

Keeping the Beat

Fall 2021

Offering information, resources and emotional support to families dealing with congenital heart disease.

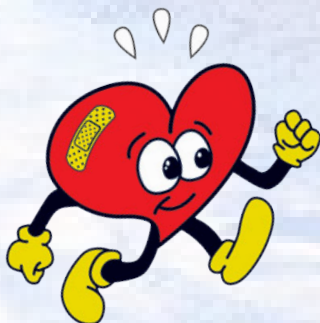
In this Issue

STROLL TO THE STOLLERY



Thank you from the bottom of our hearts to everyone who participated in the Stroll to the Stollery event. So many participants got together to share being active with friends and family to raise funds for this great cause. The messages of support and encouragement including pictures posted over the weekend were truly heart warming.

- Stroll for the Stollery..... 1
- Stroll for the Stollery: Winners..... 2
- Your Support in Action..... 3
- Donating to Heart Beats 3
- Tag us on Social Media 3
- Updates @ Heart Beats..... 4
- Year in Review 5
- CHD Awareness Week..... 6
- Hear Your Song..... 6
- Heart Beats Halloween Pics 7
- Spotlight on Celebrity CHD..... 7
- Xander’s Heart Journey 8
- WCCHN Update..... 10
- First Day of School 11
- Subscribe to “Keeping the Beat” 11
- 3D Printed Hert..... 12
- Family Connections: Become a family peer mentor...13
- Community Announcements..... 14
- We want your Submissions 14
- Heart Beats: snapshots from instagram 2021 ... 15
- Family Connections: Become a family peer mentor..16



STROLL TO THE STOLLERY



The results are in!

Here are the WINNERS of the 2021 Stroll to the Stollery event:

50/50 Raffle Winner

Brett Stevenson

Activity Individual Prizes:

Most distance running:	Heather Rombough
Most distance walking:	Brynn Sherstabetof
Most distance biking:	Patrick McCormic
Most combined minutes:	Brynn Sherstabetof

Activity Team Prizes:

Most distance running:	Team X-Man and ATB Heart & Sole (tied)
Most distance walking:	Super G's
Most distance biking:	Hadley's Hero Heart
Most combined distance:	Lauren's Angels

Fundraising:

Individual Prizes:

1. Wilson Glowach
2. Lauren Exall
3. Matthew Said Morley

Team Prizes:

Team Prizes:

1. Lauren's Angels
2. Super G's
3. Aliyah's Amigos

Best Spirit Photo:

Individual:

Milan Belisle

Team:

Catherine Hesketh and Nevada Maier (tied):

Furry Friend:

Sarah Finnemore



THANK YOU and CONGRATULATIONS to all of you for your continued support for kids with Congenital Heart Disease! We couldn't help the children and families we do without your help.

In combination with the Shaw Birdies with Kids funds more that \$36000 was raised!

Until next year.... keep your running shoes ready, your bikes tuned up and your furry friends active!

See you in 2022!



Fall 2021



Your Support in Action

Donations made to Heart Beats Children's Society of Calgary are used to provide information, resources and support to families living with congenital heart defects in Southern Alberta. The following is just a few ways your donations have helped:

- Financial assistance to families traveling to Edmonton for their child's heart surgery through our "Helping Hand Fund"
- Supplemental equipment for the Alberta Children's Hospital Cardiology Clinic
- Items of encouragement for children undergoing extended hospitalization
- Camp Scholarships for children with congenital heart disease.



Donating to Heart Beats

If you wish to contribute to the support of families of children with congenital heart defects, you may do so in the following ways:

1) Online Donation through Canada Helps

Please go to <https://www.canadahelps.org/en/charities/id/62663> and choose "Donate Now" or "Donate Monthly". A receipt will be provided at the completion of your transaction.

2) Direct Mail to Heart Beats

If you wish to make your donation by mail, please send them to the address below. We will send you a receipt if your contribution is over \$20.00.

Heart Beats Children Society, Box 30233, Chinook Postal Outlet Calgary, AB. T2H 2V9

3) E-Transfer

Email to treasurer@heartbeats.ca for details. Be sure to provide an email address and mailing address to receive your donation receipt.

