



**OttawaHeartSupportGroup**  
Health Education Activity Research Target

## "The Pulse November 2017"

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### Activities

**Wednesday, November 1, 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, November 20, 2017:** "7:15 PM in the Foustanelas Auditorium, 2<sup>nd</sup> Floor of the UOHI." For the monthly meeting the guest speaker is Dr Roy Masters and the title of his presentation is "Cardiac Transplantation." Dr Roy Masters is a Cardiac Surgeon at the University of Ottawa Heart Institute and Professor of Cardiac Surgery at the University of Ottawa. Dr Masters was the Chair of the Heart Institute Transplant Committee and has co-authored over 100 scientific publications.

Dr Masters was born and raised in St. John's, Newfoundland, and graduated from Memorial University of Newfoundland with a Doctorate in Medicine in 1978. He was certified as a Fellow of the Royal College of Physicians and Surgeons of Canada (FRCSC) in General Surgery in 1984 and in Cardiovascular and Thoracic Surgery in 1986. At the end of his surgical training in Ottawa, Dr Masters accepted a Clinical Fellowship at the University of Ottawa Heart Institute. He was the Director of the Heart Institute's Residency Program in Cardiac Surgery from 1992 to 2006. Dr Masters research & clinical interests are mechanical circulatory support and transplantation.

**Monday, November 20, 2017:** The OHSG Annual General Meeting (AGM) will take place prior to the guest speaker's presentation. The meeting will open with comments about the past year and then call on the Treasurer to table The Budget for the past year (2016-2017). The second meeting item will be the approval of recent Ottawa Heart Support Group Constitution amendments, provided to members by email and for a member, without email, hard copies were available at the last meeting. The third meeting item will be a vote on the on slate of members forming the OHSG Executive Committee for the next three years. Jan 2018 – Dec 31, 2021. For the above AGM items will take very little time and the meeting will conclude with the evening presentation. Members are requested to be on time to ensure an early start to our meeting and so we can enjoy the guest speaker, Dr Masters.

**Mark your calendars on December 11, 2017;** this will be the last OHSG function for the year for our annual Members and their Guests Christmas party that will be held in the Foustanelas Auditorium from 7:30 to 9:30 p.m. Our numbers have increased this year, so we are looking forward to a great turnout. For those who have not been to one of our parties in the past, we all

contribute one of our favourite dishes to the party table. It seems to work out wonderfully each year and we have a fun time together. Our group will supply coffee, tea, punch, meat tray and utensils. Our executive is looking forward to seeing everyone for a wonderful, social evening. Christmas is the time to share, to enjoy, and to partake in good food and great friendships. For additional information or more details call Mary Cameron at 613-835-2347.

The following was requested by our Host "The UOHI Rehabilitation Centre:" **Join the Heart Institute's team at the Ottawa Race Weekend 2018** Ever thought about doing a 5 or 10 K at Ottawa Race Weekend, Canada's largest race weekend? Make 2018 the year to accomplish this goal, join the Heart Institute Race Weekend Team (or Family) including staff, patients, and alumni. Team members will be supported along the way, with training tips, race-kit pickup, a group warm up and company during the race if you choose. Choose from a 5 or 10 Km run or walk. See the attached poster for all the information.

The Ottawa Heart Support Group Website "[ottawaheartsupportgroup.com](http://ottawaheartsupportgroup.com)" is powered by the tte Computer Store. (The Trailing Edge)



Our Education program will start off 2018 with the President and CEO of the UOHI Dr Thierry Mesana MD, PhD, FRCSC as the Guest speaker in January followed by Dr Thais Coutinho MD Chief, Division of Prevention and Rehabilitation, This is an exciting time for our support group having these two prominent individuals start off our new year..

**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

**For More Information Contact**

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

**“[Ottawaheartsupportgroup.com](http://Ottawaheartsupportgroup.com)”**