



Keeping the Beat

Summer 2021 *Offering information, resources and emotional support to families dealing with congenital heart disease.*

In this Issue

Heart Beats

Online Auction

A big heartfelt thank you to Stuart Bartwicki and Monique Morrison from the Rouge Group by CIR Realty for hosting an amazing online silent auction with all proceeds donated to Heart Beats. The auction ran from May 19-28 and raised over \$8600 for Heart Beats!!! These funds will go directly to assisting families of children with heart defects in Southern Alberta with costs associated with travelling to Edmonton for their child's heart procedure. Heart Beats appreciates those who promoted the auction with their friends, families and colleagues. It is because of fundraising events like this that we are able to provide financial support to our families.



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Starts: 7 Days 11h	
Browse	Auction Details
	BBQ Season 0: 7 Days 11h \$150
	Beauty Mark Makeovers 0: 7 Days 11h \$75
	Between two Kingdoms book set 0: 7 Days 11h \$55
	Bliss within Yoga 0: 7 Days 11h \$85
	Cake Bake Shoppe 0: 7 Days 11h \$25
	Camp Brand Kid's Kit. 0: 7 Days 11h \$60
	Car Jump Start + basket 0: 7 Days 11h \$110



THE
Rouge
GROUP

Online Charity Silent Auction



Heart Beats

Supporting Children with Heart Disease

Many thanks to the following individuals and companies who donated items to the auction this year. We so appreciate your support!

The Rouge Group-Stuart Bartwicki and
Monique Morrison

Renard+Elliott

Jacki Harris

Summit Legal Group

Dave West

BeautyMark Makeover

Freya MediSpa

Beyond Measure

Owl's Nest Book Store

Michelle Hislop - Naturopath

Cake Bake Shoppe

Peter's Drive In

Village Brewery

Camp Brand Goods

The Real Madhura

Audrey Veltri

Find Her - Janis Doherty

Inglewood Golf - Graeme

Polar Woodworks - Andrew

Francine and Ian Morrison

Jenny Johanson

Nell Derry

Danielle Canfield- Calgary Custom
Construction Ltd.

Klassy Custom Cakes

Emily Borrelli

Martha Goyette

Anastasia Burgess

Ken and Karen Thompson

Cashato Boutique

Tea Time Designs-Athena Jeffries and Taelor Jensen

Highliner Foods

Shoplift Deals

Chic Stone Jewelry

Laurie Hislop

Michelle Hemmaway-Yarn Twisters

Luc's European Deli Meats

Ed and Sandra Bryant

Hairloom 85

Bow Cycle

Columbia Sportswear-Todd Jensen

Snow Blush Berry Art-Janine Kirk

Iconic Wines-Caylee Kretschmer

Eastern Slopes Roasting Co-Jamie Kotlewski

Twenty/20 Eyewear

Pizza Culture-Tony Nicastro

Bowness Soap Works

Bownesian Grocer

Jane Hagel

The Place Steakhouse

Katrina Randall

Bowness Health Food

BespokeboxesYYC

Vicki Wells Art

Soul Kitchen BBQ Co.-David Wayne

Frost Hammer Woodworking-Todd Smith

Country Lane Farms-Jerry Kamphius

Bowness Health Food-Dedrah & Tabitha Wood

Daniel Kennedy



STROLL TO THE STOLLERY



Heart Beats Children's Society of Calgary has been supporting families of children with congenital heart defects since 1987. Many of these children are required to travel to the Stollery Hospital in Edmonton for life-saving heart procedures. Surprisingly, there is no public funding to assist these families with travel or accommodation expenses while in Edmonton. Funds raised from this event will provide much needed financial assistance for these families. Let's see how many times we can run, bike or walk to the Stollery Hospital to support our Heart Heroes!

How it works:

Log as many kilometres as possible biking, walking and / or running over the event weekend. Last year we accumulated over 4,500 kms, which equates to 15 trips to the Stollery Hospital. This year the goal is 6,000 kms or 20 trips to the Stollery Hospital!