4) Make a directed donation through the United Way

(either one-time or through payroll deduction):

To make a payroll donation - fill out the United Way Payroll Donation Application Form, In Section 3, entitled: How I Would Like to Help the Community Check the "Other" box and indicate an amount to: "Heart Beats Children's Society of Calgary".

Please include our Charitable Registration Number: 88907 6261 RR0001

Donations received from June - November 2021

Charities Aid Foundation

Blair's No Frills

Shaw Birdies for Kids
(Includes Stroll to Stollery funds)

United Way

Paypal

Cathy Howarth

HM Commercial
(in honour of Tony Cimino)

Charlotte Mitchell

Janice Tiessen

(in memory of Helen Eden)

The Rouge group/Monique
Morrison/Silent Auction

Jon Saby

Neil Shaw

Thank You



SKIP THE DEPOT
RECYCLING & FUNDRAISING

Heart Beats now has a recycling program through Skip the Depot where your returns will go directly to Heart Beats! Please use the following link to get set up.

<https://app.skipthedepot.com/heartbeats>



TAG US ON YOUR SOCIAL MEDIA POSTS

We want to see more of our families and heart warriors on our social media so we can re-share what fun and adventures you have all been up to, please use the hash tag [#heartbeatsyc](https://www.instagram.com/heartbeatsyc) so we can find your posts.



Fall 2021



Hear Beats Children's Society received a very generous donation from the Rouge Group by CIR Realty. With these funds we were able to sponsor a Heart Garden to celebrate all of our brave Heart Heroes at the Botanical Gardens of Silver Springs located at 37 Silver Springs Dr NW (located at number 19 on the map found on site).

The garden is surrounded with commemorative stones engraved with the names of children who lost their lives to congenital heart disease. A special memorial picnic bench is also a part of the garden and has a plaque memorializing Heart Heroes that we have lost. The gardens are beautiful and even through the winter it is a great place to visit your family. It is also an off leash park (although the location of the Heart Beats garden is on leash only) so bring your furry friends.

If you do visit, please take a picture of your family by the garden and tag us on Instagram, Facebook or send them to newsletter@heartbeats.ca

If you wish to have a commemorative stone dedicated to your child included in the garden, please contact us at info@heartbeats.ca with the name (first name and/or last name) to be engraved on the stone.



MOM'S Night Out



It had been a while but a Mom's Night was successfully held. It was a great physically distanced evening with a fire and smores. Thanks to all those who attended and more will be in the works soon!



Year in Review

With the second year of the Covid-19 pandemic, it was once again a very different year for Heart Beats. Even still, we were able to support many worthwhile initiatives through the hard work and dedication of our amazing community.

Even with the restrictions, we were able to have a few virtual and in-person events this year. A few of our heart families participated in an online fitness class in March, and we hosted an outdoor Mom's Night in October. Our new Kids Up Front coordinator Kathy Winstanley has also done a great job of advertising and distributing unused tickets to our members, and in the past few months has already distributed over 100 tickets for various events and programs.

CHD Awareness Week consisted of a social media campaign to post an activity each day for random acts of kindness with prizes given out to those who participated. Our annual Fun Run flagship fundraiser continued with last year's virtual format and theme: Stroll to the Stollery. We had 160 participants and 32 dogs who raised just over \$28,000 after expenses. Thank you to all those who participated and donated, and much appreciation to our run director Donna Iverson and her committee for their amazing efforts to make this year's event a success.

This year we were officially able to achieve a long-time dream of creating a space to honour children who have lost their lives to congenital heart disease: a dedicated Heart Memorial in the Silver Spring Botanical Gardens. This heart-themed garden has the names of our heart heroes engraved on memory stones, a heart sculpture, and a picnic table with a plaque. The Heart Memorial is open to the public, and we hope to have an official in-person unveiling next year when pandemic restrictions are lifted.

The Peer to Peer Mentoring Program through ACH for cardiology families was also launched, which connects newer heart families with comparable parent mentors. The hospital provides training and vetting for volunteer mentors, and this initiative will help new families get the one-to-one support they need as they begin their heart journey. Thank you to Kristina McGuire for spearheading this initiative.

