



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

FOUNDATION
FONDATION

IN THIS ISSUE

**A FURIOUS RACE AGAINST TIME:
ONE PATIENT, BACK-TO-BACK
LIFE-SAVING SURGERIES,
TWO LIVES SAVED.**

> p. 3

**EMPOWERING THE NEXT
GENERATION OF FEMALE
SCIENTISTS.**

> p. 8

**THE 'LOVE LANGUAGE' OF
THE BUTLER FAMILY.**

> p. 9

**BEST FRIENDS & RURAL BUSINESS
OWNERS CREDIT THEIR SURVIVAL
TO THE HEART INSTITUTE.**

> p. 5

**GROUNDBREAKING RESEARCH
MAKES HEADLINE NEWS.**

> p. 2

**JUMP IN™ FOR WOMEN'S HEART
HEALTH GAINS TRACTION ACROSS
CANADA.**

> p. 11



Foundation CONNECTION

Magazine of the University of Ottawa Heart Institute Foundation

> ISSUE NO. 25 | SUMMER 2023

Foundation CONNECTION

Throughout most of the pandemic, I would use the underground tunnel system to make my way into the Heart Institute. Sometimes I would walk through the main corridors of the Civic campus, but more recently, with the beautiful weather outside and with relaxing of health screening measures, I often have opted to enter and leave by the main entrance on Ruskin Street. It is there where I have taken notice of those entering and leaving the building with me.

The other day I passed a young man in his 30s with his gym bag in tow on his way out. It appeared that he had just finished a workout at a gym, but in truth, I know he was coming from the Cardiovascular Prevention and Rehabilitation Centre recovering from a heart incident and being monitored while he returns to his normal activities. He seemed to have a jump in his step, and I smiled. I also observed patients coming in for a test or procedure, with a little trepidation and a slower pace, asking volunteers for directions or proper procedures. In the waiting rooms, family members hold hands anxiously awaiting their names to be called. My favourite part of the day remains watching loved ones pull up to the entrance, the car idling and gently guiding their family member into the car to head back home... the hugs are long, and the relief palpable. No matter the reason for walking through our doors, this is a journey for everyone.

Over 200,000 patients will visit the Heart Institute this year. It has its own pulse and heartbeat, and you can't help but feel it throughout the day. The more time you spend observing the more you understand why this is a world-renowned, first-class Institute offering the best in patient-centred care and groundbreaking research.

So, what's in store for this edition?

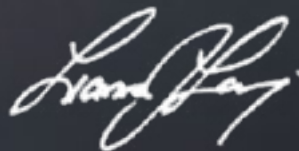
We have a nurse, turned patient, who undergoes an emergency c-section followed by lifesaving open heart surgery. You will find July's story truly remarkable. We also have two best friends, both Heart Institute patients from a rural farming community who give new meaning to teamwork, collaboration and giving back.

On the science and technology side, we see how young women are getting the opportunity to soar thanks to a generous pioneer who came before them. We also touch on the topic of loss and discover how a grieving widow found healing through music and turned it into an opportunity for the Heart Institute.

That's just a taste of the stories you will find in this edition of our Foundation Connection. We also cover hot topics from our team at Prevention and Wellness and bring you the meaningful profile of philanthropist Patrick Butler.

Sit back, pour yourself a drink of choice (would be coffee or wine for me) and enjoy this summer read.

Much Love,



Lianne Laing

V.P. Philanthropy,
University of Ottawa
Heart Institute

President,
University of Ottawa
Heart Institute
Foundation





IN THIS ISSUE

- P1...** Message from the President
- P2...** Groundbreaking Research
- P3...** A Furious Race Against Time
- P5...** Best Friends & Rural Business Owners
- P7...** Summer Heart Health Tips
- P8...** Empowering Female Scientists
- P9...** The Butler Family
- P11...** Jump In for Women's Heart Health
- P13...** Community Connection
- P14...** A Legacy Gift & Song from the Heart

THANKS TO YOUR SUPPORT

Three new endowed chairs were created this past year.

Donor-funded research chairs ensure continued success for innovative cardiac patient care.



Named in honour of the Heart Institute's third president and CEO, the Dr T.G. Mesana Endowed Team Chair in Heart Valve Disease, is among the largest chairs dedicated to cardiovascular research in Canada. It is held and co-chaired by one cardiologist and one cardiac surgeon: David Messika-Zeitoun, MD, and Vincent Chan, MD.



J. Earl Wynands, MD, is a pioneer within the cardiac subspecialty of anesthesia who headed the Heart Institute's Division of Cardiac Anesthesia from 1988 to 1996. The J. Earl Wynands Associate Chair in Cardiac Anesthesiology was established in honour of his many contributions and those who follow in his footsteps, inspiring meaningful change to improve patient care, research, and education in cardiac anesthesiology. Dr Bernard McDonald is proud to be appointed as the first chairholder.



