

# The Renal Review



Vancouver Island Kidney Patients' Association

February 2012

## President's message

*by Cheryl Jones*

I would like to thank our volunteers, members and our generous donors who make the work we do possible. 2011 went quickly for our busy VIKPA volunteers.

We had our first very successful silent auction at RJH. Staff and supporters had a lot of fun and asked us to hold another.

We were able to provide four dialysis chairs, as well as other much-needed comfort items and equipment throughout Vancouver Island.

With more dialysis and treatment centres now open up island, in 2012 we will again provide equipment and comfort items there as well as in Greater Victoria. Our Vice President, Gary Pollock, lives in Campbell River and is able to represent the needs of those up island at our board meetings in Victoria each month.

VIKPA understands the challenges of kidney disease. Gary and I, and several of our Board members, have been patients for many years, and have developed a knowledge of kidney disease and its effect on individuals and their families. That's why VIKPA works hard for the renal community on Vancouver Island.

VIKPA also advocates for patients, bringing their concerns and needs forward to the staff in the Renal Program. Gary attends Patient Advisory meetings in Nanaimo while I attend in Victoria.

I wish you and yours a healthy New Year.

Vancouver Island Kidney Patients' Association

### **Notice of Annual General Meeting Thursday, February 16th, at 1:00 pm.**

Renal Boardroom, 2nd floor,  
Royal Jubilee Hospital, Victoria, B.C.

There will be an election. Nominations will be accepted at the meeting; anyone wanting to be nominated who cannot attend the meeting should notify VIKPA by phone or email to indicate consent to hold office/.

All members are welcome. Members in good standing will be able to vote. If your dues are not up to date, they can be accepted before the meeting begins.

A Board meeting will follow the AGM.

## **Duncan Dialysis Facility moving**

It's time to update your address books.

The Duncan Community Dialysis Facility will be at its current location in the Cowichan District Hospital until Saturday, January 28 (phone 250-715-2000).

The new location opens Monday, January 30. It's at #1- 361 Trans-Canada Hwy, Duncan BC, V9L 3R5. Phone: 250-709-4333, Fax: 250-709-4334.

## Home Dialysis Walking Club

*Nancy Clogg, Dietitian, Home Dialysis Program, VIHA*

It is hard to believe that the Walking Club is now into its eighth year. We continue to meet for a walk and social visit about once every 4-6 weeks. Many of the “originals” show up faithfully and new members continue to join. They often bring friends, family members and an assortment of dogs. Typically there are 15-28 people at each walk.



*Walking Club members showed on a fall outing that they know how to enjoy themselves.*

In recent months we have revisited some of our favorite spots such as the Songhees and the Gorge Walkway. Our September 25th walk at Ogden Point was the location of our first walk seven years ago. We recently had our annual summer potluck picnic at Marigold Park in Saanich. Once again we ate a delicious assortment of food (all kidney friendly foods, of course!). We had a crisp fall walk along the Galloping Goose trail and then had tea outside at the Café Fantastico near the Dockside Green complex. It was lucky that the sun was shining that day.

I have now retired but the Walking Club will live on! Members Jackie and Ann have graciously volunteered to take over the organization of the walks. If you would like to join in the exercise and fun, contact Joyce Mulgrew, Social Worker in the Home Dialysis Clinic at 250-370-8517 and she will pass on our contact information.

## Foundation thanks VIKPA

In December 2011, Beth Cairns, Victoria Hospital Foundation, presented VIKPA with two copies of a magnificent photo book called "This Is Our Work" by local expert photographer Ted Grant. They are in recognition of VIKPA's donations to the Foundation: since 1985, a total of \$269,000.

These books will be offered in the Silent Auction on March 9 - details in this issue.



*VIKPA president Cheryl Jones, left, accepts a copy of the book from Beth Cairns of the Victoria Hospital Foundation.*

The Hospital Foundation described the books this way:

"In these stunning photographs Ted Grant has captured the medical professional at work. His pieces show an array of doctors, nurses and technicians who devote themselves to saving and improving the lives of others. The pictures reveal intense concentration, compassion and a sense of gentle and steady energy as each caregiver connects with a patient to promote healing.

These intimate studies of hospital wards, operating rooms and the talented people who run them are the result of Grant's own hospital stay for neurosurgery. He said, 'As I looked up at my doctor and started to sink under the anaesthetic, I kept thinking what a great shot this would make.'

Since then Ted has become a dear friend of the Victoria Hospitals Foundation, producing some of the most compelling photographs for our Building Care Together campaign. We hope you enjoy his work as much as we do."

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## Mark your calendars

Our next Silent Auction will be at Royal Jubilee Hospital, Friday, March 9, 9 a.m. to 4 p.m. in the main lobby.