We would like to invite participants to register their furry friend and include the kms they log when enjoying the weekends activities with you. You can register your furry friend in the products section of registration.

Registration can be found at raceroster.com/events/2021/48556/heart-beats-stroll-to-the-stollery

Awards: Gift cards

- \$25 for individual prizes for longest distance running, walking and biking
- \$25 for individual with most combined minutes running, walking and biking
- \$50 for team prizes for longest distance running, walking and biking
- \$50 for team prize for most kilometres combined running, walking and biking

Fundraising prizes

- Top 3 individual fundraisers (\$75, \$50 and \$25)
- Top 3 team fundraisers (\$100, \$50 and \$25)

Photo prizes

- \$25 each for photos demonstrating best spirit individual, best team spirit and best spirit or furry friend

Note:

Activity can be logged until midnight August 22nd and must be recorded in Race Roster by midnight August 23rd. Winners will be announced August 29th.

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.



Heart Garden

The Heart Garden is almost done. It is beautiful spot and is located in the Botanical Gardens of Silver Springs. There is parking off of Silver Springs Drive and the garden itself is located by the tennis courts. While it is not yet completed, it is an amazing spot. Once finished there will be an update on social media and in the next newsletter, so stay tuned.

THANK YOU FOR SUPPORTING
THE **HEART BEATS CHILDREN'S**
SOCIETY OF CALGARY!



Heart Beats is a Calgary grass-roots organization that has provided families with information, resources, financial assistance and emotional support since 1987.

All funds from the 50/50 Raffle will go towards supporting families that have children with congenital heart disease.

Congenital heart defects, CHDs, are the most common birth defects occurring in about 1 in 100 of all births. Babies born with complex CHDs require one or more surgical inventions, including open-heart surgeries, before the age of 4.

Raffle runs from June 15, 2021 - August 22, 2021 with the winner announced August 29, 2021.

Link to Raffle: www2.rafflebox.ca/raffle/heartbeats

Ticket Packages

1 ticket for \$10 (20 packs = \$200)

20 tickets for \$50 (50 packs = \$2,500)

4 tickets for \$20 (150 packs available)

100 tickets for \$100 (43 packs available)

*We thank you for your support,
and wish you Good Luck!*



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 March - June 2021

Charities Aid Foundation

Sproule Benefaction

Nevada Maier
100 rides in 100 days

Janine Kirk

Auction Proceeds
from the Rogue Group

Paypal

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 **#heartbeatsyyc** so we can find your posts.



Summer 2021



Spotlight on Celebrity CHD

Henrik Lundqvist is a NHL Goaltender of 15 seasons and has long been regarded as one of the best in the game. Prior to the 2020-2021 season he learned he was going to require heart surgery that would not allow him to play.

“For a few months, we’d been doing some testing on my heart,” Lundqvist said. “I’ve been aware of a heart condition for 15 years. I had a leaky valve and at some point, you have to get it fixed. Over the course of a few months, things changed. The leak got worse and my aorta started to get too big and the pressure in the heart was too high.”

That discovery led to doctors recommending open-heart surgery, which Lundqvist agreed to immediately. The future Hall of Fame goaltender went under the knife weeks later in January of 2021 in Cleveland.

The surgery was for an aortic valve replacement, aortic root and ascending aortic replacement and took five hours to complete.

While Lundqvist has yet to suit up for an NHL game, he is back on the ice practicing and awaiting his next opportunity.



Nanas Story

There are many different stories and perspectives that are a part of a Heart Warrior’s Journey. Here is a video made by Kane Wolfe’s Nana detailing her experience during one of Kane’s surgeries.

It can be found on YouTube at

<https://www.youtube.com/watch?v=cLliTu0b5cl>



Transitioning to Adult Care

The I Heart Change Website is designed mainly for young people with congenital heart disease (CHD). The aim is to help people feel more ready to transition pediatric to adult care. There is specific information for those transitioning to the Southern Alberta Adult Congenital Heart Clinic (SAACHC) at the Peter Lougheed Centre.

