

The Renal Review



Vancouver Island Kidney Patients' Association

February 2009

Nanaimo Spaghetti Dinner Benefits Island Kidney Patients

Once again, a long-time friend and supporter of VIKPA, Betty Yon, rounded up her elves and prepared a sumptuous dinner served at the Cavaloty Lodge of Nanaimo's Italian Centre on Sunday, January 25. On the menu were a choice of two spaghetti sauces (with meatballs or meatless), salads, fresh veggies with dips, a cheese assortment, rolls, tea and coffee, and a great variety of desserts.



Betty Yon, Hostess & Leonard Krog, NDP MLA Nanaimo

In attendance was Leonard Krog, NDP, the MLA for Nanaimo. Four VIKPA members from Victoria ventured north to enjoy the event and donated four Thrifty Smile Cards to the silent auction. To raise more money, the event also included a 50/50 draw which alone brought in over \$600. Total receipts for the evening **\$4,127!**

In all, a capacity crowd of 200 people of all ages attended the feast and most signed the letter you will find printed on the last page of this newsletter. The Liberal government, after promising that a Renal Unit would open at the Nanaimo hospital in the fall of 2009, has broken its word. If the latest

delay in opening that important facility will affect you, we hope that you too will sign and send the letter. The names and addresses of the MLAs to whom the letter should be addressed are included at the end of the newsletter. This letter has also been added to the VIKPA website for anyone who wishes to add their support. If you prefer, send a letter in your own words, sharing the personal problems you face as a result of having to travel to Victoria when you need the services of the Renal Unit.

VIKPA would like to thank Betty Yon, her family and many friends for their efforts, the generous donors of items for the silent auction, and all others in attendance for their support of Island renal patients.

The event was a great success and we look forward to it taking place again next year.

Growing Hair Pays Off

from Paul Brown, renal patient

Before I became ill, I was growing out my hair. Last year, I decided to get a haircut and I thought about how this might assist organizations.



Paul Brown before haircut

I chose VIKPA because I am a dialysis patient and Wigs for Kids became my other choice – hair for Wigs for Kids and money for VIKPA to assist Island renal patients.

Here is a photo before my hair was cut, average length 23 inches.

Paul and his supporters raised **\$647.35** for VIKPA. Our heartfelt thanks to all!

Estate Bequest

Lois Thompson remembered VIKPA with a bequest in her estate of **\$3608.33** for which we are very grateful.

Thrifty's Smile Card Fundraising Program

You can help VIKPA raise funds to benefit kidney patients by using your Thrifty's Smile Card whenever you shop at Thrifty's.

Smile Cards issued since the program revamp in 2006 are still eligible for use.

If you need a Smile Card, please contact VIKPA. (See below.)

Spending on Island Renal Patients

The Vancouver Island Kidney Patients Association raises money to spend on Island kidney patients. These are some of the items we have funded recently:

- two industrial weigh scales – for the Transplant Unit and the Nanaimo Kidney Care Unit
- TV/DVD and stand for training patients at the Nanaimo Kidney Care Unit
- seven flat screen TVs for Cumberland Dialysis Unit
- kettles for the Cumberland and Hillside Dialysis Units
- \$8139.00 in grocery certificates at Christmas
- Two waterproof telephones for 1 Royal and the Renal Unit

- Telephone for Cumberland Dialysis Unit
- Foam cushions for Nanaimo, Cumberland and Port Alberni Dialysis Units
- four Thrifty Smile Cards loaded with \$25 each for prizes at the Kidney Foundation Christmas Dinner
- four Thrifty Smile Cards loaded with \$25 each for prizes at the Spaghetti Dinner at Nanaimo
- eight armrests for dialysis chairs at Nanaimo Dialysis Unit
- four over-bed tables for Hillside Unit

Ongoing commitments include TV cable service at the renal unit at Royal Jubilee Hospital, bottled water for Kidney Care and servicing the aquarium in the waiting room at RJH.

Gordon Duthie Bursary Recipients

VIKPA awarded \$1000 Gordon Duthie bursaries to two students last year, Ken Hill and Karina Sangha. Congratulations to both and best of luck in your chosen fields of study.

Your Suggestions?

VIKPA would like to have your suggestions on how we can improve conditions for dialysis patients. Just submit your ideas to your dialysis nurse. Each unit will forward your requests to VIKPA for consideration.

Please note that there are some items we are not able to supply. For example, the renal staff consider counter-top dishwashers too dangerous.

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 Spring issue is
April 21, 2009.
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 &
Chairperson, Awards
Committee:**
Cheryl Jones:
Members-At-Large:
Gary Pollock, Lita Rolofs
Alex Ferguson

Around The Island

Victoria Community Dialysis Facility

from Val Cousineau, RN

VCDF had a busy holiday season with visitors and our own patients coming and going.

