

The Renal Review



President's Report *from Cheryl Jones*

I would like to thank our new 2010-2011 executive that volunteered at our AGM in February. Many of the executive are renal patients in similar circumstances to those we help.

This year we have been lucky to have family members of renal patients and volunteers that answered the call to help our organization. We have a great group of volunteers that work hard on your behalf, and we are so grateful that they have given their time to help our cause.

We are always looking for more volunteers, so feel free to come to one of our meetings 1:00 pm on the third Thursday of each month in the Renal Boardroom, on the second floor at Royal Jubilee Hospital (Victoria) above the renal unit. If you have further questions, call our VIKPA answering machine at 250-595-3650 and I will get back to you as soon as I can.

VIKPA helps the over 2000 renal patients throughout Vancouver Island. The demands are greater each year with more people being diagnosed with kidney disease, some of which are in the renal care program. Kidney disease often strikes those with hypertension or diabetes, so many you know could one day be affected.

We have also been able to help patients with Christmas and Easter Gift Certificates. Unfortunately, with the increasing number of people involved, we are probably going to have to do this only at Christmas from now on.

This year we have been able to help purchase equipment such as 10 TV's, 2 Dialysis chairs, a blanket warmer and 16 over-bed tables for the new Nanaimo unit. VIKPA was very active in a letter writing campaign to get the Renal Unit in Nanaimo opened and are pleased for our renal family up island. We understand how difficult it is for renal patients and their families to travel to Victoria. We are pleased to have been able to donate comfort items for these patients.

The televisions are among the most appreciated items we provide for all of the hemodialysis units; we are happy that we have been able to provide and maintain these over the years. But I have to remind you that it is with the donations and support of our VIKPA members that we are able to accomplish much of what we do. Please continue to sign up to be a member and any donation you are able to make is greatly appreciated. 100% of the money donated is used for the patients on Vancouver Island as we are all volunteers. Receipts for donations over \$10 will automatically be sent to you.

If you would like to have your newsletters emailed to you, please check off on membership form and fill in your current email address.

Thank you so much for your support. For those that are on the web feel free to check out our website for all that we do on your behalf – it's at www.vikpa.org

2010 VIKPA Directors

The Annual General Meeting in February produced a new Board of Directors:



Back row, left to right: Bakh Dhillon (Treasurer), Lita Rolofs, Pat Chadwick, Gary Pollock (Vice President). *Front:* Cheryl Jones (President). *Missing:* Kathy Brown. Since the meeting, Kate Pearse has joined us as Secretary.

PLEASE NOTE: We could also use someone to do membership work (Excel skills required, can work from home) and a volunteer to help with projects as they arise. Interested? Please use the contact information below to let us know.

<p>The Vancouver Island Kidney Patients' Association (VIKPA) is a volunteer, legally incorporated, non-profit society and a registered Canadian charity working for the benefit of all renal patients.</p>		
<p>Our address is Box 5145, Station B Victoria, BC V8R 6N4</p> <p>Voice mail: (250) 595-3650</p> <p>Web: http://www.vikpa.org</p> <p>Email: info@vikpa.org</p>	<p>President: Cheryl Jones Vice-President: Gary Pollock Secretary: Kate Pearse Treasurer: Bakh Dhillon Asst. Treasurer: Pat Chadwick Membership Secretary & Chair, Awards Committee: Cheryl Jones (<i>acting</i>) Members-At-Large: Lita Rolofs, Kathy Brown</p>	<p>This issue was compiled by Tim Hicks.</p> <p>All submissions and ideas for the newsletter are gratefully accepted and may be sent or emailed to the address listed in the left column.</p> <p>Thank you to all contributors.</p>

Around The Island

VIKPA helps Nanaimo renal unit



VIKPA vice-president Gary Pollock delivers \$35,000 to Maeve O'Byrne outside the new renal dialysis unit set to open this fall.

"The Vancouver Island Kidney Patients' Association has made an incredible difference in the lives of kidney patients," says Maeve O'Byrne, president of the Nanaimo and District Hospital Foundation. Nanaimo Regional General Hospital is the largest regional hospital in Canada without an in-hospital renal unit, but it will have one this fall. The Foundation is raising \$540,000 in all for the unit's equipment, and VIKPA is helping with the \$35,000 donation made in March 2010.

If you're reading this online, there's more on this from the [Foundation](#), the [Nanaimo Daily News](#), and the [Nanaimo News Bulletin](#). Thanks for Feron Walker of VIHA for this.

Cumberland unit to expand

from Bill Coltart

Hooray, it has finally happened: Cumberland is getting its Dialysis expansion, from six units to 12. Approximately \$2.2 million has been approved. We are looking at putting in stereo TV for the patients, with a DVD player at the nurses' station for patients to watch movies by selecting the appropriate channel. Movies will change on a weekly basis. If approved, this will be a first for dialysis patients.

