

# Home Connection

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## Improve your well-being

It sounds simple because it is. You will feel better if you take better care of yourself. Take some time each day to address your well-being with these healthy steps:

- Get regular exercise. Being active improves mood and energy. Start with a walk.
- Take up a hobby or learn a new skill. Libraries and senior centers offer many opportunities for recreation and learning, often for free.
- Take time to unwind and recharge. Practice deep breathing (in through your nose, hold a few seconds and then exhale through your mouth). Try a free mobile app for meditation.
- Connect with people. Make plans with friends and family, volunteer at a community event or talk with others in renal support communities.
- Get enough rest. Aim for seven hours of sleep nightly. Go to bed at the same time each night to develop a routine. Avoid eating and screen time before bed.



Harry Stevens enjoys get-togethers with his family, including grandchildren Kiara and Sam. His wife, Evelyn, helps with his hemodialysis treatments at home in Auburn. Staying close with family and friends can improve your outlook on life.

## Would you benefit from a home visit?

Home hemo nurse Carol Pettes from Northwest Kidney Centers regularly visits patients' homes to give tips on day-to-day treatment routines and home environment.

Planning a visit from her can help you stay up-to-date and feel connected with your treatment team. She can help with:

- Preparation and machine setup.
- Needle insert and hookup.
- The clamp and cut procedure for emergencies.

You can feel free to share concerns and ask questions.

**If you are interested in scheduling a home visit, please contact Carol Pettes at 206-292-2558.**



Carol Pettes, home hemo nurse



Fatima Valentine washes up. She does peritoneal dialysis at her home in Kent.

## Keep those hands clean

Along with flu vaccine, washing your hands is the best way to prevent the spread of infections. Remember to:

- Scrub hands with soap for at least 30 seconds.
- Clean your fingers, between your fingers and around your nails.
- Dry with paper towels.

## Flu vaccine available at your monthly clinic

Flu season is coming, and that means you will receive this year's vaccine and information about the flu at your September clinic visit.



## Preventing flu on the home front

Try these housecleaning tips to stop the spread of germs and help you avoid getting sick.

**Leave your shoes at the door.** They carry germs from every place you've been. Don't wear them indoors, and consider disinfecting or washing them frequently.

**Disinfect light switches and doorknobs.** Many people may touch these. Use disinfectant wipes inside and out.

**Be aware of handbags and backpacks.** They pick up germs from many places. Dedicate a spot for them so they don't end up on a dining table or countertop. Clean them frequently with a product that's safe for the bag's material.

**Be careful with electronics.** Lots of hands touch remote controls or keyboards. Viruses can travel from the remote to your hands and then to snacks and your mouth. Clean devices with wipes that are safe for electronics.

**Regular cleaning goes a long way.** Don't ignore the kitchen sink, toilet, shower, floors and other surfaces. Consistent, thorough cleaning is one of the best ways to prevent illness.



Alan Hoshino of Newcastle goes over his PD inventory.

## Issues with your delivery? Call the shipper and then us

When you are expecting a shipment of dialysis supplies, you should receive a call in advance from the delivery person about timing. When the delivery person arrives, he or she should have identification easily visible and act professionally. Your packages should arrive on the scheduled date and time and always be accurate.

If there is a problem, please contact Baxter at 1-800-284-4060 (PD) or NxStage at 1-866-697-8243 (HH). Note the issue and courier's name. In addition, please notify your primary care nurse. Our staff holds monthly meetings with both Baxter and NxStage about their delivery services, so it's helpful for us to know about any issues.

## Come on out for Seattle PKD Walk Oct. 7 at Green Lake

Join us at Green Lake Park at 9 a.m. Sunday, Oct. 7 for the Seattle Walk for PKD, raising money to fight polycystic kidney disease, a chronic, genetic kidney disorder. In addition to being an event sponsor, Northwest Kidney Centers will have a team of walkers and runners. Go to <https://pkdcure.org/chapter/seattle/> to learn more or to register.

## Join us at PD support group monthly in Renton



A support group for PD patients, their families and caregivers meets from 1 to 3 p.m. on the third Monday of every month at Northwest Kidney Centers Renton dialysis clinic at 602 Oakesdale Ave. SW.

Each meeting opens with a cooking demonstration by one of our staff dietitians – so come ready to taste some delicious kidney-friendly samples. Then the group is talks about a topic chosen by attendees the prior month – about dialysis, mental health, social- or health-related subjects.



## What's your Next Step?

Are you considering a transplant or a different form of dialysis treatment? A free class at Northwest Kidney Centers can help you determine the best fit. Visit [www.nwkidney.org/classes](http://www.nwkidney.org/classes) for topics, times and locations.

## Our pharmacy can help

Whether you need a prescription refill or advice on a medication, you can rely on our team of expert pharmacists. Get free delivery too.

Phone: 206-343-4870

Toll-free: 800-947-8902

pharmacy@nwkidney.org

Refill prescriptions online at  
[www.nwkidney.org/pharmacy](http://www.nwkidney.org/pharmacy)



[www.nwkidney.org](http://www.nwkidney.org)  
[pr@nwkidney.org](mailto:pr@nwkidney.org)  
206-292-2771



Join us on Facebook, Twitter and LinkedIn. Hear the latest news as it happens!



**Home hemodialysis unit:** 206-292-2558 or 1-877-216-2558



**Peritoneal dialysis unit:** 206-292-2285 or 1-877-292-2285

Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.



NORTHWEST

**Kidney Centers**

700 Broadway • Seattle WA 98122

RETURN SERVICE REQUESTED

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U.S. POSTAGE  
PAID  
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## Dated, sealed, delivered: mailing your lab draws

A few reminders to ensure that your specimens arrive safely at Ascend Clinical laboratory for processing.



### Labels:

- If the printed collection date on the bar code label is wrong, cross it out and write in the correct date.
- Call your unit to let them know that your draw date is different than the date on the label.

### Packaging:

- Pack and ship blood samples within 24 hours of collection.
- Place FedEx tracking number receipt in log sheet.
- Refrigerate samples that need to be shipped cold; use separate box and ice packs when you ship. Don't expose samples to high heat or cold in your car.

### Shipping:

- Call 1-800-GoFedEx (1-800-463-3339) to schedule a pickup. Or, take to the nearest FedEx shipping office.



Please do your best to keep your clinic appointments so your labs will be drawn on time.



When you are ready for pickup, call  
1-800-GoFedEx (1-800-463-3339).