The revival of the Dee Sangha Golf Tournament is set for August 18, 2012 at Cedar Hill Golf Course in Victoria. For more information please contact Tyler Rai, 6572 Tamany Dr, Victoria BC. V8Z 6Y9, Tel: 250-652-6326 / 250-812-9258.

## Silent Auction March 9

March is KIDNEY MONTH, and to help promote it VIKPA is organizing the second annual Silent Auction

**Friday, March 9, 2012**  
**9:00 a.m. to 4:00 p.m.**  
**lobby of Royal Jubilee Hospital**

Our main prize is a trip for two anywhere Westjet flies (some conditions). There will be hockey tickets, two copies of the photo book described in this issue, gift baskets and much more – along with a 50-50 draw.

### **Why?**

This fund raising event is to aid us in our work which complements that of the national, research-based Kidney Foundation. We provide funding for those critical services which are no longer provided by our provincial government. Our goals are short-term and local : providing medical and therapeutic equipment for more than 2,000 patients undergoing arduous and frequent dialysis treatments for kidney failure. With our help, patients see improvements to their quality of care and life. For example:

- improving patients' comfort - we buy items such as dialysis chairs, television sets for renal units.
- hospital equipment for patient care at island satellite dialysis units - bladder scanners, IV infusion pumps, defibrillators for all island dialysis units, and more.

On average, 15 Canadians a day learn that their kidneys have failed, often due to diabetes or hypertension. Your donations are the lifeblood of our organization.

### ***Can I donate something for the auction?***

You sure can! All donations of goods or services will receive on request a tax receipt of the value of the donation. But time is tight; please let us know right away.

## What VIKPA does: Patient Emergency Fund

*Joyce Mulgrew MSW, Renal Program*

One of the ways VIKPA supports Vancouver Island kidney patients is by providing a Patient Emergency Fund, administered through the renal social workers at each dialysis unit or Kidney Care / Transplant Clinic.

For 20 years this fund has been an invaluable resource when low income patients have found themselves in financial crisis. Many patients are unable to work due to illness and live on extremely limited income. Health related expenses can add an additional strain.

Unfortunately, government benefits to the sick and disabled have not kept pace with cost of living increases, so stretching a limited budget has become more challenging for those with chronic and unexpected health issues.

The renal social workers can sometimes assist patients in these situations with funds from other government or community agencies. But if a patient is not eligible for other funds, and has no other resource, the social workers have been able to draw on the VIKPA Emergency Fund.

The most frequent needs have been for transportation to dialysis or clinic appointments, or food when other expenses have depleted the food budget. Some patients need help with accommodation when in Victoria for urgent treatment.

Over the last 20 years the number of patients in the island's Renal Program has more than quadrupled, and the cost of living has risen tremendously. Demand on the fund has grown from \$350 annually 20 years ago to about \$1700 today. Recently 60-70 patients per year have needed to draw on the fund, generally in very small amounts of \$10-\$30. Both patients and social workers have been very grateful to VIKPA for providing this indispensable fund.

## Membership renewals

Thanks to everyone who has renewed their memberships for 2012; we appreciate your support.

## Membership notes

As of the end of 2011, we have 345 members, and in 2011 we received 162 donations of \$100 or more.

Do you know anyone who isn't a member of VIKPA yet but might like to be? Why not pass on this newsletter?

Last issue we advised that we would be increasing our annual membership dues to \$10 -- our first increase in thirty-eight years! At the October Board meeting we realized that the new brochure we were about to produce would have to have the fee in it, and will last for at least a couple of years. So the Board decided to make the increase effective January 1, 2012.

## About VIKPA's meetings

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. Next dates are February 16 (Annual General Meeting), March 15 and April 19. Members are welcome to attend and comment, but cannot vote except at the AGM.

Members wanting something discussed at a Board meeting should get it onto the agenda through a Board member to be sure we get to it.

## Thanks to Thrifty Foods

Thank you to Thrifty Foods for their support through the Smile Cards program since 2003. You can get a card from VIKPA, load it with funds, and use it to pay for groceries. Each time the card is used at checkout Thrifty gives a percentage to VIKPA.

## Membership form

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 term is January –December)*

Name \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_

Postal Code \_\_\_\_\_ Ph one \_\_\_\_\_

Email \_\_\_\_\_

E-mail my newsletter to the above address

Enclosed is **\$10** for my annual membership.  
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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

## Coming up in 2012

Here's what's currently on our action list:

- Replace two more aging dialysis chairs in Greater Victoria RJH renal unit. The chairs provided last year have been received well and we have had requests for more.
- Begin providing Transonic monitors to each unit. We have provided two in the past which have been put to great use. (These monitors catch narrowing blood flow for dialysis access so precautions can be taken quickly to prevent blockage and loss of access sites).
- Replace aging televisions up island, provide new sets for new units, and maintain those in Greater Victoria.
- Provide dishwasher and microwave for new Cumberland Community Facility.

