

The Renal Review



Vancouver Island Kidney Patients' Association

October 2005

Royal Treatment For Renal Patients



Pat Carson, Gabor Brach and Wendy Poulton enjoy chairs purchased by VIKPA in the new Patient Lounge.

Royal One, the new unit which houses both the Kidney Health Acute Unit and a clinic for the Home Dialysis Program (including home/hemo, nocturnal and peritoneal) officially opened at the Royal Jubilee Hospital in September. Formerly Three Centre and prior to that Four South, Royal One is conveniently located just down the corridor from the Renal Unit. Once Kidney Care moves into their new facilities on the second floor of the Renal Unit, all renal services at the Jubilee will be located in relative proximity (remember the seemingly endless journey from Four South to the old Renal Unit in the basement of the Bay Pavilion - no more!)

All rooms on the new ward are either private or semi-private and include a bathroom with shower. The clinic has three training rooms to allow for several patients to be trained simultaneously in home/hemo, nocturnal or PD. The decor in both areas is in a relaxing combination of warm earth colours and stone greys. VIKPA provided funding to furnish both the Patient Lounge and the clinic waiting area, thanks to

the highly successful golf tournament held by Dee and Jake Sangha in July which brought in \$35,000 (see story page 3).

Do You Have Your SMILE Card?

Since June, VIKPA has been taking part in a new fund-raising program, thanks to the generosity of Thriftys Foods. The SMILE card program is simple and easy and costs the participants nothing in time nor money. To participate all you need to do to contact VIKPA for a SMILE card encoded with VIKPA's name. The card will have a \$0 balance when you receive it. Load your card (ie put money onto the card) using cash, cheque, debit or credit card. This can be done for any amount before you shop at the customer service desk of any Thrifty Foods, or at the till for the exact amount of your purchase. Use the loaded card to pay for your groceries and Thriftys will donate five percent of the purchase price to VIKPA. (Note that you still pay the regular price for your purchases, the donation is made entirely by Thrifty Foods).

In the first four months of the program VIKPA received over \$1300. The more cards out there, the more money that can be raised for kidney patients throughout the Island. To get your card contact Bill Coltart in Cumberland, Ruth St James in Nanaimo, Lita Rolofs at Hillside, Claire McDougald at the Renal Unit or any member of the VIKPA executive (250 595-3650 or info@vikpa.org). Don't forget to get a card for Mr Smith next store, Aunt Jenny and cousin Sue, or pre-load the cards as a great gift idea, and remember when shopping at Thrifty Foods to just say "SMILE."

DOCTOR'S CORNER

The Road to Victoria

by Dr Caroline Stigant

It is now almost one and a half years since I moved to Victoria, and just over one year that I have been in full time nephrology practice here. It seems a perfect time to reflect on the exciting events of this period, and the years of work that got me here, together comprising the first third of my working life!

On entering undergraduate sciences at UBC, I had no idea what career path I would choose, but I knew in a general sense that it had to be a meaningful pursuit. The precision of chemistry appealed to me very much, and this program had the added advantage of permitting more elective courses, so I enjoyed an arts-heavy science curriculum. My interest in medicine became evident, and in 1993 I began my medical training at UBC. My husband and I married one day before graduation, and three days before we left on our honeymoon – we travelled for one month in Italy, France, and the Channel Islands, then 'returned' to our new home and new lives in Toronto. He began a career in finance, while I studied internal medicine – a busy time indeed, but what an exciting way to start our lives together.

Nephrology appealed to me from the start – the patients in particular inspired me, and I developed such a respect for how each moves forward with their lives despite the challenges of their therapies. I quickly observed that nephrologists were the most knowledgeable physicians, skilled in providing care to those with a wide range of both acute and chronic illnesses – this tremendous variety with its inherent challenges, too, appealed to me. I realised that this was what I had to do - as I said during my interview - "to

stand in my own two shoes." I worked with some wonderful people in Toronto, and carry such fond memories of this time.

Research is encouraged during training, and my then growing interest in health services research led me to apply successfully to the Kidney Foundation of Canada's Biomedical Fellowship program. So, Stephen and I returned to Vancouver where I studied to obtain my Master of Health Science degree while my projects continued. I became involved with 'IAMHD' – BC's home dialysis program, and this has evolved into a major career interest and focus.

