



Pacific HeartBeat

NEWSLETTER



Volume 19 Number 2

December 2005

POHA PRESIDENT'S REPORT -WINTER, 2005

2005 has seen a major change in the way that the POHA has provided assistance to many of the hospitals providing cardiac care in the Greater Vancouver/Lower Fraser Valley regions.

Thanks to funding provided by the Provincial Government's Lottery Gaming Commission, the Board of the POHA has been able to purchase patient booklets for distribution to cardiac surgery recipients at St. Paul's Hospital and also purchase educational materials and equipment which has been loaned out on a long-term basis to the cardiac wards at both Royal Columbian Hospital and Vancouver General Hospital.

The purchase of this equipment was co-ordinated by our Past President Dr. Michael Martin who - along with Director Doug Kitson, Treasurer John Sutherland, RCH representative Kate Martin and VGH representative Tina Oye - spent many hours in determining the needs of these two cardiac units and the best ways of meeting those needs.

A special vote of thanks go out to these five people.

In addition to the foregoing, funds provided by The Founders' Cup Golf Foundation were allocated to The Peace Arch Hospital Foundation, The Chilliwack Hospital Heart Foundation, Surrey Memorial Hospital, Ridge Meadows Hospital and the Abbotsford Hospital - all for the purchase of equipment to be used in their respective cardiac wards.

Thanks to Director Dr. Roger Kocheff for his liaison with The Founders' Cup Golf Foundation in this undertaking.

The POHA Zippers once again participated in The Annual Vancouver Sun Run, thanks to the efforts of Director Kathy Mc Auliffe who organized our team for the second year "running".

Directors Moe Pitcher and Geoff Mook once again produced an outstanding golf tournament which is described elsewhere in this newsletter. In addition, we have just received confirmation that next year's tournament will be held at The Tsawwassen Golf and Country Club on June 29th. (That date will be finalized in our next newsletter.)

Director John Sutherland reports that our membership has now passed the 500 mark.

We ask that you renew your membership either by sending a cheque along with the form supplied in this newsletter or by renewing at the AGM which will be held

on Saturday, February 18th starting at 1:30 pm at Vancouver's Unitarian Church located at the corner of 49th Avenue and Oak Street.

While participation in the foregoing activities has been enthusiastic, we still need volunteers in the following areas: as visitors in any of the hospitals mentioned in this report, as visitors in the Kamloops Hospital and as phone-support helpers who speak Mandarin and/or Cantonese. If you can help in any of these areas, please phone Sharon McGovern - the cheerful, helpful "Voice of the POHA" - at 604 436 9005 or e-mail me at wturpin@hotmail.com.

Finally, I would like to extend my gratitude to all of you whose efforts have contributed to the welfare of cardiac patients - to the hospital personnel whose dedication and care is apparent to all of us whenever we visit these cardiac units, to the hospital visitors - the unsung heroes who devote so many hours to providing comfort and support to cardiac patients and to our outstanding Board of Directors on whose behalf I send our best wishes for a happy holiday season and a healthy 2006.

Respectfully submitted, Bill Turpin on behalf of the Board of The POHA:

- Dr. Michael Martin - Past President and RCH Team Captain
- Dick MacKenzie - Secretary
- John Sutherland - Treasurer
- Marjorie Blair - VGH Team Captain
- Marie Donatiello - Organizer of Pillow Distribution
- Pat Hagan
- Vern Halverson - St. Paul's Team Captain
- Peter Joyce
- Doug Kitson - Liaison with the Government Gaming Commission
- Dr. Roger Kocheff - Liaison with The Founders' Cup Foundation
- Kathy McAuliffe - POHA Zippers' Sun Run Co-ordinator
- Geoff Mook - Golf Tournament Co-ordinator
- Morley Pitcher - Golf Tournament Co-ordinator

VOLUNTEER VISITORS NEEDED

In order to keep our visitation program working efficiently in Vancouver General, St. Paul's and Royal Columbian Hospitals, the P.O.H.A. always have a need for new volunteer visitors, If you can spend 2 to 4 hours each month visiting patients in one of the hospitals, please phone one of the following team leaders and learn more about this very rewarding opportunity to give support to your fellow heart patients:

