



The Kidney Foundation of Canada

Waterloo Wellington & District Chapter Newsletter

Issue
07
July 2018



Volunteer Appreciation Evening

We are very excited to announce that this year's Volunteer Appreciation evening will be held at the Velocity Building in Kitchener. The evening will begin with a tour of Qidni Labs with Morteza Ahmadi followed by presentations from The Kidney Foundation, Grand River Hospital, and an awards presentation honouring our volunteers including a special tribute to our March Drive captains and canvassers.

Save the Date!

Wednesday October 17
5:30-9:30 PM

For more information:
tracey.babineau@kidney.ca



Goodbye March Drive and Thank You Volunteers!

The Kidney Foundation of Canada's March Drive door-to-door campaign began in 1979 and 2018 marks the end of this campaign for the Waterloo Wellington & District Chapter.

We want to extend a warm thank you to all of those in our community who opened their doors to our dedicated canvassers and gave generously throughout the years. We would also like to send a special thank you to those who supported the Foundation as captains and canvassers. We could not have accomplished so much with our March Drive without volunteers like you!

Elda Sauder (above) is among a devoted group of volunteers that has been supporting the Waterloo Wellington & District Chapter of The Foundation for over 25 years. Elda has delivered, collected, canvassed, captained and spent countless hours at March Drive depots, not to mention her numerous follow-up calls to supporters. Elda also helps with Kidney Walks in our community and is always ready to lend a helping hand. Thank you, Elda, for your years of dedication and loyalty. We look forward to having your continued support as we grow the Waterloo Wellington & District kidney community.

We hope that our March Drive volunteers will take up the torch in other regional events, such as our annual Kidney Walks, as we look forward to new ways to champion the cause in our community. Thank you, once again, to our incredible March Drive volunteers!

Take a giant step in the fight against kidney disease.
Register for your local Kidney Walk at: www.kidneywalk.ca

Kidney Walk season is around the corner!

The Kidney Walks raise important funds to support research, advocacy efforts, patient programs and services. The Walks also bring together our kidney community like no other event. Patients, their families and loved ones, renal professionals and volunteers all walk together, sharing experiences and the hope for a future free of kidney failure.

Last year, the Waterloo Wellington and District Chapter raised over \$66,000 for The Foundation. This year we can do better!

If you have questions or suggestions for this year's Walks, contact Tracey at tracey.babineau@kidney.ca

Let's set new records today and take a giant step in the fight against kidney disease!

Register online today:
www.kidneywalk.ca



The Kidney Foundation of Canada

Waterloo Wellington & District Chapter

Feature Volunteer: Jessica

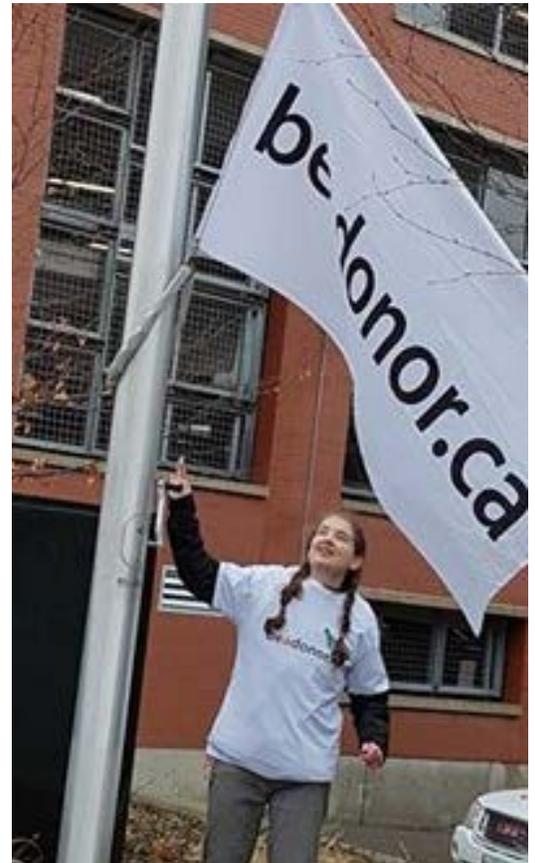
Jessica Bailey has been involved with The Kidney Foundation for over twenty-four years. In that time, she has helped with many of our fundraising events, participated on our board, and supported March Drive. On top of her dedication to community events with The Foundation, Jessica donates her time and effort to other groups in our community including the Kitchener Pioneer Lions and the Life Donation Awareness Association.

Jessica is no stranger to kidney disease. At nine-years-old, Jessica was living with a transplanted kidney. Her new kidney helped her through life from primary school to college and into her career. An active member of the community, Jessica enjoys many activities including dragon boating, table tennis, drumming, biking, lawn bowling and geocaching. Unfortunately, after twenty-four years she is back on dialysis, however, she has not slowed down her enjoyment of life, nor does she plan to.