Our community found creative ways to fundraise for Heart Beats this year. Nevada Maier committed to a Peloton bike ride every day for 100 days, which raised over \$12,000 for Heart Beats. Rouge Group held an online silent auction in May, with 86 items sold which raised \$9,900; thank you to those who bid on items, shared with your networks, and donated items for the event. Heart Beats was chosen as a charity of choice this summer at Blair's No Frills to honour a 17 year old staff member they lost this year to a congenital heart defect. Heart Beats was also chosen as one of the featured charities for the ATCO Epic Campaign this year. A heartfelt thanks to our other donors including Calgary Children's Foundation, Sproule, HM Commercial, Fraternal Order of Eagles and other private donations.

Even though our ability to raise funds and organize events may be diminished, families in need are still the same or even more so. Heart Beats was able to provide a lot of support this year including CPR training for families, central line vests for a heart child, ongoing prenatal, cath, surgery, and antenatal packages to children at various stages of their heart journey and unfortunately a couple of bereavement packages. Heart Beats was also able to support the Kid Clot program by providing funds to purchase coaguheck monitors for Calgary and area families.

Thank you all for your support and commitment to this community. We wish all of you a very happy holiday season, and we look forward to another great year ahead.



Congenital Heart Disease Awareness Week

CHD Awareness Week occurs in February of each year last year falling on the 7 - 14. In 2021 it was recognized in Alberta with proclamations by the Cities of Calgary, Edmonton, and Chestermere.

With Covid it is difficult to predict if there will be any activities but pay attention to Heart Beats Social Media to learn more closer to February.



Hear Your Song, Inc. is a non-profit organization that empowers children and teens with serious illnesses and complex health needs to make their voices heard through collaborative songwriting. Kids living with significant health challenges need the chance to show the world — and sometimes to hear for themselves, too — that they are more than their diagnoses.

In live, collaborative songwriting sessions, Hear Your Song volunteers work with children and teens to guide them through the process of writing their own song lyrics. Using the kid songwriter's ideas for musical style, melody, instrumentation, and tempo, volunteer composers and musicians then set those words to music and record the song to be heard, celebrated, and shared.

Hear Your Song partners with pediatric hospitals, camps, schools, and other nonprofit programs that serve kids experiencing serious illnesses and complex health needs. Hear Your Song's volunteers collaborate with kids through campus-based chapters and at the organization's national level. All of our programs are available to our families and partner organizations free of charge.

Check it out at <https://www.hearyoursong.org/>





HALLOWEEN PICTURES



It was a great night of Trick or Treating for the Heart Beats Crew



Spotlight on Celebrity CHD



Jimmy Kimmel is a television host, comedian, writer, and producer. He is the host and executive producer of Jimmy Kimmel Live!

In 2017, Jimmy Kimmel and his wife Molly McNearney learned that their newborn son Billy had a congenital heart defect

Billy was diagnosed with a congenital heart defect called Tetralogy of Fallot with pulmonary atresia just after he was born. He's undergone multiple surgeries, including one when he was three days old, and another at 7 months. Billy will have another surgery when he is in his early teens.

Since his surgeries Billy has been honing his web-slinger skills.

"He thinks he's Spider-Man now, so we're safe from crime," Kimmel said. "He wears the costume all the time. He's shooting webs all over the house."



Xander's Heart Journey



At 5 months into Catherine's pregnancy, we were told there was a bright spot on the ultrasound. I will never forget the tech leaving the room and being gone for what seemed like an entire day. When he returned, he was accompanied by a doctor who explained what they saw on the ultrasound.

"It could be something, it could be nothing. It has to do with the heart. We'll keep an eye on it."

We left there feeling unsure how to feel. This was our first child, and we did not need things to be any extra challenging. A few days later we received a call to go and meet a cardiologist. This is when we met Dr. Fruitman. Little did we realize at this meeting that she would become such an important part of our lives.

In this meeting we made a careful plan of what to expect. She explained that while it wasn't a certainty, it appeared that the babies left ventricle was not forming properly. A form of Congenital Heart Defect known as Hypoplastic Left Heart Syndrome. We retained barely any of the information. The whole time we were only prepared to "cross that bridge IF we come to it."

