45 YEARS

INSIDE THE INSTITUTE: 45 YEARS
> pg. 3

WHERE THERE’S A WILL, THERE’S A WAY
> pg. 7

YOUR IMPACT: 45 YEARS OF LIVES CHANGED
> pg. 13

STAYING POSITIVE DURING A PANDEMIC
A STORY OF PERSEVERANCE FROM TRANSPLANT PATIENT 700
> pg. 19

Foundation CONNECTION

Newsletter of the University of Ottawa Heart Institute Foundation

> ISSUE NO. 21 | SUMMER 2021
Sometimes, when I write, I picture you, the reader, with these words in front of you. As you turn the pages of our summer issue of Foundation Connection, are you sitting poolside with the sun beaming down? Is it a Sunday morning, with your favorite coffee mug steaming hot next to you? Are you sitting on a park bench people watching, taking a moment to lift your eyes off the page to observe others? Or maybe you keep this information packed magazine for a rainy day, reading through it while nestled under a blanket.

With so much change this year, I’m also left to wonder if your favorite lunch spot is open, or the independent coffee shop around the corner. Have you received your second vaccine shot? Have you returned to some of your normal behaviors? Have your favorite businesses survived these most surreal times? Has yours? Have you had that first hug from the person you miss the most?

At the University of Ottawa Heart Institute, the doors have been closed to visitors for the better part of the last year and a half, however, on the bright side patients are still being cared for, researched, diagnosed and healed. Thanks to you, the Heart Institute had the equipment and the knowledge to treat patients safely. Our Foundation team continued the work of fundraising in uncertain times, and we are so grateful to all of you who give with such generosity and personal reflection.

As a kid, I remember being super stoked when my birthday was approaching. When I was very young, it was all about the presents and the birthday parties (the scavenger hunts were always my favourite.) As life evolved, the anticipation for milestone birthdays grew even bigger. Turning 13 and being able to say you were a “teenager”, then 16 and getting that driver’s permit and with it, a new sense of freedom. Oh, how we waited to turn 18 to be an “adult” and cast a ballot on election day (even though we were still desperate to rely on our parents,) and the list goes on.

It isn’t until you are well past these years that you realize so much life happens in between. The highs and lows of school, friends and activities, travel, and adventures as well as loss, heartbreak, and disappointment- you name it- they all happened in the 364 days between birthdays.

I speak of birthdays and milestones because 2021 marks the 45th year that the institute has been caring for the very heart of this community. I hope you enjoy reading some of the little-known facts and follow the timeline of achievements, but most importantly, celebrating you, as part of Project 45, is what makes these past 45 years so memorable and accomplished. YOUR “Heart
Anniversary” - a day or time in your life that you will never forget, when a life saving treatment was performed, an issue discovered and a solution offered. These significant dates aren’t about getting a year older and waiting for that next birthday but rather adding time back on the clock with the “Gift of Time”.

And while we can celebrate our past achievements, we are really excited about what lies ahead. Research is our DNA at the Heart Institute, and we are using this momentum to have a deeper impact on the fight against heart disease. I can’t wait to share all the new projects on the horizon, today’s research really will be tomorrow’s life saving treatment.

And before I sign off, a quick note to express just how giddy we are for the return of Jump In™ For Women’s Heart Health. This 30-day/30 minutes of activity challenge in the month of September, took on a life of its own last year as it engaged so many people to reflect on their daily habits. We are thrilled that the messaging and awareness spread, and we look forward to taking this initiative to a national level, as Jump In™ launches coast to coast to coast. Stay tuned as we gear up for this exciting and life changing event. We will keep you informed, motivated and inspired all month long...plus we have some awesome giveaways and prizing! Woo Hoo!

Have a wonderful summer, soak in the sunshine, stop when you can to reflect on all the beauty around you, and live with gratitude, that we are here, we’ve made it through some difficult times and there is so much to look forward too.

Much Love,
Lianne

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

Visit foundation.ottawaheart.ca/ways-give/legacy-giving for more information!
Charitable registration number 14081 3452 RR0001.
Inside the Institute: 45 Years

It was 45 years ago, May 11, 1976, the University of Ottawa Heart Institute (UOHI) opened its doors. In recognition of this milestone anniversary, Foundation Connection is looking back at some of the most notable moments of the last four-and-a-half decades.

The Heart Institute in 2020. Newly renovated, the grand atrium is a much more welcoming space for patients, families and visitors.
The early years: Canadian firsts, big strides in innovation, and a Royal visit.

