

The Renal Review



Vancouver Island Kidney Patients' Association

May 2011

President's message

I would like to thank all those who have volunteered at our Annual General Meeting in February to serve on the 2011-12 VIKPA board and committees. We have been fortunate to have several volunteers come forward to help us through Volunteer Victoria.

We have a great group of volunteers who donate their time to help the renal community on Vancouver Island. We are always looking for more volunteers to help with such things as special events and the day-to-day operations of our association. Feel free to come to a meeting even if you don't want to volunteer and just want to check things out. Our meetings are at 1:00 p.m. on the third Thursday of each month in the Renal Boardroom on the second floor at the Royal Jubilee Hospital above the renal unit. If you have further questions, call our VIKPA answering machine at 250-595-3650 or email us at info@vikpa.org

Thank you for your ongoing support. Your membership renewals and donations are greatly appreciated and needed for us to continue to provide services, comfort items and equipment for renal patients on Vancouver Island. Feel free to visit our website at www.vikpa.org and see what we do on your behalf.

Cheryl Jones, President

Volunteer Recognition



Katie Bourdon received a VIKPA appreciation award for her efforts in helping us make the silent auction a success. She will be graduating from Royal Roads with a Bachelor's Degree in Communications this July, and hopes to find employment in

Marketing and Public Relations. VIKPA wishes Katie all the best in her future endeavours.

Lita Rolofs presented Volunteer Victoria two certificates of appreciation -- one for the organization and one for Bonnie Van Volkenburg, Agency Relations Assistant for Volunteer Victoria, who has been very helpful and supportive to VIKPA.



Cheryl Jones presented a VIKPA Certificate of Appreciation to Bakh Dhillon, who has volunteered as Treasurer over the last few years with VIKPA. He has been always willing to go above and beyond his duties as Treasurer and we wish him well.

Silent auction success

VIKPA thanks the community for its overwhelming support through donations for our silent auction on March 25. We are proud to announce that more than \$7000 was raised. With these monies we will buy comfort items, services and equipment not otherwise funded by hospitals and treatment centres. We also thank VIHA, Anne Gloster, Janice Jenkins and Royal Jubilee Hospital staff for their support which helped make this event enjoyable for those who attended.



Thanks to everyone who contributed to this success (including our sponsors: see page 3).

We had lots of positive feedback from the hospital staff, who said it was such a fun atmosphere around the hospital and a fun thing to do during their breaks.

The raffle winners were:

- First Prize: Ian Rich – Two tickets for Prince of Whales whale-watching tour
- Second Prize: Elaine Malinosky - Pandora Charm Bracelet (donated by Knickerbocker's Home Décor)
- Third Prize: Darlene Michl - JVC mini stereo system (donated by: Adams Electronics Ltd.)

The 50/50 draw winner was Barb Vucko, who won \$220.

VIKPA Awards deadline is June 30

Applications for the Dee Sangha and the Gordon Duthie Bursary awards must reach us on or before June 30th. No late or incomplete applications will be accepted.

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.

The Dee Sangha Award recognizes Vancouver Island renal patients with Dee Sangha's "Can Do" attitude. It is awarded annually to a kidney patient who is a VIKPA member in good standing and is working towards a goal coming back from adversity, so that it will be a catalyst towards improving their lives while dealing with the everyday challenges of living with kidney disease. For an application form and more information, contact VIKPA or a renal social worker, or visit our website www.vikpa.org. If you are a renal patient, you may be eligible for both awards.

Mid-Island News

Elaine Rowan reports that:

- The Cumberland Community Dialysis Facility (CCDF) has finally completed the renovation within the unit. There are 12 stations but at present we are only using six. Plans are being made for an expansion to accommodate more patients.
- Nanaimo CDF was temporarily located at Nanaimo Regional General Hospital Renal Unit while the floors were being replaced and the unit was painted. We are all happy to be back at NCDF.

Norm Taylor reports that the Mid-Island Kidney Association is doing okay, and still having a monthly meeting and fundraiser, a spring raffle and a weekly meat draw.

Maureen Molyneaux at the Nanaimo Kidney Care Clinic offers helpful resources for kidney patients:

- “The Mindfulness Solution to Pain: Step by Step Techniques for Chronic Pain Management” - Authors: Dr. Jackie Gardner-Nix with Lucie Costin-Hall, MA.
- “Buddha’s Brain: The Practical Neuroscience of Happiness, Love and Wisdom” Author Rick Hanson Ph.D. www.rickhanson.net/
- For people who are and are not wheelchair bound, an exercise DVD “Move for Life,” free for BC residents. www.actnowbc.ca/seniors/-move_for_life_dvd, at your local BC public library, or via the Seniors Information Line: 250-952-1742 or toll free: 1-800-465-4911.

