



# Keeping the Beat

Summer 2020

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



## Annual Family Fun Run

with a twist and a new date

Our 11th Annual Family Fun Run, has a bit of a fun twist this year. With the restrictions due to COVID-19 we are taking the opportunity to make this event even more fun. The event has gone virtual, with a goal of seeing how many times we can make it from the Alberta Children's Hospital to the Stollery Children's Hospital..... a distance of 297 kms one way.

The event will take place from Friday, August 28th to Sunday, August 30th. This is an opportunity to get together with friends and family over a weekend to run, walk and or bike your way to contribute to the goal. You can log your kilometres all in one day or every day over the weekend.

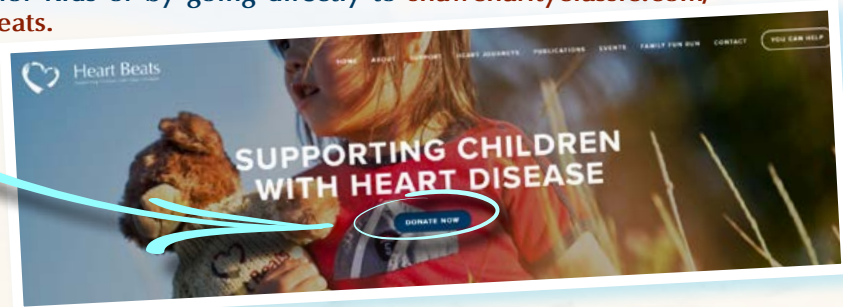
Rather than a race registration fee, we ask that you make a donation to Heart Beats through [shawcharityclassic.com/donate/heartbeats](http://shawcharityclassic.com/donate/heartbeats). Donations made through Shaw Birdies for Kids incur no administration fee and are matched up to 50%. While the recommended donation is \$25.00, any amount is appreciated.

If you would like to collect donations for the event, please ask your friends, colleagues and family to donate by visiting the Heart Beats website [www.heartbeats.ca](http://www.heartbeats.ca) and selecting 'DONATE NOW', then Donate through Shaw Birdies for Kids or by going directly to [shawcharityclassic.com/donate/heartbeats](http://shawcharityclassic.com/donate/heartbeats).



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## Register for the Event

Please email [run@heartbeats.ca](mailto:run@heartbeats.ca) or make a donation through [shawcharityclassic.com/donate/heartbeats](http://shawcharityclassic.com/donate/heartbeats). Upon receipt of your email, instructions on how to track your kilometres (including a link to the free Strava app) will be forwarded.

This is Heart Beat's biggest fundraiser of the year and we ask that you help us make it the best event yet by promoting it to your friends, colleagues and on your social media.

Let's see together how many times we can make it from the Alberta Children's Hospital to the Stollery Children's Hospital.





Here's what's coming up with

# HEART BEATS

## Heart Beats Annual Family Camp

Sadly due to the pandemic, we have cancelled family camp this year. Please keep an eye on your email and our facebook page for information on any upcoming events.



### update



This year is a year that will not be forgotten easily. On behalf of the youth leaders we would like to say how much we miss everyone and we hope that everyone is safe and healthy. At this time it is unclear what kind of activities Offbeats will be able to do due to the pandemic. This summer the youth leaders will look into safe activities that the group will be able to participate in as the members are all high-risk individuals. In September, even though the Offbeats leaders would love to see the members in person, Offbeats will plan to meet up via Zoom so the youth leaders can inform the members with up to date information on what the year will look like. Don't fret because along with information the group will also play games via Zoom.

One of the leaders, Janelle Weibe, will be starting a new youth group for siblings of Offbeats members this September along with Vittorio's sister Marcella Borrelli and Ashley Exall. The first few meet-ups will be the original group and after they will branch off and do their own thing. More information will be given during the Zoom meetup in September.

From all of the youth leaders, we wish everyone a safe and happy summer. We can't wait to see everyone in the fall.





