

# The Renal Review



Vancouver Island Kidney Patients' Association

June 2008

## Dance Raises \$4,606 for VIKPA

With their Ballroom Dance and Silent Auction on March 29, Danielle and Michiel, parents of a renal patient, raised \$4,606 for VIKPA. Many thanks to Danielle and Michiel and all prize donors.



Lita Rolofs telling the audience about VIKPA, with hosts Danielle and Michiel



Wendy Poulton enjoying a line dance at fund raiser

## Bursary Deadline June 30

Every summer, VIKPA awards bursaries to members and their families to assist with post-secondary education.

The Gordon Duthie Bursary was first awarded in 1997. It was seeded by a generous bequest from the estate of Gordon Duthie, a Victoria renal patient who died when he was just forty-one. Gordon was an active member of the renal community on Vancouver Island for many years and of VIKPA in particular. A bench dedicated to Gordon's memory is located on Dallas Road near Clover Point.

A maximum of \$1000 per person per year will be awarded.

A maximum of \$5000 per year will be awarded.

Qualifications required:

- Applicant must be a kidney patient and a VIKPA member, a spouse, child or grandchild of the patient.
- The patient and applicant must both be permanent residents of Vancouver Island
- The applicant must be registered at an accredited post-secondary institution in British Columbia listed at [ppsec.bc.ca](http://ppsec.bc.ca)
- Previous recipients must provide a transcript of marks or a certificate for the most recent year in which the bursary was awarded
- Both the applicant and the patient must sign the application.

Applications are available from your social worker, on the VIKPA website, or by phoning VIKPA at (250)595-3650.

If you qualify, be sure to submit your application as soon as possible. Applications must be **received** (not post-marked) by **June 30**.

### **Kidney Foundation Annual Picnic**

The Victoria Chapter of The Kidney Foundation of Canada will host its annual picnic on **Sunday, June 22, 2008**. This 9th annual picnic will be held at Centennial Park in Central Saanich.

The picnic will include races for both adults and children, BINGO/prizes, draw prizes, candy floss, beverages, entertainment, and a renal-friendly picnic dinner.

For further information contact Diana Dobson at 721-3405 or email at dianad@telus.net

If you plan to attend, please phone the Transplant Office at 370-8588 by June 15 to let us know how many in your family group (including caregiver or friend) and your phone number. Bring a lawn chair if you can.

### **Kidney Foundation Walk on World Kidney Day**

To celebrate World Kidney Day on Thursday, March 13, The Kidney Foundation of Canada, B.C. Branch, and the B.C. Renal Association hosted a morning walk. The route took the participants from the front entrance of Royal Jubilee Hospital up Richmond Avenue to Fort Street, along Fort to Foul Bay Road, across Fort and back to the starting point. Victoria Chapter KFOC members and family, renal patients, VIKPA members, and some renal staff participated. Each received a T-shirt advertising the event.

Prior to the walk, Michiel and Danielle handed out to those entering the main door at the RJH World Kidney Day pins that asked the question, "Are Your Kidneys OK?"



**Kidney Foundation Walk on World Kidney Day**

### **Annual Golf Tournament/Fund Raiser**

Once again this year, Dee and Jake Sangha will hold their golf tournament and buffet – plus putting contest, raffle and live auction. This year, the event will take place on **Saturday, July 26** at the usual location, Cedar Hills Golf Course. Cost of \$110 includes green fees, buffet dinner and a prize for every golfer. You can still attend if you don't play golf; dinner only is \$35.

For further information, contact Dee Sangha at 658-5480 or fax 658-3567.

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

Deadline for the Fall issue is  
Sept. 21, 2007.

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:**  
Cheryl Jones:  
**Members-At-Large:**  
Gary Pollock, Lita Rolofs  
Alex Ferguson

# Around The Island

## Victoria Community Dialysis Facility

*from Val Cousineau, RN*

The Victoria unit welcomes four new patients from the renal unit. There is room for four more. It is nice to see some of our empty spaces filling up. Remember if you have good runs at the hospital, it is time to move out to the community and leave those spots for those that need to be in-centre.

The nurses have been working hard to master the Anemia Management Protocol (AMP) and most of our patients have now been placed on the protocol. The hope is that erythropoietin (EPO) and iron usage will level out and patients will have stable hemoglobin and feel well.

We are sad to say farewell to our nurses Darlene and Paula who have taken jobs in Kidney Care and the Renal Unit, but wish them well in their new jobs. It is nice to see Helen back after her recovery from surgery.

There is ongoing news from Jennifer who is on leave in New Zealand. She is learning lots in her community renal position there and will no doubt have interesting stories to share when she returns in November.

Our Automatic External Defibrillator (AED) has arrived and our training is complete. Thank you VIKPA.

Visitors continue to be very fond of Victoria and we have had many of late with more to come.

## Duncan Community Dialysis Facility

*from Val Cousineau, RN*

Duncan is full with 29 patients. It saddened us to lose our friend Mr. Jawanda. He will be fondly remembered.

On a happy note we are so pleased to welcome the birth of a bouncing baby boy, Clarence, to Noel. Congratulations. It is such a miracle for one of our patients to have a baby.

Duncan also has its AED and the nurses have had the training. Duncan is next on the list for the AMP implementation, so lots of learning is taking place.

Thank you to the patients who changed their schedules so the nurses could attend their education day in Nanaimo on May 5.

## Port Alberni Community Unit

*from Norm Taylor, Mid Island Kidney Assoc.*



Norm Taylor wearing the new MIKA T-shirt

We held our annual Bring and Buy. It went well with about 20 people there. We made \$154 in the auction and \$23 on the door prize. We're now into our spring raffle. Our MIKA T-shirts arrived and they look great.

