



”The Pulse February 2017”

Activities

Wednesday, February 1, 2017: the OHSG Executive Committee meeting will be held at the Holland’s house 6029 Voyageur Drive, Orleans ON K1C 2P5. From 1:00 pm. to 3:00 p.m.

Tuesday, February 21, 2017: The Guest Speaker is Esther Doucette, MSW, and the topic is "A Closer Look at Stress: It Impacts Us All." Esther is currently working at the University of Ottawa Heart Institute and previously worked at the Ottawa Hospital Cancer Centre. She received her Masters of Social Work degree from the University of Calgary, and her undergraduate degree from Ryerson University in Toronto. She is also a yoga instructor and a trained mindfulness practitioner. Esther recognizes the significant impact of stress both on the patient and family members after a heart event. During her presentation she will discuss the impact of chronic stress on our physical and emotional well-being. She will also explore strategies to help alleviate some of these symptoms and find new ways of coping. Esther previously worked at the Ottawa Hospital Cancer Centre. Currently she works primarily with patients and their families in the Cardiac Rehabilitation program to ease the transition back into “normal life” after a cardiac event.

General Information

Bonnie Quinlan, RN, MScN the Advanced Practice Nurse, Cardiology, University of Ottawa Heart Institute has sent us a flyer for **Ottawa Heart Institute Patient Education Classes** that are offered weekly on Atrial Fibrillation every Monday 9:00 am to 10:00 am. Held in the Central Foustanelas There is no registration required and all welcome!

Patients are also welcome to attend class held daily on Coronary Artery Disease- 10-11 AM. All are held in the H5 class room except on Wednesdays when it is held in the CCU Conference Room on the first floor. The Flyers about the classes were sent separately to members by email.

The January monthly meeting was very interesting on “Engaging Patients for Research.” The presentation started off with handing us a sheet of paper with three questions as follows: Question 1, what problems has your heart condition caused in your life?

Question 2, what challenges have your heart condition caused for other people in your life? And Question 3, what information about yourself do you keep track of to help you manage your heart condition?

After the presentation when you were home it made you think of the impact that heart conditions have on your daily life. If you were at the meeting, and did not pass in your completed sheet you can send your answers to Robert Reid PhD at breid@ottawaheart.ca if any of our membership would like to take the challenge please answer the questions and send them to Robert Reid PhD.

February is Heart Month in Ottawa, as we no longer carry out Heart Institute telethons the Heart Institute foundation will be doing small events through the month with businesses and organizations around Ottawa and the Region. The OHSG will provide some support by distributing fliers to members to assist by passing the information to neighbours and friends. The first event will be Music for the Heart at The Ottawa Symphony Orchestra performs at the NAC Monday, February 6, 2017. Starting at 5:45pm, you can expect a performance by Tenor vocalist and world renowned cardiac surgeon, Dr. Fraser Rubens. Pass the word to your friends and neighbours.

The membership chairman will be collecting 2017 membership fees; at the next meeting. The membership rates are single person is \$10.00 and families \$15.00. The OHSG provides 10 meetings each year with presentations by guest medical professionals, a summer picnic and a Christmas party in December. The membership fees are needed to enable the Executive Committee to function.

The Ottawa Heart Support Group Website “ottawaheartsupportgroup.com” is powered through the tte Computer Store.



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

