



OttawaHeartSupportGroup
Health Education Activity Research Target

"The Pulse"

October 2016

Wednesday, October 5, 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 10:00 a.m. to 12:00 p.m.

Monday, October 17, 2016: The OHSG Monthly Meeting for October will be held in the Foustanelas Auditorium from 7:00 p.m. to 9:00 p.m.

Guest Speaker: Esther Doucette, MSW

Topic: "A Closer Look at Stress: It Impacts Us All"

The presentation recognizes the significant impact of stress both on the patient and family members after a heart event. During her presentation she will discuss the impact of chronic stress on our physical and emotional well-being and will also explore strategies to help alleviate some of these symptoms and find new ways of coping.

Esther is working at the University of Ottawa Heart Institute and previously worked at the Ottawa Hospital Cancer Centre. She received her Masters of Social Work degree from the University of Calgary, and her undergraduate degree from Ryerson University in Toronto. She is also a yoga instructor and a trained mindfulness practitioner.

Esther has experience in the field of social work for over 25 years in various settings and in various locations in Canada. Currently she works primarily with patients and their families in the Cardiac Rehabilitation program to ease the transition back into "normal life" after a cardiac event.

Ester Doucette is also the OHSG Liaise contact with the University of Ottawa Heart Institute (UOHI) Rehabilitation Centre. OHSG normal operations are worked through the divisions of cardiac surgery, Cardiology and Preventive and Wellness. The UOHI Foundation is our source

for information on activities that are happening at the Heart Institute and may provide some influence on our selection of guest speakers.

September guest speaker Dr Marino Labinaz, well received by all that attended on behalf of the Ottawa Heart Support Group, Dr Marino Labinaz was thanked for his educational presentation on "Transcatheter Therapies for Valvular Heart Disease." His presentation was extremely interesting showing the problem areas of the aortic valve and the mitral valve and the various procedures necessary to replace the valves to be fully functional. The development of the procedures that were required using Transcatheter Therapies and imaging was very informative showing the research and extensive time required during the development period.

With two presentations remaining for 2016 it is time to mark your calendars, October monthly Meeting on the 17th and the November meeting on the 21st. 2016. **The Christmas Party** will be held December 12, 2016, in the Foustanelas Auditorium. Two of the rooms will be open with the centre door open. Mary Cameron with Roy will once again be the host for the party. More information will become available in the next few weeks.

The Ottawa Heart Support Group is being reconstructed and will be up and running shortly. The Trailing Edge will be providing the servers for our heart support group website.



Important

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