

TWP FALL 2025 NEWSLETTER



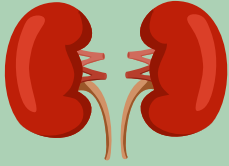
Transplant Wellness

As we move into the fall season, we're excited to share what's new in the Transplant Wellness Program and highlight ways to support your health and wellbeing.





Transplant Wellness Program Fall Updates



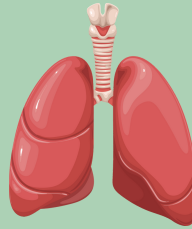
75

Participants are kidney patients



26

Participants are liver patients



4

Participants are lung patients



44

Participants have completed TWP

105 – Total participants to date!



Join the next TWP Nutrition webinar!

Grocery Store Tour & Label Reading

Monday, September 22nd at 11:00am

Hosted by RD Miranda Chronik

Zoom Link:

<https://ucalgary.zoom.us/j/94703939335?from=addon>

***Please RSVP to twp@ucalgary.ca**





100 participants enrolled!

**The Transplant Wellness
Program is growing!**

*A heartfelt thank you to our
dedicated supporters and
amazing participants for
helping us to build a strong,
supportive community
focused on wellness.*



Transplant Wellness

TWP Fall MALL WALKS Market Mall 10:00am



Join us in person for a walk and coffee - a chance to connect, unwind, and enjoy each other's company. Meet us at the South Starbucks in Market Mall!

Fall Dates:

MONDAY **SEPTEMBER 15**

TUESDAY **OCTOBER 21**

MONDAY **NOVEMBER 17**

TUESDAY **DECEMBER 9**



SEND YOUR RSVP TO: TWP@UCALGARY.CA



Please join us in welcoming our two U of C practicum students for the Fall semester!



MAHEK

A fourth-year student pursuing her bachelors of Kinesiology. Outside of school she enjoys being active as a skating coach!

Mahek will be moderating the Wednesday class at 9:30am.



JOSIE

A third-year student pursuing her bachelors of Science, majoring in Kinesiology. She enjoys time outdoors with her dog, friends, & twin sister!

Josie will be moderating the Thursday class at 1:00pm.



Notes from TWP Webinar: Physical Activity as a Tool For Stress Management



Stress can influence your wellbeing and your ability to manage ongoing health concerns. Sometimes you cannot change the stressor, but you *can* change your perception of it.

How does physical activity help manage our response to stress?

Moving your body helps lower stress by:

- Reducing stress hormones like cortisol
- Boosting feel-good chemicals like endorphins
- Calming the nervous system, helping you relax faster
- Improved brain function and mood
- Improving sleep, which makes stress easier to handle
- Clearing your mind, giving you a mental break

Additional Stress Management Techniques Include:

- Practicing gratitude and self-compassion
- Progressive muscle relaxation
- Yoga or stretching
- Mindfulness
- Body scan
- Meditation
- Deep breathing

COMING SOON

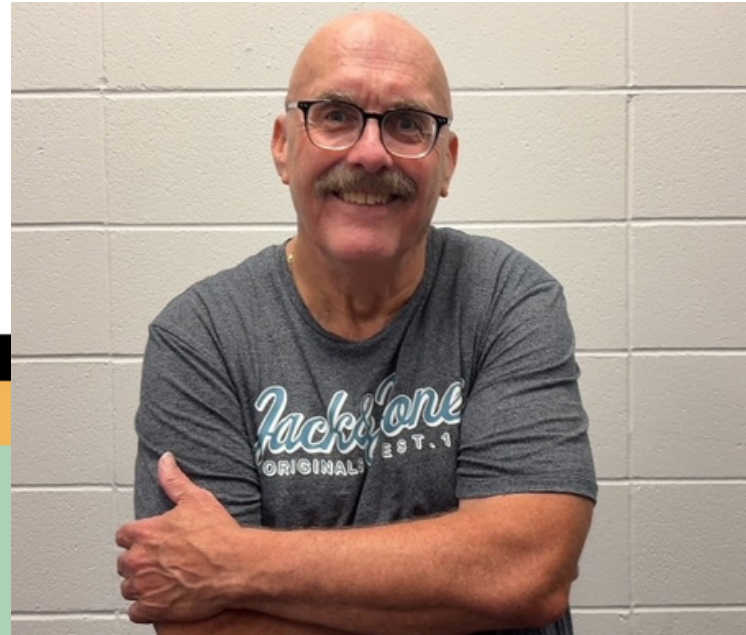
Look for our new stress management manual & worksheets -coming soon to your email & our website!

