

GoodHearts news



Fall 2009

GoodHearts website: www.goodhearts.ca

Give the Gift of Life

Financial aid for transplant patients a big hit

The GoodHearts food gift cards and gas voucher program has been well received by the University of Alberta Hospital Transplant Services and the Northern Alberta Renal Program.

Equally successful is the YMCA Health and Wellness Program for organ recipients.

In the six months since GoodHearts launched the two programs we have given the transplant social workers \$5,200 in cards and vouchers. Another \$1,400 is committed to subsidizing the Y program, with seven GoodHearts members opting to stay fit and healthy.

The card and voucher program received a huge boost recently with a \$3,000 donation from the St. Peter Columbus Club. The Knights of Columbus Council # 7070 is based at St. Theresa Parish in Mill Woods.

“It’s really heart warming to have an established group like St. Peter’s Club consider the needs of the transplant community and support the work the members of GoodHearts have undertaken,” said Denis Gahan, the incoming president of GoodHearts.

Candlelight Service

The Candlelight Service will be held Sunday, Oct. 18, 2009, at the TransAlta Arts Barns. The memorial service will begin at 10:00 a.m. And a light lunch will follow.

The Arts Barns are located at 10330 84th Avenue in the heart of Old Strathcona next to the Farmers Market. There should be plenty of parking on the street but keep in mind there is a church near by so parking close to the venue may be a challenge.

Index

Board of Directors.....	page 2
New meeting place.....	Page 2
GoodHearts Cookbook.....	Page 3
Health & Wellness	Page 3
Husky rebate cards.....	page 3

Donations to all GoodHearts projects can be made on the Internet or by mail. Tax receipts are provided.

Our mailing address is:
GoodHearts Mentoring Foundation
11423 55th Ave. NW
Edmonton, Alta. T6H 0X3

Our Web address is:
www.goodhearts.ca

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

Two New Board Members Welcomed

GoodHearts welcomes Kim O'Reilly and Ron Kube to its board..

Kim O'Reilly is a two-time transplant recipient who resides in Grande Prairie. Kim received a kidney from her son in 2001, and a pancreas from an anonymous donor in 2008.

Kim's daughter received a liver transplant in 1990, and her husband is a bone marrow donor. Needless to say, Kim has a good understanding of the physical and psychological needs of transplant recipients, their families, and the importance of organ donation awareness.

Kim has a social work background, and is employed in the health system. She has a keen interest in developing and promoting programs that encourage healthy lifestyles which address the physical and psychological needs of transplant recipients.

Ron Kube had a pancreas-kidney transplant in 2003. His kidneys failed after 33 years with insulin dependent diabetes, and he spent two years on dialysis. In 2005, he met his donor family and wrote about the experience and the years he lived as a diabetic. The article was published in April 2008 by The Edmonton Journal to mark the National Organ Transplant Donor Awareness Week.

Ron works as a research scientist at the Syncrude R & D Centre and is an adjunct professor at the University of Alberta. He and his family live in St. Albert.

This brings our Board of Directors to 9 members. Their responsibilities for the coming year will be as follows:

Denis Gahan	- President & Memberships
Kevin Fankhanel	- Vice-President & Newsletter
Ed Shuster	- Treasurer
Melanie Dudek	- Secretary
Silvio Dobri	- Fundraising
Dick Gordon	- Governance
Linda Figgures	- Hospital Liaison
Ron Kube	- Planning
Kim O'Reilly	- Programs

GoodHearts finds new home

Thanks to Denis Gahan, Goodhearts has a new meeting place for the coming year. The Knights of Columbus St. Peter Club in Mill Woods has offered GoodHearts the use of their facility. The Club is located at 2947 66th Street, just west of the Grey Nuns Hospital.

During the past year GoodHearts had been meeting at the Best Western Cedar Park Inn on 51st Avenue. This had been arranged by Suresh Avasthi.

All board and membership meetings in 2009 will be at the St. Peter Columbus Club, please check the newsletter and the GoodHearts website calendar.

Meetings

For Members - 9:30 a.m.

Saturday, September 12, 2009 - Annual General Meeting
Saturday, January 9, 2010
Saturday, April 10, 2010
Saturday, September 11, 2010

For the Board - 7:00 p.m.

Tuesday, September 1, 2009
Tuesday, December 1, 2009
Tuesday, March 2, 2010
Tuesday, June 8, 2010
Tuesday, August 31, 2010
Tuesday, December 7, 2010

Recipes for the GoodHearts Cookbook

Since members are keen to publish a cookbook, a committee has begun assembling the basic ingredients - Recipes.

So to get things started we are asking for your favorite recipes. Whether it's yours or your Aunt Betty's, it doesn't matter, just bring it to the annual general meeting on September 12, 2009, at the St. Peter Columbus Club, 2947 66th Street just west of the Grey Nuns Hospital. The meeting starts at 9:30 a.m. If you are unable to attend send your recipes to Kevin Fankhanel. The snail-mail address is **1756 49A Street NW Edmonton, AB T6L 3K6**, and the e-mail address is fankhanel@shaw.ca - please mark the subject GoodHearts cookbook.

On page 4 is a copy of the recipe sheet, make as many copies as you like. A sample cookbook and copies of the recipe sheet will be available at the meeting for you to look over.

YMCA Health & Wellness Program

Fall is coming, it is time to get thinking about health & wellness. GoodHearts is providing a \$200 subsidy to recipients who are members of GoodHeart, and who sign up for the Y program. There is no better time than now to take advantage of this offer: great facilities, best monthly rat., And getting healthy is PRICELESS.

Contact Denis at dgahan@telusplanet.net or phone 780-432-6536. Denis will send you a two-week guest pass so you can experience the YMCA for yourself.

Husky Community Rebate Program

GoodHearts has partnered with Husky Energy to provide gas vouchers to transplant patients.

And according to several University of Alberta Hospital transplant social workers the vouchers are a big hit in easing the patients' travel expenses. "It may not seem like a lot, but in providing gas vouchers it means that the family has a little extra money for other needs," said one of the social workers.

Husky provides vouchers as a discount. And each time GoodHearts buys a quantity of coupons, Husky also donates more vouchers. These in-kind donations are significant as they add up quickly.

The Calgary-based energy firm is also willing to give additional assistance to GoodHearts through the Husky Community Rebate Program by raising cash for the transplant patients support group.

The rebate card is very simple and easy to use. Each time you make a purchase at a Huskey or Mohawk gas station or Husky House Restaurant, ask the attendant to swipe your card through the card reader. Husky automatically registers the value of the purchase and 2% of that goes to GoodHearts. All purchases, except lottery tickets, tobacco products and gift certificates, are eligible for the rebate program.

The Husky Community rebate Program card is not a credit card. The card cannot be used to make purchases therefore, there is no risk to you If the card is lost.

Husky rebate cards are available. Please contact Silvio 780-437-6810, e-mail goodhearts.ca and remember that the greater the volume of member purchases, the greater the cash value to GoodHearts and the transplant patients we are assisting.