VIKPA offers very special thanks to its Silent Auction sponsors

5th Street Bar & Woodfire Grill, Accent Inn, Adams Electronics (Sidney), Aromatherapy Studio, Art and Jan Paulo, Baby Jones, Barb’s Fish & Chips, BC Ferries, BCAA, Belfry Theatre, Best Western Tofino, Big O Tires, Blanshard St. Winery, Booties In A Box, Boston Pizza, Buddies Toys (Oak Bay), Caffe Fantastico Specialty Coffee (Kings Rd), Cannor Nursery, Canoe Brew Pub, Capital Iron, Carmanah Appraisal, Charelli’s Cheese Shop & Delicatessen, Chateau Victoria Hotel & Suites, Chemainus Theatre, Cobs Bakery (Oak Bay), Craigdarroch Castle, Crystal Pool, Dale Hunter, Dee & Jake Sangha & family, Dig This, Don Helliwell Broker AJ Insurance, Echle & Corrigan families, Edible Arrangements, Esquimalt Parks and Recreation Centre, Eugene’s Greek Restaurant, Frontrunners, Garden Works, Glen Meadows Golf & Country Club, Harbour Ferry Tours, Home Depot (Shelbourne), Home Hardware (Sidney), Il Terrazzo Restaurant, IMAX Theatre, Island Asphalt, Island Farms, J. J. Morgan Restaurant, Jean Mcleod, John de Pfyffer, John McIsaac & family, Knickerbocker & Home Décor, Kyako Kusano (potter), Lawson Lundell LLP Law Firm. London Drugs, Marigold Nursery, Munro’s Books, Oak Bay Rec. Centre, Ocean Front Grand Resort & Marina (Cowichan Bay), Panago Pizza, Penny Owen, Pharmasave (Tuscany Village), Prince of Whales Whale Watching, Ramsey & Ramsey Flower Merchant, Red Robin Restaurant, Rexall Home Healthcare (McGill & Orme), Rona Home Centre (Langford), Rowena Yipp & the Line Dancing Group, Rowena Yipp and the Chinese Ladies at the Crystal Pool, Royal BC Museum, Royal McPherson Theatre and Playhouse, Saanich Parks & Recreation, Safeway, Save on Foods (Saanich store), Sea Cider Farm, Shaw, Silver City Cineplex, Sononis Press, Spinnakers Brew House & Guest House Restaurant, Starbucks (Yates St), The Market on Yates, Vancouver Canucks, The Victoria Conservatory of Music, Victoria Salmon Kings, Tigh-Na-Mara Seaside Spa and Resort, Tillicum Liquor Express, Tsa-Kwa-Luten Resort (Quadra Island), Victoria Bead Town, Victoria Symphony, Wally Rolofs - Royal LePage, Wal-Mart (Uptown), West Coast College of Massage Therapy, White Heather Tea Room, White Spot (Saanich).

There's no place like the HDC

from Susan Adams and Claire McDougald

The Victoria Home Dialysis Program held an Open House for patients and their families in January. The staff costume theme was "No Place like Home" from the movie "The Wizard of Oz". We had three home Peritoneal Dialysis patients and two Home Hemodialysis patients take part to answer questions about their experience. We had 48 people attend our first open house. Feedback has been very positive and we plan to make this a yearly event.



Our Unit Clerk Brigitte (Dorothy) greeted people as they arrived. Nephrologist Dr. Caroline Stigant attended and answered questions about the benefits of home dialysis. We had one room about Twin Bag exchanges for peritoneal dialysis (PD), another room was about the Cyclor used all night for PD. Stan, a home Hemodialysis patient, was on dialysis during the open house. Gambro technician Rob (The Mayor of Munchkin Land) demonstrated water filtration and the Gambro Hemodialysis machine. Our Dietitian Nancy (Wicked Witch of the West) was showing the difference in diet with home dialysis modalities. Our social worker Joyce (Glinda the good witch) talked about travel when on PD or Home Hemodialysis. Our PD nurses Lena (Lion), Holly (Tinman), Shannon (Winged Monkey) and Linda (Aunt Em), and Home Hemodialysis nurses Claire and Sue (Scarecrow), answered questions about the different modalities. Stuart won our Door Prize, a 19" HD Toshiba TV/DVD combo from Adams Electronics.

If you would like to find out more about home dialysis, call the HDC at 250-370-8517 or toll free 1-888-370-8517, Monday to Friday 8 a.m. to 4 p.m. (closed on holidays). If you leave a message we will call you back.

Thrifty Foods Smile Card update

Our Smile Card deal with Thrifty Foods is in the renewal process.

- If you have a card with an amount on it, it's still valid indefinitely. But you can only load more money into it until Saturday, May 7. If you do, Thrifty Foods will contribute to VIKPA an amount equal to 5% of the amount.
- To reload your card after May 7, please just hang on to it until we complete the renewal. We'll pass on the details then.