TWP LIVER TRANSPLANT

PATIENT SPOTLIGHT: KEVIN



Kevin is a liver-transplant recipient & recently completed the 12-week exercise intervention with TWP!



Why did you join the Transplant Wellness Program?

There are 3 main reasons why I said yes: 1) I was willing to do anything to heal faster. 2) I figured if I could help someone else with their recovery by participating in the program, I'm all in. 3) I've never liked exercising for the sake of exercise, it seemed boring to me. I needed to make a commitment to participate - TWP helped bring accountability to my exercise routine.

A perspective for new participants:

The group itself is very positive and welcoming. Before my first class I was a little apprehensive. When I met the group, they all were very welcoming, and the apprehension quickly left.

I struggled somewhat for the first 8 months after transplant - it was hard to stay positive. The TWP certainly helped in that department.

I'm in better shape with strength, balance and flexibility. With these improvements life is definitely more fun - I am back to golfing again!

LIVER TRANSPLANT SPOTLIGHT: KEVIN

How has your life changed since joining TWP?

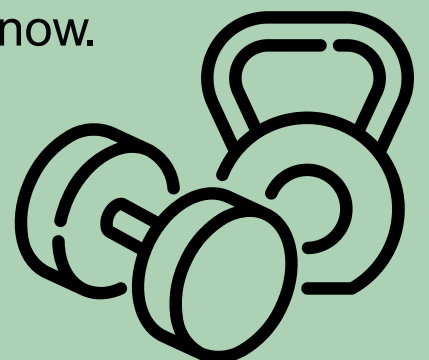
Physically, I noticed the little things first- like being able to bend over and dry my legs after a shower. Before the program, when I cut the grass, I would stumble a lot as my balance wasn't great. Now, when I mow the lawn, I do not stumble! With my wife now having health issues, I am able to do so much more to look after her. Before the program, I'm not sure I could say that.

I have met great people in my group- online friends that have made it through the Transplant process or are starting. Because they have experienced the ups and downs, I can speak openly and receive great feedback. As one of the friends said "we are family", those words carry a lot of weight and truth!

What key things have you learned from TWP that will stay with you moving forward?

Looking back on the TWP I will remember our fitness leader and the music ladies. Everyone is very caring and encouraging. I once told our fitness leader that I wanted to get back to what I used to be physically. Her quote was "You want a new normal". That, for me, hit the nail on the head. I know I can't turn the clock back and she helped me accept my new normal. I continue to try to improve my new normal, and I am comfortable where I am now.

I hope my perspective helps others joining this great program. You won't regret it!



Summer Events



The TWP in-person summer events were a hit!

This summer, we had a fantastic time connecting with participants during our outdoor walks and mall walks. It was the perfect mix of light exercise and meaningful conversation. Thank you to everyone who joined us — your presence made these events truly special!





kidney
FOUNDATION

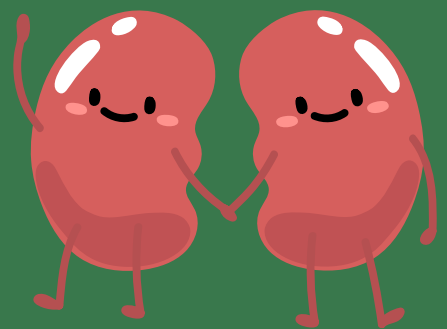


KidneyMarch

TWP at the 2025 Kidney March

Kidney March is an annual event where individuals walk 100km over the course of a weekend. The Kidney march brings awareness and raises funds for the Kidney Foundation.