On the website you will find 6 great topics:

- Welcome to Adult Care
- CHD and your Life
- Coping with CHD
- Medical Info
- Taking Charge of your Health
- Connecting with other Patients

The site isn’t just for those with CHD, but is also great for family, friends and health care providers.

iheartchange.org



Summer 2021



SPOTLIGHT:

Heart Warrior Stories

Emmett

By Ashley Reist

Our son Emmett was born in March 2019 with a rare complex heart defect. At 7 weeks old he had his first surgery in Edmonton. Unfortunately, two days post-op, Emmett unexpectedly went into cardiac arrest and he spent a couple of days on life support. His complications resulted in significant developmental delays. Following his first surgery, he spent 2.5 months in the hospital recovering. During that time we had a discussion with our cardiologist and learned that the surgeons in Edmonton felt that there was nothing else they could do for Emmett. We were given the option to take him home and hope for the best or to take him to

Dr. Hanley at Stanford in California. Dr. Hanley is the surgeon who piloted the "fix" for Emmett's heart condition. After Dr. Hanley accepted Emmett's case we went through almost a 6-month process of getting out-of-country funding to cover the medical expenses for him to go to Stanford for the surgery. In January 2020, the funding was approved and in March 2020 we traveled to Stanford to complete part 1/2 of his heart repair.

We landed in California on March 5, 2020, right before everything shut down for COVID. It was a very interesting time being away from home for heart surgery during a pandemic but Emmett did really well and we were able to return home 3 weeks after his surgery. In August 2020 we received 4 weeks notice that we had to be down there again for part 2. We were required to quarantine two weeks in California before the surgery. Emmett's full repair went ahead as scheduled and everyone was so impressed with how he was doing. He was acting like nothing happened two days later and at six days post-op, he was discharged! Emmett has been working hard on his therapy and is doing really well right now. We are so grateful to our cardiology team here in Calgary who worked hard to get Emmett to an amazing surgeon who can give him his best life.

Riley

May 15th, 2021 marked Riley's 1 year Heartiversary! We celebrated with a special cake at the lake, and reflected on what a crazy year it's been!

None of us expected an open heart surgery in the middle of a pandemic - I still remember getting the phone call to pack our things and be at the Edmonton Stollery by 7am the next morning for pre-Op. A special Heart Beats friend was a pillar of support, staying on the phone until she was sure I had necessities packed and had stopped shaking enough to drive. This group truly has some amazing members.

The toughest part for Riley that week was not having his older brother/BFF by his side, as Covid protocols did not allow extra persons in to the hospital units. Thank goodness for technology and FaceTime! We passed the time with masked-strolls through the hallways, throwing sticky darts at balloons, and even a Skip-the-Dishes pizza date in a deserted cafeteria, one of my most precious memories.

We are forever grateful to Dr. Aklabi at the Edmonton Stollery for repairing Riley's Aortic Valve, and all the medical staff- the change we see in him makes our hearts soar. Riley is now an active 6 year old, playing hockey, soccer, and racing motocross. He was able to start kindergarten with all his peers this year, and graduated with accolades of being the "kindest friend with the kindest heart". It made us smile - if they only knew of the beautiful scar underneath his shirt showing how special his heart really is.



Spotlight on donation

What an amazing ambassador this young man is for Heart Beats! Nevada Maier rode his bike for 100 days in a row to raise a whopping \$12,375 for Heart Beats. A heartfelt thank you to Nevada for your support of Heart Beats and the families we support!



Summer 2021



About Connect Care



What is Connect Care?

Connect Care is the bridge between information, healthcare teams, patients—and the future. The foundation of Connect Care is a common clinical information system (CIS) that will allow healthcare providers a central access point to patient information, common clinical standards and best healthcare practices.

