

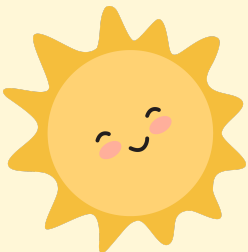
# Summer 2025 Newsletter



## Transplant Wellness Program

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In this newsletter, you'll find valuable updates, engaging stories, photos from the TWP event, recipes, and insightful tips to enhance your summer.

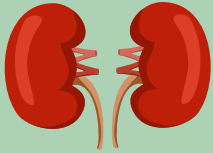


Summer's sunshine provides an opportunity for enhancing well-being. What aspects of your physical, mental, or emotional health would you like to nourish and see thrive during these summer months?

# TWP Updates



## TWP by the Numbers



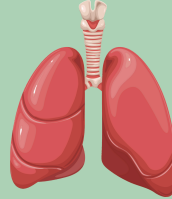
**65**

**Participants are  
kidney patients**



**21**

**Participants are  
liver patients**



**3**

**Participants are  
lung patients**



**38**

**Participants have  
completed TWP**

## Exciting News!

**Post-lung transplant  
patients have now  
joined our program with  
a total of 3 participants  
enrolled to date!**



## Stay Tuned!

**Kick off your week with fresh air,  
fun fitness, and community connection!  
Alternating Mondays & Tuesdays at 10:00 AM,  
starting July 8<sup>th</sup>.**

**Feel free to bring your support person!  
See more details at the end of the newsletter.**

## Summer Break!

**Classes cancelled  
July 1st – 4th  
Classes return July 8th**





# Spotlight on Kim

Kim started the TWP exercise intervention in March 2025 and will be completing the program in July!



## **What motivated you to join the Transplant Wellness Program?**

I joined the program because I noticed a decline in my strength, balance, and mobility, which made daily tasks increasingly difficult. I wanted to rebuild my stamina and better prepare my body for transplant surgery.

## **What has your favourite part of the program been?**

The sense of community has been the highlight. The instructors and moderators (and the entire team!) are incredibly supportive and knowledgeable, and the connection with others on similar journeys has made me feel seen, supported, and less alone.

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

Yes — my balance has improved significantly, I have more strength for tasks like standing from a seated position, and my stamina has increased for walking, household chores, and gardening.

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

Go for it! The program is adaptable to your energy and ability levels, and the team is both encouraging and attentive. It promotes a mindset that every bit of movement matters — in a safe, compassionate environment.

# Welcome Katie!

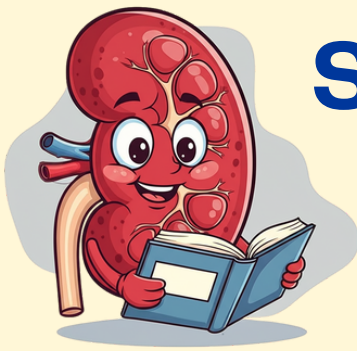


Katie is a Clinical Exercise Physiologist (CEP) for the Transplant Wellness Program at the University of Calgary. She brings extensive experience supporting patients through complex cardiac conditions, combining clinical expertise with compassionate care. Outside of work, she enjoys time with her family and staying active outdoors.

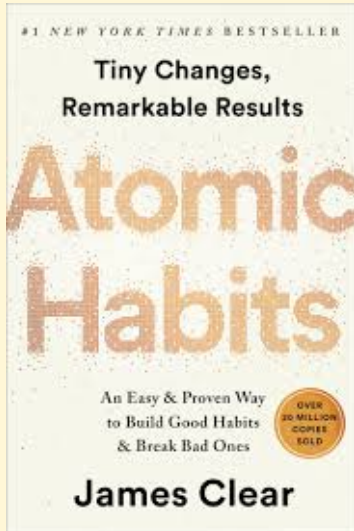
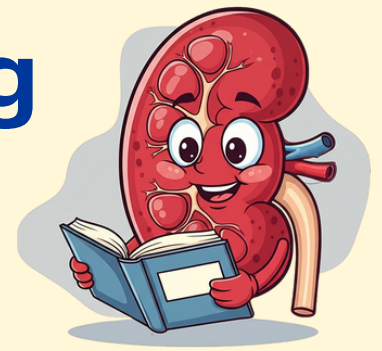
Huge congratulations to Jenna, who has been awarded the prestigious Killam Doctoral Scholarship! This pinnacle award from the University of Calgary recognizes outstanding research excellence, innovation, humanity, and multidisciplinary collaboration – all qualities Jenna embodies with her hard work and dedication. We couldn't be prouder!





