



# Pacific HeartBeat

## NEWSLETTER



Volume 21 Number 1

January 2007

### PRESIDENT'S MESSAGE – WINTER 2007

With the passage of another calendar year, the POHA has increased the amount of grant funds and the long-term loan of educational materials that that we have been providing for six hospitals in The Greater Vancouver area.

In addition, Board members have a view of possibly establishing a formal volunteer relationship at Richmond Hospital.

At the Board level, we are pleased to announce that Director Warren Keep has filled the vacant vice-president's position.

Our guest contributor to this issue of the newsletter is Cindy Nordquist, Patient Educator for The Healthy Heart Program at St. Paul's Hospital.

For those of you involved in visiting at Vancouver General Hospital, please note that the Cardiac Recovery Ward has been moved back to its former site on the tenth floor of Centennial Pavilion.

Our 2007 AGM will once again be held at The Unitarian Church located at the northeast corner of 49th and Oak Streets in Vancouver. The meeting will start at 1:30pm on Saturday, February 10th. As usual, our hardworking Treasurer, John Sutherland, will be collecting dues at the door. Food and refreshments will be provided at the conclusion of the gathering.

As my two year term as President of The Association comes to an end, I wish to thank each of our Board members for their conscientious dedication to The POHA.

Finally, I want to wish those of you who have been the recipient of cardiac surgery and those of you who have provided for their medical care best wishes for a healthy, happy, peaceful New Year.

Respectfully submitted, WH (Bill) Turpin



### VICE PRESIDENT'S REPORT

In 2006, the Pacific Open Heart Association was very busy with expanding their Hospital contacts. This year we provided funding to seven hospitals all of which provide major cardiovascular treatment throughout British Columbia.

Some of the funding covered education tapes/DVDs and new machines with monitors. We also carried on with supplying some hospitals with post cardio patient guide books. We were pleased to be able to provide funds for fifteen Cardio Nurses to attend the Canadian Cardiovascular Society Congress meeting held in Vancouver on October 20th to 25th. Our growth in helping our fellow heart patients was truly rewarding and we are looking forward to 2007.

We would like, at this time, to express our appreciation to the Founders' Cup Foundation and to the B.C. Gaming Policy & Enforcement Branch who provided the money that made these donations possible.

Warren Keep



### VOLUNTEERS NEEDED

We always need more members at all three surgery hospitals to join the ranks of the volunteer visitor.

If you can spend 1 to 2 hours every couple of weeks one of the following team leaders would be very happy to tell you more about the opportunities available:

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

Would anyone living in the Richmond area please phone Warren Keep at 604-460-0394 if you are able to volunteer visit at Richmond Hospital.

### ANNUAL GENERAL MEETING

FEBRUARY 10TH

Please plan to attend the Annual General Meeting. It is scheduled to be held Saturday February 10th at 1:30 PM at the Unitarian Church, 949 West 49th Avenue at Oak Street in the Hewett Room. The membership registration desk will be set up at 1:00 PM.

This is the same location as the last two years.

## CARDIAC REHABILITATION

Written by Cindy Nordquist, Patient Educator, Healthy Heart Program, St. Paul's Hospital.

Thank-you for the opportunity to discuss the Healthy Heart Program-Cardiac Rehabilitation at St. Pauls Hospital.

### What is the goal of Cardiac Rehabilitation?

Studies have shown that participating in a cardiac rehab program reduces morbidity, mortality and reduces psychological distress. The goal of cardiac rehab is to increase quality of life, provide cardiovascular risk reduction through education, exercise, counseling and optimal medical therapy. In other words, to reduce the risk of a cardiac event from occurring or to keep an already existing cardiac condition from getting worse.

### What is Cardiac Rehabilitation?

The Cardiac Rehab program at St. Pauls is a four month exercise and education program designed to improve quality of life for the following types of conditions:

- Cardiac Bypass Surgery
- Myocardial infarctions
- Coronary Artery Disease
- Valve surgery/problems
- Congestive Heart Failure
- Heart Transplants
- Congenital Heart Conditions
- Cardiomyopathy
- People with risk factors for heart disease- primary prevention

Before you begin cardiac rehab you will meet with a nurse, cardiologist and a dietician to assess your readiness to start the program and to set goals that you would like to attain while you are in the program. Education will be provided by a nurse, dietician and an exercise specialist on the following subjects:

nutrition	cholesterol	how the heart works
exercise	blood pressure	stress management
medications	angina and nitro	smoking cessation

Your risk factors for heart disease will be identified and goals will be set to decrease your risk for a cardiac event occurring. For example, some common goals set by previous participants are decreasing blood sugar, weight loss, improved blood pressure control, smoking cessation and decreasing cholesterol.

Adjusting to a cardiac condition can be extremely stressful for people. One of the key components of our cardiac rehab program is psychosocial support. We offer stress management workshops taught by an occupational therapist. In addition, we also have a psychologist that is specialized in helping people with cardiac conditions. Referrals

may be made to the psychologist for such concerns as depression, anger management and difficulty coping.

Another aspect of participating in our cardiac rehab program is that you will be with people with similar medical conditions working towards similar goals. Working in a group setting can act as a motivator as well as sense of emotional support. Many people have developed new friendships and have expanded their social horizons while participating in the Healthy Heart Program.

