YOU SAID IT!
> pg. 2

FROM OPEN-HEART SURGERY TO A CHANGE OF HEART
> pg. 3

PREVENTION AND WELLNESS
EATING A LOW-SALT DIET
> pg. 7

A HEART IN THE RIGHT PLACE
> pg. 10

Foundation CONNECTION
Newsletter of the University of Ottawa Heart Institute Foundation
In the Spring/Summer issue of Foundation Connection, we were thrilled to announce the Grand Opening of the Critical Care Tower. This time next year we will be celebrating the unveiling of the renovations at the main Heart Institute building. Construction is in high gear, creating a one-stop patient registration area, centralized imaging suites and improved access to clinics. At the Foundation, we are excited to see all this activity designed to enhance the patient experience, and are deeply grateful to the generous donors who continue to support this journey. We are getting closer every day.

In April, many of you received a Donor Survey along with your Grand Opening Report for the Critical Care Tower. A special thanks to everyone who took the time to complete the survey. The results will help us manage our communications and improve your donor experience. In this issue of Foundation Connection, we provide a quick snapshot of the results and comments we received. In response to the question “Why do you choose to give to the Heart Institute?” it is overwhelmingly clear that it’s your appreciation of the caring staff, gratitude for the gift of time with loved ones and the desire to give back and help a future generation of cardiac patients. Thank you!

Some of you told us that we send too much mail, that we over ask – thank you for this feedback. We communicate a lot with our donors because we are so excited about what we have to share, patient stories, groundbreaking research, and news about specialized equipment and procedures. We respect that the decision to donate is yours, and only when you are ready to donate. All we ask is that you enjoy reading the information we share and make your donation when it’s the right time for you.

Also in this issue, you will get to know Bonnie Main, whose new heart has given her a second chance to be part of her family’s milestones. You will also be introduced to local real estate developer John Bassi whose Heart Institute journey brought him a new perspective on life. We’re also sharing tips for maintaining a low sodium diet and a look at upcoming events in support of the Heart Institute. Our community is already planning countless fundraising activities to take place during Heart Month in February.

Looking ahead, we wish all of you a safe and happy holiday season. We are deeply appreciative of your continued support.

Jim Orban, President and CEO
Heart Institute Foundation
The team at the Foundation is ecstatic with the response from our thoughtful donors. If you haven’t had a chance to send yours in, you are not too late! We welcome your feedback!

### Areas of Interest

- **Research & Innovation**: 60%
- **Women’s Heart Health**: 42%
- **Prevention & Wellness**: 53%
- **Equipment & Expansion**: 43%

### This is why you give.

Thank you for sharing your stories and telling us why you include the Heart Institute in your charitable giving. The words you chose were crystal clear; your generosity is a tribute to the amazing staff, the compassionate care, and your deepest gratitude for the gift of time to spend with your loved ones.
At age 44, John Bassi believed he was relatively healthy.

However, he felt absolutely exhausted.

The born-and-raised Ottawa native was working incredibly long hours at the construction company his father had started years earlier. He attributed the long hours to his lack of energy.

“My hours were indicative of working in the industry,” he explains. “I was always running around like crazy for work, and I’d come home and be ready for bed. We’d be at social events and by 9:30 p.m. I’d be ready to go to bed. People would even joke about it!”

Meanwhile, his wife Maria had also noticed a change in him for several months.

“I saw a big dip in his energy levels, but I thought it was just that he needed to balance work with his high-stress job, and he needed to sleep more,” she recalls. “Neither of us ever thought it could have anything to do with his heart.”

With a young family and a bustling business, John did try his best to stay in shape, although it was often difficult to stay on track. One night, he played a game of pick-up soccer with some friends, but had difficulty keeping up with his peers.

At the time, John was a member of the Ottawa Heart Institute Foundation Board of Directors, he mentioned at a board meeting how challenging he had found his recent soccer experience. “One of the board members asked me when I last had my health checked, and I couldn’t remember,” he says.

WAKE-UP CALL

John quickly made an appointment with his doctor and soon received some difficult news: John had experienced a mitral heart valve prolapse.

His immediate reaction: shock.

“I remember being in the room, not knowing what was going on when the doctor told me,” John recalls. “I expected my health issue to be something small and here they were, telling me I would need to go to the Ottawa Heart Institute for open heart surgery.

Hearing those words was like listening to the teacher in the Charlie Brown movies; I had to ask them to repeat it. I just couldn’t believe it.”
A SECOND OPINION

In the aftermath of learning about his heart condition, John went online to do some research about the surgery.

