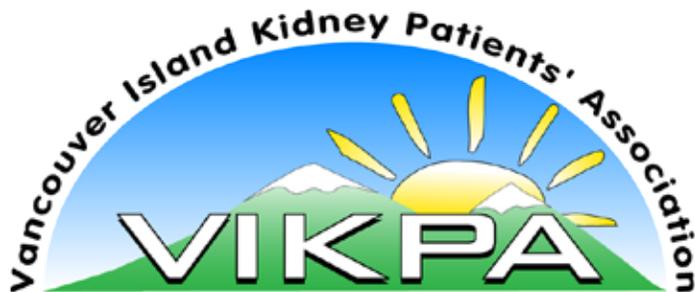


# The Renal Review

June 2014

Vancouver Island Kidney Patients' Association



## President's message

by Cheryl Jones

Kidney disease takes a toll on both the patients and their families who support them. Many of us on the VIKPA board are kidney patients and understand those needs. VIKPA continues to provide many comfort items, services and equipment not otherwise provided by health providers. VIKPA relies on fundraising and donations to provide these services. Thank you for your support, especially at the silent auction, described later in this issue.

Thanks to a great group of volunteers and donors, VIKPA has been able to budget this year for:

- a blanket warmer and ice maker, line clamps, BP cuffs, dialysis chairs,
- a donation to Wheels for Wellness for transportation of renal patients,
- supplying the social workers with an emergency fund this year, and
- providing grocery gift cards at Christmas and Easter to those chosen by Renal Social workers. The criteria for the gift cards are established by the social worker as many are in need. We've had quite a few moving thank-you cards.



We've supplied blood pressure cuffs to other units in the past, and this year we've been able to buy some for the Nanaimo Kidney Care Unit, including a specially ordered extra-large cuff. As we prepare this issue, VIKPA has also just approved a special "talking" cuff for Nanaimo to lend out to blind kidney patients, and a talking scale as well.

We were also able to provide line clips to go into the Renal Unit setup kits at Royal Oak clinic. These are clips that attach dialysis lines to clothes so they don't get pulled or snagged. We thank the anonymous donor who provided \$500 towards this, and did some hard work sorting out the details and getting it done.

### *Coming soon, we hope*

At the RJH patient advisory meeting, they spoke again of an expansion of the Kidney Care unit in Nanaimo and also making room for a new transplant clinic there. North Island patients will slowly be transferred to the unit once it opens. Some may even be coming from Powell River.

The Royal Jubilee renal program is also looking into beginning nocturnal dialysis, with eight-hour runs at night three times a week.

And for those who have been following the recipes we sometimes run here, our Vice President Gary Pollock is working with a renal nutritionist—who has just written a book—to see if we can develop some new ways to deliver food ideas to kidney patients - maybe a video about renal-friendly recipes.

Stand by!

## Fourth silent auction a success - thanks everyone!



We are proud to announce that we raised more than \$11,582 at our fourth annual silent auction March 5, 2014 at Royal Jubilee Hospital. VIKPA's goal this year is to provide dialysis chairs, 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. We especially thank our Platinum donors: West Jet, VIA Rail, and Hastings House Country House Hotel on Salt Spring Island. Special thanks

are due to: Victoria Hospitals Foundation, Cynthia Durand-Smith, Janic Rai, VIHA, Bill Kane, Janice Jenkins and RJH staff for their support, which helped make this event enjoyable for all those who attended.

Please offer your support when you can to our generous donors, listed below.

Ackland-Granger Campbell River

Arome Aromatherapy Studio

Artbox

Baby Jones

Barb's Fish and Chips

BC Ferries

BC Forestry Discovery Centre

The Beach Club Resort, Parksville

Belfry Theatre

Bellstar Hotels and Resort

Best Western International

Big O Tires (Quadra store)

Black Ball Ferry

Boston Pizza (Shelbourne)

The Butchart Gardens

Butterfly Gardens

Cannor Nursery

Capital Iron

The Cat's Meow In-home Pet & House Sitting Services

Helen Cave

Cineplex Silver City

Cordova Bay Golf Course

Craigdarroch Castle

Pat and Ted Chadwick

Chatters Hair & Beauty Salon (Mayfair)

