

GoodHearts news



August 2008

GoodHearts website: www.goodhearts.ca

**IT'S OFFICIAL!
GOODHEARTS HAS CHARITABLE STATUS**

Now we can apply for an Alberta Government grant.
Deadline for the grant application is OCT 1, 2008

To qualify for the Community Spirit Program grant GoodHearts must raise a minimum
of
\$1,000.00 in donations no later than September 25th.

Under this program Albertans receive a 50-percent tax credit for every dollar donated if
Your annual donations total \$200.00
Please make cheques payable to:
GoodHearts Mentoring Foundation

Mailing address:
11423 55th Ave, NW
Edmonton, Alberta, T6H 0X3

TAX RECEIPT PROVIDED

ON THE WEB

The Internet is a very useful tool, it has lots of information. This information can be overwhelming. You must be careful of this information. Before you do anything you read on the Internet check with the Transplant clinic or your family doctor to make sure it is ok.

BODYBREAK (as you have seen on television) www.bodybreak.com

This website has a lot of good information. This is the same two people that you have seen on the segments on TV. This site has information on nutrition, Healthy recipes; you can watch all the clips from the TV on different topics and has links to many other helpful sites.

AS A REMINDER

GoodHearts community Annual General meeting

Saturday September 13, 2008

Basement Conference room

Cedar Park Inn

51 st Ave between Gateway Blvd and Calgary Trail

Come check us out! Take an active role in your transplant community.

GoodHearts exercise group seeks new site

Effective Sept 1 Mark Haykowski's research lab will no longer be open for exercise.

Members who exercised there are looking for a new location to meet and stay in shape.

Watch our website for information.

Personal Stories

View some of our member's personal stories on our website for inspiration and see how others handled their Transplant journey. Better yet submit your story to help others cope with their struggles.

Good nutrition is vital to your long-term health. A high protein, low fat, low cholesterol, low sodium diet is the key to success

RECIPE SELECTION

SUMMER CHICKEN AND SHRIMP PASTA (serves 2)

3 cups (750 ml) dry whole-wheat pasta
1 tbsp (15ml) Olive oil
1 chicken breast (about ½ lb, 250 grams) diced
¼ cup (60 ml) diced red onion
3 cloves garlic
1 cup (250 ml) Cherry tomatoes cut in ½
10 medium shrimp, peeled
1 cup (250 ml) fresh baby spinach, washed
1 tbsp (15 ml) finely chopped fresh basil or ½ tsp dried
1 tsp (5 ml) pepper
1 tsp (15 ml) Parmesan cheese

Directions

1. Cook the pasta according to package directions. Set aside.
2. Meanwhile, heat oil in a large fry pan over medium heat.
3. Add the chicken and cook for 5 minute until fully cooked.
4. Add the red onion, garlic, and tomatoes and sauté' for 5 minutes.
5. Add the shrimp and spinach and cook for 5 minutes stirring frequently.
6. Remove from the heat and toss in Basil, pepper and cheese. Serve immediately over pasta.

Per serving: 575 calories, 47 g protein, 11g total fat (2 g saturated), 110 mg cholesterol, 76 g carbohydrates, 10 g dietary fibre, 438 g sodium, 772 g potassium

*Recipe developed by Nadine Day RD. The Heart and Stroke Foundation

www.heartandstroke.com

GoodHearts Mentoring Foundation Forum

The forum aims to ease the fears and anxieties of the transplant journey: involve more recipients in our dialogue: make people aware of the benefits of transplantation: and encourage everyone to talk openly about their decision to donate organs and tissues.

It's a new adventure for all of us and I encourage you to browse and click away. If you are not sure about something, e-mail us at info@goodhearts.ca our skilled web masters will help you through this.

Go and take a look! Log on, but remember this does NOT give you immediate access to post items. You can post once you get an e-mail confirmation to let you in on the forum. Click on this and it will take you directly into the forum.

Membership

Membership has jumped by 50 percent as a result of a concerted drive during the Living Well with Transplants patient education day. This is terrific, but we still need more members. If you know of any person who may be interested or would benefit from a membership pass on our information.

New board

We have increased the size of the board to nine members. The board members have taken on specific tasks to guide GoodHearts in a new direction.

Edmonton Symposium – a roll model for others

The second annual patient education day was a big success. The symposium attracted 130 participants and featured six speakers.

Dr. Philip Watkins gave a talk on gratitude. He has been doing research in this field since 1995 and his power point presentation is available on the GoodHearts website.

Dr. Glen Pearson gave an informative and entertaining presentation on anti-rejection drugs entitled Medication Use- Truth, Lies, and Common sense.

Dr. Mark Haykowsky provided some startling facts about exercise and how this affects the lives and survival of organ recipients.

Grace Hubert sprinkled sage advice on salt and what to look for in making healthier food choices.

Eli Compton and Dr. Patricia Scott discussed mentoring and how it helps recipients and caregivers in their recovery and in resuming normal lifestyles. The two members of the Florida based Transplant Foundation inc. also presented a mentoring workshop held the day after the symposium.

The symposium is presented in collaboration with the International Transplant Nurses Society Alberta Branch. The Edmonton event has sparked interest in the United States and Canada. The Transplant Recipients International Organization (TRIO) www.trioweb.org and ITNS are hosting a three day conference in St. Louis, Mo. Starting September 25.

The heart Transplant Program at St. Paul's Hospital in Vancouver has its own Living Well With Transplants Patient Education Day on September 19. The Transplant team is setting up a support group and has invited Silvio Dobri to give a presentation how GoodHearts was set up and how it functions.