



Keeping the Beat

Winter 2012

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

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Grate Full Hearts Anniversary Event

Mark your calendars! On February 11th, Heart Beats will be hosting a celebratory evening to commemorate 25 years of helping children with CHD and their families. This exciting event will take place at the Calgary Italian Club and will feature a five-course dinner, live entertainment, a silent auction and some wonderful raffle prizes. Some of the highlights include two return flights on Westjet where ever they fly in the world, a Banff Springs Hotel bed and breakfast package, a week in Phoenix at a three-bedroom house with a pool, original art work, two flip video cameras, a two night stay at Bighorn Meadows in Radium, B.C., two nights at the Aspen Lodge in Banff, an Atco BBQ package worth \$850, and much more!

If you or a loved one has been touched by congenital heart disease, please come out and celebrate Heart Beats' continued commitment to helping kids in our community.

To purchase tickets, or to volunteer for this event, please contact Lori Moch at mochingbrd@shaw.ca. Please note that while Visa and Mastercard will be accepted, personal cheques are preferred.

Please see the back cover of this newsletter for more details, and don't forget to spread the word!

Congenital Heart Defect Awareness Week February 7-14, 2012

Congenital Heart Defect Awareness Week is an annual, worldwide campaign by individuals, non-profit organizations, support groups, and health professionals to increase public awareness of Congenital Heart Defects ("CHD") and Childhood Heart Disease.

It is our goal that by participating in Congenital Heart Defect Awareness Week, we may help to educate the public about the severity of this disease and its lifelong impact on its survivors. We hope that increased awareness will lead to additional funding for research, support and improved access to quality care for our children and adults.

You can play a vital role in helping to raise awareness about CHD by creating a dialogue with friends and family, and providing information to your child's school. Use your social media to spread the word about CHD and encourage your friends to participate in

a Heart Beats fundraising event, such as the upcoming Anniversary Event or the Family Fun Run (see our "Upcoming Events" page). Attend a Heart to Heart meeting or the Annual Family Event to support other families dealing with CHD, or get involved by joining the Heart Beats Executive.

Did you know...

- Approximately 1 in 100 Canadian babies are born with a congenital heart defect?
- It is the leading cause of birth-defect related deaths worldwide?
- It often requires a lifetime of medical care, including surgeries and medication?
- There are approximately 35 different types of congenital heart defects?
- In Canada, there are about 100,000 adults who, as children, had surgery to correct congenital heart defects?



Heart Beats
Supporting Children with Heart Disease

Heart to Heart Christmas Party

This year's Heart to Heart Christmas Party was a huge success with 55 people in attendance. Along with some familiar faces, it was wonderful to see several new families joining in the festivities. Stories and experiences were exchanged and new friendships were made. The twenty-eight children who attended, ranging from 6 months to 14 years old, were delighted by an appearance from Santa who handed out presents and entertained the crowd. Heart Beats thanks the Wiebe family for hosting and everyone for attending this enjoyable event. We hope to see all of you again at our Annual Family Event in March (please see "Upcoming Events" for details).



UPCOMING EVENTS

Grate Full Hearts Anniversary Event

Date: Saturday, February 11th

Time: 5:00 p.m.

Venue: Calgary Italian Club, 416 1st Avenue NE, Calgary, Alberta

Details: Tickets are \$100 each and include a five-course dinner, live entertainment, a silent auction and raffle prizes. Tickets can be purchased by contacting Lori Moch at mochingbrd@shaw.ca. See the back page for more details.

Heart Beats Annual General Meeting

Date: Thursday, April 12, 2012

Time: 7:00 p.m.

Location: Home of Patty Wiebe, 43 Midvalley Crescent SE, Calgary.

Details: The Annual General Meeting ("AGM") is open to anyone who is interested in learning more about Heart Beats. Please feel free to join us.

Annual Family Event

The Annual Family Event will take place at the Cardel Homes Theatre and will include a movie, crafts, food and lots of visiting! Cardel has asked that everyone in attendance bring a non-perishable food item for the Calgary Food Bank.

Date: Saturday, March 10, 2012

Time: 12:00 p.m. – 4:00 p.m.

Venue: Cardel Homes Theatre, 180 Quarry Park Blvd. SE, Calgary, AB, T2C 3G3

Details: A contribution of \$5.00/person or \$20.00/per family (whichever is less) is requested to cover the cost of this event. However, we do not want the cost to keep away anyone who would like to attend. Heart Beats has a fund available to assist with the cost of the Annual Event; if cost is a concern, we would be happy to sponsor your attendance (confidentially, of course!). When you RSVP, please let us know you would like to access this fund.

RSVP: Please RSVP by March 1st by emailing us at info@heartbeats.ca or by phoning Patty Wiebe at 403-256-7423.

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. Your donations have provided:

- Financial assistance to families having difficulties meeting expenses relating to their child's heart defect.
- Items of encouragement for children undergoing extended hospitalization.
- "Heart & Soul: Your Guide to Living with Heart Disease" information binders (distributed through the Cardiology Clinic).
- Supplemental equipment for the Alberta Children's Hospital Cardiology Clinic
- Expansion of the Ronald McDonald House in Edmonton, Alberta

We appreciate and acknowledge the donations received from the following individuals and organizations from September through December, 2011:

Alta West Mortgage	Frank & Ida Durante	Joyce Harder Professional Corporation	Richard Melnyk	Monica A Simpson
Anonymous in honour of	Phil Edgell	Sheri Jamieson	Eve Merriam	David Smethurst
Mathias Pollard	Pam and Greg Ellis	Robert Jensen	Julia Merriam	Angie C Smith
Julia Aldred	Encana Corporation	Mel Johnston	Yoko Mikami	Roy and Nancy Soon
Jacilyn D Allen	Anastasia D Epp	Tim Jordan	Deb Miller	Steven P Soon
Cliff Bailey	Sigurlin Erler	Familia Jorquera	Chris Miserva	Danny Sottile
Lesa Bain	Wendy Eshleman	Arvinder Kalsi	Sean Modi	South Calgary Periodontal Group
Shelley Baker	Tanya J Eyres	Bob Kehler	Jarret & Claudia Moisan	Maeve VF Spain
Janice Bartsch	Sylvia Falk	Soyoung SYK Kim	Jody Morissette	Jenn Spelhaug
J Bauer	Roxann P Fedirko	Craig & Colleen Kirker	Hassan Musani	Gord F Stamp
Judy Beach	Susan Fleck	BJ Kiziak	Jacob Nakoneshny	Laurie J Stamp
Patricia A Beaulac	Flyershop	Stephen Klausen	Joshua Nakoneshny	Donna Lee Strachan
Jennifer Beaumont	Jacqueline Flewitt	Melanie Klucker	Carolyn Neufeld	Kathy A Strankay
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Scott Bondy	Darryl M Gallioth	The Laforets	Piero & Carla Novello	The Keg – Southport
Patty Bourgeois	Anita Garland	Rob Lake	Vince & Assunta Novello	David Thompson
Michael L Boutilier	Chantelle Gentile	Gordon & Katherine Lambert	Steve Parent	Threshold Performance Training
Gillian Boyce	Maria G. Gentile	Justin R Lambert	Kayla E. L. Paron	Rob Tiberio
Jim Brietzke	Paul Gentile	Kealy Lambert	Ron A Patterson	Katherine Tidd
Mike Brietzke	Marion E Gilham	Jerusha Letal	Anne Patterson	Henry Tkachyk
Melissa Brown	Cindy Golemme	Sandra Lewis	David Patton	Franca Torriero
Wendy Bull	Maureen Graham	Becky Lowe	Diane K Peacock	Marcia Van Voorene
Les Burden	Nadine J Guard	Chris Luca	Carol Pecush	Joanne Vandale
John Byng	Ella Hahn	Shelley Lucasavitch	Mark Peever	Vitamin Water
C P	David A Harris	YanFei Ma	Pat and Dany Pellegrino	Jean Waddell
Sandy Campbell	Travis Harris	Audra L MacIntyre	Rosa Pellegrino	Jevins Waddell
Remo Cardone	Shelley Shell Haslett	Nicole Macclin	Shae Peters	Don Waddell
Carolyn Carlson	Darlene Hedin	Tyler Maguire	Colleen Price	Glenda Waddle
Cavendish Investing Ltd.	Kathy Hedin	Chris Majewski	Karen Quinn	Fayon Redfern
CheeCha Puffs	Shelley Hedin	Joanne Major	Raimount Energy Inc.	Matt Waddle
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Colin and Andrea Clynych	Janice Hicks	Philippe Maldiney	Amy E Reperto	Tracy Ward
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Angelo Contrada	Dana Horel	Cheryl Martin	Sue Runquist	Carmen Williams
John Contrada	Ken Hotson	Suzi Martin	Cayla Saby	Chris Williams
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Robi Contrada	Rachel Howie	Bernie McClurg	Jon Saby	Pauline Windsor
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Frank Dicke	Teresa & Pasquale Imperato	Tanya McLellan	Lisa Shim	
Esther Diep	Mike Ivancic	Jennifer McMullen	Sigit	
Tammy Diep	Iris Cresta Holdings		Kimberly L Sikora	
ToPhuong Diep				

If you wish to contribute to the support of families of children with congenital heart defects, you may mail your donation to:

Heart Beats Children's Society of Calgary
Box 30233, Chinook Postal Outlet
Calgary, AB T2H 2V9

You may also donate online at www.heartbeats.ca where you can make secure donations by credit card to Heart Beats through CanadaHelps.org.

If you donate to Heart Beats through the United Way, please let us know so we can acknowledge you as the United Way does not provide us with the names of the donors.

Heart Beats Holds its 2nd Annual Family Fun Run

On a brisk Saturday morning in October, over 300 runners showed their support for children with heart defects by participating in the 2nd Annual Family Fun Run. Together the participants along with corporate and individual sponsors raised over \$18,000.00, funds that go directly to helping children and families cope with the realities of living with congenital heart disease. Heart Beats thanks all those who contributed their time, efforts and resources for making this event such a success! We look forward to seeing everyone again on Saturday, October 13, 2012 for the 3rd Annual Family Fun Run!



Off and running!



Congratulations to Ava Contrada for being this year's top fundraiser!

Here is what people are saying about the Run.

A great day, a great run for a great cause. Ryan and I enjoyed the run that Heart Beats put on. As a "heart kid" Ryan is one of many that has benefited from the work that Heart Beats does for the families.

David Smethurst



Ryan Smethurst and his Dad, David, after the big run.

I had a blast running the Heart Beats 10K with my sister and best friend. We are looking forward to running it every year and inviting friends to join us every time!

Carmen Williams

Carmen crossing the finish line along with her sister Robin Ebanks and friend Sigurlin Erler



The run was awesome! Not only did I get to run it with and for all of the heart kids, I also got to run it with my own son. This was our first official 5km run and we both beat our training times. We can't wait to do it again next year! This is such a great fundraiser for Heart Beats and I encourage all to come out and support it next year!

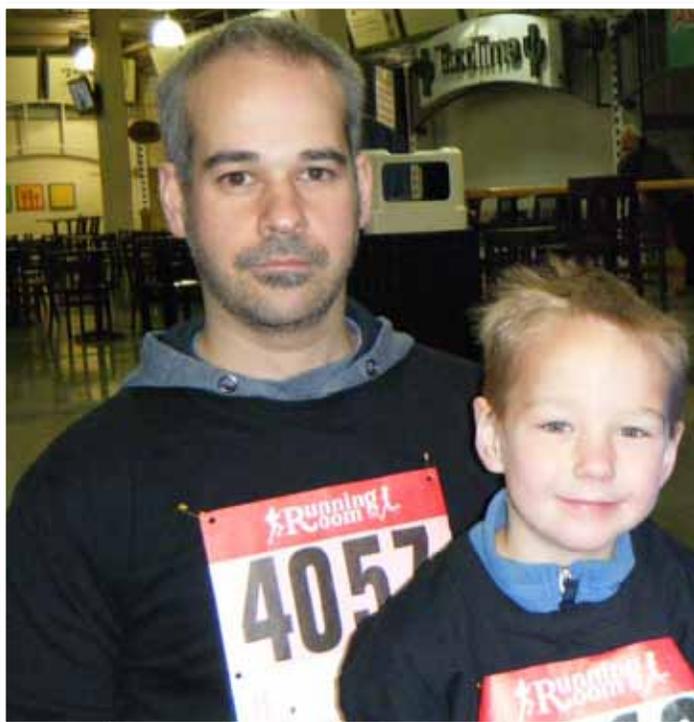
Patty Knox

The run was really fun and for a great cause. I plan on doing it again next year with my Mom, if she can keep up!"

Kie Knox

This is the first time I've participated in the Heart Beats Family Fun Run, but it sure won't be the last! I was impressed by how well it was organized and I love the t-shirt. The chip cards made recording my results simple and accurate. I had a great time for a great cause and I'll definitely be running again next year.

