



Foundation Report



UNIVERSITY HOSPITALS
KINGSTON FOUNDATION
Our Hospitals. Our Health. Our Future.

FALL
2009

"I want to help make the world a better place"



The Foundation's The Story of Our Hospitals project searched all across South-eastern Ontario for donor stories. Nearly 30 submissions were made, including stories from Kingston, Belleville, Enterprise, Peterborough, Calgary, Montreal and Ottawa. In voting online, by phone and email, the public selected The Andy Fund as the top donor story about the university hospitals of Kingston.

One of the most powerful stories we received was from **Madeline**, a seven-year old Kingston girl who asked for donations for the redevelopment of the Cancer Centre instead of presents at her recent birthday party. Her donation will support the treatment of kids with

SPECIAL REPORT ON *The* **STORY** of Our **HOSPITALS**

cancer in our region. She sent us this crayon drawing and a letter with her story.

"My name is Madeline. I am seven years old. I want to help people feel safe, healthy and happy. I also want to

help make the world a better place. For my birthday party this year, I collected donations instead of birthday gifts. I collected \$255! I would like to give this money to help build the dedicated pediatric space that is being created at the Cancer Centre of Southeastern Ontario."

See more stories on Page 2 & 3.

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Inspiring stories of inspiring people

In May of 2009 we began a search for donors stories about our hospitals. Called the *Story of Our Hospitals*, the project involved public input. The Andy Fund was eventually named the top story, but all of the stories we received were inspiring. Read some of them below and then go online and read the rest.

The Story of The Andy Fund

The story of one boy's fight against cancer inspired one of the longest, grassroots fundraising efforts in Kingston – the Andy Fund.

"In 1981, seven year old Andy George was diagnosed with leukemia. He was treated at Kingston General Hospital in a unit next to the pediatric ward. A year later, when he relapsed, he was seen in the Cancer Centre – the only child in a world of adults. A few years later, with more children being treated for cancer, a small room was set aside at the Cancer Centre as a playroom. This was soon overflowing. In 1986, in memory of



The ladies of the Andy Fund, selected as the Story of our Hospitals.

Andy, a small group started a branch of the Leukemia Research Fund. After 14 years, having raised over half a million dollars, we decided to change our focus to cancer-related needs in Kingston, and re-named ourselves the Andy Fund of Kingston. Much of the money we have raised has gone to KGH for equipment and ways to improve the quality of life for cancer patients, young and old. In 2005, the Andy Fund pledged \$150,000 over

five years towards the Pediatric Oncology Unit at the soon-to-be redeveloped Cancer Centre of Southeastern Ontario at KGH. We know this new facility will make a big difference to children and their families. We are grateful for the generosity and help of our volunteers and donors. Andy once said, "I know what it's like to be sick now, Mom." He has proved that "Together We Can" make life a little easier for those who are sick. He would be proud. "

Continued on the next page...

Please Support Our Hospitals

Cut out this form and mail to the Foundation at: University Hospitals Kingston Foundation · Suite 201 · 366 King Street East · Kingston · Ontario · K7K 6Y3

Appeal 10-DM-J-09NL

I want to make a donation

- A **one-time** gift of \$100 \$250 \$500 \$_____ (make cheque payable to UHKF)
- A **monthly** gift of \$_____ (you may change or cancel your donation at any time. Receipts for monthly donations will be issued on a yearly consolidated basis.)

Method of Payment

- Pre-Authorized debit: I have enclosed a blank cheque marked "VOID". Please withdraw above amount on the ____day of each month.
- Please charge my Visa MasterCard
I authorize UHKF to charge my credit card on the ____day of each month for the amount above.
Card#: _____ Exp.Date: ____ / ____ Personal Business

Signature of Card Holder: _____ Name of Card Holder: _____

Make your gift a Tribute

in honour of someone who has touched your life and we will notify the individual of your gift.

Name of Honouree: _____

Contact Information _____

Reason for Gift: _____

Interested in an estate gift?

- Tell me more about including Kingston hospitals in my estate plans

I would like to see my donation:

- Shared where needed most to benefit the hospitals or
- _____ (please specify)

I can be reached via email at this address: _____

We recognize donors by name in our publications:

- I do not wish my name to be published
- Publish my name as _____

Tax receipts will be issued for all qualifying gifts of \$20 or over, or upon request. Charitable registration #820218147RR0001. We do not sell or rent our mailing lists.

