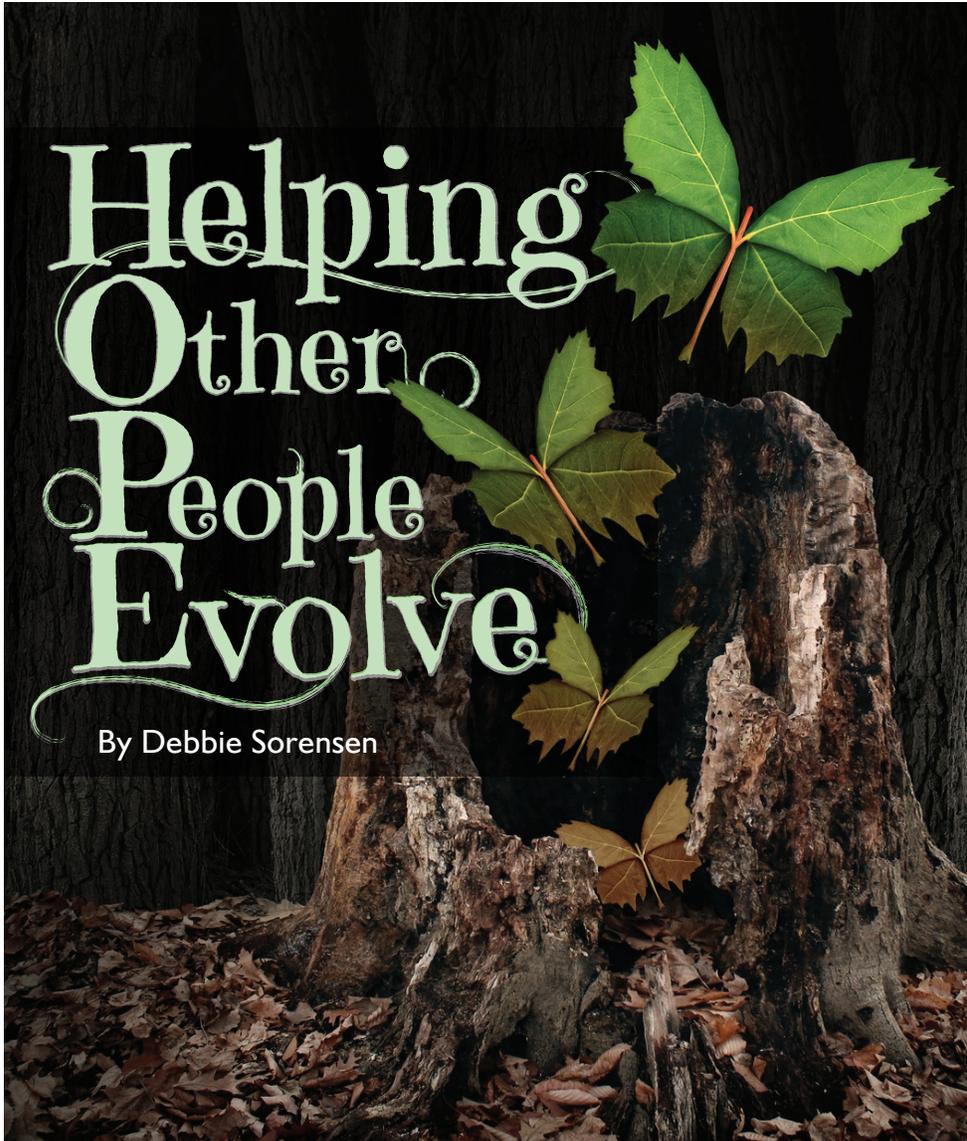


THE INSPIRATION ISSUE



By Debbie Sorensen

RSN's 2015 Essay Contest 1st Place Winning Essay. This year's theme: "How Have You Used Your Experiences to Give Hope to Others with Kidney Disease?"

I don't believe anyone ever wakes up in the morning and thinks to themselves, "Gosh, I hope that someday I come down with Kidney Disease." I mean, who wants to think of ever having to deal with something that causes you to need to change your lifestyle? In reality, Kidney Disease is something that you can learn to control and come to the realization that the disease doesn't control you. How does one go about handling this disease? The answer lies in being positive, accepting limitations and sharing with others to create a support group.

