



# KIDNEYS R US

## NEWSLETTER

### Enjoying the Socially Distant Holidays in 2020

Here we are, it's already December 2020. What a year it has been. We have all faced challenges, some have faced heartache. We are all struggling to cope with the changes the COVID-19 pandemic has brought to our communities, our state, our country and the world. It's been tough, no one can argue that, but we push forward and we make adjustments so that we can live our lives safely with those we love.

We have all been socially distancing since the pandemic arrived back in March. The hope was we would return to some sense of normalcy by the summer. We did see some restrictions lifted but "normal" didn't happen. Now we are facing a second wave of the pandemic and have to look at our plans for the holidays.

We can enjoy the holidays but we have to take precautions to ensure not only that we, but our loved ones, remain safe. The best way to do this is to limit person to person contact in large group settings. The less people we come in contact with, the lesser the chances of exposure to COVID-19. When we do gather with family or friends, it is important to wear a mask and not get too close to one another. Hugging and kissing at gatherings shouldn't occur. Frequent hand washing is a must. And remember, stay home if you have been diagnosed with COVID-19, if you are waiting for COVID-19 test results, or may have been exposed to someone with COVID-19.

The Centers for Disease Control and Prevention (CDC) has guidelines that can help us as we navigate our holiday gatherings.

- Bring our own food, drinks, plates, cups, and utensils.
- Wear a mask and safely store it while eating and drinking.
- Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen.
- Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils.

### Ways to Stay Connected When We Can't be Together

- Host a Zoom call so we can see our loved ones in the safety of our own home. Schedule the call for dinner-time so we can share a meal together!
- Use smart phones or tablets to video chat with loved ones.
- Mail holiday cards to loved ones and write personal messages in them.
- Keep in touch on the phone and with email or write an old fashioned letter and leave it in the mailbox for the mailmen to take so we don't have to go to the Post Office.
- Order holiday gifts online and have them mailed directly to the recipient.
- Play online games with family and friends.

### Ways to Stay Connected When We Shouldn't Gather in Groups Indoors

- Visit with family and friends individually on front porches or in backyards using electric heaters or fire pits for warmth.
- Arrange visits to loved ones' homes when others won't be visiting. Wear a mask and limit the length of the visit.
- If planning to visit family, take early precautions by reducing contact and potential exposure for at least a week and preferably two weeks before scheduled visit.





## Accepting Dialysis for My Life

By Irwin Dunsky

Why are so many people unhappy?  
I see them in dialysis, and they don't enjoy the day  
Just don't understand what they are looking for  
Dialysis gives me life; doesn't that make it worth it?

Few get the concept of living in the moment  
I didn't get it till I entered the program  
I settled in and found myself  
Accepting dialysis for my life is a good deal

Some people are unhappy no matter what  
I take each thing in my life and I make a judgment call  
What do I get for what I'm doing?  
I get to live another day with dialysis, how good is that?

To spend twelve hours a week is pretty good  
Most people work forty hours a week to live their lives  
Three days at four hours equals twelve hours a week  
I see twelve hours a small price to pay for the gift of life

I get to see my children, and especially my grandchildren  
Then there are movies and plays to look forward to  
Going out to eat with my beautiful wife isn't bad  
So many places that wouldn't be there, if I didn't go to dialysis

So, accepting dialysis for a quality life  
Not a bad deal if you're doing something good with life  
I live in a senior development, I socialize, I'm on committees  
Doing something with my life, that's what makes it worthwhile.

*Best wishes for a safe, happy and healthy New  
Year!*

*From the Quality Insights Renal Network 3  
Patient Advisory Committee*

Happy Winter  
Holidays!



### JOIN THE PAC

The Patient Advisory Committee (PAC) for QIRN3 consists of dialysis patients, transplant patients and family members of those patients. The committee meets once every two months to discuss issues relevant to ESRD patients. The PAC members have a genuine concern for quality of care issues and encourage patients to be involved in their healthcare. They are willing to share skills and experience with others. Each facility is encouraged to have a PAC representative. Talk to your social worker to volunteer!

Call toll free 1-888-877-8400 to join the PAC.

*To File a Grievance Regarding  
your Dialysis Care please contact:*

### QIRN3

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