“You start seeing all this stuff and think ‘I’m going to die,’” he says. “I realized this wasn’t a light operation, and there was a slight possibility it wouldn’t be successful. That’s when it really hits you, and you wonder if your kids and family will be okay. That was tough to go through.”

Determined to get a second opinion, he went to a reputable facility in the United States to see another doctor.

“I wanted to get back to work as soon as possible, so I wanted to see what all my options were,” says John.

The advice he received down south? Go back to Ottawa.

“When the doctor I saw in the US realized I was in Ottawa, and would be in the hands of Dr. Thierry Mesana (the President and CEO of the Ottawa Heart Institute), he literally told me ‘go back home; you have one of the best doctors in the world doing your surgery.’

“You really can’t get any better reassurance than that.”

Maria agrees wholeheartedly. “We needed to have a second opinion on all the different procedures available, but when a clinic that has something to gain financially by taking you on as a patient tells you that you’re already in the best hands...it solidified our faith,” she says.

PREPARING FOR SURGERY

John and his family waited approximately four months for his surgery.

“I was a pack of nerves,” he says. “I was concerned about my family, about my two young boys and my wife. And I was preparing myself for the worst, while still trying to run a business. I even had some anxiety attacks where Maria had to calm me down.”

He tried to stay positive for his sons Anthony and Mario, then ages 11 and 15.

“They were definitely scared and worried about John,” says Maria. “As someone sitting in the wings, you realize just how much something like this affects the whole family. Not just me and the kids, but our parents, friends, and many others.”

However, the Heart Institute found ways to help everyone through John’s upcoming surgery.

“From the time we walked into the Heart Institute, everybody was calm, compassionate and caring—from reception, through to the administrative staff, and then the surgeon,” says Maria. “And knowing that Dr. Mesana was one of the best in the world, and seeing just how patient and warm and confident he was...that trickles down to the patient and then to the rest of the family.”

To further ease the tension everyone was feeling, John arranged a small surprise for Maria and his boys.

“We had wanted a little dog for a long time, but John had been opposed to it,” says Maria. “But before his surgery, he surprised us all and arranged to buy a Shih-poo dog for us. John
always says he hates Teddy but he really loves him—I call Teddy his good luck charm because John’s surgery was such a success!”

RECOVERY TIME

Just before his 45th birthday, John underwent a successful operation at the hands of Dr. Mesana and with the support of the medical team at the Heart Institute.

Waking from his surgery, John remembers seeing his family for the first time.

“The Heart Institute saved my life; it was very emotional for me,” he says.

The moment was especially emotional because, upon waking, he learned his grandmother had passed away.

“My grandmother helped in raising me, so I was very close to her. At the time, before my own surgery, she was in the hospital and I would go visit her. I knew she was near the end of her life, but the nurses told me she was hanging on, waiting to ensure my surgery had gone well.

“When I woke up, I was told she had passed. But I was so happy to have everyone else around me.”

John immediately felt a difference in his health. When he returned home, he did rehab under the watchful eye of his wife – and fitness instructor - Maria, walking around his community regularly.

“I had energy almost right away,” he says. “In fact, I was back to work within four weeks of my surgery, starting with a couple hours each day.”

Both John and Maria credit the Heart Institute for his speedy recovery. “It was a five-star team from the time we arrived to the time we left,” says Maria. “The nurses were fantastic, from day one through his surgery and recovery. We would get a new nurse every day or so, and they became more amazing as the days went on!”

“And Dr. Mesana is a class act,” adds John. “I still get emotional thinking about the whole thing.”

A NEW PERSPECTIVE ON LIFE

John’s life-changing experience was just that: life-changing.

“God willing, I came out of surgery, everything went well, and I now have a completely different outlook on life,” says John.

Two years ago, he decided to semi-retire and sold 70% of his stake in the family business. He continues to work in real estate development, but has more time to spend with his family.
“I see them more and travel more with them too,” he says. “I love seeing my kids growing up, and being there for them. Life used to be work, work, work—and now I can enjoy it all.”

For his 50th birthday this past summer, his family and a few close friends prepared an intimate luncheon in celebration.

“I didn’t want any gifts, so I asked people to donate to the Heart Institute—and a small number of people raised a considerable amount of money,” he says, adding, “I’m so grateful to have a healthy family, a beautiful wife that supports me, two beautiful kids, and an extended group of family and friends that money can’t buy.”

