

# The Renal Review

June 2015

Vancouver Island Kidney Patients' Association



## Presidents Report

I first would like to thank those who volunteered to take positions on our VIKPA board during our AGM in February. The executive consists of people who have personal connections to VIKPA and the work we do and it is through their commitment that we are able to continue our work providing comfort items, equipment, services that are otherwise not provided by VIHA to kidney patients on Vancouver and Gulf Islands.

This year we have been able to provide the social workers with funds to help kidney patients during various emergencies. We were pleased to provide Easter grocery gift cards to many needy kidney patients. The criteria and selection is done privately through renal social workers. This year we have approximately \$23,000 set aside for equipment. Next year we will begin setting aside funds to replace aging TV's as VIKPA has always provided the TV's in the dialysis units throughout Vancouver Island. I would like to thank the many donors that came forward to help us have a successful Silent Auction in March during kidney month. Big thank you goes to Lita Rolofs who organizes this each year. It is a large undertaking that takes much commitment and time to put together.

Please feel free to contact VIKPA if you see any patient needs that we may be able to help with. We go to the Patient Advisory meetings and can present ideas or problems to staff there. We are always looking for volunteers. Our meetings are at 1:00 pm the third Thursday of each month in the Renal Boardroom, except during July and August. (The December meeting is instead a Christmas party starting at noon.) Feel free to just turn up when you can. We love to see new faces.

## Special Thanks

Thank you goes to the Trafalgar/Pro Patria Legion on Gorge Rd E. for once again donating a cheque to VIKPA at their cheque presentation ceremony on May 15. Thank you also to the Royal Canadian Legion Club 137 in Campbell River for donating to VIKPA. 100% of these funds will be spent in their communities as their mandate is to help the communities in which they live. VIKPA appreciates the hard work they do in their communities.

## Congratulations Eric

It was with great pleasure that Lita Rolofs and I attended the graduation ceremony of Eric Sama on May 13. Eric was last year's Dee Sangha award recipient as well as a Gordon Duthie recipient. Eric graduated from Community Social Services and continues his many volunteer activities in his community. Eric is a transplant recipient and continues to live life to its fullest. We wish all of our graduates that we have helped with bursaries a bright and fulfilling future.



## SUCCESSFUL AUCTION

We are proud to announce that we raised more than \$12,000 at our 5<sup>th</sup> annual silent auction held this past Wednesday March 4<sup>th</sup> at RJH.

The monies from the silent auction will go towards buying two dialysis chairs.

We thank the Victoria and Vancouver Island community and beyond for its overwhelming donations our silent auction.

We would especially like to thank our Platinum donors: Waterways Houseboats, Hastings House Country House Hotel, Salt Spring Island, VIA Rail

We would also like to say a special thanks to Janic Rai, the Clemente family, Pat Scanlan and Ariane Myer. We appreciate the continued help and support of

Janice Jenkins and RJH staff which helped make this event enjoyable for all those who attended.

Please offer your support when you can to the generous donors who supported VIKPA.

Accent Inn Victoria  
 Accent Inn Burnaby  
 Adrena Line Adventure Tours  
 Aked Sandhu Wealth Management Raymond  
 James  
 All Fun @ Western Speedway  
 Arraby's Aromatherapy  
 Arome Aromatherapy Studio  
 Artbox  
 Art Gallery of Greater Victoria  
 Baby Jones  
 Ballet BC  
 Bateman Robert  
 Belfry Theatre  
 Bell, Dolores & Barry  
 BC Ferries  
 BC Forestry Discovery Center  
 Big O Tires (Quadra store)  
 Black Ball Ferry  
 Bolen Books  
 Bowman Hazel  
 Boston Pizza-Shelborne  
 Caffè Fantastico  
 Camosun College Dunlop House Restaurant  
 Cannor Nursery & Wildwood Waterscapes  
 Capital Iron  
 Carmanah Appraisals  
 Chateau Victoria  
 Charelli's Cheese Shop, Delicatessen &  
 Catering  
 Chemainus Theatre  
 Chinese Ladies of the Crystal Pool  
 Cineplex Silver City  
 Clemente Chiara  
 Clemente Christina

