

# GoodHearts news

December 2008



GoodHearts website: [www.goodhearts.ca](http://www.goodhearts.ca)

## GoodHearts to help out of town recipients, caregivers

Now that we have charitable status the GoodHearts board wants to help recipients, transplant candidates and caregivers during their temporary stay in Edmonton.

The aid will become available as soon as arrangements can be made with the transplant co-ordinators and social workers at the University of Alberta Hospital.

“The response to our first call for donations has been excellent,” said GoodHearts president Silvio Dobri.

“The board and planning committee want the money used to ease the burden of folks who have to move to Edmonton to have the life-saving transplant.

Half the money raised by GoodHearts will go toward some of the living and transportation costs while recipients, transplant candidates and caregivers are staying in Edmonton.

The other half will be used to subsidize a Health and Wellness program to help recipients maintain a healthy lifestyle. Help with housing is being considered, but will take some time to set up. Details of all these GoodHearts initiatives will be made public following the membership meeting on January 10, 2009

- Donations for the GoodHearts are used for the following:
- Help with living and transportation costs for out of town recipients, transplant candidates and caregivers during their stay in Edmonton.
  - Health and Wellness activities at the Y so recipients can maintain a healthy and positive lifestyle.

Please send donations to:  
GoodHearts Mentoring Foundation  
11423 55th Ave. N.W  
Edmonton, Alberta, T6H 0X3  
Tax receipts are provided.

---

## On the Web

The internet is a very useful tool, with lots of information. This information can be overwhelming, so be careful. Before you do anything you read on the internet check with the transplant clinic or your family doctor to make sure it is ok.

**KRAFT** (Kraft Foods) [www.kraftcanada.com](http://www.kraftcanada.com)

This website is the official website for Kraft foods. There are Quick and healthy recipes and some basic information on healthy living and activities

---

## Mark your calendar

### GoodHearts Meeting

Saturday January 10, 2009, 9:30 A.M

Basement Conference Room.

Cedar Park Inn

51st Ave between Gateway Boulevard and Calgary Trail

### Get Acquainted with the Y potluck

January 18, 2009 at 1975 111 th Street, Edmonton, at 5:00pm

### Living Well With Transplants Patient Education Day

Friday June 19, 2009, at Lister Centre

### Spring Social and Fundraiser

Details to be decided at the January 10th meeting

### Candlelight Service

Moved to fall watch for more details

## Index

Recipe Selection .....	Page 2
Buy groceries, raise funds.....	Page 2
Membership is priceless .....	Page 2
Promoting Health and Wellness .....	Page 3
Biggest Walk .....	Page 3

## Membership is priceless

Membership has its value. Nowhere is this truer than the non-profit sector. For the GoodHearts Mentoring Foundation it's the classic case of money generating donations. Your \$10 membership shows your commitment and desire to make a difference in the transplant community. In the first year we had 45 members from Alberta and Saskatchewan. Another dozen or so did not take out a membership, but showed enough interest that they were kept informed of all GoodHearts activities. For the Wildrose Foundation this was sufficient to give GoodHearts a \$12,000 grant to fund several projects over an 18 month period. The magnetic car ribbon you receive with your membership is available thanks to the Wildrose Foundation. This year membership stands at 68. Heart recipient Kevin Fankhanel edits a newsletter, which is sent to everyone, including the dozen or so people who are part of the transplant community but have not taken out a membership. Denis Gahan, a GoodHearts board member, is looking after membership and recently sent out a questionnaire to get feedback on what we have done and gauge the members interest in our activities. The Questionnaire and your response is critical for our future. Send it in if you have not done that yet. Now that we have charitable status we can raise funds and qualify for more grants, but we must develop a five year plan. From initial meeting to discuss forming a support group, those in attendance - some 50 recipients, caregivers and people waiting for hearts - made it clear what they wanted done. We are now close to having a mentoring program at the University of Alberta Hospital. Our recent appeal for donations raised \$3,000 from GoodHearts members. Your continued generosity means we can apply for two provincial grants in the next six months and provide direct support to organ recipients, to patients and caregivers, especially the folks who have to relocate to Edmonton for the surgery. Roland Ledoux, a heart recipient, chairs the committee planning these projects. Our Board will apply for a casino licence, thus adding even more value to your commitment. Your \$10 annual membership is priceless. Membership renewals are due in January

Please send payment to:  
GoodHearts Mentoring Foundation  
11423 55th Ave. N.W  
Edmonton, Alberta. T6H 0X3.

