



**OttawaHeartSupportGroup**  
Health Education Activity Research Target

## ”The Pulse December 2017”

### Activities

**Wednesday, December 6, 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, December 11, 2017: The Annual OHSG Christmas Party** will be the last function for this year. The Christmas party will be held at UOHI, the second floor in the Foustanelas Auditorium, 40 Ruskin Street, Ottawa, from 7:15 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.

**Starting the New-Year January 2018 with** Dr Thierry Mesana is the President and Chief Executive Officer of the University of Ottawa Heart Institute and Professor of Cardiac Surgery at the University of Ottawa. **The Title is: "Future of Cardiovascular Care."**

**Followed in February (Tuesday Family Day)** with Dr Thais Coutinho MD. Chief, Division of Prevention and Rehabilitation, Chair Canadian Women’s Heart Health Centre University of Ottawa Heart Institute, Assistant Professor of Medicine, University of Ottawa. **Title: "The Canadian Women's Heart Health Centre: Changing the Landscape for Women With or at Risk for Cardiovascular Diseases"**.

### General Information

**The OHSG Annual General Meeting (AGM)** is over for 2017 with our constitution being updated to include having our executive committee in place for three years terms, which commences January 2018, and the deletion of the Second vice president position. Our treasurer Mary Cameron tabled the OHSG annual financial report. The financial report was approved by members attending.

Michael Issa the OHSG electoral officer took the floor for the election of the Executive Committee that will take office on January 1, 2018. The existing Executive Committee was

approved by acclamation and approved by our members attending the meeting. Well done Michael and thank you. **Members of the Executive Committee** are William Holland, Michael Pinfeld, and Mary Cameron; with Committee Members Robert & Ann Mahlitz, Monique Rochon and Elva Holland.

**Something to remember:** To ensure database security the OHSG will not open the email if Facebook is indicated; the email will not be opened and deleted immediately. Members wishing to contact William Holland use [wholland225@bell.net](mailto:wholland225@bell.net). Email address william.holland280@gmail.com is only used for sending information to the OHSG membership; if mail is received it might not be found until an email is sent to the OHSG membership.

### **Winter Weather**

**For your safety** - In bad weather conditions and you are not sure of road conditions, be safe and stay home. We request you call and let us know you will not be attending the meeting.



### **REMEMBER**

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

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

**“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