Founder Dr. Wilbert J. Keon’s vision is to create an integrated heart centre where cardiology, surgery, anesthesiology, and nursing are integrated for patient care. True to that vision, what begins as a department in The Ottawa Hospital would flourish into Canada’s largest and foremost cardiovascular care centre, encompassing prevention, diagnosis, treatment, rehabilitation, research, and education.

As part of the grand opening of the day unit, Dr. Keon leads Her Royal Highness, Diana, princess of Wales, and Canadian Prime Minister Brian Mulroney and his wife on a guided tour of the Heart Institute.

The 2000s: Significant advances in cardiac imaging and telehealth

The turn of the century brings substantial developments to the Heart Institute. Physicians and researchers greatly expand their pursuits of advanced heart function studies while ensuring shorter diagnostic wait times for patients. What’s more: The Heart Institute establishes a revolutionary Cardiac Telehealth Department, making the kind of out-of-this-world innovation depicted in Hanna-Barbara’s 1962 classic, The Jetsons, a modern-day reality.

The UOHI performs a CT scan on Hetep-Bastet, a 2,500-year-old Egyptian mummy, as part of a collaborative effort involving the Canadian Museum of Civilization (now the Canadian Museum of History), l’Université du Québec à Montréal and Western University.

1981
The UOHI performs Ontario’s first angioplasty.

1984
Dr. Keon and his team at the UOHI perform the first heart transplant in Ottawa.

1986
A Jarvik 7 artificial heart is used for the first time in Canada as a bridge to transplant.

1989
The UOHI performs Canada’s first neonatal heart transplant on an 11-day-old infant.

1995
Canada’s first cardiac Positron Emission Tomography Centre opens at the UOHI.

2005
The UOHI’s novel STEMI Program demonstrates a fourfold reduction in mortality among high-risk heart attack patients.

2007
Researchers identify a DNA sequence that indicates a 40% increase in a patient’s susceptibility to heart disease.

2008
The UOHI performs a CT scan on Hetep-Bastet, a 2,500-year-old Egyptian mummy, as part of a collaborative effort involving the Canadian Museum of Civilization (now the Canadian Museum of History), l’Université du Québec à Montréal and Western University.
The 2010s: A decade marked by exponential growth

The UOHI undergoes the most significant expansion in its history. More than 147,000 square feet of additional space increase the institute’s capacity for surgical interventions, catheterizations, electrophysiology procedures, and intensive care beds. Five multidisciplinary Heart Teams form to ensure patients receive better and faster access to care. Game-changing discoveries are made in the UOHI’s molecular and genetic laboratories, cardiac imaging facilities, ORs, and procedure rooms that strengthen the institute’s global reputation as major player in the cardiac research arena.

The da Vinci® surgical robot has plenty of features—like a magnified vision system that gives surgeons a 3D-HD view inside a patient’s body, a side-cart where patients are positioned during surgery, and wristed instruments that can bend and rotate far greater than the human hand.

The future is bright: Heart Institute promises to go further together

In the years ahead, the UOHI plans to continue improving and expanding its heart teams and regional hub-and-spoke model, while putting patients first. Teams will lead major efforts in clinical research, big data, and the institute’s priority areas for driving innovation, including women’s heart health, cardiac imaging, and precision medicine.

Thank you to our generous donor community. Together you made all of this possible.
PRESENTED BY JUMP IN™ FOR THE HEARTS YOU LOVE!

It really is a light bulb moment when you realize that no matter how healthy you are, if you don’t take care of yourself and listen to the signs, or recognize the signs from your body, then you have a problem that you don’t know about. - Natalie Tommy, JUMP IN™ Committee Chair

JUMP IN™ FOR THE HEARTS YOU LOVE!

JUMP IN™ for the 30-Day challenge and support women’s heart health!

GET ACTIVE From September 1 to September 30. JUMP IN™ for 30 minutes each day.

REGISTER and participate ANYWHERE you choose - indoors, outdoors, at home or at the gym. It’s up to you!

AND awsome prizes are up for grabs!

REGISTER OR DONATE

JUMPINNOW.ca
Where There’s A Will, There’s A Way

Excerpts from a conversation with Heather Austin-Skaret, Co-Managing Partner, Mann Lawyers, and Selva Trebert-Sharman, Associate Director of Legacy Giving at the University of Ottawa Heart Institute Foundation. Answering the questions you asked around estate planning and charitable giving.

Why is it important to have a Will?

Having a Will is perhaps the kindest thing you can do for your loved ones; relieving them of the added weight of trying to determine how best to respect your wishes at time when they are grieving; And ensuring that your estate reflects the legacy you would like to survive you.

What’s the difference between an estate and your Will?

