

POHA Update

APRIL 2020

The COVID-19 epidemic has had a profound impact on the activities of the Pacific Open Heart Association. Visits to surgical and feeder hospitals have been discontinued, as have visits to pre-admission clinics at the Royal Columbian Hospital.

POHA is making adjustments to these unprecedented circumstances.

A video visit!

Adrienne White has collaborated with Royal Columbian Hospital and Velvet Pumpkin Productions to create a pre- and post-surgery “video visit.” Open-heart patients at the surgical hospitals are able to view the 27-minute presentation. Adrienne covers three subjects in the video: frequently-asked questions; the healing process; tips for going home.

Adrienne had quadruple bypass surgery in 2018 and authored the lead article in the July 2019 newsletter.

These “virtual visits” will maintain the Pacific Open Heart Association’s presence in the lower mainland.

Here is a link to the video on the POHA website:

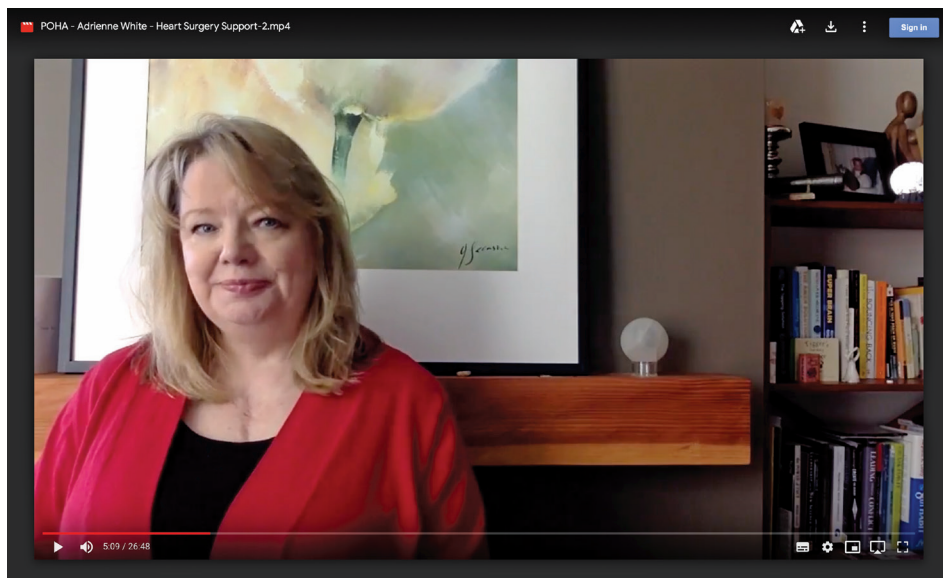
www.pacificopenheart.org/cardiac-health-videos/

Annual general meeting

The April 4th, 2020 POHA annual general meeting was cancelled. When a new date is determined, it will be announced on the POHA website.



**PACIFIC
OPEN HEART
ASSOCIATION**



Adrienne White, Work & Wellness Coach, Professional Speaker & Instructor

POHA golf tournament

The 2020 POHA golf tournament, scheduled for June, has been cancelled. The event is a major fundraiser and there will be budgetary ramifications.

July newsletter

The suspension of hospital visits and cancellation of events will, inevitably, reduce content for the July 2020 POHA newsletter. Therefore, it will not be published. This will result in savings in printing and distribution costs. Patients will continue to receive the January 2020 newsletter. A limited reprint may be necessary to sustain supply until the January 2021 newsletter is published.

POHA pillows

Nurses at St. Paul’s Hospital and Vancouver General Hospital will distribute POHA pillows until supplies run out. There will be no resupply of pillows until restrictions are eased.

Membership

Most of you who are receiving this Update will have paid for your 2020 POHA membership.

If you have not, please follow the suggestions below.

A one-year membership costs ten dollars.

Please mail a cheque to:
P.O. Box 45001,
Ocean Park P.O.,
Surrey, BC
V4A 9L1

Or visit our website:
www.pacificopenheart.org
to pay online.