Throughout this time, I longed for patients of my own and was thrilled to come to work in Victoria in the Vancouver Island Renal Program. Patients here should know that this program, despite its geographic challenges, is second to none. My colleagues are supportive and outstanding. The entire team is so dedicated, and work so well together to ensure that what needs to be done, gets done. We are all lucky to have the new renal unit and now the new ward at the Jubilee. The merging of the PD and home HD programs into a home dialysis program brings about a new era of promoting wellness and flexibility of care to so many people here on the Island. BC, and the Island, are increasingly recognised as areas of excellence for both Chronic Kidney Disease, and for Home Dialysis. I feel proud and fortunate to be part of this program, and I can't wait to see what challenges and developments the next one-third of my working life will bring!

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 February 2006 issue is
January 19, 2006.

All submissions and ideas for the
newsletter are gratefully accepted and may
be sent or emailed to the above addresses.

This issue was compiled by Alison
Phosy, with special thanks to Lita Rolofs
and Pat Chadwick. Editing and layout by
Alison Phosy. Thank you to everyone
who contributed to this issue.

President: Gabor Brach
Vice-President: Pat Carson
Secretary: Teresa Melendez-Duke
Treasurer: Pat Chadwick
Membership Secretary: Cheryl Jones
Member-At-Large: Lita Rolofs

Tournament Earns \$35,000



Vascular Access Nurse Anita Salmon checks the blood flow in 85-year-old Jim Mitchell's arm (no relation to long-time VIKPA president Dr Jim Mitchell who passed away in 2002) using the Transonic Hemodialysis Monitor purchased with funds from the 2004 tournament.

Dee and Jake Sangha's Twelfth Annual Golf Tournament was held July 31 at Cedar Hill Golf Course with all proceeds once again going to VIKPA. This year Dee and Jake brought in \$35,000 to help renal patients on Vancouver Island, topping last year's record-breaking total by \$5,000. Since the tournament started more than \$140,000 has been raised. Originally begun as a celebration of life after Dee received a living donor transplant from her daughter Maya in 1993, the tournament takes place on the August long weekend each year to coincide with Dee's birthday.

This year 141 players enjoyed perfect weather for their round of golf, and 158 people savoured the scrumptious samosas and buffet dinner. The winning team consisted of Walter Clark, Richard Hunt, Gary Patterson and Ken Greenhalch, shooting a 12 under score of 55. Last year's putting contest winner Dan Bird repeated this year, winning a \$200 gift certificate to Thrifty Foods. Longest drive winners were Ann Hartlen and Gary Patterson, with KP (closest to the pin) prizes going to Betty Gerrard and Robert McBride.

Dinner was followed by a raffle with more than thirty prizes including golf passes, massages, ice cream

for a year, and a one night stay in the honeymoon suite of the Aris Cordova Bay Bed and Breakfast, won by Dee and Jake's fourteen-year-old grandson, Tyler Rai (some of you may remember Tyler as a past junior winner in the VIKPA tournaments held at Henderson Park).

After the raffle, MC Ian Hooey showed off his talent as an auctioneer, selling twenty different lots in a live auction which brought in almost \$5000. Items for bid included a colourful limited edition print by Ed Drahanchuk entitled "Aureate Display" donated by Lita and Wally Rolofs which sold for \$325 and a bracelet by artist Richard Hunt which sold for \$300. Dee and Jake also offered up two dinners for eight for bid, to be cooked and served in their home. The dinners went for \$450 each and anyone who has ever had the good fortune to taste Dee's cooking knows they will be worth every penny.

Special thanks go out to Cedar Hill Golf Course, Fresenius Medical Care, Island Asphalt, Island Equipment Operator's Association, Tom Plasterer and Thrifty Foods. VIKPA president Gabor Brach also presented Dee and Jake with a scrapbook highlighting the tournament over the past twelve years, as well as letters and articles from Dee's nomination for a Women of Distinction Award in the Lifetime Achievement Category this past spring.

Next year's tournament has already been set for Sunday, August 6. Mark your calendars now.



Dee and Jake present VIKPA treasurer Pat Chadwick with a cheque for \$35,000.