Mid-Island News

from Elaine Rowan, RN

Cumberland is preparing for expansion [see above]. The project is presently at tender, with no date yet for when the construction will start.

The Renal unit at Nanaimo Regional General Hospital is slated to open in September [*more at left*]. The Nanaimo Community Dialysis unit will continue to run.

Nanaimo Kidney Care Clinic

from Maureen Molyneaux, Reg. Social Worker

Greetings from NKCC. We recently hosted an Open House in order to celebrate being open for almost a year and a half, and to raise awareness of our clinic.

It was well attended and we enjoyed meeting & greeting our guests.

For those interested in transplant, a very informative website is www.transplantcompanions.ca. People can sign up for a pre-transplant webinar/online workshop, or just browse the site for lots of useful information.

Another site you may want to peruse:

<http://www.johnfmartin.net/index.htm>. A self description: "... a photojournalist chronicles his journey through kidney failure..." (dialysis, transplant and recovery).

VIKPA Awards

June 30 is the deadline for applications for both VIKPA awards. Here's what they are all about:

Gordon Duthie Bursary Awards

The Gordon Duthie Bursary awards are given annually to assist a Vancouver Island kidney patient who is a VIKPA member in good standing, their spouse, or their child or grandchild to attend an accredited post-secondary institution in Canada in order to improve their employment skills or qualifications.

A maximum of \$1,000 per person will be awarded. This amount depends on number of successful applicants.

To receive an application form and further information on the bursary fund, please contact VIKPA, one of the social workers or visit our website at <http://www.vikpa.org/bursary.shtml>

All applications must be received by VIKPA on or before June 30, 2010. No late or incomplete applications will be considered.



Gordon Duthie

Dee Sangha Award

The Dee Sangha Award is awarded annually to a kidney patient who is a VIKPA member in good standing. It is to assist Vancouver Island renal patients in improving their lives while dealing with the everyday challenges of living with Kidney disease. It is awarded to renal patients working towards a goal coming back from adversity and will be a catalyst towards changing their lives. It recognizes renal patients with Dee Sangha's "CAN DO" attitude.

To receive an application form and further information, please contact VIKPA or one of the social workers, or visit our website at <http://www.vikpa.org/dee-sangha-award.html>

All applications must be received by VIKPA on or before June 30, 2010. No late or incomplete applications will be considered.



Dee Sangha

Strawberry & Mixed Greens Salad

What better way to welcome the warm weather than with strawberries? Try this salad with fresh strawberries at any time, or when they are in season locally from June through September.

Ingredients for six (2/3 cup) servings:

- 3 cups fresh lettuce (red/green, butterhead, romaine, or loose leaf)
- 1 cup fresh strawberries, finely sliced
- 1 tablespoon vinegar
- 1 tablespoon lemon juice
- 2 tablespoons honey
- 1/8 teaspoon dry mustard powder
- 3 tablespoons vegetable oil

Preparation:

1. Wash and dry the lettuce leaves. Tear into bite-sized pieces and place in a bowl.
2. Top lettuce with sliced strawberries.
3. Mix together the vinegar, lemon juice, honey, mustard powder and oil.
4. Pour dressing over lettuce and strawberries. Toss well and serve immediately.

You can also try adding a few fresh leaves of spinach (high in potassium) for a variation in taste, colour and texture.

Approximate Nutrient Analysis per 2/3 cup:

- Sodium: 2 mg
- Potassium: 100 mg
- Phosphorus: 12 mg
- Calories: 100

Recipe adapted from the DaVita recipe collection by Amanda Lee, VIHA Dietetic Intern.

For more recipe ideas, visit the DaVita website: www.davita.com.



Thank You THRIFTY FOODS

We would like to say a big Thank You to Thrifty Foods. Through their Smile Card program, we have been able to raise much needed funds. Since 2004 the Smile Card Program has raised over \$18,000 on our behalf. These funds were a significant part of the monies necessary to purchase vital and valuable pieces of equipment for the various units on Vancouver Island. This equipment has made the lives of many patients much more endurable. We have been able to purchase during this time a bladder scanner, dialysis chairs, televisions, and cushions for some of the hemodialysis units. We've also topped up the social workers' emergency funds for patients in need around the island. This year we are working towards purchasing dialysis chairs. Once again, a big Thank You to Thrifty Foods for their continued support. If you would like to be part of this worthwhile program that helps us enormously you can get a Smile Card through <http://www.vikpa.org>, by email to info@vikpa.org or by calling 250-595-3650 (voice mail).

Coming Events

Picnic June 13

The Victoria Chapter of the Kidney Foundation of Canada has its annual Picnic Sunday, June 13th, 1 p.m. to 5 p.m. at Centennial Park in Central Saanich. Races, bingo, prizes, refreshments, a renal-friendly picnic dinner, and entertainment. If you want to attend, please contact Kidney Care at (250) 370-8224 and leave your name, phone #, total in group and number of children attending.