Meanwhile, Maria says John has made a significant improvement in his fitness levels. “He’s come 360 for sure,” she says.

**“WE ARE SO BLESSED”**

John is no longer on the Heart Institute Foundation’s board of directors; however, he and his wife have continued their support financially, and are always encouraging others to donate to the Heart Institute.

“There are so many things out there to give money to, but I would absolutely recommend the Heart Institute if you want to see your dollars go to work,” says Maria. “I personally saw the benefits of previous donations when my husband had to go in. He was very, very lucky to be in their hands. The level of care was 10/10.”

The Bassis consider themselves “blessed” to live in a city like Ottawa, where a place like the Heart Institute exists.

“We are a very fortunate city to have an institute like this in Ottawa,” says Maria. “Think of all the people in the city and surrounding areas — so many lives have been saved or changed because of the Heart Institute. We are so blessed to have these doctors, staff and nurses, and the way they work as a team to save the lives of people of all ages. Other people in the world don’t have that access like we do.”

John agrees. “We have a class-act system here that we cannot take for granted; it truly saves people’s lives. It saved mine.”

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**BARRHAVEN LEGION BRANCH 641**

Generous Barrhaven Legion Branch 641 members gather to tour the new Critical Care Tower along with Foundation President and CEO Jim Orban (right, back) and David Rattray, a member of the Foundation’s Board of Directors (back left).
Prevention and Wellness

EATING A LOW-SALT DIET

Patients with many different types of cardiovascular disease will be told they need to eat a low-salt/low-sodium diet to improve their health. This includes patients with heart failure, high blood pressure (hypertension), and pulmonary hypertension.

Sodium acts like a sponge in your body, making it hold onto water. Moving this extra water through your body requires your heart to work harder, which raises blood pressure. For patients with heart failure or pulmonary hypertension, whose heart or blood vessels in the lungs are already damaged, this extra work can be more than the cardiovascular system can handle, leading to a trip to the emergency room.

Reducing the amount of salt in your diet can also help prevent the development of chronic high blood pressure. Health Canada recommends that even adults without cardiovascular disease limit their sodium intake to less than a teaspoon a day (2,300 milligrams).

For people with cardiovascular diseases that are sensitive to salt intake, the recommended maximum is 2,000 milligrams of sodium per day, or about two-thirds of a teaspoon. (*Note: Table salt includes sodium, but they are not exactly the same.*)

TIPS AND TRICKS FOR EATING LESS SALT

Eating less salt can be difficult at first. Your taste buds are accustomed to a certain level of sodium, and less-salty foods initially seem bland. But your taste buds adapt to eating less salt, and soon food will taste just as flavourful with less salt added.

The Heart Institute’s dietitians recommend some basic strategies for reducing salt intake:

• Eat more meals at home. Food made in a restaurant will always be higher in salt than a home-cooked meal.

<table>
<thead>
<tr>
<th>FOODS TO LIMIT ON A LOW-SALT DIET</th>
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<tbody>
<tr>
<td><strong>Restaurant Food</strong></td>
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<tr>
<td>Hot dogs and smoked meats</td>
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<tr>
<td>Cold cuts such as ham</td>
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<tr>
<td>Bacon</td>
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<td>Sausages</td>
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<td>Pizza</td>
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<td>Cheese</td>
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<tr>
<td>Canned beans</td>
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<tr>
<td>Store-bought sauces and seasonings</td>
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<tr>
<td>Salted crackers</td>
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<tr>
<td>Potato chips and other processed snack foods</td>
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<tr>
<td>Vegetable juice</td>
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<tr>
<td>Bouillon cubes or powders</td>
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<tr>
<td>Pickles</td>
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<tr>
<td>Olives</td>
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<tr>
<td>Chinese food</td>
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<tr>
<td>Frozen meals</td>
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<tr>
<td>Canned vegetables</td>
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<td>Soy sauce</td>
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<table>
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<tr>
<th><strong>Lower-Sodium Foods</strong>*</th>
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</thead>
<tbody>
<tr>
<td>Fruit</td>
</tr>
<tr>
<td>Fresh fish and seafood</td>
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<tr>
<td>Fresh meats: roasted, baked, boiled, or poached</td>
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<tr>
<td>Yogurt</td>
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<tr>
<td>Milk</td>
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<tr>
<td>Fresh and frozen vegetables</td>
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<tr>
<td>No-salt-added canned beans and vegetables</td>
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<tr>
<td>Lemon</td>
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<tr>
<td>Oil</td>
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<tr>
<td>Vinegars</td>
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<tr>
<td>Dried beans</td>
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<tr>
<td>Whole oats</td>
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<tr>
<td>Unsalted crackers</td>
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<tr>
<td>Eggs</td>
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<tr>
<td>Unsalted nuts and nut butters</td>
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<tr>
<td>Rice and pasta</td>
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<tr>
<td>Spices and herbs</td>
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<tr>
<td>Onion</td>
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<tr>
<td>Garlic</td>
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<tr>
<td>Low-sodium canned soup</td>
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<tr>
<td>Angel food cake</td>
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<tr>
<td>Hard or soft rolls</td>
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<tr>
<td>Plain bread or toast</td>
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<tr>
<td>Sherbet or fruit sorbet</td>
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*Always check labels on packaged foods, sodium content varies between brands*
• Eat fewer processed foods; 75% of the salt in the Canadian diet comes from processed foods.

