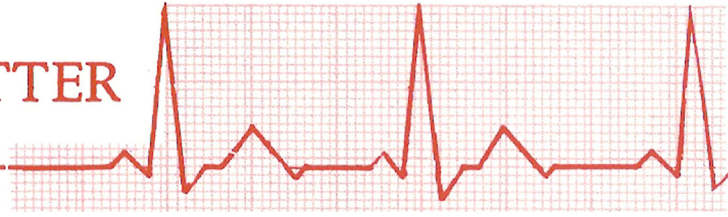




Pacific HeartBeat

NEWSLETTER



January 2011

President's Report

By Michael Martin

My term as president of the POHA will come to an end at the time of our Annual General Meeting on February 12. I fully expect that the current vice-president, Alfred Buchi, will then be elected by the Board of Directors into the president's position.

Time and time again during the past year I have been reminded that there are many people and organizations to which we should express our thanks. Without the involvement of them all it would never be possible for the POHA to accomplish all of our good works.

Therefore, on behalf of our organization I want to thank the following: All the POHA members who through your annual membership fees provide the basic budget for us to operate; The Board of Directors who attend monthly meetings and manage the business of the organization; The Hospital Team Leaders and all the visitors who not only volunteer their time but also pay travel expenses out of their own pockets; The Golf Tournament Director and assistants who make it possible for an annual golf tournament to take place; The many tournament prize donors and hole sponsors; The Heart and Stroke Foundation who pay for supplies used to make the heart pillows that are given out to patients; The Telus Pioneer teams who sew the heart pillows; The Gaming Policy and Enforcement Branch of the B.C. Government which has donated funds to the POHA and made it possible for us to supply the hospitals with books and DVDs that are given out to patients; The Founders Cup Foundation which has donated money raised at their annual golf tournament held in Maple Ridge. These funds have made it possible for POHA to provide a variety of items to many hospitals and improve care or comfort for cardiac patients; A multitude of dedicated staff at the surgery hospitals and at every other hospital throughout B.C. where we have all been given excellent care.

In preparing this list I am taking the risk of leaving some out. I apologize in advance if I have forgotten any benefactors.

Best wishes to you all in 2011.

2,600 Clicks and Counting for 'Open-Heart' Pair

We thank the Now Newspaper for permission to use this article, written by Marisa Babic, and which appeared in the South Surrey, White Rock Source, June 22, 2010.

A chance meeting in a hospital ward has led to a tight bond between two Ocean Park men that can only transpire through a shared medical triumph.



Photo Courtesy of Sharon Doucette/Surrey Now

George Zukerman and Roger Phillips, both Ocean Park residents, met five years ago at Royal Columbian Hospital in New Westminster after they had undergone open-heart surgery.

Phillips, 67, was recovering with a repaired valve on his ticker and Zukerman, 83, was healing after a quadruple bypass.

They met a few days after their surgeries during a post-op physiotherapy class at RCH, where therapists stressed the importance of walking to a speedy recovery.

"He was listening to Dvorak and I was listening to Mozart," notes Zukerman. Everyone was asked to introduce themselves and the name "George Zukerman" instantly rang a bell for Phillips.

"Are you the famous musician?" Phillips asked at the time. And I think I called him an oboist." "Bassoon!" bellowed Zukerman, as best he could under the circumstances.

"I had enough energy left to fight my perennial battle," he says, listening to the story Phillips was recounting near a walking trail in Elgin Park.

"So then, with our interest in music, we ended up trading some CDs and found that we were virtually neighbours. After we were home, we agreed to meet up and walk three times a week," Phillips says.

Working up to their cardio-rehab walking routine was a painfully slow process. Just getting to the end of his driveway used to leave Phillips breathless, Gradually, though he was able to make it to the road and back and, over the passing days and weeks, both men grew increasingly stronger. "If you've got someone to walk with, it makes it a hell of a lot easier," Zukerman says.

Now, five years later, they figure they've walked about 2,600 kilometres – roughly the distance between White Rock and Saskatoon. They expect to reach the 3,000-kilometer milestone sometime next week during one of their thrice-weekly walks.