This year, the Kidney March summer exercise challenge included tracking activity virtually, to obtain 100km worth of activity during the summer months. TWP had 6 patients participate in this event. A BBQ was held at the end of the event to celebrate the Kidney March participants on September 7th, 2025.



Funds raised through the annual Kidney March support people across Canada affected by kidney disease, advance world-class research, and promote and advocate for improved kidney health and organ donation.



Recipe Idea

Turkey Stuffed Peppers

Ingredients:

- Olive oil spray
- ¼ onion, minced
- 1 clove garlic, minced
- 1 tbsp fresh cilantro, chopped
- 1 pound 93% lean ground turkey
- 1 teaspoon kosher salt
- 1 teaspoon garlic powder
- 1 teaspoon cumin powder
- ¼ cup tomato sauce
- 1 ½ cups brown rice, cooked
- 3 large sweet red bell peppers
- 1 cup reduced sodium chicken broth, divided



RECIPE CREDIT: KIDNEY KITCHEN



Prep Time: 20 minutes

Cook Time: 60 minutes

Instructions

1. Heat oven to 400°F.
2. Lightly spray olive oil in a medium nonstick skillet, heat on a medium heat.
3. Add onion, garlic and cilantro and sauté about 2 minutes.
4. Add ground turkey, salt, garlic powder, and cumin. Cook meat for 4 to 5 minutes until meat is completely cooked through.
5. Add tomato sauce and ½ cup of chicken broth. Mix well and simmer on low for about 5 minutes.
6. Combine cooked rice and meat together.
7. Cut the bell peppers in half lengthwise and remove all seeds.
8. Spoon ⅔ cup meat mixture into each pepper half and place in a 9 x 13-inch baking dish.
9. Pour the remainder of the chicken broth on the bottom of the pan. Cover tightly with aluminum foil and bake for about 45 minutes.
10. Carefully remove the foil and serve right away

Recipe Idea

Leftover Turkey with Squash Soup

Ingredients:

2 teaspoons canola oil
2 leeks, chopped and rinsed
1 red bell pepper, chopped
3 cloves garlic, minced
4 cups reduced-sodium chicken broth
1 1/2 pounds butternut squash, (1 small to medium), peeled, seeded and cut into 1-inch cubes
2 tablespoons minced fresh thyme
1 1/2 teaspoons ground cumin
4 cups shredded leftover turkey
2 cups frozen corn kernels
2 tablespoons fresh lime juice
1/2 teaspoon crushed red pepper
salt & pepper, to taste

Instructions

1. Heat oil in a Dutch oven over medium-high heat. Add leeks and bell pepper; cook, stirring often, until the vegetables begin to soften, 3 to 4 minutes. Add garlic and cook, stirring, for 1 minute more. Stir in broth, squash, thyme and cumin; cover and bring to a boil. Reduce heat to medium-low and cook until the vegetables are tender, about 10 minutes.
2. Add turkey and corn; return to a simmer and cook until the turkey and corn are just heated through, 2 to 3 minutes. Add lime juice and crushed red pepper. Season with salt and pepper.



Using leftover Thanksgiving Turkey is always a challenge. Instead of the traditional turkey sandwich try this healthy soup with chunks of butternut squash- you can even use leftover corn!

RECIPE CREDIT: LIVER SUPPORT



Prep Time: 15 minutes

Cook Time: 40 minutes

Transplant Wellness Program Fall Newsletter

Thank you for your participation and support of the Transplant Wellness Program and community. We hope you found this issue helpful and inspiring.

We look forward to sharing more tips and resources with you in our next newsletter.

