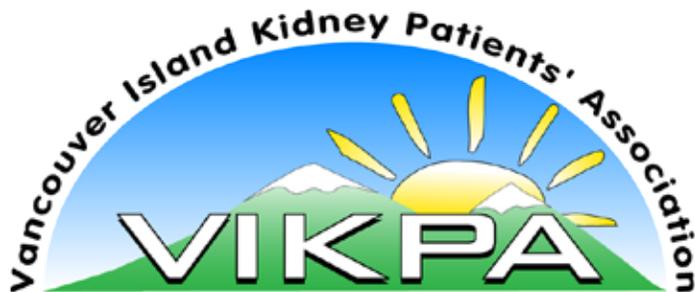


The Renal Review

Spring 2013

Vancouver Island Kidney Patients' Association



President's message

by Cheryl Jones

2012 was a busy year for VIKPA's many volunteers. I would like to take this opportunity to thank all our volunteers and our generous donors who made much of this possible.

Fundraising

The end of 2012 we did our first "You Are The Lifeblood Of Our Organization" fundraising campaign. We have had a great response from those who understand the need for supporting kidney patients on Vancouver Island and the challenges of kidney disease that patients and their families face.

In March of 2012 we had our second successful Silent Auction and are now planning our third – see details in this issue.

Equipment and support

VIKPA provides comfort items, equipment and services not otherwise provided. VIKPA has experience with kidney disease - many members are patients - so we have a great understanding of the needs of those we serve. In 2012 we were able to provide equipment and support for Island patients:

- two dialysis chairs, from a generous bequest with specific instructions
- a Transonic monitor to help detect when dialysis access sites are narrowing, therefore often preventing loss of site and more surgeries
- TV sets for the Nanaimo community clinic
- grocery gift certificates for those in need and emergency fund assistance, working privately with social workers throughout the island.
- seven Gordon Duthie bursaries and one Dee Sangha award – all to very worthy applicants.

Advocacy

VIKPA representatives attend VIHA patient advisory meetings in Nanaimo and in Victoria. If you would like us to bring any of your concerns forward at one of these meetings, please contact us (see page 5 for contact information).

Thanks

Thank you again for all your support, it is greatly appreciated.
I wish you and your loved ones a Healthy New Year.

VIKPA's Annual
General Meeting
is Thu. Feb. 21;
details within

Vancouver Island Kidney Patients' Association
Notice of Annual General Meeting

Thursday, February 21, at 1:00 pm.

**Renal Boardroom, 2nd floor,
 Royal Jubilee Hospital, Victoria, B.C.**

All members are welcome. Members in good standing will be able to vote. If your dues are not up to date, they can be accepted before the meeting begins. A Board meeting will follow the AGM.

There will be an election, too. Nominations will be accepted at the meeting; anyone wanting to be nominated who cannot attend the meeting should notify VIKPA by phone or email.

Members will be asked to ratify some proposed changes to our bylaws:

- Section 2.01 is amended to simplify the process of accepting membership applications;
- Section 2.05 is amended to be clearer on when a member with unpaid dues is considered delinquent or "not in good standing;"
- Section 2.07 is replaced with new text indicating that membership dues received in November or December will apply to the following calendar year;
- Section 3.02 is amended to officially removes "The" from VIKPA's full name;
- Section 4.03 is changed to allow board members to vote by proxy via a written agreement or via email;
- Section 4.04 is amended to specify that at any general meeting the quorum shall be a simple majority of the executive, which is four of the seven board members; and
- Section 5.04 is amended to change the board position of Membership chairperson to Member At Large making a total of three Members At Large.

Thanks for helping

Did you know? B.C.'s goal for organ donor registration is 85%, but current registration is below 20% Please tell some friends about [B.C.'s organ donor registry](#) and the "[because I can](#)" project.



Sheila Giebel, left, holds a VIKPA plaque of appreciation.

She has helped raise more than \$3,000 in donations for VIKPA.