Chemainus Theatre

Rowena & Chinese Ladies of Crystal Pool

Chocolaterie Bernard Callebaut

Crown Isle Golf Course

Crystal Pool

Dairy Queen (Quadra store)

Davids Tea (Hillside)

Days Inn (Vancouver)

Delta Victoria Ocean Pointe Resort & Spa

Dodd's Furniture

DTI Computers

Earl's Restaurant

Esso Car Clinic (Hillside)

Esquimalt Parks and Rec Centre

Everything Wine

FairHolme Manor Inn

Fairwinds Golf & Country Club, Nanoose Bay

Fernwood Coffee Company

Frankie's Italian Kitchen & Bar, Vancouver

Frontrunners

Darryl and Stacey Fujimoto

Garden Works (Blenkinsop)

Glen Meadows Golf & Country Club

Gordon Head Rec Centre

Hastings House Country House Hotel, Salt Spring Island

Alan Hicke

Home Depot (Shelbourne)

Hotel Grand Pacific

Il Terrazzo Restaurant

IMAX Theatre

Innovative Fitness

Island Farms

J. J. Morgan Restaurant

The Keg Steakhouse and Bar at the Winery

Kingfisher Ocean Resort and Spa

Knickerbockers & Home Décor (Brentwood Bay)

Langham Court Theatre

Ken Langdon

## Silent auction donors, continued

Lawson Lundell LLP Law Firm	Rexall Home Healthcare (McGill & Orme)
London Drugs	Rexall Pharmacy Fort St
London Drugs (Quadra)	Wally Rolofs Fair Realty
Sylvia Main	Romeo's Restaurant
Manresa Castle, Port Townsend WA	Royal Bank of Canada
The Market on Yates	Royal BC Museum
Darlene Michl	Royal McPherson Theatre & Playhouse
Liz Morgan	Salmond Ashurst
Ken Merkle	Saanich Parks & Recreation
McDonald's Saanich	Save on Foods Memorial Centre
Oak Bay Beach Hotel	Save On Foods (Saanich store)
Oak Bay Recreation Centre	Sea Cider Farm & Cider House
Ocean River Sports	Sears Portrait Studio
Olympic View Golf Course (Ken Langdon)	Serious Coffee
Ooh La La Cupcakes	Sherlock Home Inspection
Optics International	Spinnakers Gastro Brewpub & Guesthouses
Panago Pizza	Tigh-Na-Mara Seaside Resort
Panorama Rec Centre	Times Colonist
Park Inn & Suites (Vancouver@ Broadway)	Tim Hortons
Patrons of the Crystal Pool	VIA Rail
Parsonage Café	The Victoria Conservatory of Music
Pura Vida Fitness	Victoria Harbour Cats
Maralyn Patterson, Port Hardy	Victoria Symphony
Peninsula Co-op (Saanichton)	Victoria Royals
Peter Michl Furniture & Upholstery	Victoria Royals Hockey Club
Planet Organic Market (Quadra)	View Royal Casino
Prince of Whales Whale Watching	Wal-Mart (Uptown)
Purdy's	West Coast College of Massage Therapy
Quality Inn and Suites, Sequim WA	WestJet
Ramada Inn and Suites Vancouver	White Spot (Fort Street)
Red Robin Restaurant--Victoria	

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## Represent VIKPA at the Kidney Walk

The Kidney Foundation's Kidney Walk BC will hold its Victoria event at Clover Point on the morning of Sunday, August 17. VIKPA would like to put together a team this year. If you are interested, please send an email to Matt Stanley, [mattstan@uvic.ca](mailto:mattstan@uvic.ca)

The Cowichan Valley and Port Alberni events are August 10, Nanaimo is August 17. Comox Valley is September 21 and Campbell River is September 28.

For details of each event, see <http://www.kidney.ca/bcwalk>

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## VIKPA awards application deadline June 30

Applications for the two awards below must be received by us on or before end of day June 30. 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. A maximum of \$1500 per person and a total maximum of \$10,500 will be awarded to successful applicants each year.

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. A maximum of \$1000 will be awarded to one person per year.

If you are a renal patient, you may be eligible for both awards.

For detailed eligibility requirements and an application form, please visit our website at [www.vikpa.org](http://www.vikpa.org) under the 'services' tab. Alternatively, contact us using any of the other methods listed on the next page, or ask one of the renal social workers.

