



OttawaHeartSupportGroup
Health Education Activity Research Target

"The Pulse July 2018"

Activities

Wednesday, July 4, 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.

Monday July 16, 2018: 4:00 p.m. to 7:00 p.m. The OHSG Members 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 Ottawa River to the Trolley Station. The Trolley Station is reserved between 4:00 p.m. to 7:00 p.m. Food will be served between 5:00p.m. and 6:30 p.m. The OHSG will supply the cold cuts some salad and condiments as well as all plates, cups, and utensils. Everyone is asked to bring a salad or dessert (potluck) to share with everyone as well as their own non-alcoholic beverages. If more information is required please contact Mary Cameron at 613-835-2347 or email at < marycameron@gmail.com >. Executive members are asked to come at 3:00 p.m. To clean and set up the site.

General Information

Keep current with activities at the UOHI by subscribing to the BEAT, there is no charge to receive the important information, go to the UOHI website "www.ottawaheart.ca/beat." On the top right side of the screen put in your name and website and you will start receiving the news articles. You can go back to articles of interest previously sent. You will see many of our presenters and the projects they are involved with. Also on the same Beat there is a calendar with interesting educational programs you can take part in for instance Atrial Fibrillation Classes, Gentle Yoga (Beginners) and hand-held weights & Dynaband. They also have CPR training for Patients and their families.

Important information for security reasons: an email received through Facebook was received by W Holland the email was by a person and 57 other friends. The sender was called on the phone and we were informed the email did not come from her. The email was not opened and deleted immediately. All email received through Facebook are not opened and discarded immediately.

The OHSG Executive Committee is reviewing the signing in of those attending the meeting held in the Foustanelas auditorium, knowing the numbers of those attending the functions will give us the ability to negotiate for more space when needed. We are looking at ways to meet our requirements and make it easier for those attending the meetings to get settled in for the presentation. Engaging the medical professionals when it is known they will have a good

audience at our meetings definitely makes our work easier. The Patient Alumni who advertise and translate our Poster information need to know if the event is being attended and worth the expense.

The Prevention and Wellness Division have updated the old patient guide and is available on line and can be downloaded from the Heart Institute site, www.ottawaheart.ca/beat input "Coronary Artery Disease Patient Guide." The book has valuable information for the patients and their families from managing their medications to cleaning work at the home. There is a section on participating in the Cardiac Rehabilitation Program. Look through the book I am sure you will find lots to talk about. (Information Received from George Power.)

The next presentation is August 20, 2018 The Guest speaker will be **Dr Heather Tulloch** and her topic is "**Heart Disease in Men and what they can do to cope with depression, stress, and trauma that follow a cardiac event.**" The ladies had their turn now it is time for the boys. Dr Tulloch is a very good speaker and the topic is interesting, there is always something to learn. I am sure some of us have experienced some of the above.

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