Sheila is the daughter of the late Nancy Cuthbert who was an active member of the VIKPA board.

Vancouver Island Kidney Patients' Association
3rd Annual Silent Auction

Wednesday March 6th 2013
9 a.m. – 3:30 p.m.

Royal Jubilee Hospital Lobby

What's Available

- Dozens of Silent Auction Items - including a return trip for two to Jasper from VIA Rail ... Ocean River Sports kayaking (3-hour rental for two)
- 50/50 Draw

Why we do this

Each day on average, fifteen Canadians learn that their kidneys have failed, often due to diabetes or hypertension. Your donations are the lifeblood of our organization. Support Kidney Month and VIKPA by attending.

Notes for bidders

We'll try to notify you if your bid has won, but it will help you and us if you are able to check back in person after 3:30 to see if you were the winning bidder.

Successful bidders are asked to make arrangements for payment and pickup of items as soon as possible after the close of bidding.

Payments can be made by cash, cheque, Visa or Mastercard. An ATM is available by the front door.

Thanks again!



Tyler and Janik Rai have raised more than \$5,000 in donations and probably as much again in silent auction donations. Janik is the daughter of long-time VIKPA supporter Dee Sangha.

Volunteer opportunity

If you would like to join VIKPA but not commit to an executive position, we are always looking for volunteers to help us.

The bursary committee is looking for a chair to receive and process applications beginning June 30th.

This job comes with binders and complete instructions. Other committee members have experience and are there to assist.

You can be part of this

All submissions and ideas for the newsletter are gratefully accepted and may be sent or emailed to the address listed above. We thank all the contributors to this issue.

Dialysis Walking Group continues and donates

by Pat Chadwick



Another year has passed and our group is still going strong. The weather co-operated nicely and we didn't have to walk in the rain or stomp in the snow. It is so nice to live in a place like Victoria where we can walk all year long.

We had to say so long to Nancy, our coordinator. Nancy started our group many years ago, but has now decided to retire and live the life of leisure. We

would like to take this opportunity to thank her for keeping the walking group together and always finding places for us to walk and enjoy each other's company. Thank you Nancy from all of us, and we hope retirement is treating you well.

Jackie has stepped up to the plate. Thank you Jackie, you are much appreciated.

In July we decided to have a picnic. Jackie suggested we have it at Fort Rodd Hill. What a lovely place to have a picnic. We had a canopy for cover and benches. We decided on pot luck so we had a variety of excellent food. Later we walked around the compound and enjoyed all the surroundings, especially the lighthouse.

In December we had our Christmas get-together as usual. We would like to thank Ann and Chris for opening their home to us. We all brought finger food which was very well received. The hosts provided tea, coffee and juice. We shared a wonderful time together and we thank Ann and Chris for their generosity.

Instead of giving out small gifts to each other it was suggested we should give to a charity of our choice. Our choice was the Vancouver Island Kidney Patients' Association, and we were able to donate \$750.00 to VIKPA. I would like to thank everyone who donated to this worthy cause. It was very much appreciated.

Everyone is welcome to join our group. We walk for one hour and then socialize for one hour at a restaurant or pub. Each month is a different walk. If you are interested please phone Pat at 250-384-2927. Our walks are always on the third Sunday of the month and start at 2 o'clock.

We are looking forward to another fantastic year of walking and enjoying the great outdoors.

In Memoriam

Our deepest sympathy goes out to the families and friends of renal patients who have passed away in recent months: Sardara Bains, Shauna Brown, William Ellwyn, David Ewart, John Fraser, Lise Gonyea, Wm. Stuart McIntosh, John Mertes, Ed Morrison, Mel Philpott, Christopher Purkis, Ross Robert, Donald Robinson, Brent Stauffer, Mark Stein, Beverly Vivian, Bea Westgate.

We thank everyone who has donated in memory of loved ones, and families who have designated VIKPA as their charity. If you wish to make an In Memoriam donation to VIKPA, please mail to our address below. Please include 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.

