

Foundation CONNECTION

Newsletter of the University of Ottawa Heart Institute Foundation



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

Not to be a downer, but divorce back in the 1980s looked quite different than it does today. The whole 50/50 split for custody or alternating weeks and days didn't exist then. As close as I was to my dad, our quality time was saved for every other weekend and our weekly lunch dates when he picked me up from school. My mom was left with most of the day-to-day heavy lifting. Now, as a mom of two, I look back on the incredible feats of strength and budgeting that my mom powered through to prioritize her pursuits and new opportunities for us.

I will forever be grateful to her for instilling in me a love of adventure, travel, and culture over any non-essential purchase or trend. As her grandchildren have grown up, she continues that tradition by marking major milestone birthdays (ages 10, 13, and 16) with a trip to a fun destination. This Mother's Day weekend, my mom and I travelled to NYC with my daughters, Jamie, and Andie, to celebrate Jamie's 16th birthday. It had a mixture of everything from a Broadway musical to the 9/11 Memorial & Museum and so much more. Time and memories really do offer our best gifts to ourselves and our loved ones. I hope many of you experienced that quality time this weekend as you celebrated the woman in your life. Having listened to so many of your stories, I know that the Heart Institute has given you that "gift of time" as well.



Our communications from the Foundation office this month overlapped between National Nurses Week and Mother's Day. I hope you took the time to read our story about nurses who are mothers and whose children have followed in their footsteps. Again, thank you to the Grass Family for their generous support in matching donations for this initiative.



I also wanted to highlight the incredible success of our 2nd Annual Ottawa Pickleball Classic presented by CHG Meridien. In all honesty, it's a bit nerve-wracking hoping an idea comes to fruition, especially with the efforts the staff put into an event so it "pays off". Our Foundation team and two incredible board members, Colin Zappia and Jake Levinson, pulled off an awesome event. We had over 70 teams, tons of pickleball, a celebrity match-up, lots of food and drink and the ability for our participants to be seen at our Mobile Valve Clinic was a win-win for everyone with over \$52,000 raised. Thanks to our sponsors, partners, participants, and fundraisers for an epic day. The costumes were also top-notch! Thank you to the Ottawa Business Journal's Caroline Phillips for capturing the event from start to finish, as well as our new highlight video created by "Motion By Mike".



In my last update, I mentioned the transition in leadership as Dr. Beanlands stepped into the role of President and CEO of the Institute. Recently, it was also announced that Dr. Katey Rayner has been appointed our new Chief Scientific Officer. Congrats to Katey, and you can meet her here and learn more in [this video](#).

A final good luck message to everyone participating in the Tamarack Ottawa Race Weekend. A special shoutout to all our participants running under “Team Heart”. Each of our participants has their own story and journey about why they have chosen to run, and we are grateful to them. Here is a look at heart patient Eric Chamois’ story featured in the [Ottawa Citizen: Social Scene | Community Builders: Run for Heart](#). Congrats also to Eric for already raising almost \$4,000 so far!



I am concerned that this brutal and confusing weather pattern we have been experiencing is a prelude to the summer. I am trying to be brave and remain optimistic that the heat, sun, and summer vibes are coming. Have a wonderful week, everyone; the long weekend is upon us. 😊

Much Love,

Lianne

Handwritten signature of Lianne in black ink.