## Volunteer needed for VIKPA history

We have quite a collection of material from VIKPA's past, and we are looking for a volunteer to help us review and organize it. You'd have access to people who have been with VIKPA for a number of years and can probably explain things that aren't clear. There is no time deadline, so you can work at your own pace. You can turn over the final writing and editing to our newsletter editor if you wish. If this sounds like something for you, please contact us (details below) or talk to any member of the Executive.

## In Memoriam

Our deepest sympathy goes out to the families and friends of renal patients who have passed away in recent months: David Barker, Nancy Bennett, Winston Brown, Michael Butt, Alex Campbell, Alan Clark (Nanaimo), Kelly Crosby, Nancy Demers, David Desmarais, Sharon Anne Freer, Paul Jackson, Huong Lam, Marion Lavallee (Duncan), Harry Lee, Noreen Lowe, Luella Marshall, Randy Pickford, Jack Rendell, Eric Schroell, Jacob Spelt, Anthony Viesnavor, William Wallace, Anna Whitlock.

We thank everyone who has donated in memory of loved ones, and 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 below. 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 [www.vikpa.org](http://www.vikpa.org).

## Donating Made Easy

Visit us at [www.vikpa.org](http://www.vikpa.org) You can now make a donation using your credit card through the secure Canadahelps button.

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: [www.vikpa.org](http://www.vikpa.org)  
 Email: [info@vikpa.org](mailto:info@vikpa.org)

President: Cheryl Jones  
 Vice-President: Gary Pollock  
 Secretary: Roberta Marshman  
 Treasurer: Matthew Stanley  
 Membership: Christeen Young  
 Member at large: Lita Rolofs  
 Member at large: Pat Chadwick

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.

## Christmas lunch



*These cheerful folks were among the attendees at the lunch. Note the seasonal sweaters.*

In December, VIKPA members enjoyed a lunch in place of the usual business meeting.

Thank you to Bill Kane, director of renal services and Dr. John Antonsen, medical director of renal services, for providing the wonderful Christmas lunch.

Thanks also to Wendy Poulton's friend Debbie for creating the great assortment of desserts and treats. A nod goes to the caterer, Crumbsby's in Estevan Village, for their sandwiches etc. and signature cupcakes.

## Did you know?

People at risk of developing kidney disease include those with diabetes, high blood pressure or blood vessel diseases, and close relatives of people with hereditary kidney disease. But kidney disease also strikes people outside these groups. Recent estimates suggest that as many as two million Canadians have chronic kidney disease (CKD) or are at risk for it—and most are unaware of it.

*from the Kidney Foundation of Canada*

## Emergency preparedness for hemodialysis patients

An emergency situation could leave a kidney patient in big trouble. All we can do about it is be prepared.

Some of the nurses at the Victoria Community Dialysis Facility are working on an education display about emergency preparedness for their patients, with various aspects being covered over several weeks.

The nurses have put together a demonstration bag showing what food and other supplies patients should have on hand at home in case of emergency. VIKPA helped them out with a donation toward the cost of the items in the bag.

The recommended supplies are listed in a Disaster Manual that is being given to each of the facility's hemodialysis patients.

### **CBC radio and VIHA**

Another good reminder from the manual is that Vancouver Island Health Authority has an agreement with CBC radio that means in the event of an emergency CBC will broadcast instructions on behalf of VIHA. The manual lists all the CBC radio frequencies from around Vancouver Island, and VCDF patients will each be given a wallet-sized reminder card with the local CBC frequency.

## Did you know?

In 2009 (latest data available) there were nearly 38,000 Canadians on renal replacement therapy. That's more than triple the number in 1990.

*from the Kidney Foundation of Canada*

## Kidney Community Kitchen

*Jane Tosney, RD, Victoria Kidney Care Clinic*

The Kidney Foundation of Canada recently launched a new resource called the Kidney Community Kitchen:

[www.kidneycommunitykitchen.ca](http://www.kidneycommunitykitchen.ca).

This website includes kidney-friendly recipes, a meal-planning and tracking section, renal diet FAQs and other tools to support patients in following a renal diet.

Talk with your dietitian for specific diet guidance and other recipe, cookbook and meal-planning ideas.

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## Learn more about VIKPA

Don't forget our Website at [www.vikpa.org/](http://www.vikpa.org/)

There's more detail than we can provide in these newsletters about what VIKPA does.

You'll also find information on all the renal facilities on Vancouver island, and a page with a good supply of useful links for kidney patients. There are even links to help you find dialysis centres elsewhere in the world.

We'll be updating the site soon, to reflect the new Duncan location and to capture changes made at the Annual General Meeting February 16.

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## Would you prefer to receive your newsletter by email?

If you are reading a paper copy of this newsletter, please consider switching to the email version.

You'll reduce our costs, save trees, and see the photos in colour. To switch to email, just ask us at [info@vikpa.org](mailto:info@vikpa.org).

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