



Increased infection prevention is the new standard in clinics. Dialysis technician Lanny Smith adjusts Alvin Francisco's face mask at our SeaTac clinic.

Stay COVID mindful

With flu season and the pandemic upon us, we must stay vigilant about our safety. In addition to frequent hand washing, mask wearing and social distancing, remember to:

- Avoid groups of 5+ people from outside your household.
- Get a flu shot if you haven't had one this year.

At dialysis:

- Visitors are limited.
- Patients must wear masks throughout treatment.
- Masks, eye-coverings and gloves for all floor staff.
- Frequent hand washing.
- Increased cleaning.

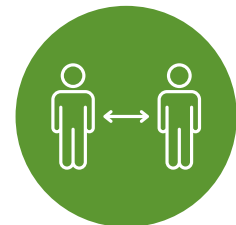
These standards have been very successful since March to keep us all healthy and safe. Contact tracing has found that our patients who acquired COVID-19 got it outside of the dialysis clinic. Stay careful with your infection prevention. We are stronger and safer when we work together



WASH HANDS



WEAR A MASK



SOCIAL DISTANCE

Should you change your insurance?

At this time of year, you probably are seeing advertising about possible benefits of changing your insurance.

Before you make any changes, please consult with your Northwest Kidney Centers financial case manager to see if the plan you are considering meets your dialysis, prescription and/or transplant needs. You can reach the Patient Finance team at 206-292-2771.



Update your contact information at the front desk of your clinic or with your care team. Above, unit coordinator Lisa Sloom at our Burien clinic.

What next? Now's the time to get ready

Be prepared for anything this winter. In addition to storms and natural disasters, COVID-19 could again bring stay-at-home orders, supply shortages and longer waits for deliveries.

- Review the emergency information at www.nwkidney.org/emergency - consider making hard copies.
- Check public library websites for updates.
- Make backup transportation plans for dialysis.
- Be sure we have your current phone number and emergency contact information.
- Keep the phone number of your clinic handy – it's posted at www.nwkidney.org/locations.



'Mini-turkeys' for dinner

If you are not seeing family or friends during the holidays this year, treat yourself to a scaled down feast anyway.

Mini-turkeys/Cornish game hens

1 Cornish game hen per 2 people

Butter

Fresh herbs, chopped (sage, rosemary, thyme)

Get frozen Cornish game hens at your grocer — one is enough for two people. If cooking for yourself, plan on some leftovers.

Thaw frozen game hens in refrigerator 24-36 hours. Preheat oven to 400 degrees. Put hens in roasting pan or glass baking dish. Chop herbs and mix into butter.

Brush butter over the skin and roast about 50-65 minutes until golden brown and thermometer reaches 180 degrees. Add vegetables and you have a meal to celebrate!

Talk with your dietitian about eating and drinking strategies for the holidays. You can find hundreds of healthy recipes at www.nwkidney.org/recipes.



Explore treatment options at a free NextStep class

Your survey answers help us improve care

It's survey month for in-center and home dialysis patients. If you were treated in your current location between April 1 and June 30, you may receive a survey soon in the mail. SPH Analytics, the company conducting the survey, will follow up with you by phone if you miss the mail survey.

We pay close attention to your feedback, so please complete the survey. Look for an envelope with this image:



Hand washing prevents infections



Hand washing is especially important in a flu season with COVID-19. Former Renton patient Kimelin Chea cleans up at home. She received a kidney transplant in 2018. What's your next step?



Walking and other light exercise improve both balance and coordination. Transplant recipient Gloria Leonard takes a stroll with fiance Sylvester Hill.

Leaves fall, people shouldn't

If you ever feel unsteady, please let us know so we can help. Follow these tips to avoid falling at home and at your clinic:

At home

- Make sure your home is brightly lit. Wear your glasses.
- Remove trip hazards like throw rugs and small furniture.
- Wear slip-on shoes with non-skid soles.
- Have grab bars installed in your bathroom or shower.
- Consider a cane, walker or wheelchair. Ask your social worker about options.

At dialysis

- Take note of any potential trip hazards when you enter the clinic and are getting ready for treatment.
- Keep your shoes on when weighing yourself.
- Too much food can lower your blood pressure and make you more likely to lose your balance. If you eat during treatments, have light snacks.

We're teaching online. Sign up at 206-292-2771, ext. 1084

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

Take advantage of our specialized pharmacy



Have prescriptions delivered to your home or dialysis clinic at no cost and get expert advice from our pharmacists.

www.nwkidney.org
206-343-4870
800-947-8902



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Monthly review of medicines helps keep you safe

Every month we review the medications prescribed to each patient. This review helps us be sure that any changes ordered in the clinic are safe with your other prescriptions.

If you should need a trip to the hospital, we provide the transportation and hospital medical staff your current med list to ensure prescriptions given at the hospital are safe.

The monthly tracking also makes it easy for you to get a copy when you need one.



Clinical director Debra Marcella checks in with Alfredo Gallegos in Burien.