• Learn to read food labels (see below); choose foods that have less than 200 mg of sodium or 8% of the daily allowed sodium per serving.

• Don’t add salt when you cook or at the table.

**LOWER-SODIUM TIPS FOR COOKING AT HOME**

• Reduce your salt gradually to give your taste buds time to adjust.

• Don’t use the salt shaker when cooking or at the table.

• Season foods with herbs and seasonings that do not have salt.

• Avoid “instant” foods that come in a bag or a box.

• Use frozen vegetables instead of canned vegetables.

• When choosing canned goods, look for those with no added salt.

• When grocery shopping, choose items from the outer aisles where most of the fresh foods are found.

• Make your own sauces or choose low-sodium sauces.

• At the grocery store, choose items labelled “no salt added” or “low sodium.”

**HOW TO READ A FOOD LABEL FOR SODIUM**

Reading food labels is the best way to be sure of the sodium content of foods. The sodium content must be listed on the package—check the Nutrition Facts panel. Follow these easy steps to read the label:

**STEP 1:** Look at the serving size;

**STEP 2:** Look at the sodium/serving and compare that serving with the amount you might be eating;

**STEP 3:** Choose foods with less than 200 mg sodium/serving or 8% Daily Value

This food has 250 mg of sodium in ½ cup. Look for foods with less than 8% DV as an alternative choice.

**LOWER-SODIUM TIPS FOR EATING OUT**

Foods eaten in restaurants will always be higher in sodium than when prepared at home. Keep these tips in mind when you eat out:

• Ask for food cooked with no salt

• Don’t use the salt shaker

• Choose grilled, baked or steamed items

• Choose oil and vinegar salad dressing

• Avoid cheese and sauces

• Avoid fried foods

• Avoid bacon, sausage and ham

• Avoid pickles, potato chips and French fries

• Request that food be served without high-salt condiments or sides. Items to use less of include:
  - Relish
  - Mustard
  - Ketchup
  - Sauces
  - Dressing
  - Horseradish
  - Oil and vinegar
  - Lemon

• Eat foods in their fresh states, which are naturally low in sodium; try grilled vegetables or fish instead of battered or deep fried options.

• Ask for dressings and sauces on the side so you can control how much you add.

• Ask restaurants if they have a guide listing the sodium content of their food items.

• Bring half of your dish back home.

• If you can’t avoid eating a high-sodium meal, cut down on the portion size and make low-sodium choices for the other meals of the day.

*This page was adapted in part from the Heart Institute’s Heart Failure Patient Guide and used with permission from the University of Ottawa Heart Institute.*
This year marked the eighth — and last — The Ride a Grand Père as Dan Shipman and his “Ride” family took to the streets for one last ride in support of the Heart Institute.

Dan, a heart transplant recipient, launched The Ride a Grand Père (a.k.a. Grandpa’s Ride), in 2011 as a way of giving back to the Heart Institute for giving him a second chance at life. Since then, it has evolved to include an annual golf tournament and has become one of the most unique events/celebrations on the Heart Institute’s roster of community events.

The Ride a Grand Père raised a tremendous amount of awareness for the Heart Institute each year as hundreds of motorcycles embarked on a day long ride to make some noise about the Institute. Soon after the Ride, Dan accompanied by many of the riders and volunteers, stopped by the Heart Institute to celebrate and present a cheque to the Foundation.

This year, the celebration was just a little different. Staff, volunteers, and friends gathered to welcome the Ride a Grand Père crew with cheers and cake, but, knowing it was the last time we would all be together to celebrate the Ride this way, Dan made a couple of special presentations (including to his surgeon, Dr. Fraser Rubens). In return, Dan was presented with a special Heart Institute Guardian Bell (a good luck charm used on motorcycles) as a symbol of our thanks for all he has done to raise funds and awareness in support of the work being done at the Heart Institute.

