

The Renal Review



Vancouver Island Kidney Patients' Association

November 2008

VIKPA Golf Tournament Now History

Dee Sangha's annual golf tournament, VIKPA's major source of funding for many years, was cancelled this year and will not be held in the future. Dee suffered a stroke just a few weeks before the scheduled date for the tournament. Fortunately she has recovered except for some damage to her eyesight.

We extend our heartfelt thanks to Dee and her family for organizing this event. The funds donated to VIKPA during the past fifteen years, more than \$300,000, have been a boon to kidney patients.

At the time of the cancellation, Dee had accumulated a great many prizes to be given out at the event. Since the golf tournament will no longer be held, she had to find ways to distribute the prizes. Luckily, her friends Jan Paulo and Lita Rolofs came to the rescue.

They organized a draw for the most valuable prizes and sold the tickets.

Winners of the raffle were:

Golf Bag and Balls to Mike Granelle, Langford

BBQ to Jen Adam, Richmond

Canucks Game and accommodation at the Georgian Court Hotel to Cheryl Jones, Sidney



Sale volunteers: Wally and Lita Rolofs, Wendy Poulton, Bruce Cuthbert, Nancy Cuthbert, Cheryl Jones, Ariane Meyer

On September 27, at Commonwealth Pool Gymnasium, the remainder of the tournament prizes and golf-related items were put on sale at bargain prices. Jan and Lita rounded up a group of volunteers to unload the truck, price and display the items and conduct the sale.

The proceeds from the draw, the sale, donations and ticket sales that were kindly donated to VIKPA totaled \$43,742.00!

Thank-you Party for Dee Sangha

To say thank-you to the Dee Sangha for her exceptional service to kidney patients on Vancouver Island over the past fifteen years, VIKPA organized a dinner party for her and her family at Med Grill, Royal Oak, on November 13. About 25 people attended.

Outstanding Achievement AWARD

Presented To
Mrs. Dee Sangha

In recognition of over 15 years of dedication and support of renal patients and The Vancouver Island Kidney Patients' Association, raising over \$300,000.00.

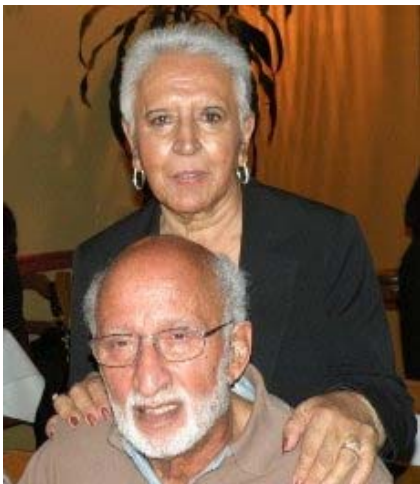
Her contributions have touched many lives in the Renal Community on Vancouver Island.

Presented by The Vancouver Island Kidney Patients' Association November 2008

At the dinner, Cheryl Jones, Chairperson of the Awards Committee, made a speech and presented a plaque to Mrs. Sangha. In her speech, Cheryl announced a new VIKPA award:



VIKPA President Gabor Brach, Lita Rolofs, Dee Sangha



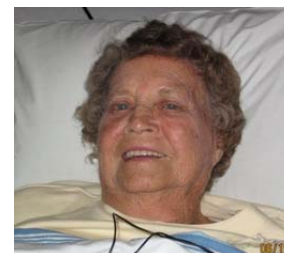
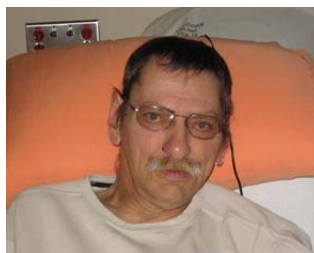
Dee and Jake Sangha at Thank-you Party

“The Vancouver Island Kidney Patients' Association has created *The Dee Sangha Award* to be given to one renal patient each year. This award will ensure that Dee's dream of helping our renal community continues. The award will assist renal patients in improving their lives while dealing with the everyday challenges of living with kidney disease. It will go to patients working towards a goal coming back from adversity and will be a catalyst towards changing their life. This award will go to a renal patient with the same “CAN DO” attitude that Dee Sangha exudes. The first Dee Sangha Award will be awarded in June 2009.”

Watch for details of the award in the next issue.

Draw Winners!

The Kidney Foundation held a draw at Royal Jubilee Hospital for kidney patients in the spring. And the winners were . . .



Steamboat Bryce and Bea Westgate, winners of renal cookbooks in Kidney Foundation contest at Royal Jubilee.

Kidney Foundation Christmas Dinner

The annual Christmas Dinner sponsored by the Victoria Regional Chapter of the Kidney Foundation of Canada will be held on Sunday, December 7, at CNIB, 2340 Richmond Rd. Meet and greet at 4:30, roast turkey dinner at 5. Dress informal. Evening includes Christmas entertainment and door prizes.

