

Happy Spring from the Women's Giving Circle



Message from the Chair

Welcome to the Women's Giving Circle newsletter, Spring edition. As the days are getting longer and warmer, we are busy planning our upcoming Spring Tour and June Luncheon. We are delighted to welcome two new members to our Executive Committee – **Barbara Hammond** and **Jean Wilson**, both of whom bring much experience and enthusiasm. They have each already contributed an article in this newsletter! Thank you, Barbara and Jean.



Smita Sengupta, past Treasurer

We also want to thank **Smita Sengupta**, our Treasurer, who is stepping down from the Committee after serving for many years. Thank you Smita for your thoughtfulness and caring, and your always excellent ideas. Happily, Smita

continues to be a member and we will see her at all our events.

Our last **Spring Tour** took place in 2019, before the COVID pandemic, and since then, we have held solely online events. Do you remember the Wine Tasting with Sommelier William Owens, the presentation by Dean of Health Sciences Dr. Jane Philpott, and the Osteoporosis overview with Marq Nelson? This year, we are happy to cautiously embark again on an in-person tour – to the Breast Imaging Clinic! More on this very interesting destination in the article by Jean Wilson on page 2. *Members will have by now received a dedicated evite from the UHKF office.* Mark your calendars: **Wednesday, April 12 at 4:30 pm** – we hope to see you there!

Thank you everyone who voted for our choice of research field for our **2023 WGC Research Grant**. The top choice of our members, according to a voting process conducted earlier this month, is **Immunology**. Please see the paragraph on page 2 for a brief summary of this field of research. The application and grant selection process has begun, and the grant recipient will be announced at **our June luncheon**, to take place **on June 1** at the beautiful Cataraqui Golf and Country Club.



Photo taken during a presentation of WGC-funded research at a previous luncheon at the Cataraqui Golf and Country Club

This luncheon is made possible by our generous sponsor **Krina Vaghela**, pharmacist and owner of two Shopper's Drugmart stores -- downtown Kingston and Napanee.

All our members are welcome and encouraged to bring a friend to join us for lunch. A specific invite will be sent closer to the date. We love to spread the word about our WGC and to grow our membership. The more members we have, the more we can donate toward the important research that is happening in our hospitals right here in our community. Just add your guest in your RSVP to the lunch invitation and come and enjoy the meal and camaraderie and fun!

Immunity, Infection, and Inflammation

Research in infection, immunity and inflammation aims to advance understanding of pathogens, the development of disease host response to infection, as well as the development of new diagnostic tools, vaccine strategies and pharmacological interventions. The long-term goals of researchers in this field are to eradicate pathogens and lessen the severity of disease.

Submitted by:
Lucille Davies, Chair

KHSC Breast Imaging Kingston Spring Tour – April 12, 4:30 pm

For most women of a certain age having a mammogram is part of their ongoing preventative health care. We in Kingston and area are fortunate to have a new purpose-built facility that greatly

improves the way mammograms are provided. The KHSC Breast Imaging Kingston is located on John Marks Avenue in Barriefield. The Centre provides a calm, quiet and accessible environment with state-of-the-art equipment and a welcoming, capable and reassuring staff for what is often a stressful procedure. If you need a follow up procedure you return to the Centre. As a patient said "Going from site to site for different scans and procedures is not ideal." That is no longer the case in Kingston. A great deal of thought and planning has made a stressful experience easier. As members of the Women's Giving Circle, we have been given an opportunity to tour this new state-of-the-art facility opened in March 2022. The tour is free, and open to all members. *Members will have by now received a dedicated invite from the UHKF office.* Mark your calendars: **Wednesday, April 12 at 4:30 pm** – we hope to see you there -- 820 John Marks Ave., Kingston.



Submitted by:
Jean Wilson, Executive Committee



Why Join the Women's Giving Circle?

"As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others."

~ the incomparable Audrey Hepburn

No one is immune. Each one of us has a story. Each one of us is touched by the vagaries of health. Each and every one of us knows someone, be it a family member, a friend, a colleague or even a passerby, someone who is grappling with a health issue. That proverbial someone could be one's *very own self*. As much as we are all individuals, we are also a collective, woven together in the most universal fabric of the need for exemplary healthcare. The Women's Giving Circle is a collective of caring, generous, informed

women who have made it their mission to support the very fine work being done, day in and day out, in our local healthcare centers. The WGC honours the vastly important research being done, research which serves to carry us all forward in our journey toward receiving optimum healthcare. The WGC works toward bettering the lives of those we love most, those we encounter, those who go unnamed and, yes, even of the very person who gazes back when he or she looks in the mirror.

"The best way to find yourself is to lose yourself in the service of others."

~ Mahatma Gandhi

*Submitted by:
Barbara Hammond, Executive Committee*

Join us at the Women's Giving Circle!

Membership in the WGC currently stands at 88. We welcome new members to join us in our efforts to support state-of-the-art medical research taking place right here in our local hospitals. Every dollar of our membership dues goes directly to research through our annual research grants. Please check out our webpage for more information and click 'Join'!

We are also inviting current members to join our Executive Committee. We meet once a month to plan upcoming events – with tremendous support from the team from University Hospitals Kingston Foundation. We would very much appreciate input from our members. Please email us if you are interested.

Our webpage:

<https://www.uhkf.ca/Ways-To-Give/Women-s-Giving-Circle>

Link to sign up and renew:

<https://uhkf.akaraisin.com/ui/womensgivingcircle/donations/start>

Our email: events@uhkf.ca

Newsletter editor:

Barbara Yates, Executive Committee

Research
today for
better
health care
tomorrow



Women's Giving Circle
In support of research at Kingston's hospitals