



Pacific HeartBeat

NEWSLETTER



July 2013

President's Report

By Alfred Buchi

The year was 1973, the place Victoria, when the first Open Heart Society was formed. POHA as we know it, was incorporated on October 3rd, 1988.

A lot has changed since the early days and POHA has had to adapt. We computerized our membership data, added a website and also took out liability insurance.

One thing that did not change was the ongoing need for patient support. New technology has allowed an ever increasing number of patients to benefit from the minimally invasive bypass surgery and valve replacement operations.

Our patient visitation program is still a very valuable and appreciated function of POHA. Over the past 25 years we have expanded the visitations to include the "feeder hospitals", such as Lions Gate, Eagle Ridge, Abbotsford and many more, where patients needing open heart surgery await transfer to surgery hospitals. Being a visitor myself, I see the value of "pre op" visits, sharing personal experiences and answering questions, which hopefully can help reduce the anxiety of patients prior to their operations.

The annual golf tournament is also a long standing POHA tradition. Our golf committee has again worked hard to put on a great tournament. If you missed it this year, please contact us and we will be happy to put you on next year's mailing list. I invite you to join POHA and together we can build on our success of the past 25 years.

Have an enjoyable summer.

POHA Celebrates 25 Years!

By Patricia Tochkin

It is a fact that on September 27th 1988 the Pacific Open Heart Association name was approved. Volunteers have now spent 25 years of supporting heart patients, families, medical facilities, doctors and staff.

It is also a fact there have been 12 Presidents, over 1 Million dollars of private and government funding distributed, 21 years of the successful pillow program, 29 Golf Tournaments, 24 Don Topp Award Recipients, a membership as high as 509 in 2005, thousands of visits, and thousands of open heart surgeries. BUT, one yearly fact remains the same...the cost of a membership is still only \$10.00! We depend on that fee income to pay our operating expenses and therefore enable the POHA to continue to do our good work.

Visiting patients and their families is foremost for the POHA members as the information we provide can vastly alleviate their concerns and apprehensions over the surgical process of open-heart surgery. Our volunteers are the only ones who can present living proof that life can return to normal after open heart surgery. The POHA regularly receives accolades from medical staff at Vancouver General Hospital, St. Paul's Hospital and Royal Columbian Hospital where surgeries are performed and at the hospitals throughout BC where patients wait to be transferred to one of the "surgery" hospitals. They very much appreciate the support we provide to their patients. In addition, we provide items such Ergonomic and Sleeper Chairs, Blanket Warmers, Defibrillators, Training Mannequins, TVs, DVDs, informational software, Books, High-Intensity Lighting, and other essential equipment and materials for the hospitals that we serve.

An interesting question came up at a recent board meeting "Do you think the POHA will still be active in another 25 years?" Well, we all certainly welcome new less invasive surgery methods, which are becoming more prevalent every day. Change is necessary to keep pace with the current practices in everything these days. We are convinced that the POHA will still be in existence, perhaps with a slightly different format. Because, no matter what surgery procedure an individual is going to have – having a visitor can always make that person's day!

Don Topp Trophy

Each year the Don Topp Memorial Trophy is awarded to a person who has contributed in a meaningful way to the well being of POHA and therefore to the members.

Warren Keep was awarded the Don Topp Trophy at this year's AGM in February. Warren is a volunteer visitor at RCH and past president of POHA. He is a long time member of POHA and was instrumental in organizing our 20th anniversary celebration in 2008. In December of the same year, Warren introduced the government's ActNow walking program to POHA, including program guidelines and distribution of pedometers to patients, upon leaving the hospital. Warren is still a very active member and well deserving recipient of the trophy.

POHA Members Volunteer at Founders Cup Foundation Golf Tournament

POHA members volunteered at the Founders Cup Foundation golf tournament last September at the Swanaset Bay Resort and Country Club in Pitt Meadows. Our members, who offered their time to support this annual fund raiser included: Rick Cozzuol, Alfred Buchi, Mike Martin, Bob Axford, Warren Keep as well as Patricia and Terry Tochkin. The 2013 tournament will be held on Thursday September 12. Anyone else interested in taking part please contact Mike Martin at 604-535-3195.

2013 Annual General Meeting

The POHA Annual General Meeting was held February 9th, 2013, at the Unitarian Church in Vancouver. Dr. James McCormack, a professor with the Faculty of Pharmaceutical Sciences at UBC, was the guest speaker. Dr. McCormack's presentation entitled, "*Medical myths you need to learn about before it's too late!*" was very informative and well received by the audience. A hospital volunteer appreciation tea followed.

2013 29th. Annual Golf Tournament Report

By Roger Kocheff – Tournament Director

This year's tournament was again held at Poppy Estate in Aldergrove. This venue seems to suit our POHA golfers. John Chesman, Rick Cozzuol, Bob Axford and myself are always looking for suggestions on how to make it even better. There were 62 golfers praying for no rain and it worked, not a drop of rain. That was a first in the last 3 years. Our tournament is a great opportunity to renew old friendships and share stories. Thanks to all for attending.