The University of Ottawa Heart Institute Chair in Cardiac Nursing was established to improve nursing education, recruitment, retention, advocacy, and recognition for Heart Institute nurses. Heather Sherrard, who served as head nursing officer at the Heart Institute for many years, and Paul LaBarge, in his capacity as chairperson of the board, inspired the creation of this chair.

\$26M awarded in peer-reviewed grants

322 published research articles

294 active clinical research studies

14 endowed fellowships awarded

A FURIOUS RACE AGAINST TIME

ONE PATIENT, BACK-TO-BACK LIFE-SAVING SURGERIES, TWO LIVES SAVED.



Baby John, healthy and happy a few days after his birth at the Heart Institute.

A baby's first cry is the last thing you would expect to hear at the Heart Institute.

Every minute counted as July, a Registered Nurse, was rushed into the Heart Institute on a stretcher. Dozens of trained medical staff sprang into action to save both her life and the life of her unborn child. Within thirty minutes, the cardiothoracic, gynecology, neonatal, and anesthesia departments were all standing by, ready to provide the urgent care she needed.

A baby's first cry is the last thing you would expect to hear at the Heart Institute. Yet, that was the case on Nov 1st, 2022. Baby John was delivered by emergency C-section, right before his mother July, a Registered Nurse, underwent urgent and complex heart surgery.

July was 37 weeks pregnant with her fourth child and felt intense pain for almost a week. She had visited her gynecologist and local hospital but received no clear explanation for her suffering. First, she dealt with abdominal pain. Then a few days later, pain radiated to her head, forehead, chin, jaw, and shoulders.

It wasn't until she developed a high fever and was rerouted to the Emergency Department that tests showed she had an abnormal valve and a Type A aortic dissection. Otherwise known as the 'widow maker'. Once her diagnosis was discovered by emergency medical staff, it was clear that this was a life-and-death situation for both mother and child.

The adjoining hospital's medical team rushed over the necessary equipment and supplies to perform the emergency high-stakes C-section in

the thoracic theatre at the Heart Institute. The cardiac team shifted into the same surgical suite to perform the open-heart surgery.

Understanding the urgency and complexities of the surgery, July was grateful to have her cousin, a Heart Institute employee, to hold her hand. Heart surgeon Dr Boodwani, who performed her procedure, mentioned how calm July remained, knowing the dire nature of her situation. Her calmness and trust in the process helped the team stay calm, too. July also believes it was her strong Christian faith and even a blessing by the Pope a few months earlier that also played a part of this miracle story.

"Looking back at this awful time," July adds, "I am so touched by how well I was cared for, especially by the nurses. The obstetrics nurses, the ICU nurses, and my incredible recovery nurses."

July's post-operative recovery was tough, healing from both from the C-section and the sternotomy which opened the chest wall for the heart surgery.



The Cyriac family is doing well and happy everyone is home.

Nurses tended to her every need, 24 hours a day, managing her extreme pain, even helping her pump her breast milk every few hours. Obstetrics nurses came from the Birthing Unit to regularly check on her and the baby. Mother and Baby John spent seven days in the Intensive Care Unit. Her nursing team provided exceptional nursing care. As a Registered Nurse turned patient, July was deeply grateful.

Her hair was very matted from her medical ordeal. July remembers, “My hair had become so messy after the surgery. I could not comb it because it was just too tangled. I thought the only option was to cut it all off. But one of my assigned

nurses washed and combed my hair, making me feel like myself again.”

As a nurse, July had the knowledge and training to understand the seriousness of her symptoms, and she knew when to seek medical attention. July’s experience also highlights the critical role that nurses, and healthcare professionals play in our lives, especially during times of crisis.

Despite their significant job, nurses often go unrecognized and underappreciated. They are the backbone of our healthcare system.

Nurses work tirelessly to provide quality care, often going above and beyond the call of duty to ensure their patients receive the best possible treatment.

Almost six months have passed since July’s surgeries and stay at the Heart Institute. She is still an outpatient and comes to visit for regular check-ups. Her recovery is going well, and she is stronger each day. “Every day, I am grateful for my life. I am a wife and a mom to four beautiful boys. I could not wish for anything else.”

July and Baby John’s survival are thanks to the dedication and expertise of the doctors, nurses, and staff at the Heart Institute. Her story reminds us of life’s fragility and the value of every moment we have with our loved ones. July also hopes that one day she will be the one to hold a patient’s hand as a nurse working here at the Heart Institute.



