

new Beginnings

SPRING/SUMMER 2008

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Education program to increase organ and tissue donation awareness in high schools

One Life ... Many Gifts will be piloted in 240 senior secondary school classrooms across Ontario in 2008/09

News release:

April 22, 2008 - (Toronto, ON) - Trillium Gift of Life Network (TGLN) working in partnership with the London Health Sciences Centre's (LHSC) Multi-Organ Transplant Program and the Kidney Foundation of Canada (KFC) has developed One Life...Many Gifts, a senior secondary school pilot curriculum program aimed at raising the level of understanding about organ and tissue donation in secondary school classrooms across the province.

One Life...Many Gifts was funded by the Ministry of Education, the Ministry of Health and Long-Term Care and an anonymous donor. This curriculum will be delivered in approximately 240 schools in 20 school boards across Ontario in the 2008/09 academic year.

"All Ontarians — including our students — are potential organ and tissue donors," said Education Minister Kathleen Wynne. "Teaching them in school about the importance of organ donation encourages healthy living now and could save a life in the future."

The Honourable George Smitherman, Minister of Health and Long-Term Care agreed. "We all have the power to save lives," said George Smitherman, Deputy Premier and Minister of Health and Long-Term Care. "Providing youth with information, case studies and real life stories about organ and tissue donation will raise awareness

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Education program for high school students...

about the importance of giving the gift of life.”

The program is being piloted in both Public and Catholic schools and is currently in its teacher-training phase.

“We are incredibly proud of One Life ... Many Gifts, this curriculum will start the conversation surrounding organ and tissue donation,” said Frank Markel, President and CEO of TGLN. “Our hope is that every student will start talking about the importance of organ and tissue donation and will talk to their loved ones about their wishes. The teaching materials that have resulted from this Partnership have produced a robust and effective set of teaching tools that are applicable across the curriculum, and we will be evaluating the results of this Pilot program to determine how we can best roll the program out to other schools across Ontario.”

“I have long been devoted to organ and tissue donation,” said Dave Levac, MPP for Brant. “We need to continue informing our youth about the importance of organ and tissue donation.” Currently, in Ontario there are more than 1,600 people waiting for an organ transplant.

"Since the development and introduction of One Life...Many Gifts in London in 2000, there has been an overwhelmingly positive response from both students and teachers."

"Since the development and introduction of One Life...Many Gifts in London in 2000, there has been an overwhelmingly positive response from both students and teachers," said Dr. Bill Wall, transplant surgeon at London Health Sciences Centre. "The students find the course content important, and relevant. We are pleased that TGLN and KFC have partnered with the Transplant Program at LHSC to make this curriculum widely available to students in Ontario secondary schools."

“The Kidney Foundation of Canada is very proud to be part of such an outstanding initiative,” said Peter Davis, President of the Kidney Foundation, Ontario Branch. “We need everyone in Ontario talking about organ and tissue donation. There are too many people waiting for transplants.”

One donor can save up to eight lives through organ donation and enhance the lives of 75 others through donation of tissue. For more details on One Life ... Many Gifts, visit the website (www.onelifemanygifts.ca), which will be on-line before the 08/09 school year.

Nutrition matters

By Jennifer-Anne Meneray, Dietitian

Black Bean Turkey Chili

- 1 lb [454 gm] ground turkey
- 1 tablespoon [15 ml] olive oil
- ½ onion, chopped
- ½ green pepper, seeded and chopped
- 2 cloves garlic, minced
- 4 cups [900 gm] no-salted-added black beans, rinsed and drained
- 2 cups [475 ml] no-salt-added canned tomatoes
- 8 oz [230 g] no-salt-added tomato sauce
- 1 cup [235 ml] low sodium beef broth
- 1 tablespoon [7.5 g] chili powder
- 1 tablespoon ground coriander
- 1 teaspoon dried oregano, crushed

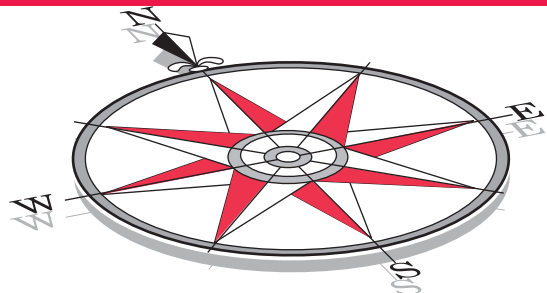
Heat a large heavy saucepan to medium-high. Brown the meat until cooked through. Drain meat and set aside. In the skillet, add the oil and bring to medium heat. Add the onion, bell pepper, and garlic. Cook until vegetables are tender, 5 to 6 minutes. Return meat to pan. Add remaining ingredients. Bring chili to a boil; then reduce heat and simmer for 30 to 45 minutes or until thickened, stirring occasionally. Taste to adjust seasonings.

