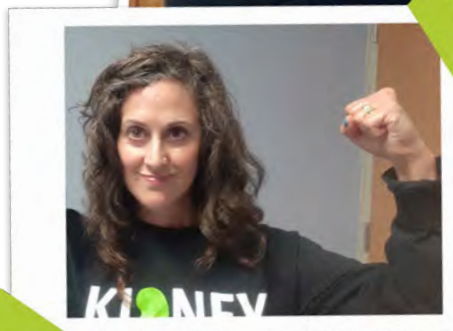


# Building a Stronger Community

2022 Ontario Branch - Impact Report



## BOARD OF DIRECTORS

Dr. Norman Muirhead, President  
Craig Kerr, Past President  
Mary-Pat Shaw, Vice President  
Chris Costanza, Treasurer

## DIRECTORS-AT-LARGE

Richard Bernreiter  
Mauro Burri  
Charles Cook  
Elizabeth Giacinti  
Joanne Hagger-Perritt  
Ethan Holtzer  
Alan Hui  
Sarangan Lingham  
Roger Ma  
Marlene Rees-Newton  
Teresa Roberts  
Marlene Smith

## EXECUTIVE DIRECTOR

Anthony Tirone

## ONTARIO CHAPTERS

African Caribbean Kidney Association (ACKA)  
Brampton  
Brant County  
Central Ontario  
Chinese Renal Association  
Durham Region  
Eastern Ontario  
Hamilton & District  
Kingston  
London & District  
Niagara & District  
North Bay  
Northern Superior (Thunder Bay)  
Sarnia-Lambton  
Sault Ste. Marie  
Timmins-Porcupine  
Waterloo Wellington & District  
Windsor & District

## Our Vision

Excellent kidney health, optimal quality of life for those affected by kidney disease, and a cure.

## Our Mission

The Kidney Foundation of Canada is the leading charity committed to eliminating the burden of kidney disease through:

- **Funding and stimulating** innovative research for better prevention, treatments and a cure;
- **Providing education and support** to prevent kidney disease in those at risk and empower those with kidney disease to optimize their health status;
- **Advocating** for improved access to high quality health care;
- **Increasing** public awareness and commitment to advancing kidney health and organ donation.

# Message from the President and Executive Director

*As we end the third year of navigating through the pandemic and look back on 2022, there is much to celebrate.*

There were indeed many challenges. We were hampered by an unprecedented demand for employees, and took much of the year to fill a few positions. But as has been the case for the last three years, a dedicated team of employees stepped up to fill the gaps. Their efforts exceeded budgeted net revenue targets while continuing to grow programs like Short-Term Emergency Financial Assistance and Peer Support. This was during a time when other organizations had to reduce services. A committed group of leadership volunteers supported the staff every inch of the way.

There were consultations with internal and external stakeholders to build a new strategic plan, Vision 2025: Together We are Stronger. The project, which will launch in 2023, is patient-centred and reflects a further increased investment in our key programs and a commitment to provide more focus on under-served patient populations. The plan is underpinned by an Equity, Diversity, and Inclusion (EDI) action plan.

Beginning in October 2022, patients, volunteers, and employees participated in surveys and focus groups to help the Branch better understand the EDI status of the organization. We aligned our strategic plan with the findings of these exercises. The resulting action steps will be implemented over the next few years.

Looking forward, you will see further growth of the Peer Support program through the engagement of populations that are at greater risk.

Virtual platforms will continue to be the foundation of that program by bringing together people with similar challenges from across the province. There will also be a much-anticipated return to some in-person fundraising events, of particular interest is the Kidney Walk in over 25 communities throughout September. You will see other local events reemerging in your local Chapters.

We would be remiss if we didn't extend a huge thank you to those who continue to support the Foundation through their gifts of time and talents. A core group of individuals and corporations have been there and continue to make generous financial contributions through the most challenging times. We hope more people will reconnect throughout 2023. Thank you to groups of dedicated Chapter and Branch volunteers who continued to help the Foundation rebuild. Boards and Committees have stayed the course. A special salute to bingo volunteers who were some of the first to participate in larger gatherings while supporting a significant revenue stream for the Foundation.

We look forward to seeing you and reconnecting throughout 2023. There is much to celebrate and reasons to be excited about the future.



