

new Beginnings

SPRING/SUMMER 2007

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Tom Awad gives thanks for his transplant with a 200-km walk

This article, written by Kelly Pedro, Sun Media (copyright 2007, *the London Free Press*), appeared in the *London Free Press* on May 1, 2007. Tom Awad undertook this "Donor Family Tribute Walk" during National Organ & Tissue Donor Awareness Week. He received media coverage not only from the *Free Press*, but also from CBC TV, A Channel, *Windsor Star* and several radio stations.

For five days, Tom Awad gave something back to a family who had helped save his life. Awad, 65, and his brother Roger, 64, walked from Windsor to London to pay tribute to the person who kept him alive by signing an organ donor card. "I wanted to do something special to pay tribute to my donor's family," said Tom Awad, who had a liver transplant in November 2002. "This is something special."

The walk was daunting for Awad and his brother, who had trained, but are not long-distance walkers. They set out April 22 from Windsor and walked more than 200 kilometres along Highway 2, often battling wind and rain. The brothers arrived in London five days later. "London was the place that saved my life so it's appropriate that we walk to University Hospital," Tom Awad said yesterday just before he walked to the hospital, where he was greeted by the transplant team of physicians.

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Tom Awad gives thanks for his transplant with a 200-km walk

While on the road, the brothers were buoyed by passersby who honked, cheered and offered donations to help the cause. Awad said he was inspired by an Ingersoll man, Dan Lavis, who found out about their cause and asked to walk with them for a day. Lavis told Awad his father had a heart transplant more than a decade earlier, but his mother died waiting for a transplant.

Three days before Lavis walked with the Awads, his brother died in an industrial accident. Lavis was determined to walk with the Awads and raised \$1,900 raffling off London Knights tickets. "It was really amazing," said Roger Awad.

The walk has raised about \$13,000 so far, almost all of which will go toward the Canadian Transplant Games being held in Windsor in August 2008.

For anyone interested in finding out more about Tom's walk or upcoming events hosted by SportFest Windsor, you can e-mail him at tawad@cogeco.ca or visit www.sport-fest.ca



Nancy Howes, physiotherapist, checked in with Tom after he walked from Windsor to London.



Jane Tucker, President of the London Transplant Gift of Life Association, congratulates Tom at the end of his Donor Tribute Walk.

Nutrition matters

By Jennifer-Anne Meneray, Dietitian

Here's a great recipe for lunches on the go and summer gatherings. Enjoy!

[Source: *American Heart Association Low-Salt Cookbook* by R. Starke & M. Winston, 1990.]

Three Bean Salad

(serves 14 portions)

- ¾ cup dried kidney beans
- 4 cups water
- 1 lb fresh green beans
(can substitute with 10 oz package frozen green beans)
- 1 lb fresh yellow beans
(can substitute with 10 oz package frozen yellow beans)
- ½ cup cider vinegar
- ¾ cup sugar
- ⅓ cup canola oil
- ½ teaspoon freshly ground black pepper
- 1 clove garlic
- 1 medium onion
- ½ green bell pepper, chopped

Nutrient analysis (per serving)

calories - 100
protein - 1 g
carbohydrate - 14 g
total fat - 5 g
saturated fat - 1 g
polyunsaturated fat - 3 g
monounsaturated fat - 1 g
cholesterol - 0 mg
sodium - 6 mg
potassium - 68 mg
calcium - 21 mg

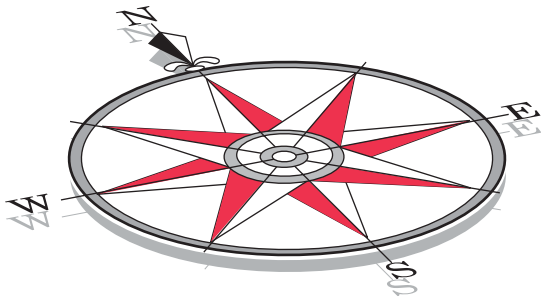
Place kidney beans and water in a saucepan. Bring to a boil and cook for 2 minutes. Set aside for 1 hour without draining.

