

# *The Renal Review*

Winter, 2017

Vancouver Island Kidney Patients' Association



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## **Presidents Report**

This is the time of year that VIKPA reflects upon what we have been able to accomplish on behalf of kidney patients on Vancouver and Gulf Islands.

## **Our Mission & Vision**

**Mission:** To support Vancouver Island renal patients and their families in dealing with kidney disease, by identifying unmet needs and meeting them.

**Vision:** To be known to all Vancouver Island renal patients and treatment providers as a trusted source of support in dealing with kidney disease.

We have attended patient advisory meetings to advocate for kidney patients regarding their needs. Many patients have come forward to VIKPA since the peer support program had been changed. The Social Workers in Kidney Care Clinic (KCC) are getting a Peer Support person for Peer Support/Counseling by end of year. The Renal Program on Vancouver Island ranks high in providing quality care. The patient advisory meeting gives a voice to patients. If you have any ideas or concerns, feel free to contact us.

New dialysis machines have been approved and should be installed by end of March 2017.

Nocturnal Program numbers are increasing. It will be two years in March since this program began.

There has been discussion of wireless for patients. The possibility of using Shaw hotspots will be explored with IM/IT. Other methods have been explored already.

Vancouver Island Kidney Patients Association has provided the 45 TV's for the RJH renal unit, which have been installed. Patients are now enjoying the new larger flat screen TV's.

We have given scholarships and the Dee Sangha award to many deserving Kidney Patients or their family. Kidney disease is a disease that affects the whole family. The recipients are often immediate family members of a kidney who have been a great support. For example, we have given bursaries to the spouses of a kidney patients who need to upgrade their education as they are now the sole provider. We have often given

to the child of a kidney patient as funds can be diminished in their household. We have found there are many deserving individuals and we are pleased we can help.

This year we are giving (375) \$50 grocery gift cards to those kidney patients in need at Christmas. This is decided by social workers and names are anonymous. The numbers have increased quickly over the years. In 2003 there were 40 at Easter and 72 at Christmas. We may not be able to do this at Easter this year due to increase in numbers.

We provide a \$5000 emergency fund to social workers. They have criteria that they follow for those funds. This fund helps many patients in situations of need. Some of this fund has helped provide emergency food while patient awaits their disability CPP to begin for example as well as emergencies related to treatment travel etc.

This year we will be having our Silent Auction in March to mark Kidney Month. If you have anything to donate please contact us. If you want to donate items or services; items that sell well are electronics, and gift cards. See later in newsletter for further details. \*We only accept new items\*.

Please consider becoming a member and/or being a donor to help support our mission. All your donation goes directly to patients, so a small donation can go a long way.

VIKPA respects your privacy. We do not sell, trade, rent or share our mailing list and private information.

Thank you for your continued support.

*Cheryl Jones*, President

### **Notice of A.G.M.**

Vikpa's A.G.M. will be held on AGM on February 16, 2017 in the renal boardroom, 2<sup>nd</sup> floor of the Royal Jubilee Hospital, at 1:00. Please ensure your membership is current for 2017. If you have not already done so, you can renew your membership directly on our web site. Just click on the membership button, choose your method of payment, and follow the instructions from there.

### **Nanaimo News**

If kidney patients, assigned to N.G.H. Renal and Transplant, have any questions they can contact Kiyomi Renville, at the Nanaimo Transplant Clinic at 250-739-5828, toll free at 1-877-739-5828.

## **VIKPA Bursaries – Application Deadline June 30, 2017**

2017 Dee Sangha Award and Gordon Duthie Bursaries applications are due on June 30, 2017. No late applications will be accepted.

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.

### **Dee Sangha Award**

The purpose of the award is to reward a Vancouver Island kidney patients and members 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**

- The applicant must be a kidney patient and a VIKPA member in good standing.
- The patient must be a permanent resident of Vancouver Island.
- 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.
- The applicant must use the official application form available online from [www.vikpa.org](http://www.vikpa.org) or from a renal social worker.
- Completed applications must be received by VIKPA on or before June 30.
- LATE OR INCOMPLETE APPLICATIONS WILL NOT BE CONSIDERED.