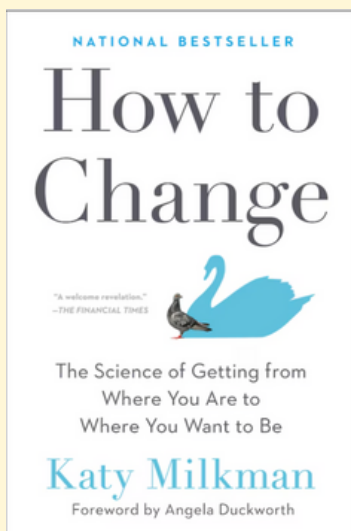
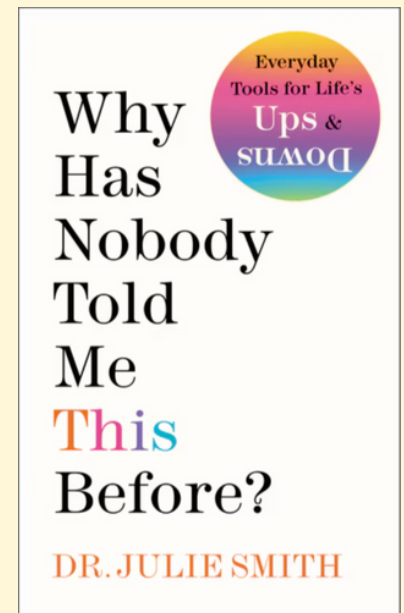


# Summer Reading List



No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results.

Why Has Nobody Told Me This Before? offers practical tools from therapist Dr. Julie Smith to help you strengthen your mental health and stay resilient through life's challenges. With expert advice on managing anxiety, coping with depression, building confidence, and more, this accessible guide delivers clear, bite-sized strategies you can use every day.



Change comes most readily when you understand what's standing between you and success and tailor your solution to that roadblock. If you want to work out more but find exercise difficult and boring, downloading a goal-setting app probably won't help. But what if, instead, you transformed your workouts so they became a source of pleasure instead of a chore? Turning an uphill battle into a downhill one is the key to success.



# Recipe Ideas



## Kidney Friendly High-Energy Berry Muffin

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

Recipe Credit: High Energy Berry Muffin

### Ingredients

- 1/3 cup canola oil**
- 1/2 cup unsalted margarine**
- 1 medium banana**
- 1/4 cup sour cream**
- 1 egg**
- 1 can of renal-friendly nutrition supplement (235 mL)**
- 2 cups all-purpose flour**
- 1/4 tsp baking powder**
- 1/4 tsp baking soda**
- 1/2 cup white sugar**
- 1/2 cup fresh or frozen berries**

### Directions

#### Food Safety Tips:

Wash hands with soap and warm water for at least 20 seconds. Clean all countertops and equipment used for food preparation.

Do not eat raw dough or batter as it may contain bacteria that could cause you to become sick.

#### Preparation:

Preheat oven to 350 degrees Fahrenheit.

In a large mixing bowl, mix all of the dry ingredients, except the sugar, together.

In a separate bowl, mix the sugar and margarine together until well combined.

Add canola oil to the sugar and margarine mixture and mix well, then add the egg, the mashed banana and berries and mix until combined.

Add the full can of nutrition supplement mix to the wet ingredients and mix well.

Mix the dry and wet ingredients together and stir until combined.

Divide the mixture into 12 muffin tins and cook for 30–35 minutes or until a toothpick inserted into the center of a muffin comes out clean. Let cool and enjoy!







# Recipe Ideas



## Liver Friendly

# Mediterranean Vinaigrette Chop Salad

Liver.ca is a great resource to find various recipes to support your liver health.

For other recipes, check out their website!

Recipe Credit: Mediterranean Vinaigrette Chop Salad

### Ingredients

- 4-5 cups chopped romaine lettuce
- 1 pint cherry tomatoes, chopped in half
- 1 cup chopped cucumbers
- ½ cup chopped red peppers
- ½ cup chickpeas, drained and rinsed
- ¼ cup red onion, chopped
- ¼ cup olives, pitted and sliced
- ½ cup feta cheese, chopped
- 1 tablespoon parsley chopped, optional

### Dressing:

- 3 garlic cloves, minced
- 1 medium-sized lemon, juiced
- 1 teaspoon Dijon mustard
- ¼ cup red wine vinegar
- ¾ teaspoon dried oregano
- ¼ teaspoon dried thyme
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ½ cup extra virgin olive oil

### Directions

Chop all the romaine lettuce as fine as you prefer, transferring it to a large bowl. Add chopped ingredients to the bowl and toss together or arrange in lines on top of the lettuce. Add all dressing ingredients in a shaker bottle or in a bowl and use a whisk or fork to make sure all ingredients have blended. Pour onto salad and mix with tongs or salad spoons.



