



Atlantic Cardiac  
Rehab Network  
Réseau Atlantique  
de la Réadaptation  
Cardiaque

# News & Views ACRN/RARC

## Atlantic Cardiac Rehab Network Réseau atlantique de réadaptation cardiaque Spring 2008 Update

Welcome to the Atlantic Cardiac Rehabilitation Network News and Views Bulletin. 2008 is turning out to be a very exciting year for Cardiac Rehabilitation in the Atlantic Region. Ten years ago there were a handful of cardiac rehab programs in the region. Today we have a surge of new programs as Cardiac Rehab leads the way in chronic disease management. In this issue ACRN features a list of Cardiac Rehabilitation Programs in the Atlantic Region.

### CARDIAC REHABILITATION PROGRAMS IN ATLANTIC CANADA

<b>Newfoundland</b>	<b>Phone</b>
<b>St. John's</b> Eastern Health Corporation	(709) 777-5587
<b>New Brunswick</b>	
<b>Bathurst</b> L'hôpital régional Chaleur Cardiac Rehabilitation/Réadaptation Cardiaque	(506) 544-3255
<b>Campbellton</b> Cardiac Rehab Program	(506) 789-5220
<b>Caraquet</b> Département de Réadaptation Cardiaque	(506) 726-2173
<b>Edmunston</b> Clinique Recycloeur Regional Coordinator for Cardiac Rehabilitation 739-2699 ou 739-2719	(506) 739-2719
<b>St. Quentin</b> Centre de Réadaptation Cardiaque René Boucher Inc.	(506) 739-2699
<b>St. Quentin</b> Clinique Recycloeur	(506) 235-7157
<b>Grand Falls</b> Clinique Réycloeur	(506) 473-7697
<b>Fredericton</b> Cardiac Rehabilitation Program Kingswood Fitness Center	(506) 477-4738 (506) 472-3643
<b>Miramichi</b> Cardiac Rehab Program	(506) 623-3286
<b>Moncton</b> Coeur en Santé/Cardiac Wellness Program (CEPS) Healing Hearts Program (The Moncton Hospital)	(506) 858-3779 (506) 870-2944
<b>Saint John</b> Cardiovascular Health & Wellness Program YMCA – Cardiac Maintenance Program	(506) 648-7648 (506) 634-7720
<b>St. Stephen</b> Cardiac Risk Clinic Charlotte County Hospital	(506)-465-4411

## **Nova Scotia**

### **Halifax**

Cardiovascular and Pulmonary Health in Motion, QEII (902) 473-3846  
The Community Cardiovascular Hearts in Motion Program  
Dartmouth, Spryfield, Sackville (902) 473-3744  
YMCA Change of Heart Program (902) 496-1888Ext 249  
The Tower Heart for Life Cardiac Fitness (902) 420-5556

### **Kentville**

Valley Regional Rehabilitation Program (902) 678-1411

### **Bridgewater**

Cardiovascular Health & Wellness Program (902) 543-4603Ext 2222

### **Antigonish**

Heart Health Clinic (Cardiac Rehab, Risk Factor & Heart Failure)  
In development (902) 867-4720

### **Sydney**

Heart Lung Wellness Centre (902) 563-8566  
Cape Breton Cardiac Wellness (902) 563-8567

## **Prince Edward Island**

### **Charlottetown**

Queen's Regional Cardiac Rehabilitation (not operational) (902) 894-2066

## **CONGRATULATIONS CLEO!**

A big congratulations goes out to Cleo Cyr whose commitment to cardiac rehab, drive and hard work has assisted her team in securing provincial government support and \$1.4 Million to expand Cardiac Rehabilitation to all health regions in New Brunswick.

## **AUDIO-CONFERENCE SESSIONS FOR MEMBERS**

ACRN will provide four audio-conferences this year. ACRN members chose the topics they were interested in most at our 2007 Annual General Meeting. The first session of 2008 was on Basic Principles of Exercise Prescription presented by Stephen Mundle. Thank you to Steve for a very informative and enjoyable session. Upcoming sessions include:

<b>Date</b>	<b>Speaker</b>	<b>Topic</b>
May 15, 2008	Dr Dean Snow	Managing Depression
Sept 2008	Dr Chris Blanchard	Maintaining Healthy Behaviors post DC
Nov 2008	Weight Management	TBA

Members will receive an invitation by email 3-4 weeks prior to the session. Please register early as space is limited.

## **WALK OF LIFE FOR CARDIAC REHAB**

Remember to register your program for the Canadian Cardiac Rehab Foundation (CCRF) Walk of Life for Cardiac Rehab <http://walkoflife.ca/>. In 2007, 34 sites across the country organized a Walk of Life in their communities to support their Cardiac Rehab programs. Hosting a walk is easy. Please contact Christina Mellos at 416-730-8299 to find out how you can get started.

## NOTICE BOARD

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### **13th Annual Atlantic Canada Cardiovascular Conference**

April 18-19, 2008 Halifax, NS.

