



OttawaHeartSupportGroup
Health Education Activity Research Target

"The Pulse June 2018"

Activities

Wednesday, June 6, 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.

Tuesday, June 18, 2018: Our Guest Speaker is: Erik Suuronen, PhD, a Scientist in the Division of Cardiac Surgery and Director of its Biomaterials and Regeneration Program at the University of Ottawa Heart Institute. He is also Associate Professor in the Department of Surgery, with a Cross-Appointment in the Department of Cellular and Molecular Medicine, at the University of Ottawa. The title for his presentation is "What can we do to repair a damaged heart?" Dr Suuronen received his Bachelor's degree in Biology in 1996 and his PhD in Cellular and Molecular Medicine in 2004, both from the University of Ottawa, followed by a post-doctorate at the University of Ottawa Heart Institute. Dr Suuronen's doctoral research involved the use of tissue engineering methods to develop a model of the cornea, complete with nerves and surrounding sclera tissue containing blood vessels. His experience is being applied to cardiovascular research at the Heart Institute, where he is focusing on biomaterial therapy for cardiac regeneration.

General Information

Out weather situation through the past two months is now over and it is time to think about the OHSG annual summer picnic that replaces our July monthly speaker. Monday, July 16, 2018, the OHSG annual summer picnic will be held at Britannia Park Trolley Station 2805 Carling Ave., directions to find the Picnic location are: at 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 is reserved between 4:00p.m. To 7:00 p.m. Food will be served from 5:00 p.m. to 6:30 p.m. The OHSG will supply the cold cuts, some salad and condiments a well as all plates, cups, and utensils. Everyone is asked to bring a salad or dessert (pot luck) 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 EMAIL at marycameron613@gmail.com.

Executive members are asked to come at 3:00 P.M. To clean and set up the site.

Feedback on the small health information articles sent out to our membership was well received, especially the one Chris Wuycik passed to us on drinking hot water. If members find interesting articles dealing with health care and can be validated at the **HI** please send them to us.

The UOHI is very busy with activities for all former patients who are now Patient Alumni (PA) members. All OHSG members are also PA members. The PA Annual General Meeting (AGM) will be held June 5, 2018 in the Foustanelas Auditorium. The format was changed last year which was very successful for all by having an improved meeting format, on the clock, and a set up in the Foustanelas made with a number of small tables with a very talkative group of members and invited UOHI professionals. The food and wine was second to none. The cost for this great event was “0” dollars. At the end of the evening there was not a disappointed member or guest that left last year’s AGM. So this year mark your calendars and come out for good fun time with friends and an evening of comradery, food and drink.

Working with the Trailing Edge with our website I did look around their establishment and keep seeing the equipment on the shelves. I could only hold off so long so I purchased a new computer, quite an experience working without a mouse. The TTE did make sure I could get started before I departed. A couple of lessons with George Power helped and I am now finding my way on my one. I will start up again with more lessons when George gets home from the Maritimes.

Well worth the experience and I have something else to work with in the same room as Elva. I am not restricted to one place any more.

The OHSG Website

The Ottawa Heart Support Group Website "ottawaheartsupportgroup.com" is powered by the tte Computer Store, The Trailing Edge (TTE). We have been very lucky to have our association with the TTE. They have provided gifts for our draws during our special occasions and provide computer maintenance and advice on problems that we may encounter. Now the weather is starting to change it does not take long to get to the store location using the 417 and Richmond Road selecting a time after 9:00 a.m. and going home prior to 3.15 p.m.



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
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