
The Renal Review



Vancouver Island Kidney Patients' Association

October 2010

Nanaimo dialysis unit opens



The Grand Opening of the Nanaimo Renal Unit was held Thursday, September 16. Serving mid and northern Vancouver Island renal patients, the new unit will reduce travel time and disruption to many lives of renal patients and their families who used to travel to Victoria for many of these services. The new unit, built at a cost of more than nine million dollars, has 18 stations and state-of-the-art hemodialysis equipment. They will be able to train patients to do home dialysis at the unit as well. They didn't waste any time and began taking patients Monday September 20, 2010.

VIKPA has been a strong advocate for this facility and spearheaded a letter-writing campaign for this greatly needed facility. As well, VIKPA has provided equipment and the furnishings for the waiting area, at a total cost of \$35,000.

President's Report

VIKPA does not meet in the summer, but much work went on. As you'll see in this issue:

- Nanaimo Renal Unit had its open house (see above)
- The new Victoria Community Dialysis Facility had an open house. We've had many favourable comments on the new unit, as well as the TVs and waiting room furnishing that VIKPA has provided.
- The Cumberland community held a fundraiser in July spearheaded by the hard work of Annabelle Gainer and her volunteers.

I thank and welcome George Pearse for coming forward to do membership for VIKPA, a very important and often busy job. I also welcome Kathy Brown back to VIKPA since her renal transplant. Kathy helps take VIKPA telephone messages and helps with newsletter distribution. I thank all our VIKPA volunteers for their continued service.

Meet the Nanaimo Nephrologists

We look forward to providing comprehensive, high quality care for renal patients in the Centre and North Island.



Dr. Rachel Carson has been building the renal program in Nanaimo since 2006. She obtained her Bachelor of Engineering (Chemical) from McGill University followed by her MD at Queens University. She then trained to be a family physician for 18 months before entering an Internal Medicine residency at UBC. She completed her nephrology fellowship at the University of Western Ontario. In addition to her general nephrology practice, she has a longstanding interest in end-of-life care and advance care planning. She has some graduate training in clinical epidemiology and spent additional time as a research fellow at Royal Free Hospital in London, UK investigating outcomes for patients who choose not to have dialysis.

Dr. Alison Croome completed her undergraduate degree in Biochemistry and Microbiology at the University of Victoria, and subsequently worked in the biotechnology field for several years. After completing medical school at the University of British Columbia, she moved to St. John's, Newfoundland for her residency training in Internal Medicine at Memorial University. Having thoroughly enjoyed her time on the rock, she then moved to Queen's University, Kingston, ON, where she completed her Nephrology sub-specialty training. She has now returned home to BC and is excited about establishing her Nephrology practice in Nanaimo.



Dr. Anthony Booth arrived in Canada in 2007 from the UK. He had completed his first degree at Oxford University before training at St Thomas's Hospital in London. He obtained his Certificate of Training in both Internal Medicine and Nephrology in the UK. He completed his research in Cambridge and published widely on autoimmune kidney disease and vascular health. He has lectured and presented papers internationally and has a strong educational interest. Since completing his post doctoral fellowship at St Paul's Hospital, he has obtained the Canadian Board exams in Internal Medicine and Nephrology and has been working in Nanaimo and Campbell River for over two years. He will enjoy the challenge of developing renal services for Northern Vancouver Island and take a special interest in the First Nations Population.

Dr. Suvi Rasaiah obtained his Bachelor of Science from Queens University followed by his MD at Queen's University. He completed his Internal Medicine residency and then his Nephrology fellowship at the Washington Hospital Centre in Washington D.C., including research at the Uniformed Services University of Health Sciences in Bethesda, Maryland. His nephrology training was followed by a Renal Transplant fellowship at the Washington Hospital Centre in Washington D.C. He worked in Port Alberni for 5 years before moving his practice to Nanaimo in 2005.



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.