Jeremy Joly



Jeremy running for his nephew Roman and all children with CHD

This year was the first year that our family participated in the Heart Beats Run. We all had a great time, Joshua thought it was great, he enjoyed the 1km walk and absolutely loves the run shirt. Because he knows his heart is special he thinks the shirt was specially made for him. This is such a great cause and it was wonderful to see all of the heart kids out there with big smiles on their faces. We plan on doing this again next year.

Lynn Nakoneshny

This year I volunteered as a run marshal for the 1k Kids Race, while my own son participated in it. It was so inspirational to see these young kids running for such a great cause. At the conclusion of the race, each kid received a medal and a meal coupon for Boston Pizza – what a nice touch!

Ferrell Beleshko

The Tornqvist family was excited again to participate in the 2nd annual Heart Beats Family Run. Our group consisted of 27 family members and friends who all so lovingly walked, ran, donated money and as a result, supported the run and Heart Beats in honor of all the heart kids and our very own Ava. Unknown to us, Ava was born with Pulmonary Valve Stenosis as well as a hole in her heart. At five months old, she underwent urgently required open heart surgery at the Stollery and thanks to the wonderful team of doctors and the support of our family and friends, Ava is a thriving, energetic, loving 4 year who loves to dance, sing, run and play with her big sister Isabel. Team Ava included Grandpa, Grandpa and Uncle from Red Deer, 11 of Ava's closest friends ranging in age from 7 years to 9 months, and 16 adults.....some with coffee or tea in hand and babies bundled up. We all walked, ran, visited and laughed enjoying the morning together. It is no surprise or secret our family has struggled to cope with Ava's heart disease and it has taken years to heal but thanks to the support of our family and friends we are always reminded of the amazing support system and community we belong to.

Jakob & Melanie Tornqvist



Ava Tornqvist (bottom right) and her many supporters!

Heart to Heart

Heart to Heart is an opportunity for parents to come together in an informal and relaxed setting to visit and chat about parenting kids with CHD. Whether your "heart child" is an infant or a teenager, we welcome you to join in and share your knowledge and experience with others. Those with children at home are welcome to bring them along. For our weekend dates, we enjoy having the whole family attend. Upcoming *Heart to Heart* dates are:

- January:** Friday, January 20th at 10 am at the home of Karen Perl-Pollard
324 Norseman Road NW, Calgary.
- February:** Tuesday, February 21st at 10 am at the home of Lynn Nakoneshny
187 Willowmere Close, Chestermere.
- March:** Saturday, March 10th at 12:00 pm. Everyone is invited to attend the Annual Family Event. Please see "Upcoming Events" for details.
- April:** Wednesday, April 18th at 10 am at the home of Cindy Castillo
83 Auburn Glen Heights SE, Calgary.

For more information, feel free to contact Patty Wiebe by e-mail at pattyw@heartbeats.ca or by phone at 403-256-7423.

Keeping the Beat by e-mail

Never miss an issue! Subscribe to our newsletter today by sending an email to info@heartbeats.ca advising us of your name and e-mail address, and you will receive our electronic version of "Keeping the Beat". Your email subscription will enable us to reduce printing and postage costs, so that we may use these funds to assist heart families in other ways. Alternatively, you may download a full-colour version of Keeping the Beat 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.



Offbeats

We kicked off the new season of Offbeats in September with an all time favourite, Rock Band and ice cream sundaes. It was so great to see everyone and catch up from over the summer months. October found us elbow deep in pumpkins! Good thing we didn't make it a pumpkin carving competition because I would not have been able to pick just one winner, they were all so fabulous. The end of November featured the annual gingerbread house completion. As usual, two houses are built and one is added to the Cardiology Clinic's holiday decorations and one is given to Unit 2. This year, a new feature was added to this festive gathering, something Dr. Patton brought to our attention in the clinic. The Drop-In Centre of Calgary has a program called "Fill a Sock. Fill a Need", whereby they fill socks with everyday needs and hand them out on Christmas morning to anyone at the Drop-In Centre. In January, we are planning to watch a movie in the Amphitheatre at ACH, complete with popcorn and pop. February is always spent celebrating Congenital Heart Defect Awareness Week with heart shaped pizzas at Boston Pizza. For more information about Offbeats, please contact the cardiology nursing office at (403) 955-7316.

Cardiology Clinic News

In September 2012, Dr. Steven Greenway will be joining our team here in Cardiology. Dr. Greenway comes to us from Toronto Sick Kids and specializes in heart transplants and heart failure. We are all very excited for his arrival! Fortunately, we are only adding to our team of Cardiologists, not losing any!

All of us here in Cardiology would like to wish all of our patients and families a very happy, healthy and hopeful New Year. It is an honour and a pleasure to work with such amazing and inspirational kids and families.

All the Best in the New Year, Cardiology Staff

Revolutionary heart pump transplant performed at Stollery

Alberta Health Services News Release – October 13, 2011
Reprinted with permission

Rossland, B.C., teenager becomes first pediatric patient to receive HeartWare

EDMONTON — A 14-year-old girl and her family are returning home to Rossland, B.C., this month after the teenager became the first pediatric patient in Canada to receive a leading-edge heart pump that she had implanted at the Stollery Children's Hospital.

This past August, Kolby Zanier received a HeartWare pump, a device that helps her badly damaged heart pump blood through her body. Unlike a typical heart pump, which requires patients to remain in hospital because its external mechanisms are large and immobile, the HeartWare's external mechanisms, including the controller and battery, weigh less than four pounds and can be contained in a carrying case worn on a patient's belt or over a shoulder.

This will allow Kolby to enter Grade 10 at her own school, surrounded by friends and familiar classmates. "For patients on HeartWare, the greatest benefit is that they can be discharged from the hospital and return to everyday life," says Dr. Holger Buchholz, director of the Pediatric Artificial Heart Program at the Stollery.

The HeartWare pump is implanted near the heart. It uses two small motors to remove blood from the left side of the heart and pump it into the aorta, the large blood vessel that carries blood from the heart to the rest of the body. A cable exits the patient's skin and is connected to a battery powered controller.

HeartWare is approved for use in Europe and is currently in the regulatory stages of approval for use in Canada. Alberta Health Services (AHS) doctors obtained special

access from Health Canada to use the product. They determined Kolby would be best suited for a HeartWare device because its smaller pump would still provide her body with ample blood flow, and its portability would allow her and her family to return home.

"I'm looking forward to going back to school and can't wait to see my friends again," says Kolby.

