

# Foundation CONNECTION

Newsletter of the University of Ottawa Heart Institute Foundation



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

I have just returned from a quick getaway to Mexico with my best friend. I am tanned, rested, and rejuvenated. 😊 The four nights involved some much-needed extra sleep, time to catch up on the news in each other's lives, reading books, brainstorming walks on the beach, and indulging in the all-inclusive experience. It was wonderful.

Laundry, cleaning, and groceries were back on the agenda within hours of my return. Sadly, the package of guacamole I purchased for the family was the same portion I served myself at each meal and every poolside snack.



As I write this update, I am currently famished, readjusting my stomach and appetite back to normal.

Life is anything but normal these days, and you don't need to turn on the news to realize that. We are in the midst of holiday shopping, office parties, charity galas, food drives,

family dramas, and so much more. The sentiment, "It's the most wonderful time of the year" brings an eclectic mix of emotions, mostly excitement, but also joy and pain, celebration, and loss.

I have heard two code blues today on the intercom system: a code *STEMI*, and an urgent call for a nursing coordinator to make their way to the lobby. Despite festive decorations at the Heart Institute, there is always someone, a family, or a patient in need. Our team senses this every day.

Our team and you, our donors, were inspired by our recent mail piece and email that featured a thoughtful message from UOHI President & CEO, Dr. Thierry Mesana. He shares his holiday experience here at the Institute and reflects on his 45 years as a cardiac surgeon. He fondly remembers the surgeries he performed over the holidays and the families whose lives were changed. If you did not have a chance to **read his letter**, please take this opportunity to do so.

Letter recipients responded by sending an overwhelming number of incredible notes back to us. In gratitude, we have created a new digital platform to see a handful of the cards. Thank you to everyone who took the time to share their message. I know it's incredibly touching and inspiring for the staff and patients here over the holidays. Take a look at the cards by [clicking here!](#)

**At this special time of year, our supporters share personal holiday messages to inspire our patients and staff.**

*Vous êtes sûrs de bonnes mains. Elles ont soigné mon cœur il y a maintenant 20 ans! Merci infiniment et affreux à prendre soin de vous!*

**MY HUSBAND & HIS BROTHER BOTH HAD HEART PROBLEMS ... 29 YEARS AGO & 8 YEARS AGO ... THEY'RE STILL DRIVING ME NUTS 😊**  
**THANK-YOU JUDY**

*Thank you for supporting my daughter Lisa both during her heart event and in the follow up time.  
Greetings of the Season  
Lynn*

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

**FOUNDATION  
FONDATION**

**À l'occasion des Fêtes, nos donateurs ont rédigé de petits mots inspirants pour nos patients et le personnel.**

Also, huge kudos go out to our award-winning staff. It helps to put a perspective on the honors and accolades given to professional athletes, actors, and musicians when the academic world is also a competition of the elite. Please take a look at some of our most **recent award winners**.

Three UOHI awardees pictured from left to right: Dr. Peter Liu, Jodi Edwards, and Erin Mulvihill.



I'll refrain from saying too much about **February is Heart Month**, which is approaching way too fast. Please consider **Lighting the Capital Red** at your business or home. We suggest keeping your holiday lights handy and repurposing them. Our **Paper Heart Campaign** is also picking up interest. We have some additional Business Improvement Associations (BIAs) joining us this year and many new events and endeavours. I will give you the full rundown in my next monthly update.

Thank you to everyone who has already donated in time for **end-of-year giving**.



As we all look to celebrate the holidays with our own customs and traditions, I hope you find blessings in the little things that truly matter. Thank you for being part of the Heart Institute family. We look forward to what the New Year brings.

The Heart Institute Foundation staff pictured at the iconic monument located at Landsdowne.

Wishing you good health, love, happiness, and laughter.

Much Love,  
Lianne

A handwritten signature in black ink, appearing to read "Lianne".

HAPPY HOLIDAYS

AND MANY

*Thanks*

JOYEUSES FÊTES

ET MILLE

*mercis*