July and family received a blessing from Pope Francis.

BEST FRIENDS & RURAL BUSINESS OWNERS

CREDIT THEIR SURVIVAL TO THE HEART INSTITUTE



Garry and Mike met over ten years ago in their country community of Chesterville. Both own rural businesses and Mike was relatively new to the area at the time. Little did they know that they would come to depend on each other, on their friendship, and on their incredible community during and after their heart emergencies.

Garry had experienced a blood infection many years before after a farm accident injured his foot. The illness lingered and never fully healed, and the resulting contamination significantly damaged his heart. In early 2023 he felt tired and not like his positive, energetic self. However, farming is hard, time-intensive work and he thought he would have time to deal with his health later. Until later came

Garry and daughter Calla at the Heart Institute.

sooner than expected. On Friday, February 3rd, Garry was ill; shaky, weak, nauseous, experiencing shortness of breath, and in significant pain. Alarmed, his doctor in Winchester sent Garry to the Heart Institute by ambulance. Once there, the highly skilled professionals stabilized Garry's condition. The multidisciplinary heart teams were calm and supportive while they reviewed all of Garry's options, and then the surgical team repaired his damaged heart by inserting ceramic valves.

The family man thinks back to that time and recalls how loved and supported he felt by two essential teams: the Heart Institute medical team, and his farming community. Everyone worked together to care for Garry and his farming operation



Garry and son Nic on the first day of planting.

while he was in hospital. Garry adds, “every day I had visitors; family, friends, neighbours, came from far and wide, from noon until 10 p.m. at night. My daughter Reagan flew all the way from London, England. My daughter Calla was right there beside me every single day, and my son Nic took a week off work to be by my side. The Institute staff cared so much; the nurses, doctors and health care professionals were amazing, too, and my country people were there for me. I knew I was never alone.” Mike was there, too.

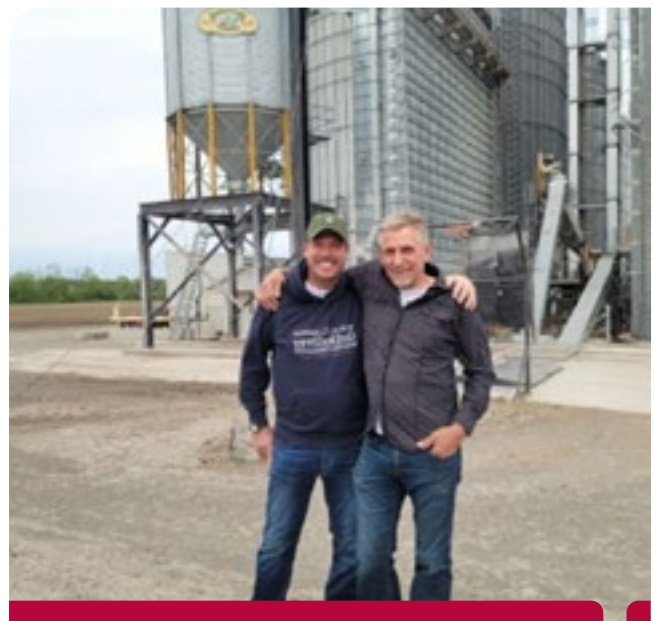
His best friend ‘Mike’ Michael Aube, shares, “I slept in my truck in the parking lot most days because I wanted to be there for Garry. He was half dead but kept us laughing. That is just how he is.” His doctors released him after three weeks in hospital. Coincidentally, Mike, the President, and Grain Merchandiser of Rutters Elevators, has his own heart story, and so do many others who live in his rural community. In 2017 he had a second minimally invasive mitral valve surgery performed by Dr Vincent Chan, also at the Ottawa Heart Institute. After the operation, Dr Chan even visited Mike in the hospital over the holidays. Mike recalls, “the surgeon had tears in his eyes and told me that he would get me home to my family as soon as he could.” And he did.

When our team visited Brugline Farms there was so much conversation, reflection, and genuine gratitude about how many people had come together to take care of their businesses and Mike and Garry’s health. That day, Garry, and his son, Nic, had started planting soybeans before 1 a.m. to head off the rain, working for hours even before the first light of dawn. Even still, Garry was cheerful. The two businessmen credit their current health, vitality, and energy, and how they can handle their work demands, thanks to the care

of the Heart Institute and its professionals. The friends will continue to be lifelong donors, giving back to help future patients. In fact, because of his tremendous life-saving experience, Mike had previously helped the Foundation fundraise in a local Cornwall campaign and energized the businesses in the area to support world-class cardiac care at the Institute.