Increasing the number of health technologies assessed is among the goals of the 5-Year Health Action Plan, jointly developed by the Government of Alberta and AHS, and supported by the province's stable, 5-year funding.

Kolby was four years old when she was diagnosed with Alstrom Syndrome, a rare genetic disease that can affect vision, hearing, kidney and liver function, and can also cause heart failure. She and her parents travelled to the Stollery this past July for a heart transplant assessment and, during that visit, Kolby was diagnosed with severe heart and kidney failure. For more than six weeks, she remained in the Stollery's intensive care unit while her kidney function restored itself. Doctors determined her heart was badly damaged and, on August 28, Dr. Ivan Rebeyka implanted Kolby with HeartWare during a five-hour procedure.

Going forward, Kolby and her family will decide whether she will remain on the device long-term or be placed on a wait list for a heart transplant. A patient can choose to remain on a heart pump indefinitely or until a donor heart becomes available.

Kolby's father Barry is grateful for the care his daughter received at the Stollery. "The doctors are the top docs in their field, the nurses are amazing and attentive to detail, and the teachers at the Stollery School were also very accommodating," he says.

The family also appreciates the tremendous outpouring of support and generosity from home. Residents of Rossland and nearby Trail, B.C., have organized several fundraisers for the family to offset the costs of taking time off work and spending time away from home while their daughter has been in the hospital. "The communities of Rossland and Trail have been behind us in an incredible way," says Barry. "I can't even begin to describe the feeling—so many people have chipped in."

As an outpatient, Kolby and her parents have worked with doctors to familiarize themselves with the HeartWare device. They will return to the Stollery every six months for monitoring.

The Stollery Children's Hospital is a member of the Western Canadian Children's Heart Network, an organization that shares clinical knowledge and expertise to improve care for children with heart disease. The Stollery is also a Western Canadian referral centre for complex pediatric heart surgeries and transplants.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than 3.7 million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

New to Keeping the Beat is a section devoted to the transplant group who are seen at the Cardiology Clinic. This section of the newsletter is still unnamed and we need your help! Can your child think of a good name for it? Please send your ideas to Kelly Webber at Kelly.webber@albertahealthservices.ca.

Parent Support Group

The first heart transplant parents support group was held this past October. We had a strong showing for our first meeting. Along with coffee and goodies we had some great conversation. Kathy McGillvary gave a presentation on the upcoming Canadian Transplant Games this summer (see the Canadian Transplant Games for more information).

The group was also introduced to an online peer support network for parents of children with heart and liver transplants, which will be launched this winter. Ongoing plans for this group were discussed and it was decided we would meet four times a year along with two family gatherings a year.

Our next meeting is scheduled for Tuesday January 17th from 6 to 8 pm at the Alberta Children's Hospital. Contact Kelly.webber@albertahealthservices.ca or Laura.thurberlarsen@albertahealthservices.ca for more information.

Facts about Transplant Clinic

- ♥ Calgary presently follows 24 transplant patients
- ♥ Our youngest patient is presently 13 months old
- ♥ Our oldest patient is presently 15 years old
- ♥ When the patient is turning 18, they transition to the Foothills transplant team
- ♥ In the last 2 years we have transitioned 3 patients

Canadian Transplant Games are coming to Calgary this July!

The Canadian Transplant Association and its programs have been changing lives and giving the gift of life to thousands of Canadians for over 25 years. One of the initiatives it engages in is the Canadian Transplant Games: Olympic style games geared and tailored to Organ Transplant recipients. Calgary has the honour of hosting the 6th Bi-Annual games from July 16 – 22, 2012. There are sports of varying intensity: badminton, swimming, track and field, tennis, etc. These week long games encourage transplant recipients to live the new life they have been given because of someone else's courage and ultimate generosity.

We anticipate over 200 participants in the Games and their families to travel from all over Canada to attend the 2012 Games. Participants range in age; at last games the youngest was 5 and the oldest was 74. The tenacity and vibrancy that these people have because they have literally a new lease on life is awe-inspiring and humbling.

These games are also to honour the families that have lost a loved one and to honour the lives of those fortunate enough to be here today for having received the donated organs. The games are full of incredible stories and truly have built a sense of 'family' for each transplant patient and their families across Canada.

Calgary is looking forward to showing off their 'Western Hospitality' as they host the 2012 Canadian Transplant Games!

The CTA also introduces **Two Special Youth Awards**; one is a **National Award** and the other a **Provincial Award**. These awards are in place to recognize outstanding achievement of Canada's young transplant recipients. For more information check out their website at www.organ-donation-works.org

Rob Sallows won a bronze medal in 'petanque' at the 2011 World Transplant Games in Sweden. Rob had a double lung transplant 7 years ago at age 17. He plans to participate in 5 pin bowling and lawn bowling at the Calgary Transplant Games next summer. Rob was followed by the Cardiology team at the Alberta Children's Hospital until he transitioned as an adult to the Foothills.



Family Camp for Heart Transplant Kids

Written by Julie Westlund, Nurse Clinician
Pediatric Cardiology, Alberta Children's Hospital

On September 23rd to 25th, 2011, I had the pleasure of attending the first annual family camp for heart transplant kids. This was held at Camp Warwa, located west of Edmonton. The projected outcome of the camp was for team building between both families of heart transplant recipients and centers – both Edmonton and Calgary. The reality of the weekend overwhelmingly exceeded all expectations.

Most families and staff members from Edmonton and Calgary arrived at Camp Warwa on an unusually warm September Friday afternoon to a spectacular fall landscape of multicolored fall leaves with a beckoning lake beyond calling out for all eager canoers! After greetings and dinner, everyone gathered at the nightly campfire led by the camp counsellors in songs and stories.

Both Saturday and Sunday also brought glorious summer-type weather conducive for the organized outdoor events such as archery, the climbing walls, and canoeing.

While these activities were taking place, Cardiology staff was providing families with informational sessions surrounding transplant topics of interest. These seminars were well attended, were open forum format encouraging many comments and debate. The support group in the afternoon proved to be very therapeutic with families sharing common experiences and building support networks as a result.

A fun soccer game broke out in the afternoon with transplant kids, siblings, parents and staff participating. On Sunday, the mini Olympics proved to be very successful with Calgary bringing home the cup, and a vow from Edmonton that spring training would begin early next year in order to ensure the cup returns to the Edmonton clinic next year.

Many laughs and great fun was had by all. However, the most inspiring and heartfelt moments were seeing our kids with heart transplants be just kids. Whether playing ball, tag, or being involved in



other outdoor fun, for a time the medical picture was replaced with silly laughter and normal, typical stuff that happens only at camp!



