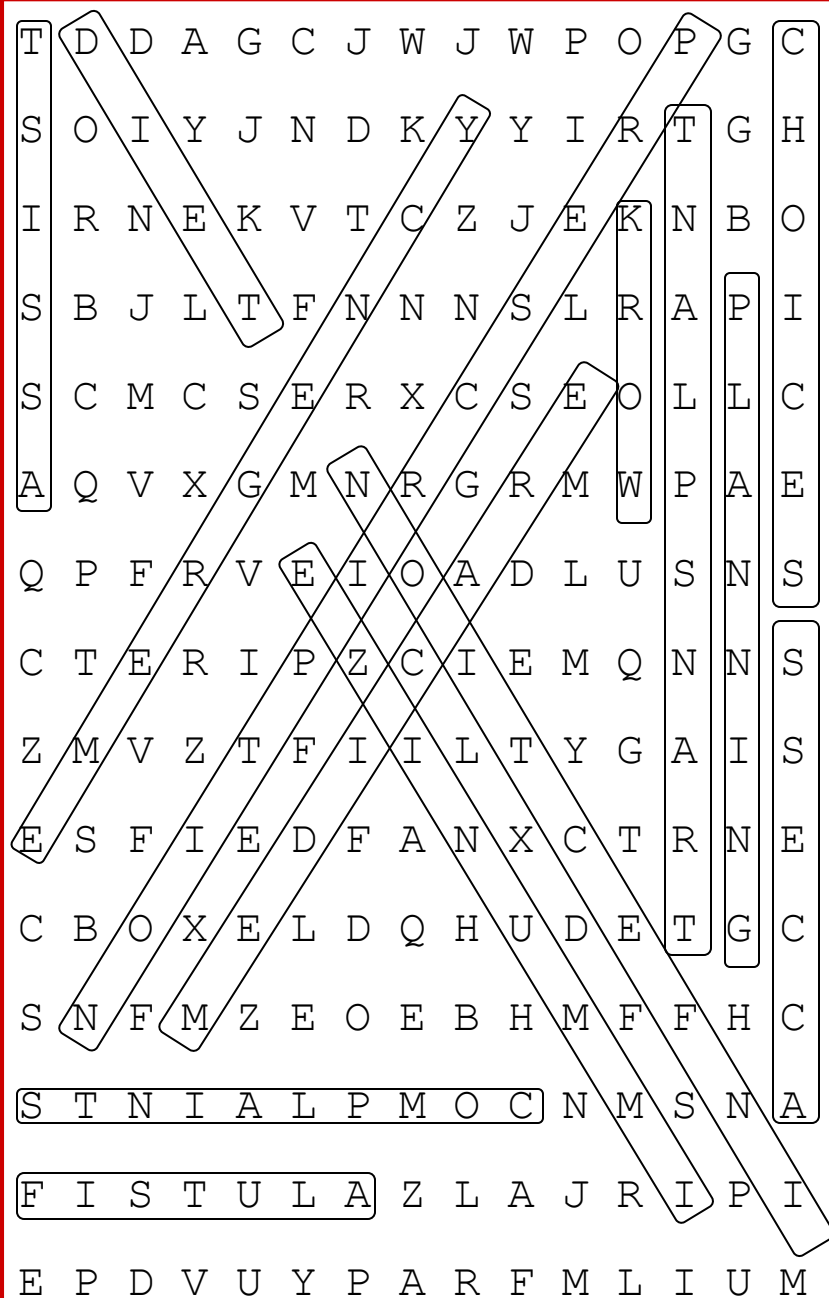
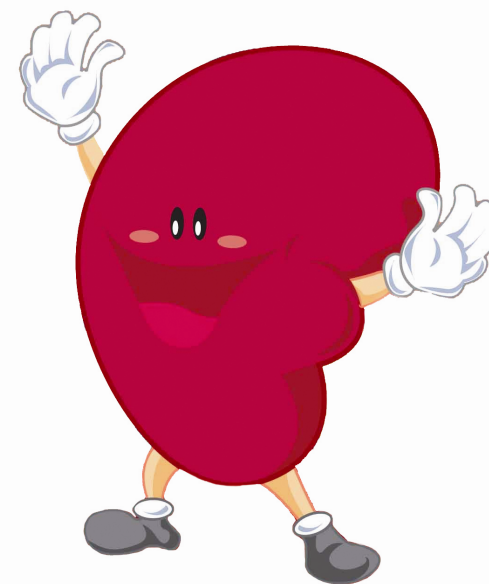


# 2012 Southeastern Kidney Council Patient & Family Calendar



**The SEARCH Is ON!!  
Find the “Words” to  
your Overall Kidney  
Care in 2012!**



**This publication was developed by the 2011-2012 Southeastern Kidney Council Consumer Committee while under contract with the Centers for Medicare & Medicaid Services Contract Number HHSM-500-2010-NW006C**

