

FITT CHRONICLE

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FITT

- F— Frequency
- I— Intensity
- T— Time
- T— Type



Seniors Games Aug 21 to Aug 25

The Seniors Games begin!

The official BC Seniors Games Torch lighting took place at Brentwood Mall on May 31, 2012. Imagine, the Games are less than 2 months away and the excitement grows as 4000 Seniors are qualifying and registering to compete in 26 venues throughout the City of Burnaby. They need over 2000 volunteers to showcase our beautiful city and its diversified culture. If you haven't already volunteered, please visit our website and sign up. They are short many volunteers in all areas. They are looking for a small time commitment between Aug. 21-25 from you. Come join the fun and meet people from all over the province of BC

Visit us at www.2012bcseniorgames.org

Regional Cardiac Rehabilitation Program Update

It has been a busy spring with many projects happening around the region.

There is now a regional Steering Committee for the Cardiac Rehabilitation Program. This committee supports the growth and development of all programs, standardization of care and improving access for people throughout Fraser Health Authority (FHA). Education will be one of the priority quality improvement areas of focus. Providing education to patients and their family's through-out their entire journey from acute care in the hospital into the community setting is critical for achieving better health. Many cardiac rehab programs have been reviewing their current educa-

tion programs and looking at ways to improve.

Royal Columbian Hospital Cardiac Clinic has a new program Cardiac Check-In that helps people immediately when they get out of hospital and before they enter a cardiac rehab program. It is run in the community in New Westminster. This 5-week program provides education and support for heart patients and their families. There are now Heart Function Clinics in New Westminster, Surrey, Abbotsford, Burnaby and Ridge Meadows to support people living with heart failure. These programs work in collaboration with the BC Provincial Heart Failure Strategy.

South Asians have a higher risk and earlier development of heart disease and diabetes than other populations. FHA has developed a health strategy to help target the prevention and treatment of heart disease for South Asians. Surrey Jimmy Pattison Outpatient Care and Surgical Centre has a Punjabi Cardiac Rehab Program. Research activity on how to provide better care for South Asian women with heart disease is currently being supported.

A patient satisfaction survey will be coming soon for all current patients in hospital and community cardiac rehab programs. Be sure to give your input and suggestions!



Susanne Burns

Clinical Nurse Specialist
 Cardiac Rehabilitation and Heart Health
 Fraser Health Authority Cardiac Service

Quote of the Day:

Read Carefully Anything that requires your signature.

Remember the big print giveth and the small print taketh away

Mission Statement

F.I.T.T. Cardiac Association's purpose is to facilitate a Healthy Heart Maintenance Program (after Hospital Cardiac Rehabilitation); to support the continuing Health, Welfare, Exercise, Knowledge, Medical and Social benefit of our members. Participation in this program will reduce hospital visits and improve the overall health of participants.



Thunderbird 1 and 2—Spring Event



A special get together for Tbird 1 and 2 classes was organized by Tom Scott, David Malcolm and Tina Ekengren.

All had a great time at MINOAS TAVERNA on Tuesday June 12th.

Even Pete Matino (HH) and Ilario Galano (FITT) won door prizes made available through the Tbird classes.



CHEQUE WRITING—A NOVEL APPROACH

Every month a few cheques are rejected due to errors in entering information onto the cheques. The errors occur in every part of the written portion of the cheque. The most common error is the date. No matter what time of year it is someone will enter a date that has the wrong year including a date that is more than two years old in one case, have the month and day mixed up or forget to enter the date. The second most common reason for rejection is crossing out an error, making a proper change but not initialing the change. Banks are unforgiving in accepting cheques that have been changed particularly when a different colour ink is used to make the change as the change becomes more noticeable. Other errors or omissions include the lack of a signature on the cheque, a part of the cheque is missing information such as the name of the payee or amount is left blank, a different amount written in the body of the cheque versus the numerical amount, and the incorrect name for the payee. Burnaby Hospital cashes the cheques so all cheques should be made payable to the hospital not the healthy heart program or FITT.

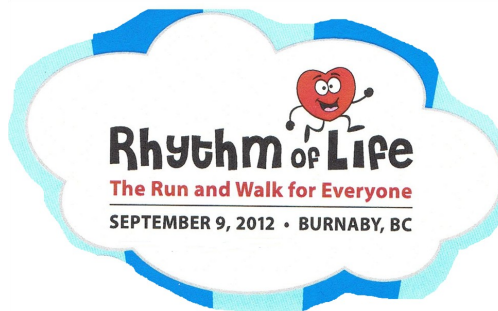
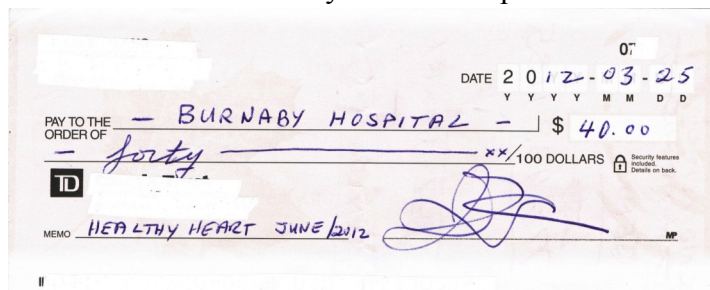
In many cases, members write cheques which cover more than one month and this is much appreciated as it cuts down on the amount of time and paperwork needed to record the payment.

For those few members who pay directly to the hospital I

would like to remind you to keep your receipt from the hospital and either submit it to your class rep. in a timely manner or provide it directly to the healthy heart program on the 7th floor of the hospital in order that your payment is credited properly and the healthy heart program can issue you an official receipt for the payment.

See sample of cheque included with this article.

A correctly written cheque



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