including affordable and supportive housing for vulnerable women and women-led families. It reflects our commitment to addressing unmet community needs and improving health and well-being beyond traditional care.

In a world where so many causes compete for your attention and generosity, thank you for choosing local health care.

Your support is making a lasting difference.



HONOUR YOUR CAREGIVER

Make a donation to say thank you! Your HYC gift gives our hospitals direct support and much-needed funding for equipment, education, research, infrastructure and more.

Scan to donate or visit **HonourCare.ca**



Stroke Survivor Looks Forward to Better Tomorrows

When David Mullins went to bed on December 2, 2025, he was a healthy, active husband, father and hockey coach looking forward to another day at work.

Hours later, he woke in the middle of the night unable to feel the right side of his body. He tried to walk. Moments after that, he collapsed.

Within hours, David was surrounded by the stroke team at Kingston Health Sciences Centre (KHSC). Doctors confirmed he had suffered a stroke that left the entire right side of his body paralyzed. The life he had known just hours earlier had changed dramatically.

Days after the stroke, he began the long journey to walking on his own. His therapist used a Sara Stedy device to help him stand, while also helping move his right leg when he could not do it himself. About eight days after his stroke, David managed his first four steps with a walker. It's a small number of steps that represented an enormous achievement.

After 17 days at KHSC, he was transferred to Providence Care, where months of intensive rehabilitation began. Along the way, he spent Christmas in hospital and later suffered a second stroke that sent him back into rehabilitation.

Despite every setback, David refused to let his diagnosis define him.

"After the first day I told everyone, 'This isn't beating me. I'm beating it,'" he said. "My goal every single day was simple. I had to have at least one small victory."

Today, David continues to work toward recovery and has made remarkable progress. While he knows life may never look exactly the same, his determination remains as strong as ever.

Looking back, David says the care he received at KHSC and Providence Care changed the course of his life.

"From the moment those Emergency Department doors opened to the therapy I'm receiving, the care has been unbelievable," he said. "When I needed the very best care, it was there for me in part because donors chose to support our hospitals."

This holiday season, David's extraordinary journey will become the heart of University Hospitals Kingston Foundation's holiday fundraising campaign. By sharing his story, the campaign will highlight the difference compassionate care, rehabilitation and community support can make for patients and families facing life-changing health challenges.

But this Christmas, David will have something he missed last year: the chance to be home with his wife and family. Last year, he was grateful simply to spend Christmas morning with them before returning to hospital. This year, being home will mean something different. It's a chance to reflect on how far he has come and look ahead to what may still be possible.

"I know I'll probably never be 100 per cent again," he said. "If this is my new 100 per cent, then I'll make it work."

For David, there are better tomorrows ahead as he gets back to the things he loves: his family, his friends and getting behind the bench to coach junior hockey again.



Keyes Endowment Project Funding

KGH-MHAP Unit A (Staff-Controlled Blinds & Installation) | **$8,136**

Child & Youth Outpatient Mental Health Program (Hallway Enhancement Project) | **$5,000**

Adult Mental Health Program (Patient Space Enhancement) | **$3,288**

KGH-MHAP Unit B (Sensory Station) | **$3,000**

KGH-MHAP All Units (SafeWards Intervention Supplies and Calm Down Boxes) | **$2,645**

Detoxification Centre (Recovery-Focused Workbooks and Journals) | **$1,254**

Detoxification Centre (Homeless Client Care Bags) | **$1,210**

Eating Disorders Day Treatment Program (Group Therapy Supplies) | **$719**

Eight innovative mental health initiatives across Kingston Health Sciences Centre (KHSC) and Providence Care are receiving nearly $25,000 in funding this year through the Jack and Maureen Keyes Mental Health Program Endowment, supporting projects that enhance care and create more positive experiences for patients and families.

Among this year's recipients is the Child and Youth Outpatient Mental Health Program at KHSC's Hotel Dieu Hospital site, where a $5,000 grant will transform a long hallway into a warm, welcoming space designed to reduce anxiety before children, youth and their families even reach the waiting room.

