



Support Society

May 2019

On The Beat

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 www.hearttoheartalberta.com 

This newsletter is published three times a year by the Heart to Heart Support Society and is designed to help provide support, encouragement and comradeship to individuals, their partners, family and friends. It is a non-profit organization incorporated under The Societies Act of the Province of Alberta.

Meetings are held on the third Wednesday of each month, (except for June, July & Aug), in the RCL Centennial Legion. Location: 9202 Horton RD SW. Luncheon meetings at 11:30am. Membership is open to anyone who is interested in cardiovascular disease.

Announcement

HEART to HEART SUPPORT SOCIETY \$\$ HALF-MILLION DOLLAR \$\$ Fund Raising Milestone!

The Ultimate Beneficiaries of the Generosity from Heart to Heart Support Society have been Cardiovascular-Patients.

We invite all cardiac patients, their partners, families and friends to help carry on this generosity and legacy.

Every gift has a vision. Every patient's life can be changed. Together, we can make a difference.

Read more on page 4

If you would like more information about our support group, contact:

Volunteer:

Phone #: ()



Heart to Heart

Officers, Directors & Appointees 2019

| | | |
|--------------------------|----------------------|--------------|
| President _____ | Jim Dugan ----- | 403-208-8285 |
| Vice President _____ | (vacant) | xxx-xxx-xxxx |
| Past President _____ | Elvin Dorscher ----- | 403-239-4850 |
| Treasurer _____ | Bill Sidey | 403-286-4227 |
| Secretary _____ | Bill Diprose ----- | 403-235-5534 |
| Membership _____ | Bernie Nemeth | 403-289-7479 |
| Casino Coordinator _____ | Bill Andrietz ----- | 403-503-0888 |
| Phone Committee _____ | Doreen Farnum | 403-249-5770 |
| Guest Speakers _____ | (vacant) ----- | xxx-xxx-xxxx |
| Woman to Woman _____ | Charlotte Frankish | 403-242-2177 |
| Phoenix Club _____ | Tony Schlee----- | 403-241-5119 |
| Social Convenor _____ | (vacant) | xxx-xxx-xxxx |
| Newsletter Editor _____ | Tony Schlee ----- | 403-241-5119 |

Visitations @ Calgary Hospitals

| | | |
|----------------------|----------------------|--------------|
| Rocky View _____ | Bill Cumming ----- | 403-271-4569 |
| South Health _____ | Bill Cumming | 403-271-4569 |
| Peter Lougheed _____ | Bill Cumming ----- | 403-271-4569 |
| Foothills _____ | Bill Sidey | 403-479-3125 |
| TCRRR* Liaison _____ | Amanda McBride ----- | 403-781-4728 |

* Total Cardiology Rehabilitation and Risk Reduction

Member SUPPORT Services

| | | |
|-----------------|---------------|--------------|
| Computer help & | Damian Barnes | 403-617-2561 |
| Home cleaning | Nelia Barnes | |

www.hearttoheartalberta.com

Serving the needs of cardiovascular patients and their families

AIMS & OBJECTIVES

- ✓ To offer encouragement and support to individuals & families with heart disease
 - ✓ To assist their partners, families and friends
 - ✓ To educate the public to the risks of heart disease
- ✓ Hospital visitations to help patients and families cope with lifestyle changes



MESSAGE FROM THE PRESIDENT –

The greenery and the blossoms signify unmistakably that spring has arrived, in spite of a brief reminder of winter! I hope everyone enjoys the nice weather, driving on summer tires, and cooking on the deck barbecue.

The Farmer's Almanac tells us that summer will be drier than normal in the east and rainier in the west. But Environment Canada predicts a hot, dry summer for southern Alberta, with much less precipitation than normal.

Enjoy the summer, and I will see those of you who are coming to the June lunch. Further details on that will be available soon. Others I will see when Heart to Heart reconvenes in September.

Jim Dugan

jdugan@ucalgary.ca

Join the Heart to Heart Facebook Group!



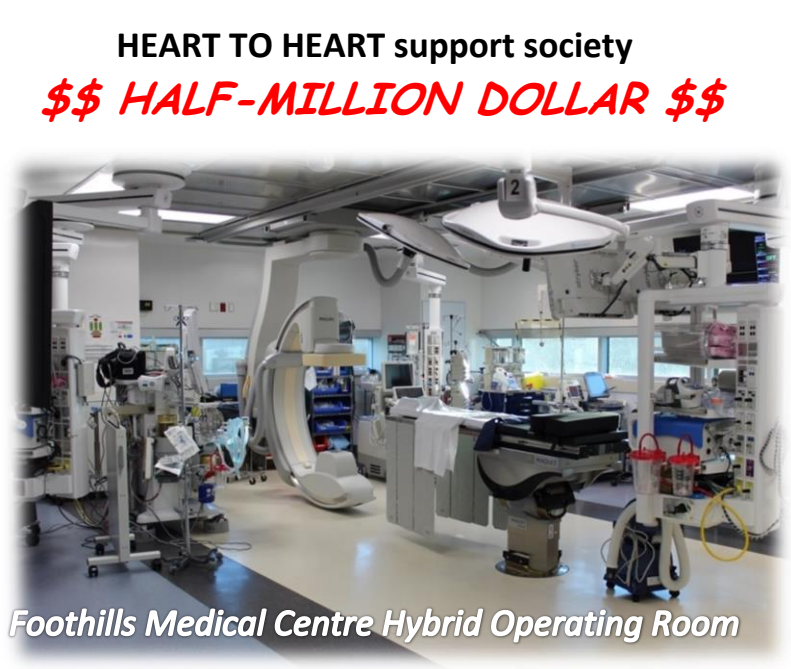
Heart to Heart Support Society now has a Facebook group. Facebook groups are simply communities of people with common interests. This group is for people in Alberta who have suffered a heart attack, are recovering from cardiac surgery or angioplasty, or have another heart condition. Family and friends of patients are also welcome.

www.facebook.com/groups/hearttoheartalberta

The goal of the Facebook group is to create a sense of community and support between meetings and for those who can't regularly attend meetings. Our objective is to reduce the fear, anxiety, and emotional stress that can result from having a serious health problem. We help each other improve health and quality of life, and enable members and their families to enjoy life to the fullest.

You'll need to request membership, as it is a closed group. All those who are interested in heart health are welcome — this simply helps us limit spam and others with ill intentions.





HEART TO HEART support society

\$\$ HALF-MILLION DOLLAR \$\$

Foothills Medical Centre Hybrid Operating Room

Fund Raising Milestone!

(Actual Funds Raised/Donated = \$549,668.00)

The *MEMBERS* of Calgary **Heart To Heart Support Society** for the past 20-plus years with their *ENTREPRENEURIAL SPIRIT* managed to fund-raise **more than \$\$ Half-Million Dollars \$\$** wherein these funds were donated to Calgary Health Trust for the sole purpose of procurement of cardiovascular equipment and services.

We are very thankful to **Calgary Health Trust** for their support, their working with us, and their expertise in scouting each Hospital & Health Care Institutions in identifying their needs for various types of cardiac equipment needed; be it for surgery, or for rehabilitation, or educational purposes.

Calgary Health Trust has been the conduit in connecting donor passions with Health Care needs.

The “**Ultimate BENEFICIARIES**” of the **more than \$\$ Half-Million Dollar \$\$** generosity from Heart to Heart Support Society have been **Cardiovascular-Patients;**

who have experienced some form of heart related event. We are very proud in touching lives in our community every day by raising funds for enhanced technologies, programs and services for cardiovascular-patients.



During the 20-plus years the funds raised were used for the procurement of cardiovascular **surgical equipment**, or the procurement of various materials for rehabilitation purposes and for the procurement of materials for educational purposes

for the **sole benefit of cardiac** patients.

Following is a partial summary of cardiovascular related equipment that was purchased with the **more than \$\$ Half-Million Dollars \$\$** donated:

| | |
|--|--|
| Edge SonoSite II Ultrasound Unit - CVICU-FMC | Cardiac Operating Room Defibrillator Machine |
| Cell Saver/Blood Washing Machine | Cardiac Power Injector for Cath Lab-FMC |
| Vital Sign Monitor | Bioness Interactive Therapy System – BITS |
| Lifepak 20 Cardiac Monitor - FMC-Unit-91 | 3-Units – Non Invasive Cardiac output Monitors |
| Simulation Defibrillator | 8-iPads for Patient Ed |
| Patient Rhythm Simulators for Staff Ed | 57-units Medical finger Oxygen Saturation Monitors |
| Wheelchairs & Wheelchair Cushions, Body-Harnesses, Muscle Simulators, Ankle Braces, Sling Equipment for Airdrie Urgent Care Centre | Vital Signs Monitor, Patient TV's, LCD Projector, Computers, Temporal Scanners, Shower Chairs, Commode Chairs for Children's Hospital Cardiac Unit |
| Cardiology Intervention & Cardiac Surgery Education | 3-Cardiac Holter Monitors, Holter Monitor Controler, Blood Pressure Monitor, total Lift Transfer Chair |

This list of procurement of cardiovascular equipment for surgical procedures and/or for educational purposes and/or for rehabilitation purposes is endless.

Continued on next page ...



We the Heart to Heart Support Society are very proud of our accomplishments and our generosity to all the heart patients that have benefited from the various programs we have supported.

The following hospitals and institutions were recipients of the cardiovascular related equipment:

- Foothills Medical Centre Hybrid Operating Room
- Foothills Medical Centre LIBIN Cardiovascular Unit
- Foothills Medical Centre Unit-91
- Rockyview General Hospital Cardiac Unit
- Peter Lougheed Hospital Cardiac Unit
- South Health Campus Cardiac Unit
- Drumheller Hospital Cardiac Unit
- Fanning Centre Stroke & Neuro Rehab
- Princess Patricia's Canadian Light Infantry (PPCLI)
- Airdrie Urgent Care Centre
- Cochrane Health Centre

We invite all cardiac patients, their partners, families and friends to join the Heart to Heart Support Society to continue this generosity of funding the procurement of cardiovascular equipment at each of the hospitals and institutions.

We emphasize that the "Ultimate BENEFICIARIES" are Cardiovascular-Patients; who have experienced some form of heart related event. Every gift has a vision and every patient's life can be changed. Together, we can make a difference.

Please visit our website: www.hearttoheartalberta.com



Join the Heart to Heart Facebook Group!

www.facebook.com/groups/hearttoheartalberta



White Turkey Chili

This healthy white turkey chili recipe is gorgeous and to keep the saturated fat low, we use one pound of ground turkey. Add whole-grain bulgur to boost the volume and fiber in this chili recipe.



- 1 pound 93%-lean ground turkey
- 4 cups reduced-sodium chicken broth
- 1 large onion, diced
- 2 medium zucchini, diced (about 3½ cups)
- 2 15-ounce cans no-salt-added white beans, rinsed
- 2 4-ounce cans green chiles, mild or hot
- 3 tablespoons extra-virgin olive oil / canola oil
- ½ cup bulgur
- 4 cloves garlic, minced
- 2 tablespoons dried oregano
- 4 teaspoons ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon white pepper
- ¼ teaspoon salt

** can be frozen, up to 3 months*

Directions

- 1) Heat oil in a Dutch oven over medium-high heat. Add ground turkey, onion and garlic. Cook, stirring and breaking up the meat with a wooden spoon, until the meat is no longer pink, 3 to 5 minutes.
- 2) Add zucchini and cook, stirring occasionally, until the zucchini is starting to soften, 5 to 7 minutes.
- 3) Add bulgur, oregano, cumin, coriander, white pepper and salt and cook, stirring, until aromatic, 30 seconds to 1 minute.
- 4) Stir in white beans and chiles, then pour in broth; bring to a boil.
- 5) Reduce heat to a simmer, partially cover the pot and cook, stirring occasionally, until the liquid is reduced and thickened and the bulgur is tender, about 50 minutes.

Per serving (~1½ cups): 350 calories; 14 g fat(3 g sat); 10 g fiber; 38 g carbohydrates; 28 g protein; 146 mcg folate; 43 mg cholesterol; 4 g sugars; 0 g added sugars; 216 IU vitamin A; 28 mg vitamin C; 131 mg calcium; 5 mg iron; 596 mg sodium; 1,000 mg potassium



DIY: How to Make Citronella Candles

Making citronella candles in cans is a great recycling project that is inexpensive and an effective solution from the expensive store bought alternative. Plus you can create a bug-free barrier around your patio and use up any old candles you may have.

Materials

- Clean metal cans / glass jars
- A double boiler
- Hot glue gun
- Soy wax / Paraffin wax / Old candles
- Pre-waxed wicks with tabs (150mm/6")
- Citronella oil

Additional Scents / Essential Oils

| | |
|-------------------------|------------|
| Catnip (very effective) | Eucalyptus |
| Lemon Eucalyptus | Rosemary |
| Lemongrass | Tea Tree |
| Cedarwood / Pine | Mint |
| Lavender | Cajeput |

Directions

Using the hot glue gun, affix the wicks to the bottom of the can(s) and press it firmly into the center. If you're using a larger can, add two or three wicks spaced apart around the center.

In double boiler add wax or old candles in small pieces. Don't worry so much about bits of wick or other specks in the wax, as you won't see them in the candles when they are done. Heat over medium heat until the wax is completely melted.

When the wax is melted it's time to add the fragrance. Add 1oz of citronella oil per pound of wax and any additional scents/oil at 0.5oz per pound. Stir in.

Let the wax cool slightly and carefully pour into containers. Ensure wicks stay in the center; try securing to chop sticks or a clothespin to keep in line. Careful not to disturb them too much, and leave in a warm place to cool. Cooling slowly and completely will create the best looking candles.

Allow your candle to cure for 48 hours undisturbed before burning. Then, when you light it up, let the candle burn so that there is a full, wide pool of wax before you blow it out.

TIP: Mosquitoes are weak fliers; use a fan on your patio/deck to keep them away!



Bad tooth-brushing habits tied to higher heart risk

Brushing your teeth twice a day for at least two minutes may lower the risk of cardiovascular diseases, a new study suggests.

Previous studies have found a link between heart disease and periodontal disease — a condition marked by gum infection, gum inflammation and tooth damage. The study, presented at the American Heart Association’s Scientific Sessions meeting in Chicago, looked at whether a person’s tooth-brushing habits were associated with their risk of having or dying from a heart attack, heart failure or stroke.

Researchers asked 682 people about their tooth-brushing behavior. After adjusting for various factors, they found that those who said they brushed less than twice a day for less than two minutes had a three-fold increased risk compared to those who said they brushed at least twice a day for at least two minutes.

Dr. Shogo Matsui, the study’s lead researcher, said the findings suggest “poor oral health, based on daily teeth-brushing behavior, is associated with” poorer heart health. It’s possible that longer tooth brushing might reduce this risk, but the new study was not designed to prove cause-and-effect, said Matsui, a researcher at the Institute of Biomedical and Health Sciences at Hiroshima University in Japan.

Dr. Ann Bolger, a cardiologist and professor of medicine emeritus at the University of California, San Francisco, agreed the observational study had limitations.

“It is possible that people who are very attentive to their dental health are also very attentive to other aspects of their health,” said Bolger, who was not involved in the research.

Even so, Bolger said the science supports a potential connection between dental health and heart health. Gum disease is one of the diseases “where the body may be in a sort of continual state of inflammation, and this seems to be a very powerful predictor of cardiovascular disease,” she said.

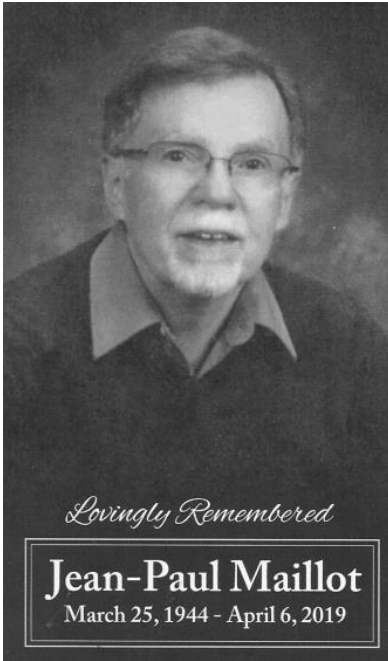
A separate study published in the AHA journal *Hypertension* found that gum disease appears to worsen blood pressure and interferes with medications to treat hypertension. Poor dental health also poses a risk to people with heart valve problems, Bolger said.



* A worn toothbrush (top) can damage gum tissue. Replace your toothbrush every three months or when it becomes worn.



In memoriam



March 25, 1944 – Provins, France

April 6, 2019 – Calgary, Alberta

Jean-Paul was born on March 25, 1944 in Provins, France. He spent his childhood in Provins & Soler before moving to Melun, a suburb of Paris with his parents, Simone and Robert and his brother Bernard. After completing his high school he attended Université de Paris majoring in physics. Following his military service he worked for Société Générale. In 1973, Jean-Paul travelled to North America visiting Quebec and New York. The following year he immigrated to Canada landing in Montreal where he met his wife Myra. They were married in 1976 and had two boys, Rémi and Alain. Jean-Paul worked for Nova as a systems analyst for over 20 years. After undergoing open heart surgery in 1998 he changed careers becoming a tax specialist for various companies. Eventually retiring, Jean-Paul kept active and became a volunteer with Alberta Health Services and joined the Heart to Heart support society visiting fellow heart patients in the hospital.

Jean-Paul was an avid reader, a lifelong learner, an intellect and a spiritual person with strong values. He was kind, gentle and patient, respectful of others, and always willing to help. Jean-Paul loved to travel, enjoyed gourmet food and loved his wine and cheese. He found joy in everything around him, loved listening to music, visiting museums, watching sports, and enjoyed long walk in Fish creek Park. Above all else he valued time spent with his family.

... continued from page 9 – **Bad tooth-brushing habits tied to higher heart risk**

“I spend an inordinate amount of time talking to (heart valve patients) about their teeth because we know certain heart valve infections can be associated with poor oral health,” she said. This latest research “is a good reminder that the mouth is an important part of a person’s entire health and simple, daily behaviors that improve health are incredibly important.”

The American Dental Association recommends brushing your teeth twice a day for two minutes with fluoride toothpaste.

“It’s a low-risk, low-cost option that we know has other benefits even beyond the scope of what this study is trying to investigate,” Bolger said. “There’s no reason not to recommend someone do this.”

- HeartInsight spring 2019



Two Special Support Groups

Phoenix Club

This is a special interest group for the younger men with heart disease who meet to discuss: career, family, exercise, lifestyle changes and contemporary issues in a supportive environment.

They meet once a month on the 2nd
Wednesday at different locations

Please call or text:
Tony at (403) 615-2662

For location, time and attendance confirmation, and more information.

Woman to Woman

This is a special interest group addressing the specific concerns of women with heart disease. An active lifestyle is also part of their emphasis. This group is organized and operates under the parent society in consort with the Canadian Council of Cardiovascular Nurses.

Meetings are held on the first Tuesday of
each month, 4:00PM

For more information contact:
info.womantowoman@gmail.com

| | |
|--------------|---|
| Mar 5, 2019 | Woman's hormones post menopause and the effect on the heart: Presented by Sofia Ahmed from the LIBIN Institute. |
| Apr 2, 2019 | Managing breathlessness: presented by Jessica DeMars BSc.P.T. a Respiratory Physiotherapist at Breathe Well Physio |
| May 7, 2019 | Do you know the difference between the duties of an executor, power of attorney and personal directive? Let's be proactive with our end of life choice and make it easier on our loved ones. Informative session w/ Kathy Cloutier from McInnis and Holloway. |
| June 4, 2019 | End of Year Potluck CELEBRATION and Planning Meeting. Everyone welcome! |

www.womenscardiacsupport.org

VISITOR **VOLUNTEERS** WANTED

We need volunteers to visit Cardiac patients at all of the four hospitals.

Rocky View hospital – Please contact Bill Cumming at (403) 271-4569
South Health hospital - Please contact Bill Cumming at (403) 271-4569
Peter Lougheed hospital – Please contact Bill Cumming at (403) 271-4569
Foothills hospital - Please contact Bill Sidey at (403) 479-3125

Thank-you to all visitors in all four hospitals for your visitations.

Keep up the good work!



Heart to Heart Chapters Established In Alberta Cities

To obtain more information or become a member, you may choose to contact the Regional Hospital or the Heart to Heart Contact Person in the particular city.

Drumheller

President

Trevor Gough: (403) 820-1887
Not a heart to heart in your city?
Contact Elvin to help open a chapter.

- NOTICE -

On the Beat offers information regarding the treatment therapies and help that is available to readers. We welcome and encourage your comments and suggestions.

All medical and therapeutic information contained in this newsletter isn't necessarily to your particular condition.

Consequently, we caution all readers that the information and advice in this newsletter (or in any publication) should be acted or relied upon only after consultation with your physician and health care professional.

Fold on line



BECOME A MEMBER (or make a charitable donation)

**Membership is open to
anyone interested in
cardiovascular disease**

New Member Renewal

Enclosed is a \$25.00 cheque payable to Heart to Heart Support Society,

Mail to: **Box 5242, Stn. A - Calgary, AB T2H 2K6**

Please register me as a member.

Please print:

Phone #: (____) _____ - _____

Name: _____

Address: _____

City: _____

Province: _____

Postal Code: _____ - _____

Signature: _____

www.hearttoheartalberta.com

Email: _____

