

# The Renal Review

October 2014

Vancouver Island Kidney Patients' Association



## PRESIDENT'S MESSAGE

Although VIKPA does not hold meetings during the summer holiday, we remained busy working hard behind the scenes.

It was my great pleasure to hold our first volunteer BBQ. We have great volunteers that come from many walks of life and all have the same devotion to help kidney patients in our community. These tireless volunteers devote many hours each year and are the lifeline of our organization. It was a great pleasure to finally thank those that keep our organization going. A special thank you and presentation was made to Tim Hicks, who has been with VIKPA for many years and will truly be missed. Positions he has held include newsletter editor, website assistant, and investment chair (to name a few). We wish Tim and his wife Jane all the best in their move to the mainland.



This summer we have been able to provide the Victoria kidney care unit with a blanket warmer and ice machine. We also provided furniture for the new Kidney Care Unit in Nanaimo, which will include a new transplant clinic. This unit (opening in the New Year) will serve transplant patients living in central and northern Vancouver Island and likely also the Powell River area. We are also planning on supplying the new unit with a portable defibrillator. We have provided these lifesaving devices to all satellite community clinics in the past. Finally, we have funded the purchases of many blood pressure cuffs this year for clinics to lend out to patients. Of the cuffs we have provided, there have been some specialty ones including larger sizes and a talking BP cuff and scale for sight impaired patients.

VIKPA tries to meet many requests we have during the year for special equipment and areas of need. We are finding that VIKPA has become a lifeline for many special requests and we do our best to accommodate them. To fill these requests, we do have to go through proper channels within the hospital renal service for safety and other issues. Although this can sometimes cause requests to take a little longer than we would like, providing safe and effective equipment and services for renal patients in our community is the priority. Let us know if there are any shortfalls or items needed for your unit that we may be able to help you with.

If you want something brought up on your behalf during meetings of the patient advisory committee we sit on a few times a year, we would be happy to bring forth your concerns.

Future purchases include providing two dialysis chairs, which have been ordered and budgeted for in the New Year, and grocery gift certificates to renal patients identified as in need by kidney care social workers. In 2013 alone, VIKPA spent over \$18,000 on gift certificates and demand continues to increase. We also provide \$5,000 towards the social workers emergency fund each year to help patients that find themselves in short term financial situations while waiting for such things as their disability to start. We also provide some transportation costs when having to travel from up island. These funds are limited and have specific criteria to help in emergency situations.

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## MICHELLE HARVEY AND HER TRANSPLANTED KIDNEY CELEBRATE 35 YEAR ANNIVERSARY

Michelle Harvey, 50 years old, recently celebrated 35 years of living with a kidney donated by the family of a teen who was killed in a car accident. Until she received the transplant, Michelle had tried three different kinds of dialysis.



At the ten year mark her doctors told her that they had no idea how much longer her kidney would continue to function and now after 35 years, the kidney is still doing extremely well. She goes to the Kidney Transplant Clinic in Victoria and takes one anti- rejection pill every other day!

Michelle has a very matter of fact approach to her life. Her mom sent her to cooking school before she left home so she would be able to cook nutritious food. This has led to a lifelong passion for cooking and now Michelle is an independent consultant with Epicure. She enthusiastically describes organic spices, cooking with organic foods, and using the spices to help enhance the natural taste of food.

She belongs to City Light Church of Victoria where she leads a group called God's Caring Bees. They knit baby hats, blankets, scarves, and many other items to be sent to third world countries. Quilting and crocheting also take up some of her time.

Russ, Michelle's husband, is also a transplant patient (1996 donated by brother) and the couple really understand if one says I am sick, they mean it.

Displaying a wicked sense of humour she talks about her activities and one is left with a feeling that this woman has accepted her life, deals with the medical side, lives to enjoy herself and others and is generous with her time to help those less fortunate.

Congratulations Michelle

... President's message continued from page 1

We appreciate the support of those able to donate to VIKPA as we rely on donations. We have had some generous donations from family of those how have passed and appreciate the work we do. We are thankful for the kindness of those who think of our organization and helping others with kidney disease during difficult times.

Thank you for your ongoing support  
Cheryl Jones, President VIKPA

### **A Message from the Kidney Care Nurses:**

Keep safe and healthy this fall: Get your flu shot. Symptoms include: a cough, sudden fever, chills, sore throat, muscle aches, headache and feeling week or tired. People with chronic kidney disease are advised to get 2 pneumonia shots several years apart. Pneumonia is a common complication of the flu. It can cause serious life-threatening infections including brain damage and deafness.

For more information on how to get your vaccines please contact your public health clinic. For your nearest clinic go to: <http://www.viha.ca> under 'care locations' choose 'Public Health Units'.

Darlene Michl, BSN, Kidney Care Clinic, Victoria, BC

**ANONYMOUS DONATION**

We have just had a generous donation of a dialysis chair through a renal patient at the Royal Oak Community Clinic. This chair will make sitting for long periods during dialysis treatments at the unit more comfortable for patients.