An estate plan is a tool or collection of tools used to transfer and manage your assets during life and after death. An estate is comprised of many things apart from the Will:

- Life insurance; tax-free savings account; RRSP/RRIF; real property; etc.
- Each of those assets has a potential to be passed directly to a beneficiary as opposed to flowing through the Will.
- An estate plan can include all of the above, as well as the Will, and identifies the individuals you choose to appoint as powers of attorney.
A Will is the legal document that coordinates the distribution of your assets after death and can appoint guardians for minor children. The Will should include, the appointment of an estate trustee and an alternate; distribution of personal effects; individual or charitable bequests (donations); provisions for dependents, including various trusts; gift over provisions in the event a beneficiary dies; family disaster clause (often sees a charity named); guardianship clause, and more.

An experienced estate lawyer can help you draft a comprehensive will that meets all of the formal requirements necessary to effect your wishes and avoid an intestacy based on formalities.

If single without property, life insurance, or children.. should one still have a Will?

An estate doesn't have to be an estate of assets it could be an estate of debt, so it is very important to choose someone to manage that. If you die intestate (without a Will) the legislation provides who is entitled to apply to administer your estate.

Does a joint bank account between spouses fall under rights of survivorship? And does the same apply for a joint bank account or joint title with an adult child?

Generally speaking, yes as between spouses. In Ontario, a joint account or property that's held by spouses as joint tenants implies rights of survivorship. That is not the case if it's held with an adult child.

An asset that is held on joint account with an adult child is presumed to be held on a resulting trust. So it is not presumed to pass by way of a gift to the joint account holder. The law presumes that the adult child is holding that asset in trust for the benefit of the entire estate to be distributed according to the person's Will.

What's the importance of a plan B when planning my estate?

The importance of a plan B cannot be stressed enough – to ensure that your intended bequest/gift doesn't fail, whether to a charity or to an individual. Not everyone updates their Wills regularly, so including a backup plan within the first draft of your Will, ensures that your beneficiaries, individual or charitable, aren't spending money on lawyers to interpret your intentions should circumstances change since you last visited your Will.

"We appreciate the opportunity to help the donor align their gift with an area of care or research that’s important to them. Working together to ensure their legacy gift has the impact they envision."

What are the tax implications of charitable giving in one's Will.

Dying is a taxable event. When you die the government will deem you to have disposed of all of your assets at fair market value. If you have a capital asset within your estate it will be taxed on any gain. However, there are some tax provisions that allow you to defer the gain depending on your beneficiaries.
Including a charitable bequest in one’s Will, will provide a charitable receipt that can be applied to maximize the tax savings within the estate.

For example, gifts of publicly traded stock - that have accrued capital gains – provide a capital gains exemption, and the charitable tax receipt can be used to reduce the overall tax to the estate.

So you can actually maximize wealth within the estate while satisfying your philanthropic intent and benefiting all of your beneficiaries.

Your financial advisor can help to identify the ways to and assets that yield the best tax benefits.

**How old do I need to be to start thinking about estate planning and how does age influence the process?**

Once you’ve reached the age of majority, naming your Estate Trustee (ET) with the authority to deal with your student loans, your apartment lease, CRA. is just as important as having someone appointed to give away generous amounts of money.

Stage of life - or major life events - will influence your estate planning.

For example, a younger individual may be focused on providing for spouse or common law partners; naming guardians for minor children; naming Power of Attorneys (POAS) for care and property, etc.

While an older individual may be more focused on reviewing all their assets to ensure their estate plan is fulsome; ensuring the ownership/designation of the beneficiary for various assets marries with the provisions in their Will; reviewing the appointment of ET and POAs to ensure everyone is still capable and living in Canada.

Regardless of age, it’s important to remember that Wills are living documents. Your estate plan should grow and contract with you. Depending on how your life develops and what obligations you have, you will want to update your Will accordingly. Not to mention, laws can change. We have seen some major tax changes in the last few

---

**Did you miss our webinar on Legacy Giving?**

If you have questions about estate planning and charitable giving you can still enjoy the conversation hosted by Lianne Laing. This informal and interactive webcast with estate attorney Heather Austin Skaret, Selva Trebert-Sharman and special guests, Paul and Marilyn Koch can be accessed through the Heart Institute Foundations website. We’ll be answering questions and talking about an estate plan that reflects the future you envision, supports your loved ones and the causes close to your heart.

Watch the conversation from the comfort of your own home, no masks required.