Dr. Fraser Rubens, Foundation President Jim Orban, and Heart Institute President and CEO Dr. Thierry Mesana gratefully accepted a cheque for $20,111 from proceeds from Dan and his partner Therèse. The proceeds from the 2018 Ride brings the total amount raised to more than $135,000 since 2011!
More than 30 years ago, Bonnie-Lee Main learned that—despite having no signs or symptoms—she had a heart condition called cardiomyopathy.

At the time, she was a relatively new mother as well as a working physiotherapist.

For about four years after her diagnosis, she was not on medication. “I was feeling pretty good except for being a bit sluggish,” she says. “I didn’t have shortness of breath or chest pains. I really never was bothered by my heart at all.”

But in 2000, a serious episode of dizziness led Bonnie to the emergency ward of the Montfort Hospital. From there, she was transferred to the Heart Institute.

“Even then, I wasn’t feeling bad, besides feeling dizzy,” she recalls. Despite this, she was fitted with a defibrillator.

Over the next two years, Bonnie’s heart function began to worsen. In fact, it got so low that in 2014, she was told she was being put on the heart transplant list.

“I was still working at that point and had very few symptoms—but my doctor told me I was sicker than I thought,” she says.

**CHANGE OF PLANS**

Bonnie was told she would likely need to wait for three to seven years for a match.

As she waited, Bonnie was able to attend her daughter Stephanie’s wedding in 2016. However, a drastic change in plans occurred leading up to her son Shawn’s September 2017 wedding.

In July 2017, Bonnie got a call in the middle of the night from the Heart Institute.

“They said they had a heart for me,” she says. “I told them they weren’t supposed to call so soon because I’d had everything planned for the wedding!” But of course, there was no time to waste and Bonnie received a new heart on July 14, 2017.

**RECOVERY**

Recovery post-transplant was tough for Bonnie. She spent one month in intensive care as her body adapted to its new heart, experiencing a few complications along the way.

“I finally got out of ICU on August 14, and was so determined to be well for September,” she says.

**EQUIPMENT WISHLIST**

- Critical Care Patient Beds: $35,000 each

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.
“The transplant doctor told my son that I would hopefully be well enough to attend the wedding; but I wouldn’t be able to have the rehearsal party or day-after celebration at my home as we had planned.”

“I couldn’t believe how weak I was,” she adds. “It took two people just to put me on the edge of the bed. I couldn’t even stand and I got discouraged. Basically, I was starting from square one starting in August—and getting to the wedding was my goal.”

While her memories of that time are fuzzy, Bonnie does remember one significant moment.

“I remember being upstairs in ICU, and my daughter telling me that she was pregnant with our first grandchild,” she says. “That was such an inspiration.”

WEDDING DAY

Fortunately, Bonnie stabilized enough to earn a “day pass” from the Heart Institute. Her son arranged two physiotherapists to help Bonnie get ready and attend the big day in a wheelchair.

However, there was a hiccup in the wardrobe department: Bonnie had planned on wearing shoes, but her feet had swollen so much that she would be unable to wear them.

Thankfully, says Bonnie, “The nurses at the Heart Institute went online and found some slippers they thought I could wear.

On the day of the wedding, not only was Bonnie able to attend: she was also able to stand for photos with her son.

Emily Knights and Shawn Main at their wedding with Shawn’s parents, Bonnie and Doug Main.

THANK ONE. HELP MANY.

If you would like to acknowledge a doctor, a nurse, one of our allied health care professionals, a volunteer or even an entire unit who made a memorable difference in your care at the Heart Institute, consider making a donation to the Heart of Gold recognition program. Your honouree(s) will receive a beautifully crafted Heart of Gold pin accompanied by a Thank you card with your personal message. These pins are proudly worn by the recipients as a reminder of how important and appreciated exceptional patient care is to everyone who comes through our doors, placing their trust and their heart health, in our hands.

You can make a Heart of Gold donation online at Foundation.ottawaheart.ca/gold or call us at 613.696.7030. Your generous gift will be matched by dedicated Heart Institute volunteers, Elva and Bill Holland. The matched donation means your gift will go twice as far supporting vital programs and saving lives.
One of the best moments of the day happened during the reception.