We thank the generous donors who see a need in their community, step up to the plate and do something to help others. Kidney patients often see needs that need to be met. If you are able to donate to VIKPA towards equipment or any of our various other programs feel free to contact us and we can make arrangements through the renal program and provide you with a tax receipt.

**DONOR WALL AT RJH AND VGH**  
 VIPKA was recently honoured when a plaque was placed on the Benefactor Level. Donations of over \$300,000 have been



made in the past years to help renal patients all over Vancouver Island. Every donation you make helps make all the things VIPKA does possible. So thank you to everyone who has made this level attainable.

VIPKA MONTHLY MEETING  
 October 16<sup>th</sup>, 2014 - 1:00 p.m.  
 Renal Unit Boardroom  
 (Second Floor Royal Jubilee  
 Hospital Renal Unit)

**RENAL TRANSPLANT CLINIC**

Royal Jubilee Hospital

**DID YOU KNOW?**

The Transplant Clinic looks after 342 transplant patients and the number is steadily growing.

Eight doctors, three renal nurses, one dietician, two social workers and three clerical staff work hard to ensure the clinic runs smoothly and everyone's needs are met.

After receiving a transplant, all island patients are referred to Victoria. A new transplant clinic is opening soon in Nanaimo, but so far there is not a prediction of how many patients will go there for their check-ups. Right now, people are coming from Campbell River, Port Alberni and points beyond and between.

The clinic hours are 12:30 to 3:30 on Wednesday and Thursday; 1:00 to 3:45 on Monday, and one 8:30 to 1:15 on Monday mornings. Scheduling 342 patients into these time slots can be a challenge at times.

We are incredibly lucky to have a dedicated staff at the front desk to greet us, take our information, book the next appointments and blood work.

Thank all of you who try to make our lives easier – the smile, the joke, the empathy are all appreciated.

**MARK YOUR CALENDAR...FOR VIKPA's fifth ANNUAL SILENT AUCTION**

**Wednesday, March 4<sup>th</sup>, 2015 in the Royal Jubilee Hospital Lobby 9:00 a.m. to 3:30 p.m.**

The auction promotes Kidney month and raises funds for VIKPA to help Island kidney patients. Each day, on average fifteen Canadians learn their kidneys have failed, often due to diabetes or hypertension.

**Support Kidney Month and VIKPA** by attending this event. Your donations and this auction are the lifeblood of our organization.

Our goals are short-term and local - providing medical and therapeutic equipment for more than 2,400 patients undergoing arduous and frequent dialysis treatments for kidney failure

We'll have many Silent Auction Items. The popular 50/50 draw will also return.

If you have items you wish to donate, please call Lita Rolofs at 250-592-3643. For more information, email us, [info@vikpa.org](mailto:info@vikpa.org) or leave a message at 250-595-3650.

## Bursaries and Awards

The Dee Sangha Award and Gordon Duthie Bursaries are awarded annually with applications due on June 30<sup>th</sup>. If you missed the 2014 deadline, start getting ready now for the 2015 deadline. Further information can be found at [www.vikpa.org](http://www.vikpa.org) under the 'services' tab.

### **Dee Sangha Award**

*Purpose: To reward a Vancouver Island kidney Patient and member of VIKPA with the same "CAN DO" attitude that Dee Sangha exudes. This award is to assist a renal patient in improving their life or the lives of renal patients while facing the everyday challenges of living with kidney disease.*

Congratulations to **Eric Sama**! Eric is originally from Sierra Leone, Africa where he worked as a school teacher. He was forced to flee the country when civil war broke out and eventually came to Canada after spending several years in a refugee camp. Eric took a child care job at the YMCA when he found out his teaching credentials were not recognized and gradually worked to bring his family to Canada. Eventually he retrained as a care aid and worked full time up until being diagnosed with kidney failure and having to go on dialysis 3 days a week. Eric was fortunate to receive a kidney transplant in July 2013 and is now training to be a Community Support Worker at Sprott-Shaw Community College, since he is unable to perform the physically strenuous work of a care aid due to his transplant.



Despite the adversity Eric has experienced, he has remained committed to helping those still living in his African village. When he came to Canada, Eric started the Victoria-Taiama School Project (<http://taiama.org/>). The organization has since built a school, medical centre and five water wells in Eric's former village. In addition, Eric regularly volunteers with the Mustard Seed Foods Bank working with the homeless. He is also a recipient of a Gordon Guthie Bursary this year.

### **Gordon Guthie Bursary**

*Purpose: 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.*

On behalf of the board, congratulations to all of our 2014 bursary recipients!

**Sandra Dekker** is the daughter of a Vancouver Island haemodialysis patient and is studying at the British Columbia Institute of Technology. Sandra is studying in the Medical Laboratory Science Program to become a Laboratory Technician.

**Christina Clemente** is the daughter of a Vancouver Island pre-dialysis and transplant patient and is studying at McGill University. Christina is studying towards a Bachelor of Arts in Political Science and International Development with a minor in Hispanics. Her long-term goal is to attend law school in BC and specialize in either Environmental or Human Rights Law.