Canadian Congenital Heart Alliance's 3rd Annual Beat Retreat

Campfires, canoeing, climbing wall and craziness – participants of the 3rd Annual Beat Retreat had it all. A record number of adult CHD patients – aged 19 to 61 – turned out for this year's three-day camp retreat.

"Once again, the retreat was a great experience for all involved," says Camp Co-ordinator Toby Cox. "It just keeps on getting bigger and better each year."

The retreat, a Canadian Congenital Heart Alliance program, was held at Camp Quin-Mo-Lac, a traditional summer camp setting located on the shores of Moira Lake, north of Belleville in Ontario.



Over the course of the three-day weekend, campers had the opportunity to try – at their own pace – a full range of camp activities. "Archery, canoeing, crafts, scavenger hunt, climbing wall, initiatives course, campfires, kangaroo court – you name it, we offered it," says Cox. "We even had a handful of campers who braved early morning temperatures of 4 degrees C to do a polar bear dip."

Through it all, there was no shortage of smiles as campers made new friends, took on new challenges, and got caught up in the camp spirit.

"Too often, a lack of public understanding, opportunity or confidence prevents CHD patients from enjoying many of the life experiences enjoyed by their peers," says CCHA Board Member and veteran retreator Ted Thaler. "The Beat Retreat works to change that by giving these individuals an opportunity

to try new things and challenge themselves in a controlled setting."

"I've seen campers with tears welling up in their eyes because they've never even met another CHD patient before let alone had the chance to share experiences with someone who has faced similar challenges," he says. "It can be a cathartic experience."

Although it takes a whole team of volunteers months to organize and prepare for the annual retreat, Thaler has no doubt it's all worth it. "Especially when you see a smile cut across the face of a camper who has tried something they never in their wildest dreams thought they'd ever get to try because of their medical history. All of a sudden they have a new-found sense of accomplishment and confidence."

This year, two nurse practitioners who specialize in congenital heart disease joined the roster of attendees. They provided campers with tips and suggestions for living with CHD; in return, they had an opportunity to hear first-hand about the many challenges adult CHD patients face.

Organizers are already bandying around ideas for an even bigger and better Beat Retreat 2012. Says Cox. "I can't wait. It's going to be great."

For more information about the Canadian Congenital Heart Alliance and/or the Beat Retreat camp please visit www.cchaforlife.org or send an email to communications@cchaforlife.org.

We are looking for volunteers to help build up the Alberta Chapter of CCHA. If you are an adult with CHD or the parent of a child with CHD and would like to get involved, please contact Shelagh Ross at communications@cchaforlife.org.

Summer Camps for Kids with CHD

Did you know that there are summer camps available which are specifically tailored for children and teens with CHD? If your child is between the ages of 7 and 17 and has a heart condition, they may qualify to attend one of these amazing camps!

• Camp del Corazon, California

Camp del Corazon is held at Catalina Island Camps located at Howland's Landing, a private cove on beautiful Catalina Island. All of the activities are led by trained Activity Counsellors and supervised by onsite nurses and physicians. Activities include hiking, adventure games, court games, boom ball, arts & crafts and a variety of beachfront activities. Older campers also have the option of snorkelling and participating in powerboat fun, including tubing. Trained lifeguards oversee each activity in addition to one or two counsellors at all times. The only cost for campers is for their transportation to and from the camp. For more information, please visit their website at www.campdelcorazon.org

• Zajac Ranch For Children, British Columbia

Located in Mission, B.C., Zajac Ranch hosts hundreds of children per year with serious and chronic illnesses and disabilities who might not otherwise have a chance to enjoy a summer camp experience. While this camp is not exclusive to heart kids, it does include one week in the summer that is only for children and teens with CHD. Activities include swimming, fishing, canoeing, kayaking, volleyball, archery, rope courses, climbing wall, baseball, basketball, bocce ball, horseback riding and much more. There is a fee for this camp of approximately \$545 in addition to travel expenses. For more information visit their website at www.zajacranch.com.

Heart Beats is pleased to offer financial assistance to children and teens within the community who would like to attend one of these camps. If you are interested, feel free to contact us at info@heartbeats.ca or speak with one of the nurses at the Cardiology Clinic.

A Heart Endures

By Janeen and Gordon Robertson

No parent ever imagines their child will be sick. Colds maybe, the occasional bad flu but a severe illness, the foreign words of Congenital Heart Defect, never enter into our minds.

Our journey with CHD began in July of 2010 when at a routine 18 week ultrasound we were told our baby's heart was 'not normal'. The instant fear and panic those words created in us is unimaginable to those who haven't heard similar words. From there we met and formed an enduring relationship with Dr. Fruitman. We chose to find out our little blessing was a boy and promptly named him Samuel, the name we feel God had already placed on him. Over the next five months we rode the roller coaster of finding out the details of Sam's heart defect.

Samuel proved to be a tricky little guy with many defects that, taken together, led doctors to treat him as a single ventricle heart baby. Samuel's defects were double outlet right ventricle, transposition of the great arteries, slight coarctation of the aorta, blocked mitral valve, hypoplastic left heart and reversed SVC. All these conditions led Dr. Ross (cardiac surgeon from the Stollery Children's Hospital) to schedule Sam for the Norwood, Glenn and Fontan during Sam's first few years. There are really so many details, doctors appointments, hospital tours and so on that play a part in our journey but sometimes they seem like a distant past, like I am watching it all from afar.

The important part is welcoming our precious Samuel into the world. January 7, 2011 a 6lb, 5 ounce bundle of hope was born. Under the exceptional staff at the Lois Hole Women's Hospital in Edmonton Samuel was made stable and immediately made ready to transfer to the Stollery NICU. Thankfully I was released only two hours later and was able to follow Sam and Gord. We had some initial hopes for Sam that he would be able to breathe on his own; however he did need to be intubated and given prostaglandin right away. At the time we were devastated with this small setback. We would soon learn how quickly the ups and downs would come.

Dr. Ross expressed the urgency to us to operate right away because he felt Sam was not stable enough to delay and we agreed. So with much trepidation and fear we watched our 6 day old infant son be wheeled away for open heart surgery. Six agonizing hours later Sam was wheeled into Stollery PICU. There are no words to describe seeing your tiny child wake up from heart surgery, we literally soared. We focused on each moment of Sam's recovery from then on. Dr. Ross reassured us in his daily visits that Sam was doing wonderful and the surgery was deemed a huge success. After a journey of already epic proportions our fears were being abated, our baby was on his way to a strong heart.

