



“The Pulse July 2019”

Activities

Wednesday, July 3, 2019: The OHSG Executive Committee meeting will be held at the Hollands house 2019 Voyageur Dr Orleans ON from 10:00 am. to 12:00 pm.

Last Meeting: The June presentation we were honoured with Dr Higginson who has raised the bar for future presenters at our heart support group meetings. I talked too many last evening and they all said they liked when you walked across the stage with your little heart in hand and did not stand behind the podium. You spoke to both sides of the Foustanelas Auditorium and when answering a question, you repeated the question for all of us and then gave your answer. We have had 150 presentations to date and the word last evening was you are in the top group of speakers.

Monday July 15, 2019: The OHSG Annual Summer Members PICNIC: Monday, July 15, 2019, the OHSG annual summer picnic will be held at Britannia Park Trolley Station 2805 Carling Ave., directions to find the picnic location is: at the intersection of Pinecrest and Carling take the direction north towards the Ottawa River and follow the road to the Trolley Station. The Trolley Station is reserved between 4:00 p.m. to 7:00 p.m. Food will be served from 5:00 p.m. to 6:30 p.m. The OHSG will supply the cold cuts, some salad and condiments as well as all plates, cups, and utensils. Everyone is asked to bring a salad or dessert (pot luck) to share with everyone as well as their own non-alcoholic beverages.

During the last few months, we have been restricted with our monthly meeting room size and communications in the HI when trying to set up guest speakers for our meeting presentations and dealing with the various HI staff to get the facilities ready for our members. Our OHSG set up crew with Roy Cameron and Kevin Rooney has been working very hard at our meetings finding chairs and returning them after the meetings and resolving small unexpected problems that occur along with our 50/50/ ticket sales. As a result of the delays the August 19th, 2019 Guest Speaker has not been firmed up yet but should be in place in the next two weeks with the information when known sent to our membership and the Patient Alumni.

If more picnic information is required please contact Mary Cameron at 613-835-2347 or email at marycameron613@gmail.com. Executive members are asked to come at 3.00P.M. To clean and set up the site.

Sept 16, 2019: The OHSG will start the second half of 2019 with Dr Andrew Crean, His topic is about Stress, Takotsubo Cardiomyopathy: Not Rare, Not Benign, Not Recognized. Dr Andrew Crean is appointed as a Professor of Medicine within the Division of Cardiology and acts as the co-director of the cardiac MRI service at the University of Ottawa Heart Institute. He is a Clinician-Investigator with a focus in uncommon cardiac situations. He will be working with a group of surgeons.

Important: There are some patients at the UOHI that have not had their names placed on the Ottawaheart.ca list. This is done on the second floor at the Patient Clinic. The patient has to take his green hospital card to the sign in desks at the Patient Clinic and get a number. Then follow through and get on the Patient Alumni Data Base and then start receiving important medical information.

The OHSG was started in 2004 when very little was taking place with patient education. When a new President of the Patient Alumni took over and UOHI CEO Dr Massena made the decision that all patients at the UOHI are Patient Alumni members. This works for both patient groups. When small problems arise, they are taken care to make the system run smoothly for the patients.

Important:

Do not put money in the parking meters on Ruskin Street after 7:00 PM.

"One" organ donor can save up to "Eight" lives

Check out beador.ca, or <http://giftoflife>

William A Holland

President,

Ottawa Heart Support Group