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### Website co-manager wanted

Are you comfortable with managing websites driven by WordPress? If so, you might be able to help VIKPA.

We have a technical expert supporting our site, but he's far away and we like to have a local person doing basic updates such as uploading each newsletter or announcing events.

If this sounds interesting, please email Tim Hicks, [tim@trh.bc.ca](mailto:tim@trh.bc.ca) for more information.

### New editor

Your current editor, Tim Hicks, is amazed to find that he has been producing this newsletter since the November 2008 issue. But he's off to the Lower Mainland now to be nearer his family, especially that cute granddaughter. The next issue will be produced by Pat Scanlan (thanks, Pat!), who will send out the usual call for articles in early fall.

### Remember your Smile Card

Once again we thank Thrifty Foods for renewing the Smile Card program. If you have a card, it will still work

if you don't, Lita Rolofs can get you one. You can request a card by email to [info@vikpa.org](mailto:info@vikpa.org) or by leaving a message at (250) 595-3650.

Some of us have a card but have fallen out of the habit of using it. If you're a regular Thrifty shopper, you can help us at no cost to yourself. Just go to the store, preload the card with a dollar value, then use it to pay when you shop. VIKPA will get a percentage donation from Thrifty's -- at no cost to you.

### Follow us online

Every month a few more people follow us on Twitter (@VIKPA2) and Facebook (look for "Vancouver Island Kidney Patients' Association"). We're trying to keep up a steady flow of new and interesting ideas.

## In Memoriam

Our deepest sympathy goes out to the families and friends of renal patients who have passed away in recent months: Murray Ames, Joan Boulton, Anna Canute-Paul, Marjorie Cedar, Maria Adoracion Cubangbang, Judith Fredericksen. Robert Gillespie, Thomas Halbert, Vlado Kosak, Kim Madsen, Pompeo Manalo, Keith (Phillip) McRae, C. Melinchuck, Marilyn Milligan, Bobbie Moar, A. Pete, Shirley Petten, David Reed, Shawn Thomas, Mary Pollard, Al Purslow, Bonnie Vatne, Charlotte Williams, Dick Wilson, Jim Young, G. Yu.

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](http://www.vikpa.org).

## Did you know?

According to BC Transplant, as published at [transplant.bc.ca](http://transplant.bc.ca):

The median waiting time for patients who received a kidney transplant in 2012 from a deceased donor was 43.65 months. A year earlier it had been 62.2 months.

As of Dec. 10, 2013, BC's Organ Donor Registry 876,126 people were registered on. But on average, there are 25,000 deaths in BC each year. Fewer than 1% of those, or 250, will die in a way that leads to organ donation. Of those 1%, the majority will be deemed unsuitable for transplant. In 2013, there were only 67 deceased organ donors in BC.

But British Columbia leads Canada in living kidney donations, at 38 donors per million population. In 2013 there were 127 kidney transplants from living donors. With about 100 more transplants from deceased donors, that's less than half the number of BC people waiting for a kidney transplant

## Help save us money: read this online

If you're reading this on paper, you have a chance to save VIKPA some money, especially as the cost of postage keeps rising. It costs us to print the paper version, too. Every month a few more people elect to receive their newsletter by email. If you'd like to join them, please send email the address below; we'll do the rest.

### 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 Patient Advisory Meetings 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](http://www.vikpa.org) Email: [info@vikpa.org](mailto:info@vikpa.org)

President: Cheryl Jones      Vice-President: Gary Pollock      Secretary: Wally Rolofs  
Treasurer: Erica McMonnies      Members at large: Lita Rolofs, Tim Hicks, Matt Stanley

## It's membership renewal time

It's time to renew your membership if you haven't already - and more than half of you haven't! You can join or renew online at [www.vikpa.org](http://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; use the form at right.

## Legion donation supports us



The Trafalgar/Pro Patria Branch No. 292 of the Royal Canadian Legion presented VIKPA's Cheryl Jones with a generous donation on May 30 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 to 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.

If you wish to make a donation to VIKPA, do it online at [www.vikpa.org](http://www.vikpa.org) or use the form at right. We'll send a tax receipt for donations of \$10 or more. If we have an email address for you, we'll send the receipt that way (and save postage).

All money donated to VIKPA goes towards renal patients on Vancouver Island. We are 100% volunteer-based.

## 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 \$10 or more)

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