**Dr. Norman Muirhead**  
President  
Ontario Branch

A handwritten signature in black ink, appearing to read "Norman".



**Anthony Tirone**  
Executive Director  
Ontario Branch

A handwritten signature in black ink, appearing to read "A. Tirone".

**\$1,391,516**

Legacy and Memorial Donations

**35** Kidney Walks held in Ontario

**152** Teams

Kidney Walks raised

**756** Kidney Walk participants

**\$735,925**

**\$55,887**

Raised through the Six Degree Challenge



Over

**4M**

Impressions Online for our

Six Degree Challenge

# HIGHLIGHTS 2022

**3238**

Cars donated

Raising

**\$2.9M**

Kidney Clothes collected

**6M+** lbs

of textiles and

**1.3M** lbs

of miscellaneous items

**\$234,985**

Short Term Financial Assistance

**968**

Grants supported people with kidney disease

Secured

**\$20,000+**

In community grants to support kidney patients

Increased our social media reach to:

**6463** Facebook followers



**2204** Twitter followers



**1972** followers on our Instagram



**5000+** E news Subscribers

**\$52,000**

Online Holiday Auction Raised

**\$27,895**

Raised through Kidney 50/50

**1553** Peer support Group attendance

**8544**

Living with Kidney Disease Handbooks were given to kidney patients.

**152**

Peer support volunteers

Kidney Clothes did more than

**170,000+**

Household pickups in

**200**

communities in 2022

THE INCREDIBLE  
**KIDNEY QUEST**

**110**

5 individuals, 19 duos and 27 groups participated in the Incredible **Kidney Quest**

Giving Tuesday raised

**\$12,611**

in Ontario

**133**

Peer support meetings Took place in 2022

# One hormone potential impact on kidney disease

*More than 80 per cent of people with kidney disease have high blood pressure, and the two conditions can have a mutually detrimental effect.*

“Poorly controlled blood pressure can lead to kidney disease, but then kidney disease itself leads to blood pressure problems,” explains Dr. Gregory Hundemer, a nephrologist with the Ottawa Hospital Research Institute.

But what if the opposite also holds true—that bringing one condition under control improves the outcomes of the other or might even prevent it from happening? That overarching question motivates Hundemer’s current research into the role of the hormone aldosterone.

Aldosterone helps to regulate blood pressure by telling the kidneys to hold on to water and salt when needed. However, excessive production of this hormone causes Primary aldosteronism, which can raise blood pressure and damage the kidneys. The condition “leads to disproportionately high rates of kidney disease compared with other forms of hypertension,” says Hundemer.

Treatment exists, but physicians frequently overlook elevated levels of aldosterone as a cause of high blood pressure because of a current “one-size-fits-all” approach to management that prioritizes other causes and forms of treatment. Indeed, only one per cent of people thought to have Primary aldosteronism are diagnosed even though researchers estimate up to 20 per cent of those with high blood pressure have the condition.



RESEARCH INVESTMENT  
MADE IN 2022: **\$4,271,974\***

\*Includes funding of commitments made in prior years and other support investments

**101** grants funded,  
including **43 in Ontario**

**486** researchers supported

**\$135 million** invested in research  
since 1964

*Article  
by Mary Baxter*

Hundemer questions if even slightly elevated hormone levels might cause kidney disease. To find an answer, he began in 2021 to analyze health information in the CARTaGENE study. The long-term population-based study contains health data from thousands of Quebec residents and is one of the largest of its type in the world.

To complete his three-year analysis of the CARTaGENE database, Hundemer employs proteomics. The technique enables researchers to study our bodies’ small proteins, and he uses it to track aldosterone levels and identify any links these might have to early-stage kidney disease.

Finding a link could be the first step to adding a new path to kidney disease prevention. Many researchers now estimate that more than half of people with high blood pressure have mild hormone elevations. “It would allow us to target patients early on to prevent kidney disease later,” Hundemer says.

# Collaborative efforts result in significant gifts from London developers to build support for kidney patients' mental health needs

Article  
by Andrea Rennie

Thousands of patients and caregivers have been helped since The Kidney Foundation's first Peer Support programs launched in Ontario in the mid 1980's. Demand has significantly increased since 2020 and with that extensive growth, doubling in some regions. Growing this program by a further 15% over the next 3 years is a goal for Craig Lindsay, Senior Manager, Programs and Public Policy for the Foundation.

