



Transplant Wellness Program

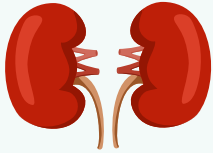
In this newsletter we have updates, stories and ideas to keep you inspired throughout the Spring!

Spring is a time of new beginnings and new possibilities. What aspects of your life would you like to grow and blossom this Spring?



TWP Updates

TWP by the Numbers



61

**Participants are
kidney patients**



19

**Participants are
liver patients**



30

**Participants have
completed TWP**



We are now offering an evening class!

**We have a new exercise class time on
Tues/Thurs evenings from 5:00–6:00pm.**

**If you are interested in joining this class time
please email twp@ucalgary.ca**

**Transplant Wellness is now on
Instagram!**

**Follow us at @transplantwellness
to stay updated with our latest posts,
wellness tips, and news.**

Follow us today:

Transplant Wellness on Instagram



Spotlight on Anna

Anna completed the exercise intervention in January 2025



What motivated you to join the Transplant Wellness Program?

When Dr Mustata asked me if I would be interested in joining the TWP team and explained what it entails, he said he would put my name forward to the TWP team, I knew I wanted to join as soon as possible, because I needed to be motivated to do the exercises for my own health.

What has your favourite part of the program been?

My favorite part was to meet the Instructor and the other participants and to see how I progressed and became more confident with myself doing the exercises and also the fun and laughter while exercising.

Have you noticed any changes in your day-to-day life since starting the program?

Yes, I have definitely noticed the changes in myself, I have improved my stamina and endurance including feeling more supple and keeping my balance much better.

What advice would you give to someone considering joining the Transplant Wellness Program?

My advice would be to join the program as soon as possible because you do feel so much better after the exercises and also feel so proud to keep up in each session and to better yourself every time you have finished exercising. I now look forward to each session. Also to know that the exercises will help you such a lot before and after your transplant. It is also very good to have met the other participants in the program.

Want To Improve Your Sleep?



Try These Simple Practices For A Better Rest:

- Get fresh air and/or exercise in the daytime
- Create a bedtime routine
- Maintain a regular sleep schedule
- Limit caffeine intake in the afternoon/evening
- Avoid electronic devices before bed
- Use a guided meditation app to wind down and reduce stressors. Some suggested apps to try are below. You could also try deep breathing exercises.
 - [Calm App](#)
 - [HeadSpace](#)
- Block out light and minimize noise at bedtime
- Keep a notebook by your bed to jot down thoughts that are keeping your mind active



Let's Talk Nutrition!

The Kidney Community Kitchen

The goal of the Kidney Community Kitchen is to empower its users through information and resources, to take ownership of their condition and manage it to the best of their ability. They provide information and resources to make cooking as easy and fun as possible. Click on link to learn more:

[Kidney Community Kitchen](#)



Cirrhosis Care Alberta

This website was created by a team of physicians, nurses, allied health professionals and patient partners to help patients and their families navigate the challenges of living with cirrhosis. You can find information and resources on nutrition, exercise, mental health and more. Click on link:

[Nutrition in Cirrhosis](#)



Recipe Ideas



Kidney Friendly Greek Orzo Salad

Kidney.org is a great resource to find various recipes to support your kidney health. For other recipes, check out their website!

Recipe Credit: [Greek Orzo Salad](#)

Ingredients

- 8oz (1 ½ cups) dry orzo pasta
- 1 medium cucumber, chopped
- 2 cups cherry tomatoes, halved
- 1 (15.5oz) can low sodium chickpeas – drained and rinsed
- 3oz feta cheese, crumbled
- ⅓ cup red onion, thinly sliced
- 15 kalamata olives, chopped
- ½ cup fresh basil, chopped
- ¼ cup olive oil
- 3 tablespoons red wine vinegar
- Juice of 1 lemon
- 1 tablespoon Dijon mustard
- 2 garlic cloves, minced
- 1 tsp dried oregano



Directions

Prep: 20 min, Cook: 0 min, Total: 20 min

1. Cook orzo according to package directions. Drain and rinse with cold water.
2. Add orzo to remaining salad ingredients.
3. Whisk together all dressing ingredients.
4. Pour dressing over salad and fold to combine.

Dietitian Notes/Substitutions:

For a vegan orzo Greek salad, omit the feta or swap it with a vegan version! For less protein, half or omit the chickpeas. Experiment with your favorite veggies and fresh herbs!



Recipe Ideas



Liver Friendly Energy Oat Bites

Liver.ca is a great resource to find various recipes to support your liver health.
For other recipes, check out their website!

Recipe Credit: [Energy Oat Bites](#)

Ingredients:

- 1 cup old fashioned oats
- 2/3 cup shredded coconut, unsweetened
- 3/4 cup sunflower seed butter
- 1/2 cup milled flaxseed
- 1/4 cup mini chocolate chips
- 1/4 cup honey
- 1 tablespoon chia seeds
- 1/2 teaspoon cinnamon
- 1 teaspoon vanilla extract



Directions:

1. Pour all the ingredients together in a large bowl and use a spatula to mix until combined.
2. Use plastic wrap to cover the bowl and chill the batter in the fridge for 1–2 hours. This helps the batter to stick together best.
3. With your hands or an ice cream scoop, roll the batter into 1-inch balls and store in the fridge or freezer in an airtight container.
4. Enjoy immediately or wait until chilled before serving

Welcome Mandy!



Mandy McIntosh is going into her third year as a dual major in Kinesiology and Business at the University of Calgary.

This summer, she will be working with the Transplant Wellness Program (TWP). Her project is specifically focused on adapting the current TWP exercise classes to include caregivers. She is excited to co-develop wellness educational resources for the caregivers and implement the new/adapted program and resources into the TWP.

Mandy's extra-curriculars consist of being an athlete on the Dino's Varsity Field Hockey team as well as spending time with family and friends and enjoying the outdoors.

Stay Tuned: TWP Participant Event



Thank you to everyone who took part in our survey regarding the upcoming event for TWP participants. We're thrilled to share that, thanks to your valuable feedback, we're moving forward with plans to host a TWP participant event soon. Stay tuned for more details!

A special thank you to the Kidney Foundation of Canada – Southern Alberta branch for their generous support in making this event possible.

Support TWP on UCalgary Giving Day

Thank you for participating in the Transplant Wellness Program. This Giving Day, we invite you to support the program. For a limited time, eligible gifts will be matched dollar for dollar, up to \$2,500 per gift, per fund. To maximize your impact, donate early as matching funds are limited. There is no minimum donation amount; every contribution makes a difference.

The campaign ends on **April 16**. Donations will support exercise classes and wellness resources for transplant patients in Southern Alberta.

Click to donate: [TWP online donation form](#)

Questions? Contact Lindsay Bureaux, Director of Development
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CONTACT US



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(403) 220-4524



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