Cook's Day Off  
 Cordova Bay Golf Course  
 Craigdarroch Castle  
 Crown Isle Golf Course  
 Crystal Pool  
 Dairy Queen (Quadra store)  
 Davids Tea (Hillside)  
 DTI Computers  
 Esso Car Clinic (Hillside)  
 Esquimalt Parks and Rec Centre  
 Everything Wine  
 Fairwinds Golf and Country Club-Nanose Bay  
 Fernwood Coffee Company  
 Flying Otter Restaurant  
 Frankie's Italian Kitchen and Bar-Vancouver  
 BC  
 Frontrunners-Victoria  
 Glenn Meadows Golf & Country Club  
 Golden Dreams B&B-Whistler BC  
 Granny's Gas & Woodstoves  
 Hastings House Country House Hotel, Salt  
 Spring BC  
 Heirloom Linens  
 Home Depot (Shelbourne)  
 Home Sense  
 Hostelling International – Victoria  
 Hunt Richard  
 Il Terrazzo Restaurant  
 IMAX Theatre  
 Innovative Fitness  
 Island Farms  
 J. J. Morgan Restaurant  
 Jim's Pools & Spa's Duncan

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Kal Tire Keating x Rd  
 LA Limousine  
 Lane Furniture  
 Langham Court Theatre  
 Lawson Lundell LLP Law Firm Vancouver  
 London Drugs (Quadra)  
 Manresa Castle Port Townsend WA USA  
 Marriot Victoria  
 Marshalls  
 Miniature World  
 McDonald's Saanich  
 Michl Darlene  
 Moxies  
 North Island Wildlife Recovery Association  
 Oak Bay Rec. Centre  
 Ocean River Sports  
 Olympic View Golf Course  
 Ooh la la Cupcakes  
 Optics International  
 Pacific Coastal Airlines  
 Pagliaccis  
 Panago Pizza  
 Parks Canada- Fort Rodd Hill & Fisgard Lighthouse  
 Park Inn & Suites (Vancouver@ Broadway)  
 Parsonage Café  
 Patterson Maralyn (Port Hardy)  
 Peninsula Co-op (Saanichton)  
 Pharmasave Broadmead  
 Pharmasave Brentwood  
 Prince of Whales Whale Watching  
 Purdy's  
 Quality Inn and Suites-Sequim WA-USA  
 Randall Phil, Carver  
 Red Robin Restaurant-Victoria  
 Rexall Home Healthcare (Mcgill and Orme )  
 Rexall- Fort St  
 Romeo's Restaurant  
 Rona Home and Garden - Langford  
 Royal Bank of Canada

Royal BC Museum  
 Royal McPherson Theatre & Playhouse  
 Saanich Parks & Recreation  
 Save On Foods (Saanich store)  
 Scandinave Spa Whistler  
 Scanlan Andria  
 Sea Cider Farm & Cider House  
 Sears Portrait Studio  
 Serious Coffee  
 Severson Karen  
 Shaw  
 Shopper's Drugmart (Saanichton)  
 Silverside Farm & Winery | Berry Wines & Ber-  
 ry Port-Style  
 Spinnakers Gastro Brewpub & Guesthouses  
 Strathcona Park Lodge  
 Tigh-Na-Mara Seaside Resort Spa and  
 Conference Centre  
 The Butchart Gardens  
 The Keg Steakhouse and Bar at the Winery  
 The Market on Yates  
 The Victoria Conservatory of Music  
 Times Colonist  
 TJMAX  
 Via Rail  
 Victoria Butterfly Gardens  
 Victoria Flying Club  
 Victoria Good News Choir  
 Victoria Harbour Cats  
 Victoria Symphony  
 Victoria Royals  
 Victoria Royals Hockey Club5iu  
 View Royal Casino  
 Villages Pizza Tillicum  
 Wal-Mart (Uptown)  
 Waterway Houseboats Ltd- Sicamous BC  
 West Coast College of Massage Therapy  
 Westshore Family Fun Park`  
 Winners  
 White Spot (Fort Street)

HELP SUPPORT VIKPA

Business Card Space for Sale

\$70.00 per issue or \$200. Per year

Tonyanna@telus.net



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 Rental Property Manager

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## ARE YOU LOOKING FOR KIDNEY FRIENDLY RECIPES?

The Canadian Association of Nephrology Dieticians has published a new cookbook. "Kidney Friendly Cooking" has recipes that are lower in sodium, potassium and phosphorus. The recipes are tasty and flavourful. You can make healthy tacos, pasta sauces, curries, omelettes, pancakes, cakes and more...

To order a cookbook today at [www.renalrd.ca](http://www.renalrd.ca) Order form is on the website homepage. \$35 includes taxes and shipping.

VIKPA receives many questions regarding kidney-friendly recipes and diets. Watching what you drink and eat will help you stay healthier. VIKPA always refers you to your renal dietician as diets vary from person to person depending on your blood work, body size, activity, stage of renal disease and other health concerns. Renal dieticians can teach you about the basics of a healthy meal plan, what makes a renal friendly diet meal plan different, special steps for people with diabetes and where to find more information.