The Hallway Enhancement Project builds on an earlier renovation that brightened the clinic's waiting room, with calming, nature-inspired décor. After hearing positive feedback from families, Allie Singers (Program Assistant, Child and Adolescent Psychiatry Subspecialty Program at Queen's University) and Chantelle Sonderegger (Administrative Coordinator, Child and Youth Mental Health Program at KHSC), wanted to extend that same sense of comfort throughout the hallway leading to the clinic.

"Our patients range from very young children to teenagers," says Allie. "We want them to have something positive to focus on as they walk to their appointment. The physical environment can play a key role in helping them feel calmer."

The funding will support the installation of nature-themed wall decals, uplifting mental health messages and framed artwork created by patients. Together, these elements will transform an institutional-looking corridor into a welcoming environment that helps young people feel supported.

"We see so many children and families every single day, and knowing this project will have a positive impact on them means a lot," says Chantelle.

Established in 2017, the Jack and Maureen Keyes Mental Health Program Endowment was created after the couple's daughter experienced mental health struggles.



Donor's Vision Helps Bring Innovative Prostate Treatment to Kingston

When John Jenah learned that only two hospitals in Ontario offered a groundbreaking treatment for men with enlarged prostates, he saw an opportunity to make a lasting difference.

Through the Paul B. Helliwell Foundation, John made a transformative gift through University Hospitals Kingston Foundation (UHKF) that helped launch Kingston Health Sciences Centre's (KHSC) new laser enucleation program, bringing advanced, minimally invasive care to patients closer to home for patients across southeastern Ontario.

"At the time, there were only two sites in Ontario with this specialized equipment. After learning about the technology and its benefits for patients, we approached Kingston about acquiring it," said John. "The Helliwell Foundation made three transformative donations (including Kingston) and we now have five hospitals in Ontario with laser enucleation programs."

Laser enucleation is used to treat men with significant benign prostate enlargement. Unlike traditional open surgery, the procedure removes obstructing prostate tissue through the natural urinary passage, resulting in less bleeding, shorter hospital stays and a faster recovery. It can also improve upon a common procedure that removes a portion of the interior prostate tissue, with more complete removal, less bleeding and less recurrence of obstruction.

Many patients can return home the same day or the following day. They also experience improved urinary function, better bladder emptying and reduced nighttime urination (nocturia).

"The number one benefit is that it provides an effective, one-time, minimally invasive procedure for men with very large prostates," said KHSC urologist Dr. Michael Leveridge, Head of the Department of Urology at Queen's University School of Medicine. "Being able to achieve the same result through the natural opening of the urethra is a dramatic improvement for these patients."

The donor-funded equipment includes the specialized technology needed to complete the minimally invasive procedure, allowing KHSC to offer treatment that was previously unavailable in the region.

For John, the investment reflects the Helliwell Foundation's philosophy of supporting innovations that deliver meaningful impact to as many people as possible.

"This technology allows hospitals to treat more patients, more efficiently, and with better outcomes," he said. "It's a win-win for everyone."

Dr. Leveridge says the program demonstrates how donor generosity helps hospitals keep pace with rapidly evolving medical technology and bring leading-edge care to patients sooner than would otherwise be possible.

"I'm not sure if the average person realizes how much innovation in health care depends on philanthropy," he said. "Gifts like this keep innovation and advancements in patient care moving forward, ensuring patients have access to the best care here at home."



Paul McIntyre Royston Named CEO of UHKF

After helping raise hundreds of millions of dollars for hospitals and other public institutions across Canada, veteran philanthropy leader Paul McIntyre Royston has joined the University Hospitals Kingston Foundation (UHKF) as its new President and Chief Executive Officer (CEO).

Paul (who also goes by PMR) officially joined the Foundation on August 17, following an extensive national search. With more than 20 years of fundraising and leadership experience, he has built a reputation for building organizations, inspiring philanthropy and bringing communities together to achieve ambitious goals.