People Say that Pedometers Give Meaning to Their Steps

by Nancy Clogg, Renal Dietician

A pedometer is a small device that counts steps and helps you gauge your level of physical activity. It is clips on to your waistband or belt. It operates with a pendulum and a magnetic switch that clicks off each step and records the total number of steps on a digital display. Some pedometers also calculate the distance you have walked and the calories you have burned.

Research has shown that people who wear pedometers are more motivated to exercise and are inspired to increase their base activity level.

Active people take approximately 10,000 or more steps each day (about 5 miles or 8 kilometres). Studies show that walking 10,000 steps per day at least 5 days a week will reduce the risk of developing a chronic disease such as diabetes or heart disease. If you already have a chronic disease, then increasing your physical activity may improve your health by helping to control your weight, blood sugars, blood cholesterol levels and/or blood pressure. It will also contribute to an increased sense of well being.

Any person with kidney disease can exercise. The type and amount of exercise you do will depend on your overall health and how well you can walk. If you want to start a walking program, the goal of 10,000 steps a day may be unrealistic for you depending on your age, medical condition and current level of fitness. You should start slowly and then gradually work toward a personal goal. For example, you could wear a pedometer for a week, calculate the average number of steps that you take a day and then gradually add 50 to 250 steps per day.

If you have not exercised in a while or have health concerns, it is important that you talk to your doctor before starting a walking program.

If any patients or staff from the Renal Program are interested in buying the same Pedometer (Omron HJ-002 model) that is being used for the Home Dialysis Walk Across Canada Challenge (see related article), they can be purchased locally from Speakwell,

<<http://www.speakwell.com>>, at a special rate of \$16.00 plus tax (total \$18.24) until the end of January 2006. Contact Bev Mason at 721-6997 to place your order. Mention that you are part of the VIHA Renal Program. Happy Walking!

Walkers Club

Some especially enthusiastic home dialysis patients are hoping to get a walking club started. The first walk will start from Ogden Point Breakwater at 1pm on Saturday, November 12, rain or shine. Look for the yellow balloons. After about a half hour walk we will go for coffee at the Breakwater Cafe. This is a great opportunity for pre-dialysis, home dialysis, and transplant patients to meet with others in the renal community. Staff, patients, family and friends are all welcome to attend. You can let us know if you plan on joining us by calling Nancy at 370-8111, local 3103.

Garage Sale Raises Over \$800

Thank you to the more than 25 volunteers who pitched in to help make VIKPA's 2nd Annual Garage and Book Sale a success. The event was held on June 4 and once again took place at the James Bay New Horizons. Baked goodies donated for the sale sold quickly. A raffle was also held for a gourmet gift basket generously donated by Glen Brown and Diane Fox. The basket was won by Pepé, a Bichon Frise, and his owner Audrey Hill, a New Horizons member. A net profit (after the cost of the hall rental) of \$820 was realised. Thank you to everyone who volunteered, donated items, told their family and friends about the sale, or came down themselves to purchase items. A special thank you to Claire D'Avila for getting the planning of the sale underway before her move to Vancouver. The executive has decided to make this a bi-annual event, so watch for our next sale in 2007!

WE ARE ON THE MOVE!!

The Home Dialysis Program Walk Across Canada Challenge

by Nancy Clogg, Renal Dietician



Renal patients and staff gather at Mile 0 to kick off the Home Dialysis Program Walk Across Canada Challenge.

Walking is currently the most popular physical activity for adults in Canada. It can be done anytime, anywhere, is free and has benefits to health and well being. Nephrologists and staff from the Home Dialysis Program (which includes people doing peritoneal dialysis and home hemodialysis) are trying to encourage increased activity for people doing home based dialysis.

Some people doing peritoneal dialysis have a greater risk of weight gain, high triglycerides/cholesterol and high blood sugars because of the extra glucose (sugar) that is absorbed from their dialysis solution. Exercising more can help to prevent this.

People on nocturnal dialysis tend to feel well and have a better appetite. With very few dietary restrictions, they may go on to gain weight or to develop high cholesterol levels. Again, more activity may help to control this.