The Story of Gabriel

Gabriel is an RMC instructor whose life was changed by a car accident. He not only learned to live again from a wheelchair as a tetraplegic, he also discovered how donors make a difference in the lives of others.



Gabriel Lord

"In 2006, I was coming back from a visit to my parents when I was involved in a car accident. My car rolled over. I was still conscious, but I realized that I couldn't move. I was eventually transported to Kingston General Hospital by helicopter. The specialist who examined me said that I would never walk again. I was transferred to Providence Care's St. Mary's of the Lake Hospital site. I stayed at St. Mary's from May 2006 to June 2007. During that time, I had the chance to appreciate the devotion and the unlimited patience of the staff. I discovered that much of the equipment there was acquired with the help of donations to the Foundation. I decided to support the Foundation with a gift to the Spinal Cord Injuries division at Providence Care."

The Story of Bernadette

Hotel Dieu Hospital has been an important part of Bernadette's life. Now, she's giving back as both a volunteer and a donor.



Bernadette Cotman

"I came to Hotel Dieu Hospital as a student entering the St. Joseph School of Nursing when I was 18 years old. I graduated in 1949 and spent my whole career at the Dieu where I eventually filled the role of Director of Nursing for 17 years followed by a few more years as the Director for Patient Care. All but one of my children was born at Hotel Dieu Hospital and many of them had summer or part-time jobs at the hospital when they were teenagers. Following my working career at the hospital, and for the last 17 years I have

SPECIAL REPORT

The STORY of Our HOSPITALS

Read all the stories
at our website:

www.kingstonhospitalsfoundation.ca

had a busy volunteer life with it. Having spent my whole adult life connected with the hospital I know that the compassionate care people receive during their diagnosis and treatment here is second to none. That is important to me and I'm happy to try and help, not only with my volunteer work but also with the contributions I make."

The Story of Angela & John

Angela Lawson & John MacKinnon honoured her late father, Harry Lawson, by asking for donations to the Cancer Centre in lieu of wedding gifts. More than a hundred gifts totaling several thousand dollars have been made as a result.



John MacKinnon & Angela Lawson

"Eleven years ago my dad, Harry Lawson, was diagnosed with CL Leukemia. After dealing with the shock of the diagnosis, he tackled this, as he did most things in life, with a proactive approach. Through the many ups and down he was always very thankful for the care and support he received during his many visits to both the Cancer Centre of Southeastern Ontario and Kingston General Hospital. When Dad died in January 2008, we wanted to honour his belief in the wonderful care of the Cancer Centre and the Kingston Hospitals and to keep the possibilities of research alive. John and I decided that one way of doing this was to ask for donations to the University Hospitals Kingston Foundation in lieu of wedding gifts. He was an incredibly positive person and we wanted to continue this positive approach in his name."

The Story of the Rose of Hope

An idea for a women's golf tournament to help fight cancer turned into one of the most successful fundraisers for the Cancer Centre – the Rose of Hope Tournament.

"When Audrey Shillington, Nancy Spada, and Anne Spada took on the task of reformatting an existing, nondescript golf tournament into a fundraiser for cancer research in 1999, they never imagined how successful it would eventually be. Their compassion for people suffering from cancer helped convince the women of the Cataraqui Golf & Country Club and the community to embrace what would later become known as the Rose of Hope Tournament. The event grew from \$5,500 in its inaugural year to \$164,000 in 2008. Thanks to the dedicated volunteer chairs and committee members, more than two hundred sponsors and the support of Club members, both women and men, the Tournament raised more than \$700,000 over ten years. More than 97 per cent of the money raised each year goes to fight cancer. In 2006, the community recognized the contribution of the Rose of Hope when the City of Kingston proclaimed the last Tuesday of July, while the tournament is held, as Rose of Hope Day."

The Story of Sheri & Jay

Sheri & Jay of Ottawa didn't plan to have their daughter Avery at KGH, but they are grateful they did. That's why they're donors.