# What have our **Heart** families been doing during the Pandemic??

## The Exall's

Like so many people everywhere, we contemplated getting a puppy during our COVID quarantine. Our oldest daughter, Ashley has been wanting a puppy for as long as we can remember. She really put on the full court press over the last year, sending me and my husband cute puppy pictures by text every single night for 9 months! It was a hard decision for us because our youngest daughter and heart child, Lauren, had a fear of dogs, particularly when they barked. This fear seemed to be worsening over the years and was impacting her day to day life to the point that she didn't want to go out on walks or even jump on the trampoline in our backyard for fear that she might hear a dog barking. We knew that getting a dog would either lessen her fears or worsen them but we really hoped the former would happen. We did a lot of research and decided on a mini poodle since this breed is very easily trained and tend not to be 'yappy' if well exercised and well trained. We brought our new fur baby, Enzo home on May 8, the day before Lauren's 12th birthday. Lauren has responded really well to him and they've developed a really close bond. Some days she still has a high sensitivity to dogs barking but overall, she's much more relaxed around other dogs which we are so thankful for! Ashley is ecstatic to finally have the puppy that she's always dreamed of and we're all loving our newest member of the family!



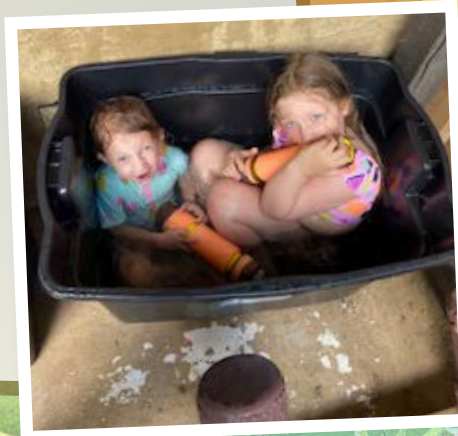
## The Samji's

We have been able to enjoy a family camping trip



## The Beauregard's

Zara and Aurora have been trying to keep busy during the pandemic but have both very much missed being able to go to the swimming pool. To keep them at bay (and happy) we created their personal sized pools in plastic totes on our balcony, however they decided in this particular picture that sharing would be okay.



## The Campbell's

Sierra and I found some long searched for yeast, and made delicious cinnamon rolls. We love to bake together. It's always a ton of fun.

Before the pandemic, Sierra was still timid of riding her horse. With time to bond with her horse and focus, this horse brought out a whole new confident side of her, which made my heart sing.





# 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) Donate through Shaw Birdies for Kids

Heart Beats is pleased to be a participating charity in Shaw Birdies for Kids presented by AltaLink (BFK). All donations made through BFK will be matched up to 50% making your donation go even further. To donate through September 1, 2020, please go to <https://shawcharityclassic.com/donate/heartbeats>

### 2) 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.

### 3) 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**

### 4) E-Transfer

Email to [treasurer@heartbeats.ca](mailto:treasurer@heartbeats.ca) for details. Be sure to provide an email address and mailing address to receive your donation receipt.

### 5) 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

Thank You

### Donations received from April - June 2020

- CP Hockey Tournament
- Milk Jar Candle Co.
- Irvine Family
- Watson Family Foundation
- Rocky Mountain Charitable Foundation
- Charities Aid Foundation
- Cheryl's Birthday
- Maria Erika's Fundraiser
- Liz's Birthday
- Jake's Birthday
- Sherr's Birthday
- Cory's Birthday
- Multiple Anonymous Donations

### Spotlight on Donation: **Milk Jar Candle Co.**

### **& Irvine family**

The Irvine Family collaborated with Milk Jar Candle Co. to create a special candle to represent their daughter Evanna's 6 open heart surgeries, 4 in Alberta represented by 4 Alberta roses and 2 California Poppies.

They graciously donated all the sales proceeds of this special "Evanna" candle to Heart Beats.

Thank you  
for your support!









# CALLING ALL HEART WARRIOR ARTISTS

Please draw one of your favourite memories in the below square from this summer that you have spent with your families. Parents, if you would like to share their artwork please email it to [newsletter@heartbeats.ca](mailto:newsletter@heartbeats.ca)





# Physical Distancing Bingo Card

Need a few ideas to keep the kids busy this summer?

... here's a bingo card to get you started

# B I N G O

Pick a book to enjoy with your family	FREE SPACE	Go swimming in your bathtub	Baking day	Make a craft to give a loved one
Dress in your favourite coloured clothes for one whole day	Living room picnic	Ride your bike	Movie night	Backyard camping
Scavenger hunt/walk around your block	Try a new food (parent's pick)	FREE SPACE	Big snuggles with mom or dad	FREE SPACE
Watch the clouds and you'll see so many things	Build a fort	Fly a kite	FREE SPACE	Draw a picture and mail it to a friend as a surprise
Board game night	FREE SPACE	Kids Yoga class	PJ day	Side walk chalk art





# Play it Safe as You Spring Into.....

# SUMMER

Healthy Together

## YOUR KIDS NEED SUNSCREEN, BUG SPRAY, HELMETS & YOUR SUPERVISION

It's the time of the year when the outdoors call out to families. As COVID-19 continues, physical distancing and thorough hand-washing will be part of enjoying the outdoors. At the same time, keep in mind these everyday outdoor safety practices for the summer. And, of course, remember to have fun.

