

GoodHearts news



Give the Gift of Life

GoodHearts to offer MedicAlert bracelets to organ recipients

GoodHearts is partnering with MedicAlert Canada to provide MedicAlert bracelets to every new organ transplant recipient.

The bracelets will be available also to transplant recipients who had never purchased a MedicAlert membership.

Currently, the basic MedicAlert bracelet and membership costs \$78.

The agreement between the two not-for-profit organizations is that GoodHearts pays for bracelet and MedicAlert covers the membership registration fee for the first year. The annual membership fee then becomes the responsibility of each patient.

The University of Alberta Hospital transplant programs urge every recipient to get a MedicAlert bracelet. However, this is something patients overlook or forget because of other more immediate priorities.

In offering MedicAlert bracelets GoodHearts is expanding its assistance to families facing financial burdens during the transplant process.

Raising organ & tissue donor awareness in Dodge City

Yippie ki-yay!
GoodHearts is raising organ and tissue donor awareness in cowboy country.

A display booth will be set up at the Dodge City Western Trade and Gift Show from Nov. 6-14 in the Northlands Expo Centre. The trade show is on during the annual Canadian Finals Rodeo and Farmfair International.

The public education initiative is a huge challenge, but the GoodHearts Board decided it was worth doing to raise organ and tissue donor awareness among Albertans.

“It’s going to be a lot of work, but that’s how you reach people, who could be potential organ and tissue donors,” said a GoodHearts Board member.

Only 21 people donated organs in 2009, according to Alberta Health Services. That was nine fewer than in the previous year.

The GoodHearts Board believes it is time for recipients to take a public stand on this issue. We know that transplants work, we’ve just been too reluctant to let our fellow Albertans know of the work being done at the University of Alberta Hospital.

Dr. Dennis Modry, the surgeon who performed the first heart transplant in Western Canada 25 years ago, recently told *The Edmonton Journal* that the U of A Hospital is the largest transplant centre in Canada, and fourth or fifth in North America.

The Human Organ Procurement and Exchange Program, the Comprehensive Tissue Centre staff, and other individuals will be helping GoodHearts raise organ and tissue donor awareness by manning the Dodge City display.

See you at the OK Corral, partners!

Transplant Housing Dinner/Silent Auction — March 19, 2011



PHOTOS BY JASON EVERITT



Dinner & silent auction a huge success!

The May 29th dinner and silent auction at the Mayfield Inn raised about \$10,740.00

Thanks to the generous support of **Andrew Peller Ltd., Novartis, Astellas, Roche, Pfizer, Rexall Foundation**, many other companies, and individuals, GoodHearts has reached the half-way mark to raise \$50,000 for the Transplant Housing Project.

Avenue Magazine covered the second annual fund-raising event and the photos were published in the July issue. Thanks to photographer **Jason Everitt**, some of the photos are on our website,

GoodHearts provides financial aid to transplant patients and their caregivers. Sobey's cards and Husky/Mohawk vouchers are available through the Transplant Services and renal social workers. We also subsidize the YMCA Health and Wellness Program to encourage transplant patients to stay fit and healthy.

In 2011 GoodHearts will have a casino — the date has yet to be confirmed — and all the funds raised will go to the Transplant Housing Project.

The next dinner and silent auction is scheduled for **March 19, 2011**, at the Mayfield Inn. Tickets go on sale in January.



Transplant Housing Dinner/Silent Auction — March 19, 2011

Taking organ donation message to the mall

The week-long display to raise organ and tissue donor awareness at Southgate Centre was well received.

Shoppers stopped to inquire about where to sign their donor card, and one woman signed her card right at the display.

“I’ll get my husband to sign as the witness that way he’ll know my wishes,” she said.

The 10 GoodHearts volunteers — **Kevin Fankhanel, Shirley Law, Loren Crone, Roland and Wendy Ledoux, Paddy Goebel, Sister Patricia Kaliciak, Suresh Avasthi** and me — collectively put in 63 hours manning the display.

Winnipeg heart recipient **Baljit Singh** who was visiting Suresh while in Edmonton to attend the heart clinic, also spent part of Saturday afternoon helping with the display.

Some shoppers dropped their spare change into the GoodHearts donation jar, and we raised \$80 — that comes to \$1.26 an hour, a cent above the Canadian minimum wage in 1965.

The participants felt the experience was positive and manning the display was worth the effort.

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The **Living Organ Donor Expense Reimbursement Program (LODERP)** is a new initiative intended to assist an individual who is donating a kidney, liver, or lung to an Alberta resident.

Funding applications are completed by the transplant hospital social worker or by the living donor



Liver recipient Suresh Avasthi stands by the GoodHearts display which features the new HOPE donor awareness poster. His family raised more than \$50,000.00 for HOPE with the Show For Hope fund-raising dinners.

and submitted to the Kidney Foundation.