"My husband and I are from Ottawa, but when we found out we were going to have a very premature child in March of 2007 there was not room in Ottawa to accommodate us. I was sent to KGH. Avery was born 3 days later at 27 weeks weighing 1lb, 12oz. The staff leading up to the birth and after were beyond wonderful to me and my entire family. They were so very accommodating of our situation and really made us feel at home. The staff in the NICU unit helped us through a very difficult and uncertain time and kept us up to date with news and information on how we were all going to get home. Although our stay at the Kingston General was short, we still visit often to remember where it all began. We take Avery to visit Kingston a few times a year and tell her all about the adventure she sent us on. Kingston will always be a special place in our hearts."

Five Rotary Clubs pledge \$95,000 for new Pediatric Unit at KGH

Five local Rotary Clubs in Southeastern Ontario are making a pledge of \$95,000 to support the new Pediatric Inpatient Unit at KGH. The donation, which will be included in the \$70-million Together We Can campaign, will help children from across the region.

The Cataraqui Rotary Club, the Gananoque Rotary Club, the Rotary Club of Kingston, the Rotary Club of Kingston-Frontenac and the Napanee Rotary Club, have all been longtime supporters of the university hospitals of Kingston, some for more than 60 years.

"With over 1.2 million members in over 200 countries, Rotary International has always been committed to helping the youth of our world. Our 33,000 clubs have started and maintained initiatives for better health and living conditions for these children because they are our future. We all take great pride in putting our

support behind our local hospitals. Our region, comprised of Gananoque, Napanee and the three Kingston clubs agree that their children and grandchildren will benefit greatly if we all stand behind this critical project. We thank the hospital for this wonderful opportunity to assist in their project and wish them every success in the future," said Adam Koven, President of the Rotary Club of Kingston.

In recognition of the \$95,000 donation a special pediatric intensive care patient room will be named "The Rotary Room" when the Pediatric Inpatient Unit at KGH opens in early 2010.

The Pediatric Inpatient Unit at KGH serves



children from across Southeastern Ontario. The new unit will include private rooms, a playroom and have six designated pediatric intensive care and enhanced care beds to help ensure critically ill children do not have to be sent out of our region for care when the expertise is already in Kingston.

Message From Campaign Chair Ian Wilson Today and tomorrow, we need your support



Ian Wilson, with KGH CEO Leslee Thompson.

The latest equipment. The newest facility. The innovative research and the staff education that drives it. Health care is always changing, and so, too, are the needs of our hospitals. That's why our hospitals need your ongoing annual support, for today and tomorrow. Wherever these changes lead us, your annual gifts help us get there.

People often ask me if their \$100 annual gift really makes a difference. The answer is yes. Your gifts of \$100, \$250 or \$500 every year combined with gifts from oth-

ers just like you, really add up. We can turn your annual gift and those of your friends and neighbours into new life-saving equipment, new bursaries for nurses to upgrade their skills or facilities that will allow our hospitals to provide a new level of care to patients from across the region.

A little goes a long way at the Foundation. No matter what amount you can afford, you can still do your part for our hospitals and our health care.

It's good to know we can count on your support year-in, year-out so our hospitals continue to have the funds they need to adapt to the changes that are always happening in health care. Please consider making an annual gift. There are many payment options available.

Call the Foundation for more information at (613) 549-5452 or go online to www.kingstonhospitalsfoundation.ca.

Thank you for your support.

Leadership Donors

The Foundation thanks those who have made campaign donations of \$10,000 or more. Some donors are not listed here because their recognition event has not yet taken place.

- J.P. Bickell Foundation
- Henry & June Dinsdale
- Dr. Chris Frank
- Kingston Chapter of The Kidney Foundation of Canada
- Maritime Fest
- Masonic Association of Frontenac District & Masonic Foundation
- Morven Construction Ltd.
- Never Say Never
- Pioneer Petroleum Children's Foundation Fund
- Rose of Hope Charity Golf Tournament Committee
- Rotary Club of Cataraqui-Kingston
- The Rotary Club of Gananoque
- Rotary Club of Kingston
- Rotary Club of Kingston-Frontenac
- Napanee Rotary Club
- Lillian E. Meyers
- "Spring for Life" Charity Runway Fashion Show
- Taggart Group of Companies
- Township of Leeds and the Thousand Islands

Working it out for our hospitals

Together We Can is taking on a new meaning in workplaces around Kingston and beyond. Companies like KPMG Kingston and StarTek are helping the Foundation raise money and spread the word about the campaign.

