



HAPPENINGS AND HIGHLIGHTS.

Social Breakfast

- Thursday October 2, at Pure Casino 9:30 AM

CASE Bowling

- To be announced in separate e-mails

Golf

- Twin Willows
Wednesdays until the course closes!

Education Evenings

- Monday October 6, Telus Wise Seniors BJRCT 7:00 PM
- Next Education evening will be November 3.

Healthy at Heart

- Tuesdays and Thursdays at BJRCT 11:30 to 12:45

Essentrics for CASE

- Lynn Bohuch offers sessions mornings through the week. Contact bohuch85@gmail.com

YOUR BOARD NEEDS YOU!

The Board of CASE requires a volunteer for the position of **Secretary**. Duties include recording the minutes of our monthly board meetings and distributing them back to board members following each meeting. If you think you might be interested in this position, please contact Wayne Saunders (President) at sharway@telusplanet.net.

OCTOBER EDUCATION EVENING

The evening's topic is: ***TELUS Wise Seniors: Empowering You to Stay Safe in our Digital World.*** TELUS Wise Seniors offers guidance on a variety of topics, including how to avoid scams and protect against online fraud, and how to safely use apps, smartphones, and social media. The program aims to empower seniors to navigate the digital world with confidence.

The speaker is Lorna St Thomas, TELUS Senior Community Investment Manager for the Edmonton and Northern Alberta Region. The session is Monday, October 6, at 7:00 pm at the Booster Juice Recreation Centre at Terwillegar, 2051 Leger Road, in Multi-Purpose Room B, upstairs above the ice rinks, at the end of the hall.

Save the evening of November 3 for the next Education Evening. The speaker is being finalized!

Mae Hadley, Education Coordinator

Cardiac Athletic Society Edmonton - Contacts

Wayne Saunders President Email sharway@telusplanet.net

Wendy Boyd, Membership Phone 780-686-0779 Email: wendyboyd49@icloud.com

Cardiac Athletic Society of Edmonton Mail Address PO Box 4516, Edmonton, AB T6E 4T7

CASE Website <https://edmontoncase.ca>

CASE Payments CASE.Deposits@gmail.com

GOLF REPORT

CASE golfing resumed April 30th this year. We've had a great summer with only two dates cancelled due to rain and averaged 14 golfers each Wednesday.

CASE Golf Tournament: We held the annual CASE golf tournament on September 3rd with 16 participants. Trophies were awarded to John Born, Faye McConnell, Ron Nordhagen, John Sieffert and Wayne Saunders.

Awards Night and Dinner: Boston Pizza is booked for October 8th to celebrate our year end and present the engraved trophies to the winners of the tournament.

Wayne Saunders CASE golf coordinator

CASE EXERCISE REPORT

The Tuesday/Thursday ***Healthy at Heart*** exercise program at TCRC continues with an average attendance of 30, usually including 6 CASE members. ***CASE Walks*** have had an attendance of up to 14. Seven walks have taken place during the 2025 season, with at least two more scheduled before winter. ***CASE Bowling*** is a CASE organized activity taking place at Bonnie Doon lanes about every second week over the winter. Last year 10 members participated on a regular basis. Members will be asked in early November if they wish to participate.

Wayne Jackson CASE Exercise Coordinator

VIRTUAL HOME HOSPITAL – WHAT IS IT?

If you or your loved ones ever need hospital-level care, you may be eligible to receive it from the comfort of your own home through a Virtual Home Hospital. Virtual Home Hospitals allow eligible patients the opportunity to leave the hospital early and may even avoid admission to a physical hospital by moving the care you need to your home or other safe location.

Virtual Home Hospitals have been successfully providing care to Albertans in Calgary and Edmonton since 2018, with patients reporting high levels of satisfaction with their care.

Type of Care Provided: As a Virtual Home Hospital patient, you will have a healthcare team that will support you throughout your care. Your treatment plan will be unique to your healthcare needs. Some patients may require more in-person home or facility visits, while others can have most of their care monitored through virtual visits with their Virtual Home Hospital care team.

Patient care is the priority. If your medical condition changes while you are a patient of a Virtual Home Hospital, we may decide it is in your best interest to be admitted to a physical hospital.

Virtual Home Hospital care is optional. If you are not comfortable with continuing your care at home, or do not feel like you have the support you need to do so, you can let your physician know it is not right for you.

Eligibility: Before becoming admitted to a Virtual Home Hospital, you will be thoroughly assessed to ensure your health condition can be safely managed from home and that you have the necessary supports in place.

There are specific criteria that you must meet before being referred to the program. For example, you must be at least 18 years old and able to provide consent to being treated at home and have reliable technology access for virtual appointments.

Source: Virtual Home Hospital | Alberta Health Services

EDMONTON'S VIRTUAL HOME HOSPITAL A LIFELINE FOR CARDIAC PATIENTS

Inge Westlin, a spry 77-year-old Leduc resident, woke up one morning last July feeling unwell. Her heart was racing, her blood pressure was high, her energy low and she felt an unfamiliar fluttering in her chest. This was a new and scary feeling.

"I've never had heart issues before, but I had just recovered from a cold that turned into bronchitis," says Westlin. "Suddenly, I developed a heart flutter and felt unwell. I was advised to go to the emergency department."

There, they were able to restore a heart rhythm. But her heart problems returned shortly after she returned home. "One day, my heart rate was so rapid that I thought I was going to have a heart attack," she adds.

Westlin was taken by ambulance to the Mazankowski Alberta Heart Institute and admitted. That's when Dr. Nawaf Almajed, an associate clinical professor and cardiologist with Alberta Health Services (AHS) and the cardiology medical lead for the **Edmonton Zone Virtual Home Hospital (EZVHH)**, came into the picture.

