



Pacific HeartBeat

NEWSLETTER



July 2009

President's Report

By Warren Keep

We received some very sad news in May. Don Brown died at an age of 90. He had open-heart surgery about 16 years ago, and joined the POHA in 1996. He was President for two years 1999 and 2001-2002. Don helped us along, just as many others have in the past. We thank you Don. **(see more information on Don Brown on page 3).**

In December 2008 we introduced the ActNow/POHA walking program to post operation patients, leaving their hospital. To date we have given out about 110 of these guidelines. ActNow, (www.gov.bc.ca), was set up by the B.C. Government to bring attention to all B.C. residents of the need to exercise through walking. They are willing to provide POHA with pedometers, which we give to selected patients, in order to keep track of the number of steps they take every day. In order to participate in this program, we recommend, once you leave hospital, to contact your doctor to advise him of your intent to start a walking program.

Since December, over 62 post operative patients started walking. Some of these "open-hearters" are still walking and others are in formal work out programs. We recommend that within a couple of months of walking you register in such a program. Our information sheets have phone numbers to contact.

If you did not receive our pedometer and information sheet, please contact me, and I shall mail one package to you. You may phone me at 604 -460-0394 or e-mail me at thekeeps1@telus.net. Keep your heart healthy by walking

I shall be retiring in February 2010, after 2 years as President. Since the beginning of my Presidency we have had 9 Volunteers and 5 new Directors join us. Unfortunately, we have had 15 Volunteers leave us. So once again we are requesting "open-hearters" to join us as visitors. Please give me a call at 604 -460-0394, if you'd like to volunteer. **(see page 4 for more information).**

Thanks to all of you for the help, and maybe sometime in the future I'll take on the Presidency position again. In the meantime I shall continue to be a board member.

Warren Keep

Kelowna General Hospital to Become a New Cardiac Care Centre and Major Teaching Hospital

By Mike Martin

Kelowna General Hospital, a part of the Interior Health Authority, will expand to become British Columbia's fifth cardiac critical care centre. It will include a complete revascularization program, including open-heart surgery and percutaneous coronary intervention such as angioplasty. These procedures are currently provided for adults at Royal Columbian Hospital, in New Westminster, Royal Jubilee Hospital in Victoria as well as Vancouver General Hospital and St. Paul's Hospital in Vancouver. The fifth site at Kelowna General Hospital will increase capacity for heart services in B.C. In addition, KGH will have expanded angiogram capabilities. Specialized heart services will be brought closer to home for residents of the growing Southern Interior, and trips to the Lower Mainland will be reduced for around 1,600 patients who need advanced cardiac care services. It is expected to be fully operational by the end of 2012. More than 600 cardiac surgeries will be performed each year.



KGH cardiologist Dr. Richard Hooper and Health Minister George Abbott at the March 13 announcement of the cardiac transition plan

A transitional plan will see operating theaters in the old hospital tower being renovated to create cardiac surgery suites. This will occur after the new patient care tower currently under construction is completed. A new cardiac center building is expected to be completed in 2016 to 2017.

The number of open-heart surgeries in British Columbia last year was 3,397, an increase of approximately 12 percent since 2001. "Currently, KGH is able to perform diagnostic angiograms for cardiac patients, but that is as far as it goes," said Dr. Richard Hooper, cardiologist at KGH, "This expansion will transform Kelowna General Hospital to a full service cardiac centre."

The teaching and research capacity of the expanded hospital in a new medical school building will ensure that the UBC Faculty of Medicine can train more health care professionals for the province.

A very dedicated group of volunteers is already active in the Kelowna area. The Kelowna Coronary Exercise Society (KCES) is affiliated with the Pacific Open Heart Association. A cardiac patient visitation program was formed in 1999 by Bert Webb, under the auspices of Central Okanagan Association for Cardiac Health (COACH). Their major objective is to help lower the anxiety and concerns of patients about to go to the Coast for surgery or other cardiac intervention. John Moxness currently coordinates scheduling and represents the visitation committee on the KCES Board of Directors. Early in 2009, John met with Warren Keep, President of POHA and they agreed to cooperate between RGH and Lower Mainland hospitals to ensure that patients receive a support visit during their trip to a surgery hospital at the Coast.

