

The Renal Review



Vancouver Island Kidney Patients' Association

February 2010

2009 support for Island renal patients

from Cheryl Jones, membership chair

The Vancouver Island Kidney Patients Association is made up mainly of renal patients and volunteers, hence our Slogan, "Patients Helping Patients." VIKPA takes action and raises money to spend on Island kidney patients. In 2009:

- We attended Hospital Advisory Committees to represent patients' concerns, wrote petitions resulting in the commitment to open the new Nanaimo Renal Unit and have provided many unfunded comfort items and medical equipment for patients. One of our priorities for this year is providing non-funded comfort items for the Nanaimo Hospital unit, opening in the spring.
- We provided several Thrifty and Safeway gift certificates at Easter and Christmas to needy renal patients. Seven Gordon Duthie Bursaries were awarded for \$1000 each for education.
- The first Dee Sangha Award was presented this year in her honour in the form of a \$1000.00 award. This year's recipient is currently finishing his final practicum in the Licensed Practical Nursing Program. You can read more about Kenneth in our Renal Review newsletter dated October 2009.

Ongoing commitments include:

- printing and mailing *The Renal Review* to members
- bottled water for Kidney Care
- servicing the aquarium in the waiting room at Royal Jubilee Hospital.

Renal Program Education Survey

from Nancy Clogg, RD

Results from the Renal Program Education Survey are pouring in! To date we have close to 300 responses, 90 from staff and the rest from patients or family. Thank you to all who have taken the time to complete a survey.

Our committee meets at the end of January and we will start to analyze the responses and comments. Your feedback will help us to develop our Renal Program Education Plan. We will keep you posted as to the results.

Did You Know?

VIKPA welcomed 43 new members in 2009.

Thrifty's Smile Card Fundraising

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.

Thought of the month

It is better to sleep on things beforehand than to lie awake about them afterwards.

-- Baltasar Graciás

A farewell to Gabor Brach



Gabor Brach passed away Saturday October 24th, 2009 at the Royal Jubilee Hospital in Victoria. Gabe spent nine years on the Board of Directors of the Vancouver Island Kidney Patients Association, serving on the membership and bursary committees and as President and Vice President.

Diagnosed with polycystic kidney disease at the age of five months, Gabe survived 20 major operations, including three kidney transplants, and was one of the longest living dialysis patients. As one obituary said, “he never allowed bitterness into his heart, and he never lost hope — even in his final days after suffering two major heart attacks he was a fighter.”

Gabe always lived his life to the fullest. He worked as a computer scientist, first with the federal government in Ottawa, then in 1990 in Victoria with the BC provincial government. He loved driving, music, reading, sports and photography.

Gabor was a kind and gentle man. His calm, logical and sensible approach to problems was a great asset to VIKPA. He was a great addition to our VIKPA family and will be truly missed.

You can make a donation in memory of Gabe Brach at the VIKPA website <http://www.vikpa.org/> Just click on the button “Donate Now through CanadaHelps.org”

Thank you!

Teresa retires

Teresa Melendez-Duke, our secretary for fourteen years, recently retired from VIKPA. She was a very beloved member of our board.



The farewell luncheon took place at the Four Mile Restaurant on Thursday November 12th, 2009.

Steve is recognized

Steve Noble continues to provide website and computer support to VIKPA.



VIKPA presented Steve with a certificate of appreciation for all his hard work.

Help Needed!

VIKPA needs:

- A Secretary to take minutes at nine Thursday afternoon meetings per year and manage records.
- A Vice President to chair meetings in absence of President.

Interested? Please use the contact information on the next page to let us know.

Kidney Education Centres

from Nancy Clogg, RD

We now have Kidney Education Centres (KECs) at all 5 community dialysis units (Victoria, Duncan, Nanaimo, Port Alberni and Cumberland). The KEC in Cumberland still needs to be mounted on the wall before it is fully operational, but the other four are up and running. So now, there are a total of seven KECs. The other two are in the RJH Renal Unit waiting room and at the entrance to the Home Dialysis Clinic at the end of inpatient ward.

The KECs provide general education on topics that pertain to all kidney patients in the program. With displays in seven locations, it is our goal that

the same information will be available to as many people as possible. Remember, however, that each person has unique health issues. If the information on the display conflicts with something your health care team has suggested to you, be sure to check with them.

If you have not already done so, check out the Oral Health for Kidney Patients display for tips on how to keep your teeth (or dentures) and gums healthy. This is very important for your overall health.

The next display will be on Tax Tips for Kidney Patients. Watch for it sometime in February.



Another thought:

Too many people are ready to carry the stool when the piano needs to be moved.

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>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: Gary Pollock</p> <p>Vice-President: vacant</p> <p>Secretary: vacant</p> <p>Treasurer: Bakh Dhillon</p> <p>Asst.Treasurer: Pat Chadwick</p> <p>Membership Secretary & Chair, Awards Committee: Cheryl Jones</p> <p>Members-At-Large: Lita Rolofs, Nancy Cuthbert</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

Up-Island Community Dialysis

from Elaine Rowan, RN

As Bill notes below, we are hoping that the Cumberland clinic will open 12 chairs in December 2010, and Nanaimo RGH will open its centre late summer 2010 (*online readers: [media release](#)*).

Cumberland Kidney Care Clinic

from Bill Coltart

HOORAY, it's finally going to happen. We're getting our expansion. We're going from 6 stations to 12 stations, as I understand it. It's long overdue; a lot of patients have been inconvenienced as a result of having to travel.