To encourage our patients to increase their activity levels we decided to have a Home Dialysis Walk Across Canada Challenge. Home dialysis patients,

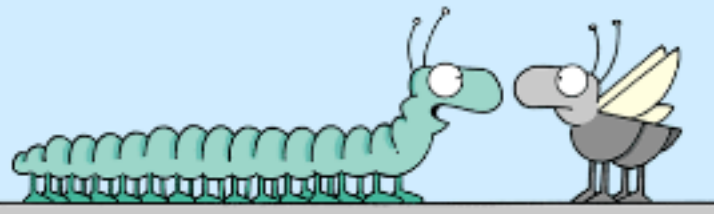
staff and the nephrologists were asked to participate. The challenge started in September to coordinate with our move to the new Home Dialysis Outpatient Clinic on Royal One in the main building of Royal Jubilee Hospital, as this is when the two programs, peritoneal and home hemodialysis, officially merged.

We wear pedometers to count our steps. The steps are being converted into kilometres and we are charting our progress along the Trans Canada Highway using a map of Canada. The map is located in the new Home Dialysis Clinic.

The highway starts at Mile 0, right here in Victoria. It is 7,821 km (4,860 miles) long and ends in St John's, Newfoundland. At approximately 1250 steps per kilometre, we have quite a challenge ahead! It will take 9,776,250 steps to reach our destination.

We are extremely grateful to VIKPA who has generously donated the funds to purchase pedometers for all peritoneal dialysis and home hemodialysis patients. Patients who register their steps will have their names entered to win some great prizes. Staff and nephrologists who have decided to participate in the challenge have purchased their own pedometers through a local company called Speakwell (see related article on opposite page). We are on the move and will keep you posted on our progress!

Copyright 1998 by Randy Glasbergen.
www.glasbergen.com



"I tried all the fitness fads, but my doctor was right all along—walking is still the best exercise."

Six Bursaries Awarded

Six Vancouver Island residents were awarded Gordon Duthie Bursaries this year: one is a hemodialysis patient, two are transplant patients, and three are children of renal patients. Each recipient will receive \$825, bringing the total awarded this year to \$4950.

Congratulations to all of this year's recipients:

Patrick Ha (Victoria)
Patrick Hooney (Qualicum Beach)
Shaun Jones (North Saanich)
Corrine Patterson (Victoria)
Andrew Slade (Duncan)
Mikael Tissari (Saanichton)

The Gordon Duthie Bursary is awarded annually in order to assist a Vancouver Island kidney patient (or their spouse, child or grandchild) "to attend an accredited post-secondary institution in British Columbia in order to improve their employment skills or qualifications." The bursary was first awarded in 1997 and has been given out each fall ever since. The bursary fund was seeded with a generous bequest from the estate of Gordon James Duthie, an active VIKPA member who died at the young age of forty-one on May 8, 1995. A special thank you to Gordon's mother, Eileen Duthie, for her recent donation of \$500 to the bursary fund.

Applications for the bursary are due June 30 of each year and are available on our website, www.vikpa.org, by contacting VIKPA, or through the renal social workers.

New VP

Vikpa has a new vice-president, recent Ontario transplant Pat Carson. Pat agreed to take over the position of VP (she was formerly a member-at-large), after Claire D'Avila and her husband Charles moved to Langley in preparation for a living donor transplant. Claire will receive the transplant from a friend. It is tentatively scheduled to take place January 2006. Thanks to Claire for all her efforts on VIKPA's behalf. We wish them the best and hope to see them back in Victoria soon. Thank you, also, to Pat for stepping up and taking over as vice-president.

Wheels For Wellness

VIKPA has recently sent a \$1000 donation to the Wheels For Wellness Society, run by Don Buchner in Bowser. Wheels For Wellness is a non-profit organisation which transports Up-Island patients to medical appointments in Victoria and Vancouver. They offer an invaluable service by providing door-to-door transportation for people who, in many cases, would be unable to use public transportation. Keep up the great work!

Mea Culpa

Apologies to Dick Davidge who was incorrectly named as Dave Davidge when both he and the Sooke Square Dance Group, to which he belonged before it disbanded, made generous donations to VIKPA. Thank you both for your generosity and our apologies for the error.

In Memoriam

Condolences go out to friends and family of the following people who have recently passed away.