“At the head table, they set out a collection box for donations to the Heart Institute, which people had to give to if they wanted the bride and groom to kiss,” says Bonnie. “The first person to donate was the bartender, because his father had had bypass surgery. He started with a $20 bill, and the donations were phenomenal from there on.”

Bonnie and her husband Doug also committed to matching the donation amount.

Following the wedding, Bonnie returned to the Heart Institute; and then was transferred to the Ottawa Rehabilitation Centre through to November. Bonnie returned home in November 2017—four months after her transplant.

LIVING LIFE

Upon her return home, Bonnie had to use a walker.

“I was lucky if I could walk 50 feet before I came home,” she recalls. “So I really needed some rehab before I could manage to get up the stairs in our two-storey home.”

She has received outpatient cardiac rehab care at the Heart Institute since then. Today, Bonnie is walking with poles for stabilization and has continued an exercise program. And just recently, she walked around the block without the use of poles.

“I do still need a walker for distance walking and the poles to increase my stamina, but I’m feeling better and stronger and just starting to resume some of my duties around the house.”

Bonnie’s grandson was born in March 2018, which has been exciting for the family. “It’s been a super long year in one respect, but the birth of our first grandchild and now having both kids married has been exciting for us.”

Bonnie also has plans to go away soon for a few days.

“We won’t go far, just someplace in Ontario, but the change of scenery will be nice. I had been afraid I wouldn’t be able to travel, and that was as upsetting for me as being on the transplant list. Now that I’ve got the a-okay to travel, we will perhaps make plans next year to do something outside of Ontario, maybe even overseas.”

“PHENOMENAL” SUPPORT

Bonnie credits both the Heart Institute and her husband for being a strong support throughout the entire process.

As she was waiting for a transplant, Bonnie and her husband became part of a Heart Institute couples-therapy pilot project called Healing Hearts—a program designed to reduce the impact and stress that heart disease has on spouses.

“Participating in the Healing Hearts program gave him a bit more peace of mind, because it was a very stressful process,” she says, adding, “My husband has been terrific through all of this—he’s still making 90% of the meals and doing most of the housework, but it’s been a long road for him.”

Today, Bonnie and her husband feel very fortunate for the Heart Institute.

“I’m feeling good, and I’m just very thankful that I was in the city where the Heart Institute is,” she says. “I’d like to send a big thank you for all the great care—from the nurses to the doctors, even down to the cleaning staff. Everyone was always so friendly and fantastic. And the heart team has been phenomenal.”
Anyone Can Make a Gift in Their Will

There’s a misconception that legacy giving is only for the wealthy and that the words “Estate Gift” are associated with extravagant homes and considerable personal assets. But the truth is that Legacy Giving is for everyone — anyone can make a gift in their will.

Legacy gifts can range anywhere from $150 to over $1 million — but it’s the thought that counts beyond measure of monetary amount. Legacy gifts are very meaningful because they reflect the hopes and vision of the donors who make such arrangements, and every gift is appreciated.

You spend your lifetime building your personal wealth and if you are considering a legacy gift, you are choosing an organization that (to you) represents the future of what you value for those you care about and your community.

The following are some of the most common questions that come up for those thinking about a legacy gift:

Can I ensure my loved ones are provided for and still support the Heart Institute?

Providing for your loved ones and making a legacy gift are not mutually exclusive. There are many options that can help you provide for your loved ones and support the Heart Institute. In fact, legacy gifts can provide your estate with a tax credit that will enable you to leave more to the people and cause you love, and less towards taxes. Options such as:

- Residual Gifts or Bequests
- Gifts of Life Insurance
- Gifts of Listed Securities
- Gifts of Retirement Funds
- Trusts

What if my circumstances change?

Our lives are forever changing, which is what makes it so important to have a will and to revisit your will regularly. As you move through life, you may find that you have a little more to share. Or you may find that, after working hard over the years, you deserve to spoil yourself a little, travel, treat the grand-children, indulge, and find yourself with a little less to leave behind. That’s the thing about legacy gifts, they’re flexible and can change right along with you.

Your will included a gift of cash for the Heart Institute, but you now find yourself needing to make a change. Maybe a residual gift to the Heart Institute is a better fit for you at this time; take care of what needs to be taken care of first and, if you wish, you bequeath what’s left, the residue, to the Heart Institute.
The important message here is that you always have a choice and the option to make changes or to change your mind altogether.

Do I have the means to make a legacy gift?

A legacy gift is simply a gift provision made within an individual’s will. However, there are different ways a person can provide a legacy gift.

