



OttawaHeartSupportGroup
Health Education Activity Research Target

"The Pulse January 2018"

Activities

Wednesday, January 3, 2018: 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.

Starting the New Year 2018

Monday, January 15, 2018: The guest speaker is Dr Thierry Mesana, the President and Chief Executive Officer of the University of Ottawa Heart Institute and Professor of Cardiac Surgery at the University of Ottawa. The Topic is "**Future of Cardiovascular Care.**" A native of France, Dr Mesana is recognized as one of the leading heart valve surgeons in the world. He received his medical degree at the Université de la Méditerranée, Marseille, France, where he trained in thoracic and cardiovascular surgery. He received his PhD in biophysics and biomechanics at the same university after extensive experimental work on artificial hearts and ventricular assist devices.

Followed in February 20, 2018 (Tuesday Family Day) by 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

It is important to read our information on the progress of the UOHI Construction program as it gets near the new wing being opened. The opening ceremonies are set for April 2, 2018. During the next three months, the work will be more apparent around the entrance where access from the ground floor to the second floor will be both elevators and an escalator. From the 2nd floor up will use the elevators system. Patience will be required for both parking cars to moving into and around the UOHI building. You will be kept informed about access to get to the Foustanelas Auditorium as we receive information bulletins from the Heart Institute. Once again take your time and stay safe. When the new construction has been completed the older floor will be refurbished. Some of our members can remember when the Foustanelas was outside. The Foustanelas is now completed with a new projection and sound system that has been working since September. The Rehabilitation Centre will not be involved in any construction changes.

Membership Time: Our Treasurer will be available at the meetings for 2018 membership dues; lately some Patient Alumni members have been joining the OHSG we hope this will continue. We are all Patient Alumni (PA) members and many of us paid the PA previous dues. Now the PA members do not pay membership fees. We support much of the costs for holding our meetings with professional presentations. We do not indicate any cost for those attending for three months then we expect if they continue to attend they will help out with the small cost to help the program keep going. The membership is \$10.00 per year for a single and \$15.00 for a family, not bad for 10 professional presentations, a picnic in the summer and a Christmas party in December.

The Trailing Edge Computer Store is now hosting the OHSG Website. This helps us greatly and they are giving advantages to our member when we encounter computer problems or are intending to purchase computer products. More information on what they can do for us and an easy way to get to their location.



Winter Weather

For your safety - In bad weather conditions and you are not sure of road conditions, being 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, or <http://giftoflife>**

William A Holland

President,
Ottawa Heart Support Group