## BE CAREFUL IN THE SUN

"In a province as sunny as Alberta, wearing sunscreen is important," says Dr. Brent Friesen. He's a medical officer of health with Alberta Health Services (AHS). "You need to wear sunscreen year round on the parts of your body exposed to the sun."

Babies are especially sensitive to the sun because their skin is thin and can burn easily. Keep them out of the sun. In adults and at a minimum, the sun can dry and prematurely age your skin. Too much sun can lead to skin cancer, which accounts for one-third new cancer cases in Canada. About 90 per cent of skin cancers are linked to sun exposure.

Sunscreen is one way to protect yourself from the sun. Choose a broad-spectrum sunscreen, which protects from both UVA and UVB rays. See more about sun protection factor at [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca). Using sunscreen on babies younger than six months old is not recommended. For babies over six months old, ask your healthcare provider before using sunscreen.

Anyone one year old and up needs to wear sunscreen. Ideally, apply it 15 to 30 minutes before you go outside. Reapply every two hours—and don't skimp. For adults, use about one ounce (35 millilitres) of sunscreen each time. That works out to applying a dollop of sunscreen the size of two stacked loonies on each arm and leg, and another dollop for your front, one for your back and one on your neck and face. (Seven dollops in all.) Also use SPF 30 lip balm on your children. Re-apply sunscreen every two hours or after getting wet or sweaty. Wash off sunscreen with soap and water when it's not needed anymore.



## OTHER WAYS TO PROTECT YOU AND YOUR FAMILY FROM THE SUN INCLUDE:

- Seek or create your own shade.
- Wear protective clothing to cover your arms and legs. Dark, tightly woven clothing will absorb most UV rays before they reach your skin.
- Avoid being in the sun when the UV index is 3 or higher.
- Avoid being outdoors between 11 a.m. and 3 p.m., when the sun's rays are strongest.
- Do outdoor chores in the early morning, late afternoon or early evening.
- One more thing — just say "no" to artificial tanning beds. They can increase your risk of skin cancer by more than 50 per cent.





## STAY HYDRATED

During spring and summer, you also want to avoid the risks of sunburn, and heat-related illness, such as heat exhaustion and sunstroke. "Young children and older adults are more prone to heat exhaustion and dehydration than older children and adults. Don't let the fun evaporate, so to speak. Stay hydrated. Plan ahead. Proper hydration begins the night before.

Carry a backpack with bottled water and healthy snacks, such as fruits and vegetables. Drink lots of water and other non-alcoholic, non-caffeinated beverages.

Watch for symptoms of heatstroke. Especially keep an eye on children and older adults. A person can get heatstroke without exerting themselves.

*Symptoms include:*

- Passing out for more than a few seconds
- Confusion, severe restlessness or anxiety
- Convulsion (seizure)
- Symptoms of moderate to severe difficulty breathing
- Fast heart rate
- Heavy sweating or sweating that's stopped
- Red, hot and dry skin, even in the armpits
- Nausea and vomiting

See more about heatstroke at [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca).



## FIGHT THE BITE

Think about it. Mosquitoes can't bite you if they can't find you.

The best way to give them the slip is to:

- *Wear light-coloured, long-sleeved shirts, pants and a hat.*
- *Use an insect repellent with DEET; wash off with soap & warm water when done.*
- *For babies: do not use insect repellent for babies under six months old.*
- *For children six months to two years old, use once a day only when there's a high risk of insect bites that can spread infections and diseases.*
- *For children two years old and up, use insect repellent up to three times a day.*
- *Consider staying indoors at dawn and dusk, when mosquitoes are most active.*



Be proactive. Around the home, repair any holes in window and door screens. Keep outside doors closed. Outside, use mosquito netting or screened enclosures to protect your family.

Rid your yard of standing water. It's where mosquitoes like to lay their eggs. Look for any place where water can collect — a bird bath, unattended pet watering bowl or a plain old bucket. As well, empty your children's wading pool when not in use.

## GET ON YOUR BIKES & RIDE!

Riding a bicycle is a fun activity for families. To get the most enjoyment out of cycling, make sure everyone is safe. These are a few of the things to consider.

