



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



Heart Wise Exercise Program Partner Newsletter

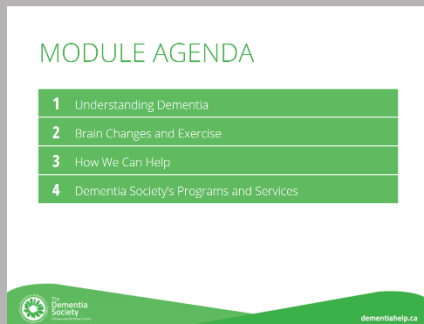
Congratulations Team Heart!



Over 130 people joined Team Heart and participated in the Ottawa Race Weekend from May 25th to May 27th in support of the Heart Institute, and more than **\$40 000** was raised!

A portion of these proceeds will fund programs like Heart Wise Exercise. Stay tuned to get involved next year 😊

NEW MODULE! Exercise and Dementia



In partnership with The Dementia Society, we are excited to share our newest module: *Exercise and Dementia!*

If you are interested in purchasing this module, visit our [online store](#) and use the code **AUG5** at checkout for **\$5 off** the single module.

Welcome our newest HWE Site:

The Glebe Centre at Abbotsford!

Abbotsford houses the community programs and services of the Glebe Centre a not for profit organization that also has a 254 bed long term care home.

There are currently 570 members who come for recreation, fitness, intellectual stimulation and community. Our fitness programming has grown with the needs of our membership who are active and engaged participants.

AUGUST 2019

Heart Wise Exercise

NEW! 613-696-7387

heartwise@ottawaheart.ca

heartwise.ottawaheart.ca



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA



Heart Wise Exercise Program Partner Newsletter

HWE Story Corner

At 8:00 am on December 27th, 2016, I complained that my tea tasted funny. Within five minutes, I had collapsed on to my kitchen floor, showing seizure like symptoms, and was completely unable to communicate. Through the very quick action of my husband, daughter, and son in law, 911 was called and I was off to the emergency room. My name is Helen Lupiano, and I survived a ruptured aneurysm.

During the next three months, I endured a lengthy brain surgery, two stints in the ICU, a collapsed lung, and three different hospital transfers. I worked with physiotherapists, occupational therapists, and speech therapists every day to relearn how to stand, walk, bathe, and eat. Finally, I was transferred to Stroke Rehab. There, I continued working with my therapists, and slowly graduated from a walker, to a cane, to walking free. I regained my fine motor skills and was able to confidently cook my husband our daily cheese omelette, and remember my debit card pin number (at least, as much as I used to!).

My brain made a miraculous recovery; however, it was extremely difficult to become accustomed to my new body. I knew something needed to change. Then, I met Anita Findley. She has been a huge inspiration to me and was the catalyst to regaining my independence. She recommended Heart Wise Exercise.

Anita, and her brilliant team, wouldn't let me push myself. I started off slowly that summer, doing chair exercises until my balance and strength came back. Finally, come September, I could do the full class.

Brain injuries are often described like rollercoasters. Healing isn't always linear. Two years after my initial surgery, I required another preventative brain surgery to coil and stent another aneurysm. Again, my exercise classes became my escape.

I began by not being able to get up off the floor, throw a ball, lift weights, or follow any choreography in class. However, with constant perseverance, and help from my teachers, I have endured. Meeting Anita, and her team, quite literally changed the course of my recovery. The strength I've gained from these classes have trickled into every aspect of my life. I now have the strength to shower independently, and most importantly, can lift and play with my beautiful new granddaughter.

I found my independence again. I found a group of like-minded women who have become a support system. I found myself again, and I am profoundly grateful.

-Helen Lupiano



FOLLOW US ON TWITTER @ HWEXERCISE



AUGUST 2019

Heart Wise Exercise

NEW! 613-696-7387

heartwise@ottawaheart.ca

heartwise.ottawaheart.ca