Makes 6 servings. Nutritional analysis per serving:

350 calories, 35 g protein, 7 g fat, 2 g saturated fat, 14 g fibre, 71 mg sodium.

Source:

500 Low Sodium Recipes: Lose the salt, not the flavor, in meals the whole family will love by Dick Logue. Fair Winds, Inc., 2007.



From here and there...

Many transplant recipients from University Hospital have contributed to the

Recipient Gift of Life Quilt, which is kept on display at the hospital. The quilt has traveled to various community displays, including London's Spring Home & Garden Show and also Queen's Park where many MPPs viewed the quilt at a special reception. You can view this quilt on-line and read each recipient's personal story by clicking on their individual patch. Some participants you may know include Bill Anger, Helen (for Norm) Aspin, Rosanne Boucher, Harold Brain, J.D. Coldham, Monique Godard, Angela Gratton, Art King, Dan Kobylka, Rocky Larocque, Jacqueline Pawlyszyn, Steven Peacock, Al Peters, Paul Schooley, Eric Slade, and Cory Spooner. The London Transplant Gift of Life Association is now collecting patches and stories for a second Recipient Quilt. You can see the original quilt and find out more information, including detailed instructions, at www.lhsc.on.ca/transplant/quiltr.htm or you can contact Jane Tucker (tuckerjl@rogers.com; 519-641-7549).



Recipient Gift of Life Quilt

Moritz Roth (August 2003) and his wife, Marie, live in Clinton, Ontario. Shortly after his transplant, he returned to being a full-time dairy farmer. Moritz just recently turned 65 years old, but he says he still feels healthy and strong.

Roy Schermerhorn

(December 2004) from Woodstock, Ontario has been helping to promote public awareness by taking part in the Drumbo Harvest Carnival Parade, August 2007.



From here and there...

Ted Morrison (October 2007) and **Fran Lasorda** (November 2007) became friends during their hospital stays last fall.

Ted is enjoying spending time “puttering around” as a handyman, and he’s currently working on taking apart and refurbishing a motorcycle. He’s thankful for his second chance at life so he and his wife, Ann, can continue spending time together in various activities.

Fran says she is grateful to the donor family for her new heart. She also wishes to express her gratitude to the staff at LHSC for their encouragement and tremendous support.



Ted and Fran



Fran and Paul Myers in the Outpatient Clinic

Last autumn, Mrs. Sue Day, the District Director of the Brown’s chapter of the Women’s Institute (BWI), invited Audrey and **John Nardachioni** (February, 2002) to speak with their membership about organ and tissue donation and transplantation. The Women’s Institute is an international organization; in North America, its membership consists primarily of ladies’ rural community group chapters. They promote friendship, healthy living, and good life values and perform many good works in the community. Mrs. Day is a member of the LHSC Medical Imaging staff.



Audrey and John both felt that this had been one of the most interesting talks they had given. There was keen interest and group participation of this subject by all attendees as evidenced by the lively and exciting discussions as well as the quantity and quality of the questions from the audience.

Subsequently, the BWI advised Audrey and John that they would be making a donation to the London Health Sciences Centre’s Transplant Awareness Committee in the spring of 2008. True to their promise, BWI highlighted National Organ & Tissue Donation Awareness Week by holding a euchre luncheon in Medina, Ontario on Saturday, April 19th to raise funds to promote this worthy cause. Mrs. Evelyn Douglas (centre), President of the Brown’s Women’s Institute, presented Audrey and John Nardachioni with a \$500 cheque for the Transplant Awareness Committee of the London Health Sciences Centre to help fund further efforts to promote awareness about organ donation and transplantation.

Here's the latest...

Welcome Dr. Michael Chu

Dr. Chu is now a member of the CVT team at London Health Sciences Centre and he will be performing some of our heart transplants.



Dr. Chu

Transplants done in 2007 at University Hospital

Last year, our Heart Transplant Program at LHSC performed 15 transplants, which was higher than the previous few years – 9 transplants in 2006, 11 in 2005, and 12 heart transplants in 2004. In total, 558 heart transplants have now been done in London.

In 2007, in addition to the 15 heart transplants, the Multi-Organ Transplant Program performed 58 kidney transplants using deceased donors, 18 kidney transplants using living donors, 65 liver transplants (62 deceased donors and three living donors) as well as four kidney-pancreas transplants.