Shortly after that, we came to that bridge. It was just before Halloween 2014. Catherine was due in a couple of weeks so Dr. Fruitman asked if we had decided whether we were going to have the baby in Edmonton or have it here and be transported there. She highly recommend the former.

"Pardon!" We hadn't realized that everything was going to happen in Edmonton, and now the bridge we were crossing was on highway 2 north.

We are very fortunate. Much of Catherine's family lives in Edmonton and my brother lived 10 minutes away from the Stollery. Now that we were there, we just had to wait for the baby to be born. I was travelling back and forth to Calgary so I could still go to work. I had just arrived home late Sunday night and gone to bed when Catherine called. "It's Time!"

Back in the car and of course there would be whiteout conditions on the highway. It was easily the longest and most terrifying drive of my life. When I arrived, we went to the hospital. The baby was in no hurry and Catherine would be in intense labour for a full 32 hours.

On the morning of November 11th, 2014, Xander William Hesketh finally arrived into this world. I was able to hold my son for only a few minutes before he had to be transported to the Stollery. It was a blur to say the least.

Now Xander's Heart Journey would really begin.

This is when we met the second person who would change Xander's life, Dr. David Ross. Unassuming and confident, we instantly knew that our son was in amazing hands. He explained what he would be doing to Xander's heart over the course of three surgeries, information that instantly went way over our heads. We sat there nodding like we understood and said, "Sounds good."

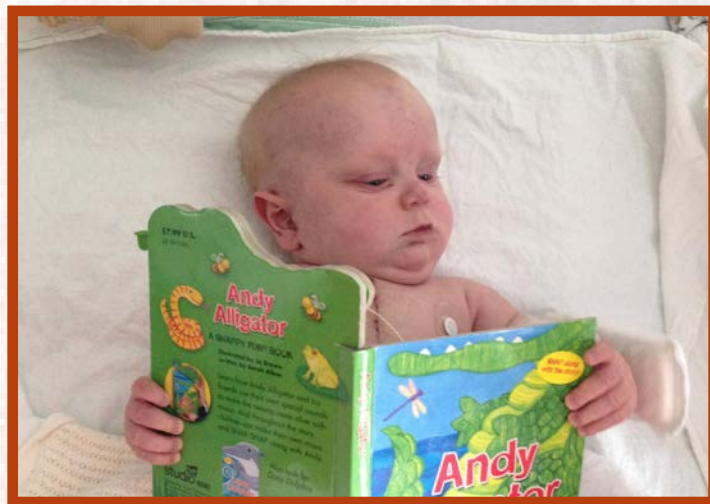
A couple of days later when Xander was a ripe old age of 3 days, he went in for his first open heart surgery. We had no idea what to expect. We had quick bite to eat and then proceeded to the fish tank to wait... and wait. It was 5 or 6 hours later when Dr. Ross finally started the walk down that long hallway to where we were seated. "It took longer than expected but everything went fine." Even though you expect to hear that, it was an unbelievable weight off our shoulders!

Now it was time for recovery. Back to the NICU. We loved the NICU. Even though we rarely talked to any of the other parents, it is a unique feeling being around so many people going through something similar. It felt so communal. This is when we also learned of Heart Beats. One of the members of Family Services came to us with an envelope from Heart Beats. What's Heart Beats we thought, and how do they know about us? In the envelope was gift cards, for gas, food, and coffee! This thoughtful gift lifted our spirits and made us realize we were getting support from people we hadn't even met yet.



Back in the NICU the doctors were working hard to get Xander stable enough to get us back to Calgary. Finally, on the 21st day it was time. They would fly Xander back and we would meet him at the Alberta Children's Hospital.

It was an odd drive back home full of tempered excitement. We arrived in Calgary and met Xander in his new room... his very own private room. It was incredible. There was so much room to have visitors and it was quiet! But deep down we missed that communal atmosphere and constant dinging of the Edmonton NICU. It didn't matter, it was less than a week and we were headed home.



