

# The Wellness Beat

Windsor-Essex Cardiac Wellness Centre newsletter

JULY 2006

ISSUE 8



## Supporting Cardiac Wellness: Fundraising Update

The Windsor-Essex Cardiac Wellness Centre (CWC) continues to be very successful in its fundraising efforts. On Friday, February 10th, 2006, it hosted its 4th annual, "Evening of Heart and Enchantment" Dinner, Fashion Show & Silent Auction at the Ciociaro Club of Windsor. For the second consecutive year, the event sold out with 800 people in attendance. Special thanks to our many corporate sponsors, especially the generous event-sponsorship of DaimlerChrysler. Total funds raised from this event were just shy of \$50,000. Next year's show will, once again, be held during Heart

Month on Friday, February 9th, 2007.

On Sunday, May 7th, 2006, the CWC's "Path to a Better Heart" took place in Malden Park. In addition to the traditional 5km run and kids' dash, this year featured a new event, a duathlon — 3k run, 10k bike, 3k run. In total there were 500 event participants, including students from Essex District High School. The event raised \$5,000 for the CWC.

All proceeds go to the Windsor-Essex Cardiac Wellness Centre. Funds are used to purchase new equipment and towards resources needed to provide quality care for



This year's "Path to a Better Heart" in Malden Park featured a new event, a duathlon — 3k run, 10k bike, 3k run.

residents of Windsor-Essex County who have had a recent cardiac event. To learn more about how you can help, refer to "Giving back to Cardiac Wellness" on page 6. ?

## Walk of Life for Cardiac Rehabilitation Friday, September 8<sup>th</sup>, 2006

Twenty years ago, the Canadian Cardiac Rehabilitation Foundation (CCRF) started the "Walk of Life" to support cardiac rehabilitation in Toronto. Three years ago, the CCRF linked with many cardiac rehabilitation programs across Canada, including the Cardiac Well-

ness Centre (CWC), to raise funds to enhance their respective programs, strengthen their resources and make cardiac rehabilitation accessible to more people with heart disease and can benefit from these outstanding services. CCRF funds are distributed to each pro-

gram depending on the number of participants and funds raised during each partnering program's walk.

On May 15, 2005, the CWC partnered with the CCRF to host its very own "Walk of Life for Cardiac Reha- (continued on pg. 5...)

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For more information, contact Jason Petro @ 254-5577 ext. 72500.

## Staff updates...CWC life in a heartbeat

The year 2006 has been an eventful year thus far, especially for the kinesiologists working in the exercise facility. In late March, kinesiologist, **Sasha Rivard**, underwent emergency abdominal surgery and was off work for 8 weeks to recover. Shortly thereafter in the beginning of April, kinesiologist, **Valentina Bello**, said farewell to the Cardiac Wellness Centre (CWC) after accepting a position with Biovail Pharmaceuticals as a Pharmaceutical Sales Representative.



(Left to right) Top row: Shawn Fryer, Glorianna Jeun, Nina Exaltacion, Stephanie Mastronardi, Anna Prestia, Jason Petro. Bottom row: Lori Lamb-O'Brien, Sasha Rivard, Wendy Botosan. (Missing: Sandra Renaud, Brenda Pelka)

With the sudden staff shortage, kinesiologist, **Glorianna Jeun**, remained the last of "Jason's Angels" to supervise and monitor the exercise facility and participants. Thankfully, the CWC's casual kinesiologists, **Shawn Fryer** and **Stephanie Mastronardi**, were able to fill in as many shifts as possible in addition to working

their regular full-time jobs. Needless to say, Shawn and Stephanie put in many long days and deserve a round of applause for their efforts!

Additional help came from **Jason Petro**, the CWC's program coordinator, who came down the ranks to work as a kinesiologist. **Lori Lamb-O'Brien**, nurse practi-

tioner, found a "silver lining" in the whole situation — although they put their regular job duties on hold to work in the exercise facility, Jason was able to get out of his office to meet the participants and Lori was able to contact participants more easily regarding medical issues.