Guest House on the Mount

Accommodations are now available at “the Mount”, which has undergone extensive renovations. Room rates vary from \$45-\$75 plus taxes, depending on the type of room. Current rates are as follows:

- \$45 - twin bed, no bathroom
- \$50 - twin bed with 2-piece bathroom
- \$65 - queen bed, no bathroom
- \$70 - queen bed with 2-piece bathroom or
2 twin beds with 2-piece bathroom
- \$75 - queen bed with full bathroom or
2 twin beds with full bathroom
- \$135 - family suite (queen bed and 2 twin beds, no bathroom)

Guests staying for longer than two weeks will be given a discount of \$10 per day commencing the first night of their stay. This discount rate does not apply to the rooms rated at \$75 (rooms with a full bathroom) or to the family suite.

Some rooms have access to a semi-private balcony and use of common areas, including an eating area and coin-operated laundry room. The common lounge has new furniture as well as a large flat screen TV. The common kitchenette has a fridge, microwave and dishwasher as well as dishes, but there is no stove/oven.

The new guest rooms are located on the second and third floors of Ignatia Hall, located at the back of the building. There is an elevator, and this is where the nuns lived before moving to their new building.

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Here's the latest...

The director of the Guest House on the Mount is Stephanie Crowley. To reserve a room, please call 519-641-8100. You can also visit their website at www.guesthouseonthemount.ca (address: The Guest House on the Mount, 1486 Richmond Street, Ignatia Hall, second floor, London, Ontario N6G 2M3). There are many other accommodation options, which you'll find at www.londontourism.ca

Living Green Ribbon

Since 2002, the Ottawa Chapter of the Kidney Foundation of Canada has been organizing the Living Green Ribbon – a different way to involve the community in raising awareness about the need for organ and tissue donors. Now, the Living Green Ribbon has expanded beyond Ottawa to many other communities, including Renfrew, Kingston, Oshawa, Hamilton, Niagara Falls, Brantford, London, Sarnia, Windsor, Sault Ste Marie and Thunder Bay.

London's event was held at Central Secondary School, and the organizer, Shelly Ralf from the Kidney Foundation, thanks all the students at Central who came out to take part, along with recipients, donor families and the general public.

Sun Life Financial Gift of Life Relay Walk

On April 24th, transplant recipients, organ donor families and supporters gathered in the lobby of London Health Sciences Centre's Multi-Organ Transplant Program at University Hospital to celebrate National Organ and Tissue Donation Awareness Week.

Dr. Tony Jevnikar, Co-director of the Multi-Organ Transplant Program spoke about the impact of organ donation on the lives of recipients. He shared inspirational stories about organ donation as well as the life-changing effects after a transplant on both recipients and their families.

The event kicked off the Sun Life Financial Gift of Life Relay Walk from London to Windsor. Windsor is hosting the Canadian Transplant Games from August 4-9, 2008.

This is the second year that Tom Awad, liver recipient, has organized this walk as a way to say 'thank you' to all donor families as well as to highlight the healthy lifestyle that can be achieved after transplantation. To find out more about various events organized by Sport Fest Windsor, visit their website at www.sport-fest.ca, or you can contact Tom by phone (519-944-5760) or e-mail (tawad@cogeco.ca).

Here's the latest...



Kurt Penner, lung recipient, took part in the Gift of Life Relay Walk.



Niva Segatto, chairperson of the 2008 Canadian Transplant Games; Tom Awad, organ recipient and relay walk organizer; Dr. Tony Jevnikar, Co-director of the Multi-Organ Transplant Program; Dr. Frank Markel, President and CEO of Trillium Gift of Life Network.

National Transplant Games, August 4-9, 2008

Canada's National Transplant Games are held every second year, in alternate years from the World Transplant Games. Windsor, Ontario is hosting the 2008 Games. For more information, please contact Niva Segatto at 519-250-3473 or dsegatto@accglobal.net. You can also find more information on the National Games site at <http://ctawindsor.org/games2008/>

Gift of Life, Green Ribbon Jewelry

The British Columbia branch of the Canadian Transplant Association has some green ribbon sterling silver jewelry available for purchase. Check out their website (www.bccta.page.tl) for more information. Available items include a maple leaf pendant, a ribbon pendant, and ribbon earrings. Items cost \$31 each, plus PST (\$33.17) and \$4 shipping and handling. Contact Margaret Benson (winniethepooh@telus.net) for an order form.