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DISCOVER THE MANY WAYS TO RAISE AWARENESS OF CKD AND SUPPORT RSN

Web ID: 931

EMBRACEHOPE JEWELRY by lori hartwell

Our EMBRACEHOPE Jewelry is hand-crafted by people with kidney disease.

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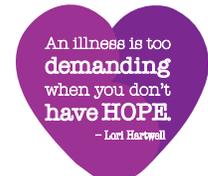
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To Post ? Or Not To Post

by Lori Hartwell
Web ID: 1012

 Social networks are a place for conversations about what's for dinner, animal pictures or funny videos that have gone viral, to name a few. Social networking is an essential tool and can play a vital role in connecting with peers when you have an illness.

When I first started connecting on Facebook, it was refreshing to know at the click of a mouse I could be in touch with a number of people who would understand what I was going through. Online friends can make a difference! Sharing and reading stories of others who have gone through the same experiences helped me process a gazillion feelings about this roller coaster ride that is the CKD journey.

Social networking has been a lifesaver for so many that I wish it didn't have a downside. I read a book recently called **Future Crimes** by Mark Goodman which explores that downside. It made me think about my risk of exposure to cyber-crime, and about how I can try to protect myself from hackers, spammers, virus writers, and identity thieves.

10 Tips to help protect yourself:

1 Don't let a private conversation become public. For instance, you tell a friend on the phone you are in the hospital and they post that on your FB page and ask if you are better. Suddenly people know you are not well, and not at home. Not fun! Be mindful of the personal privacy concerns of others and even of your own children/relatives. Let friends know if you want to keep health news and hospitalizations "off-line."

2 Always type in the address of your social networking site. Hackers are becoming savvier and can put up duplicate pages. You think you accidentally signed out, and re-enter your password information. Don't trust, verify.

3 Be selective about who you confirm as a friend. Dummy pages and identities have been created and these have friended people to collect data from posts. Password information is sometimes derived from your pet's picture and name, or your birth date or anniversary. Vacation pictures will show when you are not home.

4 Understand the privacy policy (if that is possible) of the network you are using or get familiar with its available privacy settings. Most social networking sites monitor content that people post and place it in an algorithm for their own use; working in a free and open cloud environment means your work doesn't belong to you. If J.K. Rowling had written her Harry Potter series in Google Docs it would not be hers!

5 Posting health information has benefits, but be aware that some employers are requiring applicants to give them access to personal social network sites. If you are going to be in the job market, you may want to create another account or limit your posts about health issues.

6 Be cautious when you click on links that are in messages from your friends on your social website. Treat links in messages like you would links in e-mail messages. They could contain a virus.

7 Social networking sites offer third-party applications for download that let you do more with your personal pages. Criminals can use these applications to steal information. Take the same safety precautions that you take with any other program or file you download.

8 Be aware that if a networking site asks you to send your friends a request to "connect" and you say yes that it will pull all your contact information into its database.

9 Don't use the name of a pet or something you commonly post about as a password. Use upper and lower case letters, numbers and symbols and change passwords every 6 months. Use different passwords for different sites. If you have only one password, all your accounts might get hacked if just one is compromised! Write your passwords down on a piece of paper. Don't email them to yourself.

10 Search Google for your name periodically so that you can check to see what information is available to the public and make sure nobody has taken your identity.

The number of social networking sites is exploding. Social networking leaves a trail of personal information and unfortunately the number of cybercrimes is increasing.

Remember, if you would not post a comment on the front page of a newspaper, think twice of about posting it on the internet. Online comments and photos live forever.

Lori Hartwell, Founder & President of Renal Support Network (RSN), was diagnosed with kidney disease at the age of two. In 1993 she founded RSN to instill "health, happiness and hope" into the lives of those affected by chronic kidney disease. Lori is also the author of the inspirational book **Chronically Happy: Joyful Living in Spite of Chronic Illness** and is a four-time kidney transplant recipient.



