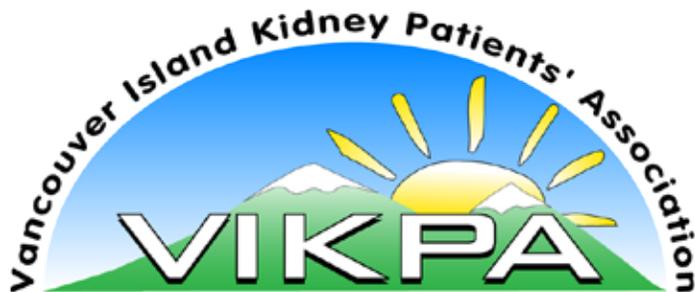


The Renal Review

Summer 2013

Vancouver Island Kidney Patients' Association



President's message

by Cheryl Jones

Thanks to great volunteers and those that saw a need and a vision, VIKPA is able to celebrate over 40 years of service to the renal community on Vancouver Island. An article in this issue continues the review of VIKPA's history.

We were sad this spring to hear of the passing of Dee Sangha, who did a great deal for VIKPA and will be remembered as part of our history. There's an article about Dee later in this issue.

Equipment and support

This year, we're moving ahead with our plan to help the Island kidney community by acquiring Transonic monitors. We bought one for Nanaimo last year and another has been ordered for this year for either Cumberland or Port Alberni. The monitor indicates flow problems during dialysis so the flow can be adjusted quickly. Insufficient flow during dialysis causes underdialysis, and excessive flow can cause thrombosis or even heart problems.

Advocacy

VIKPA representatives attend VIHA patient advisory meetings in Nanaimo and in Victoria. In May we heard that the Kidney Foundation and others are looking at improving transportation options for up-Island kidney patients. There are timing problems with HandiDart in some places, because a dialysis day can be longer than a HandiDart day. We've made another donation to Wheels for Wellness to help in the shorter term.

Thanks, volunteers

I would like to take this opportunity to thank Matt Stanley for his dedication and hard work volunteering with VIKPA as Treasurer. Matt will continue as our Membership person, and as Treasurer we welcome Etienne Dubé-Blais. We also welcome Erica McMonnies, who will help us through the summer by reviewing applications for the Gordon Duthie Bursary Program and the Dee Sangha Award. Erica and Etienne are introduced elsewhere in this issue.

Thanks for your support

VIKPA appreciates hearing from the renal community. We have received many notes and thank you letters over the past year. Hearing that the things we do are having a positive influence in the lives of people affected by kidney disease is very rewarding. Our longer term goal is to be around for another 40 years.

Thanks to our auction participants

We are proud to announce that we raised more than \$11,500. VIKPA's long term goal is to provide Transonic monitors to each dialysis unit, and the monies from the silent auction will go towards this goal. We thank the Victoria and Vancouver Island community and beyond for its overwhelming donations for the silent auction.

A special "thank you" also goes to Janik and Tyler Rai, VIHA, Bill Kane, Janice Jenkins and RJH staff for their support which helped make this event enjoyable for all those who attended. We especially thank our Platinum donors: Hostelling International, Victoria; Hastings House Country House Hotel, Salt Spring Island; and VIA Rail. Please offer your support when you can to the generous donors who supported VIKPA, listed below.