Two London Developers learned of the need to build and answered the call. Collaborative efforts between the kidney community, Kidney Foundation volunteer leadership and Foundation staff saw two separate gifts to support this important program in the Fall of 2022.

Joe Carapella, President, Tricar Developments Inc. and Allan Drewlo, President, Drewlo Holdings Inc. share their own personal kidney disease stories:



"I have known Dr. Muirhead and his team for many years. Their commitment to their specialty goes beyond the day-to-day patient care. Addressing the need for ongoing emotional support for patients and family members is an important element of care for patients with kidney disease. I support Dr. Muirhead and The Kidney Foundation in their forward thinking and long-term commitment to ensuring the vital care

and compassion for kidney patients continues into the future"

– **Joe Carapella**

"My father went on dialysis years ago, which was a life-changing event that deeply affected me. As a family, we had to navigate the challenges and uncertainties that transpired as a result of the

diagnosis. Those challenges are why I passionately embrace The Kidney Foundation's peer support program, as it offers help to patients in their time of need. The peer support program provides invaluable information and resources, that I believe would have been incredibly helpful for my family in our time of need.



I want to express my gratitude for the work that your organization does and for providing me the opportunity to contribute to such a meaningful cause. It is my hope that my donation will help The Kidney Foundation continue to make a positive impact on the lives of kidney disease patients and their families for years to come."

– **Allan Drewlo**

With the help of philanthropists like Joe and Allan, more and more patients in Ontario won't have to feel so alone in their journey with kidney disease. Peer support will be available for them.

As Craig shares, from a personal and professional perspective, "We all know The Kidney Foundation funds innovative research and provides much-needed financial support for those facing financial challenges. We share tremendous educational resources with so many. Still, we've come to learn that very often what people need most is the connection to others living with kidney disease, renal failure, or a transplant. Speaking with someone living a similar journey can get you through tough days, and it feels good to celebrate small victories with others who "get it." Peer Support can and often does provide the greatest impact on their day-to-day life. You can live with kidney disease alone, but you don't have to."

# Honouring the legacy of a generous community builder

*The power of friendship and passion of volunteers who wanted to rally around a friend living with kidney disease 40 years ago has inspired their community over the past four decades to support The Kidney Foundation with over \$1 million.*

La Serata Italiana's success is a testament to the legacy and passion of the late Agostino Monteduro, who was a kidney transplant recipient. Mr. Monteduro was a well-known and respected member of Ottawa's Italian community. He rallied doctors and community leaders around a common goal to raise funds for Kidney Foundation programs.

The group's main fundraising event is a gala, held annually on the first weekend of March. The event is a glamorous, lively affair, with red carpet photos, a five-course Italian meal, silent and live auctions. The evening's emotional high point takes place when someone from the community who has received a kidney transplant is honoured—something that has become an annual tradition.

The founder's influence was crucial in the early days. Anna Monteduro, Mr. Monteduro's daughter and the current chair of La Serata Italiana recalls that very few people were able to say no to Agostino. In its inception, their focus was on launching the Agostino Monteduro Endowment Fund, the interest of which would help fund Kidney Foundation programs, including summer camp, peer support, and education programs.

When Mr. Monteduro passed away in 2010 at the age of 81, the La Serata team and the community, wanted to honour his legacy by carrying on with his vision to support those affected by kidney disease. A few years later, organizers expanded the focus to include support of kidney research, specifically at the Kidney Research Centre in Ottawa.

Over the years, the La Serata Italiana team has added a second generation of committee members, with many of the original members still active on the board. Today, the annual fundraising gala is attended by more than 300 people. The Kidney Foundation is grateful for the committee's support. This year, the team was recognized with an Outstanding Philanthropic Group award, bestowed by the Association of Fundraising Professionals (AFP) Ottawa Chapter; they were nominated for the award by local Kidney Foundation employees.



