



# HEALTH & H.O.P.E.

HELP ON PROCESSING EVERYTHING DIALYSIS

## ESRD Virtual Support Groups

Do you need someone to talk to about your time in dialysis and how it makes you feel? Does your clinic have a patient or support group that can help you? If not, below is a list of support groups that can be contacted by phone or computer.

- Dialysis Patient Citizens – Meets on the second Tuesday of the month at 3 p.m. ET for one hour. Dial 866-808-5953, meeting code 253 841 3353
- [Renal Support Network](#)
- [National Kidney Foundation \(peer mentoring program\)](#)

- [American Association of Kidney Patients](#)

If your clinic does not have a support group, ask your social worker to find out how to start one.



## Help Hope Live

Health Hope Live is a charity that helps people raise money to pay their medical bills and other costs after they have had a cell and organ transplant, or if they've been hurt or sick.

At Help Hope Live, they **HELP** make medical bills cheaper, offer **HOPE** when times are tough, and help patients and their families **LIVE** life to the fullest.

### Help Hope Live helps with:

- Health insurance premiums, deductibles, and co-pays
- Hospital bills and lab work
- Dental care (linked to transplant)
- Travel, food, and housing for patient and caregiver during brief relocation for care

- Anti-rejection and other medicines
- Emergency help for house payments, rent, utilities
- Follow-up care and therapy
- Caregiver cost
- And more!

Since 1983, Help Hope Live has helped people raise money to pay their medical and related costs. Click [HERE](#) to learn more.



## Ticket to Work

Social Security's [Ticket to Work](#) helps find work for people between the ages of 18 and 64 who get Social Security disability benefits. The program is free and helps people with disabilities get more money. It connects them with the services and support they need to do well in their new jobs.

Click [HERE](#) to learn more or call the helpline at 1-866-968-7842 or 1-866-833-2967, Monday through Friday, 8 a.m. to 8 p.m. Click [HERE](#) to sign up for a free online webinar.



## Follow ESRD Networks 8 and 14 on Social Media



You can follow ESRD Networks 8 and 14 on [social media](#), including Facebook, X (which used to be Twitter), YouTube and LinkedIn. Links are also at the bottom of this newsletter under **“Follow Us.”**

## Emergency Readiness

Being ready for emergencies is very important for people who have dialysis or kidney transplant. Here are some things that can help you get ready:

- Preparing for Emergencies: A Guide for People on Dialysis ([English](#), [Spanish](#))
- [3-Day Emergency Kidney Diet](#)
- Emergency Preparedness Checklist and Tips ([English](#), [Spanish](#))
- [Emergency Go-Bag list](#)

### Patient hotlines during an emergency:

- **DaVita:** 800.400.8331
- **Fresenius:** 800.626.1297
- **DCI:** 866.424.1990
- **ARA/IRC:** 978.232.4099
- **Satellite:** 800.367.8292
- **SAMHSA – Disaster Distress Helpline:** 800.985.5990
- **US Renal Care:** 866.671.8772
- **Veteran Disaster Relief Hotline:** 800.507.4571
- **ESRD Network 8 (Alabama, Mississippi, Tennessee patients):** 877-936-9260
- **ESRD Network 14 (Texas patients):** 866-407-3773



To learn more, visit the [ESRD Network 8](#), [ESRD Network 14](#), and [KCER](#) websites.

## Facility Patient Representative (FPR)

Does your facility have a facility patient representative (FPR)? Do you know what an FPR is and what they do? If not, watch our short video to learn about what an FPR is, what they do, and how to become an FPR. Scan the QR code to watch the video. After you have watched the YouTube video, be sure to leave a short note to let us

know if the video was helpful. If you want to become an FPR, talk to your social worker.



## Low Potassium Fruit Kabobs

([kidney.kitchenfund.org](http://kidney.kitchenfund.org))

Written by Satellite Healthcare)

Make 5 servings....

### Fruit Need:

1 apple, chopped into 1-inch cubes  
1 tangerine, peeled and separated  
1 bunch of green grapes  
6 strawberries  
1/2 cup blueberries

### How to make:

Mix and match the colored fruits and berries on skewers.

**Cooking Tip:** Serve with a cup of cottage cheese to make it a healthy breakfast with added protein.



## Could You Have Pneumonia?

Signs of pneumonia can be mild or serious. They include:

- Chest pain when breathing or coughing
- Chills and/or fever
- Coughing with or without mucus
- Low blood oxygen levels
- Shortness of breath

Other signs may be a headache, muscle pain, extreme tiredness, feeling sick to your stomach, vomiting, or diarrhea. Older adults may have weakness, confusion, or a lower-than-normal temperature instead of a fever.



### Basic Facts About Pneumonia



**Pneumonia is an infection that causes the air sacs (called alveoli) in one or both lungs to fill up with fluid or pus.**



**Germs such as bacteria, viruses, or fungi can cause pneumonia.** Influenza (flu) is an example of a virus that can cause pneumonia.



**Pneumonia can be mild or severe.** A person's health and age, and the type of germ causing the infection, all contribute to how serious it is.