Congratulations to Andy Slade! Andy was a Hemodialysis patient from August 2014 to July 2015 and has had a successful kidney transplant in August 2015. As a pianist, he has volunteered in senior’s homes, hospitals, and schools. Andy is focused on community outreach and advocates on behalf of musicians in Victoria in support of a living wage. He is passionate in connecting music to people and believes that music greatly influences the quality of our lives. This summer, he worked in the Yukon Territory as a music teacher, travelling around to remote communities and teaching music to children. In September, Andy moved back to Toronto to attend University of Toronto to finish his Master’s degree in Jazz Piano and plans to graduate in the spring of 2017. We wish Andy all the best in his final year of studies and great success in his music career.

### **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**

- 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.
- The patient and the applicant (if other than the patient) must both be permanent residents of Vancouver Island.
- 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). If the institution is registered in Canada outside of British Columbia, the applicant must provide proof of accreditation with application.
- 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.
- Both the applicant and the patient (if different) must sign the application form unless the kidney patient is deceased.

### **Personal Message**

**from a former Dialysis Patient, now a Transplant Recipient and Board member.**

*You may have already received this in the mail before Christmas, but I am repeating it in our newsletter for anyone who didn't. This really puts a human face on Vikpa, and emphasizes the need for an organization such as this. As it is the only one like it in Canada, we are very proud of what we have achieved.*

The Vancouver Island Kidney Patients' Association (VIKPA) is a non-profit all-volunteer society working for the benefit of all renal patients living on Vancouver Island. Members include kidney patients, their spouses, families, friends, caregivers and others interested in helping people facing the challenges of kidney disease. We serve over 2,400 patients and their families.

As a board member of the V.I.K.P.A., and a kidney transplant patient, I have seen first-hand how your gift makes a difference in the everyday lives of patients with kidney disease.

I was a young mother of 2 daughters when I was diagnosed with kidney failure in 2005. My treatment journey included many challenges as kidney disease affected my entire family. The financial support provided by VIKPA through grocery gift cards and the social worker's emergency fund was so beneficial in easing the financial stress when I needed to start peritoneal dialysis in 2011 and when I received a successful kidney transplant in 2014. Today, I am forever grateful to my kidney donor for the precious gift of being able to live a healthy life with my family. My daughters are now both attending university with financial support from the annual VIKPA bursary fund.

**Thank you for supporting over 2,400 kidney patients and their families throughout Vancouver Island.**

VIKPA is a registered charity and entirely run by volunteers, meaning that 100% of your donation will go directly to patient needs. Our goal is to support and provide funding for vital equipment and services to benefit all kidney patients and their families facing the challenges of kidney disease on Vancouver Island.

Please visit our website at [www.VIKPA.org](http://www.VIKPA.org) and click on the Services tab to see how your donation helps to support kidney patients on a daily basis.

**Projects funded in 2015 & 2016 by VIKPA for Kidney Patients**

Blood Pressure Cuffs	<i>for loan to patients for home monitoring</i>	\$ 1,020
Dialysis Chairs	<i>to increase dialysis patient comfort</i>	\$ 15,333
Renal Unit Microwave	<i>for use by dialysis patients</i>	\$ 595
Renal Unit TVs	<i>to pass the time during dialysis</i>	\$ 11,995
25 Renal Cookbooks	<i>for dieticians to help patients eat well</i>	\$ 682
Wheels for Wellness Society	<i>to help patients get to treatment</i>	\$ 500
Grocery Gift Cards	<i>to ensure all patients can have a holiday meal</i>	\$ 36,133
Social Worker Emergency Fund	<i>to assist patients in immediate need</i>	\$ 5,400
Gordon Duthie Bursary	<i>to assist patients and their family with education</i>	\$ 10,500

A tax-deductible donation of \$50 will provide a grocery gift card to a most needy patient who may not otherwise have a holiday meal this season, as kidney disease often leaves patients unable to work. These are also used in emergency situations as well.

It is in this spirit of compassion that I ask you to consider a financial donation along with becoming a member. Your contribution will allow VIKPA to continue to provide the support needed to kidney patients and their families on Vancouver Island on their journey with kidney disease.

