



**OttawaHeartSupportGroup**  
Health Education Activity Research Target

”The Pulse”

**December 2016**

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### **Activities**

**Wednesday, December 7, 2016:** 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.

**The Annual OHSG Christmas Party** will be the last function for this year. The Christmas party will be held at UOHI, 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.

### **General Information**

**The “ottawaheartsupportgroup.com” website** is now up and running, although there is a few small items yet to be resolved the site is on line with current information. The Events and Pulse sections are kept current each month.

Over the last few years the site was maintained by Neil Seveny who kept the information current each month and took care of any problems. When we lost our site earlier in the year Neil rebuilt the site that is being used today. Shortly the site format will be passed to The Trailing Edge Computer Store which will take over operations of the OHSG website.

**The OHSG November Monthly Meeting** was held at the time of the first snow fall for the Ottawa area. The time to get to the Heart institute depended on the area you lived in. From Orleans it was very timely but from Kempville it was made difficult with lots of snow and strong winds. The meeting started on time with 65 attending the presentation by Dr Maharajh who is the currently Chief, Division of Cardiovascular Surgery at CHEO. The topic was “From

Despair to Hope – The evolution of congenital cardiac surgery thru the advent of the arterial switch operation.” We now know what congenital patients are up against and having to survive living with strict discipline their total lives. The presentation also showed the time it takes for the research, time and money required to reach success for a identified problem in the cardiology fields.

Our Presentations are completed for 2016 and by the numbers of members that attended this past period has by far been the best with over an average of 110 members attending each meeting. We are planning the program for 2017 and we are looking at some exceptional presenters. We hope to maintain our number of those attending.

### **Winter Weather**

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

