



Huda Ata (right) and her mother, Kewther Saleb, celebrate holidays with homemade treats. Huda received dialysis at Northwest Kidney Centers in Kent before getting a transplant.

Strategies for healthy, happy holiday dining

Food is often the center of holiday celebrations, which can pose challenges for people with diabetes or on dialysis.

Not to worry. You can enjoy the people you care about without ignoring your kidney-friendly diet, eating too much or feeling bad about the choices you make.

- Bring your favorite healthy dish to a party so you know there will be something you like.
- Eat a snack before you go so you don't arrive hungry.
- Pick the foods you like best and eat reasonable amounts.
- Sit away from the food table so you're less likely to graze.
- Limit alcohol drinks. They are often high in calories, and you may make less healthy choices after one or two.

Beating the holiday blues

For many the holiday season brings mixed emotions. Increase your odds of a positive season with these suggestions:

- Get enough sleep and stay active. Make healthy diet choices.
- Don't overbook yourself. Choose activities and events you are most likely to enjoy.
- Make plans to connect with your family, friends or community: take in a movie; visit a museum or see a play; find a volunteer opportunity; create a new holiday tradition.
- Talk with your social worker if you are feeling down.



Making your own favorite dish for gatherings is one way to stick with a kidney-friendly diet.

10 safety questions if you use a cane or a walker



Laura Toledo takes a stroll.

If you use a cane or a walker, answering Yes to these questions can help you avoid falls:

1. Is your walker at wrist level when you stand straight?
2. Are the rubber tips or wheels in good condition?
3. Do your shoes fit snugly? Are your shoestrings tied?
4. Are the soles of your shoes rubber or another non-skid (non-leather) material?
5. Do you stand up straight with elbows slightly bent and with both hands on the walker?
6. Do you look ahead, and not down at your feet?
7. Are your toes even with your walker's back legs?
8. Do you step into the walker, moving it a step at a time?
9. Are all tips and wheels of your walker on the ground before you put your weight on it?
10. Is your path clear? Area rugs, clutter or wet areas?

If you have questions, ask your care team for help.

Your survey feedback helps us improve care



November is survey month for patients of Northwest Kidney Centers. If you have been on dialysis longer than three months, you should have received a survey in the mail recently.

Look for this image on the envelope:



If you missed the mail survey, SPH Analytics, the survey company, will follow up with you by phone.



Damo Saho cleans up.

Wash those hands

Washing your hands with soap and water remains the best way to prevent infections.



We want to know what matters to you

Last spring we introduced the "What Matters to You" campaign, making a point to talk with you about your values in life and in kidney treatment. You've told us everything from "bingo" and "traveling" to "cooking my own food" and "time with my family." Of course, there are no wrong answers.

Asking the question helps establish a person-to-person relationship so we can work together to meet your needs. We will continue to ask and look forward to your replies.

Your next step?



Free Next Step classes let you explore your treatment options. Want more independence? More flexibility? See upcoming class dates and locations at www.nwkidney.org.

Tell us if you have a concern

Northwest Kidney Centers welcomes your questions and comments about the care you receive. The sooner we know, the sooner we can address your concerns. You have the right to express concerns without fear that your care will change.

Steps if you have a question or concern:



Talk with your clinic manager, charge nurse or social worker

If your issue is not resolved, there are additional ways to share a concern:

- Louise Kato, LICSW
Northwest Kidney Centers patient ombudsman:
206-720-3706
- Lisa Hall at Northwest Renal Network:
206-923-0714
- Washington State Department of Health:
800-633-6828



You or a family member can file a grievance in person, by phone or in writing. Our Grievance Policy is posted in your clinic lobby. You received a copy when you started dialysis and we will give you another at each annual reassessment.

Managing pain? Ask your doctor

Managing chronic pain can be challenging, and the opioid epidemic complicates things further. Opioids are unlikely to be a safe and effective long-term option, but may be OK in some situations.

If it's difficult for you to manage chronic pain, talk with your doctors and ask for a referral for pain management. There are many ways to manage chronic pain. Start the conversation now so you will have a plan in place if needed.

Don't confuse emotional pain with physical pain. If you suspect you are depressed, talk with your social worker.



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



www.nwkidney.org
communications@nwkidney.org

Northwest Kidney Centers: 206-292-2771

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

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



PD Support Group

(Meets third Monday of each month)

For more information, call Katie Zavala at 425-203-5203.

Nov. 18, 1 - 3 p.m.

No December meeting

Northwest Kidney Centers
Renton
602 Oakesdale Ave. SW



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Kidney Centers

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Now is the time to get ready for an emergency

Last winter snow made it hard to get to dialysis treatment. Who knows what we'll encounter this season? Follow these simple tips to be prepared for the next emergency:

- Keep your dialysis center's phone number handy.
- Refer to the emergency information at www.nwkidney.org/emergency. Ask your dietitian for paper copies if you would like.
- Make sure your care team has your current phone number. Tell them when you change phone number or emergency contacts.
- Make backup transportation plans if you regularly drive yourself or if a family member helps get you to dialysis. King County residents can apply for Access transportation anytime and then schedule rides when needed. Enrollment can take 3 weeks. If you need help, ask your social worker.



Long-lasting snow made it hard to get to dialysis last winter.