

The Renal Review

October 2015

Vancouver Island Kidney Patients' Association



Presidents Report

Although we didn't have a meeting, summer 2015 has been busy. We continued to work on your behalf.

In July we held our second annual volunteer BBQ. We have great volunteers from many walks of life and all share the same devotion to help kidney patients in our community.

We have also purchased two (soon to be delivered), dialysis chairs. These come from Australia, and will be gratefully received. There have been nine ordered for the various dialysis units.

VIKPA has been providing blood pressure cuffs to kidney care and transplant clinics to loan to those needing to borrow them when unable to afford purchasing their own or are in need while arranging to purchase one. Monitoring your blood pressure is an important part of your care.

We will be having our annual silent auction in March, kidney month. If you are able to donate items for auction or know of anyone that can. Please contact us. We can collect new items anytime. We are looking for new items, services, gift certificates etc.

As you may have noticed, VIKPA has changed our telephone service. I would like to apologize if you have had some difficulty contacting us by phone. We have the same phone number, and messages are now forwarded directly to me by email along with any email messages you send to VIKPA. Feel free to contact us through www.vikpa.org, phone 250-595-3650, or our email, contact@vikpa.org. If we are unable to help you, we are usually able to direct you to the correct person.

VIKPA appreciates the support of those able to donate, as we rely on donations. We have had some generous donations from the families of patients who 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*

VIKPA Christmas Party

Everyone is welcome and encouraged to bring a friend. All food and beverages are provided. Bring a small \$5 wrapped gift to use to play games.

Thursday December 17th at noon

Nanaimo Transplant Clinic Now Open for Business

The new Nanaimo Transplant Clinic officially opened on April 30, 2015. The clinic serves Vancouver Island transplant patients from Ladysmith north which means the existing 150 transplant patients, from this area, will no longer have to go to Victoria or Vancouver for post-transplant appointments. The clinic is slowly transitioning people to the Nanaimo clinic. So far 27 of the 150 patients are now being served by the Nanaimo Clinic. They expect to be serving all 150 post-transplant patients by the end of 2015.



Patients are still required to attend appointments in Vancouver for the first three months after receiving a transplant but at the three-month point, the location for appointments changes over to Nanaimo. Appointments will then take place approximately once a month but then gradually decrease in frequency. The follow-up appointments may include medication and physical review with a nephrologist, dietician support, counselling and other services.

Pre-transplant services are also offered at the Nanaimo Transplant Clinic and primarily include education and transplant referral. Previously a patient's nephrologist's office would complete the transplant referral process but now the process is being managed by the Transplant Clinic which significantly streamlines the process.

All of the services of the Transplant Clinic are offered by existing staff of the Nanaimo Kidney Care Clinic which is where the new Transplant Clinic is located as well (#7 - 1588 Boundary Crescent).

If kidney patients have any questions they can contact Kiyomi Renville, at the Nanaimo Transplant Clinic at 250-739-5828, toll free at 1-877-739-5828 or by email at Kiyomi.Renville@viha.ca.

Are You Looking For Kidney Friendly Recipes

The Canadian Association of Nephrology Dieticians has published a new cookbook. “Kidney Friendly Cooking”, full of easy kidney friendly recipes. Purchase a cookbook for \$35.00, including taxes and shipping at www.renalrd.ca. The order form is on the VIKPA website homepage.

Wheels for Wellness

I was privileged to make a donation to Wheels for Wellness, on behalf of VIKPA in appreciation for all the support they have given to kidney patients over the years. Wheels for Wellness is a non-profit society using certified volunteer drivers.



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 Maryann Bob! Maryann is a member of the Pauquachin First Nation in North Saanich, BC. She is an active community member and supports and volunteers in many exercise, health and wellness programs through the Band office. She was diagnosed with kidney disease in 1992 and has been on dialysis since 2011. Although, Maryann has had many challenges and struggles in her life she works hard to create awareness of Kidney disease within her community and is an inspirational and spiritual leader. In 2014, she took the biggest step in improving her health towards her goal for a kidney transplant and continues to promote a healthy, active lifestyle with a positive outlook on life by practicing meditation and reading to nurture her inner self. A major accomplishment for Maryann was the 13 week training program for the Times Colonist 10K marathon, in which she finished the full 10K distance with great pride.

Spiced Chicken Thighs and Parsley and Couscous

Makes 4 servings (2 thighs and ½ cup couscous)

Nutritional Information

Protein: 44 g

Fat: 19.3 g

Sodium: 544 mg

Potassium: 173 mg

Phosphorus: 438 mg

- 2 teaspoons ground cumin
- 2 teaspoons brown sugar
- 1 teaspoon chili powder
- 1 teaspoon ground ginger
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon grated lemon rind
- 1/4 teaspoon freshly ground black pepper
- 8 bone-in chicken thighs, trimmed and skinned (about 2 1/2 pounds)
- 1 1/2 tablespoons canola oil, divided
- 2/3 cup uncooked couscous
- 2 teaspoons minced garlic
- 3/4 cup unsalted chicken stock
- 1/4 cup chopped fresh flat-leaf parsley
- 1 tablespoon fresh lemon juice



1. Preheat oven to 425°.
2. Combine cumin, sugar, chili powder, ginger, red pepper, lemon rind, and black pepper in a small bowl; rub spice mixture over both sides of chicken. Heat a large ovenproof skillet or cast-iron pan over medium-high heat. Add 1 tablespoon oil to pan; swirl to coat. Add chicken to pan, placing it skin side down; cook 5 minutes on each side or until chicken is browned. (If necessary, work in batches to avoid overcrowding the pan.) Transfer pan to oven. Bake chicken at 425° for 14 minutes or until done. Remove chicken from pan; let stand 10 minutes before serving.
3. While chicken rests, heat a small saucepan over medium-high heat. Add remaining 1 1/2 teaspoons oil to pan; swirl to coat. Add couscous and garlic to pan; cook 2 minutes or until toasted and fragrant, stirring frequently. Carefully stir in chicken stock. Bring liquid to a boil. Remove from heat; cover and let stand 4 minutes (avoid opening the lid). Fluff couscous with a fork, and stir in parsley and lemon juice

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 and pay on line

Charitable Registration 89183 RR0001

In Memorium

Allan Rhonda

Jeff Crerar

Charles Watkins

Nancy Taylor

Jordan Ashby

Mark Mathews

Frank Flock

Katherine Tutty

Adriane Briere

Derek Crawley

Allen McCulloch

Tun Quon

Ronald Morgan

Carlos Jumenez

Sam Greenberg

John Edgeworth

Maria Hamilton

Ken Jacobsen

Ddouglass MacLoan

Robert Horton

Peter Dixon

Mark Hamilton

Martin Paquin

Donna Muir

VIPKA MONTHLY MEETING

3rd Thursday of the Month

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

Vancouver Island Kidney Patient 6th Annual Silent Auction

Where: Royal Jubilee Hospital Lobby

When: Wednesday March 2nd, 2015

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 4th**.*

-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.

**VANCOUVER ISLAND KIDNEY PATIENT'S ASSOCIATION
NOTICE OF ANNUAL GENERAL MEETING**

Thursday, February 18th, 2016 - 1:00 p.m.

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