Stepping Stones

by Gordon M. Labuhn
RSN's 2015 Essay Contest
2nd Place Winning Essay
Web ID: 1005

Living is a journey on a series of stepping stones across the stream of life with the first step being birth and the last step being death. Each step causes feelings of denial: this can't be happening to me; but, yes it is and I'm angry about it. Get over it; I can't, it's depressing. Get over it; yes, get over it and move forward as life goes on with or without your acceptance.

Some stepping stones are just below the surface; they're hard to see, slippery, and cause us to fall into the stream. At the age of five, we fall off our first bicycle. At sixteen, we smash up dad's new car. At twenty, we're fired from our job. Step by step, as we cross the stream of life, we recycle denial, anger, and depression, but hopefully arrive at acceptance. Life carries on to the next stepping stone, and to the next crisis.

It's not uncommon to feel that we've prematurely arrived at the last stone and that the end of life is imminent. Kidney failure and dialysis are seemingly the last stepping stones, but life is not over, not yet. I talk with others about the precious gift of life given to kidney patients through dialysis. It's also important to understand present feelings. Denial is often fairly easy to conquer. Anger can almost be fun to discuss and share. Depression is more difficult. We can

no longer physically do the things we did in the past or hoped to do in the future. However, an exchange of ideas helps us find new ways to live life and be productive. Depression can be a bottleneck that chokes off living joyfully. Talking through our anger and disappointments, as well as analyzing our old hopes and dreams is a healthy way move on, and to accept a new status in life. We can then proceed to the next stepping stone by creating new hopes, intentions, and challenges. We can change the image of being a burden, and become a treasured helping hand in times of need. We can discover a new us that has been hiding under the surface.

I'm almost eighty-two years old, and I just bought my first canoe."

By listening carefully, really paying attention to the details of what a dialysis patient says, I discover what stage - denial, anger, or depression - they are struggling with. They have my shoulder, my heart, and sometimes a spoken word of encouragement. I try to provide an example of how to move forward, living cheerfully, even when the body is not fully cooperating. I also cry when I'm hurting. It's embarrassing, but it's the other side of the cheerful coin. The comfort

others bring to me strengthens both our resolve to live on. We dialysis patients are still alive, and have meaningful roles and messages for our families, neighbors, friends, and even strangers we meet on the way.

Talking with dialysis patients is one way to help them pick up the pieces of a broken life and move on to continue being productive and happy. I don't know all the answers, but I know some because I've been on the same stepping stones they are walking on. Without dwelling on the, "Oh, poor me," syndrome, it's fun exploring the new things we can do with our lives!

Another major step toward a healthy attitude is determined cheerfulness as a person embarks on a lifetime of dialysis. The stream of life is full of troubles, including all the negative attributes you can assign to its depths. But the stream's water is also the foundation of life; its current carries the hope of the world, life itself. Hope is contagious. Smiles are contagious. Cheerfulness is contagious. Every dialysis patient has the opportunity to be an ambassador of cheerfulness and hope.

I'm almost eighty-two years old, and I just bought my first canoe. "Why?" You might ask. I have had fourteen heart bypasses plus four stints. No right arm rotator cup and neither kidney functions very well. I spend three days of each week devoted to dialysis. Why buy a canoe? It's simple: I'm not dead, and I want to go canoeing. Everyone, including dialysis patients, can live their life to the fullest. I advise everyone that until you reach the last stepping stone across the stream of life, step forward with gusto and joy. The dance is not over until we take the last step home. Turn the corner of your lips up: smile and the world will smile with you.

Gordon Labuhn receives dialysis at Puget Sound Kidney Center. He is retired from active service in the ministry and leadership positions in health services administration. He and his wife, Karen, have three children.



RSN's 2015
Essay Contest
3rd Place
Winning Essay
Web ID: 1006

a

stranger's

voice

by Chris Cala

No one really understands how it feels after being diagnosed with kidney disease until it has happened to them. When people start dialysis, it's like they become someone different: a person they don't recognize, and some might even feel broken beyond repair. Dialysis patients, in a sense, lose their voice and, even worse, their hope of a fabulous life. But that's where they are wrong. Dialysis patients are more than just a Medicare claim number; they are all human beings with lives worth living.

