

The Border City “Beat”



Heart Defects Society of Windsor and Essex County

New HDS Office

Brian Caza – Treasurer

Hearts weren't meant
to be born broken.

Volume 9, Issue 1

Winter 2011

As of January 1, 2011, we have a new office that the Heart Defects Society is working from! We are now located at 1479 Tecumseh Rd. E. (Kitty Corner From Koolini's - next to Brian's Sporting Goods). We have signed a one-year lease and are going to see how things work out. Our monthly board meetings will now be held at this location—members and other interested parties are always welcome to attend! (The next meeting will be Monday, Feb. 21 at 6:30PM.)

We are looking for volunteers to help staff this office during the afternoons of Monday - Friday (possibly 1PM to 8PM) and Saturdays (possibly 9AM to 1PM). Most of the duties will be answering/returning phone calls, odd jobs around the office, answering any questions of people that might drop in, etc. If you would like to volunteer, please call the HDS at 519-973-0915 and leave your name and a phone number that we can contact you back at.

The City of Windsor has proclaimed February 8–14 as Congenital Heart Defects Awareness Week 2011. See page 4.

Francine Bryar Memorial Bursary

Beatrice Phelps

The Heart Defects Society is pleased to introduce the Francine Bryar Memorial Bursary, which has been established in the memory of our President and co-founder, who passed away in 2010.

The \$500 bursary will be available beginning with the 2011-2012 school year, and each year thereafter. The successful candidate must have a congenital heart defect, documented proof of which must be provided by the applicant's physician. Applicants must also be entering an accredited post-secondary institution within the province of Ontario.

Guidance Councillors at Windsor and Essex County secondary schools will be receiving application forms by March 15, 2011. In order to be eligible, completed submissions must be received at the HDS office by April 30 and will be reviewed by the Board of Directors of the Heart Defects Society for approval.

The bursary will be awarded at the HDS Family Picnic which will take place on June 11, 2011.

Inside this issue:

Announcements	2
2nd Annual Christine Sorrell Memorial "Pooker Run"	2
General Election—Annual General Meeting	3
HDS Family Summer Picnic	3
Coming Soon - CHD Resource Library	3
MTMF Gets a Facelift!	4
CHD Awareness Week Activities	4

Announcements

Celebrations and Milestones

We wish a very happy birthday to:

- **Farrah** on March 24th
- **Isaac** on March 27th
- **Caitlynn** on May 15th
- **Nicole** on May 28th
- **Glen** on June 5th

Best wishes to:

- **Tyler** who will celebrate the fifth anniversary of his open-heart surgery on May 2nd

Submissions welcomed and encouraged.

Please send us your **birthdays, anniversaries** (surgery, wedding, etc.) and **milestones** (entering into a new area of life, such as first day of school, high school, university or parenthood). **News** that you would like to share is also welcome. If you have an upcoming surgery, or are recovering from an illness, we would like to add you to our thoughts. Let us know about it!

Please contact Darren at the HDS for any submissions you would like to enter. Call 519-973-0915 or email submissions to Darren@HeartDefectsSociety.org with the subject "Newsletter Submission".



In recognition of Earth Day on April 22nd, the HDS would like to begin distributing this newsletter in electronic format. If you would prefer to receive news from us via e-mail rather than paper, please send your name and current e-mail address to Darren@HeartDefectsSociety.org.

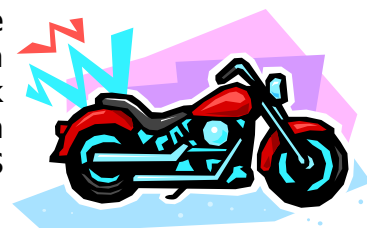


(If we do not hear from you, you will continue to receive paper copies by postal mail.)

2nd Annual Christine Sorrell Memorial "Pooker Run" — June 26, 2011

Warren Hayes

Last year on July 25, we held our 1st Annual Christine Sorrell Memorial "Pooker Run", a motorcycle poker ride through Essex County. We started off at 9:00AM at CAW Local 200-444 on Turner Road and had a police escort out to Windsor Raceway. From there, we made stops in Amherstburg, Colchester, Leamington, Essex and Belle River, and ended at the Teutonia Club of Windsor for dinner and awards. We had some great prizes, including a Broil King barbecue for the top pledge earner. Approximately 80 motorcycles (and 1 bicycle!) participated in the event. It was a spectacular success, raising over \$25,000 for the HDS. We are now planning our 2nd Annual "Pooker Run", set to take place on June 26, 2011, so if you ride or know someone who does, please mark your calendars and plan to come out and help make this event even bigger and better than last year! Details are posted on the HDS Facebook page, or you can e-mail Warren@HeartDefectsSociety.org.



