

# The Renal Review



Vancouver Island Kidney Patients' Association

Fall 2011

## Victoria Foundation helps VIKPA replace aging dialysis chairs

Thanks to the incredible generosity of donors through the Victoria Foundation we have been able to replace aging dialysis chairs. The \$26,000 grant has allowed VIKPA to buy four dialysis chairs for the renal unit at Victoria's Royal Jubilee Hospital.



*Pat Chadwick uses one of the new chairs.*

Patients in the unit typically use the chairs for three four-hour treatments a week. This means these chairs will be used for well over 4,000 treatments per year and will benefit many who are only able to dialyze on these types of chairs.

We are already getting requests for more chairs as they have proven to be very beneficial in providing better care and comfort for those with complex needs. Both the patients and staff greatly appreciate them. The new chairs are much more comfortable, and ideal for a multi-user environment with powered height adjustment and memory automated positioning. Armrests drop to seat height for simple side access, and the upholstery is removable for easy cleaning.

## Mark your calendars

Our next Silent Auction will be at Royal Jubilee Hospital, Friday, March 9, 2012.

The revival of the Dee Sangha Golf Tournament is set for August 18, 2012 at Cedar Hill Golf Course in Victoria. Details are in this newsletter.



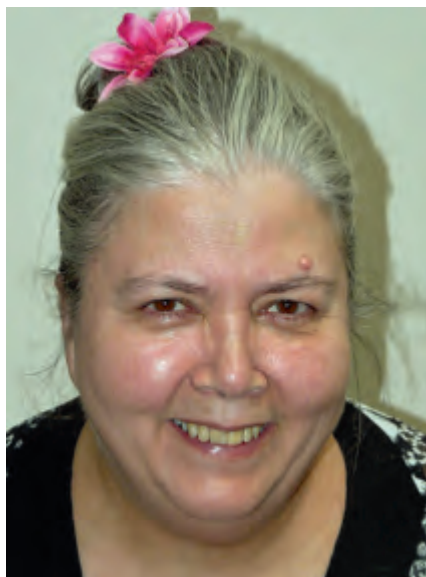
## President's message

*by Cheryl Jones*

VIKPA does not meet formally during the summer, but much work went on behind the scenes. Some of the highlights, all described in this issue, were:

- VIKPA Board elected three new directors (see below)
- We took delivery of four new dialysis chairs from Australia
- The Dee Sangha Award was given to a very deserving member of VIKPA
- Seven Gordon Duthie bursaries were awarded

I thank and welcome our new executive members, who have already brought some new and very welcome ideas to VIKPA. We look forward to working with them.



Secretary Roberta Marshman has a very extensive history of both professional and volunteer work which she is already using to help our association.



Treasurer Matt Stanley is a medical student at UVic with extensive accounting experience who is interested in learning more about renal disease.



Membership Secretary Christeen Young is a 4th year UVIC student with experience in non-profit organizational management as well as many other attributes.

### Did you know?

Vancouver Island hemodialysis facilities are located in Victoria (hospital and community), Duncan, Nanaimo (hospital and community), Port Alberni and Cumberland.

You can find out more about kidney care on the Island at the BC Renal Agency website at <http://www.bcrenalagency.ca/kidneysvcs/>

## Cumberland Community Dialysis Facility expansion complete

North Island residents living with chronic kidney failure have improved access to hemodialysis now that the \$2.25-million project to expand the outpatient Cumberland Community Dialysis Facility is complete.

At the grand opening in June, kidney patient Gary Pollock of Campbell River (a VIKPA board member) said, "Our previous building was really outdated, and ... wasn't all that user-friendly." He thanked all the people who contributed to make this a reality.



*Dialysis patient Lawrence uses the new unit.*

With a 370-square-metre addition, the facility can now accommodate up to 12 dialysis stations, twice as many as before. It's running nine stations now. The extra capacity is because VIHA is seeing increasing numbers of patients with renal disease. Dialysis support space at the facility, including the nurses' station, has also been improved. As demand increases, and as funding is secured for staff, service will

increase. A new technician arrived at the end of May to add nine more treatment sessions per week, and this September another new technician will add nine more, for a total of more than 120 treatments per week.

Funding for the expansion came from the Ministry of Health and the BC Renal Agency. The Vancouver Island Health Authority (VIHA) staffs and operates the facility, and the annual operating cost is shared by VIHA and the BC Renal Agency.

About 38 kidney patients undergo hemodialysis at the Community Dialysis Facility each week, usually taking three four-hour treatments each week. The facility serves patients from Qualicum north, including Texada, Hornby and Cortes islands, Campbell River and Mt. Waddington.

"Having these spots available in your own community make a big difference," said Pollock. "The costs and the isolation factors are really difficult for some families to manage."