You can say that I've become a peer counselor, for lack of a better term, for those who are at my dialysis unit with me. I'm not a renal veteran, but ask my nephrologist and he'll vouch that I've been through heck and back dealing with ESRD for the last 8 years since I was diagnosed at age 25. I won't joke with you – my own experience seemed like a renal version of Lewis Carroll's "Alice in Wonderland". I fell into a dark hole where I just kept on falling until I landed upside down on my head. I had to find my way through a very crazy world called dialysis. Even after a failed transplanted kidney that my mother gave me, I relied on myself to turn a negative into a positive because there was no other option. I simply didn't give up hope.

At my unit, I talk to everyone because I wholeheartedly believe that adding

a touch of brightness to someone's day will give a glimmer of hope to them with whatever they are dealing with. I know it's not like I'm feeding the homeless or volunteering at a hospice, but it is the same type of selfless act from a stranger that makes a difference. It makes the people I help feel human again. You are probably thinking, "Why do you care about those strangers you are with three days a week while on dialysis?" It's because when I talk with them I am reminded that I was once in their shoes; I used to be them. See that young girl who just started dialysis? That look on her face tells me that she is scared and in a state of shock. I remember that feeling and didn't like it one bit. What do I do?

All these people were
once strangers to me,
but we have dialysis
as our common bond.

I talk to her, I say hi, I greet her and her Dad. I know they have a million questions so I tell them, "It's going to be okay." I offer to be a resource for any questions that they may have because I've been there in her place. That reassurance from a stranger, that human kindness is what was needed for this girl to not feel scared and know it's okay to smile again.

The loving daughter who sits with her mother on dialysis? I greet them all the time and ask how they are doing. In time I come to find out that the daughter is constantly worried about all the different CKD components that she now has to understand for the sake of her mother. She comes to me with questions and I suggest to her what she needs to do based on my own experiences. I tell her that it's okay to ask questions, to get a proper explanation from doctors, and to not get pushed around. She needs to realize that she is now the advocate for her mom.

That mentally handicapped man in a wheelchair who everyone laughs at and tries to forget about? He has emotions too. I befriend him and talk to him just like I do to everyone else. He needs someone who can relate to what he is going through and not shrug him away as if he's just a number. A simple greeting such as, "How are you? Is everything okay with you?" goes a long way with him. In return he offers me snacks as his way of thanking me for my attention.

All these people were once strangers to me, but we have dialysis as our common bond. Each of us has our cards to play in this poker game we call life. We win some and we lose some. And from this I can't help but wonder if God works in mysterious ways, then maybe all this was planned. Perhaps the roller coaster ride of me being a dialysis patient was part of the master plan to turn me into that stranger whose caring voice was what those people needed to reassure them that hope has always been within themselves.

Chris Cala is a busy young professional who loves food & wine, design, tech, travel, writing, cross fit, video games, family, friends, and his puppy, Colt. He receives dialysis at DaVita Green Valley Dialysis in Las Vegas, Nevada.



WHEN YOUR FEAR WON'T GO AWAY



By Mark Meier, MSW, LICSW

Web ID: 1009

During the course of your battle with kidney disease, you have most likely read or heard about the risks of dealing with depression, which is of course a very significant mental health issue. However, while a great deal of focus is put on depression, we as medical professionals often fail to educate you about the perils and risks of dealing with anxiety. The prevalence of anxiety disorders in the United States is about 18-22% annually (more than double the rate of depression), making these conditions the most common of all mental health disorders.

Most everyone has experienced a normal course of anxiety and/or fear during their lives. Perhaps it is a fleeting feeling associated with a specific event, such as giving a talk in public, making a difficult decision, or boarding an airplane. Once the talk that was making you nervous is over, the hard decision is made, or your flight ends, your mood returns to your normal state. However, when your anxiety begins to last and interfere with day-to-day functioning, for example making it difficult for you to complete your dialysis treatment, then it is time to take a closer look at what is going on.



Mark Meier is a clinical social worker with over 20 years of experience working with those who have dealt with depression and anxiety related issues.