Return beans to heat and simmer for 1 hour or until beans are very tender. Drain, rinse and set aside.

Cook green and yellow beans until tender. Drain.

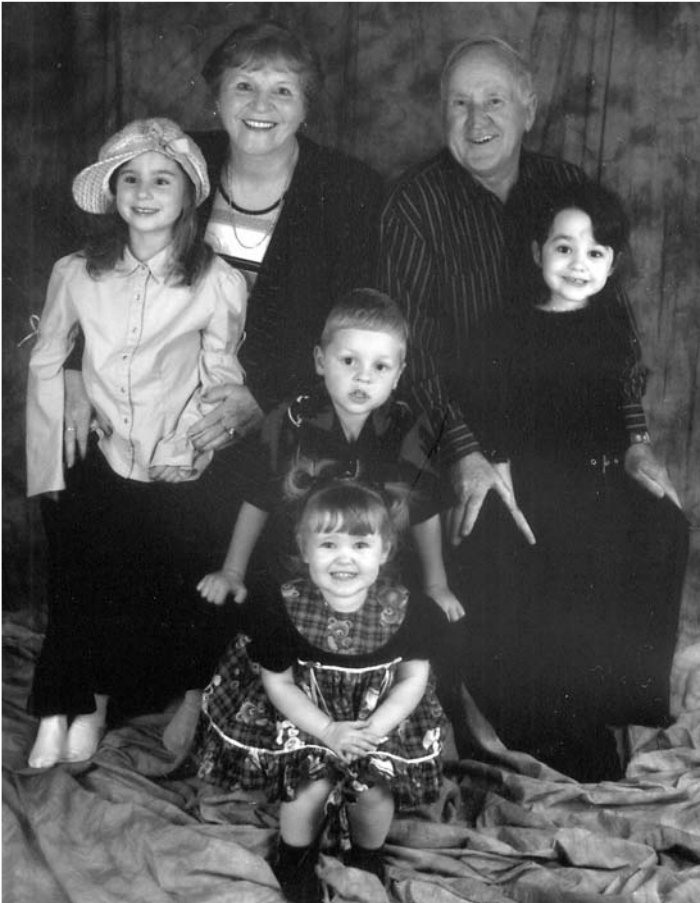
Heat vinegar and sugar together to dissolve sugar. Add oil, pepper and garlic and mix.

Toss vinegar mixture with beans, onions and green pepper. Cover and chill 6 hours or overnight. Remove garlic clove before serving.

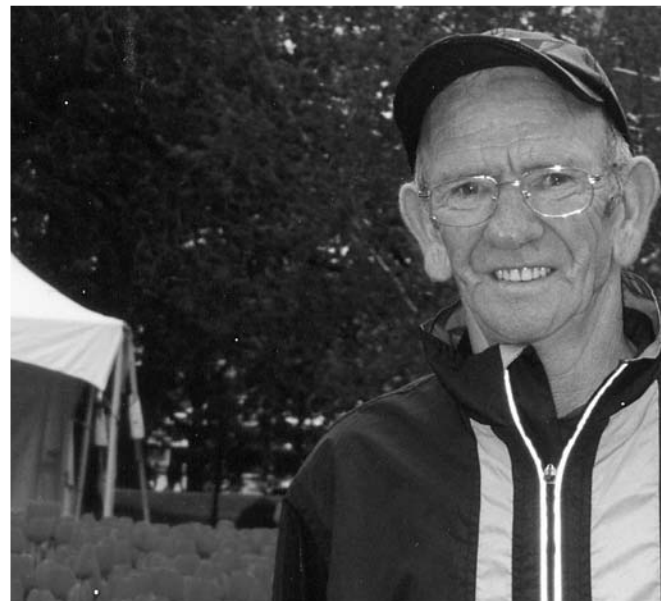


From here a

Neil Sawatzky (March, 1990) is enjoying life with his wife, Carol. Neil is now on dialysis but does enjoy his time with Carol and their grandchildren – Mark, Eric and Emily. Thank God for the donor and all those signing donor cards."