Fred Aston (Renal Unit)
Merton (Toby) Crossfield (Hillside/Renal Unit)
Bill Davidson (Duncan)
Lily Hibbert (Hillside)
Paul Larsen (Victoria)
Roderick Anthony MacLeod (Renal Unit)
Doug Rigby (Victoria)
Margaret Rigby (Hillside/Renal Unit)

We also wish to extend our heartfelt thanks to the families of those who have passed away that have generously designated the Vancouver Island Kidney Patients' Association as their chosen charity for in memoriam donations. Thank you, as well, to everyone who has donated so generously on their loved one's behalf.

*It is only in the darkness
that we can see the stars.*

Around The Island

compiled by Lita Rolofs

Cumberland Community Dialysis Unit

(by Bill Coltart): We all had a fairly good summer, particularly with the Up-Island Picnic, which took place at Kin Beach Park on August 7. Unfortunately with the air show being on at the same time some patients and families were turned back from the park and could not make it to the picnic. Those that did make it thoroughly enjoyed themselves. There was lots to eat (thanks to Save-On-Foods), as well as games and races arranged by Pat Chadwick. It was nice to see representatives from clinics all up and down the Island.



Renal nurse Gerri Tiffin is fed chocolate pudding by blindfolded renal nurse Barb Radheuber at the Up-Island Picnic.

Since the last *Renal Review*, I'm please to announce that no-one, to my knowledge, has passed away at our unit. We welcome new patients that have come on board and a big hello to them. Speaking of a big hello, welcome to Colleen Barker, who decided to join the nursing staff at Cumberland.

Now its time to get ready for the Round-up for Research. We've already put the Mayor of Courtenay in the RCMP hoose-gow. Glenys Hill who is co-ordinating the event for the Comox Valley this year has announced that she has 53 plus going to jail. That's the largest number we're had so far. She's a real go-getter. This year as in the past, my wife Mary and

I will be heading the display table.

Anyone wanting Thrifty SMILE cards should contact Bill Coltart. A huge thank you to the Campbell River Legion #137 for their recent donation of \$1000 to VIKPA.

Port Alberni Community Dialysis Unit

(courtesy Lisa Thorpe, RN): We are currently trialing new machines in Port Alberni. Congratulations to Audrey O'Connor on her recent transplant. Welcome to Surl, a new patient here. We are now operating six days a week: AM and PM shifts on Monday, Wednesday, Friday and AM only on Tuesday, Thursday, Saturday.

Nanaimo Community Dialysis Unit

(thanks to Ruth St James): Farewell and good luck to Colleen Barker who is now working in Cumberland. A warm welcome to Elaine Rowan, who has taken over Colleen's position. Farewell also to nurses Gerri and Debbie, who have gone to Duncan. As in Port Alberni, we are also trialing new machines. Thanks to VIKPA for the four new overbed tables. Anyone wanting Thrifty SMILE cards in Nanaimo can contact Ruth St James.

Duncan Dialysis Unit (courtesy Val

Cousineau, RN): Hemo patients in Duncan are still enjoying visits from PD patient Joan Eichenlaub and her therapy dog Heidi each Tuesday. Welcome to nurses Gerri and Debbie, who have joined us from Nanaimo. Good-bye to Linda, who has returned to nursing in the Hillside unit. Congratulations to Althea, who received a transplant in July. Our condolences to the family of Bill Davidson, who recently passed away.

Hillside Community Dialysis Unit (also courtesy Val Cousineau): Welcome to new staff members Liz and James, and welcome back to Linda, who has returned to Hillside after a brief stint in Duncan. Good luck to patients Jerry and Jeff who have now gone to home/hemo, (*continued next page*)

(from previous page) bringing the total to five of former Hillside patients now dialysing at home. Thank you to the Pro Patria Branch #31 for their most recent donation to VIKPA of \$500 (one of their members, Don Strank, dialyses at Hillside)

Kidney Care (Pre-Dialysis) (by Sharon Read): Greetings from Kidney Care. We are looking forward to the move into our new clinic (second floor of the Renal Unit at RJH) in mid-October as we have been bursting at the seams. One of our teams has just returned from a trip to Comox, Courtenay and Nanaimo where they provided education to approximately 35 persons with "early" kidney disease as well as to some some health care providers.

Thank you to VIKPA for the six blood pressure cuffs they recently purchased for our patients to use.