Types of Anxiety Disorders

While there are many types of anxiety disorders, two common types are Generalized Anxiety Disorder (GAD) and Panic Disorder. GAD is characterized by an often constant feeling of anxiety that is perhaps best described as not severe, but always present. Most individuals who suffer from GAD are able to recognize that the fears they are experiencing, such as worries about becoming homeless or losing their family, are often unfounded, yet the concerns and fears they have over these issues feel very real. Individuals who suffer from GAD often are easily startled, feel “ramped up”, have a difficult time relaxing, experience troubles with sleep (anxiety can be exacerbated when you have lots of down time to focus in and ruminate on your fears), and have a hard time concentrating.

Many people who have anxiety disorders also have physical symptoms such as feeling tired or fatigued, headaches and body aches, hot flashes, trembling, and rapid breathing. The irony of anxiety disorders is that the things the individual fears, in the vast majority of instances, will never come true, yet the associated anxiety they are experiencing is profound.

Panic Disorder and Panic Attacks, unlike GAD, often occur unexpectedly and may not be related to any specific incident. Symptoms of a panic attack include a rapid onset of fear and nervousness that is in complete disproportion to the reality of one’s circumstances. During a panic attack, a person might experience a racing heart, rapid and shallow breathing, a

sense of imminent danger or death, dizziness, trembling, nausea, and an overwhelming sense that they have completely lost control of their situation. Individuals who have had recurrent panic attacks often develop a constant fear about when the next panic attack is going to occur.

What Causes Anxiety Disorders?

At this time, we don’t know for certain what causes anxiety disorders. Most likely a combination of family history, brain functioning, life stressors, substance abuse, and sometimes prescription medications interact to cause the anxiety or panic.

What Can You Do?

There is a great deal that can be done to help you cope with an anxiety disorder. Therefore, you should alert a medical or mental health professional if you are dealing with anxiety and/or panic. You might be embarrassed to speak to someone because you believe that you should just be able to get over your condition, but that is not helpful to you. There are interventions that can help with anxiety, including medications, individual counseling (especially cognitive behavioral therapy and mindfulness work), and relaxation techniques such as meditation and deep-breathing.

Anxiety disorders are very real. When left unaddressed they cause untold suffering and pain. Anxiety disorders are very treatable. The sooner you take action and learn ways to deal with your anxiety, the sooner you will be able to gain and use skills that can lessen its impact!

8 TOP QUESTIONS

a Patient Should Ask Their Nephrologist

By Franklin W. Maddux MD Web ID: 1011

You have been referred to a doctor called a nephrologist. Here is what that means, and how to prepare for a successful and useful first encounter. The first thing to know is that a nephrologist is a physician trained in internal medicine or pediatrics and then additionally trained to understand and care for patients with kidney related disorders that affect the kidney function as well as the other organs that rely on good kidney function. Before your appointment with the nephrologist, prepare by thinking about what you should understand. Don't be shy about asking questions or expressing concerns you have about the condition for which your nephrologist has been asked to see you. These eight questions can start you on a path to a better understanding of your condition, but are by no means the only questions that might come up or be appropriate for your first visit:

WHY WAS I REFERRED TO SEE YOU?

Many people don't know the reason for their referral and have questions about why the nephrologist was asked to assist in their care. The referring physician may have a general need for the opinion and participation of the nephrologist, or may have very specific questions about the type of kidney disease a patient exhibits or the treatment plan to offer a patient.

WHAT IS THE REASON MY KIDNEYS ARE NOT WORKING PROPERLY?

Kidney function is a measure of the 'cleaning' capacity of the kidneys, and the term "kidney dysfunction" primarily refers to: 1) kidneys' reduced cleaning capacity in removing toxins from the body that build up from everyday living; and 2) kidneys' reduced ability to balance fluid in the body. These two functions of the kidneys, among others, are frequently the focus of a visit when a patient's kidney function is impaired or at risk of deteriorating. Other structural or functional aspects of the kidneys may have been the reason for a referral. Your nephrologist should know why you were referred, and their job with you is to further understand your condition so that they can assist in your care.