KPMG started a workplace fundraising campaign for the Foundation in January 2008. KPMG's Nicola Wright says their staff are enthusiastic supporters of various volunteer and charitable efforts and believe in giving back to our local community, including our hospitals.

"For the first year of the campaign, we achieved a participation rate of 90 per cent. We were very pleased with the initial response to the campaign, and our participation rate has been steady ever since," said Wright.

"Using the services of the hospitals, care facilities, and outpatient clinics is a question of 'when', not 'if', for all of us who live here. We need to come together to help support the fine staff at our health care facilities. The staff at KPMG recognize this and are proud to support

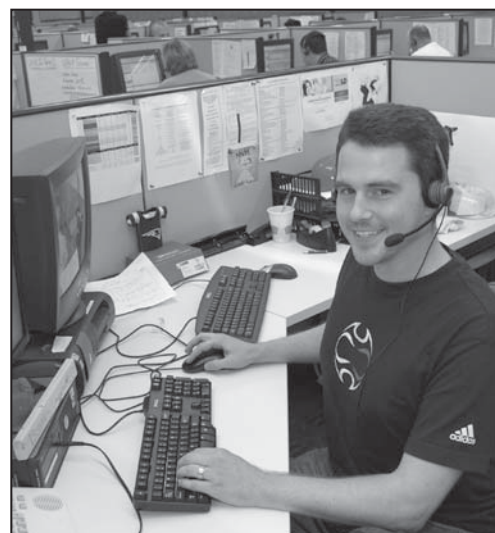
campaigns like the 'Together We Can' campaign for the Foundation."

StarTek became involved in supporting the Foundation three years ago when they provided volunteers for the first Kingston Cares Radiothon. Karsha Lloyd at StarTek says their staff are happy to help the Foundation raise money for our hospitals.

"Our employees had a great time and this sparked a long term partnership between StarTek and the Foundation. Our employees take pride in supporting this important cause because it touches the lives of so many of our employees, their families and friends. We look forward to offering our ongoing support of the Foundation through volunteerism and fundraising campaigns," said Lloyd.

Wright says she would encourage other workplaces to consider helping the Foundation.

"A campaign is easy to organize with the support of the knowledgeable individuals at the Foundation, and it is easy to main-



Darren Kasaboski at StarTek's Princess Street Call Centre.

tain once started. Everyone is familiar with at least one aspect of the hospitals in our community, so it's easy explain what staff would be supporting by donating."

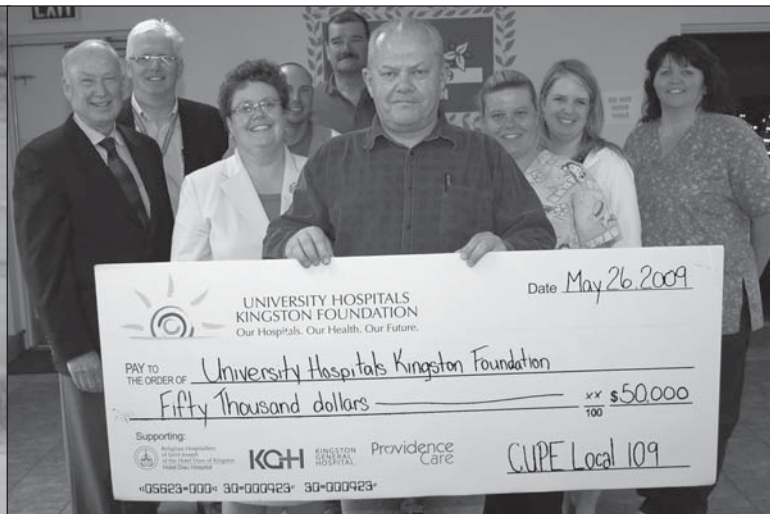
For more information on workplace campaigns, contact the Foundation at (613) 549-5452.

Two donations to support the redevelopment of the Cancer Centre



Strokes Fore Hope 2009

More than \$30,000 was raised by the Second Annual Strokes Fore Hopes event, June 25 and 26, at Rivendell Golf and Country Club. Through blistering heat during the day and a cold, dark night, Edward Goodfellow and Andrew Fazackerley walked and golfed for 24 hours to raise money for cancer care. They completed 8-and-a-half rounds of golf. More than 170 people attended the kick-off breakfast.