A big THANK YOU for all the goodies our patients and families so kindly brought in to the unit during and around the holidays. They were joyfully consumed by all.

Hats off to both staff and patients for making it to dialysis during the challenging weather. We can only hope that spring is on its way.

Trials for new dialysis chairs took place during November and December and choosing a chair is pending.

The nurses have started a new rotation which may impact patient scheduling. Thank you in advance for your understanding. We recognize that change can be difficult, but our goal is to provide better patient care.

As a result of the new rotation, please join me in welcoming nurses Kirsten, Maureen and Paula into regular positions.

Duncan Community Dialysis Facility

from Val Cousineau, RN

Snowy weather presented challenges to all in Duncan in December and January and, similar to Victoria CDF, all patients and staff deserve kudos for persevering and making it to dialysis.

Holiday goodies continued to appear from generous patients and families contributing to a festive atmosphere. Again a big THANK YOU is in order.

The anemia management protocol introduced in the late summer is going well with the nurses becoming more familiar and comfortable applying it.

The unit looks forward to the decision on a choice of dialysis chairs.

Thank you to VIKPA for the recent purchase of cushions and blood pressure cuffs for those patients who require one at home for a short term. A reminder to please be sure to sign them out.

Up-Island Community Dialysis

from Elaine Rowan, RN

Nanaimo still does not have a date for the opening of the Renal Unit at Nanaimo Regional General Hospital. We are still waiting for funding.

In Cumberland we are in the process of designing the expansion.

Mid-Island Kidney Patients Assn.

from Norman Taylor, President

We lost one of our meat draw hotels but M.I.K.A.'s regular meat draws continue at the pub in The Hospitality Inn.

The M.I.K.A. members' Christmas Party was held at the Eagle Hall, a potluck with about 30 people including 5 kids. Santa arrived to distribute gifts.

Kidney Care Clinic

from Kathleen O'Donoghue

As part of the expansion of Renal Services to the Central and North parts of Vancouver Island, a new Nanaimo Kidney Care Clinic opened on November 3, 2008, at 14 Beaufort Centre in Nanaimo.

The new clinic is an extension of the Kidney Care Clinic in Victoria and immediately began to serve approximately 200 clients in the Central and North Island who previously had to travel to Victoria to receive services. The Nanaimo Kidney Care Clinic will operate Monday to Friday from 8:30-4:30 with a multi-disciplinary team of a unit clerk, registered nurse, dietitian and social worker. Two nephrologists, whose offices are located within the same complex, will see patients at the clinic.

The Victoria Kidney Care Clinic is in the process of finalizing dates for our Early Education Sessions for Centre and North Island for 2009. We are excited to be bringing this session for the first time to Port Alberni and via video-conference to Port McNeil.

Home Dialysis Program

from Joyce Mulgrew, Social Worker

The Home Dialysis Program has had a number of changes in our small staff, some permanent and some temporary. Our unit clerk Ardath has moved on to another job; we welcomed Brigitte to replace her. Paula, one of our longtime PD RNs, took a long anticipated retirement last summer and Linda, one of our casuals who knows many of the patients, has taken her place part time. Teresa is temporarily doing a project, and Lena has moved into her job as nurse clinician to keep us all organized. Claire is filling in more as our regular casual. Jenny has temporarily left Home Hemodialysis and Sue has moved from the Renal Unit to replace her. The only three of us who haven't changed are RN Bonnie, Social Worker Joyce and Dietitian Nancy!

We continue to welcome new patients to train in both peritoneal dialysis and home hemodialysis and are always willing to talk to patients who think these might be the right options for them. We can be reached at 250-595-8517.

Errata

Apologies for an error in the previous issue. The cookbooks won by Steamboat Bryce and Bea Westgate were donated by the Renal Program Education Subcommittee (as part of the Kidney Education Centre display on Phosphorus), not the Kidney Foundation.

Taxes and the renal patient

*From Sandi Robinson, MSW,
Social Worker, Renal Unit*

Tax time is coming, so arm yourself with information! Check out the Kidney Education Centres in the Royal Jubilee Dialysis Unit, on Royal 1, or ask your renal social worker for more information. The Education Centres have forms and information on the following:

1. Tax Tips for Renal Patients - 2008 taxation year (also available on the BC Kidney Foundation website)

2. Travel expenses you may claim (if you must travel over 40 kms. one way for treatment)
3. Disability Tax Credit Certificate
4. Medical and Disability-related Information for 2008 taxation year (Canada Revenue Agency)
5. ICBC Disability discount and motor fuel tax rebate (provincial)
6. Federal Excise gasoline tax rebate
7. Where to get help filling out your income tax return

The Kidney Education Centre information displays change every few months. Check them out frequently!