Becoming parents is a strange journey at the best of times, but it is extra strange when heading home with a list of extra precautions. Things like, having to monitor Xander's intake and his output. And then there was the feeding tube. Taking one out and putting one back in was easily one of the most traumatic things we have done. Every day we would say to each other, "How are we going to do this?" But it turns out, you just do it.

Xander's second surgery happened at 5 1/2 months. It truly felt like we had not left the hospital when we arrived back at the Stollery. We fell right back into the routine that we had established during his first surgery, and thankfully Xander was too young to show any signs of concern or trauma from his last experience. If anything, he was ecstatic to once again be riding up and down in those glass elevators.

Once in surgery, again we waited by the fish tank for Dr. Ross to make that long walk toward us. The surgery was a success, as was recovery. No NICU this time, we started in the PCICU before moving to 4C. Xander did not like vitals being taken but was

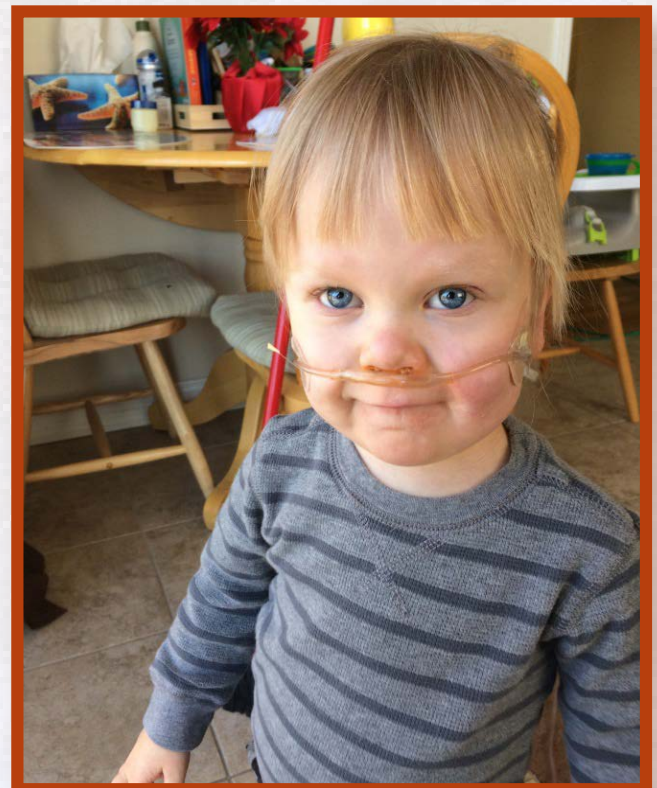
otherwise agreeable and he had a knack of falling asleep right before they needed to be taken. Every time.

The doctors and nurses at the Stollery are outstanding. We gained tremendous respect and admiration for what they do daily. We were back home in Calgary in under 3 weeks.

Between surgeries two and three Xander started to really grow up. He started to talk and walk and going for a third surgery was far from our minds. After a routine appointment it was decided it was time for the Fontan just before his second birthday. We packed and headed back to Edmonton.

This time Xander was a little more aware of what was going on. He was still a generally happy boy and he still enjoyed elevator rides, but there was a sense of unease to him.

Once again we found ourselves at the fish tank waiting for Dr. Ross. The surgery thankfully went well. Xander spent little time in the PCICU, and quickly we were moved to 4C. Recovery went a little slower this time and we ended up spending Xander's second birthday in the hospital. It was nice though. Because we both have family in Edmonton, it was a



Xander's Heart Journey



fairly usual birthday. Xander opened presents in his hospital bed and there was even cake.

Finally, it was time to go home, and we made the exciting trip back to Calgary. After about a week at home, Xander's Oxygen Saturation levels started to drop. Back to the hospital. It was determined that Xander had Chylothorax. We had heard it could happen from the first two surgeries but now we were about to experience it. Xander needed a procedure, but it could be done in Calgary.

The procedure went great but now we had to be careful with Xander's fat intake. We thought it was going to be quite difficult, but we were lucky enough to have a child who is not a fussy eater. After another couple of weeks of recovery Xander was going home. However, this time he would require oxygen.

