THE BEAT
from the Canadian Heart Function Alliance

LINKED BY THE HEART

Dear Members,

As we welcome November, the air turns crisper and the days grow shorter. It's a wonderful time to reflect on the year and the connections we've made.

We're excited to share updates on our initiatives and touch base with you again. Your engagement makes a real difference, and we look forward to supporting each other on this important path.

As always, if you're interested in joining the CHF Alliance, please reach out by replying to this email. We would love to have your support to further our impact!

Best,

Leslie, Maryse, Jean-Marc

Patient Partner Video Series Featuring Jenny

This November, we'll begin sharing a video series featuring our Patient Partner, Jenny, who was diagnosed with Endomyocardial Fibrosis and Heart Failure at the age of 23. She currently works for HeartLife Foundation and sits on our Patient Engagement Leadership Committee at the CHF Alliance. Stay connected on our **socials** in the coming weeks to hear about Jenny's journey as a young adult navigating Heart Failure and the healthcare system.

Observer Opportunity For Early Career Investigators

As part of our training program, we wanted to offer young investigators the opportunity to sit as observers on grant review committees to help them develop their knowledge on how to write a great grant proposal.

The **Heart and Stroke Foundation** is working on an observership pilot program that aims to include observers on 4 different committees, and they offered us to propose this opportunity to early career investigators who are members of the CHF Alliance.

They are looking for observers (2 per committee) for the following committees:

- IB (clinical cardio- & cerebrovascular research: mechanistic studies & clinical trials / health services research) – available
- IV (Molecular, biochemical and cellular physiological approaches to cardiovascular health and disease, vascular) – available
- VI (thrombosis / lipids & lipoproteins / fundamental nutrition research) – complete
- VII (behavioural research / health psychology / rehabilitation / population health) – available

To be eligible, you must:

- Be an Early Career Investigator – 0-5 years of first academic / independent research appointment, or be a trainee (postdoc or fellow) and have confirmation that your first academic / independent research appointment is within the upcoming year.
- Not have received an H&S GIA (observership is to learn about grant review and how to succeed with a GIA application).

If you are interested in becoming an observer, please contact us and indicate which committee you are interested in. Heart & Stroke will then ensure that your background / training / expertise matches the respective committee.

Please share with your young colleagues if you think this opportunity may interest them!

Contact Us

Toronto Event – Save The Date

CHF Alliance Next In-Person Meeting 2025

Recipe of the Month

Bean, Sweet Potato and Garlic Stew

Keeping fall staples in the kitchen will help create easy meal ideas like this stew.You can also change up the beans and try other favourites, like black beans, red kidney or mixed beans. Check out the recipe from Heart & Stroke.

Discover the Recipe

Optimism For Heart Health

Did you know that a positive outlook can improve your heart health? Optimists have better coping skills, which can lead to better results following surgery, with fewer complications. Read the article from Heart & Stroke to learn more.

Read the Article

QUOTE OF THE MONTH

Walking is the best medicine

Have something to share with the heart failure community? Reply to this email to submit content for future editions of The Beat!

www.chfalliance.ca

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