Bill Rumsey (September, 1989) from St. John's, Newfoundland says "I am living a wonderful healthy life with family and friends since my new lease on life." Bill turned 65 last July, and he still enjoys hunting and fishing. He's keeping fit and getting good reports from his doctors. Here's Bill with his wife Betty and their four wonderful grandchildren: Katie (8 years) and Kyle (5 years old) as well as Emily (4 years) and Kristen (2 years old). "I will never forget the tender loving care I received from your transplant team. Once again, thank you from my wife and family. I cannot forget all the memories of Mount St. Joseph and the wonderful care."

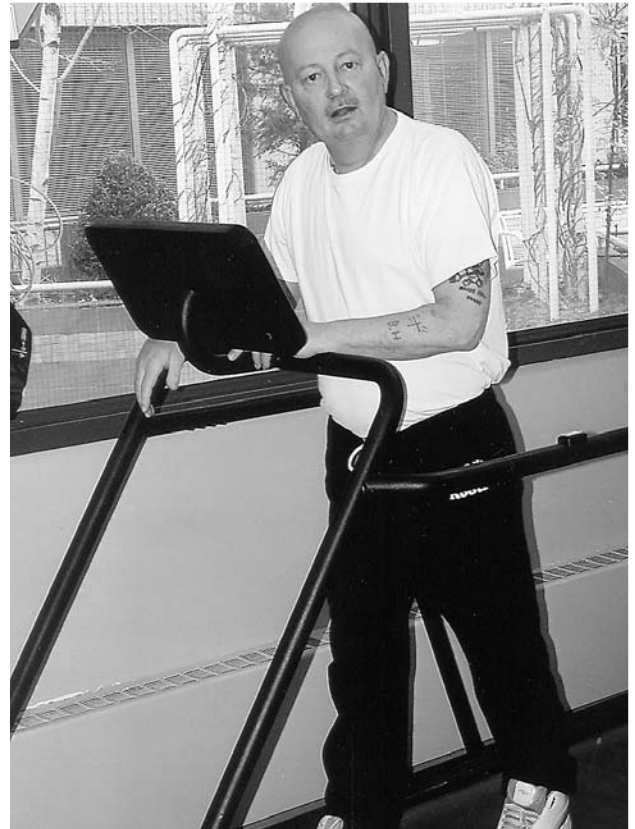


and there...

in Winkler, Manitoba with
ng well. Here he is with
nd Ty. "What a blessing to
e miracle. Thanks again to



William Hall
from Hamilton had
his transplant in
September 2006.
Since recovering
and leaving the
hospital, he's
enjoying walking
his dogs, Jinks and
Maddie, as well as
spending time with
his granddaughter,
Breanna. He says
it's nice to enjoy
life, to sleep and
climb stairs
without shortness
of breath. "I just
want to thank the
Transplant
Program staff and
the donor family
for a new beginning
of life."



Kathleen Miller
(September, 2006)
was kept busy in the
Physio Clinic after
her transplant.



Roy Schermerhorn
(December, 2004) from
Woodstock, ON enjoyed
visiting the Ottawa Tulip
Show in May 2006.

Exercise your way to a "FITTA" body and mind

This information has been adapted from the Health Works Team, a health promotion program in Ireland. Although meant for the general public, once you've recovered from your transplant, and depending on your physical activity level, you can use these guidelines to improve your fitness level. If you're waiting for a transplant or recently had your transplant, then the Transplant Program should be able to recommend specific exercises for you.

Here's the FITTA principle:

Frequency – be physically active on at least 5 days each week

Intensity – to improve your fitness level, work your body more than normal so that you increase your heart rate

Time – research shows you need to exercise for 30 minutes a day, but 10-minute bouts of exercise are just as effective

Type – vary your exercise to achieve all-round fitness with a combination of aerobic, strength and flexibility exercises. For aerobic exercise, try fast walking, cycling, swimming, a dance or aerobics class, jogging or running; for strength, use a resistance band or weights; for flexibility, you can stretch or do yoga, pilates or t'ai chi

Adherence – use it or lose it! Exercise becomes easier with practice.

Here's the latest...