The whole healthcare team, including patients, will have the best possible information throughout the care journey. Healthcare will be improved for both patients and healthcare providers.

It will be in place everywhere Alberta Health Services (AHS) provides healthcare services and where we partner to provide healthcare services, including hospitals, clinics, continuing care facilities, cancer centres, mental health facilities and AHS-run community health sites, as well as at Carewest, CapitalCare, Covenant Health, Calgary Laboratory Services and DynaLIFE.

Connect Care is a once-in-a-lifetime opportunity for AHS and our partners to transform how we provide care to patients.

What will it do?

Connect Care will create a seamless health information network. With Connect Care, healthcare providers will be able to:

- Easily access comprehensive and up-to-date patient information in one place, and document care using desktop computers and other technology
- Support transitions of care through a single patient record
- Order lab, diagnostic imaging and other tests, with results appearing in the patient's electronic medical record
- Order and dispense medication, record medication histories and do medication reconciliation
- Securely communicate with other members of the care team to coordinate care, ask for referrals or advice, and follow up on a patient's progress
- Securely communicate with patients, who will have access to their own medical records through Connect Care's patient portal
- Easily access clinical best practice information to help inform care orders
- Access analytics tools to chart a patient's progress, or to see how groups of patients are responding to treatment
- Access specialized modules of tools and resources
- Most importantly, we will be better supported in delivering safe, high-quality care for patients, leading to better health outcomes.

What is a clinical information system (CIS)

A CIS is an electronic tool that provides healthcare providers one central access point to patient information, common clinical standards and best healthcare practices. As part of Connect Care, a single CIS will be implemented across Alberta.



About Connect Care



Who are we partnering with for Connect Care?

After almost one year of consultations with hundreds of physicians, staff and patients, AHS selected Epic Systems Corporation as the partner for Connect Care.

Why do we need Connect Care?

AHS currently has more than 1,300 independent health information systems, many that help manage patient information. This means that patient information is often fragmented. We don't always have a complete picture of a patient's health history available when we need it, and neither do patients. Managing so many independent systems is also complex and unsustainable.

Connect Care will put the focus on patients by:

- Giving them on-demand access to their health information, helping them be active members of their own healthcare team
- Reducing the length of hospital stays
- Improving communication

Connect Care will lead to better health outcomes by:

- Giving healthcare teams a more complete picture of a patient's health
- Providing the whole healthcare team with the best possible information throughout the care journey
- Building provincial best practice standards into the system

Connect Care will make us more efficient by:

- Providing a single access point to health information for AHS and its partners
- Reducing the use of paper and printing supplies
- Improving the efficiency of laboratory and support services
- Reducing unnecessary variation in clinical practice

Where will Connect Care be available?

Connect Care will be in place everywhere AHS provides healthcare services and where we partner to provide healthcare services using the AHS record of care. This includes:

- Hospitals
- Clinics
- Continuing Care
- Cancer centres
- Mental health facilities
- AHS-run community health sites
- Carewest
- CapitalCare
- Covenant Health
- Calgary Laboratory Services locations
- DynaLIFE locations

Connect Care will also allow patients to access their information electronically from wherever they have Internet access.



**Alberta Health
Services**

Summer 2021



Starting school can be an exciting milestone for children and their parents. It can also be a time of stress and frustration when you factor in a chronic illness and/or special needs. Navigating the school system and advocating for your child can seem overwhelming. Communication between parents, children, and the school is essential to optimize a child's education.

CHD & Developmental Delay

Overall, children with congenital heart disease tend to have a higher risk of developmental concerns than children without CHD. In general, the majority of children with CHD seem to function at a normal level. But some children have higher rates of mild deficits in cognition, language, attention, or motor functions. While the effect of all factors that influence recovery and development after surgery is not well understood, research has shown that the greatest predictor of psychological and emotional functioning after surgery is the child's functioning before surgery. Research suggests that a child with a severe CHD is at greater risk for neurodevelopmental consequences than a child with a mild CHD. This increased risk is related to the multiple surgeries and other treatments often associated with CHD. The more treatments the child undergoes, the greater the risk for developmental issues.