Kidney Foundation Picnic

The Kidney Foundation's annual picnic is Sunday, June 19, from 1 - 5:30 at Centennial Park in Central Saanich. For more information, call Diana Dobson at 250-721-3405.

Would you 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.

What VIKPA does

VIKPA services more than 2,300 renal patients throughout Vancouver Island. The televisions that we provide for all haemodialysis units are perhaps the most appreciated items. This year we provided \$35,000 to the new Nanaimo Renal unit for TVs, a blanket warmer, dialysis chairs, and over-bed tables. We were also able to provide Christmas grocery certificates to needy renal patients throughout the Island; TVs, waiting room chairs, and tables for the new Victoria Community Clinic; a \$7,000 patient weigh scale for Port Alberni . and TVs and waiting room furniture for the Cumberland Community Clinic. We are providing five new dialysis chairs for the renal unit at Royal Jubilee Hospital in Victoria, and we have provided bottled water for Kidney Care and maintained the fish tank in the renal unit. We have provided 10 bursaries and one award and provided the social workers with an emergency fund used for renal patients throughout Vancouver Island renal units and facilities.

Volunteer Needed for Special Project

We have the perfect job for someone who wishes to work from home with no time frame to do one important project for VIKPA.

VIKPA was established in 1973 and we would like to record its history. We need someone who is willing to sort through pictures, papers and newsletters to do a history for those who will follow in our footsteps. VIKPA for example has gone through a few logos, the current one being its third.

There are pictures that some long time members can identify for you. It would be a great opportunity to speak with some of our greatest supporters. Members of VIKPA would be grateful and willing to help provide you with the information you require to get started.

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

Donating Made Easy

Visit us at www.vikpa.org You can now make a donation using your credit card through the secure Canadahelps button.

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 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+.

In Memoriam

Our deepest sympathy goes out to the families and friends of renal patients who have passed away in recent months: John Brauer, Dr. John Burke, Arthur Burnham, Alfred Cooper, Joe Dallaire, Dill Dawe, Clement Dumas, Erin Elliott, Lawrence Fiddick, Cliff Hitchings, Alan Johnson, Kai Lam, Mario Liberto, Diana Makow, Earl O'Neill, Janice Prokay, Lita Regnault, Harold Stewart, Russell Watson, Lee Wells, Diane White.

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.

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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: www.vikpa.org
 Email: info@vikpa.org

President: Cheryl Jones
 Vice-President: Gary Pollock
 Secretary: Kate Pearse
 Treasurer: Kate Pearse
 Asst. Treasurer: Pat Chadwick
 Membership: George Pearse
 Awards: Cheryl Jones, Lita Rolofs,
 Pat Chadwick
 Members at large: Lita Rolofs, Kathy Brown, Danielle Belanger

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.

Springtime Asparagus



1 pound fresh asparagus

Rinse asparagus spears and trim ends. Cook in a small amount of boiling water for about 2 minutes. The asparagus will turn a bright green and should still be a bit crisp. Remove from boiling water and plunge into ice water to cool. Once cool, dry and arrange the asparagus on a serving plate.

Dressing

1 tbsp. white wine vinegar (or substitute plain white vinegar)

3 tbsp. fresh lemon juice

1 tsp. sugar (or equivalent diabetic sweetener)

1/4 cup vegetable oil (canola oil, etc.)

Pinch of salt (1/8 tsp.) plus pepper, to taste

Zest of half a lemon, or to taste, for garnish

Whisk dressing ingredients, except lemon zest, in a bowl. Pour over asparagus and garnish with lemon zest. Good as a side dish with grilled chicken or poached fish. Recipe makes 6 servings.

Each serving (1/6 recipe) contains approximately:

105 Calories

2 grams protein

10 grams fat

55 milligrams sodium

120 milligrams potassium

40 milligrams phosphorus

Adapted from: *The Best of The Best and More (Recipes from The Best of Bridge Series)* 1998.
Submitted by: Jane Tosney, Renal Dietitian, VIHA Kidney Care Clinic.

Membership renewals

Thanks to everyone who has renewed their memberships for 2011; we appreciate your support. If you get this newsletter by mail, a red dot on your address label indicates that we think you haven't renewed. If our records are incorrect, please email us at info@vikpa.org or leave a message at 250-595-3650.

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250 383 9428 or email: noleaks@shaw.ca

Buying or Selling a House Can Help VIKPA

Do you know anyone wanting to buy or sell?

When you buy and/or sell a house through Wally Rolofs, he will make a donation up to \$2,000 to VIKPA.

You and VIKPA win:

1. The donation helps patients and VIKPA.
2. **VIKPA** receives a donation of up to **\$2,000***
3. You receive excellent service in your real estate transaction.

* Mention this ad and a donation, based on a sliding scale, will be issued upon transaction completion.

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