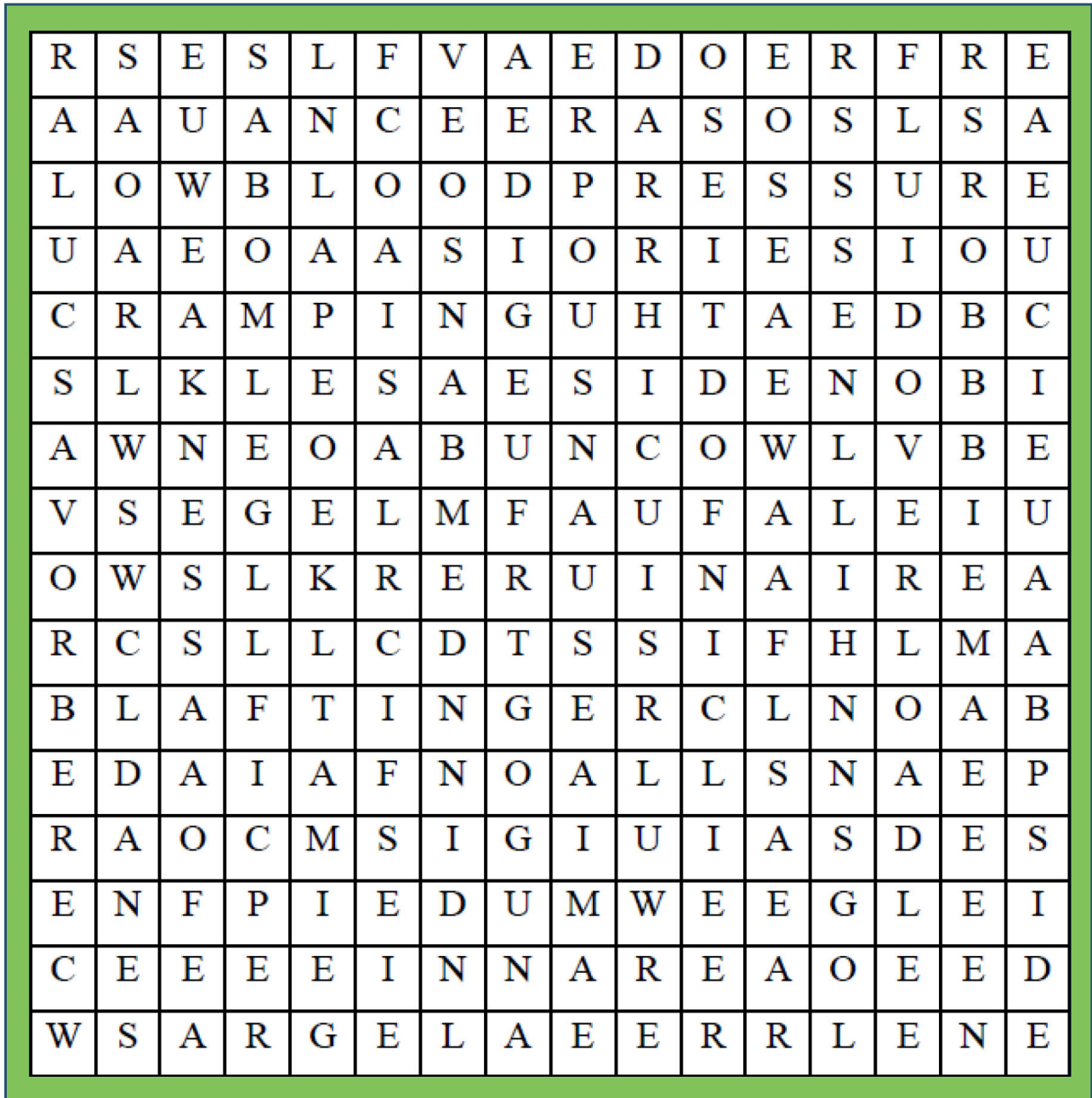
**Staying up to date on pneumococcus and flu vaccines can help prevent some types of pneumonia.** Vaccines can also help decrease the severity for those who do get pneumonia.



**Pneumonia can affect people of any age.** However, children 2 years old or younger, and adults age 65 or older, are more likely to have serious pneumonia.

# WORD SEARCH

Missing dialysis can cause all sorts of problems! See if you can find some in the puzzle below.



## FIND THESE WORDS

ANEMIA

BONE DISEASE

FLUID OVERLOAD

CRAMPING

LOW BLOOD PRESSURE

CARDIAC

DEATH

CEREBROVASCULAR

ILLNESS

SWELLING

NAUSEA

INFECTION

WEAKNESS

To file a grievance, contact the following agencies: **ESRD Network 8** - Phone: 1-877-936-9260; Email: [nw8info@allianthealth.org](mailto:nw8info@allianthealth.org); Mail: 775 Woodlands Pkwy, Suite 310, Ridgeland, MS 39157; Website: <https://quality.allianthealth.org/topic/esrd-nw8/> - For patients and facilities in AL, MS, TN

**ESRD Network 14** - Office: 972-503-3215; fax: 972-503-3219; Toll-free: 877-886-4435; Email: [nw14info@allianthealth.org](mailto:nw14info@allianthealth.org) Mail: 4099 McEwen Rd, Suite 820, Dallas, TX 75244; Website: <https://quality.allianthealth.org/topic/esrd-nw14/> - For patients and facilities in TX