"Inge was admitted for an atrial flutter and heart failure," says Dr. Almajed. "Given that her atrial flutter kept coming back several times, I eventually recommended she have an ablation done, which is a procedure that helps block the irregular electrical signals that cause a flutter, restoring a regular heartbeat. I knew she could safely be at home while she waited for her procedure if she was monitored by a care team."

Westlin was discharged from the hospital into the care of the EZVHH cardiology unit. She was sent home with a digital patient monitoring kit that allows her care team, including Dr. Almajed, to remotely monitor vitals such as her blood pressure and heart rate.

"We use the ever-evolving power of technology to provide acute-level care to patients while in the comfort of their own homes," says Lisa Marco, patient care manager for the EZVHH. "A patient is provided digital tools that allow us to monitor them remotely, enabling them to leave the hospital early or avoid an inpatient hospital admission altogether. The virtual hospital allows patients to continue to receive safe, high-quality care, while still having the support of a multidisciplinary healthcare team right at their fingertips."

Virtual Home Hospital care teams include healthcare professionals such as doctors, nurses, nurse practitioners, pharmacists and any other healthcare professional a patient might need during their care, including a patient's primary care provider, if they have one.

"Inge was referred to our program so we could monitor her heart," says Abigail Sumagit, a registered nurse with the EZVHH. "We were able to provide care and monitoring, so she didn't end up back in the emergency department while waiting for her procedure."

While most of Westlin's care was virtual, she had one in-person assessment after her virtual care team noticed something was off with her vitals. "We called the community paramedics, who partner with us to provide in-home care to our patients when required, and asked them to visit Inge and do an assessment," adds Sumagit. "The paramedics went to her house and did an electrocardiogram and drew some blood. We followed up with her virtually."

Westlin was able to safely return to many of her usual daily activities while she waited for her ablation, all thanks to the remote monitoring provided by the EZVHH. She did her digital readings and connected with her care team without having to stay in the hospital.

"The program felt like a cradle of love," says Westlin, who's been free of heart-related symptoms since her ablation in August. "It felt like I had a lifeline during a very stressful time. If you have to be sick, it's nice to know that you have the care you need. If I had questions or concerns, I knew the team was a phone call away."

Virtual Home Hospital doctors stay connected to patients through regular reports from the care team, or direct patient contact. If a patient's condition changes, the care team can arrange to have them sent for further diagnostic tests, lab work or other procedures they may need. The care team can also connect patients with community resources to help them, such as Home Care services and dietitians. They also focus on educating patients about their health, so they can be more involved in their ongoing care.

AHS' Virtual Home Hospital program has been safely providing care to Albertans with high patient-satisfaction rates since 2018. The program is currently offered in the Calgary and Edmonton area, with expansion to other parts of the province planned.

"Virtual Home Hospital is a great example of an innovative model that allows us to care for certain patients safely and effectively while they're at home," says Dr. Almaged. "It has the potential to reduce strain on brick-and-mortar hospitals by offering remote diagnostics and treatment. There's potential for more patient populations to be part of this program. We're also looking at incorporating new technologies, like the ability to monitor a patient's heart rhythm remotely. I'm excited about the future of Virtual Home Hospital."

Source: Katie McLaughlin, May 2, 2024, Virtual Home Hospital | Alberta Health Services

Cardiac Athletic Society Edmonton Board

<i>President -</i>	<i>Wayne Saunders</i>	<i>Vice President</i>	<i>John Born</i>
<i>Secretary -</i>	<i>pending</i>	<i>Past President -</i>	<i>Burn Evans</i>
<i>Treasurer</i>	<i>Grace Werner</i>	<i>Membership</i>	<i>Wendy Boyd</i>
<i>Exercise Coordinator</i>	<i>Wayne Jackson</i>	<i>Newsletter & Communications</i>	<i>Barry Clark</i>
<i>Education and Special Events</i>	<i>Mae Hadley</i>	<i>Social Events-</i>	<i>Colleen Foster</i>
<i>Golf Program</i>	<i>Wayne Saunders</i>	<i>Marketing Coordinator</i>	<i>Wayne Saunders</i>
<i>Hearts and Flowers</i>	<i>Colleen Foster</i>	<i>Web-page</i>	<i>Victor Fernandez</i>
<i>Members at Large</i>	<i>Mervin Luczak, Bob Zukerman.</i>		

Support for CASE

As a recognized charitable institution, CASE makes a significant difference to people interested in maintaining their heart health. If you make a financial gift, either as a direct contribution, or in the memory of a member who has passed, we will issue a tax receipt.

Heart Murmurs is the newsletter of CASE published each year in February, March, April, May, September, October, November, and December. Suggested articles can be submitted to Barry Clark at kbclark1@telus.net

If you wish to unsubscribe from this newsletter, please e-mail kbclark1@telus.net with a subject line 'unsubscribe'.

CASE Events Calendar - October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 Healthy at Heart 11:30 to 12:45 CASE Breakfast 9:30	3	4
5	6 CASE Education Evening Telus Wise Seniors 7:00 PM BJRCT	7 Healthy at Heart BJRCT 11:30 to 12:45	8	9 Healthy at Heart BJRCT 11:30 to 12:45	10	11
12	13 Thanksgiving Day	14 Healthy at Heart BJRCT 11:30 to 12:45	15	16 Healthy at Heart BJRCT 11:30 to 12:45	17	18
19	20	21 Healthy at Heart BJRCT 11:30 to 12:45	22	23 Healthy at Heart BJRCT 11:30 to 12:45	24	25
26	27	28 Healthy at Heart BJRCT 11:30 to 12:45	29	30 Healthy at Heart BJRCT 11:30 to 12:45	31	

BJRCT = *Booster Juice Recreation Centre in Terwillegar.*