The maximum funding is \$5,500.00 per living donor, but does not include post-operative care. Applications are available from the Northern Alberta Renal Program Transplant Services or by calling **Kim Kearans** or **Barb Foxall** at 780.451.6900.

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David Tapp, one of the charter members of the GoodHearts Foundation, passed away on Aug. 25th. He received his transplant in 2004.

David’s memorial service was attended by members of the U of A Hospital heart transplant clinic, and GoodHearts. Condolences are extended to **Wanda**, David’s wife and

constant caregiver, his son **Tyler**, and daughter-in-law **Nadia**.

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Ray Nelson, the world’s oldest heart recipient, home builder, and philanthropist, passed away on Sept. 20th.

Ray was 79 when he received his transplant in 1999. The event was controversial and he is now considered a heart transplant pioneer. By accepting an older heart he brought about a huge change to the Canadian transplant programs.

Thanks to Ray, hospitals no longer rely on age alone when considering an organ donor or recipient.

— **Silvio Dobri**

Remember to renew your membership at the AGM on Jan.8th

Transplant Housing Dinner/Silent Auction — March 19, 2011

New education program for recipients and caregivers

An organ transplant is a life-changing experience that allows the recipient to enjoy new-found health and a completely new lease on life.

Despite the benefits, some recipients find the adjustment to post-transplant life a difficult one. The adjustment requires “adherence,” which means taking prescribed medications at the same time every day for life, keeping all clinical appointments for regular blood work, and recognizing the early signs of rejection.

Incorporating adherence into one’s daily routine can be challenging, but it is crucial to long-term post-transplant health.

The Transplant Adherence Program is a free, new initiative designed to help post-transplant kidney patients start on the right foot, with tools and information to help transplant recipient develop or maintain good habits when it comes to their treatment and overall care.

This program was developed for adult kidney recipients, regardless of the medication they are on, or when they had their transplant. Developed in consultation with nephrologists and renal transplant recipients, the program includes newsletters, an information booklet, self-evaluation tools, a website and reminder



tools such as an alarm pill box and a day planner.

Although not all the information (e.g. signs of rejection) may be applicable to other transplant recipients, the importance of following medical advice, keeping clinic appointments, and using reminders to help with medication adherence is relevant information for all transplant recipients.

For more information or to sign up to the Transplant Adherence Program visit www.transplantadherence.ca or call 1-877-691-7455.

The Transplant Adherence Program is one of several community based initiatives supported by Astellas Pharma Canada, Inc.

— *Provided by Astellas Pharma*

Medications check list

- Reorder your medications at least three days before you run out
- Never change the dosage yourself
- Before starting any new medication, check with your transplant co-ordinator
- Always open the container before you leave the pharmacy
- Compare the capsule’ shape, colour, writing, and strength with what you have been taking
- Make sure that you have received the correct strength(s)
- If anything is different, call your transplant co-ordinator immediately
- If a child-proof cap is a challenge to open, ask the pharmacist for regular pill container

Transplant Housing Dinner/Silent Auction — March 19, 2011

Canadian Blood Services focuses on improving organ and tissue donation, and transplantation rates

Canadian organ and tissue donation rates have remained relatively flat over the last decade, despite several initiatives aimed at improving performance. In 2008, the Federal, Provincial and Territorial Ministers of Health asked Canadian Blood Services to lead the design of an integrated system that would better meet the needs of all Canadians.

Since then, thousands of stakeholders — including groups like GoodHearts Mentoring Foundation, individual transplant recipients, families, donors and medical experts — have helped to shape these recommendations.

Last January in Edmonton, Sister Patricia Kaliciak of GoodHearts participated in a public dialogue regarding the organ and tissue donation and transplantation (OTDT) system. She and other concerned Canadians shared their thoughts on the system of today, how it could be improved, and what values a new system should be built on.

Overall, participants agreed that the OTDT system should uphold the principles of fairness and equality, safety, and efficiency. It should also promote increased education not only of the public, but the medical community.

In total, Canadian Blood Services held nine of these public dialogues across the country between October 2009 and May 2010, and spoke with almost 300 people directly affected by donation and/or transplantation. For several months, the organization has also consulted thousands



of health professionals and health system leaders for their input on an integrated OTDT system.

Canadian Blood Services has taken all feedback to heart, and that information has been integrated into the design of the new system. As next steps, and to begin the dialogue with the Deputy Ministers of Health, the organization plans to present preliminary recommendations at the end of 2010 that will continue to be refined over the coming months.

The goal is to have a final set of recommendations before the Deputy Ministers early next year.

There are still a number of ways you can get involved in this initiative:

- Share your transplant story online or read reports from Canadian Blood Services' public dialogues at www.blood.ca/speakup;
- Download a free kitchen table conversation kit from www.blood.ca/speakup and convene your own discussion about organ and tissue donation in Canada with family and friends;
- Read about the opinions of ordinary Canadians: visit www.blood.ca and look for the August 13, 2010 public polling news release.