## **Who is the Southeastern Kidney Council (SKC)?**

- **Contracts with Centers for Medicare & Medicaid Services (CMS) to oversee the quality of dialysis and transplant services in North Carolina, South Carolina, and Georgia**
- **Provides patient resources and assistance on:**
  - Complaint Process
  - Treatment Options (Types of Dialysis & Transplant)
  - Understanding Lab Values
  - Emergency Preparedness
  - Returning to Work (Vocational Services)
  - Depression
  - Dialysis Access Options (Fistula, Graft, Catheter)
  - Advanced Care Planning
  - Immunizations
  - Medicare Part D
  - Support Groups
- **Provides training and information to help dialysis facilities provide the best care to patients**
- **Advocates for quality patient care**

## **Contact Us:**

### **Southeastern Kidney Council**

1000 St. Albans Drive

Suite 270

Raleigh, NC 27609

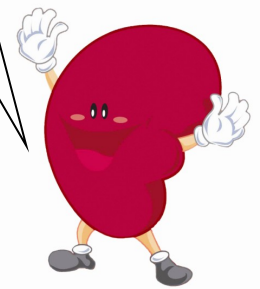
**Toll-Free: (800) 524-7139**

Local: (919) 855-0882

E-mail: [info@nw6.esrd.net](mailto:info@nw6.esrd.net)

Web site: [www.myskc.org](http://www.myskc.org)

**Mission of SKC:**  
To improve the lives of people with or at risk for End Stage Renal Disease by promoting and advancing quality of care.



## *Dear Patients and Families—*

As members of the Southeastern Kidney Council Consumer Committee, we hope you enjoy the 2012 Educational Calendar. We encourage you and your family to be the center of your health care team!

This calendar includes monthly tips to help you as a kidney patient. We encourage you to display this calendar where you can easily see it daily.

Please let us know how we can help you learn more about your kidney health. Contact the Southeastern Kidney Council staff at (800) 524-7139 or [info@nw6.esrd.net](mailto:info@nw6.esrd.net) with any suggestions, comments or feedback on the calendar.

In this calendar you'll find a survey to complete in the month of April. Please complete the survey and mail back to the Southeastern Kidney Council for a chance to win a gift certificate. Multiple prizes will be awarded!

Sincerely,

2011-2012 Consumer Committee Members

## **Who is the Consumer Committee? Patients Just Like YOU!**

### **What does the Consumer Committee do?**

- Provides the Board of Directors and Medical Review Board with patient views and concerns regarding all areas of the organization, quality of care and issues related to patient grievances and patient rights
- Develops and implements patient educational materials

### **How do I join?**

- Nominations and elections are held in the Spring of each year
- Members serve for two years with a maximum of three consecutive terms

### **What are the expectations?**

- Regularly attend meetings as scheduled (2 per year)
- Show commitment to the Southeastern Kidney Council's activities
- Be well-informed on issues and agenda items in advance of meetings
- Contribute skills, knowledge and experience
- Assist in developing and implementing the Southeastern Kidney Council's complaint and grievance procedure

**Contact us if you want to join!**

# End-Stage Renal Disease Quality Incentive Program

**What is it?** The End-Stage Renal Disease Quality Incentive Program (QIP) is a program to improve ESRD patient care. Centers for Medicare & Medicaid Services (CMS) expects facilities to provide quality care to patients.

**Why is it important?** The QIP will ensure facilities meet CMS standards of care. If facilities do not meet CMS performance standards CMS will reduce payment to the facility.

**How does the QIP work?** Dialysis facilities are scored based upon how close the facility performs to CMS' standards of care overall. Points are given for measures of patient care provided by the facility. The highest possible Total Performance Score is 30 points. Some facilities may not have enough data to calculate a specific measure score or Total Performance Score. This does not reflect the quality of care provided in those facilities.

## How well is my facility performing?

The Certificate of Dialysis Performance will tell you how well your facility is performing compared to other facilities in the nation. This certificate will show you the total performance score for the facility and the measures of quality. Each facility will be required to post the certificate in the patient area. Look for it in your facility January 2012.