Seeing Garry and Mike in such good health, thriving, standing in the warm and inviting country kitchen, you would never know that both were past cardiac patients in crisis, fighting for their lives just a relatively short time ago. Mike’s family-owned company is just a stone’s throw away from Garry’s farm. The local grain elevator company sees 9,000 trucks pass through, and 190,000 tons a year of soy, corn, beans, and other crops, including product from Garry’s farm. Many of the drivers and workers who visit the grain elevator operation share their own battles with heart disease and know they will be well looked after thanks to their neighbours, and the life-saving proximity to the cardiac facility.

The best friends share so much, including survival, and can laugh and look forward to the future thanks to better heart health. Garry is even planning a barn party this summer to celebrate his next chapter. Of course, Mike will be in attendance and so will dozens of his neighbours that visited him in the hospital. Mike says, “we will keep giving back to the Heart Institute, whenever we can. It’s always there for our communities, our farms, and our farmers.”



Mike and Garry outside the Rutters’ grain elevator operation.

Did you know that if you have cardiovascular disease, you have an increased risk for heat stroke and susceptibility to air pollution?

This summer is a great time to get and stay active. But before you grab your running shoes, swimsuit, paddles, or racket here are some guidelines to have (safe) fun in the sun. Heat stroke can happen to anyone, but those with cardiovascular disease are at a greater risk. Poor air quality is also something to consider when planning your next heart-healthy cardio session. Here are some guidelines shared by the University of Ottawa Heart Institute's Cardiovascular Prevention and Rehabilitation team.



Drink plenty of water to keep your body hydrated before, during and following exercise. Drink 3 to 8 oz of water (a 'gulp' of fluid is about 1-2 oz) every 15 to 20 minutes during exercise.



Wear comfortable, light-coloured, loose-fitting clothing to help you stay cool in the sun. Wearing shorts and a T-shirt exposes the skin and encourages heat loss from sweat. Wear materials such as cotton that "wick" sweat to the surface instead.



Avoid vigorous, high-intensity activity in extreme heat conditions. Try exercising in an air-conditioned or well-ventilated facility. Or find a pool or beach and swim laps and have fun.



Know your heat injury symptoms. Chills, nausea, dizziness, weakness, fainting, and profuse sweating are all warning signs of heat exhaustion and heat stroke. If you or a loved one experience any of these symptoms, find a cool shaded area, relax, and drink plenty of water. If you're still feeling unwell, return home to rest and let a friend or family member know.

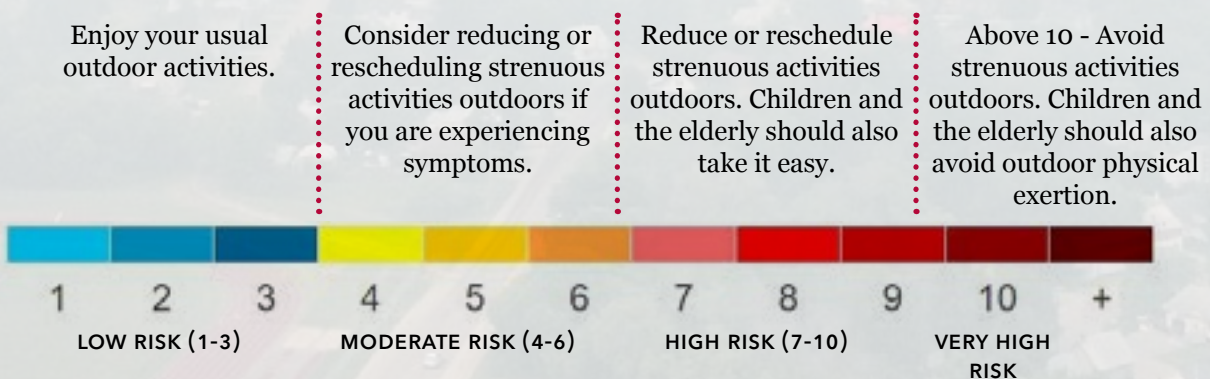


Wear sunscreen and a hat. A sunburn makes it more challenging for the body to cool itself. Apply sunscreen up to 40 minutes before sun exposure to get the best results and reapply regularly.

Summertime Air Pollution

People with heart disease are more likely to experience adverse health effects from pollution. The Air Quality Health Index (AQHI) is a colour-coded scale from one to 10+ designed to help you understand what the air quality around you means to your health, especially when exercising. When the index is high, move your exercise indoors or reduce the intensity or duration of your workout session.

With these tips in mind, we hope you will enjoy all the long walks, lake swimming and outdoor times with friends and family that this season brings. Happy Summer!



You can find out what the AQHI is in your community by visiting: weather.gc.ca for current and forecasted AQHI levels. Watch the Weather Network or visit TheWeatherNetwork.com for updated current and forecasted AQHI levels.