First, wear a helmet. (See sidebar below for tips on how to select yours.) It's the law for anyone under 18. And it's good sense for everyone else. Plus, your child will want to wear a helmet if you wear one too.

When it comes to your child, start by matching the bike type to their ability. Two-wheel bikes without pedals are great for ages two to three. They boost balance and leg strength while offering a ton of fun. Around age four, kids can graduate to pedal bikes with training wheels. The next step is learning to continuously pedal and glide a short distance. Once they feel ready, remove the training wheels. Around age six, confident riders are ready for multiple gears.





Always buy a bike right for your child's current size. For safety, both your child's feet need to plant firmly on the ground when seated on the bike. This same advice applies for grown-ups too.

Young children always need to ride with an adult. They need supervision and help learning about the risks and rules of riding on roads and pathways. See more about helmets and bike safety at Healthy Parents Healthy Children. Bike shops across the province have adopted COVID-19 precautions. They've seen a surge in demand for bikes and bike tuning, meaning you may have to book or wait for service.

## BUILD PHYSICAL LITERACY

Just like reading and writing literacy, learning to move with confidence is an important life skill.

Children build their physical literacy by doing different physical activities in different settings.

The goal is to become competent and confident in basic movements such as running, jumping, kicking, throwing and catching.

Exploring and learning these skills support brain development, social skills, and builds self-esteem and confidence. Learning physical literacy needs to balance risk with safe equipment, a safe environment and safe supervision right for children's ages. For example, children can learn to ride a bike at a young age. They only fully understand the risks of traffic between the ages of 10 and 14. When choosing activities, consider your child's physical abilities and other developmental abilities. Are they ready to play a team sport? Can they follow a game's rules?

Do they understand what they need to do to be safe? Michelle Hodder is a health promotion facilitator with Alberta Health Services. She's actively involved with Grande Prairie and Area Safe Communities. The community group teaches Grade 1 to 6 students about home, rural and traffic safety. "When I talk to kids, I say: 'Use what you have in front of you. Certain things are negotiable, certain things are not,'" she says. "When it comes to wearing a helmet, that's not negotiable. 'You don't get on a bike without one'."

## MAKE A SPLASH ... SAFELY!

Water, sun and warm weather go together naturally. But where there's water, water awareness is needed. Children need to know the risks of being around water. They also need to wear a properly fitted life jacket when in or near water, especially if they are weak swimmers. Parents and caregivers need to constantly supervise children around water, however deep. One inch (25 mm) of water is enough to cover a child's mouth and nose.

Constant supervision is vital for a safe family outing. Life jackets can help keep your child's head above water, but can never replace your watchful eyes. You need to be within reach and sight when your children are near water. Teaching your children to swim will also improve their safety and comfort around water. While community lessons are not currently available, Parents magazine offers smart online tips on how you can teach your kids to swim at every age.

If you have a backyard pool, ensure you have a locked, self-closing gate so children cannot wander into your yard. Deflate and turn upside down inflatable or temporary pools when an adult is not around to supervise.

This time of year, also keep in mind spring runoff and swift currents may have eroded hiking trails along river banks from underneath, leaving an overhang that can easily give way.

*Visit [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca) for more information about water safety*





## AROUND THE HOME

With weeks being at home for weeks and as summer approaches, children are drawn to windows and balconies. Both pose potential hazards. Beware of open windows. Remember, screens are designed to keep bugs out. They will not keep children in. Install window guards on all windows on the second floor and above. These act like gates in front of windows.

Move furniture such as cribs, beds, stools and change tables away from windows to prevent access to them.

Outside, children may climb on furniture and items stored on balconies and decks. This can lead to a fall over a railing. It's best to remove these if you have children at home.

You can also consider installing safety devices limiting a window's opening to a maximum of four inches (10 cm). When it comes to curtain and blind cords, keep them out of reach of children. Wrap any excess cord around cleats, or tie-down devices placed high on the wall, to avoid a choking hazard.



## ATV SAFETY

For many Albertans, exploring the countryside by all-terrain vehicles is their favourite warm-weather activity.

Fun as these machines may be, they have risks. Especially for children under 16 years of age, who do not always have the strength, skills or judgment needed to operate an ATV. AHS advises against children under 16 years of age driving or riding on an ATV. This includes ATVs marketed as "child-sized."

For Albertans 16 years and older, training, safety gear (including a helmet meeting standards for motorcycle use) and buckling up are highly recommended. For more details and tips, see the ATV Safety Toolkit.

