

GoodHearts

news



Give the Gift of Life

Transplant recipients get five-year driver's licence

The Alberta Transportation Driver Fitness and Monitoring Branch has had a change of heart and approach in how it handles the driver's licence renewals for transplant recipients.

The change applies only to the Class 5 licence, and has many positive ramifications:

- Most recipients will no longer be required to get a medical exam to renew a licence;
- Recipients will save about \$100 a year by not having to get a medical exam;
- Fewer medical exams will cut health care costs and reduce the workload for physicians;
- Transplant staff will have a clear process to follow when recipients require assistance;
- Fewer requests for case reviews will ease the workload at the Driver Fitness and Monitoring Branch;
- This clarifies a serious auto insurance issue, because failing to disclose that you had a transplant could invalidate your coverage.

The change follows consultations the GoodHearts Mentoring Foundation had with managers and reviewing officers of the Driver Fitness and Monitoring Branch and the heart transplant clinic staff at the University of Alberta Hospital.

"The news is welcome as it clarifies the driver's licence renewal process for recipients and transplant staff," said Ilene Burton, Outpatient Heart Transplant Co-ordinator at the U of A Hospital.

"This is an issue every recipient has struggled with, and dealing with bureaucracy is never easy," said an Edmonton heart recipient.

"I am happy to see a resolution."

GoodHearts thanks the Driver Fitness and Monitoring Branch and the heart clinic staff for

listening to the concerns raised by organ recipients and making the driver's renewal process a little easier.

This is precisely why GoodHearts was founded, said Silvio Dobri. "By talking about the driving licence issue, we found a way to benefit the entire transplant community. I am especially grateful to Dr. Jeffrey Burton for the support letter he provided to help GoodHearts make its case for change."

Now that the Driver Fitness and Monitoring Branch has clearly outlined what is required from transplant patients, the licence renewal process is easy to follow. However, Alberta Transportation officials warn that patients must report any changes to their medical condition. "In accordance with Section 16(1) of the Operator Licensing and Vehicle Control Regulation, a person who holds or applies for an operator's licence shall immediately disclose to the Registrar a disease or disability that may be expected to interfere with the safe application of a motor vehicle by the person."

If your medical situation is stable, and you want a five-year licence, write to the Driver Fitness and Monitoring Branch. Remember to include a letter from your transplant doctor to support your claim for an unrestricted licence.

**Alberta Transportation
Driver Fitness and Monitoring Branch
Main Floor, Twin Atria Building
4999 98th Ave. NW
Edmonton, Alta. T6B 2X3
Tel: 780.427.8230
Fax: 780.422.6612
www.transportation.alberta.ca**

— Silvio Dobri

In the Transplant Community

The current newsletter is a tad short of news and gossip items. I took a break during February, missed the Olympics and contact with many of my transplant buddies. But let me share some good news I got since returning home:

The best news for the transplant community came from the Alberta Transportation Driver Fitness and Monitoring Branch. If you read the front page story in this newsletter, it's already old news.

"It's great news," said heart recipient and former board member **Denis Gahan**, who got a five-year driver's licence renewal even without requesting it. He had his medical and went to renew his licence in February.

"I was very surprised. The registry clerk asked me to wait while she made a phone call, and when she came back she handed me a licence for the full five-year term."

There's more positive news. The **City of Edmonton** has again approved the Community Investment

Operating Grant for GoodHearts. The cheque should be arriving soon ... The **Rexall Foundation** has kindly donated a substantial sum towards the GoodHearts Transplant Housing Project dinner to be held on May 29 at the Mayfield Inn ... Get your tickets by calling 780.437.6810 And we are still waiting to hear about the **Community Spirit Grant** application.

Board members **Ron Kube** and **Melanie Dudek** attended a day-long workshop on strengthening volunteer boards on Feb. 6. It was a great learning experience, they said, and prepared a report for the board ... **Kim O'Reilly** also attended, but she was there on behalf of another volunteer board ... **Linda Figgures**, a fourth board member, is attending a board development workshop in March.

Dick Gordon, another board member, has undertaken a personal fund-raiser for GoodHearts. Dick is selling PartyLite Candles, with all

profits going to the Foundation. He spoke about the fund-raiser at the January meeting and members interested in buying or selling candles — \$18.90 apiece — can contact Dick at 780.469.8284.

With the help of the **Friends of the University Hospital**, GoodHearts has been able to set up its display board at the U of A Hospital. It's a great opportunity to raise organ and tissue donor awareness and let the public know about GoodHearts. Setting up the display near the physio department I get an excellent chance to meet many transplant recipients, caregivers and patients who are on the waiting list. My hope is to take the display to the other Edmonton hospitals, so I'm looking for volunteers who can commit about 6 hours to the project.

GoodHearts will have a display and information session at the U of A Hospital on **Thursday, April 22**.

So come out and help.

— *Silvio*

Cookbook

Here is some information on the cookbook GoodHearts plans to publish.

As of March 1, we had 126 recipes. Our members had asked that we publish a book containing 200 recipes, however we are short on submissions. At the April 10 membership meeting we will decide how to proceed with this.