U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES  
CENTERS FOR MEDICARE & MEDICAID SERVICES

End-Stage Renal Disease Quality Incentive Program  
2012 Certificate of Dialysis Facility Performance - Part 1

Facility CMS Certification Number: XXXXXX

\*The information communicated below is based on 2010 data.\*

Certificate of Dialysis Facility Performance			
This Facility Meets 1 of 3 Quality Standards			
TOTAL PERFORMANCE SCORE	27 out of 30		
National Average	29		
MEASURES OF QUALITY	FACILITY SCORE	NATIONAL AVERAGE	MEETS STANDARD
Anemia Management: (Shows how well a facility keeps red blood cell counts in the target range)			
Percentage of patients with hemoglobin less than 10 grams per deciliter (g/dL)	10 of 10	9 of 10	YES
Percentage of patients with hemoglobin greater than 12 g/dL	8 of 10	8 of 10	NO
Dialysis Adequacy: (Shows how well a facility cleans blood during a dialysis treatment)			
Percentage of patients with urea reduction ratio of at least 65%	9 of 10	10 of 10	NO

Facility Name and Address: \_\_\_\_\_ Facility Director: \_\_\_\_\_ CMS Chief Medical Officer: \_\_\_\_\_  
Street Address: \_\_\_\_\_ Director, Office of Clinical Standards and Quality  
City, State Zip: \_\_\_\_\_

Note: Dialysis facilities are required to post both parts of this Certificate prominently in a patient area. This Certificate expires December 31, 2012.

## How can I get more info about the QIP?

- Contact the Southeastern Kidney Council at 800-524-7139
- Dialysis Facility Compare: [www.medicare.gov/Dialysis](http://www.medicare.gov/Dialysis)

## Best Possible Patient Quality Care

S S P E E A Z Q E Z  
E T C Z R P J U R D  
H B A O S I V A A I  
Q U E N R I E L P A  
B U O P D E U I M L  
W Q N V N A S T O Y  
N I T X J V R Y C S  
R J P J L T K D G I  
A T S P N C L J S S  
L Q E R A C D V U R

- CARE
- COMPARE
- DIALYSIS
- QUALITY
- SCORE
- STANDARDS

# January 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> New Years Day	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
<b>15</b>	<b>16</b> Martin Luther King, Jr. Day	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b>	<b>23</b>	<b>24</b> NKF of NC Patient Workshop Charlotte, NC (800) 633-2339	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>31</b>	<b>Important Appointments &amp; Dates:</b>			

Southeastern Kidney Council is here for you!

Call us at 800-524-7139!

## Find out why an AV Fistula is the Best Vascular Access!

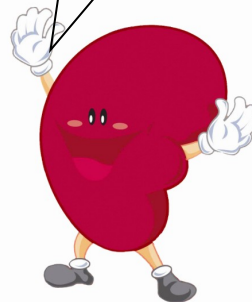
D C A H A J A E A Y  
W N S K J L K N C Z  
A O A N U L S I C P  
Q Q L T S E B L E Z  
L J S F U W A E S N  
C I K U D R I F S K  
F F D Y Q O A I P B  
B Y A D M E O L Z G  
D I A L Y Z E L X Q  
T W T G N Z N Z B M

- ACCESS
- BEST
- BLOODFLOW
- DIALYZE
- FISTULA
- LIFELINE
- NATURAL

## Three Vascular Access Choices for Hemodialysis:

- **AV Fistula:** An artery and a vein are connected to each other. This is the preferred type of access.
- **AV Graft:** An artificial tube is used to connect an artery to a vein.
- **Catheter:** A “Y” shaped plastic tube is put into a large vein in the chest, neck, or groin. Because there is a high risk of infection, catheters are usually temporary.

**If you've had infections or declots, talk to your team about an AV Fistula!**



**If you don't have a Fistula, talk with your physician to see if a Fistula is the best choice for you!**  
**Advantages to having an AV Fistula include:**

- Fewer Hospitalizations
- Better Blood Flow
- Fewer Repairs
- Fewer Infections
- Lasts Longer
- Less Chance of Blood Clots

## February 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Groundhog Day	3	4
5	6	7	8	9	10	11
12	13	14 Valentine's Day	15	16	17	18
19	20 Presidents' Day	21	22 Ash Wednesday	23	24	25
26	27	28	29 Leap Day	<b>Important Appointments &amp; Dates:</b>		

Southeastern Kidney Council is here for you!

Call us at 800-524-7139!

## What is the Best Treatment Option for You?

M F L J M M Q I O J  
R C Q O C O Q T P K  
E E O Q G D V K T T  
U L S N R E L E I H  
T A B O T E K R O W  
D P P I P R Y R N G  
F W Z H X F O I F D  
L H O P S E V L G S  
H M K Q U A L I T Y  
E O X S L U I F H M

- CONTROL
- FLEXIBLE
- FREEDOM
- HOME
- OPTION
- QUALITY
- WORK

You have the right to talk to your health care team about treatment options! All of these options offer a more flexible schedule than In-center Hemodialysis.