Learn more at the University of Ottawa Heart Institute's Prevention and Wellness Centre: <https://pwc.ottawaheart.ca>

EMPOWERING THE NEXT GENERATION OF FEMALE SCIENTISTS

When Roslyn Bern studied geomorphology and biology at McGill, just a handful of women were in the classes. It was also similar when she pursued sports like downhill skiing and white-water canoeing. She rarely saw female role models in her instructors, her professors, or mentors. Roslyn reflects that this lack of female leadership influenced her decisions later at the Leacross Foundation.



As an educator in math and sciences for 20 years, Roslyn saw that all students needed access to the same opportunities, yet this was not the case. When she stepped up to assist her family business in Montreal, Roslyn also took on the leadership of running the Leacross Foundation. As such, the primary focus was to include initiatives that supported equal access to education for women and girls. The mandate was to create opportunities for training at accredited institutions in the Science, Technology, Engineering and Math (S.T.E.M.) fields to promote healthy economic independence. Their hope is that “women and girls can participate in whatever career they choose without discrimination or bias.”

Pursuing education was one avenue, but Roslyn realized real-life experience and opportunities in the underrepresented fields of science and engineering were needed for women in these areas. When she connected with the leadership at the Heart Institute, she wanted to create a more hands-on approach for students.

In 2005, the internship program for female-identifying biomedical engineers began. After almost 30 women participating in this program, Roslyn is now involved in a new pilot project supporting female interns in data science and Artificial Intelligence (A.I.) Roslyn adds, “We are using this technology in the health care system and more women are in these fields. It only makes sense to expand our reach.”

Philanthropy has changed in the 21st century, and Roslyn, like other donors, wants to see the impact they are having in a community. Writing a cheque no longer completes the giving. She has developed lasting friendships with Heart Institute scientists and researchers. She has also stayed connected with past interns, despite the fact that they have moved to other provinces and even out of the country.

She continues to create further opportunities for the graduates and connects them so that they can learn from each other. Roslyn shares, “At the end of day, it is about the programs impact: truly, representation and mentorships matter. These female biomedical engineers have all gone and done wonderful projects and landed amazing careers. I am honoured and touched to be part of this forward-thinking initiative at the Heart Institute.”

THE 'LOVE LANGUAGE' OF THE BUTLER FAMILY

A love language is a way that we express connection and appreciation to the people dearest to us, such as 'words of gratitude' or 'acts of service'. In the tight-knit Butler family, their love languages are food and service.

On many Sundays, you can find the family gathered for a big dinner, with dedicated spots for patriarch Patrick Butler's standard poodles Harri and Jim. A quiet, often private, hardworking man, Patrick is proud of his family.



He is a doting grandfather to 12 grandchildren and great-grandfather to 15. Together they celebrate their precious family time and the breaking of bread.

Three of his five children still work in the Butler Automotive Group family business. Even in his mid-eighties, Patrick is still very much a part of the day-to-day operations of his group of companies. He showed no signs of slowing down... except for a little roadblock in 2021, when Patrick became a patient at the University of Ottawa Heart Institute (UOHI).

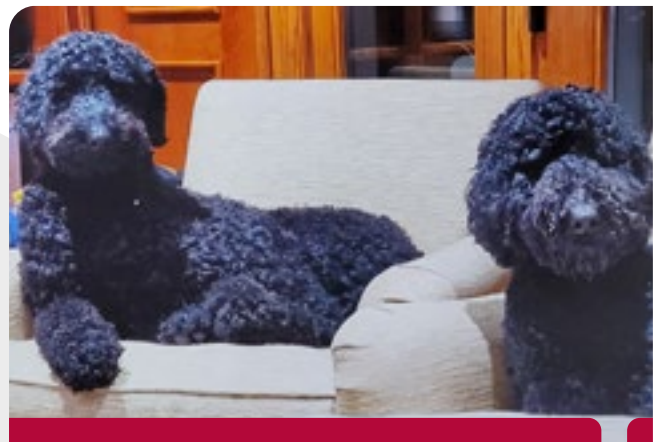
Patrick found a new reason to be grateful—he credits the Heart Institute nurses, doctors, and healthcare professionals for saving his life. While recuperating from a TAVI procedure (Transcatheter aortic valve implantation) to repair a damaged heart valve, Patrick started a very special relationship with the Institute. He wanted to ensure his healthcare team were well-fed. While still in hospital, he surprised the staff team with a very generous order of pizza. This was just the first instance of his incredible generosity which he continues to do on a monthly basis.