### Referral Process:

- a referral may be made by a General Practitioner or specialist
- if you had heart surgery at St. Pauls Hospital and you live in the lower mainland a
- referral will be made automatically to our program

### More Information:

For more information about St. Pauls Hospital Healthy Heart Program and related clinics please check out our website at: [www.heartcentre.ca](http://www.heartcentre.ca)

To obtain a list of cardiac rehab programs in your area you may contact the Heart and Stroke Foundation toll free at 1-800-663-2010. Many programs share the name of "Healthy Heart". Please note that the programs may vary in the service they provide, exercise equipment and the level of staff and medical supervision. Some of the programs may not be appropriate for individuals with certain conditions. We recommend that you discuss your specific situation with your physician prior to starting a program.



Marjorie Blair, team leader at VGH with her granddaughter, Jennifer Buent and her daughter Beverley MacKenzie after they all took part in the Walk for Heart at Jerrico Beach last September

## Pacific Open Heart "Zippers"

The Canada's biggest and best community run (and walk) takes place Sunday, April 15, 2007 at 9 a.m.

And the Pacific Open Heart "Zippers" are planning to be there as a Corporate Team for our fourth 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>

This contains information about how to register by mail or FAX.

Or for on-line registration, you can go directly to: (You will need a credit card to register on-line.)

[https://www.sporg.com/registration?link\\_type=form&form\\_id=06A44038D2&view\\_type=windowed](https://www.sporg.com/registration?link_type=form&form_id=06A44038D2&view_type=windowed)

Or click on the link below to download an entry form.

[http://www.canada.com/vancouver/sun/sunrun/registration/07\\_EntryForm.Corp.member.pdf](http://www.canada.com/vancouver/sun/sunrun/registration/07_EntryForm.Corp.member.pdf)

For those who don't have Internet, you can pick up a brochure and entry form at 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 9, 2007, \$35, less \$2 if you are a Vancouver Sun subscriber Until March 9, 2007, \$40

**NOTE: NO TEAM REGISTRATIONS AFTER - MARCH 9, 2007**

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

Some information 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, you can:

1. Contact our Team Captain, Patrick Hagan  
[pathagan@telus.net](mailto:pathagan@telus.net) 604-536-7141
2. Visit our Web Site at:  
<http://www.pacificopenheart.org/default.aspx?PageID=1017>
3. Call the POHA Help Line at 604-436-9005 and Sharon McGovern would be pleased to assist you.



*Pacific Open Heart Association Volunteers Moe Pitcher, Patti Bronson, Ed Wittal and Mike Martin helped out at the Founders Cup Golf Tournament held at Sawneset Bay Resort & Country Club*

## P.O.H.A. SUPPORTERS

Donors are very important to the success of the POHA's visitation programs. We would, therefore, like to recognize and say a "heartfelt" thank you to the following people who have made a donation to the POHA during the past eighteen months. Our apologies if we have left anyone off the list:

Jean Andrews, Walter Ball, William Bonar, Don Brown, Jeroline Brown, Robin Burnside, Eric Chapman, Abby Cohen, Patrick Cornish, Willard Dunn, Jim Dyson, Eileen Evans, Founder's Cup Charity Foundation, Art George, Jack Grant, Gunnar Gustafson, John Herring, Ronald Holmes, Jim Hope, Ken Hutfelter, Jack Jones, Robert & Elizabeth Justason, Anthony Keil, George Kennedy, Norman Kerray, See Bun Ko, Norman Kolbiens, Frank Kozakiewich, Jaide Kuraishi, Daniel Chi Lai, Cullis Lancaster, Cecil Larson, Andrew Law, Wolfgang Leininger, Katharina Lewin, Archie McKen, Bud McLeod, Luigi Mandoli, Melchor Mangahas, Murray Mawhinney, Klaus Michel, Bruce Milley, James Moran, Finlay Morrison, John Morrow, Walter Moul, Iven Northcott, Fiona Odam, Helen Orenchuk, Baljinder Pandher, Yong Yi Peng, Keith Pepper, Richard Reimer, Gordon Rice, Cathy Roxburgh, Nick Sainas, Winona Sharp, Rumi Shroff, Sitter School of Dancing Ltd., Andrew Smith, Bill Tidball, Patricia & Terry Tochkin, Sophie Uytdehaag, John Walker, Eileen Wilson, Kenton Wilson, Patricia York, and Walter Zaholuk.



*Vice President Warren Keep Presents a cheque to nurses Wardinder Sandhu and Sue Goldberg at Richmond Hospital Cardiac Ward. Also present were nurses Kitty Dobe and Judith Shane*

**PACIFIC OPEN HEART ASSOCIATION  
22nd ANNUAL GOLF TOURNAMENT**

The 22nd Annual Pacific Open Heart Golf Tournament was held at Tsawwassen Golf & Country Club on June 29th, 2006. This was a new date, venue and format for the Tournament.

Teams of 4 players competed over 18 holes with the format being a Modified Texas Scramble. No matter what skill level, everyone was involved in every hole to help their team. This made for a very fun day for everyone, especially as the golfers finished their round and joined the rest of the field under the big patio tent for a refreshment or two before dinner. The weather turned out to be outstanding and everyone enjoyed a great dinner, with prize presentations following.

The winners for 2006 were: Phil Trudeau, Pat McNeil, Al Innis and Bill Farrall. Congratulations.

Thank you to all the volunteers who make this day a very enjoyable and special one.

Next years tournament will be held on June 28th, same format, same venue.

See you all there

Moe Pitcher  
Tournament Chairman



Mike Martin and John Sutherland watch as Moe Pitcher congratulates Geoff Black

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Dr. Roger Kocheff presents a Founders Cup Foundation cheque for \$15,000 to Dr. Mike Martin, past president, POHA as Ron Jones looks on

**Please send information on the 2007 POHA Golf Tournament to:**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_  
 Tel Number: \_\_\_\_\_  
 Email: \_\_\_\_\_

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.