Cumberland patient thanks VIKPA with fundraiser

On July 17th, the Vancouver Island Kidney Patients' Association benefited from the hard work of the Cumberland community. A fundraising Dinner/Dance was held at the Filberg Centre with proceeds benefiting kidney patients on Vancouver Island. Annabelle Gainer, a renal patient for six years received a renal transplant in 2008, wanted to do this fundraiser as a show of appreciation to VIKPA and her way of giving back to the community. The community of Cumberland really got behind this fundraiser, and the wide range of people involved shows how far-reaching kidney disease is in our community.

The dinner/dance was a huge success, raising almost \$7,000. These funds will provide the televisions and waiting room furniture in the new Cumberland Community Clinic expansion, which is set to start at the end of September for opening in the spring. VIKPA has also spent funds providing many items for the new Nanaimo Renal Unit and Kidney Care for up island patients. A big Thank You goes out to all those that supported this event!



The “pandanggo sa Ilaw” (fandango in light) is a folk dance in the Philippines, simulating the movements of fireflies. The front-row dancers are Annabelle Gainer (*right end*), kidney transplant recipient, and the volunteers who made the fundraising/dance event possible. In the back row, *from left are guests*: Fred Bates, Mayor of Cumberland; Michael Pontus, CEO, St. Joseph Hospital (Comox); Gary Pollock, VP, VIKPA; and David Durrant, Manager of Community Services, Cumberland

Legion donates to VIKPA



Cheryl Jones accepts the cheque from Don Strank. "Stretch" is a long time member and supporter of VIKPA.

The Trafalgar/Pro Patria Branch No. 292 of the Royal Legion presented VIKPA with a generous donation on May 7 at their hall located on Gorge Road.

One of the missions of the Legion is to serve their community. Many members in their community benefited on this day by their generous donations. Their branch and auxiliary work hard to be good community members.

It is by generous donations like this that VIKPA is able to continue providing equipment and services used by renal patients throughout Vancouver Island which are not otherwise provided by hospitals and treatment centre.

Thank you, Branch 292.

VCDF move completed

The Victoria Community Dialysis Facility (VCDF) has moved to the Raven Building at 4392 West Saanich Road. It replaces the now-closed facility at 990 Hillside.



Pat Chadwick shows TVs that VIKPA bought for the clinic.

The 6 and 31 buses stop right in front of the new clinic. If you're driving, there's lots of parking; use your present pass or ask for one inside. The facility's telephone number is 250-519-3449.



The two pictures above show the building and the entrance you'll use. There are intercoms; you'll be called when it's your turn.

Nanaimo Kidney Care Clinic

from Maureen Molyneaux

At the Kidney Care Clinic, we encourage our patients to be strong self managers by doing such things as learning to read their bloodwork and following their test results, educating themselves about and making recommended diet changes, monitoring their blood pressure, paying attention to their emotional health, etc.

For those interested in learning more, we recommend the Chronic Disease Self Management Program. It is a free educational program for adults who live with chronic conditions such as kidney disease, heart disease, etc.. Groups of 8-15 people meet for 2.5 hours per week over 6 weeks, in an interactive learning environment. Some of the information offered – ways to manage symptoms, make lifestyle changes, and communicate more effectively with your health care team. Classes are offered regularly throughout the island. For more information, you can call 1-800-902-3767, or visit <http://www.coag.uvic.ca/cdsmp>.

We're online

- Check out our website at www.vikpa.org It includes back issues of *The Renal Review*.
- If you would prefer to receive your *Renal Review* newsletter by email, just drop a line to info@vikpa.org. You'll help reduce our costs and save trees, and you'll also see the photos in colour!

Kidney Foundation Christmas Dinner

You are invited to a Christmas Dinner presented by the Kidney Foundation of Canada, Victoria Chapter. It will be Sunday, December 5th at the Monterey Recreation Centre in Oak Bay, with meet-and-greet at 4:30 p.m. then dinner at 5:00.

At the Monterey Centre, front parking is off 1442 Monterey Avenue off Oak Bay Avenue. Rear entrance parking is off Hampshire from Oak Bay Ave.; enter the Centre by elevator or ramp.