They walk Mondays, Wednesdays and Fridays, and their routes include the scenic paths along the beach, Sunnyside Acres and Crescent Park. They don't bother with pedometers; they prefer the tranquility of leisurely strolls.

Zukerman notes it was Phillips who made the mileage calculations. By his estimations, they have walked 650 times and, at an average of four kilometres per walk, that adds up to 2,600 kilometres – an impressive feat by any measure.

In gratitude to their medical teams, and the "incredible haute couture sewing" by the surgeons on their tickers (to use Zukerman's stylishly stitched phrase), the walking buddies volunteer at Royal Columbian Hospital with Pacific Open Heart Association, a fitting way to satisfy their desire to help others who are about to undergo open-heart surgery.

As former "open-hearters", volunteers share their own story and support new patients – pre-op and post-op – who are often bewildered and frightened by the prospect of heart surgery. "We can answer questions about recovery and perhaps family members' worries in a non-medical sense," says Phillips, a retired school counsellor. "It shows people that your recovery is very much in your own hands, use what you've got and think positively," adds Zukerman.

What next for Phillips and Zukerman once they reach the big milestone?

"We figure that once we hit 3,000 kilometres and Saskatoon, we may as well set sight for PEI and lobster," quips Zukerman.

POHA SUPPORTERS

By John Sutherland

A "heartfelt" thank you to the following that received income tax receipts for making Donations or In Memoriam Gifts to the POHA from Dec.1/09 to Nov.30/10:

Roger Adams	Andrew Law
Brent Anderton	Savo Lazarian
Alan Bakken	Henri & Bernardine Lefebvre
Cecil Bartlett	Stuart Leslie
Rosalio G. Borsoi	David Macfarlane
Alfred Buchi	Dick Mackenzie

Camilla Butschler
Freddy, Harvey & Mildred
Cardinal
Robert Carlson
Marlies Caswell
Ruth Chambers
Elizabeth Clarke
Richard Clarke
Connolly Foundation
Elaine Cook
Joan Crofts
Burton Davies
Michael De Lazzari
Fred & Marie Donatiello
James Dyson
Morris Ettinger
Michelle Dwornyk
Eileen Evans
Richard Fahlman
Erhard Focke
John Forsyth
Albert Reeve

Barrie Geosits
Jack Grant
Rocky Hemstalk
Phyllis Hiltz
Robert & Elizabeth Justason
Michael Keegan
David Keith

Robert Mailer
Melchor Mangahas
Christina E. Mason
Geraldine McIntosh
Archie McKen
Tom & Phyllis Meredith
Katherine Mirhady
Richard Nelson
Teja Pandher
Northwest Realty
Fiona Odam
Helen Orenchuk
Louis Papail
Ray Pelletier
Margaret Redman
Gordon Rice
Robert Romano
Maria Rosa
Veronica Scarpino
Marinus Schryver
Yvonne Scott
The Joseph Segal Family
Foundation
Leslie Shingler
Gisele Smith
Alan Sturgess
TELUS
Patricia & Terry Tochkin
Sophie Uytdehaag

This list is current as of November 30th 2010.

Positions Available

1. Membership Data Administrator

POHA uses a Web-based system for entering and reporting information about our members. This position requires a reasonable degree of experience with data-entry, Microsoft Excel and PDF files.

You would have to enter member data, such as address, dues paid, donations made & other miscellaneous data.

From the database, you would generate, print and mail membership cards and receipts. Periodically, you would generate reports & lists for newsletter mailings and for the annual golf tournament. All work can be done from home.

All expenses incurred for materials used, like paper and ink, would be reimbursed.

2. Board Secretary

A person is needed to record the minutes of Board meetings and to handle correspondence. The individual would have to attend Board meetings (9 per year).