Thank you to **Anna Prestia** (dietitian), and **Wendy Botosan** (administrative assistant) for assisting in weekly CWC Orientations, and to **Sandra Renaud** (nurse educator) and

**Brenda Pelka** (pharmacist), who helped out as much as they could when they came to teach their education classes. Last but not least, a special thank you to all of the CWC participants for their patience with the staff during this busy time! ?

## Sandra Renaud receives Nursing Excellence Award



Congratulations are in order for Sandra Renaud, who received the Nursing Excellence Award in the "Team Player" category.

The Nursing Excellence Awards honour nurses from Windsor Regional Hospital who consistently demonstrate how they exceed the basic expectations of the Standards of Practice in Nursing.

Sandy teaches the Heart Health education class and offers Smoking Cessation Information Sessions at the Cardiac Wellness Centre. ?

## Farewell words from Valentina Bello



I am so fortunate to have had the opportunity to get to know so many wonderful people during my 5 years at the

Cardiac Wellness Centre (CWC) - many who have taught me wise and important life lessons that I will carry with me for a long time to come. My transition over to Biovail has not been an easy one, only because of how much I miss all of the participants, graduates, and of course, my amazing team of co-workers. However, it is an exciting new opportunity that I am

certain will open up many doors for me. I am reassured when I think of how the medications that I am promoting are helping patients.

I also want to reassure all of you that even when you think your family doctors are not listening to you, they are! I am seeing first-hand how much they care about their patients. You are truly their number one priority.

So a final good-bye, good luck, and a heart-felt thank-you for all of the laughs, memories and an amazing 5 years. My best wishes to everyone. I hope everyone stays on track with exercise and the heart healthy tips that were learned while at the CWC! ?

## Stephanie Mastronardi joins CWC as new Kinesiologist



The Cardiac Wellness Centre (CWC) would like to introduce its newest team member,

**Stephanie Mastronardi**, as kinesiologist in the exercise facility. She joins the team

following the departure of kinesiologist, Valentina Bello, who accepted a position with Biovail Pharmaceuticals in April 2006.

After years of volunteering and then working for the CWC on a casual basis, Stephanie has finally achieved her goal of working full-time for CWC. In fact, she is quoted having said at one point in time,

“There are three jobs I want in Windsor — Sasha’s, Gloriana’s, and Val’s!” Congratulations and welcome to the team, Stephanie!

In addition, we must be sure to send Stephanie our best wishes for her upcoming wedding in September 2006. ?

## CWC volunteer recognized by Windsor Regional Hospital



The Cardiac Wellness Centre (CWC) is proud to announce that one of its weekly volunteers, **Pat**

**Montaleone**, was awarded Windsor Regional Hospital’s first-ever Student Volunteer

Scholarship in April 2006.

Having started in October 2001, unquestionably, Pat has put in more years of service than any other CWC volunteer demonstrating his dedication to the program and its goal to help local residents with heart disease. He consistently demonstrates his initiative by going above and beyond his regular weekly hours and volunteering

his time at all CWC fundraising events. Pat is always willing to take on new tasks and is capable of working independently, as well as within a team environment.

In September, Pat will enter his 4th year in Biology at the University of Windsor. His future plans include attending medical school after graduation. ?

## Lumley Award Winner: Ted Reed



Last year the Cardiac Wellness Centre (CWC) initiated an award to recognize the efforts of Tim

Lumley, the catalyst behind the CWC’s “Evening of Heart and Enchantment” Dinner, Fashion Show & Silent Auction. As a result, Tim has become a fixture of volunteerism for the Centre. The Lumley Award,

therefore, recognizes volunteer excellence toward the CWC.

This year’s recipient, Ted Reed, was one of the CWC’s original 17 test participants back in its infant stages in 2001.