If you, or your teacher, suspects that your child may have a learning disability, speak with your pediatrician or your pediatric cardiologist. Many children have had success with schoolwork modification, classroom aids and even certain medications to treat ADHD.

Self-Esteem

Children, especially if they are going to school for the first time, don't typically understand 'normal' and 'abnormal'. They usually don't want to be labeled as "different", and would like to participate with the other children as much as possible. Sometimes limitations need to be set to protect the children, despite their wishes to do everything to fit in.

As children get older, they become more and more aware of what their body looks like and start to compare themselves to others. Children with a CHD become more aware of their physical differences and limitations. There is peer pressure to look and be the same as everyone else. School-aged children, especially those who will be having surgery, need a lot of support and understanding to help them cope with changes in their bodies. Questions about "Why me?" and "Why am I the one who is different?" are common for this age group.

Dr. Sean Akers, a Licensed Clinical Pediatric Psychologist at Children's Hospital & Medical Center in Omaha, gives these tips for building self esteem in heart kids:

1. Praise And Encourage Your Child.

Praise and encouragement go hand-in-hand, says the non-profit group Mental Health America. When you praise a child for trying something new or accomplishing a goal, that encourages her to continue to branch out—and boosts her self-esteem in the process.

For instance, sometimes a smile and thumbs up are all the encouragement a child needs to take that step into the classroom on the first day back in school after she's had heart surgery. Other times, a pep talk—like a reminder of everything she's overcome so far—might be what she needs to encourage her. And when you pick her up that afternoon, follow through by letting her know how proud you are. That can make going back the next day a little easier. It also reinforces the fact that she can meet these challenges head-on—and succeed.

2. Be Positive, But Also Be Genuine.

Praising your child is important. But that praise needs to be genuine and not over-the-top. Even really young kids can usually spot an adult who is being dishonest.

And sarcasm is a no-no as well, especially if your child has just experienced a setback or defeat, says Mental Health America. Instead, talk to your child about his feelings when he is struggling. If he doesn't want to discuss it right away, let him know that you'll be there whenever he's ready.

3. Push Your Child To Try New Things, But Don't Be Overwhelming.

As I mentioned earlier, kids who have low self-esteem might be anxious about trying new things. They'll need a gentle push, but it's important to avoid being obnoxious or heavy-handed about it.

When you do this, be aware of your child's temperament. You don't want to overwhelm her by forcing her to do something she's not ready for.

For example, it's probably best not to push a socially anxious child into a large group setting. Instead, start slowly by scheduling a one-on-one play date with a peer.

4. Set Clear, Realistic Expectations.

I talk a lot about the need for consistency, expectations, and rules to help kids thrive. It's vital to their success. But it can also help you as the parent. And setting realistic goals for your child—ones that play to his strengths—can help him realize his ambitions in life, Mental Health America explains.

Confidence comes from competence. And competence makes kids feel better about themselves.

Educating the Educators!

It is important that the family not try to hide the child's heart problem so that the child can feel normal. Let the school know about exercise restrictions (if any) and signs that the child needs medical attention. You may want to work with the school to plan how to handle a medical emergency. Children who miss a lot of school may have trouble keeping up with their schoolwork. Most hospitals have a teacher available who can help the child keep up-to-date while in the hospital. Schools can arrange for schoolwork to be done at home if the child is too ill to attend school, or for extra work before surgery.

Appreciate that teaching staff are not medically trained and may require multiple explanations in order for them to fully understand the child's physical and emotional needs and/or limitations. Teachers should communicate as often as necessary with parents so that they feel comfortable with their understanding of the child's condition and/or symptoms. They may feel overwhelmed with the responsibility of having this child in their class. Teachers have a whole classroom of children, and often several have special needs so the teacher must learn about all of them individually. It is important for the teachers to treat all children equally while meeting their educational needs.