Our videos, one for persons with CKD and one for primary care physicians, are finished and playing to positive reviews. If you are interested in seeing them, please give us a call. If you would like to contact us for more information about chronic kidney disease and the services we offer, please contact us at (888)- 370-8224.

RJH Renal Unit (thanks to Claire McDougald, RN): We now have approximately 140 patients at the Renal Unit, keeping staff busy. Seven Vancouver Island renal staff members recently attended the Canadian Association of Nephrology Nurses and Technicians (CANNT) conference in Halifax. Staff members will also be attending and presenting at the Vancouver Nephrology Days conference on October 20 and 21. Sharon Read is currently managing the Renal Unit while Anne Gloster is seconded for a special project. Anne will return in January. Jodi Schendler is now over at Kidney Care doing patient education. We have recently trained two renal nurses. One will stay at the Renal Unit and the other will be working in Nanaimo. A nurse from Edmonton will be joining us this week. Anyone wanting SMILE cards should see Claire McDougald.

Royal One (thanks to Cheryl Larcombe, RN and Kathleen O'Donoghue, RN): As of September 26, the Kidney Health Acute Unit has moved to its new home on Royal One. Everyone is welcome to come in and

have a peek. Beginning in November (hopefully), we will be starting a new staff mix project headed by Kathleen O'Donoghue. Over the last couple of years VIHA has been increasing the numbers of Licensed Practical Nurses (LPNs) working elsewhere in the hospital and it is felt that Royal One can now benefit from this previously under-utilised resource. The movement to include the LPN in the workforce has been done in an attempt to address the chronic shortage of RNs in a fiscally responsible manner and to increase staff recruitment and retention while maintaining patient safety. The province has supported LPNs to undergo advanced education to expand their scope of practice to include such aspects of care as medication administration and the management of IV solutions. The LPNs will be working together with the RNs on Royal One to provide safe and efficient care for selected patients during their hospital stay. You may notice some more new faces on the unit in the near future so please join the staff in welcoming them to our new team.

A big thank you to VIKPA for furnishing the patient lounge. The furniture looks great!

Home Dialysis Program

Home/Hemo and Nocturnal (by Frances Nightingale, RN): The home hemodialysis department is now working together with *(continued next page)*



Gabor Brach and Pat Chadwick show off the new chairs for the Home Dialysis Clinic waiting room. The chairs were purchased by VIKPA.

(from previous page) peritoneal dialysis and we are open for business in our new unit as of September 19. We now work from a clinic space located at the far end of Royal One at RJH. We are very pleased with the new space and hope the patients will also find it a pleasant unit to be in. Thanks to VIKPA for the two TV's, two overbed tables, and table and chairs for the waiting area. We couldn't do it without ya!!

We are continuing to grow and now have 15 folks at home. We train two people every two months and are working our way through the waitlist. We are looking at creative ways to shorten the waitlist that will include having potential patients start their independent care in their current dialysis unit. We hope this will encourage participation from the patients that may be a little hesitant to put their names forward for assessment. This program will continue to evolve and we will continue to give updates in this newsletter.

BC nephrology days is an annual conference event held in Vancouver in October. This year the new news will be home therapies and we are lucky enough to have one of our own VI home/hemo patients speaking from a patient perspective. She is doing home/hemo in Campbell River and is going to speak about her experience of training and the transition from CDF to training to home. One of her points will be that in spite of the time needed for machine maintenance etc. she still has more time for her family than ever before since starting home/hemodialysis. Way to go! That's what it's all about. I plan to include some testimonials from other patients with each update. Stay tuned. Frances and Bonnie

...and from a patient's perspective, (courtesy of Pat Chadwick): Once again it is time for my input for VIKPA' newsletter. I don't know if I mentioned that I am using a single needle for dialysis. My graft is getting old and doesn't care to have two needles poked into it every night. So I dialyse two nights and then take one night off and so forth. The single needle works well. My clearance is just as good as two needles. The maker of this machine professes that one needle is very adequate and they are correct. I have proven it.

Everything seems to be going well with me. I have to



Pat Chadwick displays the equipment she uses for nocturnal dialysis.

admit the machine is very good to work with. It took me awhile to get to know the ins and outs but I feel very comfortable with it now.

