



Pacific HeartBeat

NEWSLETTER

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PRESIDENTS MESSAGE

The POHA was incorporated on October 3, 1988. We shall be officially 20 years old on October 3rd. Mind you we commenced visitations January 1986, in association with the First Open Heart Society of B.C. (Victoria)

When you think of it, the active members, visitors and board members, provide volunteers daily with members visiting patients and, on the same day, pre patient registration, to at least the three major hospitals in Vancouver. We also have visitations in many other hospitals, mainly in the lower mainland. That's minimum of two hours per day. So for 20 years we have over 13,000 volunteer hours! We also provide funding, mainly to the cardiac wards of the three major hospitals, plus other hospitals in B.C. During the past three years alone this has amounted to over \$ 140,000. The major sources of our yearly funding comes from the Founder's Cup Foundation (\$ 15,000), the B.C Gaming Policy and Enforcement Branch (\$ 30,000 for Public Education only).

But the main purpose of our Association lies with the visiting volunteers. All of these members encourage, support and help patients having open heart surgery. Another little piece of information lies in that each volunteer visits an average of six patients per visit. Now that's a lot of visit contacts (you do the math). But then our rewards are also substantial. The appreciation for our "time spent" with patients makes the visitations worthwhile. I realized this after my first visitation when I came home my wife, Dot, asked me how everything went. All I could remember, at that time, and subsequently so, all the "thank you's" and good feelings after

each visit. Then there was the patient, I visited a couple of months ago, who said he knew what to expect as he already had the operation, 33 years ago!! He informed me about living after open heart surgery. I'm sure all of our visiting members can provide similar stories.

Our association has been built on the true dedication of our members. The recognition for our efforts comes from the people we visit. I would like to invite you to our Annual General Meeting on February 9th. (see the announcement in this newsletter). Then maybe we can plan a 20th anniversary for October 4th, a Saturday. This would be a very informal get together, where we can all meet to share our experiences and just get to know each other.

After all we do have something in common.

Thank you,
Warren Keep
President



On November 7th, Warren Keep and Marjorie Blair receive a cheque for \$15,000.00, from Dr. Roger Kocheff of the Founders Cup.

Royal Columbian Hospital

The first Royal Columbian Hospital, designed for thirty patients was opened at the corner of Clement (now 4th Street) and Agnes Street in New Westminster on October 7, 1862, to care for men only. Women, children and the "incurable and the insane" were excluded from care. The need for a hospital to care for the sick and injured had become apparent as miners flocked to British Columbia during the gold rush of the 1850's and 1860's.

In 1889, the hospital moved into a 50 bed facility located in Sapperton, close to the present location. In 1901, the Royal Columbian Hospital amalgamated with the Women's Hospital of New Westminster. As well, in 1901 the Nursing School was founded. It continued to graduate nurses until 1978.

The current hospital is located on East Columbia Street in New Westminster, overlooking the Fraser River. The Royal Columbian Hospital has 402 acute beds and a medical staff of 385 physicians including 8 full time cardiologists. Fourteen cardiologists have admitting privileges. RCH provides tertiary/ trauma care to the Fraser Health Authority which extends from Burnaby to White Rock to Boston Bar.



Open Heart Surgery Operating theater

Open heart surgery was first carried out in February, 1991. The Pacific Open Heart Association participated in the 10th anniversary celebrations held in 2001. All veteran "open hearters" were invited to the luncheon and to take part in various tours of the facility including the operating theaters, CSICU and the "cath-lab".

The Royal Columbian Hospital is the only

hospital to provide open heart surgery and cardiac catheterization for 1.5 million people in the region. Approximately 25 to 30 catheterization studies are carried out each week. About 800 open heart operations are performed in a year by three surgeons: Drs. Hayden,



Cardiac Surgery Intensive Care Unit (CSICU)

Latham and Karim. Ten anesthesiologists administer the anesthetics and monitor each patient during surgery. A perfusionist runs the heart-lung machine which takes the place of the patient's heart and lungs so the heart can be stopped and safely operated upon.

The most important part of each patient's stay at RCH and the most memorable is the 2 South ward located in the Columbia Tower. 2 South has 25 beds. Patients are initially moved to the Cardiac Surgery Intensive Care Unit (CSICU) after surgery. Within a day or two they are taken to a room on 2 South. There, care and treatment are administered by about 60 specially trained nurses, under the direction of Kim Lowry, the Patient Care Co-ordinator (PCC). Other important staff include: the ward clerk who runs the ward and tells the POHA volunteer visitors which patients should be visited; a dietician, physiotherapists, and clinical pharmacists.

Another very important person at RCH is the Cardiovascular Waitlist Coordinator. Lil Drescher's main responsibility is to work in tandem with the cardiac surgeons, cardiologists and internists to determine relative urgency and place patients on the heart surgery waitlist. In many cases the patients are in other another hospital in Fraser Health Authority or may be at home. One of her roles is to communicate with



Back row from left: Bal Khaira, Carlie Erickson, Kathy Simmons, Tracey Frketich Front row: Sharon Johnson, Donna Ensom, Barb De Jose. All nurses except Tracey who is Ward Clerk.

the rural hospital staff as well as the patient and their family regarding surgery schedule and to arrange for any pre-operation tests or treatments that are needed.

All the members of the POHA team at Royal Columbian Hospital have become very familiar with the staff involved with their role as the heart center for the Fraser Health Authority. As a result, we all feel very fortunate to have such a dedicated team in place when we need their services. Any "open hearters" who would like to learn more about becoming a volunteer visitor should phone me at 604-535-3195. We always need more volunteers so that we can carry on our very rewarding work.