DON TOPP TROPHY AWARDED TO JOHN SUTHERLAND

By Mike Martin

Don Topp was, for many years, a well-known and hard working member of the Pacific Open Heart Association. He was best known as the organizer of the annual golf tournament and for initiating the availability of the "family room" at St. Paul's Hospital.

When Don passed away in 1996 an award was created in his memory. The award is given each year to a member who has contributed in a meaningful way to the "well being" of the Association.

The 2009 Don Topp Trophy was awarded to Treasurer John Sutherland at the Annual General Meeting in February. John has been a Director and Treasurer since 2001. In that position, the Board of Directors has come to rely on him for accurate information and excellent advice. He involves himself in many realms of POHA activities. John has always been a great assistance to all golf chairmen during his tenure. He plays a lead role in the distribution of money raised by the POHA to assist local hospitals, often coordinating the actual purchase of various equipment and materials requested, using funds provided by the B.C. Gaming Policy and Enforcement Branch.



John Sutherland Receives Don Topp Award from POHA President Warren Keep

The POHA would be remiss if we did not recognize the role John's wife Barb has played since John's involvement in the Association. She has been a great supporter of the POHA, and John, during the years.

New Board Member

Shirley Vaux is our newest POHA Board member. Her husband Doug had bypass surgery in November 2007 at the age of 51.

Shirley worked in senior management and leasing positions looking after small and large shopping centres across Canada for 20+ years. She retired at the end of 2006 with a plan for some extensive travel. However, she found herself delaying those plans to look after aging parents and then Doug when it was discovered he had such serious heart disease and had to undergo bypass surgery.

Birth Announcement

We are very pleased to announce that Crista Thor has given birth to a baby boy in Ottawa, Ontario. Despite some complications related to her mechanical heart valve, mother and baby are both doing very well. Crista was a member of the POHA Board of Directors and served as secretary. She was also a volunteer visitor. Congratulations to Crista and Mike.

Annual General Meeting Saturday February 6, 2010

Place: Unitarian Church
949 West 49th Ave. (Oak & 49th Ave.)
Vancouver, BC
Time: 1:30 PM
Speaker: TBD

Membership Registration desk will open at 1:00 PM

Don Brown – In Memoriam

By Mike Martin



Don Brown, one of Burnaby's most distinguished citizens, passed away on May 16, 2009 at the age of 90 years. Don was president of the Pacific Open Heart Association during 1999 and 2000. He was awarded the Don Topp trophy in 1998. He and his wife Helen were well known supporters at nearly every POHA function for many years.

After serving overseas for five years during the second World War, Don joined the B.C.

Provincial Police in 1947, which was absorbed by the RCMP in 1950. He retired at the rank of superintendent, with the bulk of his service in the forensic laboratories. His specialty was document examination.

He served two years on the City of Burnaby School Board, six years as a councillor, and 10 years as a parks and recreation commissioner. For his efforts, he and Helen jointly received the Citizen of the Year Award in 1992. Don was awarded the city's highest award, Freeman, in 1993. In 2007, the Edmonds community policing office building was named after him.

We extend our sympathy to Helen, his children, seven grandchildren and 10 great grandchildren.

POHA 25th Annual Golf Tournament Report

By Roger Kocheff Chair POHA 2009 Golf Tournament

Our 25th. Anniversary golf tournament was held on June 18th at Poppy Estates golf course in Aldergrove. There were 56 golfers in attendance and a total of 70 at the banquet.

The winners, at 7 under par, were Pat McNeil, Phil Trudeau and Norman (Al) Innes. Closest to the pin contests were won by Susan Ross, Bob Ranger and Tony Soda. There was no winner of the \$10,000 hole in one prize.

All in attendance received a souvenir wine glass commemorating the 25th Anniversary of the POHA golf tournament. It was great to see old friends and to meet new ones. We all have such a strong common bond. The success of the tournament was facilitated by our hole sponsors (listed below), those who donated prizes, our many POHA volunteers and the golfers who attended. I thank you all and look forward to next year's tournament.