[wriiten in link]

**Would you like to know more?**

Contact Selva Trebert-Sharman
613.696.7251, strebert@ottawaheart.ca

Lianne Laing, Executive Director
Heart Institute Foundation

Heather Austin-Skaret, Co-Managing Partner
Mann Lawyers LLP

Selva Trebert-Sharman
Manager, Planned Giving
Heart Institute Foundation

---

40 Ruskin Street Ottawa, ON K1Y 4W7 613.696.7030
Charitable registration number 14081 3452 RR0001
years, so updating your estate plan gives you the opportunity to ensure it is current and benefitting those people and charities who you wish to benefit, and in the most tax efficient way possible.

**Does a Marriage revoke a Will? Does divorce revoke a Will?**

A marriage will revoke a Will that was made prior to the date of the marriage. Unless the Will was made in contemplation of marriage. It’s not enough to say “I drafted this Will in contemplation of marriage”, the language needs to reflect that fact in the Will itself. The reason a marriage will cause a Will to become invalid is because the family law act calls for the disposition of assets as between spouses on the end of the marriage - and the end of the marriage happens when there's a death as well as when there’s a divorce.

**There is proposed legislation which will change this law if enacted.**

A divorce does not revoke a valid Will, assuming the Will was drafted after the marriage. The legislation provides that the Will is read as if the spouse from whom you are now divorced predeceased you. The Will remains valid but the gifts to the spouse are eliminated and the appointment of the spouse as estate trustee is precluded.

**What are the typical powers of Estate Trustees?**

Amongst others, to pay debts, taxes, funeral expenses, sell assets, settle suits, make income tax elections, transfer assets in kind, dispose of assets too costly to realize, invest assets, employ professionals to help in the administration of the estate.

**As a charity, why do we appreciate the opportunity to speak to donors interested in including a charitable gift in their Will?**

We appreciate the opportunity to help the donor align their gift with an area of care or research that’s important to them. Working together to ensure their legacy gift has the impact they envision.

It’s also our opportunity to learn more about their relationship with the Heart Institute and what inspired their giving.

**As a charity, what do we feel is important for our donors to know?**

We understand that these decisions, and the Will drafting process, can take time and can change throughout their lifetime. It’s important that the donor know that we understand that legacy gifts are dependent or impacted by life events and changing circumstances. And above all, we would like them to know that we greatly appreciate them having considered the Heart Institute in this way.

These are just a few excerpts from the complete webinar. For more detailed answers to these questions and more, visit foundation.ottawaheart.ca.

Still have questions or wish learn more about including a gift to the Heart Institute in your Will? Reach out to Selva at 613-696-7251 or strebert@ottawaheart.ca. All conversations are confidential and do not imply any form of commitment.

With thanks to Heather Austin-Skaret for giving so freely of her time and knowledge:

---

Heather Austin-Skaret  
Co-Managing Partner,  
Mann Lawyers

Heather’s practice includes estate planning and administration as well as commercial and residential real estate work. Heather is a member of S.T.E.P. and the Ottawa Estate Planning Council.
OUR HISTORY

The University of Ottawa Heart Institute (UOHI) opens its doors.

1976

The UOHI performs Ontario’s first angioplasty.

1981

The UOHI performs the first heart transplant in Ottawa.

1984

The UOHI performs a heart transplant on an 11-day-old infant – the youngest recipient in Canada.

1986

The first use in Canada of the Jarvik 7 artificial heart as a bridge to transplant.

1989

Canada’s first cardiac Positron Emission Tomography Centre opens at the UOHI.

1995

Researchers at the UOHI’s John and Jennifer Ruddy Canadian Cardiovascular Genetics Centre identify a DNA sequence that indicates a 40% increase in a patient’s susceptibility to heart disease.

2005

The novel STEMI Program demonstrates fourfold reduction in mortality among high-risk heart attack patients.

2007

Surgical teams perform the Heart Institute’s 498th, 499th, and 500th heart transplant in a 24-hour period.

2011

The UOHI holds a groundbreaking ceremony as construction under the Life Support Capital Project begins.

2012

The UOHI launches the Canadian Women’s Heart Health Centre – the first of its kind in Canada.

2014

Construction complete, the UOHI inaugurates its state-of-the-art critical care facility.

2015

The UOHI’s expansion project is complete.

2018

The UOHI introduces Epic Systems, a fully-integrated, patient-centered, electronic medical records management tool.
The University of Ottawa Heart Institute (UOHI) opens its doors.

The UOHI performs Ontario’s first angioplasty.

The UOHI performs the first heart transplant in Ottawa.

The first use in Canada of the Jarvik 7 artificial heart as a bridge to transplant.

The UOHI performs a heart transplant on an 11-day-old infant – the youngest recipient in Canada.

Canada’s first cardiac Positron Emission Tomography Centre opens at the UOHI.

The novel STEMI Program demonstrates fourfold reduction in mortality among high-risk heart attack patients.

