

The Renal Review



Vancouver Island Kidney Patients' Association

January 2011

President's message

As I look back at 2010, I would like to thank our volunteers, members and many generous donors for helping us provide equipment, comfort items and services not otherwise funded for kidney patients throughout Vancouver Island.

We were very happy to see this year's openings of new units in Nanaimo and the Victoria/Royal Oak Community, and the start of expansion of the Cumberland Community unit. We have provided TVs, waiting room furniture, the latest dialysis chairs, blanket warmer, over-bed tables etc. for these units, to help make renal patients more comfortable during their treatments. We have also been able to provide scales, BP cuffs, cushions, grocery gift certificates to needy patients, bursaries to help patients get education, bottled water, subsidies for remotes, and an emergency fund for social workers.

This year we are unable to fund the Easter grocery gift certificates as we no longer have the annual golf tournament. If you are able to help with fundraising and ideas, or to volunteer in other ways, please join us at our meetings, the third Thursday of the month. Everyone is welcome; we are renal patients, friends, family and general volunteers. Meeting details are later in this issue.

If you would just like some support from other renal patients, at the end of our meeting you are welcome to bring up your questions or ideas.

Wishing you and yours a Healthy New Year,
Cheryl Jones, President

Notice of Annual General Meeting

You are invited to attend the
Annual General Meeting of the
Vancouver Island Kidney Patients' Association
Thursday February 17, 2011, at 1:00
Renal Unit Boardroom,
second floor,
Royal Jubilee Hospital Renal Unit.

Please note that in order to vote or stand for election at the meeting your membership must be paid for 2011. For those who have not yet purchased or renewed your membership this year, a form is included in this newsletter. Thank you to everyone who has kept their membership up to date.

Nanaimo News

by Maureen Molyneaux

Staff at the Nanaimo Kidney Care Clinic hope the new year has gotten off to a great start for everyone. As we go about our daily business of providing education and support for people with chronic kidney disease, we are continually inspired by the strength of character that so often comes forward when our patients are faced with difficult life circumstances. These are the patients who will not allow any circumstance to steal their joy, will not allow any difficulty to keep them in anger or fear for very long, and they are the patients who teach us the most as we watch them work through their very personal issues and problems. We simply want to say "Thank You" to these patients, for allowing us to accompany you on part of your journey.

Grant will replace aging dialysis chairs

We are pleased to announce that we were successful in getting a \$26,000 grant from the Victoria Foundation. We'll use the money to replace five aging dialysis chairs. The Vancouver Island Kidney Patients' Association will soon be replacing aging dialysis chairs due to the generous grant received from the Victoria Foundation. The funding represents Vital Granting in one of the key issue areas of Health & Wellness. We will be receiving \$25,000 from the Helen May Noxon Fund and \$1,000 from an anonymous donor-advised fund.



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The Victoria Foundation is Canada's second oldest community foundation in Canada and the second largest in British Columbia. Today, the Victoria Foundation has assets under

management valued at approximately \$175 million. In 2009, the Foundation provided over 700 grants valued at \$9.2 million from endowment and provincial funds.

In the Fall of 2010 a total of \$703,268 was distributed to 66 organizations, including the Vancouver Island Kidney Patients' Association. The goal of the Victoria Foundation is to improve the quality of life in our community. The Vancouver Island Kidney Patients' Association is a grass roots volunteer organization whose goal is the same. The new dialysis chairs will benefit many patients and help to make their time spent on dialysis more comfortable. VIKPA provides many comfort items for kidney patients and are pleased to be able to provide these new chairs.

Milestones

Val Cousineau retires



Val Cousineau, the Clinical Co-ordinator for the Victoria and Duncan Community Dialysis Facilities, is retiring shortly. She has been instrumental in setting up and managing both units, and co-ordinating care for renal dialysis patients, for the last 18 years. VIKPA would like to extend to Val our gratitude and good wishes at this time. She has been strong advocate for promoting quality patient care for patients in the renal community, and she will be greatly missed.

Pat Miller Chadwick



Pat has just reached her 20th year on hemo dialysis.

She says, "Thanks to the wonderful Renal System, and my medical team. Way to go guys. The last seven years I have done home dialysis while I sleep."

First newsletter with corporate sponsors

This is the first issue of the Renal Review, advertising corporate sponsors. The cost of a business card size ad is \$50 for one issue and \$200 annual fee which will be for four issues. We have space for 10 sponsors each issue. 100% of these funds will go to patient comfort items and equipment not otherwise funded. VIKPA is always looking for fundraising ideas so that we can continue our services for renal patients on Vancouver Island. If you are anyone you know would like to advertise, contact us at www.info@vikpa.org or 250-595-3650. Thank you for your support.

Thanks, Thrifty Foods and shoppers

Thank you to everyone who helped us raise funds by using your Thrifty's smile card.

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 well 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. These necessary and expensive pieces of equipment have made the lives of many patients much more endurable.

The items we have bought during this time have included a bladder scanner, dialysis chairs, televisions and cushions for some of the hemodialysis units; as well, we've been able to top up the social workers' emergency funds for patients in need around the island. This year we are working towards purchasing dialysis chairs.

We also give a special thanks to two Thrifty staffers: Lynanne Smith, Community Relations Coordinator, for her assistance and patience with implementing the Smile Card programme, and Paul Woods, Accounting Clerk, for helping us with our grocery gift certificate programme.