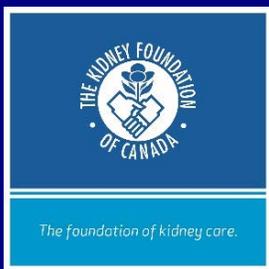
When asked why she volunteers with The Kidney Foundation, Jessica replied:

"I volunteer for The Kidney Foundation of Canada to give back and to pay it forward; for all the support they've provided to me over the years. I have met many great people and have gained many new friends and earned new skills."

Thank you, Jessica, for your continued support of our kidney community!



Did you know- High blood pressure (also called hypertension) is a common problem for people with kidney disease. Normal kidneys produce a hormone that regulates blood pressure.



Message from Evelina: "Moving On"

It is with mixed feelings that I leave The Kidney Foundation of Canada, after almost four years, to begin a new chapter in my life. I have met so many amazing people from my co-workers, patients and their families, renal caregivers, to community partners. I am sure to miss all of you, however, I hope that our paths will cross again, perhaps at the Kidney Walks. In the meantime, I wish everyone success in their fight against kidney disease.

Many of you already know Tracey Babineau who will be looking after the Chapter in the interim. Please contact Tracey with anything you may need.



kidneywalk.ca

Have questions about registering yourself or your team online?

Contact Tracey at:
tracey.babineau@kidney.ca
1-800-387-4474



Grad student, James, describes process of DNA amplification and analysis.



Petri dishes streaked with bacteria.



Undergraduate student, Sarah, demonstrates how to isolate DNA from a banana.

Charting the Future and Lab Visit

Our annual stakeholder forum titled Charting the Future took place on Sunday, April 22 at the University of Guelph. A group from Brantford, Hamilton, Niagara and the Waterloo Wellington & District areas joined together for open discussions around peer support as well as strategic planning for The Kidney Foundation in the next three years. Following our planning sessions, Dr. Nina Jones presented her current research along with a tour of her lab (photos above), demonstrating their research into kidney function.



World Kidney Day 2018

World Kidney Day took place on March 8, falling on the same day as International Women's Day allowing the international community to shine on a light on women and kidney disease.

In Waterloo Wellington & District, The Kidney Foundation presented information about kidney disease at the Cowan Health Sciences Centre on Conestoga College's Doon campus.

To celebrate World Kidney Day, our annual Artificious event brought a lively crowd to the Kitchener Market. During the event, we hosted local food vendors, craft breweries, wineries, local artisans and entertainment for visitors of all ages. Everyone in attendance greatly enjoyed the food, beverages and company.

Next year, World Kidney Day falls on March 14, 2019

The Kidney Foundation of Canada Waterloo Wellington & District Chapter Newsletter

Understanding the Financial Burden of Kidney Disease

People living with kidney failure and their families often face substantial financial hardships because of how the symptoms of their chronic illness impact their physical, emotional and psychological wellbeing. This is compounded by the demands of their dialysis treatment, which has great impacts on their productivity level both at home and in the workforce. Many people living with kidney disease frequently experience significant financial challenges related to loss of income, and increased costs to transportation and medication.



In 2016, The Kidney Foundation of Canada and the Canadian Association of Nephrology Social Workers (CANSW) partnered to administer a survey of Out-of-Pocket Costs for Canadians with Kidney Failure to obtain data that would provide evidence of the economic burdens associated with dialysis. The survey identified the increased cost to patients and their caregivers who complete home dialysis treatments, transportation costs to and from hospital-based treatment, increased food supplements and medications needs. In examining the Ontario data from the national survey, it showed that:

- 36% of the responding patient's income less below the Canadian Low Income Cut off (LICO)
- 46% of those who indicated that their household income decreased dramatically after the initiation of dialysis treatments. Of those who responded, 30% indicated that their household income decreased by 50% or more.
- It also showed that 44% of the respondents receiving dialysis treatment, reported that their annual household income was less than \$34,000 and 26% of those respondents indicated that their income was less than \$20,000.

The impact of poverty as a social determinant of health is significant when:

- 28% of respondents indicated that they missed purchasing medication in the last 6 months due to a financial barrier.
- 22% of all respondents indicated that they had gone without food or necessities in the last 6 months due to financial barriers.

These respondents could be particularly vulnerable individuals. The consequence of going without required medications or maintain an appropriate specialized renal diet can have significant impact on their health. A slight change can result in hospitalization.

The Kidney Foundation is calling on the Ontario government to act on recommendations to address the financial burden of kidney failure experienced by Canadians and their families.

What are we asking?