Whenever asked to help out Ted is always there. He has been a constant at each and every fundraiser for the CWC. He has volunteered for every “Evening of Heart and Enchantment” Fashion Show, all six of the “Path to a Better Heart” 5 Km Run /

Walks and both of the CWC Golf Tournaments.

Even through an incredibly tragic time with the loss of his son, their family chose to have the memorial donations go toward the CWC. In their son’s honour, the Chad Reed Memorial Plaque was created to recognize future memorial donors.

The CWC is honoured to have Ted involved with the program. He is truly a deserving recipient of this year’s Lumley Award. ?

## Participant profile: Hubert Seguin

The Cardiac Wellness Centre (CWC) has seen many participants with heart disease participate in its cardiac rehabilitation program — male and female, young and old, working and retired, and individuals with a heart history consisting of a single or numerous cardiac events. In attempt to provide our readers with a glimpse of this wide range of participants and heart histories, we will be featuring a participant profile in each newsletter. Our hope is that you, the reader, may relate (physically or emotionally) to a profile in one way or another.

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Hubert Seguin has a heart history that will remind us all to maintain a healthy lifestyle. He had many of the modifiable risk factors for cardiovascular disease:

**Risk factor #1: Stress** – Working as the Director of Marketing for a major automotive supplier in the USA for 25 years and having to negotiate contracts with the “Big Three”.

**Risk factor #2: High blood pressure** – As a result of working in an extremely stressful environment.

**Risk factor #3: Physical inactivity** – He entertained clients with golf outings using an automated cart instead of walking the links,

**Risk factor #4: A diet high in saturated fats, trans-fats and cholesterol** – He took clients to restaurants where they would eat “all the wrong kinds of foods” and sometimes late at night which inhibited proper food digestion.

**Risk factor #5: Smoking** – Hubert became a one-pack-a-day-smoker at the age of 16. At 33 years old, he quit for ten years but

CARDIAC EVENT	DATE
Double coronary artery bypass	June 1994
Heart attack	June 2003
Angiogram	July 2003
Angioplasty + stent #1	July 2003
Heart attack	June 2004
Angiogram	July 2004
Angioplasty + stent #2, 3, 4	July 2004
Angioplasty + stent #5	January 2005
Angiogram	January 2005
Angiogram	September 2005
Angioplasty + stent #6, 7	September 2005
Angioplasty + stent #8	November 2005
Angiogram + angioplasty	May 2006

**Table 1.** Hubert Seguin’s heart history.

restarted while dealing with family health problems. This time, however, he went back to smoking two large packs a day – that means one cigarette every 19 minutes if he slept eight hours a night!

Hubert’s first signs of heart disease consisted of chest pressure (described as someone kneeling on his chest), sharp chest pain, left arm pain from his shoulder down to his elbow, and heavy sweating. Since 1994, he has had a double coronary artery bypass graft (CABG), two heart attacks, five angiograms, six angioplasties, and eight stents (see Table 1). “I was scared that I was going to die. I thought that once I had the bypass that was supposed to be the cure all. But then I found out that the bypass is only temporary if you didn’t look after it.”

Hubert had more difficulty coping emotionally with his second heart attack. He was afraid to stray far from home; the farthest he would travel was to the mall, which meant he even stopped playing golf. “[The first

heart attack] got my attention, but it didn’t really scare me. I figured that everything was okay [after the angiogram and stent]; they’ve cleared everything up inside. Then along [came] the second heart attack and my whole outlook changed. I didn’t know what to think. I was blue, depressed. And you don’t know how to get yourself out of that state.” Hubert would go to the mall before everyone got there, allowing him to walk alone and be left to his own thoughts, “which was bad because then you start imagining things that aren’t there.”