Please visit our website at [www.VIKPA.org](http://www.VIKPA.org) or mail your donation at the address above and **Thank You** for your support.

With appreciation,

*Anna Clemente*  
VIKPA Board Member

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## **Vancouver Island Kidney Patient Association**

### **7th Annual Silent Auction**

**When: Wednesday March 8<sup>th</sup> 2017, 9:00 – 3:30**

**Where: Royal Jubilee Hospital Lobby**

**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 **March 8<sup>th</sup>**, to support Kidney month and VIKPA by attending this

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

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

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## Meat loaf - a Kidney Friendly Recipe



Ketchup, low-sodium (divided) (125 mL)	½ cup
Onion, finely chopped	½ cup (125 mL)
Parsley, fresh, chopped (15 mL)	2 tbsp
Brown sugar, packed	1 tbsp (15 mL)
Cider vinegar	2 tbsp (30 mL)
Black pepper	¼ tsp (1 mL)
Garlic powder	¼ tsp (1 mL)
Hot sauce (optional)	1/8 tsp (dash)
Egg	1 large
Ground beef, lean, raw lbs (675 mL)	1 & 1/2
Oats, quick-cooking	½ cup (125 mL)
Non-stick cooking spray	

Makes 8 Portions - 1 portion = 1 slice

Note – President's Choice Blue Menu and Heinz make low-sodium ketchup

Tip – you can use 2 tsp (10 mL) dried parsley to replace the fresh parsley.

Cider vinegar is a great vinegar choice for these recipe. White vinegar also works well.

Serving Idea – Serve with white rice and green or yellow beans.

Caution – Ketchup and brown sugar are higher potassium foods. Limit their use. Make sure all other food choices at this meal lower in potassium.

### Instructions:

Preheat oven to 350 degrees F. Spray broiler pan with non-stick cooking spray. If you don't have a broiler pan, use a baking tray or loaf pan

Mix ¼ cup (60 mL) of the ketchup with the onion, parsley, brown sugar, vinegar, pepper and egg

Add Ground beef and oats to the mixture and stir until just mixed.

Shape meat mixture into a loaf and place it on the prepared broiler pan

Brush the remaining ¼ cup ketchup over the meat loaf.

Bake for about 1 hour and 10 minutes, or until loaf is done (internal temperature of 155 degrees)

The top of the meat load can be browned under the broiler if desired

Let the meatloaf stand for 10 minutes before slicing.

### Estimated Nutrient Calculation per Portion

Calories 293  
Protein 19.8 g  
Fat 13.4 g  
Carbohydrate 17.2 g  
Fiber 2.0 g  
Sodium 68 mg  
Potassium 399 mg  
Phosphorus 219 mg

## 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 \_\_\_\_\_

- Email me my newsletter Y \_\_\_ N \_\_\_

Enclosed is \$10. For my annual membership

New \_\_\_\_\_ Renewal \_\_\_\_\_

- Enclosed is a donation of \$ \_\_\_\_\_

(Receipts issued for \$10 or more)

Total enclosed: \$ \_\_\_\_\_

contact me about a donation Y \_\_\_ N \_\_\_

I would like to volunteer. Y \_\_\_ N \_\_\_

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 891832172 RR0001

*"We respect your privacy and do not sell, rent, trade or share  
our mailing list"*

### *In Memoriam*

Edward Roberts  
Elizabeth Gischiel  
Glen Bens  
Rory Seel  
Gail Richard  
Wai li  
Heather Ryan  
Ernest Tandy  
Evelyn Lins  
Robert Rowden  
Carol Wrigart  
George Gibault  
Ajit Grewal  
Glednil Spencer  
Maureen Kenny  
Ingi Bernhoff  
Sharon Bleeked  
Sid Nightingale  
Stephen Wright  
Marius Johnason  
Shirley Moore  
Mark Patterson  
Y, Taniwa  
George Palanciuc  
Peta Triplett  
S,King  
Diana McConnell

### VIPKA MONTHLY MEETING

3<sup>rd</sup> Thursday of the Month

Royal Jubilee Hospital  
Renal Unit Boardroom  
(Second Floor Royal Jubilee  
Hospital Renal Unit)