

# *The Renal Review*

January 2015

Vancouver Island Kidney Patients' Association



## **President's Report**

We would like to wish you a Happy and Healthy New Year. May the New Year give you the strength to face the challenges of life and courage to adjust the sail to take every situation in your stride.

It seems like yesterday we were starting to prepare for 2014, getting ready to make our list of goals and now we are already a few days into 2015.

As we reflect on our achievements of 2014, we would like to take this opportunity to thank everyone for their ongoing support in helping VIKPA meet these goals. Our donors have been the lifeblood of our organization and give us the encouragement to continue to help kidney patients. VIKPA has been helping kidney patients on Vancouver Island since 1973, started by kidney patients who saw the need for such an organization.

## **Donations**

We are grateful to the Kidney Walking Club who chose to donate to our organization. This club consists of kidney patients who meet the 3<sup>rd</sup> Sunday of the month. They walk for an hour followed by a social at a local restaurant or pub. This year has been a great year for walking as our weather has been so mild with no snow and very little rain.

We would like to thank those other donors who have made donations. I have had the opportunity to talk to some and thank them personally. We have had anonymous donors who have provided funds for specific items that they have seen a need for. We are able to provide tax receipts for all donations over \$10.

We appreciated those that do fundraising for us with such things as garage sales, potluck dinners etc. We even have support all the way from Japan from a lady who makes crafts on our behalf and provides VIKPA with the proceeds. There are many faces behind VIKPA to thank for their hard work and donations in helping us provide items needed for kidney patients and their families.

## **Help for our Community**

VIKPA provided grocery gift cards for those kidney patients that needed a little boost over the Christmas season. These gift cards are distributed through the social workers. In 2003 only about 72 were needed, but this number has grown to over 260 this year. VIKPA also provides the social workers with funds used for emergency cases. They are now able to help stock a food bank started by renal nurses who saw a need in one of the community dialysis units. Kidney disease is a chronic disease that takes a toll on many aspects of daily living. VIKPA understands and tries to assist where able.

## **Advocacy**

The Vancouver Island Kidney Patients' Association has two members that attend the Patient Advisory meeting held by the renal program through VIHA. If you have any concerns or items you want brought up at these meetings, please contact us. These meetings are only a couple of times a year.

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

In our last newsletter (Fall) we introduced the recipients of the 2014 Dee Sangha Award and Gordon Duthie Bursaries. If you didn't know about them, missed the deadline or want to reapply, it is already time to start thinking about it!

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 on the last page.

**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.

***Eligibility Criteria***

1. The applicant must be a kidney patient and a VIKPA member in good standing.
2. The patient must be a permanent resident of Vancouver Island.
3. The patient may be self-nominated or nominated by someone else. The form must include the patient's information as well as that of the nominator where applicable.
4. The applicant must use the official application form available online from [www.vikpa.org](http://www.vikpa.org) or from a renal social worker.
5. Completed applications must be received by VIKPA on or before June 30. LATE OR INCOMPLETE APPLICATIONS WILL NOT BE CONSIDERED.

**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.

***Eligibility Criteria***

1. The applicant must be a kidney patient who is a VIKPA member in good standing, their spouse, their child or their grandchild. If the Kidney patient has deceased within one year of application, the application of their spouse, child or grandchild may be considered. If applicant is accepted, then the recipient will be able to reapply each year until completion of original program as long as there are no breaks in his/her education.
2. The patient and the applicant (if other than the patient) must both be permanent residents of Vancouver Island.
3. The applicant must be registered at an accredited (public or private) post-secondary institution in Canada. Private institutions must be accredited with the Private Post-Secondary Education Commission (PPSEC). To check if an institution is accredited go to the PPSEC website at [ppsec.bc.ca](http://ppsec.bc.ca).
  - a. If the institution is registered in Canada outside of British Columbia, the applicant must provide proof of accreditation with application.
4. Applicants who have previously received a Gordon Duthie Bursary must provide either a transcript of marks or a certificate of completion for courses or programs taken for the most recent year in which a bursary was awarded.
5. Both the applicant and the patient (if different) must sign the application form unless the kidney patient is deceased.

HELP SUPPORT VIKPA

Business Card Space for Sale

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

Tonyanna@telus.net

**VIKPA Christmas Party**

**VIKPA** held its annual Christmas party in December which was well attended and enjoyed by many. The lovely renal friendly luncheon was provided by the renal program. This luncheon is a thank you for all that VIKPA does for renal patients and their families. We appreciate the recognition for our work.

## DONATIONS FOR SILENT AUCTION

March is KIDNEY MONTH. In order to help promote kidney month, the Vancouver Island Kidney Patients Association (VIKPA) is organizing a Silent Auction.

