



CARDIAC ATHLETIC SOCIETY EDMONTON

Heart Murmurs

November 2017

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Heart Murmurs is the newsletter of CASE published in February, March, April, May, September, October, November and December each year. Suggested articles can be submitted to Barry Clark at kbclark1@telus.net Back issues of the newsletter are posted on the CASE website at: http://www.edmontoncase.ca		

NOVEMBER EDUCATION MEETING

On Monday November 13, at 7:00 PM, Dr. Lucille Lalonde will be coming to the Terwillegar Recreation Centre, Multipurpose Room B ,to speak to CASE on a subject we all need to be familiar with: ***Common Drugs Used to Treat Common Cardiac Diseases.*** Dr. Lalonde is an Associate Professor of Medicine at the University of Alberta and a Medical Director with the Mazankowski Heart Institute. Please make a note of this on your calendar and come out to find out what is new and improving in our treatment!

ITS NEARLY THAT TIME OF YEAR

The 2018 CASE membership fee of \$30 will be payable before December 31, 2017. After December 1, 2017 Stuart Embleton will be collecting the fees and issuing the new membership cards for 2018.

DECK THE HALLS!



It is now time to dream of turkey and Christmas Lights, trees, letters and cards to friends and to make your reservation for ***THE ANNUAL CASE CHRISTMAS PARTY.***

It will happen in the cafeteria at SEESA (9350 82 St NW, Edmonton, AB) on Sunday December 3, 2016 beginning with cocktails at 5:00 PM and Christmas dinner will all the fixings around 6:00 PM. The price is \$30 per plate and it will be catered by SEESA as it was in 2014.

Wayne Saunders now has the tickets for face-to-face sales and Shirley Evans will assist him by taking reservations by telephone or email. The caterer will need to the number of guests so Friday November 24 will be the final tickets sales day! Please contact Wayne or Shirley or any other member of the CASE executive.

- Wayne Saunders: email sharway@telusplanet.net
phone 780-461-8898 or 780-886-1802
- Shirley Evans: email ring4shirley@hotmail.com
Phone 780-435-1285

CASE WALKS

We held our seventh and last walk of the season on a lovely Oct. 20 at Whitemud Creek Park. Seven members were in attendance. Some members tried out their new urban walking poles. We will resume CASE walks in the Spring of 2018.

Many thanks to Wayne Jackson who organized interesting and beautiful walks throughout the season!



CASE GOLF REPORT 2017

This year, the program continued with golfers starting the year on May 3rd at Twin Willows Golf Course. We kept score stats on 22 golfers this year. On average, there were 8 to 9 golfers each week. Our annual tournament took place on Wednesday, August 30th.

Highlights were:

- John Sieffert low gross score of 43
- Leo Dunnigan - Longest Drive (mens)
- Gail Zuberbulher – Longest Drive (ladies)
- Steve Pacholok - Closest to the pin
- Gary Duguay - Longest putt
- Stuart Embleton and John Sieffert tied with the lowest net scores of -6 for the year.

Our year culminated with an awards presentation and pot luck supper at Gary Duguay's residence on September 18th. We hope the fall weather allows us a few more golfing dates well into September and October.

Submitted by Wayne Saunders

REPORT FROM THE OCTOBER EDUCATIONAL MEETING

On October 13th, about 30 of our members and friends attended the presentation by Gary Goldsand on ethical end of life decisions, care planning and the new law around physician assisted dying.

This is a difficult topic, often avoided by most people until it is too late. Mr. Goldsand spoke to our group about 4 years ago on advanced care planning. Since that time, new law relating to medically assisted dying has come into effect.

In the past, he advocated for more, and exceptionally good, palliative care. He still believe there is a vital need for these services. The assisted dying legislation has some important limits: for a patient to consider medically assisted dying, "death has to be reasonably foreseeable" and the person "must be suffering from grievous and irremediable illness".

He discussed the various meanings of these words and the possible "slippery slopes" that are presented with this legislation. An important limit is that assisted dying is not applicable to persons suffering from dementia. A decision to request assisted dying has to be "uncoerced" and the person has to be of "sound mind". The government still is looking at dementia in relation to this legislation but only with a view to future amendments.

The process is not simple. A person can apply for medically assisted dying, then is assessed as to their soundness of mind, then they have to apply again at least 10 days later and have another assessment done. In Alberta, to initiate the process you can dial 811 to gain access to the Assisted Dying Team. This is not done through a physician.

That evening, we also had staff and graduate students from the U. of A. attending who were interested in Mr. Goldsand's presentation. In addition, they were seeking volunteers to assist in their "Vibrant Minds Study" which is seeking to improve brain function in seniors done through playing fun computer "brain exercise" games on tablets. They were looking for at least 6 volunteers to help test and improve these games.

For more information or to participate, contact Christine Daum, Study Coordinator, Department of Occupational Therapy, U. of A. at cdaum@ualberta.ca or 780-222-1424.

Thank you to Burn Evans for organizing and introducing our speaker and the graduate students. Also, thank you to Shirley Evans for the superb coffee and cookies once again.
Submitted by Mae Hadley

REMEMBERING SIG DIETZE

As most of you are aware, a very long-time member, Sig Dietze passed away last June.

Sig is remembered fondly by many members, including Wayne Jackson, who wrote: "I got to know Sig during my now 23 years at exercise. We had both worked in the municipal area; Sig had lived in Montreal (where I grew up) for a few years; and we often ended up on the same volleyball team. We talked about Edmonton planning and politics, about his time in Montreal and about our respective families. Sig had been a City of Edmonton Commissioner (similar to a city manager), had worked for Alberta Housing in Fort McMurray, had been involved in the building of new communities in Quebec and elsewhere so we had lots to talk about. I will miss him." In Sig's obituary, his family asked that

In lieu of flowers, the family requested that donations be made to the Cardiac Athletic Society of Edmonton. We would like to thank both his family and those who honored Sig with a donation to CASE. He was a memorable man.

Submitted by Wayne Jackson

CASE Events Calendar - November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	3	4
5	6	7 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	8	9 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	10	11 Remembrance Day
12	13 CASE Education Medications for Cardiac Patients Dr. Lucille Lalonde 7:00 PM TFRC	14 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	15	16 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	17	18
19	20	21 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	22 Social Breakfast SEESA 9 a.m.	23 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	24	25
26	27 Board Meeting Bonnie Doon 9 a.m.	28 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45	29	30 Exercise Program Volleyball 3:45 Aerobic/Stretch 4:45		