**Nicholas Christofferson** is the son of a Vancouver Island home transplant patient and is studying at the University of Victoria. Nicholas is studying towards a Bachelor of Arts in Political Science. His long-term goal is to attend law school.

**Jaroslav Drogosz** is the son of a Vancouver Island transplant patient and is studying at Vancouver Island University. Jaroslav is studying towards a Bachelor of Business Administration.

**Chiara Clemente** is the daughter of a Vancouver Island pre-dialysis and transplant patient and is studying at the University of Victoria. Chiara is studying towards a Bachelor of Science degree in Chemistry and Biology with a minor in Italian and Hispanics.

**Anairen Payne** is the grandson of a Vancouver Island hemodialysis and transplant patient and is studying at the Visual College of Art and Design. Anairen's long-term goal is obtain work in the video game industry.



## ANNOUNCEMENTS

**The Victoria Chapter of the KIDNEY FOUNDATION OF CANADA** is holding their annual CHRISTMAS DINNER - Dec. 7, 2014  
 Monterrey Recreation Centre  
 1442 Monterrey Ave.  
 Oak Bay, B.C.  
 For further info see their website at:  
<http://www.kidney.ca/BCChapters/Victoria>

### VIKPA's Christmas Party

**REMINDER:** Mark your calendar for our Christmas Lunch at noon on Thursday Dec. 18<sup>th</sup> in the Renal Boardroom, 2<sup>nd</sup> floor, Royal Jubilee Hospital. All members are invited. Bring a \$2.00 gift and be prepared for games.

**The Nanaimo Kidney Care Clinic** is moving to a new location. Effective September 16, 2014, the clinic will be located at:  
 Beaufort Centre  
 #7 – 1588 Boundary Crescent  
 Nanaimo, BC V9S 5K8

Clinic hours and phone/fax contact information will remain the same:  
 Tel: (250) 739-5828  
 Toll free: 1-877-739-5828  
 Fax: (250) 739-5762  
 Hours: Monday-Friday 8:30–16:30 (Closed Statutory Holidays)

The Kidney Care Clinic team includes nurses, dietitians and social workers specializing in kidney health.



Smiles all around when VIKPA received this hand made thank you card from Sandra Dekker - recipient of the Gordon Duthie Bursary.

## The KIDNEY FOUNDATION OF CANADA, Victoria Chapter annual KIDNEY WALK



Little Hailey - Ann, 6 months old, was the poster child for this year's walk. She has a polycystic kidney disease and is supported by the Kidney Foundation.

On a sunny August morning at Clover Point in Victoria, over 100 people took part in the annual Kidney walk and run. The event raised over \$12,000 for the kidney foundation in support of kidney patients. While this event is important for many reasons, VIKPA took part this year to show our support for everyone affected by kidney disease. A primary focus of the campaign is raising awareness about organ donation. The strong majority of Canadians support organ donation though only a fraction have taken the time to opt in. If you didn't know, the old organ donor stickers on your care card no longer make you a donor. You must now register with the BC transplant organ donor registry, a few moments of your time could make all the difference.

### *In Memoriam*

Lillian Juk  
 Donald (Stretch) Strank  
 Paul Johnston  
 Robert McHaffie  
 Michael Jiggins  
 Jacquie Ackerly  
 Chris Borton  
 David Huson  
 Beverley Peters  
 Donald Burns  
 W. Leavitt  
 G. Weir  
 Catherine Clement  
 Richard Devison  
 Robert Major  
 Pearl Fisher\*\*\*\*\*  
 Deborah Cunningham  
 Rick Hietala

**LETTER FROM THE EDITOR**

Taking over this job from Tim Hicks has been challenging and fun. Tim has been an email away and has helped when I have been stuck.

The board members of VIKPA have been equally helpful - each one has provided information or told me how to find what I needed to know. But special thanks to my son Michael. I could not have done this without his help.

My goal with this newsletter is to have more personal stories and notes of events happening all over Vancouver Island. It would be nice to hear from all the areas.

If you have a story, an event, an idea or a comment, please email me at [patscanlan@shaw.ca](mailto:patscanlan@shaw.ca).

**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 on Vancouver Island.

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, B.C. V8R 6N4  
 Voice mail: 250 595-3650. Web: [www.vikpa.org](http://www.vikpa.org) Email: [info@vikpa.org](mailto:info@vikpa.org)

**Wally President:** Cheryl Jones **Vice President:** Gary Pollock **Secretary:** Wally Rolofs  
**Treasurer:** Erica McMonnies **Members at large:** Lita Rolofs, Matt Stanley, Pat Scanlan

**The secret of change is to focus all of your energy, not on fighting the old, but on building the new - Socrates**

**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 me 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 6NA  
 Or: Go to [vikpa.org](http://vikpa.org) and pay on line.

Charitable Registration 89183 RR0001