### Nocturnal Hemodialysis

- Dialyze while you sleep
- Better Quality of Life

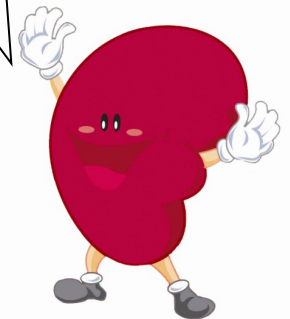
### Home Hemodialysis

- Less restrictive diet and fluid intake
- No weekly travel to a facility required
- More control of your dialysis

### Peritoneal Dialysis

- Less restrictive diet and fluid intake
- No needles required for treatment
- Lots of supplies—Need clean and dry area to store supplies
- Clean environment to avoid infection

**Another option to take control of your kidney care is Hemodialysis Self Cannulation (inserting your own needles) at the dialysis center. Talk to your health care team about Self-Cannulation!**



## March 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>National Kidney Month</b> <b>National Social Worker Month</b> <b>Important Appointments &amp; Dates:</b>				1	2	3
4	5	6	7	8	9	10
<b>11</b> Daylight Savings Time Begins	12	13	<b>14</b> Registered Dietitian Day	15	16	<b>17</b> St. Patrick's Day
18	19	<b>20</b> First Day of Spring	21	22	23	24
25	26	27	28	29	30	31

Southeastern Kidney Council is here for you!

Call us at 800-524-7139!

## Talk to Your Doctor About a Kidney Transplant!

If you are interested, ask your facility to refer you to a transplant center. Talk to a transplant financial coordinator to make a financial plan.

### Kidney Transplantation:

- Living or Deceased Donation
- Better quality of life
- Reduced cardiovascular events
- Reduced infection-related hospitalizations
- Few Dietary Restrictions
- Return to a more normal lifestyle
- Increased life expectancy
- Medications required for life to prevent rejection

### Advantages to Living Donation:

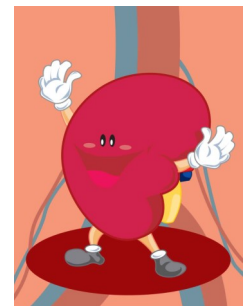
If you have a possible living donor, tell your dialysis center or transplant center immediately.

- Better success rates
- Less chance of rejection
- Decreased wait time

## Is a Transplant Best for You?

E V X D V E M W E N  
L M I S E O D Z M H  
Y E R G D L L J U O  
T H E E R V F T L R  
S F E K I D N E Y G  
E R G A E Q J V V A  
F Y W J L J G P O N  
I S L K G T O L A N  
L S O I A C H T T V  
U S A B J P A F I M

- DIET
- FREEDOM
- HEALTH
- KIDNEY
- LIFESTYLE
- NEW
- ORGAN



## April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b> Palm Sunday	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b> Good Friday	<b>7</b> Passover
<b>8</b> Easter	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> NKF Walk— Fort Mill, SC 704-519-0020
<b>15</b>	<b>16</b>	<b>17</b> Income Taxes Due	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
<b>22</b> Earth Day	<b>23</b>	<b>24</b>	<b>25</b> Administrative Professionals Day	<b>26</b>	<b>27</b>	<b>28</b>
<b>29</b>	<b>30</b>	<b>Important Appointments &amp; Dates:</b>				

Southeastern Kidney Council is here for you!

Call us at 800-524-7139!

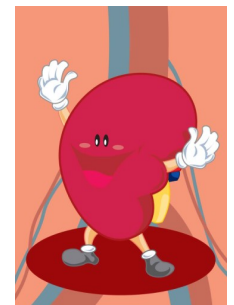
## What should you have in your emergency kit?

F O O D R O B T D Q  
B L H S T P A J P Y  
P K A U G N T P B W  
T L E S T Q T B H Z  
R E E Y H D E X W K  
E C K W S L R O D S  
T F E N I C I D E M  
A R H J A D E G X U  
W P V R A L S H H B  
C J D R X M B R V T

- BATTERIES
- BLANKET
- FLASHLIGHT
- FOOD
- KEYS
- MEDICINE
- RADIO
- WATER

Your family may not be together when a disaster strikes, so it is important to plan! Being without dialysis as few as three or four days could result in illness or even death for individuals with kidney failure. **Here are some “Tips for Your Success” in Disaster/Emergency Preparedness!**

- Make an emergency supply kit
- Keep an updated medicine/allergies list with you at all times
- Create a personal evacuation plan
- Talk to the health care team about the facility emergency care plan
- Keep a record of your facility’s name, physician name, and emergency contact information
- Plan for back-up transportation to dialysis
- Get a list of dialysis facilities in the area in case your facility has to close. Visit [www.medicare.gov/dialysis](http://www.medicare.gov/dialysis) for a list of facilities
- Follow your physician’s advice regarding diet & fluid intake during a disaster
- Follow the same frequency for dialysis services when possible
- **Contact the Southeastern Kidney Council for more tips or assistance locating dialysis centers at (800) 524-7139**



# May 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5 Cinco de Mayo NKF Walk Kernersville, NC 877-858-3808
6	7	8	9	10	11	12
13 Mother's Day	14	15	16	17	18	19 NKF Walk Atlanta, GA 770-452-1539
20	21	22	23	24	25	26
27	28 Memorial Day	29	30	31		

Southeastern Kidney Council is here for you!