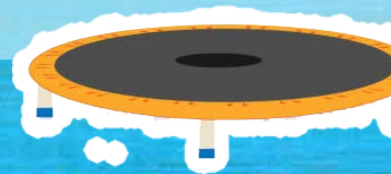
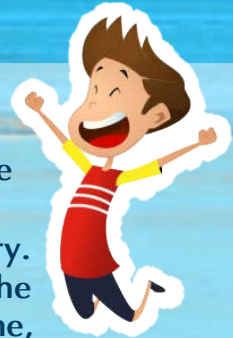


## LET'S TALK ABOUT TRAMPOLINES

Here's the straight goods on trampolines: they're a high-risk activity and can lead to serious injuries for children and youth. In 2018, more than 1,500 kids in Alberta (from infants to 14 year olds) ended up in an emergency department because of a trampoline injury. Ouch!

Safety netting, padding and your close supervision still don't lower the risk of injury. The Canadian Paediatric Society reports most of the harm is on the trampoline itself. The society and Alberta Health Services both advise against having a trampoline at your home, cottage or summer home. Encourage your kids instead to ride a bike, play catch or jump rope.

*Learn more about trampolines and bouncers at [MyHealth.Alberta.ca](http://MyHealth.Alberta.ca).*





# COVID-19: GUIDANCE FOR COHORTS

A COVID-19 cohort, also referred to as a bubble, circle, or safe squad, is a small group whose members – always the same people - do not always keep 2 metres apart.

The cohort concept encourages individuals who cannot maintain 2 metre physical distance when in group settings to interact with the same people within their own cohort group rather than switching daily contacts or randomly interacting with others outside that circle. Note: When interacting with individuals not in your cohort, individuals should maintain a distance of two metres or wear a mask when closer than two metres with others. This document and the guidance within it is subject to change and will be updated as needed. Current information related to COVID-19 can be found: [www.alberta.ca/covid-19-information.aspx](http://www.alberta.ca/covid-19-information.aspx).

## COVID-19 INFORMATION AND RISK MITIGATION

### THE PURPOSE OF FORMING A COHORT

Limiting close physical contact only to those in a cohort decreases opportunities for being exposed to the virus while giving the opportunity for social interaction between individuals within the cohort.

Keeping the same people in the same small cohort group, rather than mixing and mingling, helps reduce the chance you or someone else will get COVID-19. If someone does get sick, it is also easier to trace a person's close contacts when cohort members are known.

### CORE COHORT AND RECOMMENDED LIMIT

**Core Cohort:** Your core cohort includes the people with whom you regularly spend the longest amounts of time and have the closest physical contact - those you can hug and touch - and those who are part of your daily or regular routines. In the early months of COVID-19, Albertans were encouraged to limit close contact to their immediate families, household members or their closest tightknit social circle.

Core cohorts can now be expanded to include up to 15 additional people from outside of your household

Albertans should only belong to one core cohort and still need to keep it small and safe as possible.

You spend the longest amount of time and have the closest physical contact with these people. If one of you gets COVID-19, there is a greater chance of the virus spreading quickly to the other members.

### OTHER COHORT TYPES AND RECOMMENDED LIMITS

Under Stage 2 of relaunch, other types of cohort groups are available to Albertans:

*Child care programs may operate in cohorts of up to 30 people, including staff and children*

*Sports teams can play in region-only cohorts of up to 50 players and coaching staff (mini leagues)*

*Performers can have a cohort of up to 50 people (cast members or performers)*

Note: Sports and performing cohort numbers do not include parents or spectators. Albertans might find themselves in more than one cohort at the same time. Limit the total number of other cohort groups to which you and your core cohort belong.

*Interacting with the same people and the same cohorts will be safer than constantly changing the people you interact with.*

*It is recommended if possible that households with sports, performing, and/or child care cohorts consider having a smaller core cohort, given the total number of close contacts between all groups*



**SAFETY  
RECOMMENDATIONS  
FOR EXPANDING  
YOUR CORE  
COHORT**

Follow these simple steps to expand your core cohort safely.

**Step 1: Start with your current core group**

This includes everyone you live with, including children, and anyone who regularly comes into your household.

It also includes anyone who comes into regular close contact with the people you live with (e.g., your children's other parent who lives outside the household, a babysitter or caregiver).