Since Patrick received life-saving treatment at the Heart Institute, he wanted to ensure that the same world-class care would remain available to future generations. The deep and ongoing

commitment of the Butler family resulted in an incredible and impactful one-million-dollar gift to benefit patient care. Now you can visit the Cardiac Patient Care Unit named in honour of his beloved wife, Elaine, and his family.

Patrick's daughter, Leslie MacPhee, says: "My parents were married for 64 years. My mother, Elaine, was the backbone of our family. We all continue to try to follow her graceful example of love, caring and food."

Patrick and his best friend founded a charity many years ago with a food and faith theme: The Loaves and Fishes Fund of Ottawa-Carleton. Charity continues to be a family affair. Patrick's daughter Leslie adds, "As a family, we love working together and giving back to the community." Over the years, the Butlers have supported many charities, including The Ottawa Food Bank, the Ottawa Mission, the Ottawa Salvation Army, the Wings of Phoenix, Serenity House, St Mary's Home, the Ottawa Hospital Foundation, Lanark Food Cupboard, CHEO, Roger Neilson House, Ronald McDonald House, Winchester Memorial Hospital, and individual families.



Mr Butler came to Ottawa with very little back in 1965. From that time, he built an automotive empire. For almost six decades, his entrepreneurial spirit grew his many businesses. The Butler Automotive Group consists of Leisure Days RV Group, the largest RV company in Canada, and two local car dealerships. Together they are a bustling employer of over 1200 strong—with primary operations in and around the Ottawa Valley.

Even at work, Patrick considers his employees to be like family members, too. Workers who are struggling with personal or financial difficulties are taken care of. Friend to the family, Jane says, "Pat is the 'salt of the earth'. He works hard every single day. To him, it is just fair and right to give back."

The Heart Institute is profoundly grateful for the continued and exceptional generosity of Patrick Butler and the Butler family and their transformational support that safeguards innovative cardiac patient care now and for future generations.

Heart disease is the #1 killer of women worldwide.
Join the movement this September
to make a difference!



JUMP IN™

**FOR WOMEN'S
HEART HEALTH**

30 minutes, 30 days. Register at [JumpInNow.ca](https://www.jumpinnow.ca)



CANADIAN WOMEN'S
HEART HEALTH CENTRE
CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES

Goodlife
FITNESS

| SALOMON

| Running Room





This September, it's your turn to JUMP IN™ for women's heart health.

Get stronger for yourself and for the women you love, simply by moving for 30 minutes a day. Do it solo, or with friends and family in your neighborhood or at any in-person events.

Join us for fun and engaging events with supportive and in-person classes and workouts, plus you get access to our online community with amazing support, tips, tools, and resources. We are beyond excited to have this challenge enter its fourth year. Thousands of participants, and their support networks are now healthier, and many have seen lasting changes in their physical and mental health.



Thank you to our committed team of volunteers for creating this amazing event. Natalie Tommy (Chair), Mary Browne, Avis Brownlee, Julie Findlay, Krista Kealey, Korey Kealey, Cathy Pantieras, Kaori Noguchi, Olga Pekalska, Elisa Kurylowicz, and Mary Ciancibello.

“Women can change the world, one conversation, one step at a time. I’m so grateful to be helping to create a national movement over the last four years. For many, what began as 30 days will turn into months, then years, then hopefully, a lifetime of healthy living.”

- Natalie Tommy, Event Chair

When you register and join the **JUMP IN™** for Women's Heart Health challenge, you receive special benefits:

- 7-day pass to any GoodLife Fitness across Canada
- limited-edition pair of JUMP IN™ branded socks
- access to your personal JUMP IN™ Participant Portal where you can access amazing content, including exclusive workouts and in-person events throughout the month of September from gyms, studios, and fitness instructors across Canada.
- Your Daily Activity Tracker
- Exclusive access to the JUMP IN™ Facebook community
- An opportunity to attend virtual and interactive workshops with leading heart health experts



Meet Olga.

Imagine getting down on the floor to teach your kindergarten students and not being able to get back up? What if the only way to get up off of the floor was to crawl over to a table to boost yourself up? Meet Olga, an elementary school teacher who experienced this scary situation firsthand. Olga hated the woman in the mirror, the number on the scale terrified her, and her most recent blood work showed high cholesterol, high blood pressure, markers for diabetes, and other ‘red flags.’ It was on this fateful day in the classroom that Olga decided her life had to change immediately.



In September 2020, Olga decided to join the inaugural JUMP IN™ for Women's Heart Health Challenge in support of the Canadian Women's Heart Health and has never looked back. Since then, Olga's health has improved by leaps and bounds, having reduced many of her risk factors.