- | | | |
|----------------------------|----------------|--------------|
| Royal Columbian Hospital | Mike Martin | 604-535-3195 |
| St. Paul's Hospital | Vern Halverson | 604-261-2153 |
| Vancouver General Hospital | Marjorie Blair | 604-435-4040 |

PACIFIC OPEN HEART ASSOCIATION VISITATION PROGRAM

You will read, in this newsletter, about other important activities P.O.H.A. is involved with, like the golf tournament, the Sun Run, and our financial involvement with various hospital programs. However, the prime purpose and our “reason for being” continues to be to provide support and encouragement for Open Heart Surgery patients and their families, by visitation in the hospitals. As you can see in the photos, patients are visited and receive poinsettias on Christmas Eve.

Volunteers visit patients daily in the three hospitals where open heart surgical procedures are carried out. In addition, visitors see patients at many hospitals throughout the province where they are waiting to be transferred to the coast for surgery.

In two hospitals, we are affiliated with other organizations whose members provide a very similar service. These are the Kelowna Coronary Exercise Society and the Chilliwack Heart Support Group.

The visit by a P.O.H.A. volunteer is very much appreciated by patients, and by hospital staff who often make positive comments. For example, Dr. Vicki Bernstein, cardiologist from V.G.H. said, “they should all be congratulated and sincerely thanked for their time that they devote to this important service.” Joan Bulger, recently retired head nurse and patient care coordinator at Royal Columbian Hospital stated, “You are doing such great work and the patients are getting the benefit, so thanks to you all.” Similarly, Dr. Robert Haydon, surgeon at R.C.H., commenting on the passing of Ken Fraser said, “we were all reminded of the benefit that many people derive from the activities of people like Ken when they give of their free time to the benefit of patients who have had or soon will have a cardiac surgical procedure.”

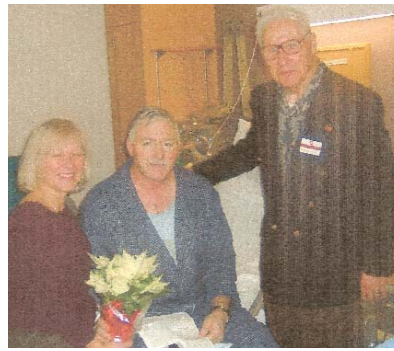
We, the members of the P.O.H.A. also want to thank the following volunteer visitors:

Vancouver General Hospital

Kenneth Beesley, Alfred Buchi, Marjorie Blair (team leader), Gerard Clerk, Alan Flynn, Jack Grant, Toni Fong, Peter Joyce, Bob Morris, Maria Nagi, Abe Nobleman, Robert Quatsch, John Rose, Philip Seligman, Gunantrai Shah, Bill Tomkow, Larry Tuan, Bill Turpin, Terry Vickers, Hans Wong, Zhining Zheng,



Gurdip Bhatti, POHA Visitor John Rose, Patient Geiger Leroy (Surrey) Patient Richard Smith, Team Captain Marjorie Blair at VGH



Mr. & Mrs. Richard Ashton (Vernon) with Vern Halverson at St. Pauls Hospital

Penni Stock, Stuart Stockman John Sutherland, Harvey Yee

Royal Columbian Hospital

Umi Bodani, Patti Bronson, Tom Fleming, Jack Gill, Pat Hagan, Judy Hankey, Don Herd, Jack Hufsmith, Mike Hollick, Barry Jackson, Warren Keep, Roger Kocheff, Mike Martin (team leader), Pauline Mayer, Geoff Mook, Vaughn Raeside, Gordon Rice, Jack Tompkin, Denis Vaughan, Frank Winters, Bruce Wood, Pauline Zaytsoff



Kim Lowry, Baby Drew Lowry, Katherine Powers, Beth Cuartero-Panza at Royal Columbian Hospital

We also want to recognize the volunteer visitors at Surrey, Peace Arch in White Rock, Langley, MSA in Abbotsford, Royal Inland in Kamloops, Kelowna, Burnaby General, Ridge Meadows in Maple Ridge, Chilliwack, Lions Gate in North Vancouver and Eagle Ridge in Port Moody:

Morley Aboussafy, Bill Anderson, Don Anderson, Connie Berkley, Ken Bernath, Fraser Berry, Doug Black, Tom Bleakley, Carol & Les Breckstad, Mike Chisholm, Ed Coleman, Dave Darling, Claire Dickson, George Dobie, Roy Edwards, Gord Greffen, Jim Hall, Jacques Hardy, Jean Highlands, Ross Johannson. Clayton Lehman, John Moxness, Peter Neudorf, Art Perry, Julie Rattray, Howard Rees, Ernie Sawatzky, Peter Sebastian, Chester Szarko, Tom Taylor, Julian, Thorsness, Lenore Trudel, Al Vogt, Bert Webb, Dick Weller, and Corky Wiens.



Pacific Open Heart "Zippers"

Canada's biggest and best community run (and walk) takes place Sunday, April 23 at 9 a.m.

And the Pacific Open Heart "Zippers" are planning to be there as a Corporate Team for our third year. Our Team Captain this year will be Patrick Hagan, one of the Board Members of POHA.

For more details, about the race, please visit the following Internet web page: <http://www.canada.com/vancouver/sun/sunrun/index.html>

On the left hand side of the page you will find a "link" for REGISTRATION. This will give you the ability to register on-line as well as information about how to register by mail or FAX. Or for on-line registration, you can go directly to:

https://www.sporg.com/registration?link_type=form&form_id=35210&Team+Number=3334

For those who don't have Internet, you can pick up a brochure and entry form at HSBC Bank Canada branches, Save-On-Foods outlets, recreation centres and running stores in the Lower Mainland.

You will also be able to find more information in the Vancouver Sun newspaper.

You go at your own pace, walking or running, and you do your own distance. You should have the approval of your doctor or cardiac rehabilitation program before deciding to participate in a training program or the race itself. We welcome POHA members, any other "open-hearters", family members, friends and any others that may be interested.

Entry fees: Until February 10, 2006 \$35 less \$2 if you are a Vancouver Sun subscriber
 Until March 10, 2006 \$40

The fee includes a T-shirt sporting our very own "Zippers" logo on it.

Some notes about registration:

1. As noted above, you can register on-line, by mail or by FAX.
2. If you register on-line, payment must be made by credit card. If you are not comfortable with this, then register by mail or FAX.
3. When registering on-line, you are requested to enter:
 - a. Team Number: Answer: 3334
 - b. Team Captain's Last Name: Answer: Hagan
 - c. Team Name: Answer: Pacific Open Heart Zippers



If you have any questions or problems, please call the POHA Help Line at 604-436-9005 and Sharon McGovern would be pleased to assist you.

FUND RAISING

A project that the P.O.H.A. Board of Directors undertakes each year is to obtain money which we can direct to the care and comfort of heart surgery patients. These are resources that can not be used for our regular operating budget.

In 2005 as in past years we applied to the province's Gaming Policy and Enforcement Branch (previously called the Gaming Commission) for funding. A great deal of credit goes to Doug Kitson who this year negotiated a grant of \$30,000 to be used for patient education at the three surgery hospitals.

In the case of St. Paul's Hospital, P.O.H.A. purchased a much needed supply of pre-op and post-op booklets to be given to each patient.

As well, we partnered with both Royal Columbian and Vancouver General Hospitals to revamp patient education in their open heart surgical programs by purchasing state of the art technical equipment. The funds were used to purchase DVD/VHS players, televisions, laptop computers and

projectors, as well as to cover the cost of converting VHS instructional tapes into a more sustainable and contemporary format in the form of DVDs. We also ordered some educational posters and heart models to be used in patient training.

During the past year we were the beneficiaries of funding from the Founder's Cup Foundation. We have used most of that money to improve the care and comfort of cardiac patients. For example, a motorized recliner chair was purchased for use by patients on the 4th floor at Peace Arch District Hospital, and a blanket warmer was purchased for the cardiac ward at Surrey Memorial Hospital.



Kate Martin (left) & Tina Oye, Clinical Nurse Educator from Royal Columbian Hospital and Vancouver General Hospital with a multitude of technical equipment for use in patient education.



