



END STAGE RENAL DISEASE
NETWORK OF TEXAS

March 2021: Volume Two | Issue Three

HEALTH & H.O.P.E.

MOTTO: HELP ON PROCESSING EVERYTHING DIALYSIS

Texas Winter Storm Assistance



Emergency preparedness is an important task we must all do in case of city, county or nationwide weather or personal home disasters. Texans experienced one of the worst winter storms in a decade. To help residents overcome the storm FEMA and American Kidney Fund have programs to assist you. Please click on the links for additional information.

FEMA Assistance for Texas Residents. Click [here](#) for more information and apply for assistance.

American Kidney Fund Texas Winter Storm [Patient Disaster Relief Assistance](#)



Dialysis Heroes

During February's Winter Storm, there was so many reports of people without power or water and not able to receive dialysis treatment. We would like to give everyone a positive story from that tragic event. A patient from Wilbarger General Hospital Dialysis Clinic, in Vernon, Texas, called the Network office to report the amazing healthcare team. The caller reported some of the staff was driving 35 miles one way to the clinic on dangerous roads so the clinic could open and provide dialysis to their patients. Facility staff would meet the patients who drove to the clinic at the front door. As one staff member walked the patient safely into the clinic, the other staff member would park their car. This process would be reversed when it was time for the patient to leave after treatment. Facility staff rearranged the patient's schedules so patients would be driving in safer driving conditions. "Tina and her staff made a bad situation better", stated the patient. They put the patients first. Thank you to the healthcare team at Wilbarger General Hospital Dialysis Clinic from the ESRD Network and all your patients.



Coronavirus (COVID-19) Vaccinations: Are you interested in getting a COVID-19 vaccine?



that they have vaccine on hand, and that you are eligible for vaccination at that site.

The CDC has created a [COVID-19 Vaccination Communication Toolkit for Community-Based Organizations](#) to help build confidence in this important new vaccine.

- Vaccines (shots) are one of the tools we have to fight the COVID-19 pandemic ([English](#) and [Spanish](#))
- [Frequently Asked Questions](#) about the COVID-19 Vaccine

Please speak with your physician about the vaccination and schedule an appointment. The Centers for Disease Control and Prevention (CDC) website provides a [COVID Vaccination Location](#) link and vaccination updates. Please contact providers in advance to confirm vaccination location and hours,



Security disability benefits and want to work. The Ticket Program is free and voluntary. It helps people with disabilities progress toward financial independence through work.

To learn more about the Ticket Program, you can call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. to 8 p.m. ET. Ask a representative to send you a list of service providers or find providers on your own with the Ticket Program [Find Help](#) tool.

MENTAL HEALTH:

Mental health effects our physical health. Speaking with a professional doctor, family or our peers can help us through difficult times. The ESRD NCC offers a Peer Mentor Program to help others talk about their difficult moments. We invite you to visit the [NCC Peer Mentor Toolkit](#) for more information.

- End Stage Renal Disease (ESRD) Network [Peer Mentoring Program](#)
- [Why Your Facility Should Participate](#)



Healthy Living

Live. Life. Healthy

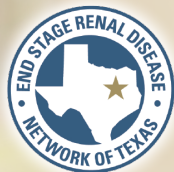


What does it mean to live a healthy life? Most people will say it is a balanced diet, exercise, mental health and staying active. Our physical health is part of healthy living. Diabetes management is important to having a healthy life. Resources such as [Diabetes Self-Management Education and Support \(DSMES\)](#) services help people with diabetes learn how to take the best care of themselves. Ask your doctor for a referral to DSMES services to

help you manage your diabetes. You can also search for a [Diabetes Education Program in Your Area](#).

VOCATIONAL REHABILITATION:

Vocational Rehabilitation is another part to healthy living by staying active in the workforce. Social Security's [Ticket to Work](#) (Ticket) Program supports career development for people ages 18 through 64 who receive Social



END STAGE RENAL DISEASE NETWORK OF TEXAS

The Network is on social media!
Visit our social media channels

Contact us:



Networks 8 and 14 are the End Stage Renal Disease Networks (ESRD) that serve as the Medicare contractor for the states of Alabama, Mississippi, Tennessee, and Texas. We are committed to improving the quality and experience of care for all ESRD kidney patients within our four-state patient services area.

Network 14 Office

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PATIENT AND PROVIDER NEWSLETTER



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HEALTH & H.O.P.E.

MOTTO: HELP ON PROCESSING EVERYTHING DIALYSED

Skin Care: "Love the Skin You're In"

The skin is our largest organ – it protects our bodies, helps us maintain just the right temperature, and gives us the sense of touch. If our skin is irritated or damaged, it can be very painful. A surprisingly large number of chronic dialysis patients suffer from the itchy skin problems of dry skin and itching. Those skin complaints are not life-threatening, but they can be very uncomfortable and distressing, and as a result, can affect your quality of life.

Why does my skin itch?
Itching is a symptom that can be caused as a side effect of your kidney disease or dialysis treatment, although the exact cause of itching in dialysis patients is not always clear. Possible causes

may be high levels of the parathyroid hormone, or high levels of phosphate in the blood. Also, calcium released from the bones can deposit in the blood vessels, joints and skin which may lead to itching. Other possible causes are the retention of toxins, iron deficiency, general inflammation and allergic reactions.

What can I do?
It is extremely important that you monitor your calcium-phosphate balance, follow your nutritionist's advice to ensure low phosphate intake, and be sure to take your phosphate binders as prescribed by your physician. If you do have problems with itching and/or dry skin, make a point to discuss the



problem with your physician. Your doctor may also be able to advise you if there are any suitable creams or lotions you can use or suggest alternative therapies which will help to alleviate the symptoms.

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To file a grievance please contact ESRD Network of Texas Inc. (Network 14) at
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