Heart Breaker Challenge Raises $61,000 for Cardiac Wellness & Pulmonary Rehab at HDGH

The support of 1,530 participants and 1,300 spectators attributed to the remarkable success of the inaugural Heart Breaker Challenge which took place on May 4th of this year. The event featuring 22 obstacles over a 5 km course at Malden Park was the first race of its kind in Windsor-Essex, raising $61,000 for the Cardiac Wellness and Pulmonary Rehab Programs at Hôtel-Dieu Grace Healthcare.

Event organizers gathered at Hôtel-Dieu Grace Healthcare last Wednesday for a formal cheque presentation and to announce the date of the highly anticipated 2014 event, taking place on Saturday, May 24th at Malden Park.

Building on the growing popularity of obstacle races, the Heart Breaker Challenge is a grass roots event. “What makes this event special is that with the efforts of a dedicated group of volunteers we were able to proudly ensure that 100 per cent of the funds raised support these two great programs right here in our community,” remarks Jason Petro, Coordinator of the Cardiac Wellness and Pulmonary Rehab Programs, and Heart Breaker Challenge Lead Event Coordinator. “Heart Breaker is about having fun, and challenging yourself and your fellow Heart Breakers while promoting an active lifestyle. The vital funds raised at this event support those with cardiac or pulmonary disease and allow the programs to continue to provide safe, medically managed and multidisciplinary rehabilitation which includes healthy lifestyle education and supervised exercise sessions for the people of our community.”

Last year’s Heart Breaker Challenge event drew local and out of town participants of all ages and athletic ability who accepted the challenge of crawling through mud pits, sliding down giant waterslides and dredging through ditches.

Planning for the 2014 event is well underway with the Event Organizing Committee meeting regularly to plan new obstacles and event features. For event information and to register for the Heart Breaker Challenge visit www.heartbreakerchallenge.com or like the Heart Breaker Challenge Facebook page www.facebook.com/heartbreakercanada. Registration for the May 24, 2014 event is now open.

The Pledge to End Bullying Campaign Launch

November 18-22 is Bullying Awareness Week and this year’s theme is “Stand Up! (to bullying)”. Once again this year, HDGH and WRH are partnering as co-sponsors of Bell Media’s The Pledge.

All staff, students and volunteers are invited to attend a media launch to kick off this year’s The Pledge to End Bullying Campaign taking place on Tuesday, November 19th at 11:00 a.m. in the Tim Horton’s cafeteria.

More than 140,000 individuals in southwestern Ontario have taken The Pledge since the campaign was initiated by CTV in 2011. To take The Pledge or learn more about it, visit www.thepledgeendbullying.ca.
More than 1,500 Patients Benefit from HDGH Bariatric Centre

As part of the Ontario Bariatric Network, the first Bariatric Regional Assessment and Treatment Centre (RATC) opened in Windsor in 2009 and is now located at Hôtel-Dieu Grace Healthcare. Since that time three more RATCs have opened in Kingston, Thunder Bay and Sudbury along with seven Centres of Excellence for Surgery at: Ottawa, Guelph, Hamilton and Toronto. Presently the Windsor RATC patients have surgery in Toronto or Guelph.

Our Regional Assessment Centre at HDGH under the medical direction of Dr. Joseph Shaban and managed by Nancy Berthiaume involves a multi-disciplinary team of bariatric experts (endocrinologists, psychologists, psychiatrists, nurses, dietitians, social workers, physiotherapists and kinesiologists) and refers patients to the appropriate treatment (surgery, and/or medical weight management). The clinic also has an exceptional team of administrative support as well who help to guide that patient through the process.

According to Nancy, our specialized medical team is dedicated to providing services related to the assessment, preparation, recovery and long term success for those seeking weight loss surgery. “Our Regional Assessment Treatment Centre is the only program this side of Guelph/Hamilton which means we have patients coming to us from all over Southwestern Ontario,” said Nancy. “From referral to surgery, we work with the patient for about a year and then follow them for five years after surgery — no one else does that in North America.”

Currently, the program at HDGH provides service to 1,500 active patients, including 670 who have had surgery. Of those patients who have had surgery, 81 percent are female and 19 percent male. The average age is 44 for females and 47 for males and the average BMI before Surgery was 48.4 for females and 50.2 for males.

Nancy says their focus is on improving health by decreasing health related co-morbidities such as high blood pressure and diabetes. The RATC also acts as a resource for improving the patients’ knowledge base enabling them to implement strategies to deal with their obesity in a non-surgical way.

“Surgery is not the solution for everyone. The Bariatric team and ultimately the Surgeons determine whether someone is right for surgery after a complete evaluation and education. Weight loss surgery is a permanent life-altering procedure and patients need to be committed to making the lifestyle changes needed for a successful outcome,” adds Nancy.

In February 2013, our RATC was provided with funding to add a Weight Management Program for 100 patients per year as part of a pilot project of the Ministry of Health and Long Term Care that will run for three years and then be evaluated. This program is also led by Dr. Shaban, Nancy and her team.

“This is a 12 week behavior modification program that is offered free to patients who have gained weight after bariatric surgery or patients not fit for or do not want surgery,” states Nancy. “We focus on teaching the patients how to eat properly, prepare healthy meals and exercise with a goal for patients to lose five to 10 percent of their weight to reduce diabetes, blood pressure and cardiac disease.”

The Weight Management Program also offers a 24-week Opti-Fast Program (meal replacement diet) at a cost of $75 per week. Since February, 41 people have completed the 12 week program and eight for the Optifast program.

For more information on the Bariatric Regional Assessment Centre at HDGH, contact Nancy at nancy.berthiaume@hdgh.org or call her at ext. 79101.

Retirement Tea & Blood Donor Clinic to Honour Bill Marcotte

Bill Marcotte is a well-known leader in the healthcare system and community in the area of mental health and addictions. Since 1994, we have benefited from his knowledge and expertise. Bill has decided it is time to enjoy his family and friends and to pursue his hobbies and interests on a full-time basis. Please join us in celebrating Bill’s retirement.

All staff are invited to a Retirement Tea in honour of Bill on Friday, November 29, 2013 from 2:00 p.m. to 3:00 p.m., 3rd Floor CPH Activity Room (Room #CP-3613).

All friends, family and co-workers of Bill are also invited to give blood the week of Tuesday, November 19th to Saturday, November 23rd in honour of Bill’s retirement. Bill will be there on Saturday, November 23rd at 10:00 a.m.

The Windsor Blood Donor Clinic (3909 Grand Marais Road East) is open Tuesday, Friday and Saturday from 8:00 a.m. – Noon; Wednesday from 3:00 p.m. – 7:00 p.m. and Thursday from Noon – 8:00 p.m.

Walk-ins are welcome! Identification is required – full name and signature or full name and picture. Call 1888-2-DONATE to book an appointment or go to www.blood.ca.

Let’s Show Our Support for CBC Food Drive

Hôtel-Dieu Grace Healthcare is proud to be participating in this year’s CBC Sounds of the Season Food Drive by collecting food and cash donations to support the 17 food banks in Windsor and Essex County through the Windsor Essex County Food Bank Association.

The big collection day at CBC TV is Friday, December 6th. They will be broadcasting all of their shows live that day and asking people to come by and donate. We will be dropping off our donations that day.

If you would like to contribute to the CBC Food Drive, please drop off your donation of canned goods and/or non-perishable food items to:

- Diana Roberts, 2nd floor, Dr. Y. Emara Building; or at the
- Reception Desk in the Ken Lewenza Sr. Lobby, Tower Building.