*“The volunteers of La Serata Italiana are incredible people,” said Jennifer Heale, Senior Regional Manager of Community and Fund Development for The Kidney Foundation’s Ontario Branch. “Their commitment to this annual event and to The Kidney Foundation, and their ongoing celebration of Agostino’s vision and passion is inspiring. They are a very special group of people and we are so grateful to them for all they continue to do for us.”*

# Expanding Educational Opportunities

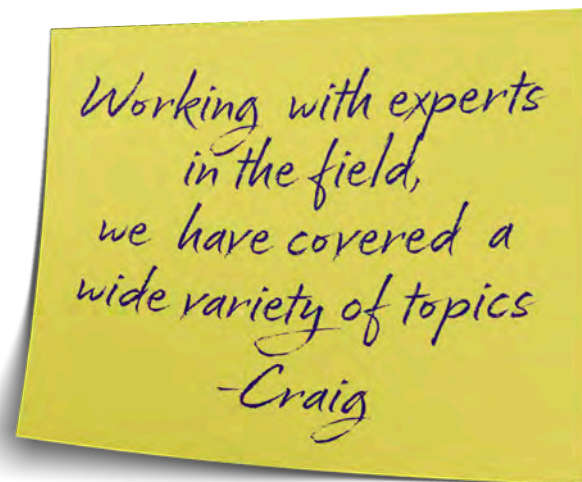
The Kidney Foundation continues to expand the reach of its support and education resources through online learning opportunities. From virtual symposia and forums to webinars and guest speakers, The Kidney Foundation brings experts to the table to discuss issues of importance to patients and their families.

***“Working with experts in the field, we have covered a wide variety of topics,”*** said Craig Lindsay, Senior Manager, Programs & Public Policy. Patients and caregivers have been instrumental in guiding decisions about the subject matter. They ensure the topics are relevant and timely. ***“We have always been fortunate to have patient partners co-design and execute the sessions to ensure that there is a personal and lived experience perspective,”*** Lindsay added.

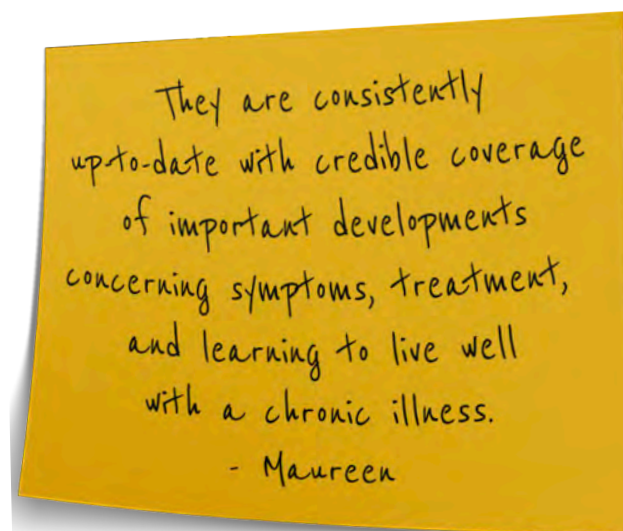
Feedback from participants has been overwhelmingly positive. ***“As someone who has chronic kidney disease, I have watched—and benefited from—several Kidney Foundation educational events during the past few years. They are consistently up-to-date with credible coverage of important developments concerning symptoms, treatment, and learning to live well with a chronic illness,”*** said Maureen Rush.

Delivering the sessions online ensures that opportunities are accessible and helps reach the largest possible audience. A national forum kicked off the year with Ontario patient partners and staff supporting the two-day event. The Ontario Patient Symposium held during March was well attended and brought together patients, caregivers, and renal professionals for the one-day event. Topics covered in 2022 ranged from COVID-19: Navigating the New Normal; Thriving vs. Surviving on Dialysis; to Financial Planning, Travel Insurance, and a three-part series on Body Image and Self Esteem.

Occasionally, The Kidney Foundation’s virtual Peer Support group meetings also include guest speakers who join a portion of the meeting to share information on a variety of topics of interest to the group.



Working with experts  
in the field,  
we have covered a  
wide variety of topics  
- Craig



They are consistently  
up-to-date with credible coverage  
of important developments  
concerning symptoms, treatment,  
and learning to live well  
with a chronic illness.  
- Maureen

Explore the complete roster of webinars  
at **[kidney.ca/webinars](https://kidney.ca/webinars)**.

# Together We're Stronger than Kidney Disease! Ontario Kidney Walk Raises \$735,000

The kidney community stepped up to show their support in communities across Ontario on **September 25th and raised over \$735,000** to invest in high-caliber research and crucial support programs.