VIKPA, a volunteer based organization, is graciously requesting your support for this event.

If you can donate or know anyone who has a company that can donate, please contact Lita Rolofs at 250-592-3643.

All donations of goods and / or services will receive a tax receipt of the value of the goods/services being donated upon request. We are hoping to get live coverage from the local media to help promote this event.

**THANK YOU FOR YOUR SUPPORT**

## 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.UsedUkeelake.com](http://www.UsedUkeelake.com)

Vancouver Island Kidney Patient  
Association  
5th Annual Silent Auction

**When: Wednesday March 4<sup>th</sup> 2015**  
**Where: Royal Jubilee Hospital Lobby**  
**Time: 9am – 3:30pm**  
**Why: To promote kidney month**

*Each day an average of 15 Canadians learn that their kidneys have failed, often due to diabetes or hypertension.*

*Your donations are the lifeblood of our organization.*

Join us, to support Kidney month and VIKPA by attending this event on **March 4<sup>th</sup>**.

**-50/50 Draw**  
**-Dozens of Silent Auction Items**

***Thank you*** for your ongoing support.

**NB: If possible, all items are to be picked up at the close of bidding on March 4th.**

NANAIMO TRANSPLANT CLINIC  
 OPENING MID APRIL  
 #7 - 1588 Boundary Crescent

Clinics will be open on Thursdays

Pharmacy will be arranged prior to Transplant  
 Clinic opening

New nephrologist and team members and your  
 former transplant team is a phone call away.

You will not be forced to change to the new  
 clinic, however, the advantages to you mean  
 you are closer to home, less travel time and  
 less costly.

For further information please call Amy Hunter,  
 Project Lead for the Nanaimo Transplant Cline  
 at 250-739-5828 ext. 54335 or  
 amy.hunter@viha.ca

## VANCOUVER ISLAND KIDNEY PATIENT'S ASSOCIATION

**NOTICE OF  
 ANNUAL GENERAL MEETING  
 Thursday, February 19<sup>th</sup>, 2015  
 1:00 p.m.**

**Renal Unit Boardroom  
 Second Floor Renal Unit  
 Royal Jubilee Hospital  
 Victoria**

You are invited to attend VIKPA's up-coming  
 AGM

Please Note that in order to vote or stand for  
 election at the meeting your membership must be  
 paid for 2015

For those who have not yet purchased or  
 renewed your membership this year a form is  
 included on page 6.

We thank everyone who has kept their  
 membership up to date.

### Renal Review - Letter to Editor:

I have just read, with interest, the October  
 issue of Renal Review in which you ask for  
 comments in your letter from the editor.  
 My husband is a dialysis patient in Nanaimo.  
 He has nothing but praise for the staff at the  
 Nanaimo community kidney care unit. The  
 only issue he has is that, because we live on  
 Gabriola Island , he is subject to the  
 scheduling of BC Ferries. If he could be  
 assured of priority loading for the three times a  
 week he must travel, it would ease the stress  
 and tension of being forced to leave home at  
 least an hour ahead of the scheduled ferry  
 departure in order to make sure he is in line to  
 get on. I wonder how many other dialysis  
 patients on other islands are subject to this.  
 The change in ferry schedules has not helped  
 and I would love to hear of how other islanders  
 are managing.  
 Perhaps some form of priority loading  
 certificate could be issued for these patients. I  
 have contacted BC Ferries but so far have  
 received no reply.  
 Angela Nutter

### *In Memoriam*

Andrew Garcia  
 Arthur Heale  
 Ed Bourke  
 Lannie Fesser  
 Joan Modos  
 Logan Charan  
 Bob Arnold  
 Pauline McLean  
 Richard Caesar  
 Marcus Eil  
 Al Limacher  
 Sandra Patrick  
 Kenneth Eng  
 Paul Andrieux  
 Luis Nera

**LETTER FROM THE EDITOR**

LETTER FROM THE EDITOR

May I take this time to wish everyone reading this newsletter a happy and healthy New Year. For me, a new year is a new page in a new book. I can expect joy, sadness, moments of deep reverence and good times with family and friends. Being chronically ill can create feelings of depression, anger and just feeling plain defeated.

*“Whenever the storm rips you to pieces you get to decide how to put yourself back together again.” Bryant McGill.*

Reminded me of Humpty Dumpty when I read that, but the childhood message was that poor Humpty couldn't be put back together again. When I think of it, that is a strange message to give a child.

However, we now have duct tape and somehow, we can put pieces together. The edges may be ragged and sometimes sore, but there is beauty and hope if we look for it.

My wish is we all remember that duct tape in our drawer and pull it out and use it sometimes. Pat Scanlan

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)

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

**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 6N4

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

Charitable Registration 89183 RR0001