Or so it seemed. While Sam's heart was beating stronger every day, his fragile body was fighting an unknown enemy. We were given hints of his decreasing health while at the Stollery but it wasn't until we were transferred to the Alberta Children's Hospital that the full gravity of the situation unfolded.

The short story is that blood tests confirmed Samuel had no T-Cell function at all. Genetics counseled us that Samuel was terminal and it was a miracle he had made it through open heart surgery with no life-threatening infection. While his heart was strong and healing, his body was failing. How long he suffered was the issue now. We made the impossible decision to spend his last day intervention free. No tubes or IV's save morphine to keep him at peace. Just the ability to hold our baby close to our hearts, a privilege we had rarely been afforded since his birth.

On February 7, 2011, after just one innocent month, Samuel was taken home to our Lord.

Our journey had definitely been our own. My purpose in sharing Samuel's story is not to bring uncertainty or fear to other parents. Speaking solely to Sam's CHD we experienced only the very best. Exceptional health care staff, thorough help in preparation for Sam's surgery, and truly heartfelt care from those around us is just to mention a bit. Dr. David Ross was superfluous and in our minds gave us that one month with Sam. Dr. Fruitman continues to amaze us as we see her supporting Heart Beats as well as us with unending energy and compassion. Dr. Kathy Ross from the ACH PICU was so much more than a doctor; she spoke words of comfort when we needed them, wise words that made us look beyond our emotions to the only thing that mattered – Sam! Our prayers were answered for the healing of his heart.

The devastation in our story lies in a genetic syndrome called Charge. Charge was the initial cause of Samuel's CHD as well as the plethora of other issues riddling Sam's medical history. In two short months we will experience the first anniversary of our child's death. Many emotions and feelings have trampled us in this time but one prevailing attitude exists. The life of our beautiful son was a miracle full of love and purpose. We do not regret anything but are so thankful and proud to be the parents to such a tiny warrior.

Our advice is to focus on the here and now, for tomorrow is its own new challenge. Ask all the questions, be 'too' involved it's your child, and make sure to appreciate the journey for the small things. Don't hold in your emotions, we feel so deeply because we love so deeply. And above all have courage and hope. We pray for the continued health of each heart child, they truly are miracles.

Thank you to Heart Beats for all the support, it is hard to express what it has meant to us and continues to mean.



Samuel Robertson



The Robertson Family



Gord & Janeen Robertson, along with their large group of supporters at the Heart Beats Family Fun Run. They were running in memory of their son Samuel.

CHD and Me – Talking With Adults With CHD

A concern that “heart parents” often have is how our children will do in the future. Will they be able to lead productive adult lives? Will their heart defects prevent them from doing activities or jobs that they want to do? In this edition, we feature the story of Toby Marchegiano.

Imagine being in elementary school and not having to go outside for recess in the winter and not having to participate in gym class... pretty cool right? Well, it was for me, but a lot of baggage came along with that.

I was born on March 15th, 1979 as a normal baby. Well, that is what everyone thought. I was home no longer than 7 weeks. I wouldn't eat much at all and was a little blue. After a visit to the Doctors, I was sent straight – not even going home to pack a bag – to Sick Kids Hospital and remained there for a couple of months. The doctors found out that I had congenital heart problems, and if that label wasn't bad enough they added “complex” congenital heart disease. My diagnoses included DORV, complete AV septal defect, and a hypoplastic right ventricle, among others.

I grew up as a normal kid playing with my friends, going out and being a pain to parents. But with all that freedom came many surgeries to keep me going, until I was ready and the technology was ready for me to have a Fontan Procedure.

It was at this point when things changed big time for me. The Fontan went very well and they replaced my mitral valve with a mechanical one at the same time. One of the major side effects to the Fontan, which was never mentioned to me or to my parents, was “arrhythmia”. I had my surgery in December, 1997 and the following May got really sick. I thought it was the flu, I felt weak and tired, not normal for me. My cardiologist told me to go straight to Toronto General Hospital and right into the Peter Munk clinic and skip going to emergency. I was brought in by wheel chair and flat lined. I stayed in the hospital for a few days for the doctors to figure out what to do with me. After being there two days, I was laying in the hospital bed at about 2am and felt my heart slow down big time and I pushed the button for the nurse before I flat lined again. The feeling was so weird; it just felt like I blacked out for a while. When I woke up, I had doctors all around me with the paddles to my chest. Unfortunately for the nurse beside me, I was

sick all over her. They had called my parents and told them to get to the hospital ASAP, but wouldn't tell them what happened. I can't imagine how they felt. I was in the hospital for two months, and was put on a load of medications, which I still take to this day.

During this stay, I got a pacemaker which failed the following October of 2008. So I now had a pacemaker for my slow heart rate of 35bpm and arrhythmia medication for my fast heart rate of 220bpm. After being sent home I was good for about a year. When the first pacemaker failed, I just felt my heart go so slow and could barely stand and had to sit. I was rushed to emergency and spent a few days there and got a new pacemaker. This happened three more times, always with a new pacemaker. Then finally, I actually wore a pacemaker battery out. I recently had a scheduled replacement this year – so far so good.

Today, my quality of life is good and I have really no restrictions other than to do things within my own limits. I own a graphic design business and an arcade business with my husband. I have no complaints! Three years ago I started, along with other very helpful volunteers, the first congenital cardiac camp for adults. The program is run by Canadian Congenital Heart Alliance “CCHA” and is now going on its 4th year. It's an amazing experience for congenital patients who never had the chance to go to camp as a kid. We do all kinds of things like rock wall climbing, canoeing, low ropes, archery, and other games. The best part is just sitting around the camp fire and sharing stories. We have created such a strong bond because we just “know how it is”. We all have different issues but in the end we all feel alike. The camp is run every September for a weekend and is called “The Beat Retreat”. For more about the camp please visit www.cchaforlife.org.

I truly feel for my parents Nora & Gary, my husband Andrew and my sister Heather. They have gone through so much in the past 32 years that most people would ever imagine going through in their entire life. They are truly the best people ever! I have an amazing best friend Sheila who stuck with me and stood at the school doors and watched me sit inside by myself.

Are you an adult with CHD? If so, we want to hear from you! Please submit your story to jenb@heartbeats.ca and share your experiences with our readers.