For the third year in a row, The Kidney Walks were delivered in a virtual format, with participants walking individually or with their teams in communities across the province. **Over 700 individuals registered, fundraised, and walked, donning their blue Kidney Walk t-shirts.** New teams, like Halton Region's "Cantering with Carla" joined the event and made their mark raising an incredible \$ 32,000 to support the effort.

While in her mid-twenties, Carla Bahr's kidneys were attacked by a virus that destroyed her kidney function. After close to five years of being on dialysis, Carla received the gift of a kidney from a deceased donor. Over the years she has quietly struggled with the trials of organ rejection, drug complications, and side effects and two years ago, the donor kidney began to fail. Today, Carla is now back on dialysis, awaiting a donor kidney for the second time.

Team Captain, Sara Rafuse jointly shared leading the team's efforts and successes with Carla Bahr and her family as well as Chris Sanders. The Cantering with Carla team made a tremendous impact to the 2022 walk. Their goal was two-fold, to raise funds to support the mission of The Kidney Foundation, but also to create a dialogue about the importance of kidney health and the impact of organ donation.

"Whether your team is large or small, you can make a difference and show your loved one that you care. For us, we've been driven by knowing that we can't sit ringside and our community of equestrian friends, family and others who have also been affected by kidney disease, directly and indirectly, brought such generosity and goodness of heart and together we accomplished more than we thought possible" said Rafuse.



**KIDNEY WALK**  
The Kidney Foundation of Canada



*cantering for carla*

*The Kidney Walk is the nation's largest fundraising initiative. Nationally over \$2.8 million was raised in 2022.*

# Kidney Clothes Celebrates 10th Anniversary

In April 2012, The Kidney Foundation jumped on the opportunity to become a charitable partner in the textile donation sector. Within a few short weeks, The Canadian Kidney Trustee Corporation was formed with a mandate to raise funds to benefit The Kidney Foundation of Canada.

Managing Director, Sylvia Krampelj was brought on board as the program geared up to launch and charged with overseeing the operations in four Ontario communities: Barrie, Brantford, Sault Ste. Marie, and Toronto. “It was a wild ride in those early days, from leases, to logos—we literally built this from the ground up,” said Krampelj. The Kidney Clothes team has never rested with the status quo, always learning, always testing new methods to collect donations all in an effort to maximize funds raised to benefit Canadians living with kidney disease.

In 2013, the program expanded to include an operation in Calgary, Alberta.

The grit and determination of the Kidney Clothes team is nothing short of amazing. They have built partnerships with schools and other not-for-profit groups to hold fundraising drives; they collect textile donations at the door in 200 communities. In addition, they’ve taken an active role in policy by participating on committees like The National Association for Charitable Textile Recycling (NACTR).

“We would never have been able to accomplish the amazing work we do without our committed team of drivers, managers, administrative staff, customer service agents, volunteers, loyal donors and partners,” said Krampelj. “It is their dedication and commitment day in and day out that has helped us get better and better at what we do while becoming one of the industry leaders in textile diversion.”

Pre-pandemic Kidney Clothes was collecting over 10 million pounds of textiles and miscellaneous goods annually. The COVID-19 pandemic impacted operations significantly, and like most companies and organizations, the Kidney Clothes team was forced to pivot and seek new ways to collect goods. The team managed to continue to earn a profit, despite these extenuating circumstances.

*In the last decade, Kidney Clothes has proudly contributed more than \$6 million to support the mission of The Kidney Foundation*



st. Nicholas Catholic school



MAYFIELD  
SECONDARY SCHOOL



**The Kidney Foundation of Canada, Ontario Branch**

201-1599 Hurontario Street  
Mississauga, Ontario L5G 4S1

[kidney.ca](http://kidney.ca)

[ontario@kidney.ca](mailto:ontario@kidney.ca) | 1.800.387.4474

Charitable Registration No. 107567398 RR0001

The Kidney Foundation of Canada's audited financial statements are available online at [www.kidney.ca/about-us](http://www.kidney.ca/about-us)

**Connect with us on social media**

[facebook.com/kidneyontario](https://facebook.com/kidneyontario)



[twitter.com/kidneyontario](https://twitter.com/kidneyontario)



[instagram.com/kidneyontario](https://instagram.com/kidneyontario)



[youtube.com/user/kidneycanada](https://youtube.com/user/kidneycanada)