Most recently, PMR served as President and CEO of Grand River Hospital Foundation in Waterloo, Ont., where he led the organization through a period of remarkable growth, transforming it into a $25-million-per-year fundraising foundation. During his tenure, the Foundation secured more than $100 million to enhance patient care and support plans for a new regional hospital. He has also held senior leadership roles with Hamilton Health Sciences Foundation, Canadian Olympic Foundation and the Calgary Public Library Foundation.

“Paul is an exceptional leader whose commitment to philanthropy stood out throughout the search process,” said Brett Patterson, past chair of the UHKF Board of Directors and chair of the CEO Search Committee. “His track record of building strong organizations and engaging communities made him the ideal person to lead UHKF into its next chapter.”

For PMR, the opportunity to lead UHKF is about far more than fundraising, it is about community building. He is bringing his family with him to Kingston—all five daughters and his spouse, Christine.

“The chance to work with an outstanding team and a passionate community to create a new hospital for Kingston is a tremendous and critical opportunity,” he said.

His first priority will be listening to the community, donors and supporters, health leaders and partners, and the foundation team both staff and volunteers.

“Health care belongs to all of us,” he said. “Our role as a foundation is to help people connect their experiences with the opportunity to make things better. When a community comes together around a common cause, the impact can be truly transformational.”

PMR succeeds Tom Zsolnay, who retired at the end of August after seven years as UHKF’s CEO. During his tenure, Tom successfully guided the foundation through the COVID-19 pandemic, implemented a new strategic plan and helped significantly increase philanthropic investment in support of Kingston Health Sciences Centre (KHSC) and Providence Care.

Two Major Donations, One Shared Commitment to Cancer Care

Two major gifts to University Hospitals Kingston Foundation (UHKF) are helping Kingston Health Sciences Centre (KHSC) advance cancer care at every stage—from researching new treatments that can give children more hope to providing adults with access to leading-edge robotic surgery that can make recovery faster and less painful.

Hyundai Hope on Wheels, through Hyundai Canada and its network of 225 dealers nationwide, has renewed its commitment to pediatric cancer research at KHSC with a $100,000 donation. The gift will support pediatric oncology research and clinical trials, helping children and families across southeastern Ontario access innovative treatments closer to home.

For families facing a childhood cancer diagnosis, access to promising new treatments can mean everything.

“It is very exciting,” said Dr. Laura Wheaton, Pediatric Hematologist-Oncologist at KHSC. “Having the Hyundai Hope on Wheels donation to pediatric oncology research really allows us to continue the important and vital work we’re doing.”

The donation builds on $100,000 in funding from Hyundai Hope on Wheels last year, along with an additional $50,000 from Hyundai dealerships in Belleville, Kingston, Smiths Falls and Brockville. The investment supported the hiring of a second research associate, strengthening the team’s ability to coordinate more than 15 active clinical trials and increasing the number of children who can participate in potentially life-changing studies.



At the other end of the cancer-care journey, a $300,000 investment from CIBC is helping KHSC expand access to robotic surgery. The gift supports the A. Britton Smith Q.C. Robotics Program, one of Canada’s leading robotic surgery programs and the only one between Toronto and Montreal.

Most of the program’s procedures are performed for patients with colorectal, lung, prostate, kidney and gynecologic cancers.

“Robotic surgery allows us to perform complex cancer operations through very small incisions, which means less pain, less trauma to the body and significantly faster recovery times for patients,” said Dr. Sunil Patel, surgical lead for KHSC’s robotic surgery program.

Together, these investments demonstrate the powerful role philanthropy plays in moving cancer care forward. From funding research that opens the door to tomorrow’s treatments to providing access to advanced surgical care today, donors are helping make a difference for patients and families throughout the region.

“The biggest win is for patients,” said UHKF president and CEO Paul McIntyre Royston. “Gifts like this help deliver high-quality care to everyone and ensure more people can benefit from robotic surgery when they need it most.”

Donating Securities is a Win-Win for Lloyd and Hospitals

For 85-year-old Lloyd Allinotte, giving back to his community has always been about helping others. So, when his son Mark, who is also his investment broker, suggested he consider donating securities to University Hospitals Kingston Foundation (UHKF), Lloyd quickly saw the potential.