**Step 2: Think carefully before expanding your core cohort**

*Take a look at your everyday life and see who makes the most sense to include for you and your household. You may want to include another family with similarly-aged children or friends/family members that you want to spend more time with.*

*Staying with those in your neighbourhood or those who live closest to you may slow the virus' geographic spread.*

*Don't feel pressured to expand a cohort until you feel confident it's safe. Start slow and safely add more members later.*

**Step 3: Get agreement and commitment from everyone to keep the core cohort safe. Members should:**

*Belong to only one core cohort*

*Limit interactions with people outside the core cohort*

*When interacting with people outside the core cohort, do it safely, in ways that keep risks low. Maintain a distance of 2 metres or wear a mask when closer than 2 metres with others.*

**Step 4: Limit the total number of other cohort groups to which you and your core cohort belong.**

*This might mean changing your daily routines or reducing the number of teams or groups you join.*

*When interacting with people in other types of cohorts, do it safely, in ways that keep risks low.*

*Minimize the amount of time you spend with them and limit the close physical contact you have with them.*

**When participating in other types of cohort group, you should:-**

*Interact outdoors if possible – it's safer than indoors*

*Avoid closed spaces with poor ventilation, crowded places and close contact settings*

*Keep the cohort in your local community or neighborhood to reduce geographic spread*

*Be healthy and not show any covid-19 symptoms (see the full symptom list)*

***Have not*** travelled outside Canada in the last 14 days

***Have not*** been in close contact with a case of covid-19 in the last 14 days

*Keep track of where you go, when you are there and who you meet:*

*This will be helpful if someone is exposed to COVID-19.*

*Download the ABTraceTogether app, a mobile contact tracing app that helps to let you know if you've been exposed to COVID-19 – or if you've exposed others – while protecting your privacy.*

Those who are at high risk of severe outcomes from COVID-19 (for example, seniors or those who have underlying medical conditions such as high blood pressure, heart disease, lung disease, cancer or diabetes) may wish to form smaller cohorts, and/or only cohort with people who have no sports, recreation or child care cohorts to minimize exposure potential.

**SAFETY  
RECOMMENDATIONS  
FOR PARTICIPATING  
IN OTHER TYPES  
OF  
COHORT GROUPS**



COVID-19 INFORMATION

# HOW TO WEAR A NON-MEDICAL MASK

Non-medical masks, including homemade cloth masks, can help prevent the spread COVID-19. They are another tool to use in places where it's difficult to keep two metres from other people for extended periods of time – such as public transit, grocery stores, pharmacies, hair salons, airplanes and some retail shops.

Masks do not replace proper hygiene, physical distancing or isolation to prevent the spread.

**SAFELY PUTTING A MASK ON**

- 1 Wash/sanitize your hands.
- 2 Inspect the mask, holding it by the ties or loops. Discard if damaged or dirty.
- 3 Open fully to cover from the bridge of your nose to your chin.
- 4 Adjust the mask to your face so there are no gaps on the side.
- 5 If mask has stiff edge, pinch to close gaps between nose and mask.
- 6 Keep your nose, mouth and chin covered at all times. **Avoid touching the mask.**

**SAFELY TAKING OFF A MASK**

- 1 Wash/sanitize your hands.
- 2 Remove it from the back by releasing ties or loops. Do not touch the front of the mask.
- 3 Discard the mask immediately if disposable. Wash thoroughly if reusable.
- 4 Wash/sanitize your hands.

FOR MORE INFORMATION ON WEARING AND CARING FOR YOUR MASK

[alberta.ca/masks](https://alberta.ca/masks)



## Heart Beats and Social Media

Find us on Facebook..and Instagram



Staying in touch with other heart families and joining in fascinating conversations has never been easier! Our Facebook group is always growing, so stay in the loop by searching Heart Beats from your Facebook page or click on the link at our website to become a part of this expanding group.



Heart Beats is on Instagram Staying on top of community news and upcoming events has never been easier.







## New Holter Monitor Belts for ACH Cardiology

A big thanks to Heart Beats for donating these holter heart monitor belts. We hope the kids enjoy the colour options.



# Heart Beats

Children's Society of Calgary

**Chairperson** Jen Joly-Beleshko

**Vice-Chairperson** Tara Exall

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**Secretary** Uli Ng

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Charitable registration number 88907 6261 RR 0001

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A thankful heart is  
a happy HEART



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# Heart Beats

## STROLL TO THE STOLLERY



Help us raise funds and awareness for our Heart Heroes by contributing to our goal of running, walking, and/or biking from the ACH to the Stollery

**When:** August 28 to August 30

**Donate at:** <https://shawcharityclassic.com/donate/heartbeats>

**To Register:** email [run@heartbeats.ca](mailto:run@heartbeats.ca)