

The Renal Review



Vancouver Island Kidney Patients' Association

October 2009

Dee Sangha Award

The first Dee Sangha Award was presented to **Kenneth Hill** of Nanaimo following a luncheon in his honour on August 28 at The Med Grill on West Saanich Road.



Presenting the first Dee Sangha Award: Kenneth Hill, Cheryl Jones, Dee Sangha

Kenneth has been a VIKPA member for the past 15 years since he became a renal patient. Presently Kenneth is on nocturnal haemodialysis, one of the twelve original participants in the pilot project bringing home dialysis to British Columbia. Previously he was on peritoneal dialysis and conventional hemodialysis. He received a transplant in 1997 but it rejected in 2001. He looks forward to another transplant sometime in the future.

Kenneth is currently finishing his final practicum in the Licensed Practical Nursing Program at Vancouver Island University in Nanaimo. Finding this experience both challenging and rewarding, upon completion he plans to work on Vancouver Island in either a hospital or a long-term care facility.

Busy with both school and home dialysis, Kenneth still finds time to volunteer with a soccer camp for children with autism and/or Down

Syndrome. In addition, he is a mentor for other renal patients in the Nanaimo area both to answer questions and to offer help with transitioning into their new dialysis routine.

Throughout the years, Ken has had a lot of support from family and friends including VIKPA and The Kidney Foundation. He wishes to thank everyone very much.



Gordon Duthie Bursary Awards

Each summer, VIKPA awards \$1000 bursaries to VIKPA members and their families to assist with post-secondary education in British Columbia. This year, seven students qualified for the award.

Kenneth Hill, home dialysis patient, attending Vancouver Island University to become a Licensed Practical Nurse. Kenneth also won the first Dee Sangha Award this year. *See additional biography and story above.*

Greta Negrave, a renal patient, entering the Faculty of Humanities at UVIC. She will major in French with a minor in non-fiction writing as she has a strong interest in languages and journalism. She is a bright young lady, determined not to let her renal disease keep her from finishing her degree.

Amanda Bens, child of haemodialysis patient, taking double major in French and English at UVIC. Amanda is hoping to become a high school French

teacher. She is currently living at home to assist her mother in the care of her father during his illness.

Natasha Eichenlaub, child of transplant patient, finishing her Bachelor's Degree specializing in child and youth care at UVIC. She is a single

mother who hopes to apply her skills to working with underprivileged families.

Amanda Lawrence, grandchild of a nocturnal home dialysis patient, taking Pacific and Asian Studies at UVIC. She is in her last year of university and has continued to achieve high averages throughout her studies.

Karina Sangha, grandchild of transplant patient, attending UVIC and in her third year of studies in Social Sciences and Humanities. Her short term goal is to earn a Bachelor of Arts degree with a major in Political Science and a minor in Philosophy. Her long term goal is to attend law school.

Heather Jones, daughter of renal patient, is studying Medical Radiography Technology at BCIT. After spending many hours with her father, Brian Jones, at the Royal Jubilee she wishes to work in health care. She is impressed with the vital role that health care professionals played in her father's life and sense of well being. She wishes to contribute to the diagnosis and management of patients in critical care, emergency situations and chronic care. When finished at BCIT she plans to return to Vancouver Island to seek employment in a hospital.

Kidney Foundation Christmas Dinner

The Victoria Chapter of The Kidney Foundation of Canada's Annual Christmas Dinner will be held on Sunday, December 6, 2009, at the CNIB, 2340 Richmond Road.

Meet and Greet at 4:30 p.m.

Roast turkey dinner at 5 p.m. (dress informal)

Christmas entertainment & door prizes

Cost: Kidney Patients \$3.00. Guests \$5.00.

(Adults only. Guests limited to two per patient.)

To reserve tickets please contact the following:

Kidney Care Clinic (Anna-Marie) (250) 370-8224

Taninder Hundal - (778) 433-1699

Diana Dobson - (250) 721-3405

Tickets are paid for on arrival at the dinner.

Parking Options: 25 spaces at CNIB, limited parking on adjacent streets, RJH parking garage (\$1.00/50 minutes)

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:

Hardware for Kidney Education Centres in the five community dialysis units.

Prizes for Kidney Education Centre draw.

Awards listed above.

Ongoing commitments include TV cable service at the renal unit at Royal Jubilee Hospital, printing and mailing *The Renal Review* to members, bottled water for Kidney Care and servicing the aquarium in the waiting room at RJH.

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 Winter issue
is January 15, 2010.