Mike Martin

PACIFIC OPEN HEART ASSOCIATION GOLF TOURNAMENT

Great News -- the 24th Annual Pacific Open Heart Association Golf Tournament will be held on June 26, 2008 at Tsawwassen Golf & Country Club in Delta: this as the course and the weather there has been just what the doctor ordered for open-hearters and their friends for the past several years.

More Good News -- a Modified Texas Scramble format will again be used as it was very popular with last year's 17 foursomes comprised of golfers of varying talents. Also, the cost of the golf and banquet is expected to remain at \$80 which it has been for quite a few years.

And Moe Pitcher is back -- he has been persuaded to "unretire" on the understanding that he will get help with phoning, sponsorships and prizes for everyone. So POHA golfers, please answer this plea for assistance -- instead of waiting for a phonecall, please contact Moe at 604-738-6629 or pitchers@shaw.ca and volunteer your services!

Newcomers -- to receive a 2008 Golf Information Package, please complete and return the "box" from the Newsletter. Also of interest is that POHA Golf has been held in many areas of B.C. (Okanagan 6 events, Vancouver Island 3, and Osoyoos, Trail and Williams Lake, 1 each). When held in the Lower Mainland, 2 draws of \$100 each go to out-of-towners -- in 2007 the winners were from Prince George and Oliver.

So circle June 26, 2008 on your calendar -- you are guaranteed to have lots of pars, birdies and maybe an eagle or two!

POHA SUPPORTERS

Like Volunteer Visitors, Donations and In Memoriam gifts are very important to the success of POHA Visitation Programs at the 3 open-heart surgery hospitals, and at 6 "feeder" hospitals where patients await transfer for their surgery. Thus we would like to recognize and say a "heartfelt" thank you to the following donors who received an income tax receipt from the POHA in 2007.

Roger Adams, Jean Andrews, William Bonar, Jean & Eileen Bouvier, Don Brown, Jeroline Brown, Robert Carlson, Morley Chang, Connolly Foundation, Elaine Cook, Joan Crofts, Chuck Duong, Eileen Evans, Founder's Cup Charity Foundation, Jack Grant, George Henderson, Sam Horkoff, Robert & Elizabeth Justason, Nick Kaptzy, Norm Kerray, See Bun Ko, Steve Kovacs, Frank Kratoska, Jaide Kuraishi, Cullis Lancaster, Andrew Law, Wolfgang Leininger, Bill MacInnis, Luigi Mandoli, Melchor Mangahas, Murray Mawhinney, Thomas Meikle, Finlay Morrison, John Morrow, NorthShore Credit Union, Fiona Odam, Helen Orenchuk, Teja & B.K. Pandher, Fred Remus, Olinda & John Ribeiro, Gordon Rice, Stan Richardson, Gunvantrai Shah, Gisele Smith, TELUS, Patricia & Terry Tochkin, Sophie Uytdehaag, Stan Vyse, Barry Wilford, Kenton Wilson, Taylor Wong, Jean Work, Lorraine Yee, Gerald Young, and Lewis Zeelenberg.



ABE NOBLEMAN: POHA VOLUNTEER



Although Abe Nobleman has been a volunteer with The Pacific Open Heart Association since 1999 - a year after he had received a heart valve replacement - service to his community is nothing new to this native of Montreal. After graduating from Strathcona High School, Abe spent several years surveying geological claims in Northern Quebec and Ontario before enlisting in The RCAF in 1940. The war years saw Abe posted first to Newfoundland, then to The West Coast before returning to Montreal.

There he worked as an importer-exporter before becoming a travelling salesman for a clothing manufacturer. More importantly, it was in Montreal that Abe married his wife Esther and where their first two children were born.

Mark on your new 2008 calendar that the Golf Tournament will be held on Thursday, June 26, 2008 at the Tsawwassen Golf & Country Club.

Please send information on the 2008 POHA Golf Tournament to:

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

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Things changed for the Nobleman family in 1954, however, when a business opportunity saw the family move to Medicine Hat, Alberta - a move not unwelcome to Esther as this was her birth place. There a second son was born, completing the family of five. Abe recalls the 15 years he spent in Medicine Hat as one of the most enjoyable times of his life because of the exceptional hunting, fishing and boating opportunities found in that area. While he lived in Medicine Hat, Abe volunteered both with The Kiwanis Club and the local civil defence.

This all changed in 1969, however, as Esther had indicated that she wanted to further her education - at UBC! So the family moved to Vancouver where Abe ran his own business until his retirement in 1984.

In addition to his volunteer visiting for The POHA at Vancouver General Hospital, Abe has served as a director for The Free Loan Society since 1990.

Always active, Abe usually walks a mile or so every day and participates in the Annual Sun Run (although he calls it more of a Sun Walk these days). In addition, he still fly-fishes the Kamloops area every year - with his cardiologist!

At 92, Abe Nobleman still gives to his community and his community is certainly richer for his involvement.

Bill Turpin (whose father was born in Medicine Hat in 1907)

ANNUAL GENERAL MEETING SATURDAY FEBRUARY 9, 2008

Please plan to attend the Annual General Meeting to be held on Saturday, February 9, 2008 at 1:30 pm at the Unitarian Church, 949 West 49th Avenue (Oak & 49th).

Membership & Registration Desk will be set up at 1:00pm.

This is the same location as the last three years.

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

The POHA acknowledges the generous support of the Founders Golf Cup foundation in the production of this newsletter.