### USED HELPS PROGRAM

Do you have things that you no longer use or want? We are pleased to announce that we have joined the #UsedHelps program from [www.UsedEverywhere.com](http://www.UsedEverywhere.com) where you can get rid of those items and support us at the same time. It's a win-win!

All you need to do is post an ad for the item you are selling and select the option to donate the proceeds to us. Items, which sell for over \$20, will be eligible for a tax receipt. The specific details are here: [www.UsedVictoria.com/UsedHelps/vancouver-island-kidney-patient-assoc](http://www.UsedVictoria.com/UsedHelps/vancouver-island-kidney-patient-assoc).

We are listed on all Vancouver Island UsedEverywhere sites, including:

[www.UsedVictoria.com](http://www.UsedVictoria.com)  
[www.UsedAlberni.com](http://www.UsedAlberni.com)  
[www.UsedCampbellRiver.com](http://www.UsedCampbellRiver.com)  
[www.UsedComoxValley.com](http://www.UsedComoxValley.com)  
[www.UsedCourtenayComox.com](http://www.UsedCourtenayComox.com)  
[www.UsedCowichan.com](http://www.UsedCowichan.com)  
[www.UsedNanaimo.com](http://www.UsedNanaimo.com)  
[www.UsedNorthIsland.com](http://www.UsedNorthIsland.com)  
[www.UsedTofino.com](http://www.UsedTofino.com)  
[www.UsedUkee.com](http://www.UsedUkee.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 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)

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

## *In Memoriam*

Randy Locke  
Theresa Pilnasek  
Tara Sangha  
Bernadette Conroy  
Rosalind Strom  
Mrs. Grasa  
Dorothy Baluch  
Isla McGowan  
Sikundar Umedaly  
Tim Curt  
Elizabeth Duncan  
Gerald Usuelem  
Leona Thompson  
Cathrine Clayton  
Peter Rott  
Bruce Bishop  
Jack Greenside  
Bonnie Taillef  
Ken Wilson  
Barry Gatten  
Ruth Mayer  
Richard Patterson

### **VIKPA Bursaries – Application Deadline June 30, 2015**

Information about the bursaries is provided below; please visit our website at [www.vikpa.org](http://www.vikpa.org) for more information about Dee Sangha and Gordon Duthie as well as application forms. This information is under the “services” tab on the website. Alternatively, contact us using any of the other methods listed above under “About VIKPA”.

#### **Dee Sangha Award**

The purpose of the award is to reward a Vancouver Island kidney patient and member of VIKPA with the same “CAN DO” attitude that Dee Sangha exuded. 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.

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

#### **Gordon Duthie Bursary**

The purpose of the Gordon Duthie Bursary is 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. A maximum of \$1,500 per person and a total maximum of \$10,500 will be awarded to successful applicant(s) each year.

See the January 2015 Newsletter or [vikpa.org](http://vikpa.org) (Services button) for application requirements.

**LETTER FROM THE EDITOR**

I am a worrier. I worry about what has happened, what could happen, I worry about wars, disease, dying, falling, the garden and the latest insects that seem to invade us yearly.

I worry about politics and governments wasting our money; I worry about new laws, old laws and what law they could think up next.

I worry so much that when I fly somewhere I can't sleep just in case the pilot might need help. What I would or could do, is of course beyond me, but just the same...

Somewhere I read that there is a worry gene. That gave me great comfort because I know for a fact that my mother worried herself sick about everything. I am a bit more selective.

There are advantages to aging. Not many it is true but one realization is that worrying really is a waste of time. Of course, then one worries about how much of life has been wasted worrying but I digress. Nothing much that I have ever worried about has happened.

The things that have happened have not been on my radar at all and much to my satisfaction, I think most things have been handled well. When something does happen, then action is necessary. Then it is time to move on.

Now when I find myself wondering what if, I stop and try and think of something nice, fun, interesting. I divert myself and find I am a much happier person. When I thought about this newsletter, I thought, heck, it is so hot no one could possibly expect it to be on time. So, reader, don't worry. All shall be well.

***Difficult times have helped me to understand better than before how infinitely rich and beautiful life is in every way and that so many things that one goes worrying about are of no importance whatsoever.***  
**Isak Dinesen**

**This will be my last editorial as I will no longer be editing the Newsletter. Please email [cjones@shaw.ca](mailto:cjones@shaw.ca) or [gpollock@gmail.com](mailto:gpollock@gmail.com) if you would like to volunteer for this job!**

**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** and pay on line.

Charitable Registration 89183 2172 RR0001