# Additional Resources!

## Kidney Health Education

Your Kidney Health – register [here](#)

What Should I Eat? – register [here](#)



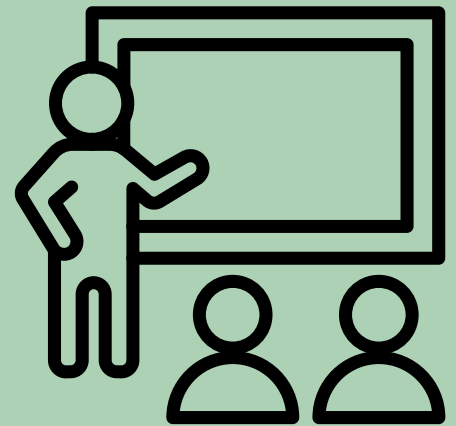
## Nutrition Education

Find Nutrition information that is right for you [here](#)



## Alberta Healthy Living Program

Find Free Workshops and Classes [here](#)



CONTACT US



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[@transplantwellness](https://www.instagram.com/transplantwellness)



Transplant Wellness





THANK


*You*

On behalf of the Transplant Wellness Program, thank you for joining us at the ‘Together in Wellness’ event.

Your dedication - whether as a participant or supporter - continues to inspire and shape this community of strength, resilience, and hope.

Together, we’re creating a community grounded in support and wellness.

With gratitude,  
The TWP Team







# TWP

TOGETHER IN  
WELLNESS  
EVENT  
4 JUNE 2025











Transplant Wellness

# CATCH THE SUMMER VIBE

**KICK OFF YOUR WEEK WITH FRESH AIR,  
FUN FITNESS, AND COMMUNITY CONNECTION!  
ALTERNATING MONDAYS & TUESDAYS AT 10:00 AM**



Tues. July 8

OUTDOOR WALK: Bow River Pathway  
Meet at: Home Road Park & Bike Lot

Mon. July 14

OUTDOOR EXERCISE CLASS: Shouldice Park  
Meet at: Shouldice Aquatic Centre Parking Lot

Tues. July 22

COFFEE & MALL WALK  
Meet at Starbucks - Market Mall

Mon. July 28

OUTDOOR WALK: Confederation Park  
Meet at: 905 - 30 Ave NW



Tues. Aug 5

OUTDOOR EXERCISE CLASS: Shouldice Park  
Meet at: Shouldice Aquatic Centre Parking Lot

Mon. Aug 11

COFFEE & MALL WALK  
Meet at Starbucks - Market Mall

Tues. Aug 19

OUTDOOR WALK: Edworthy Park  
Meet at: South Parking Lot



Mon. Aug 25

OUTDOOR EXERCISE CLASS: Shouldice Park  
Meet at: Shouldice Aquatic Centre Parking Lot

Tues. Sept 2

COFFEE & MALL WALK  
Meet at Starbucks - Market Mall







Transplant Wellness

# TWP SUMMER FUN

**ALTERNATING MONDAYS & TUESDAYS AT 10:00 AM**  
**BRING YOUR FAVOURITE PERSON OR CAREGIVER!**

## **SPECIFIC INSTRUCTIONS:**

### OUTDOOR WALKS:

Each walk has a link to the parking lot where we will meet to begin our walk. The outdoor walk will be 60 minutes, on uneven terrain.

PLEASE BRING: water bottle, a hat, sunscreen, and proper footwear

### OUTDOOR EXERCISE CLASSES: Shouldice Park

The outdoor exercise classes will be slightly more advanced than our zoom classes. We will meet in a shaded area, close to the parking lot beside the Aquatic Centre. \*You must be confident with your balance to participate as we will not be providing chairs for support.

PLEASE BRING: water bottle, sunscreen, and exercise bands

### COFFEE & MALL WALK: Starbucks - Market Mall

This is a great opportunity to get together and socialize! Starbucks has an outdoor patio, we will sit outside if the weather allows. This event will include a optional mall walk for those who would like to enjoy a stroll after their coffee.

PLEASE BRING: a hat, sunglasses, sunscreen