Gift of a Kidney from a Stranger

from Andy Ivens

Canwest News Service

VANCOUVER – Savilla Kress awoke from a five-hour operation with a new kidney and a new lease on life.

The Vancouver fashion model's life was ebbing away as her kidneys failed, until she received an offer of a kidney transplant from a total stranger.

"I'm just ready to live my life," Kress said from her bed at St. Paul's Hospital.

"Jan. 5 is my new birthday."

Stephen McClelland, 44, a singer and part-time model from Las Vegas, read about Kress's plight online and decided to give her the gift of life.

"Someone needed help and I was the one to do it, I guess," he said.

Two doors down the hall, Kress marveled at McClelland's generosity.

"He's amazing," said Kress.

"I had to ask him, 'Why are you doing this?'" Kress said.

"He said, 'If someone was burning in a building or drowning in a lake, would you let them die or would you go in after them?'"

Kress said that her health had improved dramatically less than 24 hours after the operation.

"I went for a sonogram [ultrasound exam] and I got to see the kidney on the screen, and I got to hear my blood pumping through Stephen's kidney," she said.

"That was pretty amazing."

In Memoriam

- Roger Arruda
- Valerie Bergthorsen
- Blanche Bishop
- Maureen Campbell
- D Davidge
- Elmer Davlah
- Freda Harder
- Stephen Hobson
- John E Hunt
- Harvey Jackson
- Leanna Johnny
- Cai Li
- Pas Liange
- Kim Mellings
- Gordon Mitchell
- Norma Moldenhauer
- Gary Peltier
- Molley Pharaoh
- A Purdon
- Daphne Thurrott
- Lucas Van Oeveren
- Thomas Wells

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

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 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.

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. Back issues of *The Renal Review* are posted there.

- *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. 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.



Renal Patient Graduates



Corrine Patterson, a dialysis patient at RJH Renal Unit, graduated from S.J. Willis School as an Educational Assistant in January after almost nine years of juggling work, dialysis and schooling. She worked her way through many ups and downs including two transplants and their complications in order to achieve her goal of qualifying to work with school children with disabilities.

Our congratulations and best wishes for continued success go out to Corrine.



NOTICE OF ANNUAL GENERAL MEETING

Thursday, February 19, 2009 at 1pm
 Renal Unit Boardroom
 (Second floor Royal Jubilee Hospital Renal Unit)

All Island kidney patients, their families and supporters are invited to attend VIKPA's upcoming AGM.

We welcome nominations for the 2009 board. Please contact VIKPA if you or someone you know may be interested in a position on the 2009

board so we can have them nominated. All members are eligible for office.

For those who have not yet purchased or renewed your membership for 2009, a form is included below. A blue dot on the mailing label indicates your renewal is due.

Name _____

Address _____

_____ Postal Code _____

Phone _____

Email _____

Please send my newsletter by email (Please ensure you have included your email address).

Enclosed is \$5 for my annual membership.

New Renewal

I would like to make a donation of

\$_____.

Total Enclosed \$_____

I would like to volunteer. Please contact me.

I am: Pre-dialysis Hemodialysis

Peritoneal dialysis Transplant

Family member Care worker

Other _____

Best wishes to all for a Happy and Healthy 2009 from your friends At VIKPA.



Following is the contact information for Members of the Legislature to whom you may send either the attached letter or your own letter outlining how a Renal Unit at Nanaimo Hospital would help you personally:

HON GEORGE ABBOTT
MINISTER OF HEALTH
PO BOX 9050 STN PROV GOVT
VICTORIA BC V8W 9E2
250/953-3547
hlth.health@gov.bc.ca

HON RON CANTELON
MINISTER OF AGRICULTURE & LANDS
LIBERAL MLA
FOR NANAIMO-PARKSVILLE
501-5800 TURNER RD
NANAIMO BC V9T 6J4
800/663-7867
OR
120B MIDDLETON AVE
PARKESVILLE BC V9P 1C9

MR LEONARD KROG
NDP MLA FOR NANAIMO
4-77 VICTORIA CRES
NANAIMO BC V9R 5B9
250/714-0630
FAX: 250-714-0859
leonard.krog.mla@leg.bc.ca

Dear Sir:

I am writing to request that you reconsider the postponement of the intended in-hospital dialysis ward at the Nanaimo Regional General Hospital.

People with kidney disease in Central and Northern Vancouver Island need full renal services closer to home.

The VIHA renal program has the fewest in-hospital dialysis spaces of the BC Health Authorities.

The Nanaimo Regional District is the only community of its size in Canada without an in-hospital dialysis unit.

Over a year ago, in October 2007, the VIHA capital budget included funding for construction of a dialysis unit at NRGH. The Ministry of Health did not give final approval.

We need the Minister of Health to allow this project to go ahead.

Concerned citizen,