"The Pulse August 2018"

Activities

Wednesday, August 1, 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 August 20, 2018: 7:30 to 9:30 p.m. **Guest Speaker: Heather Tulloch, PhD Topic: "Heart disease in men and how to cope with the trauma that follows a cardiac event."** Heather Tulloch is a Clinical, Health, and Rehabilitation Psychologist at the University of Ottawa Heart Institute and Assistant Professor with the Department of Medicine, in the Faculty of Medicine at the University of Ottawa. Heather received her bachelor's degree in psychology in 1995 from the University of Manitoba in Winnipeg, which she followed with an MSc in Clinical Psychology from North Dakota State University in Fargo in 2000, and a PhD in Clinical Psychology from the University of Ottawa in 2007.

With the annual summer picnic over we are now starting the last half of 2018. The OHSG picnic organized by Mary & Roy Cameron and assisted by the OHSG Executive committee and Keven and Barbara Rooney, Bob Mahlitz took a picture of everyone after the event, this was the first ever picture of all attending one of our outdoor events which will be put on the heart support group website . As Michael Pinfold would say "BZ" for all those who made of our annual summer picnic a success. Although the Ottawa weather was in a heat wave state prior to and during the party, thirty five members showed up for the picnic event. Being covered over at the terminal and a small wind made it just liveable for everyone. Although warmer than normal it was an exceptional afternoon and everyone mixed well telling stories and enjoying the food dishes provided by the OHSG and those attending. **The Trailing Edge**, who sponsors the "ottawaheartsupportgroup.com" website, provided four ($70.00) computer maintenance certificates for the Trailing Edge Computer store, and an external hard drive ($119.00) as the grand prize won by Gord Donaldson. The maintenance certificates are very useful and come in handy for tune ups or getting out of trouble when you are in a tight spot with our computer. I know from experience (Bill H.) Give a big thanks to Paul Middlveen and staff at the **tte.ca** for all his help with this event and our website.

Our OHSG needs three volunteers to join our existing callers, One of the reasons we have been successful is our OHSG Callers reminding members for the

meetings and keeping members informed of important information received with short notice for our group, if interested please pass your names to Mary Cameron our treasurer at 613-835-2347 or email "**marycameron613@gmail.com.** Callers call members three or four days prior to meetings and pass back any information from members back to the Executive Committee

September 17, 2018: Our first meeting of the Autumn Season, will start with Luc Beauchesne, MD, FRCPC, FACC and his topic is "Congenital Heart Problems on the right side of the Heart."

Dr Luc Beauchesne is a member of the Division of Cardiology and is Director of Adult Congenital Heart Disease Clinic University of Ottawa Heart Institute, and the Fellowship Director at the Echocardiograph Laboratory.

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. In all weather conditions 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.

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"One" organ donor can save up to "Eight" lives
Check out beadonor.ca, or http://giftoflife

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William A Holland
     President,
Ottawa Heart Support Group

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For More Information Contact
Mary Cameron 613-835-2347 or   Bill Holland 824-9563

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