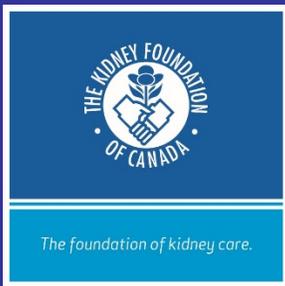
1. Develop a Medical Transportation Assistance Program to subsidize transportation costs to attend dialysis treatments, where there is no access to available, accessible and affordable public transit systems.
2. Reduce the financial burden of accessing medications for people receiving dialysis treatments by eliminating the Trillium Drug Benefit Deductible

For more information and to find out what you can do visit www.kidney.ca/on/advocacy_financialburden



The Kidney Foundation of Canada

Waterloo Wellington & District Chapter



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Peer Support Dates for Kitchener

Grand River Hospital Freeport Campus
(Board Room VC2)
3570 King St. East, Kitchener

Tuesday July 10, 2018

1:30 – 3:00 PM

Wednesday August 8, 2018

1:30 – 3:00 PM

Tuesday September 11, 2018

1:30 – 3:00 PM

Wednesday October 10, 2018

***Room change: Board Room PTM123**

1:30 – 3:00 PM

Tuesday November 13, 2018

1:30 – 3:00 PM

Wednesday November 5, 2018

1:30 – 3:00 PM



Grand River Renal Program Patient and Family Advisory Council Update

The Grand River Hospital Patient Family and Advisory Council (PFAC) advocates for the interests of renal patients and their families. PFAC members continue to be consulted on and participate with various new initiatives including the Transplant Ambassador Program and the Ontario Renal Network person-centred decision making pathway.

Recently, PFAC members have consulted on the design and implementation of patient educational materials for substitute decision makers, advance care planning and person-centred health decision making. Person centred decision making specialists have now shared the questionnaires to a sample of hemodialysis patients. During these important interviews, patients answered questions about care goals and values. This program will slowly be implemented throughout the dialysis programs and the Multi-Care Kidney Clinics to ensure that patients are well informed to make decisions about their care plan.

As always, the council encourages renal patients and their families to use the communication forms to provide comments and questions that are reviewed and addressed at each meeting. No issue is too small to bring the patient family advisory council to advocate on your behalf.

Lastly, the Grand River Hospital PFAC continues to look for new members and new ideas to engage patients and improve their experiences in dealing with renal failure. If you are interested in becoming a member or have an idea that you believe would benefit renal patients, please let us know. For more information, email Darlene at darlene.andreotte@grhosp.on.ca

Kidney Connect peer support program

Peer support volunteers can tell you about their own journey with kidney disease and how they balance their treatment with family life, work, and social activities. They'll be able to answer many of your questions because they've been there too.

Whether you are a dialysis patient, pre-dialysis patient, transplant recipient, caregiver or living donor, connect by phone, in person or online today.

Interested in becoming a peer support volunteer? Call 1-866-390-7337 or visit www.kidney.ca/ontario/peer-support

NEW Kidney Connect online youth peer support group

August 1, 2018 marks the launch of the virtual Kidney Connect Youth Peer2Peer support group. Youth (17-29 years of age) from across Ontario can register through www.KidneyConnect.ca and join the Youth Peer2Peer support group with a group of trained volunteer peer support mentors. Within the group, youth touched by kidney disease can connect, share and express themselves with others.



The foundation of kidney care.

The Kidney Foundation of Canada Waterloo Wellington & District Chapter

A Good Time for a Good Cause, Celebrity Men

By: Charles Cook

It has been a few weeks since I made my modeling debut on the runway at the Celebrity Men in a Fashion Event. The following are some of my thoughts on what I gained by taking part in the event.

My first time on the runway was quite the experience! The lights were bright in my eyes. The music was loud in my ears. The faces looking up at me from the audience were laughing and smiling with encouragement. The entire time I was thinking, *just walk straight, walk to the right and pose, walk to the left and pose, walk straight back and above all, don't fall!* Mission accomplished.

Looking back on the night, my memories fill me with a great sense of positivity. I was given the opportunity to spend an evening with a group of people who were each doing their best to put a little good out there for others. I thought that was kind of cool and I was honoured to be included in their number.

The good feelings started from the moment that I arrived at the venue with my partner, Monica, by my side. Hacienda Sarria provided a beautiful setting for the night's festivities. After I was shown to the dressing area backstage, I met the people who would be in charge of the music for the evening as we walked the runway. They were friendly and efficient. Working together, we had my song choices and the proper order nailed down in no time.

Next, I met my fellow models as they arrived. I had met a few of the guys before at the photo shoot. The majority, however, I met for the first time that day. By the time we took our final bows at the end of the show we were all trading contact information so that we could keep in touch with each other back in the real world.

