



OttawaHeartSupportGroup
Health Education Activity Research Target

"The Pulse March 2020"

Activities

Wednesday, March 4, 2020: the OHSG Executive Committee meeting will be held at the Holland's house 6029 Voyageur Drive, Orleans ON K1C 2P5. 10:00 a.m. to 12:00 p.m.

Tuesday, March 16, 2020: Guest Speaker: Pam Bush, RN, BScN, MA (L)
Topic: An Overview of MyChart - Our new Patient Portal

Pam Bush is a Clinical Director Informatics at the University of Ottawa Heart Institute. Most recently, Pam led the MyOttawaHeart advisory committee, implemented PICIS in our procedure rooms, and have been one of the EPIC site leads.

A strategically focused, passionate health care professional with a commitment to excellence. A highly motivated leader, who develops strong, effective organizational leaders. A perioperative administrative expert, a leader in nursing informatics and technology, with a proven record in coaching multidisciplinary teams to implement change, in pursuit of quality improvement and efficiency within their healthcare organizations in the province of Ontario.

The OHSG is following up in April with **Kathleen Turner** a Registered Dietitian in the Division of Cardiac Prevention and Rehabilitation at the University of Ottawa Heart Institute. Turner graduated from the University of Guelph with a Bachelor of Applied Human Nutrition in 2002. She completed her internship at Providence Health Care in 2003. As a dietitian she has worked in a variety of fields including cardiac surgery, hypertension, weight management and diabetes. Through her work in family practice, diabetes and cardiac rehabilitation she has played an integral role in developing new programs and education materials. She is currently working with clients who are living with heart disease. She continues to work with clients on an individual and group basis to achieve their nutrition goals. Kathleen is passionate about healthy eating and making small changes to achieve big results.

It is time for Thought About Canada's Food Guide that received its first update in more than a decade earlier this year. Gone are the food groups and portion sizes. The new message for Canadians is clear: eat more plant-based proteins, and less meat and dairy.

The Canada Food Guide Kathleen Turner, will give us a first class look at the new eating habits starting now to get us on track for a healthy eating.

Finishing up with our spring program in May is **Dr. Marc Ruel**, Chief of the University of Ottawa Heart Institute Surgery Division with a presentation that remembers our founders of the Heart Institute, the Chief Surgeon Dr. Wilbert Keon, who saw his vision come to life: an integrated, full-spectrum and world-renowned heart health centre, and Dr. Donald Beanlands the first head of head of Cardiology at the Heart Institute.at the UOHI.

February 2020 to date has been one hell of a month, with extremely bad weather from the first day of the month. The OHSG meeting on February 18 had to be cancelled. A system for informing members will be set up for these situations should they come up in the future.

Next time you go to the heart Institute, you will see quite a change, as the building construction is just about complete. What a fantastic job, the Heart Institute looks top line, something to be proud of.

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



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>



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For More Information Contact

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