History of VIKPA

Here's an overview of how VIKPA got to where it is today; we'll have more history in future issues.

The Vancouver Island Kidney Patients' Association is a grass roots organization. It began with a few patients who realized the needs of many patients were not being met. They wanted to form a support group and fundraise for comfort items, services and equipment not otherwise provided.

VIKPA's first newsletter went out November 1973 and its first meeting was held November 18, 1973 with 18 present. This clearly showed that there was a great need for such a support group to advocate for the needs of kidney patients.

VIKPA was legally incorporated under the Society Act on March 22, 2000 and remains to this day a non-profit society and registered Canadian charity composed entirely of volunteers from within the renal community (many of which are patients) to support people facing the challenges of kidney disease. We now support more than 2400 kidney patients throughout Vancouver Island.

The executive of VIKPA well understands the life changing effects of chronic kidney disease and its devastating effects. We continue to work passionately to provide items to help renal patients cope with the challenges of their disease that they face each day.

About VIKPA

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 Email: info@vikpa.org

President: Cheryl Jones
 Vice-President: Gary Pollock
 Secretary: Wally Rolofs
 Treasurer: Matt Stanley
 Membership: Matt Stanley
 Member at large: Lita Rolofs
 Member at large: Tim Hicks

Christmas party



Thank you to those who attended our Christmas party - VIHA staff, VIKPA executive and kidney patients, friends and family.

It was nice to see a few new faces and be greeted by staff who came by to thank VIKPA for its contributions throughout the year.

We had a lovely renal friendly luncheon, followed by our usual silly Christmas games.

We thank Renal Services, represented by Greg Searle and Dan Martinusen, for providing the wonderful Christmas lunch. Thanks also to Wendy Poulton's friend Debbie for creating a great assortment of desserts and treats.

Membership renewal time

As spring approaches, how about celebrating it by renewing your VIKPA membership?

Everyone's up for renewal with the new year, except of course those who have already renewed.

You can do it online now at www.vikpa.org - click on the "MEMBERSHIP" tab near the top of the page. But of course we're always happy to receive a cheque in the mail.

Nanaimo Clinic restructured

from Maureen Molyneaux

The Nanaimo Kidney Care Clinic (NKCC) now works with five Nanaimo based nephrologists: Dr. Rachel Carson; Dr. Suvi Rasaiah; Dr. Anthony Booth; Dr. Alison Croome and Dr. Naomi Glick.

While NKCC continues to provide education and support to people living with Chronic Kidney Disease, the clinic has restructured the way our services are provided. We will continue to have one group education session, called the 'Learning Session', provided by a nurse, pharmacist, dietitian and social worker. This session provides an overall, general introduction to managing well with CKD, with written materials provided.

Patients also have access to individual appointments with staff for detailed diet, nursing and social work information and support. If you have attended our clinic in the past and would like a refresher on information you've received, please give us a call at 250-739-5828, or toll free at 1-877-739-5828.

Mark your calendar

March 6: VIKPA Silent Auction at RJH

March 8: World Kidney Day

Apr 22-29: National Organ and Tissue Donor Awareness Week

Membership form

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

Membership term is January-December. Dues paid after November 1 will apply to the following year.

Date _____

Name _____

Address _____

City/town _____

Postal Code _____

Phone _____

Email _____

please email my newsletter

Enclosed is \$10 for my annual membership.
 New Renewal

Enclosed is a donation of \$____
 (Receipts issued for donations over \$10)
 Total enclosed: \$_____

Please contact me about a donation.

I would like to volunteer. Please contact me.

I am: o Pre-dialysis o Hemodialysis
 o Peritoneal dialysis o Transplant
 o Family member o Care worker
 o Other _____

Please mail this form to:

Vancouver Island Kidney Patients' Association
 Box 5145, Station B, Victoria, B.C. V8R 6N4

Charitable Registration 89183 2172 RR0001