

GoodHearts news

Spring 2009



GoodHearts website: www.goodhearts.ca

TRANSPLANT HOUSE PROJECT GETS STARTED

The GoodHearts Mentoring Foundation is hosting its first dinner-fundraiser to kick-start the Transplant House Project campaign.

The need for accommodations for the hundreds of out of town recipients, patients waiting for organs and caregivers who must move to Edmonton for an organ transplant is obvious. The topic has been discussed often within the transplant community. A group of concerned individuals even conducted a preliminary study to clearly state the need for a transplant house.

A transplant house has been a topic at GoodHearts gatherings, too. And after reviewing the Edmonton study and considering the rent-a-house model developed by Vancouver Heart Transplant Home Society, GoodHearts decided the issue is worth revisiting.

The transplant house models examined require a capital investment and a management team. To buy or build a house ties up hundreds of thousands of donated dollars for many years before a facility can become available, and once the house is open it requires additional operating capital.

The management expertise to run a transplant house, whether owned or rented, is something an all-volunteer organization like GoodHearts is not able to provide.

An alternative to these two models is to rent furnished apartments, something that is readily available in Edmonton.

GoodHearts members are convinced this is the most economical and efficient model. Most important, the donated dollars are made available much faster to the transplant patients. Their crisis is now!

There are several rental properties available

GoodHearts
Transplant House Project
Dinner & Fundraiser
May 9, 2009
6 p.m. Cocktails
6:30 p.m. Dinner
With Guest Speakers
Best Western Westwood Inn
18035 Stony Plain Road
Tickets
\$50 per person
includes \$15 donation
tax receipt provided

close to the University of Alberta Hospital and it takes about \$20,000 a year to provide one housing unit for a couple - the transplant patient and one caregiver. The members of GoodHearts believe this can be done by 2010.

GoodHearts, with the assistance and guidance of the U of A Hospital transplant programs, is already providing financial assistance to out of town transplant patients and caregivers.

The transplant house is the logical next project for the transplant community to rally behind. Our guest speakers include two heart recipients, Carol Becker and Dwight Kroening, who will talk about "setting goals and achieving them" after an organ transplant; Dr. Arvind Koshal, Director of Development and External Affairs Mazankowski Alberta Heart Institute.

Donations helping recipients, caregivers

GoodHearts has received \$4,000 in donations from individuals in the first two months of 2009. Another \$2,000, which is being made through payroll deductions, is expected from the United Way over the next 12 months.

Donations raised during the last few months of 2008 after we received charitable status totaled \$3,900.

Members and the GoodHearts board directed that these donations be used for two projects:

* Sobeys food gift cards for out-of-town transplant patients and caregivers. These cards are distributed by the University of Alberta Hospital transplant social workers.

*- Organ recipients who are GoodHearts members and wish to enroll in the YMCA Health and Wellness Program will get an annual subsidy to reduce their costs.

Donations made in the memory of Kaelyn MacKenzie, who passed away on January 25, 2009, at the University of Alberta Hospital, pushed forward our plans to start a Transplant House Project campaign.

Kaelyn had been on a heart transplant list since May 2008. She was 24 years old.

“We are from Yorkton, Saskatchewan, and over the last 6 years have made more trips than we care to count to Calgary then Edmonton with Kaelyn. All these trips were costly and we knew down the road we would be, making Edmonton our home for at least 3-4 months when the time came for

Kaelyn's transplant,” Brenda and Ward MacKenzie wrote in a letter to GoodHearts.

“We hope this donation will help families in need of some financial help.”

The transplant House Project will be launched in May with a fund-raiser dinner. GoodHearts also plans to provide financial help with transportation and parking at the U of A Hospital while out-of-town recipients and caregivers are living in Edmonton.

Recipients needing assistance should speak with the transplant social worker or contact GoodHearts at info@goodhearts.ca or call 780-437-6810.

Grants

The money trail is like a year-long pilgrimage to a Tibetan temple. The walk is uphill and treacherous. The paperwork is tiring and the wait is... Well, organ recipients and caregivers know all about waiting.

Yet the rewards are awesome.

Our first grant came from the Wild Rose Foundation. It gave GoodHearts credibility and kept us alive.

The second grant is from the City of Edmonton. The 2009 Community Investment Operating Grant will be awarded to GoodHearts in May

Decisions on two other grants, for which we applied, are expected within the next several weeks.

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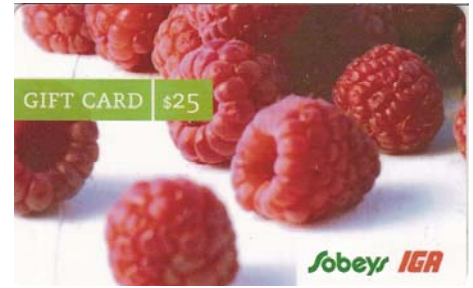
Donations to GoodHearts projects can be made on the Internet
Tax receipts are provided

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**

Sobeys gift cards program - a little help goes a long way



GoodHearts has donated the first \$2000 worth of Sobeys food gift cards to the transplant social workers at the University of Alberta Hospital in January.