Researchers at the UOHI’s John and Jennifer Ruddy Canadian Cardiovascular Genetics Centre identify a DNA sequence that indicates a 40% increase in a patient’s susceptibility to heart disease.

The world’s first bedside genetic test determines if a patient is at risk of reacting poorly to standard drug therapy.

Surgical teams perform the Heart Institute’s 498th, 499th, and 500th heart transplant in a 24-hour period.

The UOHI holds a groundbreaking ceremony as construction under the Life Support Capital Project begins.

The UOHI introduces Epic Systems, a fully-integrated, patient-centered, electronic medical records management tool.

Construction complete, the UOHI inaugurates its state-of-the-art critical care facility.

The UOHI launches the Canadian Women’s Heart Health Centre – the first of its kind in Canada.

The UOHI’s expansion project is complete.
YOUR IMPACT

In the past 45 years, the generous support of the heart Institute donor community provided the building, equipment, and research to give the gift of time to thousands of individuals and their loved ones. Here are some of the lives you have changed.

Gord Gallant


To this day I am ever so thankful to Dr. Keon. I have seen my four children grow up, get married and have children of their own. I have eight grandchildren and two great grandsons. On 7th of April of this year my wife and I celebrated our 65th Wedding Anniversary. To have such a worldwide known institution here in Ottawa is a blessing. My heartfelt thanks to all the staff at the Heart Institute. As they say in the military “BRAVO ZULU”!!

Anne Marie Pinel


I was born with a congenital heart defect and my first life-saving heart surgery, the day I was born, was done at the Heart Institute. Today, the transplant team is there to monitor my new heart and take care of my concerns as a recipient of the gift of life. The institute has been my home. I am very lucky and grateful to the people at the Heart Institute that have cared for me over the years and continue to care for me today.

Settimio (Steve) Pino


We are so fortunate to have such a world class facility in our city. I, along with my family, will be forever grateful for the care received by all staff at the Heart Institute. Because of them I can enjoy life with my family again, especially my three granddaughters.

Jennifer Waterman

Pacemaker (1981)

What a blessing: I have had a much longer life than was likely without that implant. Thanks so much to all the Pacemaker staff who have navigated me through my many nervous visits.

Terrance Ramsay


I would like to thank the many doctors, nurses, technicians, administrators and volunteers that I have encountered over the many visits between procedures. Thanks also goes out to the Heart Institute Foundation and their tireless work raising money since their inception.
Wendy Blakey
1st Pacemaker (1994),
2nd Pacemaker (2001),
3rd Pacemaker (2012).

I am grateful to the Heart Institute for giving me 27 years (so far) of a life lived to the fullest. I am now retired and able to give back to the UOHI by volunteering. I have seen the compassion the doctors, nurses, techs, etc. give to every person entering the doors of the Heart Institute. We, in Ottawa, are so fortunate to have this institute in our city.

Carl Svensson
Transplant (1998)

Through this journey I have looked forward to every visit to the Heart Institute. I experienced caring and professional staff during tests, procedures, and clinic visits. I have always felt comfortable asking questions and receive answers in layman’s terms.

Tony Tucci
Transplant two months after being admitted following a heart attack (1999).

I will always be grateful to the Heart Institute. I’m here because of them. I kiss the ground those people walk on.

Adrianna Foster
Transplant at age two at Sick Kids Hospital, Toronto (2000), Transplant at UOHI (2019).

I have been a patient at the institute for 5 years, in that short time the Heart Institute has granted me a lifetime. The love and dedication within the building gave me a family within the hospital. I am forever grateful.

John Herzog
Triple bypass (2002)

I want to express my profound gratitude to this highly skilled and professional Institute. I volunteered for seven years on the Patient Alumni Board and concurrently four years with the Foundation Board. In 2014 our family established an endowment fund to support medical innovations.

Nick Pantieras

We are so fortunate to have this world class Institute in our backyard. The care I received after suffering a heart attack while playing hockey at age 37 was, and continues to be, exceptional, from the incredible surgeons and cardiologists to the genuine, caring and professional nurses, scientists and staff. Their level of compassion is unmatched, making me feel like part of an extended family! I was incredibly lucky to have access to this kind of care. I am thankful for the UOHI and the great community of Ottawa that continues to support it!

Micheline Legault
Two stents (2004)

Financial support of the institute means more people can be as lucky as I was to have many extra healthy years, and more I hope, with my husband.
Donald MacLeod  
(2008)  
I continue to celebrate the care that I received at the Heart Institute and the generally good health that I am maintaining at age 86.