Kidney patients \$3, guests \$5 (adults only, max. 2 per patient). There are 25 parking spaces at CNIB, some on adjacent streets, or at RJH garage (\$1 each 50 min.) Tickets available from Anna-Marie at Kidney Care Clinic 370-8224, Walter Muir 477-5851 or Doug Hobbs 478-1435.

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.

Our address is
Box 5145, Station B
Victoria, BC V8R 6N4
Voice mail: (250) 595-3650
Website: www.vikpa.org
Email: info@vikpa.org

Deadline for the Winter issue is
Jan. 21, 2009.

All submissions and ideas for
the newsletter are gratefully
accepted and may be sent or
emailed to the addresses listed
in the left column.

This issue was compiled by
Pat Carson.

Thank you to all contributors.

President: Gabor Brach

Vice-President:

Danielle Belanger

Secretary:

Teresa Melendez-Duke

Treasurer: Patricia Chadwick

Membership Secretary &

Chairperson, Awards

Committee:

Cheryl Jones:

Members-At-Large:

Gary Pollock, Lita Rolofs

Alex Ferguson

Around The Island

Victoria Community Dialysis Facility

from Val Cousineau, RN

As always, summer was a busy time in the Victoria Community Dialysis Facility. Again we saw many visitors and more coming from outside Canada. We had visitors from Japan, Ireland, Scotland and Spain. It is nice to see patients traveling as this adds to many patients' quality of life. However, the extra work for nurses along with staffing for summer vacations can put a strain on our resources. So a big thank you to all the staff who worked hard keeping our unit functioning smoothly.

We have also seen some new faces join our family, staff and patients. We are sorry to say farewell to our dietitian Julia Steel, who has moved to the new Kidney Care Clinic in Nanaimo. She has been commuting from Nanaimo to Victoria and I am sure she will appreciate working close to home. We will miss Julia and wish her the very best in her new position.

Erica Dhillon is Julia's successor and is not new to the hemodialysis community. Erica was our dietitian in the Renal Unit in the 1980s. She brings lots of experience and it will be a pleasure working with her again.

New dialysis chairs are being trialed in October and November so it will be interesting to hear patients' and nurses' comments.

Duncan Community Dialysis Facility

from Val Cousineau, RN

The Duncan Community Dialysis Facility also was able to accommodate a few visitors this summer.

A welcome is extended to Rhonda, Lindsey and Bonnie as they join our nursing staff and sadly a farewell to Sandy, who has relocated to the Nanaimo Clinic.

We will also be welcoming a new social worker in the near future.

Two new computers have been added to the unit, one being mobile.

Up-Island Community Dialysis

from Elaine Rowan, RN

The nurses, dietitian and social worker attended the Nephrology Days conference in Vancouver on October 2 and 3.

Nanaimo opened a Kidney Care Clinic mid-October and Kelly Anne Van Hest left Nanaimo Community Dialysis Facility to work there. Sandy Stone has accepted a job in Nanaimo as a RN.

A new social worker, Kathy Brandan, started at the end of the summer. Kathy will work in Duncan, Port Alberni, Cumberland and Nanaimo.

Cumberland is in the process of drawing up the plans for a 12-chair unit. The new clinic will be an extension of the present one.

Home Dialysis Walking Club

from Nancy Clogg

On September 21, we raised our glasses to toast our third year anniversary! Since September 2005, The Home Dialysis Walking Club has been meeting one Sunday afternoon a month.

For our anniversary walk, 13 from our group of 20 or so returned to the Songhees. It was a beautiful sunny day and we were lucky enough to be treated to a spectacular show by the Snowbirds.

In July, two of our members, Carole and Dan, hosted a walk/picnic out in Sidney. They must have been up early preparing for us. They put on quite a spread with sandwiches, Mexican food, watermelon and low sugar cake. Thanks again you two!

Most of our original members still regularly attend and we have new people joining all the time. We are a mixed crew of peritoneal, home hemodialysis, community dialysis and transplant patients, friends and family members. If you are interested in getting a little exercise and meeting a few new people, contact Nancy at 370-8517 for more information.

Visit from a Student Nurse

by Pat Chadwick

A few years ago, Camosun College had a program for their student nurses sending them out to the community to pair with patients who had a chronic health problem such as kidney failure. The student gained a practical knowledge of the disease and how the patient was coping with it.

Val Cousineau, at Hillside Community Dialysis Facility, asked if I would like to take part in the program. I agreed and soon I was paired with two lovely young student nurses who made three visits to my home. I very much enjoyed their visits because they were so eager to learn all they could about kidney disease and dialysis.

I took part in the program for four years until it was suddenly suspended for reasons unknown to me.

The last two students who came to my home were exceptionally enjoyable. Maybe it was because I had just started home dialysis and they were so enthused, especially when I showed them the dialysis machine, the dialyzer and how it cleaned my blood. One of the students was especially enthused and couldn't learn enough about dialysis. I suggested if she was still interested after graduation maybe she could look into specializing as a dialysis nurse.