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 www.vikpa.org or emailing us at info@vikpa.org or 250-595-3650 (voice mail).

Membership

Membership is open to all, including families and friends of renal patients. We appreciate your support of VIKPA, enabling us to support kidney patients on Vancouver Island.

MEMBERSHIP FORM (January –December)

Name _____

Address _____

City/Town _____

Postal Code _____ Ph one _____

Email _____

E-mail my newsletter to the above address

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

I enclose a donation of \$ _____
 (Receipts will be issued for donations over \$10)

Total Enclosed \$ _____

Please contact me about a donation

I would like to volunteer. Please contact me.

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

Vancouver Island Kidney Patients' Association
 Box 5145, Station B, Victoria, BC V8R 6N4
 Charitable Registration no. 89183 2172 RR0001

Cumberland clinic



by Elaine Rowan

Cumberland moved into phase one of the newly renovated space in early December. It presently has six chairs but has the capacity for 12. Cumberland will continue to run with six chairs with the possibility of adding more chairs and machines in the future. The completion of the new unit is slated for mid February. All three clinics received the new electric chairs and the patients (*including Jason, at left*) are very happy with the new chairs.

Kidney Foundation events

Give the Gift of Life – The KIDNEY WALK 2011 annual summer walk will be held in August, location and time "to be announced". Share the news, mark your calendar, and walk the walk. The Victoria Chapter and the B. C. Branch of the Kidney Foundation are working to make a difference. "Together" we will make a difference.

You're invited to the 11th annual KIDNEYS ON THE MOVE Dinner/Dance/Silent Auction, Saturday March 5th at Colwood Golf Club. The silent auction starts at 6 p.m., dinner at 7 p.m. Tickets are \$65 each; to purchase call Doug Hobbs (250) 478-1435. This event is in support of kidney transplant patients through The Kidney Foundation of Canada Victoria Regional Chapter.

We're online

Check out our website at www.vikpa.org. It includes back issues of Renal Review.

We're now on Facebook; to find us, just search for our full name (or part of it).

Prefer to receive your newsletter by email? Just ask us at info@vikpa.org. You'll reduce our costs save trees, and see the photos in colour.

Café Scientifique

The University of Victoria's Centre for Biomedical Research offers free public seminars in a setting that is more informal and accessible than a public lecture. Mark your calendar now for the tentatively-scheduled session Tuesday, 17 May; Dr. Will Cupples will discuss "How salt and blood pressure affect kidneys in people with diabetes." Seminars are held in the Maple Room at the Strathcona Hotel, 919 Douglas St., starting at 6:30 pm. Admission is complimentary; light appetizers and beverages are provided. Age 19+.

World Kidney Day March 10, 2011

Did you know that 14 people a day are diagnosed with kidney disease in Canada, often due to diabetes and hypertension. Diabetes is the number one cause of chronic renal disease. In March there are many health awareness campaigns running such as, "Protect your Kidneys, Control Diabetes". Please help us get the word out that kidney disease is common, harmful and treatable. Help protect people you know with the knowledge you have gained through your experiences and help prevent kidney disease. Kidneys play a vital role in keeping us well and you can play a role as educator, letting people know about kidney disease and the role that VIKPA plays helping kidney patients on Vancouver Island.

Vote for VIKPA to help us raise funds

VIKPA is applying for a Pepsi refresh project grant. Please keep your eyes open for VIKPA on <http://refresheverything.ca>.

You can vote 10 times a day for your favourite idea. After we submit our application, we will receive a confirmation email that it's being reviewed. Once we receive an email that our idea is approved, then we can promote. You can vote for two months, so please help us out and tell all your friends and family etc.

We will be applying for the next round on February 1st then again April 1st 2011. So look for us after those dates. We will be looking for funds to purchase grocery gift certificates for needy kidney patients on Vancouver Island, a very worthwhile cause. Tell your friends on Facebook!

In Memoriam

Our deepest sympathy goes out to the families and friends of renal patients who have passed away in recent months: Roy Atkinson, Charles Buckley, Betty Carpenter, Tracy Hughes, Sam Hunter, Klara Horbatuk, Neil Horton, Robert Ikle and Ivan Vlasich.

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 6. 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 brochure or visit our website <http://www.vikpa.org>.

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VIKPA meetings are held on the third Thursday of each month, except July and August, at 1:00 p.m. in the Renal Unit boardroom at Royal Jubilee Hospital, Victoria.

All members are welcome.

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. VIKPA not only provides items and services to renal units and individuals, but also is an advocate for renal patients on Vancouver Island; we attend Hospital Advisory Committees and present patients' concerns and needs.

Our address is:
Box 5145, Station B
Victoria, BC V8R 6N4

Voice mail: (250) 595-3650

Web: <http://www.vikpa.org>

Email: info@vikpa.org

President: Cheryl Jones
Vice-President: Gary Pollock
Secretary: Kate Pearse
Treasurer: Bakh Dhillon
Asst. Treasurer: Pat Chadwick
Membership: George Pearse
Chair, Awards: Cheryl Jones
Member-At-Large: Lita Rolofs
Member-At-Large: Kathy Brown

This issue was compiled by
Tim Hicks.

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

We thank all the contributors to this issue.

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