WHAT DEGREE OF KIDNEY FUNCTION LOSS EXISTS NOW?

If your kidneys are not working properly, it is important for you to know how poorly they are functioning compared to normal. This is a reasonable question to ask and to track on your initial and subsequent visits to the nephrologist.

HOW RAPIDLY IS MY KIDNEY FUNCTION DECLINING?

Some causes of dysfunction of the kidneys are temporary, and some are permanent. Some conditions are associated with a continued loss of function over time. The rate at which this happens will be an indicator of the frequency and extent of attention needed to try to delay or slow kidney function decline.

WHAT CAN I DO TO SLOW, DELAY OR REVERSE THE DECLINE IN MY KIDNEY FUNCTION?

Preserving kidney function is the desire of every physician that is treating you for your kidney disease. This may or may not be possible depending on your individual health situation and medical condition. Your nephrologist can help you understand if your kidney function is likely to continue to decline over time or if certain therapies might preserve or even improve that function.

WHAT ARE MY TREATMENT OPTIONS AND HOW DO I LEARN ABOUT THESE OPTIONS?

Depending on the degree of kidney function loss you have, and the speed to which that loss of function has occurred, there will be options offered to either stall, reverse or delay the progression of the kidney disease. The nephrologist can explain and prepare you for decisions about additional therapy needed if your kidney function deteriorates to the point that renal replacement therapy options should be considered.

WHO SHOULD I CALL WITH NEW PROBLEMS OR QUESTIONS?

By the end of the visit with your nephrologist, you should understand the role that she or he will play in your ongoing care. The nephrologist should be able to determine if and when they should be called for questions about the kidney disease or other problems. Many other medical conditions are affected by the fact that the kidneys are not working well, and these will influence the approach by your clinical care team.

HOW CAN I SIMPLIFY THE MEDICINES, TESTS AND FOLLOW-UP NEEDED TO GET THE BEST BALANCE BETWEEN MY LIFE AND MY KIDNEY DISEASE CARE?

The management of kidney disease frequently requires multiple medicines, diet and activity changes and frequent interactions with the health care system. It is reasonable to have a discussion with your nephrologist about challenges you may have with taking multiple medications, and the about impact of your medical regimen on your daily life. Your nephrologist will work to help you adhere to a medical plan of care and avoid the known potential consequences resulting from the kidney disease.

Franklin W. Maddux MD, FACP is the Fresenius Medicare Care Chief Medical Officer & Executive Vice President for Clinical & Scientific Affairs.



Helping Other People Evolve

By Debbie Sorensen
Web ID: 1004

Since being diagnosed, I have found great strength by helping others. When I first came to the clinic, I knew no one. I decided to change that and began my quest to meet people. I started in the waiting room by introducing myself to anyone and everyone. Soon we began to have great conversations and share the things that worked for us. Have a question about how to control fluids? Ask one of your fellow patients. Need to know where a great place is that is kidney-diet-friendly to celebrate your birthday? No need to worry, someone will have a place to go. As we began our dialogues, we began to notice that the mood lightened and smiles abounded.

I also began a group that meets for dinner every month. This group is open not only to patients, but also to family and friends. After all, this disease also affects loved ones and caretakers. As our families began to know each other, support for everyone became the word of the day. Knowing that others are going through the same things that you are as a patient or loved one, gives hope that this is a challenge that can be met and handled. Our evenings didn't focus just on problems; we also shared successes, great tips and, most importantly, a knowledge that we weren't in this alone. Having a support group means that we are never

on our own and never have to go through a challenge all by ourselves.

Another important thing to me was educating my family and friends about my disease. When I was first diagnosed, a sense of panic spread

giving
hope
to others
means
having
hope

through my family. Kidney Disease?! Renal failure?! Dialysis?! Didn't that mean that my life was going to be cut short? What about my children? What did this mean to the quality of life that I could live? Educating my family and friends has given me hope and

has given them hope as well. Knowing what could happen, how I could help control my disease, and what I needed from those around me, has kept us focused and looking forward to a long future full of adventures. The more that we learned, the more we understood that we could have a full and exciting life. Speaking to other patients and their families has taught all of us that we need to embrace life and look for new adventures; traveling to any place in the world is an option! No matter where you turn, there is someone who can help you with your treatment. Hope spreads as we understand that with treatments, medications, a good diet and support, we continue to live life fully.