*Patient Stella enjoys a piece of cake after helping cut the ribbon on the new unit.*

*(with information from Elaine Rowan and the Comox Valley Record)*



## Gordon Duthie Bursaries

Seven students were selected this year for VIKPA's Gordon Duthie bursaries. Andrea Pearse, Emily Jones, Amanda Bens, Radek Drogosz, Christopher Becir, Rachel Smith, and Selena Horsburgh each received \$715.



*VIKPA president Cheryl Jones, left, presents the Dee Sangha Award to Jennifer Charlie.*

The bursaries are given annually to assist a Vancouver Island kidney patient who is a VIKPA member in good standing (or their spouse, child or grandchild) to attend an accredited post-secondary institution in Canada in order to improve their employment skills or qualifications.

## Dee Sangha Award

A young single mother from Duncan is the 2011 recipient of VIKPA's Dee Sangha Award. Jennifer Charlie of Duncan received the award on August 4 in Victoria.

The annual \$1000 award goes to deserving kidney patients on Vancouver Island to help them improve their life while facing the everyday challenges of living with kidney disease. The award goes to an eligible member with the same "CAN DO" attitude as long-time VIKPA member and supporter Dee Sangha.

Jennifer is a young single mother of a young teen and toddler boys. She is on peritoneal dialysis and trying to work part time at the Home Depot in Duncan. She was thrilled to be selected, and said the award will help make things easier for her. She was so grateful and couldn't wait to tell her parents.

The first annual Dee Sangha Award was awarded in 2009. It was seeded by Dee's generous contributions, raised through her 15 golf tournaments and donated to VIKPA in recognition of the gift of life Dee had received from her daughter: a kidney transplant. VIKPA in turn wanted to honour Dee through this Award for all her hard work, dedication and support of kidney patients throughout the years and her "CAN DO" spirit.

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## Learn about organ donation

The Kidney Foundation's Living Organ Donor Forum will be Saturday, October 22, 1-4 p.m. at the Pacific Institute for Sport Excellence (PISE), 4371 Interurban Road, Victoria. Parking is free. For more information please contact Debbie Palmer at 250 896-5042; to reserve a spot call the Kidney Care Clinic at 250 370-8224.

This is the 11th Forum. It originally focused on recipients, mainly contacted through the Kidney Care Clinic at the Royal Jubilee Hospital, and now reaches out to potential donors, to help them get the information they need and to correct misconceptions.

It is extremely difficult to ask such a great gift of someone; the Forum lets interested people hear from the professionals and hear the stories of recipients and donors who have gone through the process.

## Membership renewals

Thanks to everyone who has renewed their memberships for 2011; we appreciate your support.

## Membership notes

Do you know anyone who isn't a member of VIKPA yet but might like to be? Why not pass on this newsletter?

Payments processed after November 1 will be considered as 2012 membership unless you specify otherwise. The Board is also looking into other options for different times of year.

We can tell you now, though, that some time in 2012 we will increase our annual membership dues to \$10 -- our first increase in thirty-eight years! It will be effective January 1, 2013.

## About VIKPA's meetings

VIKPA meetings are held on the third Thursday of each month, except July and August, at 1:00 p.m. in the Renal Unit boardroom at Royal Jubilee Hospital, Victoria. The next meeting dates are October 20, November 17, December 15 (just a lunch) and January 19.

All members are welcome. These meetings have generally been Board meetings, so that we can make the decisions needed to get things done. We've now made that official. Members are welcome to attend and to speak on agenda issues, but cannot vote on motions. There is usually time for social discussion after the meeting.

Members wanting something discussed at a Board meeting should get it onto the agenda through a Board member to be sure we get to it.

## Membership form

Membership is open to all, including families and friends of renal patients. We appreciate your support of VIKPA, enabling us to support kidney patients on Vancouver Island.

*(membership term is January –December)*

Name \_\_\_\_\_

Address \_\_\_\_\_

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 Box 5145, Station B, Victoria, BC V8R 6N4  
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## Remembering Kate Pearse



Kathleen Margaret Pearse, fondly known as Kate to her friends here in VIKPA, passed away on June 20, 2011. Kate was a beloved member of the VIKPA board not only filling the position as Secretary, but volunteering to help her husband George with

memberships and took on the role of Treasurer until it could be filled.

Kate and George were always the first to volunteer for any job that needed to be done and made a great team. Not only did Kate fill big shoes, but she filled our hearts with her great sense of humour, laughter and positive attitude. She was a joy to know and will be truly missed by her VIKPA family.