Call us at 800-524-7139!

**Vocational Rehabilitation (VR) can help you go Back to School & Back to Work and earn Extra Money without Affecting your Social Security.**

Ask your dialysis Social Worker today about Vocational Rehabilitation and how your schedule can fit your goals.

**North Carolina VR Office**

Phone: (919) 855-3500; Toll-free: (800) 689-9090

TTY: (919) 855-3579

Web site: <http://dvr.dhhs.state.nc.us>

**South Carolina VR Office**

Phone: (803) 896-6500; Toll-free: (800) 832-7526

TTY: (803) 896-6553

Web site: [www.scvrd.net](http://www.scvrd.net)

**Georgia VR Office**

Local: (404) 486-6331; Toll-free: (866) 489-0001

TTY: (404) 486-6333

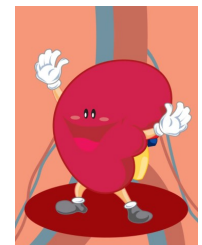
Toll-free TTY: (866) 373-7778

Web site: [www.vocrehabga.org](http://www.vocrehabga.org)

**How can VR help you?**

D G M T C Z X F Z U  
E C N A D I U G L N  
N M S I Q X Q V O C  
H H O L N X H L O W  
D J C N N I T O H C  
D C E J E S A M C Z  
Z U S T I Y F R S W  
Q T G S N T O O T O  
P V S G O A L S R R  
M A B W M G K E Z K

- ASSIST
- GOALS
- GUIDANCE
- MONEY
- SCHOOL
- TRAINING
- WORK



## June 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Important Appointments &amp; Dates:</b>					<b>1</b> Atlantic Hurricane Season Begins	<b>2</b>
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b> Flag Day	<b>15</b>	<b>16</b>
<b>17</b> Father's Day	<b>18</b>	<b>19</b>	<b>20</b> First Day of Summer	<b>21</b>	<b>22</b>	<b>23</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>

Southeastern Kidney Council is here for you!

Call us at 800-524-7139!

## Find the Best Food Choices

A J X E T G I M J Y  
 W P X J I R U D Y R  
 N A P F P A S R W P  
 X Q Y L B P R S Y F  
 D L R S E E E C I R  
 X B J L B S T S Y V  
 S X Y N S P H R S L  
 S G A C H I C K E N  
 Q R G G X F S N Z T  
 C C S E K K M P S Y

- APPLES
- CHICKEN
- CRANBERRY
- EGGS
- FISH
- GRAPES
- RICE

Most food choices at fast food restaurants are high in sodium and phosphorus so it is best to limit your intake of fast foods! If the drive thru is your only option—below are some better choices. Please speak with your dietitian and kidney doctor to develop the best meal plan for you!

### McDonald's®

- Egg McMuffin (No cheese)
- Plain Hamburger (No cheese or bacon)
- Chicken McNuggets
- Filet-o-Fish Sandwich

### Chick-fil-A®

- Chick-fil-A Chargrilled Chicken Garden Salad
- Spicy Chicken Cool Wrap
- Chick-fil-A Chicken Sandwich
- Chick-n-Strips (4 count)
- Chick-fil-A Lemon Pie

### Kentucky Fried Chicken (KFC)®

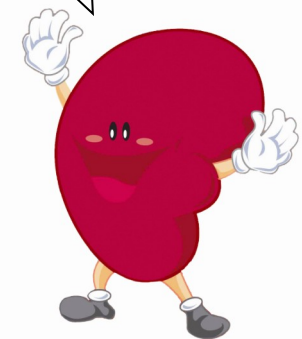
- Grilled Chicken
- Crispy Strips (2-3 strips)
- Toasted Wrap with Tender Roast Filet
- Sweet Kernel Corn or Corn on the Cob
- Apple Turnover
- Cole Slaw

### Taco Bell®

- Soft Taco with Beef or Chicken
- Grilled Steak Soft Taco
- Fresco Grilled Steak Taco
- Crunchy Taco
- Cinnamon Twists

**Remember to  
Take Your  
Binders!**

**Avoid Cheese,  
Dark Sodas,  
French Fries,  
Potatoes, Salt, Ice  
Cream, and Bacon.  
Use 1/2 the  
package for  
sauces and  
toppings.**



# July 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Independence Day	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	<b>Important Appointments &amp; Dates:</b>			

Southeastern Kidney Council is here for you!