5th Street Bar & Woodfire Grill Accent Inn Victoria Heather Aked (Macquarie Private Wealth)
 Acklands Grainger Arome Aromatherapy Studio Baby Jones BCAA B.C. Spunwood (Mark Patterson)
 Best Western Tin Wis Resort Tofino Big O Tires (Quadra) Bird of Paradise Pub Black Ball Ferry
 Blenkinsop Valley Golf Hazel Bowman Boston Pizza (Shelbourne) Butterfly Gardens Cactus Club
 Canadian Tire (Broadmead) Chateau Victoria Hotel & Suites Charelli's Cheese Shop & Catering
 Vivian Chenard Cannor Nursery Capital Auto Glass Capital Iron Cineplex Silver City Cordova Bay Golf
 Craigdarroch Castle Christie's Pub & Carriage House Crown Isle Golf Course Crystal Pool Dig This
 Dairy Queen (Quadra) John Danvers David's Tea (Hillside) Delta Victoria Ocean Pointe DTI Computers
 Earl's Restaurant Esthetics by Rose Esso Car Clinic (Hillside) Esquimalt Parks & Rec Centre
 Evedar's Bistro Everyth ing Wine Evolve Hair Studio Finning Tractor Fernwood Coffee Co. Fireside Grill
 Focus 5000 Hair Designers Francelli's Coffee House Frontrunners Darryl & Stacey Fujimoto
 Garden Works (Blenkinsop) Glen Meadows Golf & Country Club Golf Town Harbour Ferry Tours
 Hastings House Salt Spring Island Heirloom Linens Highland Pacific Golf Course Home Sense
 Home Depot (Shelbourne) Hotel Grand Pacific Hostelling International – Victoria
 Richard Hunt Il Terrazzo Restaurant IMAX Theatre Island Farms J. J. Morgan Restaurant
 Jasmine's Restaurant Jersey City Kal Tire (Saanichton) Kingfisher Ocean Resort & Spa
 Knickerbockers & Home Décor (Brentwood Bay) Rebecca Latimer Lawson Lundell LLP Law Firm
 London Drugs London Drugs (Quadra) Manresa Castle (Port Townsend) Marlin Travel Marshalls
 Mary's Bleue Moon Café Norma, Bruce & James Matthews McDonald's Saanich Jim Murray
 Noodle Box (Uptown) Oak Bay Recreation Centre Ocean Front Suites at Cowichan Bay
 Ocean River Sports Old House Village Hotel & Spa (Courtenay) Olympic View Golf (Ken Langdon)
 Ooh La La Cupcakes P & R Western Star & Freightliner Trucks Panorama Leisure Centre
 Park Inn & Suites(Vancouver) Parsonage Café Maralyn Patterson (Pt. Hardy) Peninsula Co-op (Saanichton)
 Penna & Co. Peter Michl Furniture & Upholstery Planet Organic Market (Quadra) Pharmasave Brentwood
 Pharmasave Broadmead Prairie Inn Prince of Whales Whale Watching Purdy's Pure Pharmacy Victoria
 R&R Diner Red Feather Red Robin Restaurant Rexall Home Healthcare (McGill & Orme) Rogers Arena
 Romeo's Restaurant Rona Home Centre (Langford) Royal Colwood Golf Course Royal BC Museum
 Royal McPherson Theatre & Playhouse Royal Oak Village Wine Works Royal Oak Golf Course
 Saanich Parks & Recreation Sassy's Save on Foods Memorial Centre Save On Foods (Saanich store)
 Save On Foods (Westside store) Scrub Your Duds Dry Cleaner Sea Cider Farm & Cider House
 Seahorse Cafe Searles Repair Sequest Sidney Whale Watching Serious Coffee Maureen Simpson
 SHAW Sidney Waterfront Inn & Suites Spinnakers Gastro Brew House & Guest House Restaurant
 Beach Club Resort Parksville Stellar Wines Butchart Gardens Cat's Meow In-home Pet & House Sitting
 The Keg Steakhouse & Bar at the Winery Market on Yates Sidney Pier Hotel & Spa Thrifty Foods
 Tim Hortons Hillside Times Colonist Totem Towing Uplands Golf Club Vancouver Canucks VIA Rail
 Victoria Conservatory of Music Victoria Harbour Ferry Victoria Symphony Victoria Tours Pedicab
 Victoria Royals View Royal Casino Wal-Mart (Uptown) West Coast College of Massage Therapy
 Winners White Spot (Fort Street) Wild Play Element Park

VIKPA Awards

June 30 is the deadline for applications for both the Dee Sangha Award and the Gordon Duthie Bursary awards. Applications must be received by us on or before June 30th deadline. No late or incomplete applications will be accepted.

