

August Bulletin

www.pacificopenheart.org

President's Report



Rolf Gullmes

I hope this message finds you all safe and well. It has been a challenging eighteen months for all of us.

We are now able to spend time with family and friends. There is a light at the end of the tunnel.

Hospitals visits by our volunteers are still not permitted. I'm not sure when we will be able to see patients again.

Adrienne White, who made a video of her own journey through open heart surgery, has been of great assistance to POHA. Please visit our website to view the video: www.pacificopenheart.org

All three of the surgical hospitals are trying to keep us informed of policies and practices. As for POHA, like most non-profit societies, 2021 has been a struggle. Our membership is down 10% over last year, as well as donations, and so your continued support is greatly appreciated.

POHA has embraced technology — we now have a presence on Facebook. Board Meetings have been conducted via Zoom. Email is used for contacting our members, although there is still a minority without addresses.

Hopefully this year we can all get back to something that looks normal.

Our AGM on October 23, 2021 will be a start. We ask that all attendees wear a mask.

Langley Presentation



POHA volunteer Mac Parlee presents Cheryl Tordiffe with a cheque for the purchase of a Holter monitor.

“We’re grateful to have another Holter monitor to provide important patient care for Langley residents. Having a new monitor allows us to provide testing to more patients and improves our team’s ability to deliver important cardiac monitoring, diagnosis and care that ultimately improves the health of our patients.”

Cheryl Tordiffe—*Diagnostic Cardiology Supervisor, Langley Memorial Hospital*

2021 POHA Annual General Meeting Saturday, October 23, 2021 at 1:30 p.m.

Unitarian Church, 949 West 49th Avenue, Vancouver, BC (Oak & 49th Avenue)
Speaker: Adrienne White, Leadership Development Speaker & Coach
Membership Registration Desk will open at 1:00 p.m.

Retired POHA Visitors

Maureen Baker

Maureen Baker has been an energetic volunteer for the Pacific Open Heart Association for many years. In 1990, she had open heart surgery to replace an aortic valve.

In 1992, she joined POHA and became a visitor at VGH. In 1993 she became the POHA treasurer. Maureen

served for five years and continued to visit post op patients.

In late 1997, Maureen joined the Phase 3 Burnaby Hospital Healthy Heart Program held in the community. It provides post cardiac surgery patients with nutritional and physical fitness information. A couple of months later, Maureen volunteered to join the committee that established a Phase 4 exercise program—Maintenance for Life. These programs are still running today.

Maureen has been a member of a hiking club and enjoys walking for exercise. Maureen’s advice is “Don’t give up.”

Dick Mackenzie

Dick Mackenzie was a school teacher. After retiring he volunteered at Van Dusen Gardens in Vancouver. In 2004, Dick had open heart surgery at St. Paul’s Hospital. He joined POHA, and was the Board secretary for two years. After moving to Chilliwack, he continued to volunteer by visiting pre op patients. Dick enjoys travelling. He has visited Europe, Africa, and family members in Australia. Dick has been a participant in the POHA golf tournament for many years. Dick has a busy life but always has time to volunteer and help others.



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