

# POHA Bulletin

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## President's Report



Rolf Gullmes

I hope that you are safe and well. What a challenging year 2020 has been for us. Being unable to visit family and friends has been stressful.

Hospital visits by our volunteers ceased in March. We are unable to help patients on their journey through open-heart surgery.

Thanks to Adrienne White—an RCH visitor—for making a video describing her experience of open-heart surgery. Patients view it on tablets that POHA supplied to two surgical hospitals.

Please visit our website to view the video: [www.pacificopenheart.org](http://www.pacificopenheart.org)

The three surgical hospitals are trying to keep POHA front and centre. If you know of anyone having open-heart surgery, please forward our name to them, should they require advice.

Like most non-profit societies, POHA struggled in 2020. Our membership declined ten percent. Renewal of your membership in 2021 will be greatly appreciated.

We are thinking about alternative, cost-effective, ways to communicate with our members. Facebook, Twitter, and Zoom, are under consideration.

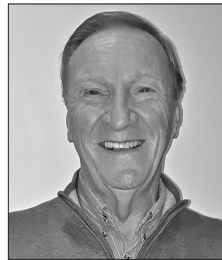
I hope that, this year, we can all get back to normal.

Rolf Gullmes, *President*

## 2020 Don Topp Award



Don Topp Trophy



Rick Cozzuol

The recipient of the 2020 award is Rick Cozzuol. It is given in recognition of going above and beyond in one's duties as a volunteer. Rick had a triple bypass in 2005 and became a volunteer visitor at RCH in 2008. He joined the Board in 2009 as a director at large and joined the golf committee. While on the Board, he served in various capacities and was elected vice president in 2015. In 2016, Rick was elected President and served in that role until April 2019.

## POHA supporters

Thank you for making Donations or *In Memoriam* gifts to the Pacific Open Heart Association in 2020.

Max Baer; Reg Belliveau; Peter Bogardus; James Brown; Cliff Byrd; Patrick Clark; David Clarke; Matt Foley; John Galbraith; Betty Goodwin; Gershon Growe; James Kerr; Roger Kocheff; Jaide Kuraishi; Ross McDonald; Robert McFadden; Peter McLoughlin; Dick Mackenzie; Neil Murray; Richard Nelson; Ian Perry; Greta Richter; Anthony Soda; Gordon Sutherland.

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## Technology versus Human Contact

These are trying times. For the health and safety of patients and volunteers, POHA members cannot visit heart patients in person.

Until Covid-19, our daily discussions with patients covered several topics; reduction of pre-surgical anxiety; the healing process; and adjustment to home life.

All our volunteers survived open-heart surgery and can share their personal experiences. Reassuring patients that they are in competent hands is very beneficial.

Since we cannot visit, POHA has donated two Amazon tablets to St. Paul's Hospital cardiac ward for educational purposes. They are similar to those in use at Royal Columbian Hospital. With the help of RCH educational nurse Kate Martin, they have been preloaded with informative cardiac videos and a POHA volunteer's personal story of recovery.

I hope that POHA will be able to resume in-person visits soon. Today, technology allowing patients to learn with the donated tablets serves them well. However, I believe human contact is preferable.

Richard Lemire, *St. Paul's visitor*