The cards, each valued at \$100, are available to transplant patients and caregivers, especially those who must relocate to Edmonton for the life-saving surgery. The U of A Hospital serves patients from Alberta, Saskatchewan, Manitoba, northern British Columbia and the Territories, so the need for financial assistance in time of crisis is considerable.

“This kind of help is appreciated and welcome, especially when it’s patient initiated,” said one of the transplant social workers.

Equally pleased with the project is Roland Ledoux, a heart recipient and chair of the GoodHearts planning committee which proposed the food gift cards idea.

“These are the little things that make a huge difference when you are dealing with a medical crisis and have nowhere to turn because you don’t know the city,” he said.

Sobeys provides a financial discount on gift card orders, and the savings are converted into additional cards. GoodHearts members, individuals from the transplant community as well as the general public are encouraged to participate in the project. This can be done by either donating money for the gift cards or purchasing cards for personal use.

“All of us buy groceries, so this is a simple and affective way to help the transplant community,” said a GoodHearts member.

Order your Sobeys card today

GoodHearts is ordering more cards, which come in a variety of denominations, starting at \$25.

If you want to buy Sobeys gift cards and help organ recipients and patients awaiting transplants, please contact GoodHearts at info@goodhearts.ca or call 780-437-6810.

Deadline for submitting orders is April 25.

Recipe Selection

Glazed Fruit Skewers with Strawberry-yogurt Dip

- 1 cup (250 ml) 1% plain yogurt
- ¼ cup (60 ml) compliments organic Strawberry Jam
- 1 tsp (5 ml) finely chopped fresh mint
- 2 cups (500 ml) each cubes seedless watermelon and golden pineapple
- 1 cup (250 ml) seedless green or red grapes
- 2 compliments organic Granny Smith apples cored and cut into bite sized pieces
- 2 tbsp (30 ml) lemon juice
- 1 tsp (15 ml) compliments liquid honey
- pinch ground cardamon or cinnamon

Place yogurt in a coffee filter line sieve set over bowl refrigerate for 4 hours.

Gently blend thickened yogurt with jam and mint until well combined.

Cover and refrigerate for up to 1 day.

Thread equal portions of fruit onto bamboo or metal skewers.

Stir lemon juice with honey and cardamom or cinnamon.

Brush skewers with honey mixture and serve with yogurt dip.

Makes 4 servings of 2 cups (500 ml) each

110 calories, 2 g protein, 1 g fat, 26 g carbohydrates

Recipe from: Inspired by Compliments spring 2009 - compliments.ca/inspired

Mark your calendar

April 4

GoodHearts meeting
9:30 a.m.
Cedar Park Inn
51st Avenue and Calgary
Trail

April 26

“Gift of Life” Fun Run and
Walk
Rundle Park
8:30 a.m Registration
10:00 a.m Start
For more info call the
Kidney Foundation Edmonton
office 780-451-6900 or
visit www.kidney.ab.ca

May 9

Transplant House Dinner-
Fundraiser
6 p.m Cocktails
6:30 p.m Dinner
Best Western Westwood Inn
18035 Stony Plain Road
With guest speakers;
Dr. Arvind Koshal, Dwight
Kroening and Carol Becker

June 19

Living Well With Transplants,
Patient Education Day
Lister Centre
Brochure on the day- long
event will be mailed out by
the transplant programs.

June 22

Gift of Life Golf Classic
The Ranch Golf Course
For more info call the
Kidney Foundation Edmonton
office 780-451-6900 or
visit www.kidney.ab.ca

Oct 18

Candlelight Service
Location & time TBA

Your help is needed

GoodHearts need your help
in the following areas

Ticket Sales - People needed
to sell tickets to the goodHearts
Transplant House Dinner-Fundraiser

Website - Need web-savvy
people who are willing to commit
several months to work with Sandy
Bell on the GoodHearts website.
This long term project could

take a few hours of work per
week.

Patient Education Day - Need
six people to help out at the June
19th Living Well With Transplants,
Patient Education Day

Sobeys Gift Cards - Members
needed to assume responsibility for
ordering and distributing Sobeys
gift cards

Check out the Y Health & Wellness Program

If you want or need to get
active, GoodHearts is providing its
members who are organ recipients
an opportunity to join the YMCA
Health & Wellness Program.

GoodHearts even picks up a
portion of the Y membership costs.
The cost to GoodHearts members,
age 25-64, is \$ 37.41 per month -
a mere \$1.22 per day.

The Y offer can't be beat and
includes a two week trial period.

Check out the Y Health &
Wellness Program, and then join
us to stay fit.

The Y offers monthly or
annual payments, and we suggest
the monthly plan for easier
handling.

Monthly payments can ease
the financial obstacle to getting
and staying fit and active.
Payments can be done by credit
card, cheque or automatic bank
withdrawals.

The Y allows you to defer



payments for up to six months if
you are unable to attend when you
go on holidays or become ill.

Family members of organ
recipients who have paid their
GoodHearts membership dues also
get a break if they join the YMCA.
This applies to all ages.

If you are interested in the Y
program, contact Denis Gahan at
dgahan@telus.net or call
780-432-6536. Denis will provide
you with a two-week pass,
handouts on the Y programs, and
other information you may want
about the YMCA Health & Wellness
Program.

The Y Health & Wellness
Program is open to GoodHearts
members in every province where
the Y has fitness facilities.