Robert Gordon Selkirk  
Valve replacement (2009), Stents (2017).  
I’ve been using the Heart Institute’s professional care since 2009. From volunteer staff, administrative staff, physio-therapists, cardiologists to surgeons I feel I’m very lucky to have this world renowned institute in my town.

Robert O’Keeffe  
(2013)  
Undoubtedly my survival and recovery was and continues to be due to the excellence of all of the UOHI staff from the outstanding medical professionals, nurses, physiotherapists, etc. Rehabilitation is a critical component and the UOHI program made a significant contribution to my recovery.

I have been smoke free for almost 8 years due in large part to the UOHI cessation program.

James Findlay  
Heart attack (2014).  
I am grateful to the institute for my continued existence in the land of the living. There is no part of my experience with the Heart Institute that I have not appreciated.

Suman Mahajan  
(2016)  
I spent seven months at the Heart Institute and have lots of wonderful memories of excellent surgeons, doctors, nurses, all staff members from housekeeping, cleaning, catering, porters, technicians etc. You name it they were all very kind, friendly, helpful excellent staff members.

Cynthia Stewart  
Ablation followed by ICD implant (2012), Bigger (and better!) ICD implant (2016)  
What I am grateful for: I’m grateful to all the doctors who worked as a team on my case, trying to figure out what was going on. I’m grateful to Dr. Green for looking into the genetic side of my heart condition. I am grateful for the defibrillator clinic and their staff for making sure my “Wonder Woman Power Pack” is running smoothly. I am grateful to Dr. Stadnick and her nursing team who are always a phone call away if I am having any symptoms. The doctors and nurses at the Heart Institute care, and I know I am in the best hands. I appreciate all the support I receive.

Susan Bailey  
(2016)  
The University of Ottawa Heart Institute has been my lifeline. They have not only demonstrated impeccable professional expertise to deal with this life-changing disease but have also provided the emotional camaraderie in a wonderful support group. Particular mention goes to Carolyn Doyle-Cox, Advanced Practice Nurse. I will be forever grateful to this world class institution.
Nadia Lappa
Spontaneous Coronary Artery Dissection (and MI) (2016)

How do you thank a group of people for saving your life? You can’t. All you can do is show your appreciation by taking full advantage of the gift they gave you and paying it forward whenever you can. UOH! I ❤️ you.

Brian Dolan
Transplant (2016)

I will always be eternally grateful to my donor, my surgeon, my cardiologist and all the doctors, nurses and staff that have taken such great care of me and have given me a second chance at life to have more time with my wonderful wife, family and friends. Good to be alive!

Bob Provick
Two stents followed by a double bypass (2016).

I am grateful to the Heart Institute for the immense skill and fortitude of all those in my care "Team" including post programs and clinics. For showing me the epitome of people skills, particularly teamwork.

And for giving me the blessing of being able to hold my wife’s hand.

Danny Covey
(2017)

I’ve had 8 heart surgeries, my most recent one at the Heart Institute. I am forever grateful for the extraordinary care I received, care that literally saved my life. Thank you.

Mark Vaughan
(2017)

Dr. Grau, and the entire nursing staff, rehabilitation teams etc., are responsible for supporting my speedy recovery and graduation from the Rehab Program. I can’t emphasize enough how important this program was, as it became part of life.

I am grateful to the Heart Institute for giving me a second chance in life. I think of it every morning when I wake up.

Nancy Hansen
Five stents (2018)

The exceptional care and support I receive from the Heart Institute has given me precious time to spend with family. Thank you from the bottom of my heart, I am forever grateful.

Myles McLaughlin
Diagnosed with Arrythmia and Congestive Heart Failure (2018), Complex ablation surgery (2019).

Without the Heart Institute I wouldn’t be here. The specialized care I got from doctors and nurses have me back to normal heart function. I’m teaching and training taekwondo. I am refereeing hockey, camping in the Algonquin Park interior. Most of all I’m here to support my family, to see my daughter go to university next year and watch my son as he grows into a young man.
Kevin Lamorie
Heart Attack (2018)
I am very grateful that the Heart Institute extended the “Stemi” program to rural Ontario. The foresight to train Renfrew County Paramedics in the Stemi Program quite likely saved my life.

Mike Beale
Surgery with daVinci Cardiac Robot (2018)
We are so lucky to have the Heart Institute in Ottawa. Thanks to the amazing Dr. Ruel, his robot, and the fantastic nursing staff, I regained my normal life within a few weeks of my surgery. Outstanding care.

Eric Beveridge
Heart attack (2019)
People don’t get a second chance at life especially at a level that is equal to the level of functionality as their first life!!!! I owe a lot of my fortunate survival and recovery to the team at the Heart Institute. Even just reading the notes my mom took on the staff that worked on me brought me to tears.