Hubert began the CWC’s cardiac rehabilitation program after his second heart attack in 2003. Although there were some setbacks afterwards, he was motivated to keep going because he felt better after exercising. He credits his wife as his main support system, who continually encourages him to keep exercising and to stay within his limits. An additional motivating factor came in January 2006 when his first grandchild was born—a healthy baby girl! As a result, Hubert’s outlook towards family and life became even more important. Being able to see her grow up continues to be an incentive to exercise in the CWC’s maintenance program, the “Wellness Club”.

Although Hubert’s extensive heart history is out of the ordinary, it helps serve as a reminder to everyone to stay healthy. We can’t always prevent heart disease, but we certainly can control the modifiable factors that put us at greater risk for heart disease — physical inactivity, cholesterol, blood pressure, stress, diabetes, weight management and smoking. ?

## Spread the word...in ink!

In May 2003, Steven Wright was only 27 years old when he suffered a heart attack. He enrolled in the Cardiac Wellness Centre's (CWC) cardiac rehabilitation program one month later and graduated in January 2004. He remains the CWC's youngest program participant.

Since his graduation, Steven told staff members he was going to get a tattoo of the CWC logo, "Wellness Willy". He finally had it done in March 2006.

According to Steven, he

"decided to have the CWC logo done as a tattoo because it's part of who I am. It was the beginning of the huge change in my life. It symbolizes that I was one of the lucky ones to be able to go through an awesome program and to be able to look back and say I probably wouldn't have made it as far as I have without the help of everyone at the CWC. So what better way to honour everyone there than to have them be a part of me for the rest of my life." ?



Steven Wright shows off his tattoo of the Cardiac Wellness Centre's logo, "Wellness Willy".

## Walk of Life for Cardiac Rehabilitation

(...continued from pg. 1)

-bilitation". It was held on the same day as the CWC's annual 5km run at Malden Park. With over 200 event participants, \$32,000 in pledge money was raised that day, resulting in an additional \$10,000 in grants from the CCRF to the CWC!

This year, the CWC's annual, **"Walk of Life for Cardiac Rehabilitation"** will be held on **Friday, September 8<sup>th</sup>, 2006, on the Ganatchio Trail at Sand**

**Point Beach.** Anyone who participated in this event in previous years is asked to note the following changes: (1) the walk will now take place in September, whereas in previous years it was held on the same day as the 5km run in May, and (2) it will now take place at a new location — Ganatchio Trail at Sand Point Beach — to increase exposure and increase awareness about the CWC!

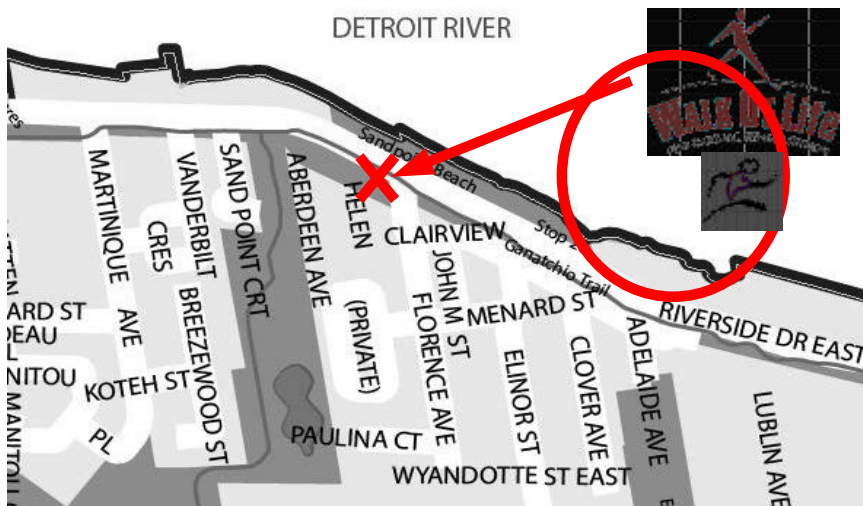
Remember, CCRF grant money is distributed based on

event participation and amount of funds raised, so mark your calendar, bring your friends and family and start collecting pledges today! Pledge forms are currently available at the CWC. For further information, call the Cardiac Wellness Hotline at 254-5577 ext. 72556. ?