London's Multi-Organ Transplant Unit celebrates its 20th anniversary

This summer marks the 20th anniversary since the Transplant Unit opened at University Hospital. To celebrate this milestone, the Transplant Program is hosting a social evening on Friday, August 10, 2007 at Bellemere Winery & Banquet Centre (1260 Gainsborough Road, London). This will be an informal get-together with food, drinks and music as we reminisce and celebrate the past 20 years. We're also having a silent auction to raise funds to purchase some new equipment for the Unit.



In 1987, Ontario's Premier David Petersen (centre) opened The Multi-Organ Transplant Unit. Far right is Dr. Cal Stiller who was Chief of the Program until 1996.

Anyone interested in attending, can purchase a \$20 ticket for the evening by contacting Peggy Allman either by phone (519-663-3354) or by e-mail (peggy.allman@lhsc.on.ca). If anyone wants to donate something for the auction, please contact Cate Abbott (519-685-8500 ext. 32817; cate.abbott@lhsc.on.ca).

Brian DeVries Golf Classic

LHSC's Rec Club is hosting its 12th annual golf tournament in memory of Brian DeVries, who had worked at LHSC for many years before his death. Brian was an avid supporter of public awareness about the need for organ donation and the success of transplantation. All the proceeds from this year's tournament will go to our Transplant Awareness Committee at the hospital. This year's event will take place on Saturday, August 25, 2007 at Maple Ridge Golf Course (3050 Dundas Street East, London) with a starting time of 2 pm. Registration of \$75 includes 18 holes of golf, steak dinner and prizes for everyone. This is a fun day that helps to support our Transplant Program. To register or for more information, contact: Dave Browning (519-685-8500 ext. 37777 or e-mail dave.browning@c-star.ca) or Pete Barnes (519-685-8500 ext. 35635 or e-mail peter.barnes@lhsc.on.ca).

Upcoming World Transplant Games

The Canadian Team is preparing to leave for the 16th World Transplant Games, which will be held in Thailand from August 25 to September 3, 2007. Rovaniemi, Finland will host the Winter Games from March 26-31, 2008. To find out more about the Thailand Games, visit www.16thworldtransplantgame.com or visit www.rovaniemi2008.com for information about the Winter Games in Finland.

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Here's the latest...

Windsor will host 2008 Canadian Transplant Games

For the first time, the Canadian Transplant Games will be held in Ontario. These national Games are held every two years, and the Canadian Transplant Association (CTA) has awarded the next Games to Windsor for August 5-10, 2008. It's expected that more than 300 transplant recipients from across the country will be there to compete, volunteer and support each other. Sports will include track and field, swimming, tennis, table tennis, squash, badminton, golf, volleyball, lawn bowling and bowling. Augie Ravija, Executive Director of the Windsor-Essex Sport Tourism Alliance expressed his support saying, "These Games provide a perfect venue for transplant athletes and their families to celebrate an incredibly precious gift - the gift of life. And we are very excited and honoured to host these Games in Windsor and look forward to helping the CTA promote organ and tissue donation."

Some new faces....

Dale McIntyre, our dietitian who worked with cardiac patients for many years, retired this Spring. **Jennifer-Anne Meneray** is the new dietitian. Previously, Jennifer-Anne has worked with liver transplant patients and she's looking forward to her new position.

Jennifer-Anne Meneray →



Nancy Howes, physiotherapist, has recently had her third baby! Congratulations to Nancy and family on the birth of a healthy son. **Tracy Fuller**, kinesiologist, will also soon be leaving for her maternity leave when she welcomes baby #2. To fill their jobs while on mat leave, you'll find



Corinne Weernink working in the Physio Clinic. Soon to join her will be **Michelle Hathaway**. Michelle has previously worked in the Clinic so many of you may know her as well as Corinne who used to be the transplant physiotherapist many years ago. Most recently, Corinne worked as one of our transplant donor coordinators, but she's looking forward to a new challenge working again with our patients.

Dr. Aya Saito is the new heart transplant Fellow working with our team. Dr. Saito arrived in London this March and will be here for the next two years for her fellowship.