I was out to the Clinic the other day and see we have some new patients. WELCOME TO THE FAMILY.

The new TVs are in place and working nicely. Thanks to VIKPA president Gary Pollock.

Don't forget that March is Kidney month. I'm looking for help again this year at our displays. For the new patients, now is the time to help. If you can help contact me at (250) 338-5858 or e-mail me at Billcoltart@hotmail.com.

That's it for now. Chin up and all that good stuff.

Nanaimo Kidney Care Clinic

from Maureen Molyneaux, Reg. Social Worker

We at NKCC want to wish all of our patients all the very best in 2010. Thank you for your kind words of appreciation over the past year, and for your warm holiday wishes. We very much enjoy working with each and every one of you. A special thank you to those who volunteer for us and our patients – you are so very appreciated by all! Also, a reminder that for anyone who has had education sessions with us, you are welcome to come for a refresher session if you feel that would be helpful. Just call us at 250-739-5828 and we will book you in.

Mid-Island Kidney Association

from Norm Taylor

We are still doing a meat draw at Polly Pub every Saturday; it's a fun time as well as work. We have a great bunch of people that come every Saturday.



left: Norm Taylor and his great-grandson at the M.I.K.A. annual Christmas party.

Home Dialysis Walking Club update

from Nancy Clogg, RD

The Home Dialysis Walking Club is still going strong after five years. We continue to meet about once a month on a Sunday from 2-4 p.m. We start with a walk and end with a social get together at a coffee shop, restaurant or pub. Here is a description of some of our more recent walks.

- We met at the Spiral Café on Craigflower and walked down to and along the Goose. While Pat and Greta walked all the way to Walmart the rest of us made a beeline to the Globe restaurant at Selkirk.
- While I was away on vacation in November, Jackie and Rohn organized another walk along the Goose. Apparently it poured with rain that day (our first walk in the rain). A few people braved the elements. Kudos to them.
- Over Christmas, Ron and Harlene were kind enough to host our potluck Christmas get together. We had a small gift exchange and also donated food items toward a Food Hamper.
- It was a good party and once again the food was delicious. Thanks again Ron and Harlene.
- This past weekend we met at the Knockanback Grill and walked along Panama Flats past the ponds full of waterfowl. We had to turn back after reaching a flooded section, but managed to walk for 40 minutes anyway. We were pleased to have Walter and Joan join our ranks.

The Home Dialysis Walking Club is a great way to get exercise, to meet people and to get support. If you are interested in joining us or for more information please contact Nancy Clogg, Dietitian, Home Dialysis Program, 250-370-8517.

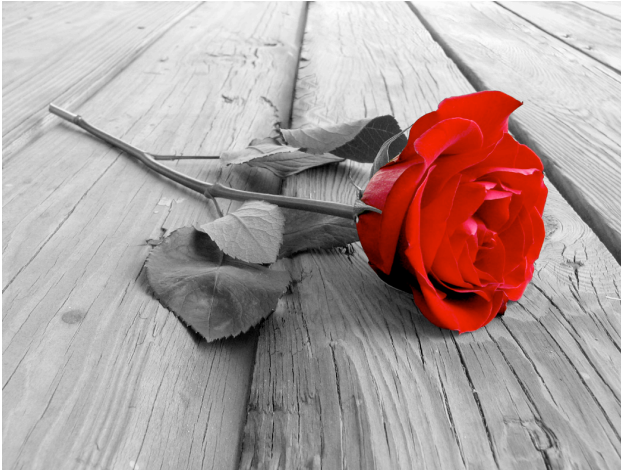


Kathy, Stan and Mark at Panama Flats

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.

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.

Thelma Abel
Denise Advocaat
Gabor Brach
Milton Brubacker
Warner Dammel
Gordon DeAth
Betty DeBoer
Amrik Dhaliwal
Marie Douglass
B. Girtel
Archibald Hall
Allan Hutchinson
Brian Iverson
Brian James
Gurdit Khtaria
Ken Lowen
Raymond Marean
Thelma McCullough
James Middlemiss

Donna Mifflin
Mary Nyeste
Vic Peters
Harold Petrini
Bruce Plaxton
Shirley Post
Walter Rolls
Michael Ryan
Harry Sanderson
Joseph Schmidt
Dan Simmons
Dennis Smith
George Stencil
Ruth St. James
Edward Tait
Len Thomas
Adriano Vanderree
Drew Watson
Phillip Wyse

**VANCOUVER ISLAND KIDNEY
PATIENTS' ASSOCIATION****NOTICE OF
ANNUAL GENERAL
MEETING**

Thursday, February 18, 2010
1:00 p.m.
Renal Unit Boardroom
second floor Renal Unit
Royal Jubilee Hospital, Victoria

You are invited to attend VIKPA's up-coming
AGM.

Please note that in order to vote or stand for
election at the meeting your membership must
be paid for 2010.

For those who have not yet purchased or
renewed your membership this year, a form is
included at right.

We thank everyone who has kept their
membership up-to-date.

Membership

It's **renewal time for current members**. As well,
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 _____

☐ Please send my newsletter by email
to this address _____

☐ Enclosed is \$5 for my annual membership.
☐ New ☐ Renewal

☐ I would like to make a donation of \$ _____

Total Enclosed \$ _____

☐ I would like to volunteer. Please contact me.

I am: ☐ Pre-dialysis ☐ Hemodialysis
☐ Peritoneal dialysis ☐ Transplant
☐ Family member ☐ Care worker
☐ Other _____