

November 14, 2023

Foundation CONNECTION

Newsletter of the University of Ottawa Heart Institute Foundation



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

This year, Remembrance Day fell on a weekend and no matter where you were at 11am, everything stopped. The usual Saturday morning errands were held off, the workout warriors paused the treadmills and meal services at restaurants halted.

For those of us at home watching the coverage at **the Tomb of the Unknown Soldier**, we stood silently from coast to coast. I feel that there is too much pain to inhale this year, from remembering those we have lost, the past sacrifices made for our freedom, and the innocent who suffer now. I hope each of you found meaning in the day's ceremonies.

November brings other transitions too.

As Canadians, we are chameleons adjusting to this season. The weather remains a lead "breaking story" on any local newscast, even though we can see the snow and freezing rain from our windows. If you are organized and responsible, you will have already booked your winter tire changeover (I am always way behind schedule).

It's not the cooler temperatures, or the blistering winds coming in that throw me off now. It's the darkness and the early gloom as we prepare to leave the office. You walk outside and realize it's dark and cold.

In the summer, I still had endless hours of fun, activities, and errands to run. I did so full of energy, windows rolled down, music blasting. If I was motivated, an after-dinner walk was always an easy, "sure why not". Now, it takes all the energy to make the drive home, so that I can change into my cozy sweats and remain hidden in the house until the next morning. I play mind tricks to get

myself out the door. And I wait, for the winter solstice on Dec 22nd when the days get longer again.

We look forward to celebrations and brighter days ahead.

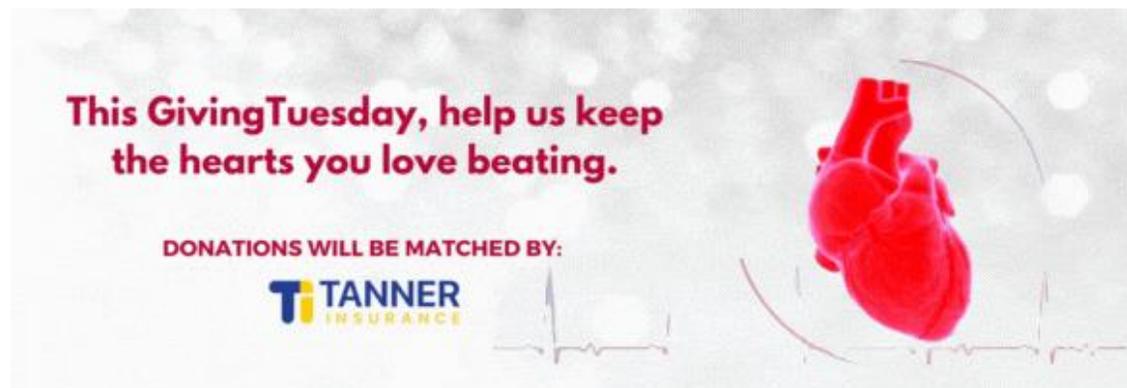
Honours and accolades continue to be enjoyed along the corridors here at the Institute. There is much to celebrate with milestones reached as well as advancements in research and grants. I was excited to see a wonderful profile on our former Chief of Cardiac Surgery, Dr. Marc Ruel in ***The Beat***. He reflects on more than a decade as the leader of cardiac surgery at the country's most esteemed cardiac care facility. [***You can read more here.***](#)

Fast approaching also is our *GivingTuesday* initiative on November 28th

'Keep The Hearts You Love Beating' is our theme, and we are thrilled to offer the opportunity to have your donations matched again. Thank you to Tanner Insurance for joining this year as our matching donor.

So, get the whirlwind shopping done on Black Friday and Cyber Monday, and feel good about making your impact by being part of this worldwide giving movement.

"The Ottawa Heart Institute directly benefits our community that we live and work in. The community is only as good as the hospitals and health care that you have. Everyone has someone who has been impacted by heart issues."
- The Tanner Family, [**Tanner Insurance**](#)



I hope you have seen our new creative ads on billboards and buses across the city. It has been a pleasure working with Xactly Design & Advertising as well as Pattison Billboards for helping to spread our messaging.



Alternative Minimum Tax (AMT)

As I mentioned in my last month's letter to you, there will be potential changes to the AMT starting on January 1, 2024. This could affect a certain amount of our donors in Canada. As promised, here is [the video](#) we released and uploaded to [our website](#) for anyone who may have concerns. Just a reminder that any stock gifts prior to year-end should be made by December 22nd in order to get your 2023 tax receipt.

A Successful Ignite Your Passion Event

We are grateful to the incredible women behind the [Ignite Your Passion](#) event held last week. While I had the opportunity to speak on behalf of the Ottawa Heart Institute, it was great to have Scientist and Researcher, Dr. Kerri-Anne Mullen on hand to educate the crowd on women's heart health. There were a handful of inspiring speakers with proceeds going to the Institute.



Lianne with Lindsay Firestone, Director of Community Engagement & Development and Dr. Kerri-Anne Mullen Director of CWHHC

#FebruaryIsHeartMonth

As our team prepares for the holiday and end-of-year giving time, we are also focused on getting everything ready for [February Is Heart Month](#). We look forward to bringing you updates in the coming newsletters.

Until then, I hope you take the extra few minutes at night, to breathe in peace and exhale gratitude. It seems to be the only thing helping me fall asleep at night.

Thank you once again for your support in the work we are doing at the Foundation.

With gratitude always,



Lianne



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

FOUNDATION
FONDATION

© 2023 UNIVERSITY OF OTTAWA HEART INSTITUTE FOUNDATION

Charitable Registration No. 140813452RR0001