Cost for the dinner is \$5 for renal patients and \$7 for guests (limit two per patient). The deadline for tickets reservations is Monday, November 29th. To reserve, phone the Kidney Care Clinic (Anna-Marie) at 250-370-8224; leave your name(s) and phone number and how many are attending. You can pay on arrival at the Monterey Centre on Dec. 5th. Please advise of any cancellation ASAP by calling Taninder at (778) 433-1699 or Diana at (250) 721-3405.

Dee Sangha Award



Cheryl Jones, VIKPA President, and Robert Robinson with the Dee Sangha Award.

The Dee Sangha Award is awarded annually to a kidney patient who is a VIKPA member in good standing. It is to assist Vancouver Island renal patients in improving their lives while dealing with the everyday challenges of living with Kidney disease. It is awarded to renal patients working towards a goal coming back from adversity and will be a catalyst towards changing their lives. It recognizes renal patients with Dee Sangha's "CAN DO" attitude.

The 2010 award was presented to **Robert Robinson** of Central Saanich following a lunch in his honour on September 3 at the J. J. Morgan Restaurant on Shelbourne.

Robert is a 4th year student at UVIC taking a BSC in Biology with the goal of becoming a general practitioner. Robert is relatively new to VIKPA since he became a renal patient this past year. Being on hemodialysis three days a week makes finding fulltime employment a challenge so the award was greatly appreciated.

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.

Gordon Duthie Bursary Awards

These 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. This year bursaries of \$500 each went to ten very deserving applicants:

Amanda Bens, the daughter of a home dialysis patient and VIKPA member, is doing a double major in French and English and is hoping to become a French teacher at a local high school.

Heather Jones, the child of a renal patient, is going to BCIT taking medical imaging and plans to complete her studies in March 2011. She then plans to seek employment in a hospital setting on Vancouver Island, serving her community.

Brandon Lauriente, the grandchild of a renal patient and VIKPA member, is going to U.Vic. as a student in Theatre. His mother donated a kidney to his grandmother last February.

Andrea Pearse, the granddaughter of a renal patient and VIKPA member, is going to The Vancouver Island University to take the Medical Office Assistant program and hopes to upgrade to a LPN. She is busy with taking several courses and doing volunteer work in the community. Andrea has some special educational challenges and works extra hard to overcome them.

Anna Luz, the daughter of a renal patient and VIKPA member on hemodialysis, is going to McGill University and planning a career in field research. She has a passion for environmental causes.

Robert Robinson, a hemodialysis patient and VIKPA member, is attending UVIC to complete his B.Sc. in Biology with the goal of becoming a general practitioner.

Karina Sangha, the granddaughter of a long time renal patient and great supporter of VIKPA, is attending U.Vic. Her short term goal is to earn a Bachelor's Degree with a Major in Political Science and a Minor in Philosophy. Her long term goal is to attend Law school.

Jarrod Selkirk is the grandchild of a long time home dialysis patient and VIKPA member, is attending Camosun College to become a heavy duty mechanic. He hopes to somehow be involved with VIKPA once he graduates.

Rachel Smith is the spouse of a renal patient who recently passed. Rachel is enrolled in the Academy of Excellence, taking cosmetology. She then plans to become an independent business owner.

Toran Williams, the grandson of a long time renal patient and VIKPA member, is attending BCIT taking the Railway Conductor Program.

<p>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.</p>		
<p>Our address is Box 5145, Station B Victoria, BC V8R 6N4</p> <p>Voice mail: (250) 595-3650</p> <p>Web: http://www.vikpa.org Email: info@vikpa.org</p>	<p>President & Chair, Awards Committee: Cheryl Jones; Vice-President: Gary Pollock; Secretary: Kate Pearse; Treasurer: Bakh Dhillon; Asst.Treasurer: Pat Chadwick; Membership: George Pearse; Members-At-Large: Lita Rolofs, Kathy Brown</p>	<p>This issue was compiled by Tim Hicks.</p> <p>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.</p>

Home Dialysis Walking Club Update



September marked the start of the seventh year of the Home Dialysis Walking Club meetings. We all woke up to the sound of pouring rain. We had been meeting monthly for all these years and had not been rained on. All morning I watched the rain pour down, but just before 2pm, the sky brightened and the rain stopped.

