



OttawaHeartSupportGroup
Health Education Activity Research Target

"The Pulse July 2017"

Activities

Wednesday, July 5, 2017: 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, July 10, 2017: The OHSG annual summer picnic will be held Monday, July 10, 2017. This will replace our monthly speaker. The picnic is to be held at Britannia Park Trolley Station 2805 Carling Ave. Direction to find the location, from the intersection of Pinecrest and Carling, take the direction north towards the Ottawa River and follow the road to the Trolley Station.

The Trolley Station site is reserved between 4:00 p.m. To 7:30 p.m. Food will be served from 5:00 p.m. To 6:30 p.m., condiments, plates, cups, utensils etc. will be supplied by 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 picnic information is required please contact Mary Cameron at 613-835-2347 or at "marycameron613@gmail.com." Executive members are asked to come at 3.00p.m. To clean up and set up the site.

The Foustanelas Auditorium will be closed for two months, July and August. July we have our summer picnic and for August 21, 2017, we have requested and have reserved the Rehabilitation Center area on the second floor of the UOHI. An evening program is being put together with a physiotherapist, Leny Van Ryan that will be both educational and entertaining. This will help us be ready to start the fall season in September.

With the July Picnic upon us the first half of the year is over. We have enjoyed excellent presentations over the last 6 months. In January we started with a snow day, February by Esther Doucette, MSW Topic: "A Closer Look at Stress: It Impacts Us All." March by Juan B. Grau, MD, is a cardiac surgeon at the UOHI Topic: " Translational Cardiovascular Research: From Changing Patient Treatment in the 21st Century." April, Guest Speaker: Benjamin Chow, MD, FRCPC, FACC, FASNC, FSCCT Topic: "Cardiac Imaging: Present and Future." May, Guest Speaker: Calum Redpath, MD, PhD Topic: "Cardiac Electrophysiology: Repairing the Rhythms of the Heart." June, Guest Speaker: Marc Ruel, MD, MPH, FRCSC Topic: "Hybrid Operating Rooms: The Future of Cardiac Surgery." A big thank you to all our callers for reminding members of our meetings and the good attendance received during the first half of 2017. We will be finishing up the second half of 2017 with presentations the same quality.

The first half of 2017 was quite a program covering the Divisions of Prevention and Wellness, Cardiology and Surgery all but one relates to hybrid operating rooms that will be up and running within the next year.

August we will have a special evening with at the Rehabilitation Centre with have

Helena (Leny) Van Ryn, Physiotherapist, the UOHI. With the topic: **My title will be "Using Wearable Technology to Monitor your Health."**

Leny has 26 years of experience working as a physiotherapist at the HI. She earned her Bachelor's degree in Science (Physiotherapy) from Queens University where she was Captain of the rowing team. A Certified Clinical Exercise Physiologist through the American College of Sports Medicine, her diverse interests include exercise motivation and education, yoga and meditation as a means to affect life changing behaviours. She has travelled extensively; cycled New Zealand and Fiji, hiked the Adirondack trails, Camino de Santiago in Spain and the Salkantay trail in Peru. She leads an active lifestyle year-round. She takes pride in helping people shape behaviour and establishing the habit of regular physical activity and healthy eating. Leny has been an instructor for the Heart wise exercise program since its inception in 2005. She has conducted five research studies which were presented at the Canadian Association of Cardiovascular Prevention and Rehabilitation Annual Conferences.

The Ottawa Heart Support Group Website "ottawaheartsupportgroup.com" is powered by The Trailing Edge Computer Store.



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, or <http://giftoflife>



William A Holland

President,
Ottawa Heart Support Group

For More Information Contact

Mary Cameron 613-835-2347 or Bill Holland 824-9563