



**OttawaHeartSupportGroup**  
Health Education Activity Research Target

## ”The Pulse”

### July 2016

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**Wednesday, July 6, 2016:** the Ottawa Heart Support Group (OHSG) Executive Committee meeting will be held at the Hollands’ house 6029 Voyageur Drive, Orleans ON K1C 2P5. From 12:30 p.m. to 2:00 p.m.

**Monday July18, 2016:** the OHSG annual member's summer picnic will be held in place of a July monthly speaker. The picnic is to be held at Britannia Park Trolley Station, 2085 Carling towards the Ottawa River at the intersection of Pinecrest and Carling.

Go north towards the Ottawa River and follow the road to the Trolley Station. The Trolley station is reserved from 4:00 p.m. to 7:30 p.m. Food will be served from 5:00 p.m. to 6:30 p.m. Meat Trays, buns, plates, cups, utensils etc. will be supplied by the OHSG. Everyone is asked to bring a salad or dessert (potluck) to share with everyone as well as their own non-alcoholic beverages. If more information is required please contact Mary Cameron at 613-835-2347 or at [marycameron613@gmail.com](mailto:marycameron613@gmail.com)

**Our sponsor at the Picnic “The Trailing Edge”** will be providing a gift for the annual picnic draw, something to look forward to.

#### **General information**

**The Ottawa Heart Institute Patient Alumni (PA)** was established in 1989. Since then, more than 8,000 former patients and their families have maintained an association with the Heart Institute through the Alumni.

In 2016, in light of expanded focus on patient engagement across the health care system, and of the recently launched University of Ottawa Heart Institute (UOHI) Strategic Plan “Stronger Together”, the Patient Alumni is in the midst of realigning its activities and resources to better reflect this change in landscape, which also includes the OHSG.

Earlier this year Dr. Thierry Mesana, President and CEO of the UOHI announced that all patients will be part of the Patient Alumni (There is no membership fee). The OHSG is working with closely with Jean Bilodeau President of the PA during the above changes. To have full access for PA activities you must register your name with the association office or

easier by going on line to PA web site [www.ottawaheartalumni.ca](http://www.ottawaheartalumni.ca). Once a registered member you will receive “The Bulletin” the PA News Letter which from now on will be online at the PA website. The Bulletin will give you the latest PA news where and when you want it; anytime to keep up with events with highlights of current success at the UOHI.

As new programs and changes that impact on former HI patients are being implemented at the HI the patient alumni will have the up to date list of former patients.

**Today’s weather conditions** can irrupt into catastrophic conditions which can leave a person in dangerous positions. When traveling by car this summer you may be in a situation with downed power lines across your automobile. The video is a reminder on what to do to keep safe is this situation.

**“THIS MIGHT SHOCK YOU”**

Please watch & read the captions of this video!

I knew about not getting out of the car, but I didn't know what to do in case a **fire would start**. This is a good explanation. Hopefully no one will ever need to use this. Don't delete this one until you watch it. Please watch it all the way. **Could save your life.....**

<https://www.youtube.com/embed/fLVzvMTgGDY>



**Important**

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

[www.ottawaheartsupportgroup.com](http://www.ottawaheartsupportgroup.com)

**Remember, it’s our responsibility to keep ourselves adequately informed — and to proactively manage the state of our health!**



*William A Holland*

President,  
Ottawa Heart Support Group