We got set up at home and wondered, how are we going to do this? But again, you just do it. You do get used to it. We did all the things that we would normally do, we even made a few trips to the mall. After another month of slowly lowering the oxygen levels it was determined that Xander would no longer need it. Well, he still needs it, just not from a tank!

FastForward, Xander is now six and has not required another surgery since. He has had 3 catheterization procedures. In the most recent, an Atrial Flow Regulator was placed in the heart (thank you Dr. Seaman!).

With the Pandemic we delayed school, so Xander did Kindergarten at home. He just started Grade One and is loving it. He loves to draw and cook and play with his cars.



Xander's Heart Journey is far from over, and even though it has been a little bumpy we are so grateful for the connections we have made and the community of which we are a part. We especially want to thank Dr. Fruitman, Dr. Ross, Dr. Seaman, Nurses Patty, Norma, and Kelly and all of the other amazing doctors, nurses, staff and our families. They have kept all of us going through everything.

The WCCHN Virtual Fontan Camp is returning in February of 2022!

2022 EVENT DETAILS

Event Date:	Saturday, February 26, 2022
Event Time:	9am – 3pm (Mountain Time)
Event Agenda:	Check the WCCHN website
Event Location:	Online

ELIGIBILITY:

Children between the ages of 8-15 who had Fontan surgery at one of the Western Centres (BC Children's Hospital or Stollery Children's Hospital) or are currently followed by one of the Cardiologists in the Western Canadian Network (BC, AB, SK or MB) or Halifax.

Registration Required: RSVP by January 15, 2022 – Space is Limited!

EVENT DESCRIPTION

Join us on Saturday, February 26, 2022 from 9am – 3pm (Mountain Time) for the second Western Canadian Virtual Fontan camp sponsored by the Western Canadian Children's Heart Network (WCCHN). Since the pandemic has led to the cancellation of all camps, we are inviting children aged 8-15 years of age with a Fontan to connect via this free, one-day virtual event.

We look forward to connecting children with Fontan to others similar to them through fun activities such as games or crafts and answering any questions you may have about your heart. Registered participants will receive the zoom link for the event closer to the date.

REGISTRATION

Registration for the event can be found at <http://www.westernchildrensheartnetwork.ca/fontanheartconnection/> and should you have any questions about the event you can email

wcchn@ahs.ca



FIRST DAY OF SCHOOL

Ava

Ava is 14 years old and in grade 9. She was born with Pulmonary Valve Stenosis and had open heart surgery at 5 months at The Stollery in Edmonton. Ava is due to have a valve replacement surgery this fall at The Stollery.



Adam

Earlier this year Adam celebrated 5 years since his successful ALCAPA repair, and in September celebrated his first day of kindergarten!



Sitara

Sitara was diagnosed with an AVSD and underwent surgery at the Stollery. Sitara is a giggly, happy 13-year old with a fantastic sense of humor, a gentleness to her spirit, a fierce resilience and empathy for others. She's in grade eight this year, and is loving it!



Bentlee

Bentlee was born with double inlet left ventricle, pulmonary stenosis and transposition of the great arteries. She had her Fontan when she was 2 and is doing amazingly well! She started grade 5 this year and loves being with her friends and is so happy with her her teacher this year.



Wilson

Wilson Glowach started grade 1 this year. Wilson loves all things dinosaurs, Minecraft, LEGO, fossils and swimming. He also started grade 1 this year and is doing really well!



Xander

Xander is just about to turn 7 and is in Grade 1 and loving it. He has a Hypoplastic Left Heart and has 3 surgeries.



SUBSCRIBE TO "KEEPING THE BEAT"

If you would like to receive Keeping the Beat directly to your inbox, please email us at info@heartbeats.ca. Alternatively, you may pick up a printed edition at the Cardiology Clinic or download a copy from our website at www.Heartbeats.ca. Note: E-mail addresses will be used only to distribute Keeping the Beat newsletter and notices of Heart Beats events; e-mail addresses will not be given to any third party.



3D Printed Human Heart Model Used for Training



American researchers say they have created the first full-size human heart model using 3D printing technology.

The model was made with a specially developed 3D printer that uses biomaterials to produce a structure and tissues similar to a real human heart.