To join visit **JumpInNow.ca**

Community CONNECTION

The first half of 2023 has been filled with the enthusiastic return to engaging community in-person events. Here are a few highpoints so far:

February is Heart Month

Thank you, Ottawa! You are the pulse, the beat that makes things happen. This year was massive. Together we achieved something truly remarkable raising over 1.2 million dollars this February. New businesses, community events, sponsors, and partners helped put *February is Heart Month* on the map. Across our city, from Wellington West to the east, from the Ottawa Sens Jumbotron, from bonspiels, to bake sales, to Dymon closets, with passion you really did *Light The Town Red*. We've started a movement with heart: you support the priorities of our world-class Heart Institute, groundbreaking research, education, and excellence in innovative patient-centred cardiac care. Ottawa, we're just getting started. Join us in 2024.



The Wilbert Keon Memorial Golf Tournament

On July 10th, we held our second sold out annual Wilbert Keon Memorial Golf Tournament. We would like to express our gratitude to all those who have supported us through donations, partnerships, and to those golfing. We are delighted to be partnering with the prestigious and beautiful Royal Ottawa Golf Course this year, Ottawa's premier golf course. Over \$215,000 were raised to support groundbreaking research, world-class care, and education of the next generation of healthcare professionals. This tournament was inspired by the memory of the much-loved Institute co-founder, Dr. Keon.

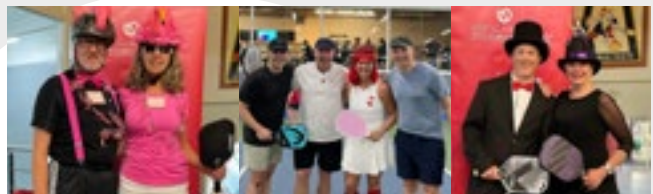
Ottawa Tamarack Race Weekend

This May, #TeamHeart's 77 runners participated in the **Tamarack Ottawa Race Weekend** and raised close to \$25,000 for important Institute priorities. Staff, patients, alumni, friends, family, and supporters raised funds and their heart rate.



The Inaugural Pickleball Classic

New this year, on June 10, 2023, the inaugural Pickleball Classic Tournament was held at the RA Centre in support of the Heart Institute Foundation and raised \$30,000. Players of all levels were welcome, including Daniel Alfredsson, former captain of the Ottawa Senators. A sincere thanks to the players, sponsors and the hard-working committee that made this event such a success.



A Legacy Gift & Song from the Heart.

Gerald and Dorothy were childhood friends and partners in life. They settled in Otter Lake Ontario where Gerald built the house they called home. In addition to their common interests, they both had a family history of heart disease, and Dorothy's dad received care at the University of Ottawa Heart Institute. In 2018, Gerald became the next family member to receive treatment. Grateful for the care that their family had received, they decided to include a gift to the Heart Institute in their estate plans.

In 2020, one day before Valentine's Day, Dorothy lost Gerald. Determined to honour his legacy and their promise to give back together, Dorothy reached out to her advisor and began including a gift to the Heart Institute in her Will. It gave her peace of mind knowing that this powerful way of giving would help future cardiac patients, funding essential ground-breaking research in brain and heart health.



Gerald and Dorothy on their vacation to Paris in 2018.

By the summer of 2021, well into the pandemic, Dorothy had spent much time reflecting. She recalls waking up one morning, seeing the sun shining and hearing a loon call in the distance. It was in that moment she was inspired to translate her reflections into music. She had enjoyed singing all her life but was never a performer.

The phrase *"When will I see you again?"* became the title of her album, recorded at Summit Sound in Westport, Ontario, that year. The CD is a loving tribute to Gerald, and another way for her to give back to the Heart Institute, directing the net proceeds to support brain

and heart research. Dorothy's creativity does not stop there. In addition to the album, she is also writing a book about her life and directing those proceeds to the Heart Institute.

Dorothy's legacy will one day further the research into the intricate links between our heart, mental health, and cognitive well-being. This relationship has only just started to be explored, researched, and understood more deeply by healthcare professionals in recent years. The research today will lead to significant future breakthroughs and treatments. Driven by her love for Gerald and the wish to "save one life tomorrow," Dorothy has composed a legacy of heart health for future patients and their loved ones.

Start the conversation ...