Life Insurance policies are a great example. You may have an existing policy on which you pay premiums, and you have reached a level of financial stability that the policy no longer holds the same value for you. If you name the Heart Institute as beneficiary, the policy will not form part of your estate and therefore, won’t be subject to probate fees. In addition, your estate will receive a charitable tax receipt for the value of the contribution (the policy) – which means more of your estate will go where you intended and less will go towards taxes.

Or maybe you would prefer to transfer ownership of the policy to the Heart Institute and continue to pay the premiums, in which case you will benefit from a charitable tax receipt for premiums paid during your life time.

Talk to your bank, financial advisor, or lawyer to see which of the many available options is best for you. More information about the different legacy giving options is also available on our website.

What impact will my gift make?

All legacy gifts have a remarkable impact on the work we do, the growth and future of the Heart Institute, and the cardiac health of your community. Legacy gifts allow us to plan for the future, to ensure that the Heart Institute is here for generations to come – continuing to provide excellent patient care and still making groundbreaking discoveries. It’s not about just one gift!

In 2017 the Heart Institute received 45 estate gifts ranging in value from $325 to $450,000. These gifts funded education, research, patient care, equipment purchases, women’s heart health, and so much more. And you can’t imagine all of the incredible accomplishments of these programs made possible thanks to legacy gifts.

At the very heart of it, a legacy gift is very personal. If you are considering a gift in your will to the Heart Institute, it’s because our work and vision for the future of cardiac care resonates with you.

Things to consider when envisioning what you want your legacy to be:

- Explore your values, what your hopes are and the things you’re excited about;
- Decide where you want to leave your legacy gift and do your research;
- Have the conversation with your loved ones, your financial advisor, your lawyer;
- Make sure that you have a will or that your will is up to date – especially if any circumstances in your life have changed;
- Make a plan that you’re happy with, that reflects the legacy you want to leave behind;
- If you’re concerned about how your loved ones will feel, get them involved — it may give you comfort to discuss your wishes and your loved ones can be informed (by you) on how you want to see your legacy realized; and,
- Ask questions and more questions and more questions.
Your decision to leave a legacy gift is extremely important. Your gift will help shape the way cardiovascular medicine is practiced and revolutionize cardiac treatment and understanding to serve the local community right here in Ottawa as well as in the national and international communities.

So to recap:
- Make sure you have a will
- Talk to your financial advisors and lawyers, about ways to support your family and the causes you love – and about how one can help you to leave more for the other
- Talk to your loved ones
- Revisit your will
- Then revisit your will again
- Treat yourself, travel, treat your loved ones
- Aaaaand revisit your will again
- Most important – create peace of mind by creating a legacy you are proud of.

To find out more about leaving a gift to the Heart Institute in your Will, please contact the Legacy Gifts team at 613-696-7251 or wjklegacy@ottawaheart.ca. All conversations are confidential.

Anyone Can Make a Gift in Their Will  continued...

YOU’VE PLACED YOUR HEART IN OUR HANDS – WE’RE PLACING OUR FUTURE IN YOURS!

Your Legacy Gift to the University of Ottawa Heart Institute goes straight to the heart of care in our community. Every dollar has a lasting impact on the way we do our research, deliver our services and best of all, the way in which we save lives. PLUS: Donors who leave a Legacy Gift become part of the Wilbert J. Keon Legacy Society.

To find out about leaving a gift to the Heart Institute in your Will, please contact the Legacy Gifts team at 613-696-7251 or wjklegacy@ottawaheart.ca.

Visit foundation.ottawaheart.ca/ways-give/legacy-giving for more information!
Upcoming Events

**CURLING FOR A CAUSE**  
November 3  
The 5th Annual Curling for a Cause Charity Bonspiel, will be held Saturday, November 3, 2018 at the Ottawa Hunt and Golf Club. Since its inception, Curling for a Cause has raised over $41,000 for local charities. This 24 team bonspiel will provide participants from clubs across the National Capital Region with a fun day of curling, event t-shirts, a silent auction, light lunch, and a prime-rib buffet dinner courtesy of the Ottawa Hunt and Golf Club banquets team! In addition to those participating, family and friends are invited to dinner. Deadline to register is October 26th. Contact Bill Duck (bduck@ottawahuntclub.org) or visit https://foundation.ottawaheart.ca/about-foundation/event-calendar for more information.

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**GIVING TUESDAY**  
November 27  
Giving Tuesday is a National movement aimed at encouraging giving and volunteering as the “Giving Season” begins. Visit www.GivingTuesday.ca for more information and consider showing your support for the Heart Institute by making a donation or volunteering your time with us.