## In Memoriam

Our deepest sympathy goes out to the families and friends of renal patients who have passed away in recent months: Lynn Brodin, Robert Buckland, Sofia Cerel, Joyce Corbett, Lyle Courtney, Ray Hughes, Jahlman Kyrod, Eric Lampson, Marilyn Letcher, Peggy Mitchell, Darlene Mustafovic, Cipriano Pendan, Robert Phelan, Karen Roche, Gerald Sage, Bill Stringer, No Vo, Angeline Weberg, Brian Wharf, Daphne Wheeler and Linda Woolbert.

We thank everyone who has donated in memory of loved ones, and 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 below. 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 [www.vikpa.org](http://www.vikpa.org).

## Did You Know?

In 2009, there were nearly 38,000 Canadians on renal replacement therapy – more than triple the number in 1990. About 41% had a functioning transplant, and 59% were on dialysis. Of the dialysis patients, 82% were on hemodialysis.

## Donating Made Easy

Visit us at [www.vikpa.org](http://www.vikpa.org) You can now make a donation using your credit card through the secure Canadahelps button.

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. VIKPA not only provides items and services to renal units and individuals, but also is an advocate for renal patients on Vancouver Island; we attend Hospital Advisory Committees and present patients' concerns and needs.

Our address is:  
 Box 5145, Station B  
 Victoria, BC V8R 6N4  
 Voice mail: (250) 595-3650  
 Web: [www.vikpa.org](http://www.vikpa.org)  
 Email: [info@vikpa.org](mailto:info@vikpa.org)

President: Cheryl Jones  
 Vice-President: Gary Pollock  
 Secretary: Roberta Marshman  
 Treasurer: Matthew Stanley  
 Membership: Christeen Young  
 Member at large: Lita Rolofs  
 Member at large: Pat Chadwick

This issue was compiled by Tim Hicks.  
 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.

## Kidney-Friendly Spiced Zucchini Muffins



### Ingredients

2 cups (500 mL) all-purpose white flour  
2 cups (500 mL) unpeeled zucchini, shredded  
 $\frac{1}{4}$  cup (60 mL) lightly packed brown sugar  
 $\frac{1}{4}$  cup (60 mL) white sugar  
1 teaspoon (5 mL) baking powder  
1 teaspoon (5 mL) baking soda  
1 teaspoon (5 mL) cinnamon  
 $\frac{1}{2}$  teaspoon (2 mL) ground ginger  
 $\frac{1}{4}$  tsp (1 mL) ground nutmeg  
 $\frac{1}{4}$  teaspoon (1 mL) salt  
1 egg  
 $\frac{3}{4}$  cup (175 mL) 2% milk  
 $\frac{1}{4}$  cup (60 mL) vegetable oil, such as canola oil

### Method

Preheat oven to 350 F (180 C). Line a 12-muffin tin with paper liners.

Mix flour with zucchini, sugars, baking powder, baking soda, spices and salt. Whisk egg with milk and oil. Pour over flour mixture and stir just until moistened.

Spoon batter into prepared muffin pan and bake for 30 minutes or until muffin tops are golden and firm to the touch. Cool muffin pan on a rack. When cool, store muffins in an airtight container. Use within 2 days if kept at room temperature, or up to 2 weeks in the freezer. This recipe makes 12 muffins.

### Nutrition Information

Each muffin has approximately 170 calories, 3 g protein, 6 g fat, 26 g carbohydrate, 200 mg sodium, 120 mg potassium and 90 mg phosphorus.

Adapted from: [www.homemakers.com](http://www.homemakers.com) (Spiced Zucchini Muffin Recipe by Dana McCauley)  
Submitted by: Jane Tosney, Renal Dietitian, VIHA Kidney Care Clinic



## Dee & Jake's Invitational golf tournament

by Tyler Rai

In 1994, a year after my grandmother, Dee Sangha, received a kidney transplant, Dee and Jake hosted a golf tournament. They then held it annually for 15 years, raising an astonishing \$300,000 for the Vancouver Island Kidney Patients' Association.

Unfortunately, due to health issues, Dee and Jake are unable to continue with their passion, so it is with great pleasure that I host a golf tournament, to honor my grandparents.

The tournament will be at Cedar Hill Golf Course in Victoria on Saturday August 18, 2012 with a 1:00 pm shotgun start.

The cost of \$130 per player includes a round of golf, dinner at the golf club, prizes and a tax receipt for \$45. For those attending the dinner only, the cost is \$45.

All proceeds from the golf tournament will go to the Vancouver Island Kidney Patients Association. The goal for 2012 is \$10,000.

There's more than golf, too. There are great prizes in the putting contest, raffles and a fast paced live auction.

For more information please contact Tyler Rai, 6572 Tamany Dr, Victoria BC. V8Z 6Y9  
Tel: 250-652-6326 / 250-812-9258.

## Thanks to this month's sponsors



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