The researchers say the model heart can be a useful tool to train medical professionals in operations related to human heart function. It could also be used as a basis for new research on ways to use 3D printing technology to produce fully operating hearts to replace in people.

The research was led by an engineering team at America's Carnegie Mellon University. Results were recently published in a paper in ACS Biomaterials Science and Engineering.

The team was led by biomedical engineering professor Adam Feinberg. The team had already developed a 3D printer that could "bioprint" collagen. Collagen is the main structural protein that is found in tissues throughout the human body.

The goal of the latest project was to use this same bioprinting technology to create a realistic, full-size model of a human heart.

Feinberg said in a statement his team was able to create such a model that doctors can carefully examine to prepare for heart operations. But the newly-created models also permit the doctors to "manipulate" the heart, to experience similar reactions to working with real tissue, he added.

Scientists have made 3D printed models of the human heart before. But those models were made of harder substances – such as plastic or rubber – that were not effective in copying the soft tissue material found in the human heart.

The new 3D printing process was also not easy, the Carnegie Mellon team said. This is because soft materials, such as collagen, start out as a liquid. When such substances are printed in air, they quickly collapse during the process.

So the researchers came up with their own method to 3D print soft materials. The method uses a gelatin substance to surround the structures during the printing so they do not collapse.

The team's new model heart is made from a material called alginate, a soft, natural substance made from seaweed. The researchers say alginate has very similar properties to tissues that make up the human heart.

For example, the researchers tested the 3D printed material with sutures, which doctors use to close up wounds during operations. The team said the alginate was able to stretch to support the sutures.

Once they had perfected the process, the researchers made additional changes to the 3D printer to produce larger objects. They were able to use MRI images from a patient to model and print a full-size human heart. MRI stands for magnetic resonance imaging, a system for producing electronic pictures of the organs inside the body.

Feinberg's team has also experimented with pieces of tissue designed to copy the function of individual heart elements - such as valves that open and close and realistic blood vessels.

The researchers say they also successfully 3D printed a model of a heart artery that could be used to train doctors. The group says the same methods could be used to create other realistic organ models as well, such as livers or kidneys.

Former Carnegie Mellon student Eman Mirdamadi was another lead researcher on the project. He admitted that "major hurdles" still prevent the bioprinting process from producing a full-sized, functional human heart. But the latest progress helps establish the "foundational groundwork" for such efforts, he said in a statement.

Information obtained from voanews.com



FAMILY TO FAMILY Connections



It helps to talk to someone
who's been there.



Would you like to become a Family Peer Mentor?

We are looking for family members who have experience with a child who has a Heart Condition to support other families as they begin their journey.

Family Peer Mentors connect with families one to one to provide support, share their experiences and suggest resources that have been helpful to them.

Family Peer Mentors:

- Have adjusted to their child and family situation
- Have good listening skills
- Feel comfortable sharing experiences
- Are accepting of different values and opinions
- Are passionate and have the time to support others

**If you are interested contact the
Family to Family Connections Coordinator**

FAMILY TO FAMILY CONNECTIONS
403-955-7187
F2FConnections@ahs.ca



Alberta **Children's** Hospital

COMMUNITY ANNOUNCEMENTS

What's new with your heart child and family? Send us your pictures, stories, updates and achievements (big or small) so we can acknowledge and share them with the community! Will your heart child be celebrating a birthday between September and December? Let us know so we can acknowledge their special day. Please email newsletter@heartbeats.ca for inclusion in our next newsletter.

HAPPY BIRTHDAY



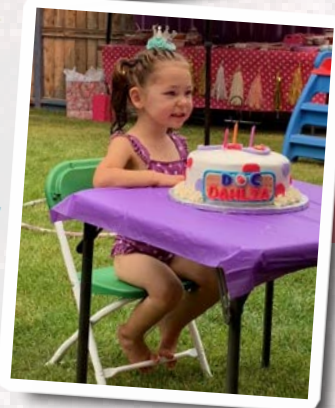
Lucas

I made our son Lucas (20 years old) 4 cannellonis (a French pastry) to celebrate the 4th anniversary of his 4th heart surgery. He ate them all.