Western Canadian Children's Heart Network Update

The WCCHN Website is getting a facelift! Work is underway to renovate the WCCHN website, making it more comprehensive and reader friendly. The new site will have:

- Improved layout and graphics
- Improved navigation throughout the site
- Search feature to help users find information quickly
- Photos and bios for clinicians at each of the WCCHN Centers
- More success stories – some with video
- Streamlined links for patients and families – and much more!

Watch for the new site to be launched in late December 2011!

www.westernchildrensheartnetwork.ca

Long-term outcomes in children undergoing cardiac surgery with and without acute kidney injury

Dr. Catherine Morgan in the Pediatric Nephrology Department at the Stollery Children's Hospital is conducting a study looking at kidney injury following cardiac surgery.

“Children admitted to intensive care, including after open-heart surgery, can experience injury to their kidneys. Although we know that kidney injury during intensive care stay affects how children do in hospital, we know very little about how it might affect their health long term. We think that kidney injury during intensive care might be a risk factor for chronic kidney disease and related conditions like high blood pressure. We are doing a study to see if this is true”.

If you or your child was admitted to intensive care between January 1, 2005 and January 1, 2010 and were 18 years of age or younger at the time, you/he/she may be eligible to participate in this study.

If you would like more information about this study, please contact:

Cathy Sheppard – Research Nurse
780-916-8008
cathy.sheppard@albertahealthservices.ca

Dr. Catherine Morgan
780-248-5560
catherine.morgan@albertahealthservices.ca

Community Updates

Last year our daughter Alexa had the third of three scheduled open heart surgeries. We saw her slowly recover, regain energy, and finally be able to live like a regular little girl without always thinking about an impending surgery.

In the Spring of 2011, she started asking a lot about the Disney princesses, which she always loved. She asked where they lived and how she could visit them. When we told her they lived in Disneyworld, she said that she wanted to go there and meet them. That's when we decided to look into having her wish granted and so we contacted The Make-A-Wish Foundation. We were delighted when, just a couple of weeks later, her wish was approved and she would be not only meeting the princesses at Disney World but would be having lunch with them as well!

We decided the best time for us to go would be for her fourth birthday in October. So on October 8, thanks to The Make-A-Wish Foundation and Penn West Energy, who adopted her wish, we were on a West Jet flight and off to Orlando for a whole week!

We stayed at a place that is especially for wish children called Give Kids The World Village. This is a truly magical place! They

have a swimming pool with water park, mini-golf, a train, a restaurant, a theater, a carousel, a park designed to look like the game Candyland, and best of all, an ice cream parlor that served ice cream from 7:00am until 9:00pm. One of the Village's slogans is "Ice Cream For Breakfast". They also brought in characters from Disney, Nickelodeon and Universal Studios, had a Halloween party, a Christmas party, a pool party, and brought in horses for the kids to ride twice a week! It is mostly volunteer run and everyone spoiled us the minute we walked into the door! The only difficult thing about staying there was having enough time to enjoy it all. We were given tickets for all four of Disneyworld's parks, Universal Studios, Seaworld and Seaworld's water park, Aquatica. So it was a very busy week.

When Alexa and her sister Sophia saw the princesses they stood in awe with their mouths open! And the lunch was great – good food and good company with the princesses walking around greeting each table. Since it was Alexa's birthday they gave her a card signed by all the princesses and a special cupcake.

We had great fun in the parks and enjoyed each day to the fullest. We are so very grateful to The Make-A-Wish-Foundation, Penn West Energy, and Give Kids The World Village. It really was a wish come true!



Alexa (right) with her sister Sophia

Submitted by Cindy Castillo

What's new with your heart child?
To share their accomplishments,
news or stories with our readers,
please send them to our newsletter
coordinator at jenb@heartbeats.ca
for inclusion in our next newsletter.

Parent Resources

In this section of the newsletter, we invite you to share your expertise. As a parent of a child with heart disease, you have learned a lot! Share with us the books, websites and other resources you have found valuable on your journey. Whether your child is a baby, teen or somewhere in-between, we all have things that have made our days a little easier—so let's share these ideas with each other!

WEBSITE REVIEW

By Jen Beleshko

Little Hearts Matter – <http://www.lhm.org.uk>

Half a heart, not half a life. This is the catchphrase for a website I've recently been lucky enough to stumble upon. The organization, Little Hearts Matter, is out of the UK and is specific to children with single ventricle heart defects such as Complex Pulmonary Atresia, Tricuspid Atresia, Hypoplastic Left Heart Syndrome (HLHS) or Double Inlet or Outlet Ventricle. The information on the site is comprehensive, encompassing everything from prenatal support through to the teenage

years. There are two message boards, one for parents and one called The Zipper Zone that is just for youth (passwords are required to read and post to these boards). There is also a bevy of information for dental care, feeding, medication, hospital stays, just to name a few. One of the features that impressed me the most are the movie presentations that can be downloaded from their Media Site. I especially enjoyed watching the 30 minute movie entitled "I've Only Got Half a Heart... Understand me?" It is made by youth with single ventricles to explain their conditions, feelings, challenges, strengths and weakness to teachers and schoolmates. I learned a lot listening to these young ones expressing themselves. There is also sibling support, which I think is an important and often overlooked subject. I really enjoy perusing their newsletters and have subscribed to their electronic version. This site is an excellent resource for anyone whose child has a single working ventricle.

Parenting a Heart Child

By Cindy Castillo

Cindy Castillo is a mom to two daughters, one of whom has a heart defect. In this series, she will be discussing the challenges and triumphs of parenting a child with heart disease.

Preschool

Of course, I knew there would be some differences in parenting experiences with my 7 year old daughter Sophia, heart healthy, and her sister Alexa, critical aortic stenosis being treated as Hypoplastic Left Heart Syndrome (HLHS). With countless hospital trips, surgeries, needles and doctors, I knew because of Alexa's medical experiences we would have to guide her a little differently in some ways. But I never expected her condition to affect ordinary situations so much, not as much in her life but in mine as well.

One of these differences appeared recently when Alexa started preschool this September. She has always been very outgoing, very social, and rarely, if ever, shy. In June one day she cried bitterly and sobbed "Why does Sophia get to go to school and I don't?" which made me feel like maybe I was depriving her of something by not sending her to preschool earlier. I thought that September, when she started, would be a breeze. She would run in without saying good-bye and have tons of friends. I started thinking that maybe the two days a week I had signed her up for wasn't enough.