TOURNAMENT SPONSORS

Scotia McLeod
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Chris Formosa
Keith Fulton
Peggy White
Leslie Matheson
Jeff Schewfelt
Bruce McLaren



Roger Kocheff, Rick Cozzuol, Peggy White (Guildford Town Centre), Leslie Matheson (Richmond Centre)

College of Registered Nurses of BC Awards

Jocelyn Reimer-Kent, Clinical Nurse Specialist, Cardiac Surgery Fraser Health, Royal Columbian Hospital and Adjunct Professor, School of Nursing, UBC, is a recipient of the Award of Distinction in Nursing.

Dianne Obal, Manager, Health Services, Cardiac Surgery ICU, Cardiac Stepdown Unit, Royal Columbian, is a recipient of the Award of Excellence in Nursing Administration.

These 2 people are members of the medical staff that provide the excellent care received by patients in the Cardiac Surgery department at Royal Columbian Hospital.

Notice

We are sad to announce that Eric Chapman has passed away. Eric was an organizer of the POHA golf tournament and was jointly awarded the Don Topp Trophy with his wife Kathy in 1999.

All recent editions of the **Pacific Heartbeat Newsletter** are available on our Web Site. You can find them at:

www.pacificopenheart.org

Just click on **Newsletters** on the left-hand side of the page.

If you would prefer to access the newsletter on our Web Site instead of receiving a mailed copy, please send an e-mail to:

newsletters@pacificopenheart.org

Please include the following information in the e-mail:

1. Subject line should say: **STOP NEWSLETTER**
2. Your **name**.
3. Your **phone number**.
4. Your **E-Mail address**.

Blast from the Past

The following is a copy of an article in the May **1989** issue of the *HeartBeat*.

PACIFIC OPEN HEART ASSOCIATION DONATES DIGITAL CHAIR SCALE TO VGH

The Pacific Open Heart Association recently donated \$1,187.20 to Centennial Pavilion W10A, the Cardiac Surgery Unit. The funds went towards the purchase of a digital chair scale, which is used to conduct frequent weight checks on patients. The chair is designed to ensure patient safety and comfort as well as to reduce weighing time.



KATHY LEBLANC

The Association donated the chair in honour of Kathy Leblanc, former Head Nurse, who assisted the group for two and a half years in establishing a successful visitation program in the Cardiac Surgery Unit at Vancouver General Hospital.

On March 22nd, Kathy Leblanc, staff of W10A and Per Danielsen, President, and Helen Irvine, Treasurer of the Pacific Open Heart Association had a chance to see 'Kathy's Chair'.

In recent years the Pacific Open Heart Association donated \$1,272 for a 'balloon pump simulator' used in cardiovascular surgery as well as \$500 to establish a library for the hospital's cardiovascular perfusionists.

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

SERIOUS SHORTAGE OF VOLUNTEER VISITORS AT VANCOUVER GENERAL HOSPITAL

As with most organizations that depend on volunteers to carry out their programs, the POHA has a constant need for new visitors at all three surgery hospitals. This situation is particularly critical at V.G.H. A number of volunteers have retired because they have moved, developed health problems, or for various other reasons. As a result, there are some days each month when no one is available to visit patients and offer the support that is so much appreciated. Being an open-heart surgery veteran, you know the bewildering period, especially before surgery, and how much better you felt after talking to a POHA volunteer.

If you were grateful for the visit and encouragement you received from a POHA visitor, we desperately request that you contact one of the team leaders listed below to discuss the possibility of joining their team. All of our visitors express the feelings of accomplishment at each and every visit. As well, they will tell you about the thanks we receive from patients, family and hospital staff. Please give us a call.

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

**We do not pay our volunteers
not because they are worthless,
but because they are priceless.**

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 becoming a volunteer visitor:

I am interested in Golf:

The POHA acknowledges the generous support of the Founder's Cup Charity Foundation and the B.C. Gaming Policy and Enforcement Branch in the production of this newsletter.