A wonderful hand-out for teachers from Sick Kids can be found online at:

[Click to download a pdf on Congenital Heart Defects Information For Teachers handout](#)





Explaining Your Child's Heart Condition to Classmates

According to Barb Roessner, Physician Assistant and coordinator of the Heart Failure and Transplant Program at Children's Hospital & Medical Center in Omaha, Nebraska, many parents of kids with heart conditions say they want their children's peers to treat them the same as any other kid. But that can be hard when their peers sense that something is different about your child. A great way to ensure your heart kid is treated no differently than any of her friends is to address the situation outright.

Barb Roessner offers these suggestions on how to explain your child's heart condition to his or her classmates.

Explain the truth behind common fears kids may have about heart conditions. Depending on their age, your child's classmates might not have a solid understanding of what having a heart condition even means. For instance, explain to them that most kids with heart conditions are born with them. Also share that they cannot get them just from being friends with someone who has one.

A good way to demonstrate this is to compare heart conditions to another medical issue they may be more familiar with—like asthma or a food allergy. Explain that a person with asthma or allergies may feel sick sometimes because something in their body isn't working right. This person didn't do anything to cause the condition and can't pass it on to other people.

See if a science teacher at your child's school or a physician at your child's hospital can speak to his classmates about how the heart should work—and how it actually works in people with his heart condition. For a more in-depth look, PBS has a detailed circulatory system lesson plan with activities ideal for middle school-aged kids. http://www.pbslearningmedia.org/resource/tdc02.sci.life.stru.lp_circula/the-circulatory-system/

Even though your child has a heart condition and may miss a lot of school because of illness, surgery, hospitalization or doctor's appointments, he or she is just like any other child in the sense that she still feels the need to belong.



Getting Back into the Routine

By Claudette Chisholm

When it comes to 'back to school' there can be so much chaos. As a family of 5 we know all about hectic mayhem. We usually start back to school clothes shopping early in the summer. Kirsten and I make a special outing, just for the girls, to shop for a few special outfits. Then the boys and I do the same thing on another day. Nice and early!

When it comes to school supplies it is always so much easier to pre-order them directly from your school. To top it off they are delivered directly to your door! No fuss no muss.

I also try my best to have all the kids involved as much as they can be in, not only the lunch choices, but also their lunch preparation. It really gives them a sense of independence, responsibility and enjoyment. We always make lunches and have backpacks ready to go the night before. We are huge fans of hot thermos lunches so we always make extra supper which we can pack up later for school. It can seem like more work in the moment but is actually much less in the long term. And, the kids love it!

The hard part is trying to organize activities, times, functions, friends, appointments, pick-ups and drop offs, down time, visits and all the other time consuming efforts for 3 children in 3 different schools! Not to mention fitting in family time, work, and a little personal time if at all possible! A nice big calendar with each child (and parent) colour coded with their own highlighter helps immensely. We also couldn't juggle life without back up from friends and family. Respite, carpooling, 'play dates' and a great babysitter is a necessary part of our life.

MORNING ROUTINE	EVENING ROUTINE
Eat breakfast	Pack school bag
Brush teeth	Toys away
Get dressed	Tidy bedroom
Socks on	Dirty clothes away
PJs under pillow	Brush teeth
Make bed	Tidy bathroom
Tidy room	15 min reading
Pack school bag	Sweet dreams



Back to school poses unique stressors especially if your child has any kind of disability. Who will your teacher be? Will they accommodate your child's needs? Will the lines of communication be open and clear? Will my child get the supports he or she needs? What more can I do? Who will be my advocate as a parent in the school system? We will ask all of these questions and so many more. It may be helpful to start before the present year even ends. In June, ask for an opportunity to meet the present and future teacher as well as the principal. You can begin to plan your child's SLP (student learning plan) before September. Remember, you know them best, you know their areas of need more than the new teacher. Know your districts Parent Trustee. They can be very helpful. Know who to contact in the school districts hierarchy. Be the best advocate you can be for your child.