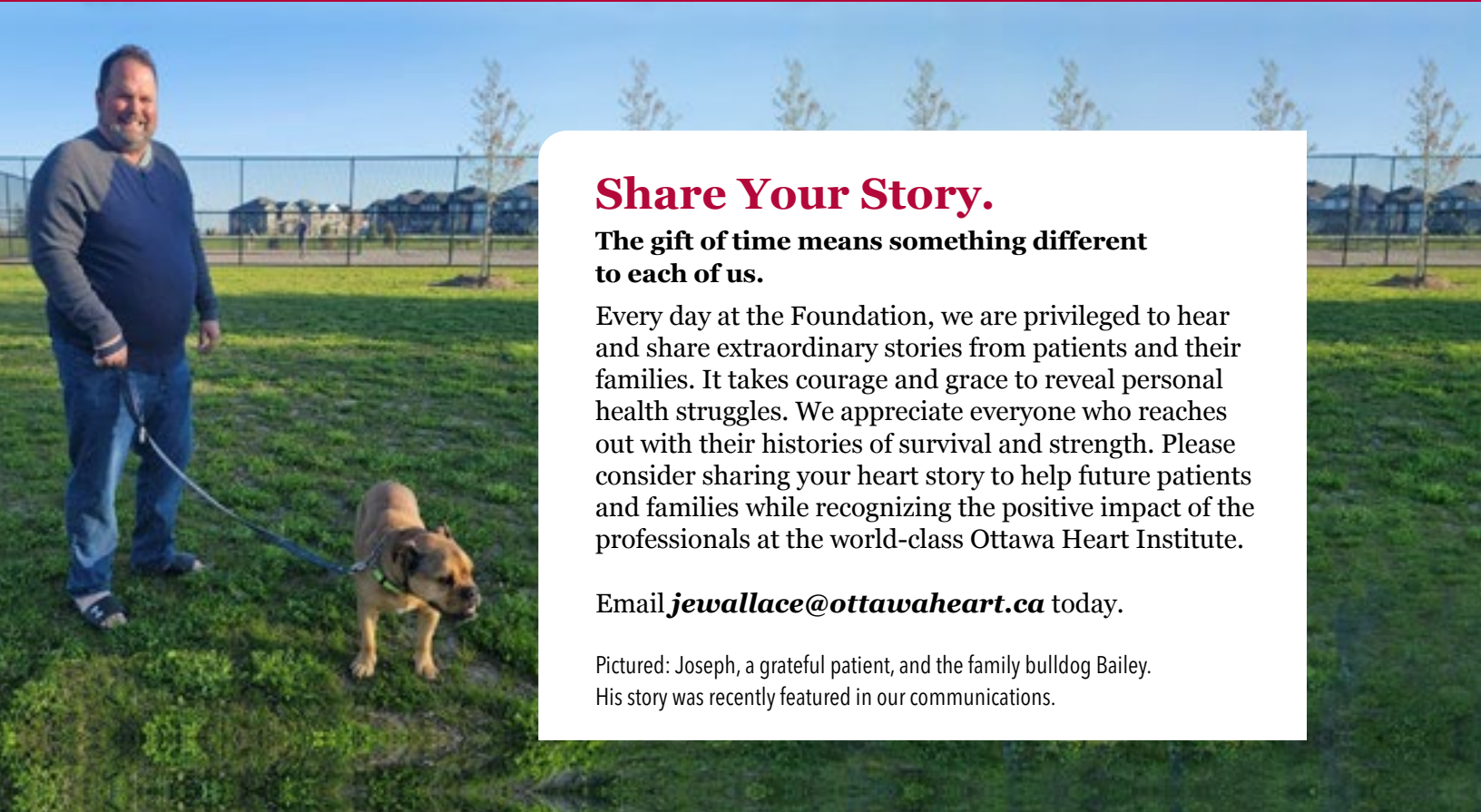
Today you can decide to help thousands of future cardiac patients by leaving a lasting gift in your Will. Talk to your loved ones. A conversation around your shared legacy can be a bonding experience and create special memories.

For a confidential conversation,
please contact:
Selva (613) 696-7251
or via email
@strebert@ottawaheart.ca



GIVE WITH HEART

Scan & donate today.



Share Your Story.

The gift of time means something different to each of us.

Every day at the Foundation, we are privileged to hear and share extraordinary stories from patients and their families. It takes courage and grace to reveal personal health struggles. We appreciate everyone who reaches out with their histories of survival and strength. Please consider sharing your heart story to help future patients and families while recognizing the positive impact of the professionals at the world-class Ottawa Heart Institute.

Email jewallace@ottawaheart.ca today.

Pictured: Joseph, a grateful patient, and the family bulldog Bailey. His story was recently featured in our communications.



Patients and their families will often look for a meaningful way to express their appreciation for the excellent care received by an individual, or a team, who made a difference in their lives. Today, consider giving a Heart of Gold. You can offer a gesture of deep appreciation. Recognize the important work of nurses, doctors, therapists, volunteers, housekeepers, and the dedicated caring staff you have met lately.



SCAN HERE TO GIVE A
Heart of Gold!

CONTACT US

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