I never met any of the students after their last visit until this year when I had to dialyze at the Renal Unit in October. When I approached the bed assigned to me there was a lovely young nurse with the biggest smile on her face. She told me her name and we talked for a few minutes until I said to her, "You look familiar." She said, "Yes, I was a student nurse who came to your home about four years ago and I want you to know that it was because of you that I am now a renal nurse."

She said she was so taken with dialysis and kidney failure and how I was coping so well and my great attitude that she started taking extra courses on renal failure. Because she had taken these courses she was able to get her degree in nursing and start working as a renal nurse shortly after graduating.

I couldn't help but smile to myself thinking that four years ago she was a young student nurse visiting me in my home and now she was a renal nurse and I was her patient.

The experience, as you can see, has been rewarding for both of us!



Nutrition Report

by Jane Tosney, RD

Kidney Care Clinic Dietitian

You can find helpful general advice for making better food choices at the following website: www.healthyeatingisinstore.ca. Click on *Nutrition Labelling Education Resources* after opening.

Watch for some tips on how to track down additional nutrition information specific to kidney patients' needs in the next newsletter.

Meanwhile, you might like to try this recipe!

BLUEBERRY PEACH CRISP

from *Cooking for David: A Culinary Dialysis Cookbook* by Sara Colman RD, CDE and Dorothy Gordon BS, RN

Portions: 10

Serving size: 1/10 recipe

Ingredients

7 fresh peaches or 4 cups canned peach slices, drained
1/2 cup blueberries (fresh or frozen; substitute blackberries if desired)

cooking spray

1/4 cup white sugar

1 tablespoon lemon juice

3/4 cup all-purpose flour

3/4 cup packed brown sugar

1/2 cup margarine

Preparation

Pit and slice peaches into 3/4" slices.

Spray a 12" x 12" baking dish with cooking spray.

Arrange peach slices and blueberries (or blackberries) in dish.

Sprinkle sugar and lemon juice over the fruit.

Mix the flour and brown sugar in a bowl. Using two knives or a pastry blender, cut the margarine into the flour and sugar mixture until it is crumbly. Sprinkle crumbs over the fruit.

Bake at 375° F for 45 minutes or longer until the fruit is soft and crumbs are browned.

Serve warm or at room temperature.

Nutrients per serving

* Calories: 222

* Sodium 113 mg

* Protein: 1 g

* Potassium: 201 mg

* Carbohydrate: 35 g

* Phosphorus: 22 mg

* Fat: 9 g

* Calcium: 23 mg

* Cholesterol: 0 mg

* Fiber: 1.8 mg

Questions? Contact your renal dietician for further information.

In Memoriam

Rosa Henrietta DeMaere
Lillian Mary Crouch
Jans Diemer
J. Kelly Hillman
Sau Kuen Louis
Jennifer Schmidt
Tony Bhatoo
Joe Pogson
Harold Monks
Sheila Mount
Ray Tyler
Reg Book
Gene Samson
Joan Hanna
Lloyd Morrison
Richard Dickson
Audrey Tappin
Joseph Spring
Kathleen Archer
James Andersen
Molly Ross
Jerry Kinshella
Edith Younger
Peter Gascoine
David Masson
Frank Carleton
Mary Coltart
Debra Barr
Brian Jones

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 a bequest to VIKPA, or to have *In Memoriam* donations sent to VIKPA, please direct them to the Vancouver Island Kidney Patients' Association, Box 5145, Station B, Victoria BC V8R 6N4. When sending *In Memoriam* donations please include the name and contact information of the next-of-kin, so they may be notified of your gift.

Thrifty's Smile Card Fundraising Program

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 Smile Card, please contact VIKPA. (Contacts on page 2.)



Important Reminders

- VIKPA meetings are held on the third Thursday of each month, except July and August, at 1 pm 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 Forum*** is a place where you can ask questions of other patients, get answers, post topics for discussion, or simply talk with other kidney patients to help build an online community to better serve all dialysis patients. Check it out. If you have any ideas or suggestions for the website please contact us at info@vikpa.org.
- ***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.





University
of Victoria
School of Nursing

Participants Needed

Have you been diagnosed with cancer, end-stage renal disease,
or HIV+ status and are at least 12 months past diagnosis?

Would you be willing to share your experience of
living with one of these illnesses?

If you answered “yes” to both of these questions:

We are interested in speaking with you about the possibility of participating in a study being conducted by faculty members from the University of Victoria, School of Nursing.

The purpose of this study is:

To gain an understanding of the experiences of living with the uncertainty of illness. Further, we wish to explore people’s stories of living with illness and how these experiences shift over time.

You will be asked to:

- Participate in up to 3 interviews over 14 months
- Each interview will be tape recorded and last 60-90 minutes
- Engage in a conversation with a researcher to learn about your experiences.

An honorarium worth \$50 will be provided at the end of the study.

The interviews will be arranged at a time and location convenient for you within Greater Victoria.

If you are interested in participating,
please contact Linda or Kara at (250) 721-8051 or
restory@uvic.ca

This study is funded by the Canadian Institutes of Health Research.

University of Victoria, Human Research Ethics Board Approved