I hope all you patients that are doing well on hemo dialysis will give some thought to trying home dialysis. You don't have to do nocturnal, you can dialyse three times a week like you do now or do a short run every day. Do what is best for you. I love having everyday free. I seem to keep busy and what better way to dialyse than while you are sleeping and everybody else is sleeping too. That is all for now. Keep well, Pat Chadwick.

Peritoneal Dialysis (PD) (courtesy Paula Ball, RN and Nancy Clogg): We have now held several clinics in our new location, merging home/hemo and nocturnal with peritoneal. The Walk Across Canada Challenge is being received with lots of enthusiasm. Collectively we have already made it to Thunder Bay. Thanks to VIKPA for supplying 100 pedometers for the patients. Thank also for the four carts VIKPA recently purchased to help patients when they need to bring their dianeal in for testing.

Transplant Clinic (thanks to Kendra Fowler, RN): We have a new casual clerk to assist Lori and Margaret. Welcome. Flu season is starting so be sure to check with your family doctor about flu shots. October 16-22 is Greater Victoria Organ Donation Week. There are currently 368 people waiting for transplants in BC. One hundred thirty-two transplants have been performed this year.

Take Note

Please note their VIKPA holds their regular monthly meetings on the third Thursday of each month at 1pm in the Renal Unit boardroom (second floor of the Renal Unit at Royal Jubilee Hospital). Everyone is welcome to attend up-coming meetings which will be held on November 17, December 15, January 19 and February 16.

The December meeting will be our annual Christmas party and will begin one hour earlier at 12 noon. Please bring finger food to share and a wrapped Christmas gift (\$2 or less).

The February meeting will be our AGM. In order to vote at the AGM or to stand for election (we are *always* looking for eager volunteers) you must have your membership paid up. All memberships purchased or renewed before October 1 expire at the end of the year. It is not too early to renew now. Thank you to all our members and donors who have been so very generous in the past year. Your support is very much appreciated.

Check out our website at www.vikpa.org for info, photos, and links to other renal websites, or to check out *The Renal Review* online.

If you would prefer to receive your copy of *The Renal Review* by email contact us at info@vikpa.org.

The Kidney Foundation of Canada - Victoria Chapter is holding their annual Christmas Dinner on Sunday, December 4, 2005 at the CNIB, 2340 Richmond Road. Meet and greet at 4:30 with roast turkey dinner at 5pm. There will also be entertainment and door prizes. Tickets, \$3 for patients and \$5 for guests (maximum 2 guests per patient). This event is for adults only please. For tickets contact Margaret at the Transplant Clinic 370-8588, Lita at the Hillside Unit 356-9796 or Suzanne Whyte at 656-1850.

Volunteers Extraordinaire

Thank you to everyone who helps put this newsletter together, from collecting info, to verifying details, making labels, stuffing envelopes and distribution. Regular helpers include Pat Chadwick, Lita Rolofs, Cheryl Jones, Melita Thompson, Sierra Phosy, "Bob" Phosy and Bill Coltart.

A huge thank you to Lita Rolofs who picks up our mail, to Nancy Cuthbert who checks our phone messages, and to Pat Chadwick, who looks after our email. Many, many thanks to each of you.

Volunteer Needed: Pat Chadwick is looking for somewhat to shadow her in her position as treasurer. This would involve helping her out occasionally as well as learning the procedures she uses so that if she is ever ill or on holiday he or she could fill in as treasurer. In order to do this job you need to live in the Victoria area. Contact VIKPA at (250) 595-3650 or at info@vikpa.org if you are interested or would like more information.

The Last Laugh

Upon entering a little country store, a stranger noticed a sign reading, "Danger! Beware of Dog" posted on the glass door. Inside, he noticed a harmless old hound dog asleep on the floor besides the cash register. He asked the store manager, "Is that the dog folks are supposed to beware of?"

"Yep, that's him," he replied.

The stranger couldn't help but be amused. "That certainly doesn't look like a dangerous dog to me. Why in the world would you post that sign?"

"Because," the owner replied, "before I posted that sign, people kept tripping over him."

The famous Olympic skier Picabo Street (pronounced peek-a-boo) is not just an athlete; she is now a nurse currently working at the Intensive Care Unit of a large metropolitan hospital. She is no longer permitted to answer the hospital telephones, however. It caused too much confusion when she would answer the phone and say ...

"Picabo, ICU!"