



# WINTER 2025 NEWSLETTER



## Transplant Wellness Program

As we settle into the winter season, we know colder days make it a little harder to stay active, motivated, and connected. The Transplant Wellness Program is here to support you through these months, and we've added several new resources to help you care for your physical and emotional well-being.

This winter, we encourage you to explore the updated materials on our website, including our new stress-management resources, the caregiver wellness manual, and a series of caregiver interviews that share real experiences and practical insights from our community. These tools are designed to support you and the loved ones who walk alongside you.

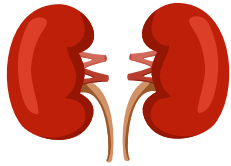
Thank you for being part of the TWP community. We're looking forward to staying warm, active, and well together this season.





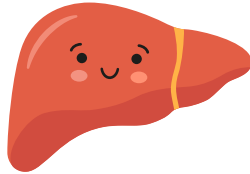
# Transplant Wellness Program Winter Updates

112 – Total participants to date!



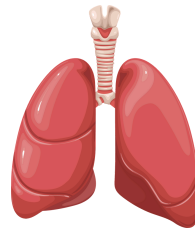
79

Participants are kidney patients



28

Participants are liver patients



5

Participants are lung patients



53

Participants have completed TWP

## A New Home for TWP

The Transplant Wellness Program will be moving from the University of Calgary to the Foothills Medical Centre over the Christmas break.

As part of this transition, our **office phone numbers** will change. Updated contact information will be shared with all patients during the first week of January.

Beginning in the new year, all **in-person assessments** will take place at: ALTRA – Southern Alberta Transplant Program. Specific details to come! We look forward to settling into our new space and will provide more details when we are able.

# UPDATES CONTINUED

## Please Welcome

### Kathryn Wytsma-Fisher: TWP Research Lead!



Kathryn Wytsma-Fisher is a Clinical Exercise Physiologist/Kinesiologist. She has recently started as the Research Lead with the Transplant Wellness program. Previously, she supported the program as a casual CEP and exercise class instructor. Kathryn has a passion for bringing physical activity to all individuals and loves being involved with projects and programs that support this. She enjoys spending her spare time with her husband, son and dog Bella as well as being active outdoors hiking and camping.

## Mark Your Calendars

Join our January webinar on **Goal Setting** to help you build meaningful, achievable wellness goals for the year ahead.

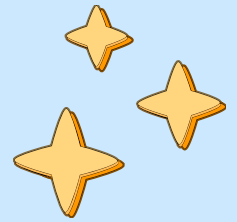
**Details:** Thursday January 22<sup>nd</sup> 11:00am

Meeting Link:

<https://ucalgary.zoom.us/j/99343328189?from=addon>



# TWP PARTICIPANT Testimonials



“It is very lucky we have the TWP here in Calgary. It is not only helping a patient with their physical strength, but also providing emotional support. Our lovely instructor, always with her passion, motivates students to do the best they can.

I love to attend the twice weekly class; somehow, it seems I find a home to support me emotionally on a long waitlist journey.”

-Chao, Pre-Kidney Transplant



“I have transformed my approach to exercise. I shifted my mindset from 'I have to do this' to 'I am doing this for myself'. I no longer see exercise as a burden; instead, I see it as a deliberate act of self-care and self-love. I have learned to celebrate that every small effort is a victory and to simply focus on moving forward, one step at a time. This mirrors the self-compassion practice of accepting imperfections and recognizing that any progress is meaningful.

To anyone considering joining, I urge you to give it a try. This program is specifically designed for people like us and provides a safe and supportive community. It is an empowering choice and a gift you can give to yourself. It will help you rebuild your strength and regain a sense of control over your health.”

-Anonymous Patient, Pre-Kidney Transplant

# Transplant Wellness Program

## New Website Resources

We are excited to share four new resources now available on the TWP website under Participant Resources. Each item below includes a direct link, so you can click on the resource name to go straight to the webpage.