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

The Dee Sangha Award is awarded annually to a kidney patient who is a VIKPA member in good standing and displays Dee Sangha's "can do" attitude. It is to assist Vancouver Island renal patients in improving their lives while dealing with the everyday challenges of living with kidney disease. In particular, the award committee looks for a renal patient who is working towards a goal coming back from adversity.

To receive an application form and further information, please contact VIKPA or one of the renal social workers, or visit our website at www.vikpa.org to print off an application. If you are a renal patient, you may be eligible for both awards.

Executive update

At the Annual General Meeting in February, most Board members were re-elected, and we thank them all for continuing. Tim Hicks, continuing as newsletter editor and investment chair, is now officially a Member at Large.

Our new Treasurer, **Etienne Dubé-Blais** was born in Montreal, earned a diploma in Pure and Applied Sciences, then set out to explore the world. After nearly six years, Etienne settled in Montreal again, but visited Victoria and fell in love with it. He is now completing his second year in the Accounting program at Camosun College, heading for a Chartered Professional Accountant (CPA) designation. Etienne is eager to help VIKPA with his new skills, and sees this as a wonderful opportunity to give back and connect with the community that has already brought him so much joy.

We also welcome **Erica McMonnies**, who will help review bursary applications. Erica recently completed her four-year Bachelor of Business Administration (BBA) degree in Accounting at Camosun College and is also headed for the CPA designation. Erica grew up on Pender Island with her father and learned about kidney disease when her father spent several years on peritoneal dialysis due to his polycystic kidneys. Erica has volunteered so that others can receive the support her father did from VIKPA.

You can be part of this newsletter

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.

We welcome your feedback ...

What do you like or dislike about this newsletter? Are there things you'd like to see here? Would you like more of some things, and not as much of others? Please let us know by sending comments to info@vikpa.org or leaving a message at 250-595-3650.

... and your advertising

Would you like to help VIKPA while helping your business? How about placing a business card ad in this newsletter? The rate is \$50 for one issue, or \$150 for four issues. If you're interested, please email info@vikpa.org or leave a message at 250-595-3650.

Tribute to Dee Sangha



It was with great sorrow that we heard of the passing of our dear friend Dee Sangha on April 19.

Dee was a devoted supporter of VIKPA for over 15 years. She received a kidney transplant from her daughter on March 19, 1993 and lived her life to the fullest, never once taking this great gift for granted.

Dee was a personal inspiration to me and I had the privilege of honouring her when VIKPA started the Dee Sangha award in 2009. The award goes to a kidney patient each year who despite the challenges of living with kidney disease has the same "can do" attitude that Dee displayed, and lives life to the best of their ability.

Dee over many years donated more than \$300,000 through golf tournaments held annually for over 15 years, beginning only one year after her kidney transplant. Dee was a passionate fundraiser and advocate for VIKPA and it was not easy for anyone to say no to Dee when on this mission.

We appreciate her dedication and all she did for so many kidney patients on Vancouver Island. Many recipients of her kindness do not even know that they have benefited from her hard work and dedication, providing these funds for much needed patient comfort items, equipment and services that otherwise would not have been provided.

Dee will live on in the hearts of the Vancouver Island Kidney Patients' Association family, and it is our hope that the Dee Sangha Award will continue to inspire others to live their lives to the fullest despite the challenges of living with kidney disease.

Dee has touched many lives and will not be forgotten.

--- Cheryl Jones

History of VIKPA, part 2

In this issue, we'll look at VIKPA's first years, 1974 and 1975. We thank Laurie Pollock, who is our historian this year.

This society started out as a group of people who were selling bazaar items (knitting goods, etc.) to provide funds to the hospital for patients with renal problems.

The idea was to register a society as a "non-profit" but to try to stay as a social club for the time being. As it turned out, VIKPA wasn't registered as a non-profit society until March 22nd, 2000 – more on that in later issues.