Info at Phone: (902)494-1459, Fax: (902)494-1479 E-mail: [mary.ann.robinson@dal.ca](mailto:mary.ann.robinson@dal.ca)

**Canadian Perspectives on ACC.08** April 25, 2008, Toronto, ON. [www.ccs.ca](http://www.ccs.ca).

### **Preventive Cardiovascular Nursing Association 14th Annual Symposium**

April 24-26, 2008 Orlando, FL. [www.pcna.net](http://www.pcna.net).

### **Toronto Rehab's 2008 Cardiac Rehabilitation Symposium**

"Best Practice and Innovation in Cardiac Rehab" May 2, 2008 Toronto.

[www.torontorehab.com](http://www.torontorehab.com)

### **Eastern Health Symposium-And the Beat Goes On**

May 22-24, 2008 St John's NL, Contact Info 1-888-299-0676

### **ACSM 55<sup>th</sup> Annual Meeting** May 28– 31, 2008 Indianapolis, Indiana

[http://www.acsm.org/AM/Template.cfm?Section=Annual\\_Meeting2](http://www.acsm.org/AM/Template.cfm?Section=Annual_Meeting2)

**The 3<sup>rd</sup> Annual Canadian Lipid Nurse Network Conference** "From Prevention to Rehabilitation: Promoting Self Management along the Cardiovascular Continuum" May 29-30, 2008 Moncton, NB.

Contact Cleo Cyr at [cyrcl@reg2.health.nb.ca](mailto:cyrcl@reg2.health.nb.ca)

**11<sup>th</sup> Annual Clinical Cardiology Day at the University College of Cape Breton** (focus on Cardiac Rehab) June 5-6<sup>th</sup>, 2008 Sydney, Nova Scotia.

<http://www.cbu.ca/cbu/main/home.asp>

### **What's Working in Community Development**

June 23-25, 2008, Wolfville, NS [www.horizonscda.ca](http://www.horizonscda.ca)

### **The 5<sup>th</sup> Annual Atlantic Canada Stroke Conference** September 19-20, 2008

Halifax, NS. Contact [cme.dal.ca](mailto:cme.dal.ca)

### **The 12<sup>th</sup> Annual Scientific Meeting of the Heart Failure Society of America**

September 21-24, 2008 Toronto ON.

[http://www.hfsa.org/annual\\_meeting.asp](http://www.hfsa.org/annual_meeting.asp)

### **NB Heart Centre Symposium** September 18-20, 2008 Saint John, NB.

Contact Brenda McNamara at [MCNBR@reg2.health.nb.ca](mailto:MCNBR@reg2.health.nb.ca)

### **American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) Annual Meeting** September 18-20, 2008, Indianapolis, Indiana

[http://www.aacvpr.org/meeting/future\\_meetings.cfm](http://www.aacvpr.org/meeting/future_meetings.cfm)

**Canadian Cardiovascular Congress** October 25-29, 2008 and

**CACR 18th Annual Meeting and Symposium** October 25-27, 2008 Toronto ON

<http://www.cardiocongress.org/english/index.html> & <http://www.cacr.ca/>

**American College of Sports Medicine (ACSM) Workshop & Certification**

<http://www.acsm.org/source/Meetings/cMeetingProcessSearch.cfm?Section=Register>

For French language Workshop & Certification contact the PPMC Laval Hospital in Quebec City at (418) 656-4594

## **OUR MISSION**

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The Atlantic Cardiac Rehab Network is a multi-provincial, multi-disciplinary association of professionals dedicated to providing leadership and expertise in the areas of clinical practice, research and advocacy with respect to cardiovascular disease prevention and rehabilitation.

### **Executive Committee**

**Acting Chair & Vice Chairperson**  
**Caroline Carr BSc.PT ACSM Exercise Specialist**

**Treasurer**  
Vacant

**Secretary**  
Ashley White

**Past Chair**  
Cleo Cyr RN, BN, MHS, CCNC ACSM Exercise Specialist

### **Provincial Representative** **Nova Scotia**

Carol Ferguson RN, BSCN  
Dr. Nick Giacomantonio MD FRCPC

**Newfoundland & Labrador**  
Wendy Decker BNRN, CCN(C)  
Rhonda Rogers BScPT, BSc

**New Brunswick**  
Nancy Ellis BN, RN,  
Barbara Hennessy RN, MN, CCN(C), CNS

**Prince Edward Island**  
Irene Doyle MSc., RD

## **INFORMATION SHARING AND BECOMING A MEMBER**

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ACRN NEWS & VIEWS will be offered online twice a year. If you have an event, topic or suggestion that you would like to share please let us know. Please forward this newsletter to your colleagues. ACRN membership is currently open, at no cost, to anyone interested in furthering the mission of ACRN. It is strongly recommended however that members join the Canadian Association of Cardiac Rehabilitation at <http://www.cacr.ca/>. For more information about ACRN, to share information, or to become a member contact Caroline Carr at [caroline.carr@cdha.nshealth.ca](mailto:caroline.carr@cdha.nshealth.ca)