



OttawaHeartSupportGroup
Health Education Activity Research Target

"The Pulse August, 2017"

Activities

Wednesday, August 2, 2017: 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 Foustanelas Auditorium is closed for August. For August 21, 2017, we have requested and have reserved the Rehabilitation Center area on the second floor of the UOHI. An evening program is put together that will be both educational and entertaining to help us be ready for the start of the fall season in September.

Monday, August 21, 2017: Guest Speaker is Helena (Leny) Van Ryn, Physiotherapist, at the University of Ottawa Heart Institute. The topic is "Using Wearable Technology to monitor your Health."

Leny has 26 years of experience working as a physiotherapist at the Heart Institute. She earned her Bachelor's degree in Science (Physiotherapy) from Queen's University where she was Captain of the rowing team. A Certified Clinical Exercise Physiologist through the American College of Sports Medicine, her diverse interests include exercise motivation and education, yoga and meditation as a means to effect life-changing behaviors. **Bring your high tech watches and items that you use to monitor your health.**

The Annual OHSG Picnic was a success although with the weather we had approximately 55 members attend the event. Thanks to Mary Cameron and her group, Roy Cameron, Michael Pinfold and Carol Broadhurst, Kevin and Barbra Rooney, Robert and Anne Mahlitz, and Monique Rochon had the area and the tables cleaned set up. The food and desert table looked attractive with all the various types of food with various fresh salads, cold cuts and Wow! The red potato salad was exceptional. Mary Cameron's group also set up the Foustanelas Auditorium for all our monthly meetings, we are very lucky to have them with us in the OHSG. The 50/50 was successful and four certificates for computer maintenance at The Trailing Edge (\$70.00) were raffled off with other gifts.

Words from the past: Buu-Khanh MD, CM, MPH, FRCSC said "If you have Atrial Fibrillation there is no cure, but it can be controlled."

Bonnie Quinlan, RN, MScN the Advanced Practice Nurse, Cardiology, University of Ottawa Heart Institute has informed us that Ottawa Heart Institute Patient Education Classes on Atrial Fibrillation are scheduled for every Monday, from 9:00 am to 10:00 am. Check the electronic notice board when entering the Heart Institute lobby for the location as the Foustanelas Auditorium is being refurbished.

Looking in the Foustanelas Auditorium yesterday, all communication and projection systems were all stripped out. The control room was empty and all the screens were removed. All the existing equipment will be replaced with a new system; everything should be set to work and tested prior to our September 18, 2017, meeting.

Ottawa Heart Support Group, "Thank You," Elva and I would like to thank the Ottawa Heart Support Group Executive Committee and the membership for all their support over the last 13 years, along with investing in research at the University of Ottawa Heart Institution we are sure added value to being awarded the honor of having our names being added to the Patient Evaluation and Consultation room name last month. Once again thank you very much.

William & Elva Holland

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