

May 16, 2023

# Foundation CONNECTION

Newsletter of the University of Ottawa Heart Institute Foundation



## A message from Lianne Laing, VP Philanthropy UOHI, President UOHIF

Late last week, I cruised down Queen Elizabeth Drive.

I saw the planning underway for the Tulip Festival. The stages were set, food vendors had parked their trucks, and workers had installed signage everywhere. I smiled, inhaled the fresh spring air, and ensured I wasn't slowing down traffic as I marveled at the bright colours and flower beds.

I envisioned the hundreds of families soon snapping pictures and taking their moms out for a special outing over the weekend. This festival is an Ottawa tradition. I saw many social media posts by Sunday night capturing the moment.

So, whether you took in the sights and smells of the tulips, strolled outside, enjoyed the brilliant sunshine, or drank mimosas on a patio—I hope you had a wonderful weekend, celebrating Mom or just enjoying the most out of life!

Thank you to those who thought of supporting the Heart Institute Foundation by sending an [e-card](#) in honour of their Mom or mother figure with us; it was delivered with love.



Thank you also to everyone who supported our Nursing Week initiative. We appreciate everyone who took the time to read about Registered Nurse July, and her incredible story of survival. If you missed it, she had an emergency C-section followed immediately by lifesaving open heart surgery here at the Institute. July talks about faith, medical intervention, and her caring and dedicated nurses. If you missed the story, [find it here](#).

Again, A big thank you to Linda and Russell Grass and the Grass Family for their generosity and for matching the nursing week donations. Our Cardiac nursing chair is one-of-a-kind. We are excited to build on its impact on nursing research and innovative cardiac patient care.

Also, North America's fastest-growing sport is taking over the capitol this spring. A little intrigued? Have you thought about playing [pickleball](#)? All levels of experience, including complete beginner, are welcome. The top fundraiser (s) and best dressed teams will have the chance to win amazing prizes! There is still time to consider [signing up](#). Please take part in our first-ever Pickleball classic. Do you need a little convincing? Watch this.



My goodness, it's a busy time of year! Tamarack Ottawa Race Weekend is just around the corner. We are grateful and excited for our participants. If you are wondering which runners (and walkers) may be participating in support of the Heart Institute, check out their socks. Want your pair? There is still time to [sign up and get 'your socks on'!!!](#) Fundraise a minimum of \$30 to receive your Team Heart socks!



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Much Love,

Lianne