## Kidney Care Clinic

*from Sharon Read*

We have had some staff changes over the past while. Darlene Michl, RN is now in a permanent position in the Clinic. We have had two changes in the Social Work group – Sara Himelstein started about six months ago and more recently Susan Lees. Sara came from residential care at Glengarry and Susan from Neuro Rehab at VGH. Our dietitian Chris had her baby (another boy, Matthias) and Jennifer Zinetti is covering her maternity leave. Jennifer was most recently working in acute care at VGH and also works in the Diabetes Education Centre.

We continue to keep busy with a variety of educational sessions for persons with chronic kidney disease and their families, also ongoing follow-up of patients registered in the Clinic.

## Transplant Clinic

*from Kendra Fowler*

Margaret Dowd retired from the Transplant Clinic on May 8. If you don't know the name, you'll remember the lovely little gifts she, with the help of her husband and daughter, created for the Island's renal patients at Christmas and Easter for the past 15 years. We offer our sincere thanks to

the family for the pleasure they have given renal patients over the years.

Margaret plans to take up painting as her retirement hobby.

A warm welcome to Mary, the new unit clerk.

### **Thrifty's Smile Card Fundraising Program**

Thanks to the efforts of Lita Rolofs, Vancouver Island Kidney Patients' Association has been approved to participate in Thrifty's fundraising program for yet another year.

The approved fundraising amount is \$4,000 during the eligibility period from May 4, 2008, to May 2, 2009. Dollars raised through this program will be used to purchase dialysis chairs.

Smile Cards issued since the program revamp in 2006 are eligible to be used for this, and future, fundraising approvals. If you need a Smile Card, please contact VIKPA. (Contacts on page 2.)

### **New Executive Elected**

The February 21 VIKPA meeting included the election of a new board. Pat Carson resigned as President and Gabor Brach agreed to return to his former position as President. Danielle Belanger was elected as Vice President. The remainder of the board continue in their previous positions: Teresa Melendez-Duke, Secretary; Pat Chadwick, Treasurer; Cheryl Jones, Membership Secretary. In addition three board members were re-elected: Gary Pollock, Lita Rolofs and Alex Ferguson.

### **Hidden Sources of Phosphorus**

*from Vancouver Island Health Authority*

Phosphorus can be found as an additive in many processed foods and drinks. These additives are absorbed very quickly into the blood and can cause your phosphorus level to increase. The most common products containing phosphorus additives are:

- Refrigerator biscuits
- Bread and cookie doughs
- Some spreadable cheeses
- Instant puddings and sauces
- Pancake and waffle mixes
- Many types of drinks

- Processed meats such as chicken nuggets, bologna and hot dogs
- Enhanced meats (fresh or frozen meats that are injected with sodium phosphate solutions to make them more tender and flavorful)

**Learn to read food labels and look at the ingredient list.** Manufacturers can change the ingredients in a product at any time, so it is important to check labels frequently. Avoid foods containing phosphorus additives. These can be identified on the ingredient list by the term **phosph** as part of a word. Examples:

**Coca Cola Classic™** – ingredients: carbonated water, sugar/glucose, fructose, caramel color, **phosphoric acid**, natural flavors, caffeine

**Aunt Jemima Original Pancake and Waffle Mix™** – ingredients: wheat flour, corn flour, sugar, monocalcium **phosphate**, sodium bicarbonate, salt, dextrose, artificial flavor

**Pillsbury Country Biscuits™** – ingredients: enriched wheat flour, hydrogenated soybean oil, dextrose, sugar, soybean oil shortening, baking soda, sodium acid pyro**phosphate**, sodium aluminum **phosphate**, potassium sorbate, calcium chloriade, natural and artificial flavor (contains butter), xanthan gum

**High Liner Frozen Cod Fish Fillets™** – ingredients: cod, water, sodium **phosphate**

**Questions?** Contact your renal dietician for further information.



### **Help Wanted!**

Do you have skills you could share with VIKPA? We especially need bookkeeping skills to help our treasurer and a back-up secretary. With more volunteers, everyone has less of a burden. If you can join us in trying to make life more pleasant for kidney patients, leave a message on our voice mail at (250) 595-3650 or send an email to [info@vikpa.org](mailto:info@vikpa.org).

*In Memoriam*

Our deepest sympathy goes out to the family and friends of renal patients who have passed away in recent months.

Joseph Austin  
 Margaret Binger  
 Margaret Bissenden  
 Ross Bright  
 Al Carter  
 Sew Chow  
 Elizabeth Cossin  
 Daisy Gallagher  
 Maurice Girardeau  
 Raymond Inkster  
 James King  
 Gene Smith  
 Sylvia Smith  
 George Whitehead  
 John Williamson

We wish to thank everyone who has sent donations in memory of loved ones, and to the 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.

**The Dialysis Diary** looks at the daily life of a home-based nocturnal hemodialysis patient, using non-technical language with a touch of humour. John Meloche's interactive website can be accessed through the VIKPA website, [www.vikpa.org](http://www.vikpa.org) or directly at [www.dialysisdiary.blogspot.com](http://www.dialysisdiary.blogspot.com).

Readers are encouraged to enter comments, personal experiences and questions without revealing their identity.

# 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](http://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](mailto: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](mailto: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 you 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.

This study will accept participants through December, 2008.

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](mailto:restory@uvic.ca)

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University of Victoria, Human Research Ethics Board Approved