When our clothes arrived for the show I was pleasantly surprised when I got my first look at what I would be wearing for the show. Moe from Trends For Men had brought his A game. The suit that was chosen for me made me look and feel like a million bucks. My outfit for casual wear made me feel hip and fresh. Does anyone even say hip anymore? I might be getting old! Finally, I would like to give some special shout outs to the lovely ladies who helped to make the evening especially memorable. Kiki, thank you for your guidance as my backstage mom since I had no clue what I was doing. Jessica, thank you for being my partner in crime as we breathed life and laughter into my written words. Evelina, thank you for giving me the opportunity to participate in such a great event. Lastly, my beautiful Monica, thank you for your constant love and support in everything that I do. You are my partner in the truest sense of the word!



The Kidney Community Kitchen offers information and tools to help you manage your renal diet. Access hundreds of recipes, an easy to use meal planner and read blog posts from others in our community including certified renal dieticians with tips on living well on your personalized renal diet! Visit kidneycommunitykitchen.ca for more information.

Connect with us!



Facebook

www.facebook.com/waterlookidney

Twitter and Instagram
[@kidneyontario](https://twitter.com/kidneyontario)

E-News

www.kidney.ca/ontario/e-news



Spinach Ricotta Frittata

This filling frittata is best for brunch served with a green salad and vinaigrette.

Recipe developed by Chef Leslie Cairns.

- 10 Omega 3 eggs
- 1 cup ricotta cheese
- 1 tbsp fresh herbs, chopped
- 1 tbsp olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- 2 cups of raw spinach



Preheat your oven to 350° F.

Sauté the onion and garlic in olive oil using a non-stick, oven-safe pan.

Add spinach and sauté. Mix the eggs, ricotta cheese and fresh herbs together. Add the egg mixture to your pan. Finish cooking the frittata in the oven (approximately 10 minutes or until the top sets completely. Serve warm.

Food Safety Tips for the Warm Weather!

We aren't the only ones who enjoy the sunshine- harmful bacteria in food multiply quickly in hot, humid conditions. Infants, young children, seniors, pregnant women, and people with weakened immune systems are at highest risk of food poisoning.

Before you go:

- Wash produce before leaving for the day
- Use insulated coolers with bags of ice or cold packs, and keep cold items together. Car trunks heat up quickly, so store coolers in the backseat if possible.
- Keep raw meat or poultry separated from ready to eat items (e.g., fruit and vegetables, salads, and cooked foods). Store them in a separate cooler or on the bottom in leak-proof bags or containers.
- For perishable items, take only the amount you will use (i.e., a small jar of mayonnaise). Take a supply of shelf stable snacks to keep you energized (e.g., dried fruits and nuts, cereals, nut butters, and pre washed fruits).
- Take an extra set of plates and serving utensils to prevent cross contamination when cooking.
- If you will not have a reliable source of soap and clean water, bring antibacterial wipes to clean hands and surfaces. Biodegradable camping soaps can help to prevent pollution

When outdoors:

- Keep coolers out of the direct sun, covered with an umbrella or light blanket.
- Avoid opening coolers more than needed to keep hot air out. One idea is to keep drinks in a separate cooler than food.
- Don't keep food out of the cooler for more than 2 hours, or 1 hour on hot days. Be extra cautious with high risk items (e.g., cheeses, yogurt dips, potato salads, coleslaw, and lunch meats).
- Do not reuse plates or tongs that have touched raw meat. Use the extra plates you brought!
- Use a thermometer to ensure foods are cooked to safe internal temperatures. Insert into the thickest part of the meat, not touching the bone. Don't rely on colour to tell if it is properly cooked.
- Wash hands, surfaces, cookware, and utensils with warm water and soap, as you would at home.



Did you know – Each person has different dietary needs depending on their age, medical history and kidney function?

While these recipes are kidney friendly, they may not be appropriate for your specific needs.

Your dietitian will work with you to design an individual daily eating plan that's right for you.

For more information, visit the Kidney Community Kitchen online.



The foundation of kidney care.

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KIDNEY WALK

The Kidney Foundation of Canada

Take a giant step in the fight against kidney disease! Register online for your local Kidney Walk today.

www.kidneywalk.ca

Owen Sound

Saturday, September 8
Harrison Park

Goderich

Sunday, September 9
Goderich Waterfront Boardwalk
Pavilion 4, The Cove

Stratford

Saturday, September 22
Upper Queen's Park

Kitchener-Waterloo

Sunday, September 23
Waterloo Park

Guelph

Sunday, September 30
Guelph Country Club

Waterloo Wellington & District Chapter Leadership Group

**Harvey Thomson,
President**

Jessica Bailey
Karen Campbell
John Clifford
Charles Cook
Norma Hergott
Dr. Nina Jones
June Martin
Melissa McIvor
Dr. Louise Vitou

Contact Info

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