January 13, 1974 saw the first start-up meeting. Over the next year, the association obtained charitable donation status, and developed a mandate for fundraising including doing major garage sales and big raffles.

The directors for 1975 included Sylvia McCormack, Mr. Bennett, Evelyn Hammond and Steve Crathale.

As the membership increased, speakers were invited to the meetings to provide information about kidney disease, local organizations and what was truly needed. Ann Gurmarains of the Kidney Foundation spoke regarding the work done across Canada.

Fundraising was successful enough to provide various items needed in the renal unit at the Royal Jubilee Hospital to make the patients' time there easier. Telephones and single-needle fistula apparatus (\$2,000 - \$3,000 each) were installed in March of 1975, and later a reclining chair was provided.

The Annual Picnic was held on July 13, 1975, to build a feeling of community.

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](https://transplant.bc.ca/OnlineReg/bcts.asp),
<https://transplant.bc.ca/OnlineReg/bcts.asp>
- the "because I can" project,
<http://www.becauseicanproject.com>

In Memoriam

Our deepest sympathy goes out to the families and friends of renal patients who have passed away in recent months: Brian Angus, Lary Best, Irene Birrell, J. Curtis, Anthony Donn, Donald Dundee, Kuong Lam, D. LeBlanc, Walter Lowe, Doug MacLean, John McCabe, Earnie Miles, Elvira Nelson, Eleanor Neufeld, Bill Robertson, John Rose, Virginia Rose, Lorme Wealick, Dennis Woodfield, Bill Young.

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.

Wheels for Wellness



As mentioned in the President's Report, we became aware of limitations in HandiDart's ability to meet the needs of kidney patients. One alternative for patients is the Wheels for Wellness service.

At left, VIKPA VP Gary Pollock presents Don Buchner, executive director of Wheels for Wellness, with a cheque for \$1,000 toward the increasingly escalating costs of transporting patients to dialysis and nephrologist appointments. Buchner noted that 48.6% of his organization's clientele are kidney patients.

For more information about Wheels for Wellness, see <http://www.wheelsforwellness.com/>

About VIKPA

The Vancouver Island Kidney Patients' Association (VIKPA) is an all-volunteer, legally incorporated, non-profit society and a registered Canadian charity working for the benefit of all renal patients.

VIKPA provides items and services to renal units and individuals, and advocates for renal patients on Vancouver Island by attending Hospital Advisory Committees and presenting 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: Etienne Dubé-Blais Members at large: Lita Rolofs, Tim Hicks, Pat Chadwick

Membership renewal time

As summer approaches, how about celebrating it by renewing your VIKPA membership? Everyone's up for renewal now, except of course those who have already renewed.

If you're reading a paper copy of this issue, look for a blue dot on the cover. That confirms that you are due for renewal.

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.

Thanks, Legion!

The Royal Canadian Legion Trafalgar/Pro Patria Branch No. 292 presented VIKPA with a generous donation on May 12 at their hall located on Gorge Road. One of the missions of the Legion is to serve their community. Their branch and auxiliary work hard to donate towards many great causes in the community and we are grateful that they chose VIKPA as one. It is through donations like this that we are able to continue working on behalf of the renal community on Vancouver Island.

Thanks, Thrifty Foods!

We would like to say a big thank you to Thrifty Foods and those who supported us through the Smile Card Program. Last year we raised over \$2,000 and were able to purchase a transonic monitor.

Since 2004 the Smile Card program has raised well over \$20,000 on our behalf. With these funds we have been able to purchase a bladder scanner, transonic monitors, dialysis chairs, televisions, and cushions for some hemodialysis units -- as well as topping up the social workers' emergency fund.

If you would like to be a part of this worthwhile program, you can get a Smile Card by emailing us at info@vikpa.org or 250-595-3650 (voice mail). Help us reach our goals in 2013.

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: Pre-dialysis Hemodialysis

Peritoneal dialysis Transplant

Family member Care worker

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