Xander

Xander celebrated his 7th Birthday on November 11.

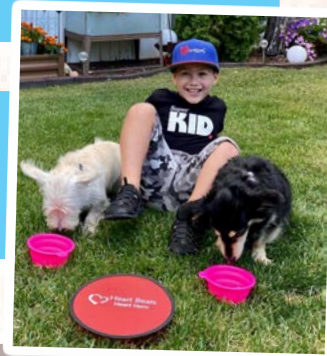


Dahlia

Dahlia's Birthday was on August 8th!

Hunter

Hunter celebrated his 8th Birthday on November 14.



Wilson

Wilson will be 7 years old on November 6th and will be celebrated his 7 year open heart surgery anniversary on Nov 17th.



Prabhnoor

Prabhnoor is turning 12 and loves playing Pokémon and making new friends.

WE WANT YOUR SUBMISSIONS!!

The Heart Beats newsletter is built around the strong Heart Beats community and the people in it. It is important to hear about the events and journeys of the all those in the community.

Should you have anything that you would like to contribute to the newsletter please submit it to newsletter@heartbeats.ca

Examples of some types of submissions:

Heart Warrior Stories and Journeys

Transitioning Stories – Experiences of those transition from Pediatric to Adult cardiac care.

Grandparents Corner – Experiences from the viewpoint of a grandparent.

Community Announcements – Birthdays or special events

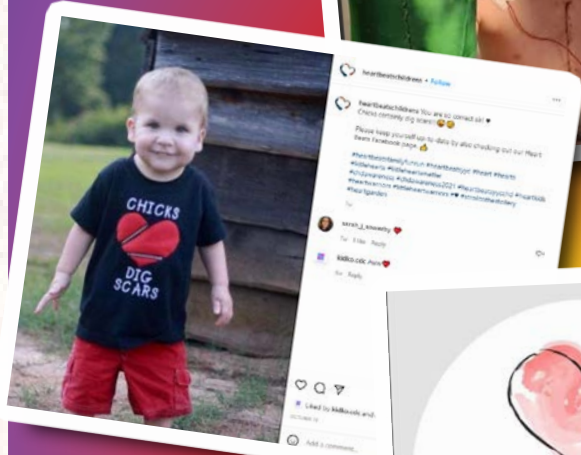
Heart Beats Events – Experiences from events such as Camp, Christmas Party etc.



2021: A year on Instagram



Heart Beats
Children's Society of Calgary



- Chairperson** Uli Ng
- Vice-Chairperson** Tara Exall
- Treasurer** Golden Bhatia
- Secretary** Jen Beleshko
- Nurse Liaison** Patty Knox
- Communications Director** Catherine Hesketh
- Run Director** Donna Iverson
- Newsletter Coordinator** Jon Hesketh
- Offbeats Leader** Vittorio Borrelli
- Transition Liaison** Jennifer Michaud
- Fundraising Coordinator** Jesse Badrudin
- Additional Directors**
Jacqui Esler
Cindy Castillo
Katrina Randall

Volunteer Ambassadors
Katrina Randall, Kids Up Front Coordinator
Keremy Dry, Family Camp Coordinator
Maddie Bosgra, Newsletter

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Box 30233 Chinook Postal Outlet
Calgary, AB T2H 2V9

Website: www.heartbeats.ca
E-mail address: info@heartbeats.ca
Phone: 587-432-8096 (Uli Ng)
Charitable registration number 88907 6261 RR 0001

Disclaimer: Any personal opinions / comments expressed in this newsletter are not necessarily those of the Heart Beats Board of Directors. All submissions for the newsletter will be accepted; however, we reserve the right to publish in whole, in part or not at all. Remember, your best source of medical information is always your physician.

Jokes from Dal

our trusty Pediatric Echocardiography Instructor

What is a car's favorite dance?

Brake dance.

Why are baker's so Rich?

Because they make a lot of dough.

How do farmer's count their Cow's?

With a cow-culator.



Design & Production:
Paul Warren, Immersion deSign Inc.
Dad of a Heart Child
www.immersiondesign.ca

Have a
Merry Christmas
&
a Happy New Year