Natalie Tommy
(2018)
We’re very fortunate to be living in a city where we have a facility like this and we have people there who want to hold the light and make it brighter for everybody.

Marc Laperle
Heart attack (2019), Transplant (2020)
I’m grateful to everybody; my friends, my family, the donor family and all the people at the Heart Institute. It’s just amazing the level of care, service and love you feel when you’re there.

Danny Pak
Ablation (2018)
I was presented with all the choices available for my treatment. These could change the direction of my lifestyle and goals I wanted to achieve. Having a facility like the Heart Institute and its many advancements in technology I knew I would be in the hands of professionals.

Rose Donato
(2019)
The doctors and staff at the Heart Institute are compassionate and knowledgeable People who work to help patients with different cardiac issues and do so in a caring way. We are very fortunate to have this wonderful institute in our city. It is renowned across the world as one of the best heart institutes who train physicians and staff with the most up to date technology available.
Brock Thom
Congestive heart failure due to tachycardia induced cardiomyopathy (2019)

There are no words that would express the gratitude that I have for the team of health care professionals at the UOHI. They were not only responsible for saving my life, but also permitting me to meet and raise my sons. Additionally, they put together a beautiful wedding in my hospital room so that my eight months pregnant fiancee I could be wed prior to my operation. We are forever indebted to the Heart Institute.

Francesco Porcari
(2019)

At age 33 I underwent open-heart surgery at the Heart Institute. I am grateful for my heart health and the exceptional support I received from their team. As a young entrepreneur, I hope to raise awareness about the importance of heart health and am committed to supporting cardiac care in our community.

Joyce Rhode
Triple bypass (2020)

THANK YOU to all the doctors and care workers involved. No matter what doctor, nurse, staff worker attended to me, I had all very professional help. I felt very confident before and after surgery I’d had the best and I did.

Mélanie Leblanc
Mitral Valve (2020)

The staff at the institute is great and caring. At the time, I did not have the opportunity to thank everyone who took care of me, and I regret it. Thank you for all your wonderful care.

HEART OF GOLD:
Meet Dr. Caroline McGuiny:

“In the Cath Lab and clinics, Dr. McGuiny provides me with excellent and compassionate care. Her professionalism and friendly smile inspire confidence. She is definitely one reason I look forward to appointments! She has my full gratitude and respect.”

Congratulations and thank you Dr. McGuiny!

THANK ONE. HELP MANY.

If you would like to acknowledge a health care professional, a volunteer or an entire unit who made a memorable difference in the care you received at the Heart Institute, consider making a donation to the Heart of Gold program. Your honouree(s) will receive a Heart of Gold pin accompanied by a card with your personal message. Heart of Gold pins are proudly worn as a reminder how important exceptional patient care is to everyone who comes to the Heart Institute.

All Heart of Gold donations will be matched by generous corporate support from JD Brule Equipment. A matched donation means your gift will go twice as far supporting vital programs and saving lives.

You can make a Heart of Gold donation online at Foundation.ottawaheart.ca/gold or call us at 613.696.7030.
For most of his life, when Richard Hogan was confronted with a medical appointment or procedure, he experienced anxiety so severe there was a risk that he would faint. His solution was to ignore symptoms and avoid doctors. But ignoring symptoms only added to his stress and on December 24, 2018, he could not ignore the chest pain he was experiencing. Richard was having a heart attack and was rushed to hospital in Kingston, Ontario, where he lived with his wife Ruth and their two children.

During his recovery in early 2019, Richard began feeling pain in his shoulders, arms and hips. Diagnosed with rheumatoid arthritis, his cardiac rehabilitation was put on hold until his pain could be managed. When he resumed rehab, his heart health did not improve, in fact, it was getting worse. He developed sleep apnea which added more strain on his heart and by the summer of 2019, he had congestive heart failure, limiting his ability to climb stairs or bend over to put on his shoes.

Several next steps were discussed for Richard’s treatment including implanting an ICD (implantable cardioverter defibrillator) but before that happened, during an X-ray to look at a hernia he had been managing, doctors discovered a tumour on his kidney. In December 2019, the cancerous tumour and the kidney were removed. His recovery went well but now he has only one kidney with a lot of work to do. Doctors in Kingston also began talking to Richard about taking his case to the University of Ottawa Heart Institute.

