

Providence Care staff support CFB Kingston effort to cycle distance to Kandahar

April 27, 2011 (KINGSTON) – For the second year in a row Providence Care staff are preparing to get on their bikes to support a Canadian Forces Base Kingston fundraiser. The *Kingston 2 Kandahar (K2K) 24-Hour Spin-A-Thon* takes place June 4-5 at the K-Rock Centre, and is open to public participation. A portion of the funds raised will support physical medicine and rehabilitation programs at the new Providence Care Hospital, which will be built at King Street West.

“I participated in K2K last year – it was an inspirational experience,” says Lynn Rigby, a physiotherapist at Providence Care’s St. Mary’s of the Lake Hospital. “As a therapist I see the difference Providence Care’s rehab programs make in the lives of community members, including soldiers returning from overseas. That’s why I’m excited to participate again this year.” Rigby adds that K2K has a special meaning for her because her son is himself a Lieutenant with the Canadian Forces. Along with others at Providence Care, Rigby is encouraging her colleagues and members of the public to sign up to participate in the spin-a-thon.

K2K is a relay event, where team members take turns riding stationary bikes set up at the K-Rock Centre for a period of 24-hours. Collectively, all of the participating riders will aim to cycle the distance from “Kingston to Kandahar” and back. En route, participants will converse with Canadian armed forces personnel around the world.

Funds raised at K2K go towards the Canadian Forces’ Soldier On fund, and to the University Hospitals Kingston Foundation, to support rehabilitation programs at Providence Care, which provide services to individuals who have had a stroke or serious injury, such as a brain or spinal cord injury.

For more information about Kingston 2 Kandahar:
http://www.army.forces.gc.ca/asu_kingston/k2k/default.aspx

Photo Opportunity – Wednesday, April 27th – Providence Care’s St. Mary’s of the Lake Hospital

WHERE: Front Lobby

WHEN: 12:30 p.m.

WHAT: CFB Kingston members will be riding their stationary bikes at St. Mary’s to raise awareness of the event and to encourage participation on June 4-5

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Providence Care is southeastern Ontario’s leading provider of specialized mental health care, physical medicine and rehabilitation, specialized geriatric services, complex continuing care, palliative care and long-term care. Affiliated with Queen’s University in Kingston, and as a member of the Council of Academic Hospitals of Ontario, Providence Care is a major centre for health education and research. Providence Care is sponsored by the Catholic Health Corporation of Ontario. In 2011, Providence Care is celebrating its 150th anniversary – over 150 years of “enhancing the quality of life” of those we serve.