If you like to contribute a recipe or two, please bring them to the meeting or mail them to:

Kevin Fankhanel
1756 49A Street NW
Edmonton, Alberta,
T6L 3K6

More information on printing and delivery will be forthcoming.

Recipe Sample

Tangy Honey Mustard

5 tablespoons Mayonnaise, 2 tablespoons honey, 4 teaspoons Grey Poupon gourmet Dijon mustard,
 ½ teaspoon white vinegar.

Combine all ingredients in a small bowl. Cover and chill until needed

— *Kevin*

National Organ & Tissue Donor Awareness Week, April 19-24

Transplant Events Calendar

GoodHearts Mentoring Foundation

Saturday, April 10

General meeting 9:30 a.m.
St. Peter Columbus Club
2947 66th St.
Featured topic:
Chronic disease management.

Saturday, May 29

Transplant Housing Dinner
Wine Tasting, Silent Auction & Dance
6:15 p.m. to 11:30 p.m.
Mayfield Inn
Tickets \$60 per person
\$450 for table of eight
For tickets call 780.437.6810

Saturday, Sept. 11

General meeting 9:30 a.m.
St. Peter Columbus Club
2947 66th St.
Featured topic
Travel Insurance

Sunday, October 17

Candlelight Service
Honours donors, donor families,
recipients, caregivers & medical staff
Time and location to be announced

ITNS & GoodHearts

Friday, June 18

Living Well With Transplants,
Patient Education Day
8-9 a.m. — Registration
Topics:

- *Long-term complications*
- *Medication adherence*
- *Bone density*
- *Public speaking on transplant issues*

\$10 per person
Includes continental breakfast
& lunch

Brochures will be mailed out
to transplant patients
For more information call
780.437.6810

Canadian Transplant Association

Thursday, April 15

Annual Faculty Club Dinner
& Silent Auction
11435 Saskatchewan Drive
Cocktails 6 p.m. — Dinner 7 p.m.
Tickets \$40 / 2 for \$70
Speaker: Dr. John Mullen
Call Jennifer 407.6002
Neil 455.1655

Kidney Foundation of Canada Northern Alberta & Territories Branch

April 19 — 23

Information sessions at the following
hospitals:
Sturgeon, St. Joseph's, Wetaskiwin,
St. Mary's, Red Deer, Rocky
Mountain House, and Stettler.
Call Kim if you can help
780.451.6900 Ext. 222

Sunday, April 25

Give the Gift of Life,
Fun Run & Walk
Rundle Park
29th Avenue & 113th Street
For more information call
780.451.6900
Visit www.kidney.ab.ca

Canadian Liver Foundation Northern Alberta Branch

April 12, 19 & 26

Speakers Series
Royal Alexandra Hospital
Active Treatment Centre
For more information call
780.444.1547

GoodHearts thanks its corporate supporters



National Organ & Tissue Donor Awareness Week, April 19-24

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.

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

Tell your friends and family about the Husky Rebate Program.

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

Transplant Housing Dinner Saturday, May 29

**Wine Tasting & Silent
Auction — 6:15 p.m.
Dinner — 7 p.m.**

**\$60 a person
\$450 for table of 8
Mayfield Inn
16615 109th Avenue**

**For tickets call
780.437.6810**

Transplant Registry Public Dialogue Well Attended

Thirteen members of the GoodHearts Mentoring Foundation were among the 51 participants and observers who attended the Public Dialogue on improving organ and tissue donation and transplantation in Canada.

The day-long session on Jan. 16 was organized by the Canadian Blood Services. It was the third of six sessions held across the country. The final session was held in Montreal on March 13.

CBS officials were pleased with the attendance and said it was the best they had up to that date.

A preliminary report of the Edmonton "dialogue" was sent to all participants. The report capturing all of the opinions, suggestions and recommendations generated at public

dialogue in Edmonton was also presented to the Organ Expert, Tissue Expert, and Steering committees. A final report summarizing all the cross-country sessions will be posted on www.blood.ca/speakup, so everyone is urged to check it out.

In addition to GoodHearts, the Edmonton "dialogue" session included other transplant stakeholders:

- Donors, recipients and caregivers
- Physicians
- Aboriginal community representatives
- Kidney Foundation of Canada Northern Alberta and Territories Branch
- Canadian Transplant Association
- HOPE Program
- Alberta government representatives

According to CBS officials the participants agreed that the day-long session was effective and appropriate, however most felt that the discussions would have been "richer" had the dialogue included members of the general public to reflect greater cultural diversity and more participation from donors and recipients.

All indications are that Canada will have a national organ and tissue donor registry by the end of 2012.

As a beneficiary of the current jerrybuilt transplant system, my first reaction is that it isn't soon enough. Yet I am glad that the Canadian Blood Services is pushing ahead with their national plans.

— Silvio

GoodHearts Membership — \$10

Keep GoodHearts in mind when making Charitable Donations

11423 55th Avenue, NW, Edmonton, Alta. T6H 0X3 info@goodhearts.ca

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