### **Managing Stress Pre- and Post-Transplant**

- A practical guide to understanding stress, learning helpful coping strategies, and building confidence at every stage of the transplant process.

### **Wellness Manual for Transplant Caregivers**

- A supportive manual created just for caregivers, offering guidance, tips, and reminders to help them care for themselves while caring for others.

### **Caregiver Interviews**

- A collection of short videos featuring real caregivers sharing their experiences, insights, and encouragement for anyone supporting a transplant patient.

### **TWP Exercise Review**

- A helpful overview of the exercises used in our program, including clear explanations and reminders to keep you moving safely at home.

Explore these new resources at your convenience, and share them with anyone who may benefit!



# Winter **Mall Walks**



## Upcoming Dates:

- Monday, January 12
- Tuesday, February 10
- Monday, March 9
- Tuesday, April 14

Meet us at **Market Mall's South Entrance Starbucks at 10:00am** for a walk and friendly social gathering. After the walk, we'll wrap up with a coffee together—everyone is welcome!



# Gentle Winter Wellness

## ENERGY THROUGH THE SEASON



Winter can make routines feel harder — shorter days, cooler weather, and busy schedules. Small, steady habits can help maintain energy and support your well-being before and after transplant.

### Key Tips

- **Light matters:** Spend a few minutes outdoors each day, even on cloudy days, to help support mood and sleep.
- **Warm-up movement:** Gentle indoor stretching or 5–10 minutes of walking can help reduce stiffness and support circulation.
- **Nourish regularly:** Warm, balanced meals and staying hydrated support energy and immune function.
- **Rest kindly:** Give yourself permission to slow down when you need to.

# Chicken Souvlaki

NEW RECIPE

## SANDWICHES

### INGREDIENTS

1/2 pound chicken breast,  
cubed

### MARINADE

1/4 teaspoon ground black pepper  
1 teaspoon dry oregano  
1 tablespoon fresh dill  
1/4 cup red onion, diced  
1 teaspoon garlic, minced  
1 teaspoon lemon zest  
1 tablespoon vegetable oil

### CUCUMBER SALAD

1/2 cup cucumber, seeded & grated  
1 tablespoon red onion, diced  
1 teaspoon garlic, minced  
1 teaspoon fresh dill, chopped  
1/8 teaspoon ground black pepper  
2 tablespoons plain greek yogurt  
2 pitas, cut in half  
1/2 cup romaine lettuce, chopped



### Nutrient Analysis

#### PER SERVING

2 pita pockets

#### Renal exchange:

2 Starch + 4 Protein + 1 Vegetable

Calories	389Kcal
Protein	34g
Carbohydrates	40g
Fibre	2.5g
Total Fat	10g
Saturated Fat	1g
Cholesterol	66mg
Sodium	389mg
Potassium	536mg
Phosphorus	362mg



# PREPARATION



1. In a bowl, combine all marinade ingredients and add the chicken. Mix, cover with plastic wrap and refrigerate for at least one hour.
2. Prepare the cucumber salad in a bowl: squeeze out any excess liquid from the grated cucumber. Add the onion, garlic, dill, pepper, and yogurt to the cucumber. Mix, cover with plastic wrap and refrigerate until ready to use.
3. Heat a skillet over medium heat and add the chicken with the marinade. Sauté until the chicken is cooked through, approximately 15 minutes.
4. To assemble the pita sandwiches, add the cooked chicken to each pita pocket. Top with cucumber salad and lettuce

Recipe feature from:  
[spiceitup.ca](http://spiceitup.ca)

Prep: 15 mins  
Marinate: 1 hr  
Cooking: 15 mins  
2 servings

# Transplant Wellness Program

## Winter Newsletter



Thank you for your participation and support of the Transplant Wellness Program and community.

For more updates and wellness content, be sure to follow our Instagram page: [@transplantwellness](#)



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