Giving hope to others means having hope for myself. The more I believe that I can live a full and happy life, the easier it is for me to be positive with others. Working towards understanding what will make the quality of our life better brings all of us hope. Seeing others living fully means that we can do the same. I believe that as I become stronger, more educated and more positive, I bring a sense of hope to those around me.

Kidney Disease may be a part of my life, but it is not the entirety of my life. I will continue to encourage others to share their feelings, develop partnerships with our care providers, welcome new patients into our circle and keep moving forward with our gatherings. The more that we surround each other and work together, the more we hope. I guess in reality, to me Hope means Helping Other People Evolve and take charge of their disease.

Debbie Sorensen has been a teacher for 30 years. Debbie has been married to Eric Sorensen for 25 years and is the proud mother of three sons. She has had kidney disease for ten years and has received dialysis the past year at Fresenius Dialysis Center in Anaheim.





PLANNING PRACTICE PREPAREDNESS

IT'S ALL IN THE 'S

By Heather Powell
Web ID: 1010

There are a couple of different treatment options for kidney failure. You want to choose the one that best fits your lifestyle. I chose to do home hemodialysis as it gives me more freedom during the week. Choosing to take treatment home can seem daunting. Throw in an emergency situation and it can quickly cause anyone to lose control. Being prepared is the key, I've found, to reducing anxiety and taking care of my health needs. Planning, practicing, and preparing helps me deal with sticky situations that can easily turn into emergencies, and keeps being at home exactly what I want it to be, a blessing.

There are many kinds of emergencies: man-made, medical, and natural. By definition, an emergency is serious and unexpected. Often it's dangerous and requires immediate action. We need to be educated about our treatment, our body, and the machine so we are ready to face such situations.

When you choose to do dialysis in your home, you don't need an emergency to feel unable to cope. However, the more you know the better off you will be. Practice, in this case, definitely makes perfect. Practice, practice, practice until it becomes second nature. I am blessed to share a home with my parents, so I have two caregivers who have learned the Nxstage machine with me. Ask your home clinic to provide you with a booklet on emergencies and how to respond.

Find out, for example, about:

- How to manually get off the machine if the power goes out

- What to do if there is a leak
- Dealing with bleeding that won't stop or air in the line
- How to deal with alarms and what constitutes an emergency versus just something to be cautious about

We review this information, discuss it, and role play through "what if" situations so it is all fresh in our minds. We do this often in order to remember the information.

In case of a medical emergency, it is recommended that you call 911 immediately. You are the expert on your body, so get to know it. Know the signs and symptoms of a heart attack, stroke, or getting too dry too fast. We keep a laminated page of important contact numbers handy. It has contact information for each clinic staff member, my nephrologists, and the on call nurse in case it is after hours. I have found my nurses are quite responsive anytime I call. Be sure and communicate issues you are having so they know where you are and what is going on. Your clinic team is part of your lifeline. They want you to do well and be successful with home dialysis.

Think ahead and plan for the kinds of natural disasters that happen in your area. For my area, it is tornadoes. You can add an app to your phone so that you have a heads up about nasty weather in your area. Have a back-up plan in case you can't dialyze at home. We have already discussed our back-up plan with extended family so they know where they may be helpful in case we need them. I keep a weeks' worth of my medications in a pill box holder so I can grab it and go quickly.

Depending on your location, you may need to be prepared for something I will never face. Your local ESRD Network can provide you with an Emergency Preparedness booklet that best corresponds to the emergencies in your geographical location.

In my household, we can act quickly because we have practiced, planned, and prepared. There are times when emergencies can be avoided, there are times they cannot. Being prepared can give you peace of mind, planning can reduce your stress, and practicing can help your responses become second nature.

All of these measures can save you time and prevent a scary situation and save your life. Don't just be a bystander, get involved. You can be successful and have quality of life if you are prepared.