Fundraising walk Aug. 29

The Kidney Foundation of Canada will be hosting the "Give the Gift of Life" Kidney Walk on August 29th, 2010. For details see <http://www.kidney.ca/Page.aspx?pid=1413>



Remembering Nancy Cuthbert



A dear friend of the Vancouver Island Kidney Patients' Association passed away on April 26, 2010. Nancy served on the board of VIKPA for many years and was

always a bright and cheerful presence at our meetings. Nancy always had her chin up and kept on trucking no matter what life threw at her. She was an inspiration to many with her positive attitude and was a real pleasure to know. Nancy will be greatly missed by her VIKPA family.

Important Reminders

- VIKPA meetings are held on the third Thursday of each month, except July and August, at 1:00 p.m. in the RJH Renal Unit boardroom. All members are welcome. Hope to see you there!
- Don't forget to check out our website at www.vikpa.org Back issues of *The Renal Review* are posted there.
- *The Renal Review* is also available online. If you would prefer to receive your newsletter by email, just drop a line to info@vikpa.org. Receiving *The Renal Review* online helps reduce our costs and saves trees for everyone's benefit. You'll also see the photos in colour!
- A gentle reminder from the Patient Advisory Committee that when visiting patients in any of the renal units while they are dialyzing, or on Royal 1, please be respectful of other patients by keeping the noise level to a minimum and limiting the visit to two people at a time.
- You can help VIKPA raise funds to benefit kidney patients by using your Thrifty's Smile Card whenever you shop at Thrifty's. Smile Cards issued since the program revamp in 2006 are still eligible for use. If you need a VIKPA Smile Card, please contact VIKPA.

We're growing!

VIKPA welcomed 43 new members in 2009, and we're now up to 133 members and donors. Our February mailout seems to have helped! If you know people who might like to know about VIKPA, please forward this newsletter to them.

In Memoriam



Our deepest sympathy goes out to the family and friends of renal patients who have passed away in recent months.

We thank everyone who has sent donations in memory of loved ones, and their families who have designated VIKPA as their chosen charity.

If you wish to make an *In Memoriam* donation to VIKPA, please mail to our address on page 4. Please include the name and contact information of the next-of-kin, so we may notify them of your gift.

For bequest information, ask for our new brochure.

Allan Barnard
Eileen Beemer
Phyllis Bingham
Nancy Cuthbert
Bill Daniel
Kathleen Daneliuk
Michael Dotchak
Jim Dunbar
Bill Ethell
Catherine "Anne" Evans
Vince Fantillo
Orval Featherstone
Walter Fischer
Joyce Foss
Sara Gadd

Betty Gammon
Bill Gilmore
Glen Holland
Eileen Johnston
Leonard Krinbill
Garth Latrace
Robert Lee
Howard Leeson
George McColl
Robert McCutcheon
Nancy McDonald
Rhona Mott
Roger Roberts
Terence Shore
Frank Varga

Donations to VIKPA

The Fraternal Order of Eagles 12 presented VIKPA with a generous donation to further our cause. Their slogan tells you what the Eagles are all about, "People Helping People". It was a great pleasure to meet a group of wonderful people on Tuesday May 4, 2010 that believe in the same values as VIKPA. Many do not know that it was through the Eagles that the concept for Mother's Day began, so it was appropriate timing to accept a donation from them just before Mother's Day. Thank you, Eagles!



Cheryl Jones (left) accepts the cheque from Barb Calve of the Fraternal Order of Eagles. This cheque was presented in memory of Barb's mother Violet Calve, a member of VIKPA who used to be the presenter.

Membership

Family and friends of renal patients are welcome to become members and join any of our meetings.

We appreciate your support of VIKPA enabling us to support kidney patients on Vancouver Island in many different ways.

MEMBERSHIP FORM (January –December)	
Name _____	
Address _____	
City/Town _____	
Postal Code _____	Phone _____
Email _____	
<input type="checkbox"/> Please send my newsletter by email to this address _____	
<input type="checkbox"/> Enclosed is \$5 for my annual membership. <input type="checkbox"/> New <input type="checkbox"/> Renewal	
<input type="checkbox"/> I would like to make a donation of \$_____ (Receipts will be issued for donations over \$10)	
Total Enclosed \$_____	
<input type="checkbox"/> I would like to volunteer. Please contact me.	
I am: <input type="checkbox"/> Pre-dialysis	<input type="checkbox"/> Hemodialysis
<input type="checkbox"/> Peritoneal dialysis	<input type="checkbox"/> Transplant
<input type="checkbox"/> Family member	<input type="checkbox"/> Care worker
<input type="checkbox"/> Other _____	

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