The Board of Directors

General Election—Annual General Meeting

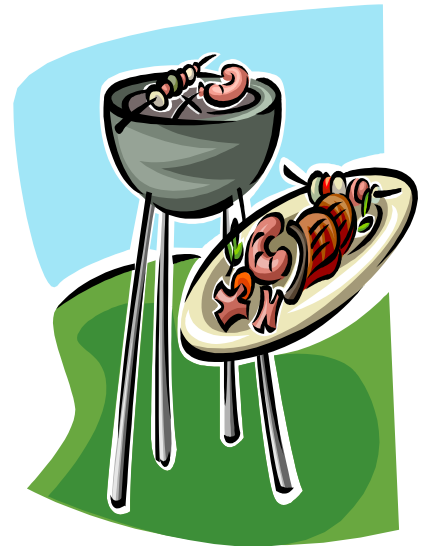
Darren Womack—Vice President

Every summer in early August, the HDS holds our Annual General Meeting (AGM). The purpose of this meeting is to review what we have accomplished during the preceding 12 months, to discuss goals for the coming year, and to elect the Board of Directors. Each elected Director serves a term of two years and is eligible to run for the Officer positions (President, Vice-President, Treasurer or Secretary), which are determined annually during this meeting. Anyone interested in the Heart Defects Society is invited to attend the AGM, regardless of whether you have had past involvement with the HDS. This is a great opportunity to voice any ideas or concerns you may have, and to help steer the future direction of our organization. Once scheduled, the meeting date and time will be posted on our website at www.HeartDefectsSociety.org and on our Facebook page.

HDS Family Summer Picnic — June 11, 2011

Each year, the HDS holds a summer picnic. All families affected by congenital heart defects are encouraged to attend. It is a relaxing, family-oriented gathering to catch up with old friends, meet new ones and enjoy the great outdoors! This year's picnic has been scheduled for Saturday, June 11th from 11:30AM to 2:30PM and will once again be held at Mic Mac Park in Windsor (Picnic Area #03). Lunch will be provided, and as always there will be door prizes and games for the kids. We will also announce the first recipient of the Francine Bryar Memorial Bursary at this event.

There is a playground and splash pad at this site, so pack your swimsuits and sunscreen! Shelter will be available, but we do ask that you bring your own lawn chairs. **Please mark your calendars and plan to join us for this fun-filled day!**



Coming Soon — CHD Resource Library

There are many families in our area whose lives have been profoundly affected by congenital heart defects. These families are all at various stages of their CHD journeys. Some are looking for answers, some for hope, and some just want to know they are not alone.

With this in mind, the Heart Defects Society has decided to establish a lending library, containing a variety of resources related to CHD. We will have books geared toward children (both patients and their siblings), parents and adults living with CHD.

Resources will be available for HDS members to borrow. We would also like to expand our library over time, so if you have a title you would like us to offer, please let us know. Contact us for a list of our current offerings, or to find out more.

MTMF Gets a Facelift!

Brian Caza—Treasurer

The Board of Directors has made a few changes regarding the Melissa Trothen Memorial Fund, which provides financial assistance to people who must travel out of town for CHD related medical reasons, such as check-ups, other appointments or surgeries.

The maximum annual amount that a patient is eligible to receive has been increased from \$500 to **\$1000 per calendar year** (Jan.1-Dec.31).

The payouts are as follows:

Appointment in London

Up and back the same day
\$100

Appointment in Toronto

Up and back the same day
\$200

Appointment in Toronto

Up and back the *next* day
\$300 (must provide proof of
Hotel stay, such as a
copy of your receipt)

Surgery in London/Toronto

\$500

To receive these funds, please download and print the MTMF form off our website (PDF Viewer required), or contact us for a hard copy prior to your trip. This form must be signed by a Cardiologist, Nurse or Social Worker. Once completed, please mail or drop off the form to us at the address below.

Unfortunately, funds cannot be given out in advance, but forms will be processed as soon as possible upon receipt of them.

CHD Awareness Week Activities

The City of Windsor has proclaimed the week of February 8—14 to be Congenital Heart Defects Awareness Week for 2011.

HDS activities during this week will include:

Feb.8 (Tuesday)

- Raising of a Heart Defects Society flag at City Hall
- Free Bowling for HDS Families at Bowlero (675 Tecumseh Road W.) from 6:00-8:00PM

Feb.11 (Friday)

- 5th Annual Pasta Fundraiser at Teutonia Club (55 Edinborough St.) 5:30-9:00PM

Heart Defects Society Board of Directors

Vice President

Darren Womack
Darren@HeartDefectsSociety.org

Treasurer

Brian Caza
Treasurer@HeartDefectsSociety.org

Secretary

Christine Womack
Christine@HeartDefectsSociety.org

Directors at Large

Beatrice Phelps
Beatrice@HeartDefectsSociety.org

Glen Dunn

Glen@HeartDefectsSociety.org

Warren Hayes

Warren@HeartDefectsSociety.org

Contact Information



Web Site Address

www.HeartDefectsSociety.org

Phone

519-973-0915

Mail

1479 Tecumseh Road E.
Windsor, ON N8W 1C2

E-mail

info@HeartDefectsSociety.org