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**HEART MONTH**  
February 2019  
February is Heart Month and we’re already making plans for another great month of activities. Visit www.FebruaryisHeartMonth.ca for up-to-date event and support opportunities or contact our events team at specialevents@ottawaheart.ca to find out how you can get involved in Heart Month 2019.

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**ORGANIZE EVENTS**

Donations from our generous community and volunteer-led 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
NEW REHABILITATION PROGRAM FOR PERIPHERAL ARTERIAL DISEASE PROMISES TO HELP CANADIANS WALK THEIR WAY TO BETTER HEALTH

The University of Ottawa Heart Institute (UOHI) is leading Canada’s first dedicated walking rehabilitation program for people with peripheral arterial disease (PAD), a painful and debilitating “hardening” of the arteries outside of the heart, most commonly in the legs. The first-of-its-kind initiative is helping patients not only improve their walking abilities and overall quality of life, but also reduce their risk of future cardiovascular incidents.

PAD patients often harbour a high number of cardiovascular risk factors such as diabetes, high blood pressure and smoking, and have a very high risk for future cardiovascular events such as heart attack, stroke and heart failure. If you or someone you know has PAD, then you are most likely all too familiar with the pain even the shortest walks can produce. Affecting nearly a million Canadians, PAD can progress from minor pain or fatigue in the legs with exercise, to severe pain at rest and even the risk of amputation if blood flow becomes severely restricted.

"PAD patients not only need more help in managing their cardiovascular risk factors, but also with their ability to walk, which can be severely compromised."

Dr. Thais Coutinho, Cardiologist and Division Head of Cardiac Prevention and Rehabilitation, UOHI

Despite this, their cardiovascular risk factors tend to be managed less effectively than in patients with coronary disease, predominantly because of the extent of the disease impact itself — because peripheral arteries are much larger than coronary arteries, the amount of plaque responsible for PAD is also usually significantly greater than would be found in people suffering from coronary artery disease, indicating a greater burden of disease.

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**EQUIPMENT WISHLIST**

**Patient Defibrillator:**

$9,166.67 each

6 needed: $55,000

External defibrillators are used either to apply an electrical shock to a patient’s heart during cardiac arrest, or to apply an electrical shock to the heart to correct or remove an abnormal arrhythmia in a patient which can potentially be life threatening.
“That’s why there is such a pressing need for this initiative,” says the program’s creator, Dr. Thais Coutinho, a cardiologist and the Division Head of Cardiac Prevention and Rehabilitation at the UOHI. “PAD patients not only need more help in managing their cardiovascular risk factors, but also with their ability to walk, which can be severely compromised.”

The exercise component of Dr. Coutinho’s rehabilitation program is specifically designed for each individual PAD patient. Taking into account a patient’s individual walking abilities and limitations, the program tailors their physical therapy to help train the leg muscles to work more efficiently when there is a lack of blood and oxygen. Over the course of 12 weeks, patients work with a multidisciplinary team for three hours a week to help them walk farther and/or faster before getting leg pain.

“Within only a few months in Dr. Coutinho’s program, I’ve seen tremendous improvements in the patients I work with,” says UOHI physiotherapist Sandra Black. “And it’s not just limited to their work on the treadmill and indoor track – they go home being able to do more around the house and when out with friends and family. This has a huge impact on a person’s quality of life. It’s very rewarding to see.”

“I used to experience excruciating pain just going from my car into the grocery store — it was so demoralizing” says Micheline Brazeau, one of the first patients to receive Dr. Coutinho’s PAD-specific rehabilitation therapy at the UOHI. “Today I can walk more often, farther and much longer. The program has changed my life.” Even though walking and risk management interventions have produced positive outcomes for PAD patients and are recommended by all guidelines, a lack of awareness of the condition and its impact has left room for improvement of prevention and care in Canada. By establishing Canada’s first dedicated program for risk management and rehabilitation for patients with PAD, Dr. Coutinho and her team at the UOHI are improving awareness, treatment and hope for those currently suffering from the disease.

CORNWALL / SDG

On September 13th, community leaders in Cornwall hosted a reception to learn more about how the University of Ottawa Heart Institute provides cardiac care for the entire Champlain LHIN — including Cornwall SDG — and to hear from Heart Institute President and CEO Dr. Thierry Mesana about the next frontier of cardiac care, the type of equipment needed (and 100% donor funded), and innovative research and discoveries.
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