## Newsletter Contest

Thank you to all Cardiac Wellness Centre (CWC) participants and graduates who submitted suggestions for a name for the CWC newsletter. There were many popular suggestions, such as "The Heart Beat", "And The Beat Goes On", and "The Pulse", and "Heart to Heart", as well as some unique names

A special congratulations to graduate, Kirsten Blok, for her winning suggestion of, "The Wellness Beat". She will receive a CWC t-shirt as a small token of our appreciation. An honourable mention to current participants, Bev Camphorst and Theresa Gillan, for their idea of incorporating an electrocardiogram (ECG) strip into the newsletter name/logo. ?



The Cardiac Wellness Centre will host its annual "Walk of Life for Cardiac Rehabilitation" on Friday, September 8<sup>th</sup>, 2006 on the Ganatchio Trail at Sand Point Beach.

## YOU JUST PROVED ADVERTISING WORKS!

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For more information, contact  
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## June 2006 marks CWC's 5 year anniversary

The Cardiac Wellness Centre (CWC) celebrated its 5 year anniversary in June 2006. Since our doors opened, there have been many milestones along the way.

**November 2000** — Jason Petro and Dr. McFarlane start "grass roots" CWC program at Windsor Regional Hospital's (WRH) Metropolitan campus. No exercise facility, just hall-walking. Education classes and consultations available.

**March 2001**— Ministry of Health and Long Term Care (MHLTC) accepted Jason's proposal for funding in

province-wide cardiac rehabilitation Pilot Project. CWC has coordinating site in Windsor and a satellite site in Leamington.

**April 2001**—Met Campus renovations to build office space and exercise facility for CWC.

**June 2001**—Jason and Dr. McFarlane hire ten additional staff members.

**July 2001**—CWC doors open!

**September 2002**—MHLTC Pilot Project funding ends.

**February 2003**—CWC wins Windsor City Chamber and District

Business Excellence Award in the "Wellness" category for leadership and innovation in the healthcare industry.

**October 2003**—CWC moves to new location at WRH's Western Campus, which allows for larger exercise facility, more office space, and education room.

Since June 2001, the CWC has helped over 2000 local residents of Windsor-Essex County to recover from a cardiac event. Thank you to our many supporters over the years. ?

## Giving back to Cardiac Wellness

Unfortunately, it is a common misconception that the Cardiac Wellness Centre (CWC) is funded by the Heart and Stroke Foundation. In reality, the CWC receives its funding annually from the Ministry of Health and Long Term Care; yet this amount only covers operational costs (e.g., wages, supplies, etc.).

Additional fundraising dollars are required to help the CWC upgrade its facility with a larger exercise area to help more local residents recover after their cardiac event. Moreover, a larger facility would allow participants to continue coming after gradua-

tion as part of the CWC's maintenance program, "Wellness Club". Contributions would also help with purchasing new exercise machines and strength training equipment.

If you feel you have benefited from your experience at the CWC and would like to see it continue to help others in the future, there are many ways to help and "give back":

**Make a donation**—any amount helps! Cheques can be made payable to "Windsor-Essex Cardiac Wellness Centre".

**Donate in memory**—remember CWC when honouring a lost family

member or friend. Cheques can be made payable to "Windsor-Essex Cardiac Wellness Centre".

**Purchase CWC apparel**—show Windsor our "Wellness Willy" logo found on T-shirts, golf shirts, and hats and help to raise awareness about our program.

**Fundraise**—help us prepare for our fundraising events.

**Become a corporate sponsor**—advertise your company or business at CWC fundraisers.

**Spread the word**—talk to family, friends, or employers about your experience. ?