

Organ donation is a gift, says recipient

Life can change at any moment. But then they told me that it (the x-ray) had been cancelled because the transplant (team) would be taking their own.

"I'm extremely grateful that the (donor) family made the decision, but so sad for their loss," said Hart, who, while not having any direct contact with the donor's loved ones as per transplant regulations, has learned a few things about the woman, including that she had four children and was an active volunteer. Having recently passed the one year post-surgery mark, Hart's prognosis for living another decade is quite good.

Beyond that, the outlook isn't so clear.

"When you're given five months to live, 10 years is a long time," stressed Hart, who coincidentally signed her donor card when she was just 16 years old and says there aren't words to adequately describe how appreciative she is to Dr. Mo and everyone who cared for her over the past year-and-a-half — including, of course, her family.

Now back to about 50 per cent of her original endurance, Hart is cycling and swimming on a weekly basis and will test herself in five different events at the Canadian Transplant Games. "I think I'm ready. It's an important event. It lets people see that transplant recipients don't just continue a life of illness, but can be productive and do things."



Donna Hart, a heart transplant recipient, says she is extremely grateful to the donor family.
Nikki Wesley / Metroland West Media Group

By no means reluctant about sharing the dark moments of her life-threatening ordeal, Hart extends her smartphone to show a photo that was taken of her damaged original heart.

"I look at that and say, 'Yeah, this had to go. You don't have to be a cardiologist to see that.' The Canadian Transplant Games newcomer is also not shy when it comes to broaching the subject of becoming a donor.

"I find I have to reframe the conversation and ask, 'If you were dying and needed a transplant, would you want someone to be donor?' One in three people die while waiting (for a match). It's a gift."

For more information on organ transplants, visit www.cantransplant.ca.

find us online



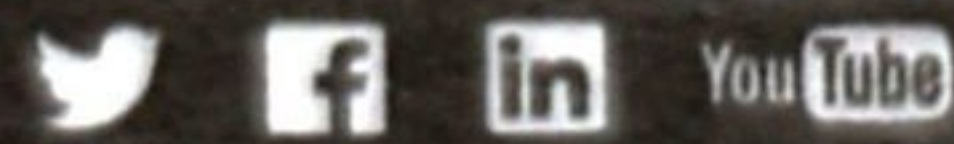
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NOTICE OF PUBLIC MEETING

By-law to Change the Size and Composition of Halton Regional Council

Notice is hereby given that The Regional Municipality of Halton's Administration & Finance Committee will hold a Statutory Public Meeting to consider the passage of a by-law to change the size and composition of Halton Regional Council as follows:

- (i) two additional councillors for the Town of Milton; and
- (ii) one additional councillor for the Town of Oakville

thereby increasing the size of Regional Council from 21 members to 24 members, inclusive of the Regional Chair.

Date: Wednesday, September 7, 2016
Time: 1:30 p.m.
Location: Halton Regional Centre, Council Chambers
 1151 Bronte Road,
 Oakville, Ontario L6M 3L1

Those wishing to address the Committee or make a written submission should contact the Regional Clerk's Office at 905-825-6000, ext. 7254 or by email to regionalclerk@halton.ca, prior to 4 p.m. on August 24, 2016 in order to be listed in the public meeting agenda. You may also register with the Regional Clerk prior to the public meeting or contact the Regional Clerk if you require further information.

Dated at the Town of Oakville, August 11, 2016
 Karyn Bennett, Regional Clerk and Director of Council Services
 The Regional Municipality of Halton

Reporting immunizations protects our children and community

To help keep our children healthy, Ontario's *Immunization of School Pupils Act (ISPA)* requires that parents of children attending primary or secondary school provide their local health department with proof of their child's immunization against certain diseases in order to attend school. This summer, please take a moment to ensure that your family's immunizations are up-to-date, that your children have all of their legally required immunizations and make sure the Halton Region Health Department has your updated records on file by visiting halton.ca/immunize or dialing 311.



Gary Carr
Regional Chair

Meetings at Halton Region • 1151 Bronte Rd., Oakville. Visit halton.ca/meetings for full schedule.

No Regional Council or Standing Committee meetings in August.



Please contact us, as soon as possible, if you have any accessibility needs at Halton Region events or meetings.

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