But when September rolled around I started to panic. I have always been very aware of Alexa's colour, her breathing, even her heart rate, and suddenly I had to hand her over to people who didn't know anything about her. I called the preschool and asked if everyone there knew CPR. I am ashamed to admit that neither my husband nor I have ever taken an infant/child CPR course, but I was adamant that these people be officially certified. I then sat down and typed out her health history, her doctors names and phone numbers, the medication she is on and what side affects it could have, the signs of cardiac arrest... at the very bottom of the page I managed to squeeze in "She is active and can do anything any other child can do and should not be treated differently." And, right after that, added that sometimes when she is cold her hands, feet and lips turn purple. When I handed it to one of her teachers on the first day of school I watched a very faint trace of what I

perceived to be fear come over her face. Or was I the one with all the fear? Was I being overprotective? Was I jeopardizing Alexa's chances of having a fair learning environment where she wasn't treated differently from the other kids?

On the first day of school, parents had to stay with their kids. Alexa played happily while I chatted with another mom. Day two and all went well. There were no reports from the teacher and Alexa was happy when it was finished. On day three, Alexa came out looking red in the cheeks and somewhat sad. "She had a little incident half way through," the teacher said. My heart raced "What happened?!" I tried not to shout. "She was just crying and said she missed you." I asked Alexa what had happened. She said "I just needed you, Mommy." My heart melted and tears filled my eyes. Images of her as an infant lying in the hospital without being held flooded my mind. When she was a baby I wasn't with her 24 hours a day at the hospital as I also had my other daughter to care for. Did I warp her for life by leaving her alone? And why was I leaving her alone now when I had the opportunity to be with her? Guilt swarmed my thoughts.

We went home and I took her temperature. She had a low fever and complained of a sore throat. I tried to convince myself that she had a bit of a virus and that's why she was crying.

She didn't have school again until the next week. When we got to the school, her mouth drooped down and her chin quivered. Her eyes looked frightfully sad. "I don't want to go," she squeaked. I stayed at the school for half an hour and finally left. I cried all the way home. The next class was a repeat of the same, including me crying all the way home. I am not usually this kind of person. When I discussed it with my sister-in-law she reminded me of advice I had given her 7 years earlier when we both had our first children around the same time. "If they're crying and you know that there is nothing physically hurting them or wrong with them and you have done everything you can, then just let them cry," I had told her. I told her *that*?! That may have been okay with Sophia, but with Alexa all that went right out the window!

Then Alexa asked me a very interesting question. "If I touch things at school, will they make me sick?" Hmmm. So what she was doing is associating her fever and sore throat with school! Of course! Ever since she could understand, we have constantly told her to wash her hands, use hand sanitizer, don't touch that or you might get sick. And at four, no matter what we tell her about her heart, it's probably pretty hard to understand why she had been in the hospital so many times if she wasn't really "sick". I assured her that it was ok to touch the things at school (even though in the back of my mind I was thinking of all the germy toys she touches).

The following classes got better and better. No crying on either part. She did get a bit nervous one day when I told her it was picture day. She looked very worried and said, "But you have to be there!" "No, I said, it's just a picture of you. Mommies don't have to be there." She said, "But are they going to take a picture of my heart? You HAVE to be there!" Wow. I then realized how much of her life experiences have affected her way of thinking.

So where do we as "heart parents" draw the line? When is worrying too much? And will it ever end? I brought this subject up at one of our Heart Beats meetings and Jeannine Oliphant had this to say. "It never gets any easier, Cindy. Alysha (HLHS) is now 14, and she is attending a West Coast trip in the spring with her school and will be sailing around the inlets off of Vancouver Island. She will living on the boat for the week and learning the different roles it takes to be a crew member of the boat. I am absolutely freaking out!! At the school meeting, I'm sure people were looking at me like I was crazy because of all the questions I was asking! Where are the nearest hospitals, what medical safety plan is in place, what time does the day start and end for the kids, do the kids get down time during the day, where does the drinking water come from, are we able to have contact during the trip with the kids? If my older daughter Kelsi was going on a trip like this, I wouldn't even hesitate in sending her."

And so it goes. Not only our child's experiences with their medical condition but also our experiences in our journey beside our heart children affect us in more ways than we know.

Advice From Our Parent Experts – You!

What advice can you give to parents who are nervous about enrolling their heart child in preschool or kindergarten?

I would say it is a great opportunity to educate the teachers and raise awareness. It is also great for the parents to ‘cut the cord’ and let our kids grow so that they are not ‘over-sheltered’. At least this is how I felt back then. Lucas is now in grade 5 and no one can tell he is a heart kid. I just write it on his field trip form under medical conditions just to be super safe even though he has no limitation.

Anne Chevalier

It was really hard for me to “let go” and have Joshua under the care of someone else, I admit I was nervous for the first couple of months. When he was almost 3 Joshua started preschool, he is now in Kindergarten. Joshua has HLHS so he displays symptoms of being out of breath and has slightly cool, purplish fingers and toes, prompting discussion from his teacher. I made sure that the school and teacher were well aware of his heart defect. The Stollery gave us a letter for the school regarding his blood thinner – Warfarin. I also gave them a sheet regarding symptoms of heart failure

as well as an information sheet regarding all contacts and AHC phone number. We have also taught Joshua to tell the teacher if he is out of breath, needs a break or doesn’t feel well. To date we have had no issues with Joshua besides common colds, which he is able to handle without medical intervention.

Lynn Nakoneshny

My son was ‘repaired’ at the age of 2, so by the time we hit preschool there was not much beyond the normal concerns that any parent may have. A big adjustment for me was going from pre-surgery ‘keep him healthy/in a bubble’ to post-surgery, ‘he is repaired and can get a cold’. Between 3 year preschool and 4 year preschool Mathias had a pacemaker replacement, but it happened during the summer, so we were able to keep him healthy and not worry about the sea of germs in the school environment.

Karen Perl-Pollard



A kind heart is a fountain of gladness, making everything in its vicinity freshen into smiles.

– Washington Irving

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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.



Heart Beats
Supporting Children with Heart Disease



Heart Beats Children's Society

- presents -

Grate Full Hearts 25th Anniversary Celebration

Please join us as we celebrate 25 years of supporting children with heart defects and their families

Location: Calgary Italian Club
416 – 1st Avenue NE, Calgary, Alberta

Date: February 11, 2012

Time: 5:00 General Reception and Welcome
6:00 Five Course Italian Dinner, followed by live entertainment and dancing

Details:

- ♥ MC is Brenda Finley
- ♥ Entertainment provided by the Heebjeebees
- ♥ Dance to follow by Lotak Entertainment
- ♥ Silent Auction and Raffle

Tickets: \$100/per person

For tickets please contact Lori at mochingbrd@shaw.ca.



Heart Beats
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