For additional information on these 2 positions, please contact Mike Martin at: 604-535-3195 or martinmw@telus.net

Royal Inland Hospital – Mending Hearts Support Group
By Dick Weller – Chairperson of Mending Hearts



L. to R.: Craig Bidnel (Mending Hearts), Jean Highlands (Co-ordinator RIH), Lauren Kembel (Mgr. Medical Services RIH), Dick Weller (Mending Hearts)

The Mending Hearts Support Group, at Royal Inland Hospital (RIH) in Kamloops, was started in early 2004. At that time we had a membership of about 25, of which 5 visited the hospital every Tuesday and Thursday. Membership has now increased to 35 with 5 visitors, who are Craig Bidnel, Morley Aboussaffy (Secretary Treasurer), Harvey Bentley, Dave Crealock and Dick Weller.

We meet every 3rd. Wednesday of the month, from 3:30 to 4:30 PM, at the United Church, 4th. & St. Paul, in Kamloops.

We always have a guest speaker, from the community or the hospital, who talks for 30 minutes and takes questions for 10 minutes.

Our group is supported by the Heart and Stroke Association of B.C. and Yukon and by Interior Health.

Morley Aboussaffy and I have been members of the POHA since 2004.

We would like to make an appeal to those open-heart patients, living in the Kamloops area, to join our organization. We are always looking for new members and visitors. Please phone Dick Weller at 250-374-8468 for more information.

VOLUNTEER FOR THE HEALTH OF IT

We always need more members to join the ranks of the volunteer visitor.

If you are can spend 1 to 2 hours every couple of weeks to give support to open heart surgery patients, one of the following team leaders would be very happy to tell you more about the opportunities available:

- | | | |
|-------------------|----------------|--------------|
| Vancouver General | Alfred Buchi | 604-581-5508 |
| Royal Columbian | Mike Martin | 604-535-3195 |
| St. Paul's | Vern Halverson | 604-261-2153 |

POHA 27th Annual Golf Tournament June 24th. 2011

By Roger Kocheff Chair POHA Golf Tournament

The date and location for the 2011 POHA golf tournament have been booked:

June 24th.

Poppy Estates.

The format will be the same as last year.

We are working on a new hole-in-one prize but have not yet finalized the details. We hope to include this news in the registration package, which will be in your hands in late April 2011.

Also, there will be a new blind draw, for free entry into the 2012 Tournament. This would be drawn from all "early" registrations for this year's Tournament. There will be more details on this in the registration package.

Please plan to attend. For more tournament information or to learn how to help with phoning, prizes or general help for the tournament contact me at:

604-467-2904 or rkocheff@telus.net

Please send Golf Tournament Information to:

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

E-Mail: _____



Al Vogt, a volunteer with the Chilliwack Heart Support Group, presents a cheque for \$2,000 to Diane Campbell, Manager, Health Services on behalf of the Pacific Open Heart Association golf committee. The donation will be used to purchase a wheelchair for the heart ward at Chilliwack General Hospital and will pay the registration for some nurses to attend advanced cardiac training.

Christmas Poinsettias Delivered to Cardiac Patients



Alfred Buchi, VP of the POHA and Volunteer Team Leader at VGH, presenting a Christmas poinsettia to Mr. Acheson, a VGH cardiac surgery post-op patient. December 24th, 2010



Tom Edwards, POHA Volunteer, presenting a cheque for \$2,000 from the golf fund, to staff at the Abbotsford Regional Hospital Cardiac Care Unit. The funds will be used on the ward to improve patient care and comfort as well as to pay the registration for some nurses to attend advanced cardiac training.

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Editors: Mike Martin and Patrick Hagan

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PO Box 3979 MPO, Vancouver, BC V6B 3Z4
Telephone: 604-436-9005



Cartoon by Ron Cooper, former POHA Member

Annual General Meeting Saturday February 12th, 2011

Place: Unitarian Church
949 West 49th Ave. (Oak & 49th Ave.)
Vancouver, BC
Time: 1:30 PM
Speaker: Dr. Andrew Campbell
VGH Emergency Department
Topic: Emergency Heart Disease

Membership Registration desk will open at 1:00 PM

If you would like to continue to receive copies of this newsletter, please renew your membership or become a member of the POHA. Complete the form below and return it with your \$10 annual fee.

MEMBERSHIP REQUEST

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

E-Mail: _____

I am interested in: being a visitor:

being a volunteer:

Golf: