Foundation CONNECTION

Newsletter of the University of Ottawa Heart Institute Foundation

> ISSUE NO. 13 | FALL 2017
The LaBarge Weinstein group taking part in Hearts in Motion. The University of Ottawa Heart Institute Foundation’s Endowed Lectureship program welcomed Elena Aikawa, MD, PhD for the Michael Potter & Family Cardiovascular Genetics Endowed Lectureship.

Ottawa Jr Riders present a donation in memory of long-time President, Sandy Ruckstuhl.

Ed Reid presents a cheque to Brenda Rothwell and Jim Orban for the incredible funds raised at this year’s Valley Has Heart golf tournament.

Patient Olivia Hiddema and CP Has Heart Ambassador (and former Redblacks Quarterback) Henry Burris visiting Heart Institute patients.

A group of dedicated Rehab program participants after completing their Hearts in Motion challenge.

Hearts in Motion Participant Fun Day at TD Place.

The University of Ottawa Heart Institute Foundation’s Endowed Lectureship program welcomed Elena Aikawa, MD, PhD for the Michael Potter & Family Cardiovascular Genetics Endowed Lectureship.
Many of you can relate to the feeling of satisfaction and anticipation when you apply the final coat of paint as construction nears the end. In just a few months, the new clinical tower here at the University of Ottawa Heart Institute will be open and the renovations to the existing clinical space will begin. Just look at what you started and, because of you, look how far we have come. It’s an exciting time for patients and staff knowing that these improvements will save more lives, and the success of this project is a reflection of the support of this community, the Heart Institute community.

As the move-in date of April 2nd draws near, the fundraising efforts at the Foundation will be focused on the funds required for the purchase of thousands of pieces of life saving equipment – from stethoscopes to highly-specialized monitors and state-of-the-art diagnostic and surgical equipment - equipment needed to outfit the new facility and allow our world class medical teams to continue to provide the best in cardiac care, right here in Ottawa.

After more than 40 years dedicated to the heart health of our community, this new chapter for the Heart Institute inspires the Foundation team every day, motivated at each step by the people we meet, patients and family members who have been touched by the care they have received and are themselves moved to give back in some way. This newsletter allows us to share the stories we hear, stories of hope and kinship so that you too can feel the inspiration and sense of community which we are privileged to be part of.

We have so much to look forward to before the new building opens its doors next year. Look for us at Grey Cup Festival (volunteers welcome) through our partnership with CP Has Heart, and plans are well underway for Heart Month in February (stay tuned for more information about how you can get involved).

We are ever grateful for your support,

Jim Orban
President and CEO,
The University of Ottawa Heart Institute Foundation
THE COUNTDOWN IS ON

We are only a few months away from opening the doors on the new Clinical Tower at the University of Ottawa Heart Institute in April 2018 and beginning renovations to improve existing clinical space.

Updates – including a 24 hour camera positioned on the roof of the Heart Institute and updated every 5 minutes – are available at www.ottawaheart.ca/about-us/who-we-are/our-expansion/video-and-photo-gallery

The next steps of this journey to completion will be to outfit our new and existing buildings with state-of-the-art, life saving equipment.
A new study is the first to show that providing a prescription for a number of daily steps along with a pedometer to track progress improves patient health. Guidelines recommend that people walk at least 10,000 steps daily for health benefits, but many Canadians find this target difficult to meet. “As physicians, we have to face reality and admit that for many patients, just telling them to be more physically active simply doesn’t work,” said Kaberi Dasgupta, MD, in a press release from the Research Institute of the McGill University Health Centre.

Dr. Dasgupta and her colleagues enrolled 347 patients with type 2 diabetes, high blood pressure, or both into a randomized trial testing prescribed step counts. Half of the participants only received standard advice to move more while the other half received written step-count prescriptions and a pedometer.

After a year, participants who received the written prescriptions walked an average of 1,200 more steps per day than participants in the control group. Among patients with type 2 diabetes, those in the step-count prescription group also had reduced blood sugar levels and improvements in insulin resistance. The results were encouraging, though fell below the researchers’ goal of increasing steps by 3,000 per day. The McGill team is currently planning studies of additional interventions to further increase daily activity.

Reprinted from The Beat (www.ottawaheart.ca/the-beat).

EQUIPMENT WISHLIST

Heart Lung System Technology: $250,000 each

Newer, more capable heart-lung machine technology which allows oxygenated blood to be disbursed throughout the body while the heart is stopped during open heart surgery.
Bill and Elva Holland were recently honoured for their volunteer work with the Ottawa Heart Support Group (OHSG) at the University of Ottawa Heart Institute. The OHSG provides education and support to help patients and their families reduce fear, anxiety, and emotional distress.

When the Hollands found out that part of the Cardiac Rehabilitation area was being named in their honour, they were both humbled and excited. “It was a shock,” said Elva. “I think it’s fantastic,” Bill added. “It all started there, in the rehab and to all of a sudden have your name up there....” Bill was speechless.

Not only was the Ottawa Heart Support Group born out of the Cardiac Rehabilitation Program, Bill and Elva’s involvement in the group started there too.

Now Chair of the OHSG, Bill Holland was once a patient himself. After his first open heart surgery, Bill was enrolled in what was at the time called a “stress course”. Since he experienced thinning blood, he was unable to go to cardiac rehab right away. The course was held one day per week for seven weeks, and its intent was to decrease patients’ stress through education. This course was a precursor to what is now known as the Ottawa Heart Support Group.

University of Ottawa Heart Institute Foundation Board Member David Rattray had heart surgery in August of 2003 and then took the 13 week rehab program. Soon after graduation he met a previous fellow cub leader Hugh McDowell for coffee in their community of Barrhaven. They discussed the need for ongoing support that they and others needed in order to maintain a healthy heart lifestyle. They agreed to start the Ottawa Heart Support Group.

In early 2004, Bill and Elva attended a meeting that celebrated his and other patients’ graduation from cardiac rehab. At the meeting, Hugh asked others to join a new support group by adding their name to a signup sheet. “I wasn’t going to sign the paper, but Elva kicked me, so that started it,” Bill laughed. Thus, the OHSG was formed, at the time led by David Rattray and Hugh McDowell.

While David and Hugh have stepped back from the day to day matters they continue to work with Bill and Elva whenever asked for assistance. “The OHSG would never have grown to the size it has and served so many as it does, without the continued dedication and leadership of Bill and Elva” says David. “They are a tremendous couple and happy to consider them as dear friends.”

13 years later, the OHSG now has over 200 members, and Bill and Elva are at the helm. There are 6 committee members who meet monthly to plan the meetings, and 6 “phoners” who volunteer their time to remind members of meetings.

Education is the main focus of the OHSG. Doctors discuss topics such as the Hybrid Operating Rooms, Imaging, Electrocardiograms, and other pertinent topics for patients and their families. “We encourage members to bring spouses because they’re the ones who took us through the difficult periods,” said Bill.
“The speakers that we enlist are exceptional,” said Bill. The lectures increase the ability for patients to communicate more freely with the professionals. “The doctors like it because they’re not in a clinic when they’re talking to the patients. With the Q & A period after the lecture, they can have a dialogue with the patients,” said Bill. Although the lecture ends at 8:30 p.m., “Some of the doctors stay until 10:00,” he added.

With regard to education, Bill noted, “we’ve had some great one liners from doctors. For example, Dr. Higginson, who said, ‘When you are a patient, you’re part of a team. Anybody that has to cure you is part of your team.’ He was encouraging patients to be their own advocates and remember to have their cholesterol checked.”

Bill and Elva never expected to take on the task of organizing the OHSG. “It started when he had his operations,” said Elva. It took a while for the group to grow. Elva and Bill used a tried and true technique of “phoning” to increase attendance. “We phoned everybody 3 nights before to remind them of the meetings. We also started a one page newsletter,” said Elva. “Now it’s a two-pager,” added Bill. “I [write it] and she checks it,” said Bill, referring to Elva.

The success of the group is not only shown in its growth to over 200 members, but also in the feedback Bill and Elva receive. Members often send emails to Bill and Elva showing their appreciation of the speakers and the topics presented, “The members are very interested in the speakers,” said Bill.

The Hollands give much credit to the other members of the OHSG when it comes to its success. For example, the Vice President of the OHSG, Michael Pinfold, a retired Naval Commander and maritime aviator brings his experience and unique skills to the group. “He adds credibility to the group,” said Bill. “He comes all the way from Kemptville for meetings, and never misses one,” Bill adds. Volunteer Roy Cameron takes care of volunteer recruitment and room set up for each meeting while OHSG’s Treasurer, Mary Cameron, retired from Bell Canada, keeps track of the books while also taking the lead on the groups two big annual events; the Summer Picnic and the Christmas Party.

In addition to the work they do for the OHSG, Bill and Elva are also loyal donors to the Heart of Gold program. This program honours staff at the Heart Institute and recipients receive a gold pin in recognition. The Hollands personally give a pin to 5 or 6 doctors each year, most of whom were speakers at meetings of the Ottawa Heart Support Group, including Dr. Mesana and Dr. Ruel.

Elva and Bill love supporting the Heart Institute through their volunteer work. “We really enjoy it,” said Elva. Bill added, “To me, it’s the knowledge you gain.” “To me, it’s the people...,” added Elva, “…every patient and every doctor (at The Heart Institute) you really can’t believe this place.” “Also, Mary Sue Evans, from the Foundation, is wonderful,” she added.

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– DAVID RATTRAY
When asked about any goals they might be working towards with the OHSG, Bill answered with a wink, “87.” After a brief chuckle he explained that he’ll only stop volunteering his time when he reaches age 87. He just turned 78. A former Marine Systems Engineer in the Navy, Bill understands what it means to work hard and be part of a team. He was in the service for 30 years, and the reserves for 7. Elva brings her own expertise to the table having worked in the accounting department for Bell Canada for 33 years.

The Hollands enjoy volunteering together, and they are also on the Patient Engagement Program Advisory Board for Research. “We’re always together,” said Bill. “My father always stressed staying with your spouse by doing things you both like to do together.”

“We both really enjoy it, and it keeps us out of mischief,” Elva added.

Their commitment to helping the Heart Institute is motivated by their personal experience; however, they also hold the Heart Institute and its staff in high esteem. “The Doctors, the Foundation they’re all so good to us. They’re just so open,” said Elva.

The Hollands encourage patients and their families to join the Ottawa Heart Support Group, and they credit its success to the idea of opening it up to family members and spouses. “We encourage them to join the group. It’s open to all,” said Elva. Some members drive from as far as Hudson, QC and Cornwall to attend meetings.

Bill recalled a significant moment from the first meeting he attended. When he was listening to the Doctor who was speaking, and he had a thought, “All that stuff is behind that little scar,” he realized. This moment further emboldened Bill and Elva to continue doing their part to provide this same kind of education to other patients and their families.

Approximately 160 people showed up for the unveiling of the naming ceremony in the Hollands’ honour. Bill and Elva were especially touched that Dr. Chamoun and Dr. Mesana were in attendance. “It all started with a small room,” said Elva. From a small room to a large auditorium, it was the Hollands’ hard work and commitment to helping others that allowed the OHSG to grow to over 200 members and counting. Although they are too humble to admit it, Bill and Elva Holland truly have hearts of gold.

For more information about the Ottawa Heart Support Group, please visit www.ottawaheartsupportgroup.com/

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EQUIPMENT WISHLIST

**Cardiac Output Monitors:**

$23,000

A specialized monitor used during cardiac surgery to gauge how well the sick and healed heart pumps blood to the rest of the body.
Ten Tips for Managing Stress:

1. **EXERCISE REGULARLY**
   Physical activity helps to relax and condition your body and mind. Exercising three to five times a week for 30 minutes is a great place to start.

2. **BREATHE DEEPLY**
   When we feel stress, we often breathe in a shallow way. Take a moment and take a few deep breaths. Notice how it changes how you feel.

3. **EAT WELL. EAT AT REGULAR TIMES AND A VARIETY OF FOODS**
   Stay away from processed foods high in salt and sugar. Decrease use of alcohol and drugs during stressful times.

4. **NOTICE YOUR THOUGHTS**
   Reflect on how you think about what is causing you stress. Sometimes talking with someone you trust or a professional counsellor can help you see things in a new and different way.

5. **RELAX THE MUSCLES IN YOUR BODY**
   When we are stressed, the body becomes tense. Notice when your body is tense and try to relax the particular areas where you carry the most stress.

6. **RECOGNIZE WHAT YOU CAN’T CONTROL**
   Take time to reflect on what you can control, and work at letting go of things that are beyond your control and cannot be changed.

7. **TAKE A BREAK IN YOUR DAY**
   Give yourself permission to take time out by having a nap, listening to music, reading a book, meditating, journaling or just having some quiet reflective time.

8. **MAKE TIME FOR THINGS THAT YOU ENJOY**
   Set time aside for hobbies or learning something new. It’s never too late to learn something new and enjoyable.

9. **AVOID EXPOSURE TO STRESS**
   It may not always be possible to avoid things which are stressful, but some things may be avoidable, such as distressing news programs or TV shows.

10. **EVALUATE YOUR COMMITMENTS**
    Take a look at how you spend your time. Consider letting go of commitments that are no longer meaningful or useful to you.

*Printed with permission from the Prevention and Wellness Centre at The University of Ottawa Heart Institute.*

Making healthy changes in your life will lower your risk of heart disease and improve your overall health!
On January 5, 2015, shovels broke ground on the largest expansion in the history of the Heart Institute. Fast forward 2.5 years and the building frame, walls, and windows are up which means that 145,000 square feet of new operating space is nearing completion. As teams of doctors and nurses prepare for the big move in April 2018, the community is doing everything they can to make sure that essential life saving tools are waiting for them when they arrive.

Donations by phone, mail, and online continue to demonstrate that the philanthropic spirit is very much alive in Ottawa and the surrounding region. As the community hears about the Heart Institute’s need for equipment, they are responding as only the people of this region would – generously and from the heart.

One man in particular, Jack Keyes, has gone above and beyond to help ensure the doctors and nurses have the vital equipment they need to treat thousands of patients each year. Jack, a life-long resident of Gananoque, was first introduced to the Heart Institute when his brother, Richard, was a heart patient. Grateful for the care Richard received and witnessing the care given to so many other patients, Jack decided that he would purchase a new piece of equipment for the Heart Institute each year.

In 2016/2017 alone, the Heart Institute received more than 220,000 patient visits. Jack knows the impact equipment can have for those patients and how crucial these purchases are for the new clinical tower. This year, Jack gave an incredible $100,000 for the Heart Institute to buy a new Portable Heart Lung System. These systems, essential to the daily operation of the Institute, monitor important blood parameters including blood oxygen saturation and hemoglobin, as well as arterial and venous blood temperature—essentially these machines are like a guardian angel watching over each patient. When asked what he hopes his generosity will accomplish, Jack responds, “My chief priority is ensuring the new building is equipped to save as many lives as possible. Second, I hope my contributions will inspire others to give back as well.”

Although the new clinical tower is nearing completion, this is not where the story ends. In fact, it is after April 2018 when the true work will begin. Thanks to donors like Jack, the Heart Institute is on a path to success. However, there is still much more that needs to be done, so that when the doors open and the lights go on, the Heart Institute is ready for the next chapter.

With just a few months to go, the excitement is palpable – for both staff and the community. With visionary leaders like Jack giving transformational gifts, we know that the community is stepping up in a big way.

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**EQUIPMENT WISHLIST**

**Mobile Treatment Cart:**

$1,000

These carts house and store everyday supplies such as syringes, gauze, first aid components, protective equipment for clinicians, and emergency supplies that clinicians require in order to provide prompt, safe, and effective patient care.
Hearts of Gold

THANK ONE. HELP MANY.

Honour a doctor, a nurse, an allied health professional, a volunteer or even an entire unit. The Heart of Gold Program allows you to recognize people at the Heart Institute who have provided exceptional care. All honourees will receive a thank-you card and a prestigious Heart of Gold pin to wear, ensuring that colleagues and patients alike will recognize their special dedication to patient care.

Visit foundation.ottawaheart.ca or contact Mary Sue Evans at: mevans@ottawaheart.ca or 613-696-7262.

Dr. Ramirez (The University of Ottawa Heart Institute’s 2017 Trainee of the Year) received his first Heart of Gold pin from a grateful patient.

Patient Diane wanted to recognize her doctor (Dr. Vincent Chan), nurse, and a couple of the ladies who made her stay at the Heart Institute feel a little more like home.
There’s more to a red dress than material! Just ask the ladies of Alpha Phi.

Alpha Phi (pronounced “Alpha Fee”) is an international sorority boasting more than 200,000 members, with a presence on more than 170 campuses throughout North America.

The organization has been around since 1872—however, representation in Ottawa is still relatively new.

In fact, it was only three short years ago that Alpha Phi established a chapter at the University of Ottawa.

That chapter is led in part by Chattalie Jayatilaka, VP of Campus Affairs for Alpha Phi Iota Upsilon (the Greek name of the local chapter).

Like most (if not all) sororities, service is a core value for Alpha Phi. As such, chapters regularly host a variety of local service opportunities throughout the year, encouraging members as well as the general public to give back.

Supporting women’s heart health has always been a major focal point for the sorority. It was highlighted as an important cause during Alpha Phi’s first convention in 1946 held in Quebec—when, says Chattalie, the organization decided it needed an international cause they could “give their all to.”

“Right from the beginning, Alpha Phi had the idea of helping to fight a disease that was affecting a majority of women on a large scale.” Interestingly, adds Chattalie, “Even today, we understand that heart disease is the number-one killer of women in North America—but it’s still a huge surprise to people. Everyone seems to think that it’s cancer. And when we talk to people, it’s shocking to us that women have no idea how prevalent it is and how many of us might even be affected.”

As such, Chattalie and her chapter spend a great deal of time throughout the year educating others on campus about women’s heart health, holding blood drives and fundraising bake sales, and promoting heart-healthy activities to their peers.

This year, the Ottawa chapter will also host its fourth annual Red Dress Gala: a fundraising event to support “heart health organizations” including the University of Ottawa Heart Institute Foundation.

The 2017 gala will be held November 11th at the Lago Bar and Grill on Dow’s Lake. Building on the success of other chapters’ galas, Chattalie acknowledges that the local event has certainly grown since its “early days.”

“This will be our fourth gala,” says Chattalie. “In September 2014 when we first started the chapter, we only had a few members and our goal at that time was to raise $1,000. That first gala was in February 2015—not giving us a lot of time to plan! But we hit our goal. And every year since then, we’ve raised the bar a bit higher each time.”

This year, Alphi Phi Iota Upsilon’s goal is to raise $5,000 toward heart health.

“We have 100 girls this year working on the event, and we’re inviting more than 300 people and tickets are available to the public, so I’m pretty optimistic that our group will do its part to meet our financial goals,” says Chattalie.

Half of the funds raised from the Red Dress Gala will go toward the Heart Institute Foundation to support programs and initiatives at the Canadian Women’s Heart Health Centre, with the
remainder going to the Alpha Phi Foundation’s Heart to Heart Grant. Since 2014, this $100,000 annual grant has been awarded to hospitals and research facilities that are making breakthroughs in better understanding heart attacks, heart disease and strokes in women—specifically its symptoms, treatment and prevention.

In the week leading up to the gala, Alpha Phi Iota Upsilon will be manning a table on campus to raise money and awareness about women’s heart health, and encourage students to take life-saving classes in CPR skills training.

But that’s not where Alpha Phi’s commitment to the cause ends, says Chattalie: on an international level, the sorority is also known to help its own members.

“‘Our entire executive goes to an annual conference every year, and one of the girls had heart disease and needed a heart transplant,’” she recalls. “Obviously, things are different in the US in terms of health care. Alpha Phi paid for everything for her—all her bills. And now, she’s doing great.”

ATTEND THE RED DRESS GALA!
The gala is open to anyone who wants to support women’s heart health. Join Chattalie, Alpha Phi, politicians, Heart Institute employees and other community leaders and supporters this November 11th at the 4th annual Red Dress Gala. Tickets are now available for purchase through Eventbrite.com.

ORGANIZE EVENTS
Donations from our generous community and third-party special events organizers like you help the Heart Institute maintain an outstanding level of excellence in patient care, education, and research. When you have a fundraising event idea, please be sure to contact us so we can help!

Visit foundation.ottawaheart.ca or contact Lindsay Firestone at 613-686-7261 or lfirestone@ottawaheart.ca
When revising their wills in 2014, Ottawa residents Paul and Marilyn Koch decided to leave a legacy gift to the Heart Institute. “The Heart Institute, without question, saved my life,” said Paul. An active volunteer fundraiser, Paul Koch and his wife Marilyn have donated time and funds to many organizations and causes.

In 2009, at the corner of Bronson and Carling, life took a turn for the Kochs, and this event played a large part in their decision to include the Heart Institute in their legacy giving plans.

Paul and Marilyn had been out to dinner to celebrate their wedding anniversary that night in 2009. Upon returning home, Paul did not feel well, but, at first, chalked it up to an indulgent meal. The next morning as his symptoms persisted, Paul logged on to the internet to investigate. He had an existing hiatus hernia, which can have symptoms that resemble a heart attack, so his second thought was that the hernia was causing his discomfort. Just then, his arm began to tingle and it became clear to both that a heart attack might be imminent.

Rather than calling 911 which would have been the better thing to do, they jumped into the car and with Marilyn driving traveled from their home in Hunt Club toward the Civic Hospital.

At the corner of Bronson and Carling, Paul experienced severe heart pain! As they reached the hospital, Paul jumped out of the car and ran into the hospital emergency room exclaiming, “I think I’m having a heart attack!”.

Within minutes he was wheeled over to the Heart Institute, and within an hour he was on the operating table. Paul had a 100% blockage of his LAD artery. In surgery he had a stent put in, and then spent four days recovering at the Heart Institute. “Two weeks later I walked 18 holes of golf,” said Paul, in praise of the care he received.

In many ways, Paul and Marilyn Koch have spent their lives giving back to their communities.

Both lifelong volunteers and fundraisers, the Kochs are now both retired and continue to annually support over 20 organizations, both locally and globally.

Inspired by his father, who served as Chair of the Guelph City Planning Board in the 1940s, Paul has been volunteering since he was a child growing up in Guelph, Ontario. “My father was very active in the community and he always encouraged me to be involved and give back to my community — to give time and be as generous as I could be from a philanthropic point of view.”

Over the years, Paul’s volunteerism traveled with him from the University of Waterloo where he received his engineering degree to many organizations in Burlington, Sarnia, North York and finally in Ottawa where the Kochs permanently laid down their roots after IBM transferred them here in 1980.

During his time working for IBM, Paul would reach out to colleagues to help raise funds for a variety of charitable causes. “Often when I would call business associates, they would ask, ‘Who are you raising money for now?’”, Paul laughed.

In Ottawa, he has contributed his time and energy to organizations such as The Ottawa Symphony Orchestra, The Riverside Hospital Foundation (now the OutCare Foundation), EnviroCentre, The City of Ottawa Environmental Advisory Committee, the Ottawa Sustainability Fund at the Community Foundation and most recently the LPGA’s Canadian Pacific Women’s Open as the Ecology Committee CoChair.
In their retirement, Paul and Marilyn enjoy golfing and traveling. However, they still spend time giving back to their community. “Volunteering is one way we keep ourselves busy and feel that we are making a contribution.” He added with a smile, “We don’t know how we had time to work!”

While they had previously donated to the Heart Institute, since Paul’s heart attack in 2009, the Kochs have made annual gifts to the Institute which are supported by IBM’s 50% Matching Grant Program for retirees. In 2014 when redoing their wills it therefore only seemed natural to leave a legacy gift to support long term priorities. “We will continue to support the Heart Institute annually as well as leaving the legacy gift because of the great work that is done there.”

“I owe a lot to the Heart Institute,” Paul expressed. “We’ve been so blessed.” The Kochs’ legacy will undoubtedly be one of service, and the Heart Institute is certainly grateful to be a part of their giving plans.

When you leave a legacy gift to the University of Ottawa Heart Institute Foundation, you become a member of the Wilbert J. Keon Legacy Society and will become part of providing ongoing support that funds patient care, research, the Canadian Women’s Heart Health Centre, the most urgent needs of the Heart Institute, among other initiatives and innovations. Your gift will not only help save and improve the lives of others, but it will help you to leave a lasting legacy you can be proud of. To learn more about including the Heart Institute in your Will, please contact the Legacy Gifts team at 613-696-7251 or wjklegacysociety@ottawaheart.ca

When Paul graduated from University in 1964, the Kochs embarked on a 23,000 km camping trip through Canada and the USA (3 Provinces & 33 States). In 2014 they flew to Las Vegas and retraced their steps through Death Valley and the National Parks in California, Oregon, Washington, BC, and Alberta. Here, Paul is holding 2 photos from the 1964 trip.
Hosted by Mark Fuller and the Fuller family in honour of their mother, the Jeanne Fuller Red Dress Charity Golf Tournament has united women for a day of golf, camaraderie, and education about their unique heart health for the last 11 years. All this while raising more than $1,000,000 - and counting - for the Canadian Women’s Heart Health Centre at the University of Ottawa Heart Institute.

Men and women experience heart issues differently and far too many women are still unaware of the risks and the simple changes they can make to be heart healthy. Awareness is the key and the Heart Institute and The Canadian Women’s Heart Health Centre are taking the lead by committing to helping the women in our lives who are often too busy to care for themselves.

With thanks to participants, sponsors, volunteers, supporters, and a volunteer organizing committee led by event Chair Erin Phillips, an incredible day was had by all at this year’s event, held on September 11th at Loch March Golf and Country Club. Together, sponsors and participants helped to raised $147,000 that will be put towards supporting the programs and services offered through the Canadian Women’s Heart Health Centre.

Join us for the 12th Annual Jeanne Fuller Red Dress Charity Golf Classic on September 10th, 2018 at Loch March Golf and Country Club. Information about next year’s tournament will be available at www.reddressgolf.ca.

This year marked an amazing milestone for Dan Shipman and his Ride a Grand Père family.

Dan, a heart transplant recipient, launched The Ride, as it is affectionately known, in 2011 as a way of giving back to the Heart Institute for giving him a second chance at life.

Since its debut, The Ride has raised funds for the Heart Institute but beyond that it has built tremendous awareness for the care that is available here and for that, we are truly grateful.

Each year, hundreds of motorcycles embark on a day long ride simply to enjoy the day and make some noise about the Institute. In the weeks following the Ride, Dan and his crew pay us a visit to present the fruits of their labour to much fanfare.

This year, Dr. Marc Ruel, the Institute’s Chief of Cardiac Surgery, and Charles McCulloch, the Foundation’s Vice President of Development gratefully accepted the proceeds from the 2017 Ride: $26,500! Incredible!

Even more incredible though is that with this year’s donation, Dan and his team blew away a goal they had set for themselves, raising a total of $115,000 over seven years!

With thanks to Dan and the tremendous team of Ride a Grand Père — we are already looking forward to next year.
RESEARCH AT THE UNIVERSITY OF OTTAWA HEART INSTITUTE IS FOCUSED ON PATIENT-FIRST ACTION.

Our world-renowned research team is in the unique position of being able to facilitate “bench to bedside” research right here, within the same facility. Our researchers and clinicians work together, alongside our patients, to advance research leading to treatments that will have a global impact on cardiovascular care.

ALL THIS RIGHT HERE IN OTTAWA AND MADE POSSIBLE BY COMMUNITY SUPPORT.

RESEARCH INITIATIVES IN 2016/2017 INCLUDE:

69 RESEARCH GROUP LEADERS, INCLUDING SCIENTISTS AND CLINICIAN-SCIENTISTS

$4.43M IN FUNDING MADE POSSIBLE BY GENEROUS DONORS

10 LECTURESHIPS FROM WORLD RENOWNED CARDIOLOGISTS AND SCIENTISTS

4 RESEARCHERS RECRUITED AND SET UP LABS AT THE HEART INSTITUTE

11 FELLOWSHIPS TO TRAIN THE NEXT GENERATION OF RESEARCHERS

274 ACTIVE CLINICAL RESEARCH STUDIES INVOLVING PATIENTS
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EQUIPMENT WISHLIST

Critical Care Patient Beds:
$35,000

Critical care beds that are specialized for use by cardiology and cardiac surgery patients and are vital in patient care and recovery of the compromised patients.