## Recipe selection

### **BEEF, VEGETABLE and MACARONI SKILLET (serves 4)**

1 pkg. (225 g) **Kraft Dinner** Macaroni and Cheese  
¾ lb. (375g) extra lean ground beef  
¼ cup Kraft Calorie-wise Zesty Italian Dressing  
3 cups frozen vegetable blend (red peppers, carrots, broccoli and cauliflower), Thawed  
1 tsp dried basil leaves  
½ cup shredded Cracker Barrel Cheddar Cheese Light (made with 2 % milk)

Prepare Kraft Dinner as directed on the package using the sensible Solution directions. Meanwhile brown the meat with the dressing in a large skillet on medium heat. Add the vegetables and Basil and cook 5 minutes or until heated through stirring occasionally. Stir in the Kraft Dinner, sprinkle with the Cheddar cheese. Cover and simmer 5 minute or until cheese is melted.

Makes 4 servings of 2 cups (500 ml) each  
400 calories, 15g fat(6g saturated), 60mg cholesterol,870 mg Sodium, 48g Carbs, 4g Fibre, 11g Sugars, 32g protein

Recipe from [www.Kraftcanad.com](http://www.Kraftcanad.com)

## **ATTENTION GROCERY SHOPPERS!**

Everyone buys groceries and board member Linda Figgures suggests we consider raising funds for GoodHearts by subscribing to the Sobeys Promotional Gift Program for non-profit organizations. For the program to work GoodHearts must purchase a minimum of \$2,000 in gift cards at a single time. The value of the cards depends on the people buying into the program. We could have any number of people buying gift cards, but the total one-time purchase must be a minimum of \$2,000. If GoodHearts bought \$2,000 in gift cards we would get \$100. The cards have no service fee or expiry date. The card can be used as cash and you don't have to spend it all at once. Whatever you spend is taken off it and the rest goes back into your pocket to be used the next time you are buying groceries. The logistics for this are complicated, but are not a huge obstacle. The order can be placed **ONLY** by GoodHearts, not individuals. This means that GoodHearts would collect the money from participating individuals, order and distribute them as soon as they became available. Silvio's wife shops at Sobeys so they would participate. If you are interested e-mail Silvio at [sdobri@shaw.ca](mailto:sdobri@shaw.ca) or call him at 780-437-6810. Let's talk about this at the January 10th meeting.

## Promoting Health and Wellness

GoodHearts organ recipients are encouraged to maintain their health through physical activity and wellness. GoodHearts, in partnership with YMCA, in the Edmonton community - and across Canada - are offering a subsidized membership program to give organ recipients the opportunity to get active and stay healthy. The YMCA offers a wide range of activities designed to fit the needs and abilities of all GoodHearts members. The annual Y membership is \$618.45 - the subsidized cost to recipients is \$418.45. For seniors the cost is \$355.45. The GST is included in all prices. If you would like your spouse or family to join the YMCA, the Y offers reduced rates and payment plans to add additional family members. To get started please attend our January 18, 2009, "Get Acquainted with the Y" potluck dinner, facility tour, and walk on the oval. The event starts at 5:00 p.m. at 1975 111th street, Edmonton. Admission price is a dish of your favorite healthy creation. If interested, please contact Denis Gahan at dgahan@telus.net or call him at 780 - 432 - 6536.

---

## World's Biggest Walk

World's Biggest Walk attracted 70 people. The Edmonton event on October 25th was spearheaded by the CTA (Canadian Transplant Association), with GoodHearts helping with media promotion. The folks who came out for the 6:00A.M walk included staff from the HOPE Program, the Comprehensive Tissue centre, several transplant co-ordinators, and members of the kidney Foundation, the CTA and GoodHearts. The World's Biggest Walk took place simultaneously across five continents. The starting gun was fired at 12:00 noon Greenwich Mean Time (that's 6:00 A.M in Edmonton).



Some of the participants in the biggest walk held in Edmonton

Please let us know if you change your address, e-mail or phone number

## Season's Greetings



3.

Happy Kwanzaa