Call us at 800-524-7139!

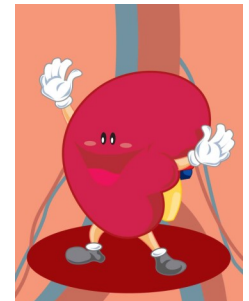
## Tips to Reducing Infection

- All **Patients and Staff Members** should receive these vaccines:
  - **Inactivated Flu Vaccine:** As a dialysis patient you have a greater chance of developing serious problems from the flu and are considered a priority group for the vaccine. You do not get the flu from the flu vaccine. The flu vaccine is a yearly immunization. The best time to get vaccinated is October or November—but you can get vaccinated in December or later.
  - **Pneumococcal Vaccine:** Pneumonia is a leading cause of vaccine-preventable illness and death in the United States. You can receive the Pneumococcal vaccine at anytime of the year.
  - **Hepatitis B Vaccine:** Hemodialysis patients are at an increased risk of Hepatitis B viral infection. You can receive the Hepatitis B vaccine at any time of the year. Hepatitis B vaccine is usually given as a **series of 3 or 4 shots**.
- Staff members should wear Personal Protective Equipment (PPE) when working with patients.
- **Remember hand hygiene includes washing with antibacterial soap and warm water and/or alcohol based hand rubs.**
- Patients should wash their dialysis access with antibacterial soap and water before each treatment.
- Patients with a catheter should wear a face mask when the tips of the catheter are exposed.
- Patients should have their catheter dressing changed **EVERY** treatment AND if it becomes soiled between treatments.

## Be a Germ Fighter!

E	P	P	E	N	H	A	M	X	S
K	Z	D	B	U	N	Y	J	H	H
G	V	I	P	J	G	Z	V	S	O
T	E	F	N	E	P	Y	R	A	T
A	B	R	X	U	H	Y	A	W	I
Y	T	X	M	T	M	V	Y	D	J
N	P	F	L	S	C	M	W	N	J
J	L	A	D	A	P	Z	I	A	R
U	E	Q	G	P	E	D	S	H	M
H	V	A	C	C	I	N	E	B	H

- FLU
- GERMS
- HANDWASH
- HEALTHY
- IMMUNIZE
- SHOT
- VACCINE



# August 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>National Immunization Awareness Month</b>			1	2	3	4
5 Friendship Day	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Southeastern Kidney Council is here for you!

Call us at 800-524-7139!

## SKC is Here for YOU!!

T D R G F U K T E N  
J N S R T U C O T G  
C L I S T E N C A Z  
N C Z A P B N A C R  
I W A S L X L L O N  
A N E R L P J L V J  
B R I H E H M B D C  
H J E Z W L Y O A O  
J L M G K S Z J C Q  
P S J K D P Q Z J G

- ADVOCATE
- CALL
- CARE
- COMPLAINT
- HELP
- LISTEN
- RESPECT

## The Southeastern Kidney Council helps work out Concerns, Complaints and Grievances involving Patient Care in dialysis facilities.

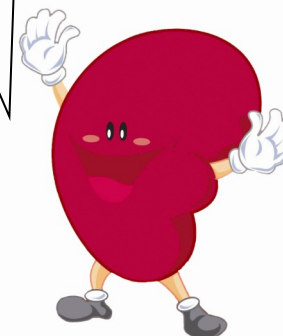
**If you have a complaint or grievance about the quality or adequacy of care you are receiving, please follow these steps:**

1. If possible, please discuss your problem with your physician, charge nurse and/or facility social worker. However, if you prefer you have the right to file a complaint with the Southeastern Kidney Council as the first step.
2. If such discussion does not address your problem or if you are not comfortable addressing your problem with staff, please contact:

**Southeastern Kidney Council**  
**Attn: Patient Services Department**  
**1000 St. Albans Drive, Suite 270**  
**Raleigh, NC 27609**  
**Local: (919) 855-0882**  
**Toll-Free for Patients: (800) 524-7139**  
**Web site: [www.myskc.org](http://www.myskc.org)**

**Never mention** or bring any weapons to the dialysis facility. If you do, you can be refused dialysis! Do **NOT** verbally or physically threaten staff or other patients. Treat everyone with respect. **For more information about the Southeastern Kidney Council Complaint and Grievance Process contact Southeastern Kidney Council at (800) 524-7139.**