Ask your dialysis facility about their emergency plan. Visit the ESRD National Coordinating Center Kidney Community Emergency Response Website at KCERCoalition.com and learn all you can to be prepared.

Heather was diagnosed with kidney failure, at 8 years old. She has experienced every form of treatment, including two transplants. Traversing the issues of kidney failure; she graduated from high school, college and completed a masters in social work to help others living with a chronic illness.



grat·i·tude

of Living·Treating·Caring

Renal Support Network
relies on **charitable**
contributions to provide
hope to people
with **kidney disease**.
We appreciate your help!

Renal Support Network introduces Gratitude of Living, Treating and Caring; a CKD Survivor Fundraising Campaign. Please consider donating \$1, \$10 or \$100 for each year you or someone you have cared for has survived chronic kidney disease and post a message of gratitude. Money raised will help RSN provide education, patient programs and hope to people who have chronic kidney disease.

i·Live

People on dialysis, transplant recipients and kidney disease survivors
Please consider donating \$1, \$10 or \$100 for each year you have survived this illness.

i·Treat

Kidney health care professionals and companies
Please consider donating \$1, \$10 or \$100 for each year you have treated people who have chronic kidney disease and helped patients survive.

i·Care

Family and friends
Please consider donating \$1, \$10 or \$100 for each year you have cared for and supported a loved one who has chronic kidney disease.

Visit RSNhope.org/Gratitude or call 866-903-1728 Toll Free to make your tax-deductible donation today. Share your Gratitude of Living via Twitter to [@rsnhope](https://twitter.com/rsnhope) and on Facebook with hashtag [#gratitudeofliving](https://www.facebook.com/hashtag/gratitudeofliving).

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The Renal Support Network is a patient-run nonprofit organization whose mission is to identify and meet the non-medical needs of those affected by chronic kidney disease.

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Join Renal Support Network's
weKAN Program

weKAN promotes self-advocacy and self-determination by showing patients how to become actively involved in medical, regulatory, and legislative decisions affecting their lives.

**For more information e-mail
wekan@rsnhope.org**



What is RSN?

Renal Support Network (RSN) is a nonprofit, patient-focused organization that provides non-medical services to those affected by chronic kidney disease (CKD). Through a variety of programs RSN strives to help patients develop their personal coping skills, special talents by educating and empowering them (and their family members) to take control of the course and management of the disease.

HopeLine

If you have questions relating to chronic kidney disease call (800) 579-1970 toll-free 10:00am to 6:00pm PST and connect with someone who can offer EXPERIENCE, STRENGTH and HOPE.

Support Group Meetings

RSN hosts a monthly support group on the 4th Sunday of the Month in Glendale, CA. Check RSNhope.org for location and time details.

RSN Event Calendar

November 14, 2015

6th Annual Celebrity Poker & Bingo Tournament

January 17, 2016

17th Annual Renal Teen Prom

CHECK RSNhope.org FOR ALL EVENT DETAILS

Connect with RSN

Would you like to receive a free subscription to Live&Give and access more free renal care information? Give us your contact information via phone, fax or mail. Be sure to include your name, mailing address, email address and phone number. [See contact details on side bar.](#)



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Service to those affected by chronic kidney disease

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Informative. Inspirational. Entertaining.

Tune in for free to RSN's online bi-weekly podcast talk show on iTunes or RSNhope.org

iTunes: Enter "KidneyTalk" into the search tool at the iTunes store to access or download any show 24 hours a day.

RSNhope.org: Enter the Web ID listed below in the search box in the right hand corner located on RSNhope.org to stream.



Green Bay Packers Football Player Goes the Extra Yard to Live **Web ID: 992**



Disaster Watch – The Kidney Community is Prepared **Web ID: 996**



Participating in Your Dialysis Care Plan **Web ID: 995**



Don't Bug Me! Understanding Infectious Disease **Web ID: 993**



Fostering & Adopting a Child: What to Consider When You Have an Illness **Web ID: 994**



Understanding Dialysis and Blood Pressure **Web ID: 988**



Living on the Bridge – Over 40 Year of Living with Kidney Disease **Web ID: 989**



Take a Good Bite: Dental Health & Nutrition **Web: 990**