



**OttawaHeartSupportGroup**  
Health Education Activity Research Target

## ”The Pulse”

### January 2016

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#### Activities

**Wednesday, January 13, 2016:** the OHSG Executive Committee meeting will be held at the Holland’s house 6029 Voyageur Drive, Orleans ON K1C 2P5. From 10:00 a.m. to 12:00 p.m.

**Monday, January 18, 2016:** The **Guest Speaker is Lyall Higginson, MD, PhD and the Topic is “Biggest change in 30 Years.”** Dr. Lyall Higginson is a clinical cardiologist in the Division of Cardiology at the University of Ottawa Heart Institute and Professor of Medicine at the University of Ottawa. Dr Higginson is committed to undergraduate and graduate medical education and has been an active professor and mentor throughout his career. He was recognized for his commitment to teaching in 2006 when he received the Distinguished Teacher Award from the Canadian Cardiovascular Society (CCS).

In 2012, Dr. Higginson received both the Canadian Cardiovascular Society Annual Achievement Award and the Queen Elizabeth II Diamond Jubilee Medal in recognition of his outstanding contributions to Canada over the course of his career.

#### General Information

A life membership was awarded to Bob Pelletier in recognition of his mentorship and support for the Ottawa Heart support Group from 2005 to 2014, guiding the group through the early development period time to become a functioning Heart Support Group. Bob was our UOHI Rehabilitation Centre contact person who retired in 2014. Congratulations Bob and enjoy your retirement.

The Ottawa Heart Support Group (OHSG) finished 2015 with a successful Christmas Party that was well attended. Mary and Roy Cameron were congratulated for putting on a great Christmas Party again this year. Roy was awarded the member, not on the EX Committee, contributing the most for the OHSG through the year. Roy sets up the Foustanelas Auditorium for our meetings and is always ready to take on more work. Mary Sue Evens from the Foundation was awarded the person from the UOHI Foundation that has supported us the most through 2015.

This year has been very successful for the exceptional attendance at our meetings. This has improved our visibility at the University of Ottawa Heart Institute, both attendance and visibility can be related to our EX Committee members and the individual groups that make each meeting a success. Our very important OHSB Callers, Mary Cameron, Jack Bush, Michael Issa, Monique Rochon, and Barbra Rooney, all deserve a big thank you for doing the very important job of reminding members about our monthly meetings and any important information that arises. This year hopefully Roy Cameron and Kevin Rooney will get a work out at our summer picnic in July. From feedback the speakers were excellent and well received by our members. Michael Pinfold backed up Bill Holland at a number of meetings and is now Vice president and we will see more of him through the next years. Mark Farren has joined our Ex Committee which will help us greatly with some of our documentation among other things. Mary Cameron completed an excellent job doing both Membership and Treasurer Duties. Elva Holland worked on the attendance records for the year and Monique Rochon and Bernie Ridley looked after registering in the members for the monthly meetings.

The OHSB Display advertising lost visibility when construction started in the UOHI lobby. We are working on and hoping to get another location to put up our display through this period. The Ex committee is now getting dates to start short presentations to the rehabilitation classes during the class cool down periods. These short presentations will start in January 2016. If members would like to get involved please inform William Holland at 613-824-9563 or [wholland225@bell.net](mailto:wholland225@bell.net). We get a team of two OHSB members for the morning classes and two different members for the afternoon classes. We do not attend the early morning and late afternoon classes to eliminate highway traffic congestion. This program will help to maintain our membership levels high and help meeting attendance.

### **REMEMBER**

**Do not put money in the machines for parking on Ruskin Street after 7:00 P.M.**

**“One” organ donor can save up to “Eight” lives  
Check out [beadonor.ca](http://beadonor.ca), or <http://giftoflife>**

*William A Holland*  
President,  
Ottawa Heart Support Group