**You can remain anonymous if you do not wish to give your name. You have the right to make a complaint!**



## September 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Labor Day	4	5	6	7	8
9 Grandparents Day	10	11 Patriot Day	12	13	14	15
Nephrology Nurse's Week—September 9-15, 2012						
16 Rosh Hashanah Begins at Sundown	17 Rosh Hashanah	18	19	20	21	22 First Day of Autumn
23	24	25 Yom Kippur Begins at Sundown	26 Yom Kippur	27	28	29
30	<b>Important Appointments &amp; Dates:</b>					

## Centers for Medicare & Medicaid Services (CMS)

### Dialysis Facility Compare: [www.medicare.gov/dialysis](http://www.medicare.gov/dialysis)

Find dialysis facilities and compare the following information about every dialysis facility in the United States:

- Services offered
- Quality of care provided
- Addresses for each facility in the United States
- Phone numbers for each facility in the United States

**Dialysis Facility Compare is a great resource when you travel or when there's a disaster/emergency in your area!**

### Medicare Part D (Prescription) Coverage

**What is it?** Medicare Part D is insurance that covers prescription drugs at participating pharmacies in your area

**Who gets it?** Everyone with Medicare is eligible

**When can I get it?** You may sign up when you first become eligible for Medicare. If you don't sign up when you are first eligible, you may pay a penalty. If you didn't join when you were first eligible, your next opportunity to join will be from **October 15, 2012 to December 7, 2012.**

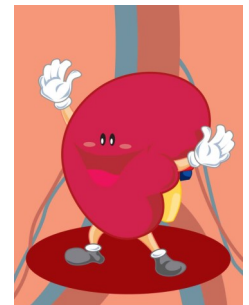
**Limited income?** You may qualify for extra help with prescription drugs through Social Security. Apply and learn more by contacting Social Security at (800) 772-1213 or [www.socialsecurity.gov](http://www.socialsecurity.gov)

**For more information on Medicare Part D, visit [www.medicare.gov](http://www.medicare.gov)**

## Medicare Working for YOU!

R M O P T L H X M D  
L E A V T C B Y I V  
N D S U H Q E A P P  
S I N O E T L E P M  
G C H S U Y L G Z R  
U A D P S R K A M X  
R R D I S Z C G E V  
D E S P Q W L E K H  
Y C A M R A H P S L  
T X W S E F Q V B I

- DIALYSIS
- DRUGS
- HEALTH
- MEDICARE
- PHARMACY
- RESOURCES



## October 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8 Columbus Day	9	10	11	12	13
14	15 Open Enrollment for Medicare Part D Begins	16 National Boss' Day	17	18	19	20 Sweetest Day
21	22	23	24	25	26	27
28	29	30	31 Halloween	Important Appointments & Dates:		

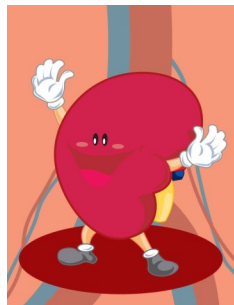
Southeastern Kidney Council is here for you!

Call us at 800-524-7139!

## Clues to Advanced Care

E E V L L S V S B D  
G C T Z I V T E Z S  
Z P I Q O J B H Q H  
M A L P B A J S K U  
J W L A S J T I Q Y  
L O R T N O C W L C  
P E A C E P H I U A  
H C F G F J M L O R  
L O P G J A H K I E  
Y J V E F C Z B S F

- CARE
- CONTROL
- FAMILY
- HOSPICE
- PEACE
- PLAN
- WISHES



## Don't Leave Your Family Without Any Clues... Let Your Wishes Be Known!

**What is Advanced Care Planning?** Writing down your end-of-life wishes for your health care team and family members.

### Why should I plan for my end of life care?

- Feel a sense of control
- Have peace of mind
- Know you will be taken care of with dignity
- Feel less of a burden to your family

**How do I plan for my end of life care?** Your dialysis facility staff can work with you on putting some of these decisions in writing so you can have peace of mind about your future. You can always change any of your decisions later, they are not set in stone.

### Where can I get more information about end of life care?

**Kidney End of Life Coalition:** Information on end-of-life educational materials ~ [www.kidneyeol.org](http://www.kidneyeol.org) or (866) 651-6272

**Caring Connections:** Program of the National Hospice and Palliative Care Organization to improve care at the end of life. **Includes direct links to download state-specific advance directive forms** [www.caringinfo.org](http://www.caringinfo.org) or (800) 658-8898

# November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Important Appointments &amp; Dates:</b>				1	2	3
<b>4</b> Daylight Savings Time Ends	<b>5</b>	<b>6</b> Election Day	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
<b>11</b> Veteran's Day	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b> Thanksgiving Day	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	

Southeastern Kidney Council is here for you!

Call us at 800-524-7139!