We are sad to announce that Stan Andrews has passed away. Stan was Past President of P.O.H.A. He was also a regular visitor at St. Paul's Hospital, and a loyal supporter of the golf tournament. Stan was a recipient of the Don Topp trophy in recognition of his service to the Association.



**THE DON TOPP
MEMORIAL AWARD – 2005**

Don Topp was a dedicated volunteer with The Pacific Open Heart Association and one of the founders of the Annual POHA Golf Tournament. The trophy established in Don's name by his family is presented each year to a member of the POHA who has made an outstanding contribution to the Association.

At this year's tournament banquet, Don's widow, Betty, presented this prestigious award to Dr. Michael Martin, current Past President of the POHA. Mike has spearheaded the volunteer efforts of the POHA over the past few years in a most noteworthy fashion. A brief list of his accomplishments makes us realize how fortunate we are to have a person like Mike contributing to the welfare of our organization: he is a current patient visitor and team captain of the POHA visitors at Royal Columbian Hospital; he served as President of the Association for three years; he was the primary contact in establishing our outreach programme – making personal visits to the hospitals both in Kamloops and Kelowna; he served as editor of our newsletter – a responsibility he has once again resumed now that his term as President has expired; and, used at Royal Columbian, St. Paul's and Vancouver General Hospitals; as a non-golfer, he even assists at the annual golf tournament – although he still hasn't fathomed "why they do it".

Congratulations to Mike on receiving this award based on his long-term dedication to the welfare of The Pacific Open Heart Association.



ANNUAL GENERAL MEETING-PLAN NOW TO ATTEND

The annual general meeting of the Pacific Open Heart Association will be held at 1:30 P.M., on Saturday, Feb. 18 in the Vancouver Unitarian Church, (Hewett Room), 949 West 49th Avenue at Oak Street.

After the formal meeting, refreshments and snacks will be available. Please plan to stay and socialize.

POHA GOLF TOURNAMENT NEWS

The 21st Pacific Open Heart Association Golf Tournament on Sept. 22nd, 2005 at Burnaby Mountain Golf Club was blessed with wonderful sunshine. In the end there were 56 Open Heart golfers, guests and sponsors which made for a great day. Also, we had a full house for dinner where the winners were presented with their awards and every golfer received a prize.

The POHA golf committee thanks all those who participated in the golfing and also the wonderful group of volunteers. A heartfelt thank you to all of our hole sponsors who deserve special recognition as follows:

- 3R Demolition Corp., Burnaby
- G & F Financial Group, Burnaby
- Heart & Stroke Foundation, Vancouver
- Pharmasave, Ocean Park
- ScotiaMcLeod, White Rock
- uniPHARM Wholesale Drugs, Richmond and
- Garton & Harris, Lawyers, Port Coquitlam who sponsored 2 holes.

For 2006 we will have a new format, venue and date. **The date is Thursday, June 29th 2006**, the venue Tsawwassen Golf & Country Club, Delta, BC. The format will be a modified Texas Scramble called the Step Aside scramble. It sounds complicated but is really very simple as each foursome is captained by an experienced golfer and has 3 other golfers of varying talents. In this format, whatever level you play at, you are guaranteed to have lots of pars, birdies and maybe even an eagle or two. A delicious dinner buffet is to follow. A 2006 POHA Golf Information Package should be available in March 2006.

Moe Pitcher 604-738-6629 or pitchers@shaw.ca



If you would like to receive further copies of this newsletter and become a member of the Pacific Open Heart Association please complete the "Membership Request" below and return with your \$10.00 annual membership fee in the envelope provided by your visitor.

MEMBERSHIP REQUEST

Name _____
 Address _____
 City _____ Postal Code _____
 Phone _____

I am interested in becoming a volunteer visitor:
 I am interested in Golf I am interested in the Sun Run Team
Membership Fee is only \$10.00 per year.

Membership: Jan 1 to Dec 31

**Please send information on the 2006 POHA Golf
Tournament to:**

Name: _____
 Address: _____
 City: _____
 Postal Code: _____
 Tel Number: _____
 Email: _____

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