For Richard, 2020 was supposed to be a year of recovery, but as the pandemic took its grip around the world, and with his health severely compromised, he found himself shuttered at home, dealing with a heart that was getting weaker every day while managing the health of his single kidney. He knew it was time to ask for help to deal with the anxiety and depression he was experiencing. Now a remote patient of the Heart Institute in Ottawa, he accessed patient support services including time with psychologist Heather Tulloch. He learned techniques that helped him get through the
incredibly dark summer of 2020 and continue to help him everyday.

In September, doctors used a camera to look closely at his heart. The results were not good, and Richard was admitted to the Heart Institute. Richard needed a new heart but with a recent history of cancer, he knew it was unlikely that he could be a candidate for a transplant. The best option for him was an LVAD (left ventricle assistance device,) which works as a heart pump.

“From the moment I woke up in the CICU, I could feel the energy like a switch had been turned on. The staff were incredible at making me feel at ease with the transition of my new heart.”

Richard Hogan

But then, Richard had the first bit of good news in a long time. Prior to the LVAD surgery, his oncologist reported that the type of cancer he had (basal cell carcinoma) was caught early and the risk of it returning was minimal. With this piece of news, the decision was made to put Richard on the transplant list instead of going ahead with the LVAD.

Miraculously, two days later, a suitable donor heart became available and Richard was the 700th patient to have a heart transplant at the Heart Institute. He had a new heart and a new journey ahead.

Richards reflections on his experiences during COVID-19 are remarkable. He witnessed firsthand how access to medical tests and procedures was restricted and the extra steps staff had to take for him (and others) because of his compromised health. He saw how the added safety measures took time away from patient care, but as a patient, he wants everyone to know how much it was (and continues to be) appreciated. He applauds the emergency room staff at Kingston General for managing incoming COVID-19 cases while he was in their care on several occasions. While at the Heart Institute, he was allowed one visit from one visitor for one hour. He chose the day after his transplant for his wife to visit, he didn’t see her again for weeks until he moved into temporary housing and Ruth joined him to help with meals, medications and most importantly, to keep him company.

Outside the Heart Institute in February 2021, Richard shares his story with CTV during Heart Month.

Every journey with heart disease is different and Richard believes the personalized care he received built trust with his medical team which in turn made it easier to deal with countless procedures and a life-saving surgery. With less anxiety, his recovery is going well and for the first time in years, he sees a brighter future, thanks to determination, perseverance, an amazing team of health care professionals and the unconditional support of his family, colleagues and friends.
Thank you to our amazing community. Together you have raised $1,127,988 for the Heart Institute!

Together we painted the town red!

Funds raised through the Ottawa Race Weekend are used for much-needed equipment, facilities, patient programs, research, and helping an exceptional team of health care professionals advance cardiovascular care and save lives every day.

Each and every Team Heart participant has made an impact on cardiac care and we cannot thank them enough.
COMMUNITY SPOTLIGHT

La Ride à Grand-Père
July 17, 2021

La Ride à Grand-Père was back this year to celebrate 10 years since Dan Shipman’s heart transplant and 10 years of riding!

Dan and over 200 motorcyclists from across the region got together for a covid-friendly ride around the Gatineau/Ottawa region.

Congratulations on raising $22,506 (and counting)!

Pennies For Pounds
November 13, 2021

A 10-hour Powerlifting marathon featuring several competitive amateur powerlifters. Prior to surgery that would replace Syd’s upper aortic artery, Syd Gravel was a competitive powerlifter in the Master’s Class with the Canadian Powerlifting Union, (Gold Medal Centrals, 2017). Syd is now working his way back into competition. As part of his journey Syd and his wife Judy, also a Canadian Champion Masters powerlifter, (Nationals Silver Medal 2019) will be hosting a 10-hour marathon of deadlifts, bench presses and squats with poundage lifted accumulated. In his first 7.5-hour marathon Syd lifted 82,480 pounds or 41.24 tons. This time he wants to do 10 hours and his spouse Judy, along with other lifters will be joining him in this effort to raise funds for the Ottawa Heart Institute.

GET INVOLVED

We are fortunate to have so many of dedicated volunteers and community-minded organizations supporting the University of Ottawa Heart Institute. With the support of a generous community, we are helping an exceptional team of health care professionals advance cardiovascular care and save lives every day.

Have YOU considered hosting your very own fundraiser for the Ottawa Heart Institute Foundation? Perhaps to celebrate your special milestone or in honor of someone you love? There are so many great ways to get involved and so many easy-to-use platforms. We are here to help you every step of the way. Here are a few fun and easy platforms that can help get you started.

PEER TO PEER

Let us know what you get up to. We would love to help in any way we can, promote on our social media and add your event to our online events list. Let’s share with the community and increase support for this world class facility.

FOR MORE INFORMATION PLEASE VISIT foundation.ottawaheart.ca/plan-an-event/