# GET MOVING TOWARDS AN IMPROVED QUALITY OF LIFE

1. Do you often feel tired?
2. Do you feel weakness and cramps?
3. Do you feel high levels of anxiety or depression?

Consider moderate levels of exercise to improve these areas of your life and more. As little as 10 minutes each day will improve your quality of life.

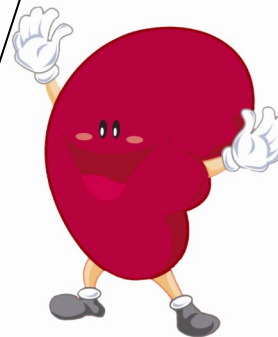
## Benefits of Exercise:

- Reduce stress
- Increase your social interactions
- Increase your energy levels
- Improve your sleep patterns
- Fight anxiety and depression
- Improve physical health (lower blood pressure, cholesterol, and blood sugar)
- Strengthen your heart and muscles

## Examples of exercise:

- Stretching
- Walking
- Lifting cans or hand/leg weights
- Biking
- Walking stairs
- Household cleaning
- Gardening

Start an exercise club in your dialysis unit today!!



## Get Involved In Your Health Care!

V T J R G O E E L S  
Z O R E E J Q X A N  
G Y L O K B M E I W  
Y K R U P X I R C K  
W I N R N P O C O T  
T N Q A S T U I S S  
A C T I V E E S E G  
A A P F J L J E D F  
D E V L O V N I R E  
K L L P F W R M B A

- ACTIVE
- EXERCISE
- INVOLVED
- SOCIAL
- SUPPORT
- VOLUNTEER

## December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Important Appointments &amp; Dates:</b>						<b>1</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b> Open Enrollment for Medicare Part D Ends	<b>8</b> Hanukkah Begins at Sundown
<b>9</b> Hanukkah	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b> First Day of Winter	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b> Christmas	<b>26</b> Kwanzaa Begins	<b>27</b>	<b>28</b>	<b>29</b>
<b>30</b>	<b>31</b> New Year's Eve	<b>Important Appointments &amp; Dates:</b>				

## Marshmallow Popcorn Balls

### Ingredients:

- 12 cups popped popcorn
- 6 Tbsp. unsalted butter
- 3 cups tiny marshmallows
- 1/2 of a 3 oz. package of raspberry flavored gelatin (or any of your favorite flavors)

**Directions:** Keep popcorn warm in a 225 degree oven. Melt the butter and marshmallows over medium heat. Stir until completely melted. Blend in gelatin. Pour over popcorn. With buttered hands, form into balls.

Nutrition Info (1 ball): 171 calories; 0 grams protein; 9 milligrams sodium; 4 milligrams potassium; 16 milligrams phosphorous

## Potato Salad

### Ingredients:

- 2 tablespoon sweet pickle relish
- 1/3 cup chopped onion
- 1/3 diced raw celery
- 1/4 cup reduced fat mayonnaise
- 1 teaspoon celery seed
- 2 cups leached potatoes
- Paprika for garnish

**Directions:** Boil leached potatoes until tender, but not mushy. Mix together relish, onion, celery, mayonnaise and celery seed. Place potatoes in a bowl and toss with the mayonnaise mixture. Sprinkle with paprika. Refrigerate to blend flavors for at least one hour.

Nutrition Info (1/2 cup): Calories: 128; Carbohydrate: 19g; Protein: 2g; Fat: 5g; Cholesterol: 0mg; Sodium: 206mg; Potassium: 174mg; Phosphorus: 45mg

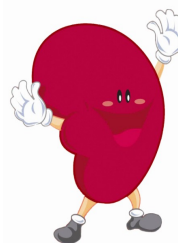
## Tex-Mex Meatloaf

### Ingredients

- 2 cups white bread crumbs
- 1/3 cup of milk
- 1 cup onion, chopped
- 1 red or green bell pepper, chopped
- 1 cup frozen corn, cooked and drained
- 1 large egg, beaten
- 1 tablespoon chili powder (ground red chili has no added salt)
- 1-1/2 pounds lean ground beef
- Note: For lower potassium, reduce or omit chili powder, bell pepper and corn

**Directions:** Preheat oven to 350 degrees. Soften bread crumbs in milk. Add onion, bell pepper, corn, egg, chili powder, and bread crumb mixture to ground beef and mix well. Press into a 9 X 5-inch loaf pan. Bake 75 to 80 minutes. Let stand 10 minutes before serving. Pour off any excess fat before slicing.

Nutrition Info: Calories: 291; Fat: 18g; Protein: 18g; Phosphorus: 163 mg; Potassium: 358mg; Sodium: 142mg



## Kidney Friendly Recipes

Recipes obtained from American Association of Kidney Patients. Visit [www.aakp.org](http://www.aakp.org) for additional recipes.