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: Gary Pollock

Vice-President: vacant

Secretary:

Teresa Melendez-Duke

Treasurer: Bakh Dhillon

Asst.Treasurer: Pat
Chadwick

**Membership Secretary &
Chair, Awards Committee:**

Cheryl Jones:

Members-At-Large:

Lita Rolofs, Gabor Brach,
Nancy Cuthbert

Around The Island

Renal Unit

from Sandi Robinson, MSW

I am leaving after 15 years with VIHA and seven with the Renal Program to return to Ontario to be closer to my family. My last day of work was October 2. We are fortunate in having Michele Fairbairn, an experienced social worker, replace me.

A warm thank you and goodbye to everyone. I have enjoyed tremendously being part of the renal "family" and will miss all of you!

Up-Island Community Dialysis

from Elaine Rowan, RN

In Cumberland we are presently drawing up plans for the new unit but we do not yet have a completion date.

In Nanaimo we are expecting the new renal unit to be completed in July 2010.

No changes in Port Alberni.

All units are presently full with waiting lists.

Victoria Kidney Care Clinic

from Kathleen O'Donoghue

Over the summer, Anne Gloster has assumed leadership for both the Nanaimo and Victoria clinics. Her "big picture" perspective will be valuable as we continue to plan for future growth and development of the clinics.

We welcomed Diane Lawson to the Victoria team. Diane brings many years of experience in psychiatry to her part-time role in the Victoria KCC. Part of her new role has been working with the renal transplant clinic to provide more consistent social work coverage there.

In response to feedback from participants, this summer we began providing the Learning Session # 1 (Living Well with Kidney Disease) information prior to the diet appointment and grouping people by age and eGFR when booking some of the LS#1 and LS#2 (Treatment Options) classes. We hope these changes

will improve our clients' experience by providing the information in a smaller, sequential, more personalized manner.

Nanaimo Kidney Care Clinic

from Maureen Molyneaux, Reg. Social Worker

Nanaimo KCC will have been open one full year this November! Our four staff members in the clinic have formed a tight and productive team which, of course, positively impacts the service we provide to our patients. We support one another in keeping our goals and our mandate in line with client-centred service and hopefully our patients benefit from this philosophy.

We are now seeing up-Island patients who want to continue to see their Victoria nephrologist but are open to having KCC education and support through our Nanaimo clinic. People have expressed relief and appreciation that they have fewer trips to Victoria.

We were very happy to hear of the upcoming opening of the Renal Unit at NRGH, since life will be that much less complicated for up-Island kidney patients who are starting dialysis and for those on dialysis who need to be in hospital. We look back on the last year, see how far we have come, and look forward to the next year and all the positive changes ahead!

Kidney Education Centre

from Nancy Clogg, RD

Good news! We have the go ahead to have Kidney Education Centres in all of the community dialysis units on the Island. It will take some time to have the units built, shipped and installed, but they should be up and running within a year.

Recently the Kidney Education Centre at RJH featured a display on *Brain Health for Kidney Patients*. It featured suggestions for improving brain health; brain gyms exercises and draw prizes. The prizes included puzzles, cards and games, all of which can challenge and help strengthen your brain. Thank you to VIKPA for

generously providing the prizes. Here is a list of the prizes and the winners.

- Crossword Puzzle Book- Fred Demmon
- Playing Cards & Hoyle's Book of Rules- Len Krinbill
- Playing Cards & Hoyle's Book of Rules- William Heigh
- Sudoku Book- Jim Tremblett
- 550 Piece Jigsaw Puzzle- Genevieve St-Pierre
- 1000 Piece Jigsaw Puzzle- Ken Hill
- Cube Puzzle- Clay Cathrine
- Scrabble Game-Walter Albert Cox

Currently there is a display called *Salt, What's Shaking* highlighting tips on how to reduce the salt in your diet. The display also includes many kidney-friendly low salt recipes.

Keep your eyes open for future displays on *Oral Health for Kidney Patients, Future Planning (Power of Attorney, Advance Directives, Wills and Funeral Planning), Travel and Tax Tips.*



Home Dialysis Walking Club

from Nancy Clogg, RD

The Home Dialysis Walking Club enjoyed several walks over the summer. We met once at Ogden Point and again at Matticks Farm. In July we had our annual potluck picnic, this time at the Gorge Walkway Park with 29 people in attendance. Once again, we had great food and company.



This September marks our fifth anniversary of meeting as a group! Our numbers have grown to over 30 people (patients and family members). We are going to meet at Spinnakers to walk along the Songhees, a favorite of many.