Our annual potluck picnic was at the Juan de Fuca Recreation Centre's Picnic Shelter, such a peaceful setting for a picnic. Walking is not officially on the agenda for the picnics, but there is a chip trail around the property, so a few keeners headed off for a walk before the food was served. Most of us stayed behind to enjoy the food and drink. We even managed to save some of it for the walkers. The picnics are a good opportunity to share, meet the newcomers and mingle with everyone.

Our numbers continue to grow and many of the original members still join in for most, if not all, of the walks. We should have a guide dog, Woody, joining our ranks soon so at the last walk Trevor, his owner, gave us information on Guide Dog Etiquette so that we all know how to respond to our new Club Member. If you are interested in joining the Walking Club, contact Nancy Clogg, Dietitian, Home Dialysis Clinic 250-370-8517.

In Memoriam



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.

Madge Aitchison
 Harvey Barriere
 Lois Batten
 G. Bosma
 Norbert Braunberger
 F. Cascoyne
 Muriel Copeland

Perry Cosgrove
 James Daines
 Linda Dockendorff
 David Forrester
 Norma Gilmore
 Kurt Heese
 John Kaspar

Dennis Keirs
 Peter Kirapley
 Harry Kou
 Frank Lauscher
 James Mackey
 Yolanda Pascoe

John Petryk
 Jerry Pollen
 Ray Sandoval
 Peter Seale
 Jean Tricke
 L. Violette

If you wish to make an *In Memoriam* donation to VIKPA, please mail to our address on page 6. 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 our website <http://www.vikpa.org>.

**Kidney-friendly recipe:
Apple Spice Pork Chops**

*adapted from the DaVita recipe collection
by Jane Tosney, VIHA Renal Dietitian.*

Portions: 4 of one pork chop, apples, sauce

Ingredients:

- 4 pork chops (~ 1 pound / 0.5 kg package)
- 2 tablespoons butter
- 1/4 cup brown sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon nutmeg
- 1/4 teaspoon cinnamon
- 2 cups of tart apples, peeled, cored, sliced

Preparation:

Preheat oven to broil. Broil pork chops in the oven, 4 to 5 minutes each side.

While pork chops are cooking, melt butter in skillet and stir in brown sugar, salt, pepper, nutmeg, cinnamon and apples. Cover and cook until apples are tender and sauce begins to thicken.

Spoon sauce over cooked chops and serve.

Nutrients per serving:

- Calories: 306 kcal
- Protein: 22 g (counts as 3 “ounces” or “choices” of protein); Sodium: 192 mg
- Potassium: 473 mg; Phosphorus: 194 mg

Look for more delicious recipes at

<http://www.davita.com/recipes>.

Membership

Family and friends of renal patients are welcome to become members and join any of our meetings.

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 _____	
<input type="checkbox"/> Please send my newsletter by email to this address _____	
<input type="checkbox"/> Enclosed is \$5 for my annual membership. <input type="checkbox"/> New <input type="checkbox"/> Renewal	
<input type="checkbox"/> I would like to make a donation of \$_____ (Receipts will be issued for donations over \$10)	
Total Enclosed \$_____	
<input type="checkbox"/> I would like to volunteer. Please contact me.	
I am: <input type="checkbox"/> Pre-dialysis <input type="checkbox"/> Hemodialysis	
<input type="checkbox"/> Peritoneal dialysis <input type="checkbox"/> Transplant	
<input type="checkbox"/> Family member <input type="checkbox"/> Care worker	
<input type="checkbox"/> Other _____	

VIKPA meetings are held on the third Thursday of each month, except July and August, at 1:00 p.m. in the RJH Renal Unit boardroom. All members are welcome. Hope to see you there!

Vancouver Island Kidney Patients' Association
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