— *Provided by Canadian Blood Services*

Transplant Housing Dinner/Silent Auction — March 19, 2011

251 transplants at U of A Hospital

There were 251 organ transplants performed at the University of Alberta Hospital in 2009, according to the data provided by the HOPE Program and the Comprehensive Tissue Centre.

The breakdown is as follows:

- Heart - 34
- Heart/Lung - 2
- Lung — Cadaveric - 37
- Liver Cadaveric - 53
- Liver - Living Donor - 9
- Kidney Pancreas - 5
- Kidney Cadaveric - 48
- Kidney - Living Donor - 29
- Small Bowel - 1
- Islet - 31
- Auto islet - 2
- Number of tissue grafts distributed - 1,350

Thirty-eight people died while waiting for a transplant. The number does not include kidney patients.

Calgary performs kidney and pancreas transplants, however, the Southern Alberta Organ and Tissue Donation Program does not provide data on the number of recipients.

Tips for avoiding colds & flu

The medications you take to prevent organ rejection may lower your body's ability to fight infections.

Here are five simple things you can do to stay fit and health to help avoid infections:

1. Wash your hands with warm water and soap, especially before eating.
2. Use hand sanitizer when you are on the go. Keep a small container in your coat,

purse, or glove compartment of your vehicle.

3. Keep your hands away from your eyes, nose, and mouth — germs spread this way.

4. Stay away from sick people. If family members or friends are ill, tell them you can't be around them until they are well.

5. Get a flu shot. You will be getting a letter on this from your transplant doctors.

Husky Rebate Program

The Husky Community Rebate Program is a way for the GoodHearts Mentoring Foundation to raise funds by purchasing gas and other retail items* at Husky and Mohawk stations across Canada.

Husky has donated close to \$700,000 to more than 2,000 community groups such as GoodHearts.

You, your family your friends and everyone who wants to support GoodHearts can use the cards.

Every time you use the card 2% comes back GoodHearts to support the transplant housing project, and provide food cards and Husky gas vouchers for transplant patients.

To get your card please call Silvio at 780.437.6810 or e-mail info@goodhearts.ca

Tell your friends and family about the Husky Rebate Program.

**Excludes lottery, gift certificates and tobacco products.*

Thank you for your support



Community Spirit Program



Working together for a healthier world™

morethanmedication.ca

Transplant Housing Dinner/Silent Auction — March 19, 2011

Candlelight Service



Saturday, Oct. 16

1 - 4 p.m

Candle lighting ceremony 3 p.m.

Mayfield Inn Courtyard

11615 109th Avenue

Guest Speakers:

Dr. Ronna Jevne — Journaling: Writing for the Inner Me

Dr. Dale Lien, Lung Transplantation

Transplant Chaplain Margaret Van Ginhoven

Donor families, organ recipients share their stories

RSVP info@goodhearts.ca or call 780.437.6810

***GoodHearts is a not-for-profit charitable society
We provide food cards & gas vouchers to transplant patients***

Ask your transplant social worker

or contact us directly

780.437.6810

info@goodhearts.ca

Transplant Housing Dinner/Silent Auction — March 19, 2011

GoodHearts Calendar

Nov. 6-14 — Display —
Dodge City Western Trade &
Gift Show — Northlands
Expo Centre.

March 19, 2011 —
Transplant Housing Dinner &
Silent Auction — Mayfield
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Membership Meetings 2011
Saturday, Jan. 8 — Annual
General Meeting
Saturday, April 16 —
Regular membership meeting
Saturday, June 25 —
Regular membership meeting
Saturday, Sept. 24 —
Regular membership meeting
Saturday, Jan. 14, 2012 —
AGM

Board Meetings

Tuesday, Dec. 7
Tuesday, Feb. 8, 2011
Tuesday, May 17
Tuesday Sept. 13
Tuesday, Nov. 15

*All GoodHearts meetings are at
the St. Peter Columbus Club,
2947 66th Street.*

Transplant Housing Dinner & Silent Auction March 19, 2011 Mayfield Inn

**Guest Speaker:
Dr. Norm Kneteman**

**Tickets go on sale
in January**

**GoodHearts is a not-for-profit charitable society
Tax receipts provided for donations**

**Donations can be made on the web
www.goodhearts.ca**

**GoodHearts mailing address is:
11423 55th Ave. NW
Edmonton, Alta. T6X 0X3**



Dress up for Organ Donation
Sunday, Oct. 31st — 12 noon
University of Alberta Student Union Building
89th Avenue & 115th Street
Contact Jennifer 780.407.6002 or 780.459.0358

Transplant Housing Dinner/Silent Auction — March 19, 2011