We look forward to many more walks through the fall and winter. We still have not had rain on

one of our walk days, except for a brief shower once! If you are interested in joining our walking club, call Nancy Clogg at 250-370-8517.



Cranberry Dip with Fresh Fruit

This recipe was adapted from the DaVita recipe collection by Jane Tosney, VIHA Kidney Care Clinic Dietitian. For more recipe ideas, visit the DaVita website: www.davita.com.

Serving size: 2 tablespoons dip, 2 slices apple, 2 slices pear and 3 pineapple chunks (recipe makes 24 servings)

Ingredients:

- 8 ounces sour cream
- 1/2 cup whole berry cranberry sauce
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground ginger
- 4 apples, cut into 12 slices each
- 4 pears, sliced into 12 slices each
- 4 cups fresh pineapple, cut into chunks
- lemon juice

Preparation:

1. Blend sour cream, cranberry sauce, nutmeg and ginger until well mixed. Remove to a small bowl.
2. Cut fresh fruit into bite-size pieces.
3. Toss apple and pear slices with lemon juice to prevent browning.
4. Arrange fruit on platter with dip bowl in the middle. Chill until ready to serve.

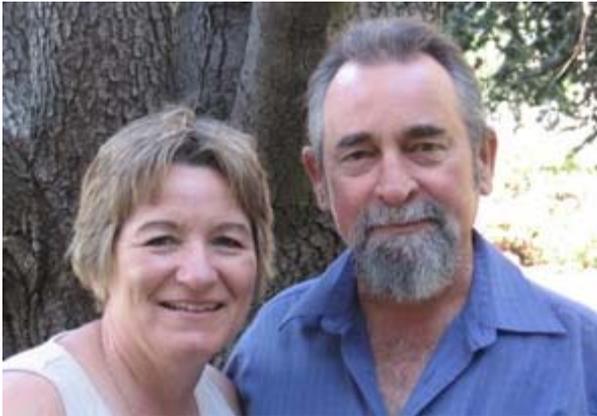
Nutrients per serving (approximate):

- Sodium: 8 mg
- Potassium: 101 mg
- Phosphorus: 15 mg
- Calories: 70

Meet a Home Dialysis Patient

from Joyce Mulgrew

Lou is 57 and has been on dialysis for almost seven years. In 1998 he lived with his wife Cathy on the west coast of Vancouver Island where he worked as a tugboat captain and enjoyed the outdoors with sports, boating, camping and hunting.



He remembers when he first became ill he thought he had the flu but discovered after being admitted to hospital that he had kidney disease. He was lucky at that time that he needed only a brief period of hemodialysis and was able eventually to get home and, after many months, back to work.

A couple of years later he needed to start treatment again and he chose peritoneal dialysis primarily in order to continue living in their remote location as they both love their life there. He has found that by being creative and adaptable PD has allowed them to carry on with their life. He has continued to work full-time, and has found that by dialyzing at home at night that he is able to juggle PD with his busy life. He takes extra PD fluid with him on the boat in case of delays and warms it over the stove if he doesn't get home as scheduled.

They still can travel by planning ahead and taking supplies with them, and continue to fish, boat and camp by taking shorter or day trips.

When they travel to visit their son in Golden they have supplies delivered there.

Cathy works part time and helps with organizing his supplies at home, his appointments and placing his orders with the supply company.

They are both pleased to have been able to carry on at home and not need to move. They are looking forward to retiring and still hoping for a transplant!



In Memoriam

**Russell Blackstock
Hubbert Cote
Eleanor Boden
Jean-Marie Fortier
Ann Franklin
Harold Gold
Dick Hruschuk
Charles Maguire
Sam Malatsi
Raymond McCall
Michael Ryan
John Samson
Dancy Steacy
Kwei Tsai
Ernie Voyager
Louis Wah
Frank Woodcock**

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 an *In Memoriam* donation to VIKPA, please mail to our address on page 2. 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 new brochure.

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 VIKPA Smile Card, please contact VIKPA. (See page 2.)

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.



This being our final issue for 2009, we at VIKPA wish all our readers a happy holiday season and all the best in 2010.

Membership renewal time is almost upon us. We appreciate your support of VIKPA enabling us to support kidney patients on Vancouver Island in many different ways.

MEMBERSHIP FORM (January -December)

Name _____

Address _____

City/Town _____

Postal Code _____ Phone _____

Email _____

Please send my newsletter by email (Include 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 _____