“I’d like to get the message out there about giving securities,” Lloyd says. “It’s a win-win for you and the hospital.”

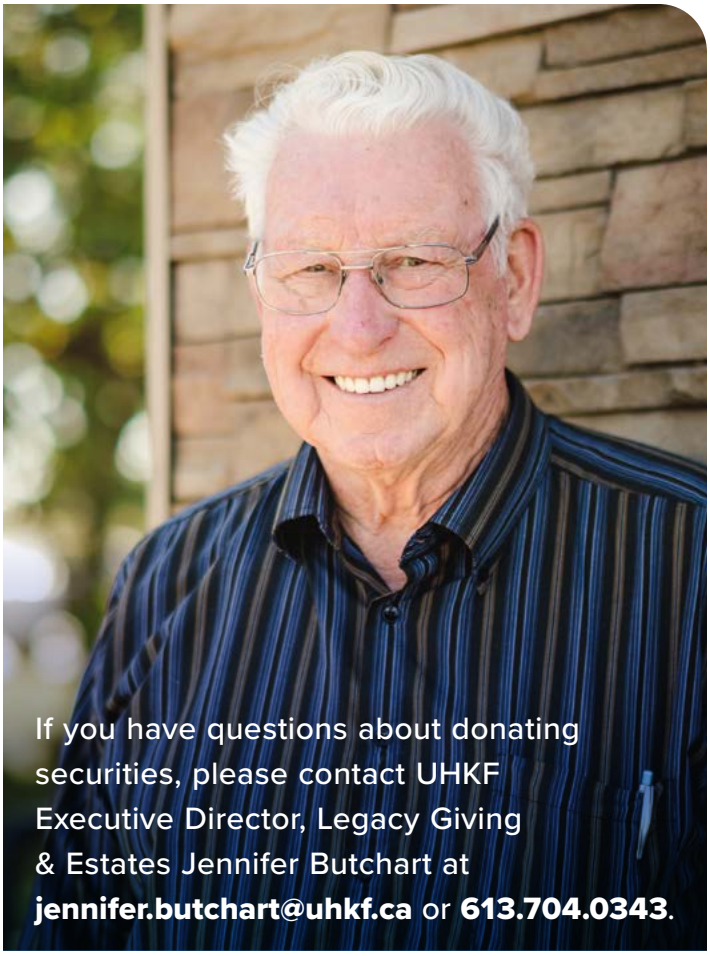
For Lloyd, donating stocks and investments offered an opportunity to support the health-care system his family has relied on while also providing significant tax advantages.

Lloyd has seen firsthand the difference that local health care can make. His late wife, Catherine, received emergency care at Kingston Health Sciences Centre (KHSC) after suffering a stroke. His son, meanwhile, has received care through Providence Care following a serious motorcycle accident.

“Even though we’re three-quarters of an hour away, Kingston is where you go for treatment,” says Lloyd, who lives in Athens, Ont. “If it’s something minor, maybe it’s looked after in Brockville. But if it’s anything major, Kingston is our home hospital.”

That connection to local health care made giving to UHKF especially meaningful. Donating securities allowed Lloyd to make a larger impact without having to sell his investments first.

When qualifying stocks and investments are donated directly to a registered charity, donors can potentially receive a charitable donation tax credit while paying little or no tax on the capital gain associated with the donated securities, subject to applicable rules.



If you have questions about donating securities, please contact UHKF Executive Director, Legacy Giving & Estates Jennifer Butchart at **jennifer.butchart@uhkf.ca** or **613.704.0343**.

For Lloyd, the result was simple: he could reduce his tax burden while helping strengthen health care in his community.

“The bigger the investment gain, the bigger the tax advantage for you,” he says.

Lloyd hopes more people will learn about and take advantage of this opportunity.

“If you have securities in a non-registered account with a good capital gain, think about helping out your local hospital by making a securities transfer,” he says.

It’s a message that reflects Lloyd’s approach to giving: find a way to make a meaningful difference today while making the most of the resources you have.