

GoodHearts news



May 14, 2008

GoodHearts website: www.goodhearts.ca

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.

Public health network of Canada (www.publichealth.gc.ca)

This website has a lot of good information. It is ran by the government of Canada so you know the information given is reliable. At this site you can research some of your concerns and be better informed when you discuss them with the transplant team.

AS A REMINDER

GoodHearts community meeting

Saturday June 14, 2008

9:30 A.M

Basement Conference room

Cedar Park Inn

51 st Ave between Gateway Blvd and Calgary trail

Stroll For Liver

Saturday June 7, 2008

Registration at 9:00 A.M.

Stroll starts at 10:00 A.M.

Emily Murphy Park

Groat road & Emily Murphy Park road

Mentoring Workshop

GoodHearts exercise group

Saturday June 21, 2008

9:00 A.M. to 2:00 P.M.

Lister Hall – Glacier room

87 Avenue & 116 Street

(West of the Jubilee Auditorium)

Living well with Transplants

Second annual patient Education day

Friday June 20, 2008

9:00 A.M. to 3:00 P.M.

Sessions begin at 10:00 A.M

Lister Centre – Maple Leaf room

87 Avenue & 116 Street

(West of the Jubilee Auditorium)

GoodHearts exercise group

Meet every Monday, Wednesday, and Friday

Time: 9:00 A.M

Location: Mark Haykowski's research lab

Corbet hall basement on the University of Alberta Campus

Between 112 Street and 114 Streets and south of 83 rd Avenue

Upcoming Events

Ken Mason Golf Classic May 10, 2008

CTA picnic and family fun day June 21, 2008

GoodHearts meeting September 6, 2008

GoodHearts meeting December 6, 2008

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

BEEF TERIYAKI (serves 5)

1-pound boneless Sirloin beefsteak
¼ cup soy sauce
¼ cup dry sherry, white wine, or chicken broth
1-tablespoon vegetable oil
2 teaspoons chopped fresh ginger or ½ teaspoon ground ginger
1-teaspoon sugar or sugar substitute
1 clove of garlic
5 kabob skewers

Trim the fat of the beef. Cut into ¾ inch cubes. Place in a glass or plastic bowl. Mix the remaining ingredients; pour over the beef. Cover and refrigerate at least 1 hour, stirring occasionally.

Thread 6 beef cubes onto each of the 5 skewers and brush with the marinade. Set oven to broil. Broil the kabobs with the tops about 4 inches from heat for 5 to 6 minutes; turn and brush with the marinade. Broil until done. 5 to 6 minutes longer. Brush with the marinade and serve.

Per serving: 100 calories, 3 g fat, and 200 mg sodium

*Recipe courtesy of Diabetic Gourmet.com

GoodHearts Forum Fun – do

Ingredients

One or two heart recipients
Add equal number of Kidney, Liver, Lung, Pancreas, Islet and Bowel recipients
A handful of tissue recipients
Two caregivers for each of the above ingredients
Stir in several doctors, nurses, social workers and co-ordinators
One minced bureaucrat (optional)
As many donors as possible
To prepare
Mix very carefully. Bring to a boil gradually. Let simmer. Poke with GoodHearts fun-do fork to check for doneness.
Serve and share with as many people on waiting list for organs and tissues.
Note: NO SODIUM, NOT EVEN A GRAIN

THANK YOU TO ONE AND ALL

The H.O.P.E program of events marking the national Organ and Tissue Awareness week was a tremendous success. Nurses and Doctors in ICU's, ER's, and various units handling transplants and donors were glad to see recipients doing so well and were most impressed by the folks like GoodHearts members Duncan Merrylees, Maurice Murphy, Keith Bradley, Denis Gahan, Richard Sadaway, Clive Allen, Suresh Avasthi, and Silvio Dobri.

A show for hope on Saturday April 26, 2008 was another big success with more than 50 people in attendance. Suresh is still tallying the accounts. Thanks to Ed Hunt, Dwight Kroening, Dennis and Silvio and some of their respective family members.

Kudos to the early risers Maurice and Barb Murphy, Duncan and Denise Merrylees, Kevin Fankhanel, Silvio and Jerry Dobri for helping and participating in the Kidney fun run and walk on Saturday April 27, 2008.

Barb, Maurice, Denis and Duncan along with Jo and Leo Gobel and Dwight Kroening deserve a big hand for their work organizing the Ken Mason Golf Classic held on May 10 at Rundle park Golf Course.

Welcome the GoodHearts Mentoring Foundation Forum

This 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.

By opening this forum to recipients, caregivers, living donors, donor family members, medical people and the public, we want to make a small difference in people's lives.

All questions, concerns, observations and opinions are welcome. But to avoid legal hassles our moderators will monitor all submissions to the forum.

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.

Silvio

CONTEST CONTEST CONTEST!

Vote for the Forum logo

Win a GoodHearts magnet ribbon for your car

Forum officially opens May 15th

Special resolution to be voted on at the June 14 meeting

Be it resolved that article 2 of the Application to form a society be deleted entirely, and the following be adopted as the GoodHearts Mentoring Foundations charitable objectives.

- To improve the physical and psychological well being of people who have had organ transplants, patients awaiting transplants and their caregivers by providing mentoring, peer support, and fitness instructions.
- To raise awareness of the benefits of organ and tissue transplants through public events and presentations.