I want to especially thank our sponsors (listed below) and all those who donated prizes and their time to help. Those contributions make it possible for us to donate excess funds to a local hospital for the benefit of heart patients. This year we will be able to contribute about \$3000. The sponsors are: Directors Guild of Canada BC District Council; DMCL Charter Accountants; Maple Ridge Veterinary Hospital; National Bank; Austin Metal Fabricators; Heart and Stroke Foundation, BC and Yukon; Royal Columbian Hospital Foundation; G&F Financial Group; Home Restaurants; HUB Insurance Brokers. We are pleased to add three new sponsors: Peoples Pharmacy, White Rock; Milner Fenwick Patient Education, (the US company from whom we purchase educational videos) and Martin Brother's Funeral Chapels. John Chesman provided a golf towel to every player as the tee gift. Thanks John. The tournament could not run smoothly without our volunteers Pat Hagan, Mike Martin, John Pistawka, Chantal Smyth, Bill Turpin, Ellen Cozzuol and Alfred Buchi.

We had several participants provide prizes for a random draw. Thanks to Ian MacKenzie, Poppy Estates, Don Sturgess, John Targett, The Arts Club, Louise Chwinn and Al Innes. Everyone present won a prize. Laurel Berard won \$183 in the 50/50 draw.

The putting contest winners, Rob Sumner and Gerry Kramer, split \$148.

Mac Parlee won the free entry into our 30th anniversary tournament next year.



Alfred Buchi presenting Don Topp Award to Warren Keep

New POHA Board Member

Chantal Smyth was elected to the Board of Directors at the Annual General Meeting, February, 2013. She had open Heart Surgery at Royal Columbian Hospital in March, 2010, and became a volunteer visitor in October, 2010.

She has been active with POHA and the Heart and Stroke Foundation. She was a speaker at the Canadian Cardiac Congress in Vancouver last year and has been featured in a Global National News article.



Chantal with poinsettias to be presented to Royal Columbian cardiac patients December 2012

In Memoriam

We are sad to announce that Worth Connolly passed away on December 12, 2012. He was born April 25, 1921 in Vancouver. He had coronary by pass surgery in 1993 and became a volunteer visitor with POHA at St. Paul's Hospital in 1994. Worth joined the Board of Directors in February 2001. He has, until the present time, been a loyal supporter of the Pacific Open Heart Association.

KP winners were Monique Mueller, Mac Parlee (again) and Al Webber.

Congratulations to all winners !

If you want your name added to our golfer list please contact Roger Kocheff at kocheff@telus.net or 604-467-2904.



Above is the tournament winning team, the Mueller family, anchored by Monique Mueller.



Rob Sumner



Volunteer Visitors

We want to recognize the following Volunteer Visitors who provide valuable support to patients in hospitals throughout B.C. This list includes members of affiliate organizations, including:

- Kamloops Mending Hearts
- Chilliwack Heart Support Group
- Burnaby General Hospital – Hearts on the Mend

Paul Atilia	Robert Axford	Maureen Baker
John Berard	Alfred Buchi	Bob Butterworth
Ed Bradbeer	Gene C. Chiang	Brian Cooke
Rick Cozzuol	Dave Crealock	Robert Davies
Ed Dezura	Clar Dickson	Gerald Green
Patrick Hagan	Vern Halverson	Marc Haslem
Nils Hognestad	David Hunter	Jean Hyland
Roger Kocheff	Andrew Law	Jane Luke
Thomas Lundgren	Dick Mackenzie	Kathy McAuliffe
Gord McIvor	Mike Martin	Peter Miller
Sadru Mitha	Jerry Moloci	Fred Morley
Len Mueller	Toufic Naman	Charles Nixon
Mac Parlee	Roger Phillips	Vaughn Raeside
Don Rodgers	Art Ratnarajah	Jennifer Rule
Art Simmons	Lucy Siu	Barbara Smith
Chantal Smyth	William Speer	Alan Sturgess
Brian Symonds	Tom Taylor	Larry Tuan
Terry Vickers	Al Vogt	Bob Williams
Frank Winters	Hans Wong	Bruce Wood
George Zukerman		

VOLUNTEER FOR THE HEALTH OF IT

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

Seek always to do some good, somewhere. Every person has to seek in his own way to make his own self more noble and to realize his own true worth.

You must give some time to your fellow.

Even if it's a little thing, do something for those who have need of a person's help, something for which you get no pay but the privilege of doing it. For remember, you don't live in a world all your own.

Albert Schweitzer Nobel Prize winner, 1952

If you 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

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Maintaining Our Membership List

We like to keep our Membership list current. So if you have made changes to any of your personal details, please complete the form below.

Membership Reminder

If you're an existing member and haven't yet renewed, please send us your cheque today. If you're not a member, please give serious consideration to joining the POHA. Membership is still **only \$10.00**. Funds from memberships are used to cover operating costs of the Association such as: the production of our brochures (in several languages); postage; Annual General Meeting expenses; the purchase of poinsettias for patients who are recovering from open surgery during the Christmas holiday. None of our volunteers or directors receives any form of compensation and never has. Any surplus funds from membership renewals are donated to hospitals for sundry equipment in the cardiac wards. So please renew and help support the good work that POHA has been doing for over 25 years. Thank you.

MEMBERSHIP APPLICATION
MEMBERSHIP UPDATE

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

E-Mail: _____

I am interested in: being a visitor:

being a volunteer:

Golf:

Please send all correspondence to:

Pacific Open Heart Association
PO Box 3979 MPO, Vancouver, BC V6B 3Z4
Telephone: 604-582-6229