CUPE 109 makes \$50,000 gift

In May, the 1,000 members of CUPE Local 109, municipal employees for the City of Kingston, made a \$50,000 donation to the redevelopment of the Cancer Centre of Southeastern Ontario at Kingston General Hospital. The donation was made in honour of present and past members of the Local and their families.

Questions & Answers about the H1N1 Flu

FOCUS ON YOUR HEALTH CARE

Thousands of people in Ontario and across Canada have contracted the H1N1 flu virus. Almost all of the cases reported to date in Ontario have symptoms similar to those of seasonal influenza. The vast majority of these people have recovered.

We asked Dr. Gerald Evans from KGH about the H1N1 Flu. Dr. Evans is an Associate Professor in the Departments of Medicine and Microbiology & Immunology, and an Assistant Professor with the Department of Pathology, at Queens University.



Dr. Gerald Evans

What are the signs and symptoms?

Right now, the vast majority of people have signs and symptoms similar to what you see with seasonal flu. The classic description is the sudden onset of a fever and a cough and feeling unwell. You can also have some gastrointestinal symptoms like diarrhea. Sometimes, like with seasonal flu, some people can become severely ill. For them, it rapidly leads to problems with breathing, which can necessitate the need to be on a ventilator in the intensive care unit. Fortunately, right now those cases are small in number. So far, it seems to impact most significantly on children and people with pre-existent heart and lung disease, and, for a reason that is not well understood for the moment, aboriginal people.

How do you treat someone who has H1N1?

We prescribe all the usual things that we do for people who have the regular flu – go home, get some rest, don't go to work. We tell them to watch out for worrisome symptoms such as if their breathing becomes more difficult or if

their symptoms haven't resolved in five-to-seven days. For people who are really sick, we start them on anti-viral therapy. Right now, the recommendations are to give pregnant women and severely ill patients anti-viral treatment because of their higher risk.

What can I do to protect myself?

If you're sick, stay home. You need to wash your hands and sneeze or cough into your sleeve. You don't have to lock yourself in a room because that's not going to be a very effective strategy. If you are planning to visit the hospital, don't come if you are sick. Wash your hands when you enter, using one of the hand-washing stations at every entrance. Keep visiting time to a minimum.

Will it get worse before it gets better?

We are anticipating with the return of school that there will be an increase in the number of people infected. But it is hard to say. It could get weaker. It could stay the same as it is now. Or it could become worse. There's no way to predict what will happen.

Will there be a vaccine?

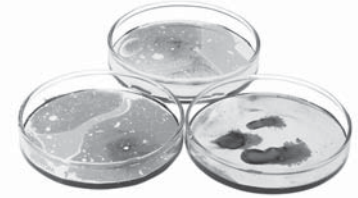
The anticipation is that there will be a usable vaccine in October. That's the same month that we get our seasonal flu vaccine, so we'll likely have both available. In Canada, we're well situated for vaccine because we have the capacity in our country to make enough vaccine for everyone.

Are our hospitals ready?

We're as well prepared as we can be. At Kingston's hospitals, we've had a pandemic flu plan in place for two years. Our hospitals are well-prepared. We made a lot of decisions in the past that turned out to be the right decisions.

H1N1

WHAT YOU NEED TO KNOW



FOR MORE INFORMATION

Ontario Ministry of Health and Long-Term Care
www.health.gov.on.ca

Kingston, Frontenac and Lennox & Addington Public Health

www.kflapublichealth.ca
Telephone: 613-549-1232
Toll Free: 1-800-267-7875

Telehealth Ontario
Toll Free: 1-866-797-0000

What would someone be surprised to learn about H1N1?

There is some early evidence to suggest that people who are over the age of 60 may have some pre-existing resistance to this particular strain. It may be that some prior influenza strain that circulated in the '30s or '40s shared some similarity to this new H1N1 strain so that there is a little bit of protective immunity in the older population. Finally, if we're thinking about pandemics, this is probably the best we could have hoped for – not a particularly deadly virus, lots of forewarning, lots of time to put into place things that we can do to prevent transmission such as immunization.

Back to school in good health

We asked our health care experts for some tips on going back to school.

Put vaccinations at top of back-to-school checklist

Children entering school need proof of immunization for diphtheria, tetanus, polio, measles, mumps and rubella.

"Many parents forget that children still need immunizations after age 2," says Dr. Richard van Wylick, medical director of the Children's Outpatient Centre at Hotel Dieu Hospital. Also recommended by the Canadian Paediatric Society are vaccines for chickenpox, pneumococcal infections and meningococcal diseases such as meningitis and serious blood infections. The meningococcal vaccine, says van Wylick, could be the best parting gift to a child leaving for university or college. "Young adults who live in dorms or hang out together in large groups are particularly at risk for meningitis, which can be prevented by the vaccine."

Take a load off their backs

Keep that new backpack from turning into a portable locker. If a child is carrying more than 10 per cent of her body

weight in a backpack, then she's carrying too much, says Dr. Joan Stevenson, a professor in the School of Kinesiology and Health Studies at Queen's University and a researcher in the Human Mobility Research Centre at Kingston General Hospital. "Heavy backpacks can have a bad effect on children's posture and gait, and set them up for neck and back pain," she says, noting that a kid who leans forward while wearing a backpack needs that pack adjusted. "Be sure the pack has well-padded shoulder straps. But the real trick is to get your child to carry less – to leave the sneakers and extra books in her real locker at school."

Tuck in fruit, not juice

When you're packing lunches, remember that even a healthy drink like orange juice can pack on pounds. "One cup (250 ml) per day of unsweetened orange or apple juice adds up to 11 pounds of weight per year," says Elizabeth Duke Gibbs, a dietician in the Diabetes Education and Management Centre at Hotel Dieu. "A single cup of regular pop per day adds up to 10 pounds of weight per year. A lot of kids drink two to four cups of these drinks per day, resulting in a potential weight gain of 20-45 pounds in a year. If your child loves juice, a good guideline is to have only 1/2 cup of real juice per day, along with 3 cups of white milk and lots of water." Duke Gibbs adds that it's always best to eat fruit instead of drinking it!

Protect their precious ears

Does your teen find homework easier with Coldplay blasting in his ears? Dr. Andre Tan, head of the ear, nose and throat department at Hotel Dieu, says the iPod generation is increasingly at risk for noise-induced hearing loss, an irreversible condition that creeps up unnoticed. Portable music players have a long battery life and the ability to hold thousands of music files, which means they can be used for hours on end. "More than 8 hours exposure to 90 decibels (dB) – the sound of an electric razor – can cause hearing loss," says Tan. "The top volume of MP3 players can range from 108 to 125 decibels and many kids crank their music up that high and for



long periods of time." Tan's advice: Set limits on volume and length of use, and avoid bud-style earphones—they generate more direct sound into the ear.

Know how to spot unhealthy anxiety

Some young kids stepping foot into a new classroom are understandably anxious, says Dr. Nasreen Roberts, a child and adolescent psychiatrist at Hotel Dieu. "They might complain of a tummy ache or headache," she says, "but the sensible parent will acknowledge the ache, reassure the child and follow a regular drop-off/pick-up routine. By the end of the first week of school, all is usually well." However, a very small percentage of children suffer from Separation Anxiety Disorder. "These are the ones who generally tend to be very cautious about change. They'll still be clinging to the parent three or four weeks into the school year. That's a problem." The disorder is treatable, she says, and the sooner the better. "It's much easier to treat a 5-year-old than a 15-year-old to confront his fears. You don't want your child to go into adolescence carrying more and more anxiety."



Hotel Dieu Hospital 22nd Annual Golf Tournament

More than 125 golfers took part in the 22nd Annual Hotel Dieu Invitational Golf Tournament July 10 at the Loyalist Golf & Country Club. This year, proceeds from the golf tournament went to support the redevelopment of outpatient clinics at Hotel Dieu Hospital. So far in its more-than-20-year history, the Invitational has raised over \$340,000 for hospital equipment, research, staff education and training.



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A lasting legacy. A healthy investment.

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Radiothon 2009

SEPTEMBER 10 & 11
6AM to 6PM
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Join us for our fourth annual Radiothon in support of our hospitals. Be listening when K-Rock 105.7, KIX 93.5 and 102.7 The Lake broadcast live from the Hotel Dieu Hospital Lobby.

ON SEPTEMBER 10 & 11
Call 613-545-CLUB (2582) to make a pledge.



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