Back to school anxiety is real – it can be a very stressful time for kids of all ages. This anxiety can show itself in many forms. Once Kirsten began at Foothills Academy last September we were introduced to several parent seminars and in class workshops for the kids to reduce anxiety. Some of these information sessions are also open to the public and can be found on the Foothills Academy website or by phoning them.

Whether our families are dealing with everyday life or extra challenges, we all need to be able to fit in time for ourselves to relax and to breathe. To look forward to a time when some of these extreme health issues lessen. To know life will even out and provide more and more happiness while the stressors lighten. As our kids go through school and year after year passes, we realize just how fast time passes. Just how quickly they grow up. So remember, find the joy in every day.

Easy and Healthy Back to School Recipes

By Shannon Summers



Kabobs

Thread cherry tomatoes and mozzarella cheese onto a skewer and drizzled with balsamic reduction (we love Nona Pia's).

Pasta Salad

Boil and cool any fun shaped pasta. Drizzle with a nice flavoured olive oil (I use butter infused olive oil) then add bits of broccoli, carrots, or red peppers for colour and sprinkle with cheese.

Veggie Rolls

Most grocery stores have a sushi section – I buy a package of vegetable sushi which are easy to pack up and are fun to eat. One large package will provide at least 2 packed lunches.

Hints:

One of my boys is a picky eater so I let him help to choose healthy options at the grocery store. We love those reusable lunch containers for separating different lunch options.



COMMUNITY ANNOUNCEMENTS

HAPPY BIRTHDAY

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.



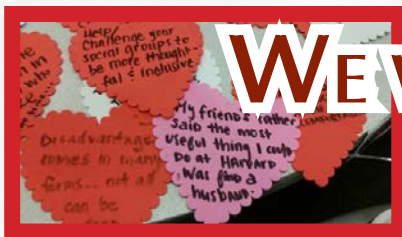
Riley Winstanley Just turned 6 on June 3rd!

Ella just turned 9 and is doing amazing! She has a DILV with TGA, AVSD & Dextrocardia. She had a Glenn at 5 months and a Fontan at 2 and a half. She also had a spinal surgery at 3 for her congenital scoliosis. Ella goes to public school, loves art & is very creative.



Nathan Warren turned 16 on July 19th.

He was born with TGA and had surgery at the Stollery when he was a week old. He's been great ever since.



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.

Outgoing Chair Person:

Jen Beleshko



Jen became aware of Heart Beats Children's Society soon after her son was born in 2007 with a series of complex congenital heart defects. Her desire to bring awareness to CHD and advocate for families prompted her to join the Board of Directors in 2010.

She served as Communications Director for several years and was the editor of Keeping the Beat, the official newsletter of Heart Beats.

In 2018, Jen took on the role of Chairperson. In this role, her duties include meeting preparation, ensuring the mandate of the board is properly followed and acts as the main contact person for Heart Beats.

While Jen is leaving the position of Chairperson, she is staying with board in the position of Secretary.

Thank you Jen for all your amazing work as Chairperson!

Incoming Chair Person: Uli Ng



Uli is mom to Teddy who is 6-years old and has AVSD. She has been a member of the board of directors with Heart Beats since 2016 and also served as the Vice-Chairperson in 2018 then Secretary in 2019.

All the best to Uli in her new role!

Jokes from Dal

our trusty Pediatric Echocardiography Instructor

Why was the baker so rich?

Because he makes lots of dough.

Why did the donut have to go to the dentist?

He needed a filling.

Why are frogs so happy?

Well, they eat whatever bugs them.



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

Elise Mitchell, WCCHN
Katrina Randall, Kids Up Front Coordinator
Keremy Dry, Family Camp Coordinator
Maddie Bosgra, Newsletter

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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.



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*Have a
Great Summer*

