

# The Yellow Brick Road

By Lori Hartwell

## ***THE THRIVING ISSUE***

**The Yellow Brick  
Road/Lori Hartwell**  
Page 2

**It's Hot,  
Drink Not**  
Page 3

**What's in a  
Dialysis Bundle**  
Page 5

**I Keep on  
Truckin'**  
Page 6

**KidneyTalk™  
Listen to These  
Inspiring Shows**  
Page 7

**14 Ways to Win the  
Waiting Game**  
Page 8

**What my Patients  
Have Taught Me  
About Thriving**  
Page 10

**Don't Miss These  
Upcoming RSN Events!**  
Page 15

**Enter the 16th  
Annual Essay Contest**  
Page 16





# The Yellow Brick Road

By Lori Hartwell

I have a confession: I have always been fascinated by tornadoes. The destruction they can bring drops people, families, and communities into the dangerous unknown. After tornadoes hit, survivors are commonly bewildered, often grateful that their lives were not taken. It's terrifying, but in a way I can relate to.

A tornado is much like a chronic illness. I have had a chronic illness since the age of two. I have to rely on medication every day, regularly see doctors, and I will never be cured. I have had fifty plus surgeries as the result of this illness, and have been poked and prodded by every instrument known to man.

My life has been a series of tornadoes touching down. Just when I think everything is going smoothly, I hear the alerts go off.

*Life is difficult, and if you have your health you have a priceless gift. I did not receive that gift. But, I have received the understanding and appreciation of how wonderful life can be...in spite of a chronic illness.*

One of my favorite movies of all time is The Wizard of Oz. I identify with Dorothy. She was minding her own business when a tornado sucked her and Toto right out of Kansas. She landed in the Land of Oz. All she wanted in that moment was to be back home, doing her chores.

Dorothy met up with some munchkins. These were quirky little men and women who told her she needed to find the Yellow Brick Road, follow it to the Emerald City, and find the Wizard who could help her get back home.

Dorothy began her journey down the Yellow Brick Road to find out who she was and how to get home. She first came upon a scarecrow. All the

scarecrow wanted in life was a heart. When you have an illness, if you do not want to become bitter, you have to find your heart. Feel compassion for those who suffer, be kind to others and especially yourself. I volunteer and give as much of my time as possible to help people and animals who are in need.

Then Dorothy ran into The Tin Man. He complained that all he wanted was a brain.

In today's healthcare system we have limited time with healthcare professionals, and it is imperative we find our brain. We must learn all we can about our illness to ensure we get the care we need. I learn everything I can about my illness, so I can aid the doctor in making decisions to improve my well-being.

Next, Dorothy encountered the Cowardly Lion. All the Cowardly Lion wanted was courage. If you live with a chronic illness you must be courageous. I have had to make decisions often that affect my quality of life: experimental drugs, heavy diet restrictions, and the many unpleasant procedures/surgeries I have had to go through.

Dorothy also came upon Glinda, the good witch, who gave her a pair of Red Ruby Shoes and told her to believe in herself. Her quote is worth repeating: "We must believe in our dreams and ourselves." What a profound statement to remind ourselves of when we feel overwhelmed with life's challenges. Dorothy finally reached the Emerald

City and found the Wizard, although he was hiding behind a curtain and didn't do anything but reassure her and give her hope. He told her she already had everything she needed: Her heart, wisdom and the courage to believe in herself. These tools helped Dorothy find her way home – a place that is accepting.

Life is difficult, and if you have your health you have a priceless gift. I did not receive that gift. But, I have received the understanding and appreciation of how wonderful life can be...in spite of a chronic illness.

I have observed the two types of people during a tornado/illness. There are those who take initiative and those who don't. One type sits there and says, "Poor me! What did I ever do to deserve this?" They wait there for the effects of the disaster/illness to destroy them. The other type picks up the pieces, and does what is needed to make life better for themselves and others who have suffered.

Adversity introduces you to yourself. I like thinking of a chronic illness as a tornado. Some people with a chronic illness feel as if they are being punished. I don't believe that. I believe I was just caught in the wrong weather patterns.

My Yellow Brick Road has shown me many surprises in my life. I have found my heart, my brain, and my courage along this road. The Wicked Witch of the West has reared her head a few times, and I have survived. I need to remember to click my Red Ruby Shoes three times, and not give up on my dreams or myself!

Lori Hartwell is the Founder & President of Renal Support Network (RSN) and the host of KidneyTalk™, a radio podcast show. Lori 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.



# It's Hot Drink Not!

By Shari Gilford

Ahh... summer's here! Does it make you long for a tall glass of tea or lemonade with lots of ice cubes? You envision the condensation on the outside of the glass, and you can almost hear the ice cubes clink as you head for the refrigerator.

Whoa! Stop right there! What about your fluid restriction? Just this one glass, you tell yourself.

I can relate. I remember when I was eleven, on dialysis, and unable to drink anything (at least that's how it felt). My father would have a big glass of iced tea at dinner and would let the ice melt in the glass after he finished the tea. The condensation would glisten and drip down the outside of the glass. It looked so refreshing. Me, I got two dinky ice cubes in my glass (no tea) which quickly melted in the heat. I longed to guzzle that cold glass of iced tea!

Many years later and again on dialysis, fluid restriction became second-nature after having learned self-control at an early age. My flowered Cool-Tote bag that looked like a purse went with me everywhere. It held a covered plastic cup with ice cubes in it (with a small ice-pack to keep them from melting). My friends got used to hearing me crunch ice. I learned many creative ways to keep my thirst abated, even during hot summers.

If you are on hemodialysis, your recommended fluid intake may only be a few cups per day. That's not much, especially when it's hot and everyone else is drinking continually. And don't forget—that bowl of ice cream counts too!

Are thirst-quenching cold drinks just a fantasy now that you're on dialysis? Maybe. But there are many creative ways to assuage your thirst.

The first is to drastically limit sodium intake. Less salt equals less thirst. See the accompanying list for other simple suggestions that might help too.

Remember that **not** all fluid comes in the form of **something to drink**. Beware of hidden liquids: ice cream, milkshakes, Jell-O, whipped cream, gravy, soups, sauces, and the liquid naturally found in fruits and vegetables. Ask your dietitian for specific guidelines on how much you can eat of these foods, and remember to count them toward your fluid allotment.

Learn what works for you and try to keep everything in perspective. After all, life isn't enjoyable if there are too many restrictions. Begin by making small changes in your fluid intake, and learn to practice moderation. You'll feel better during dialysis as well as in between. Then you can really enjoy life, even without all that liquid!

- Freeze low-potassium fruit—grapes, cranberries, pineapple, blueberries, apples, raspberries—and munch on them instead of drinking.
- Stay away from Popsicles® or sugary drinks, which can actually increase thirst.
- Reach for an ice cube instead of a drink. Stock up on pre-made ice cubes from a convenience store. They won't be as hard on your teeth as the ones you make in a tray. Don't eat too many because they still count as fluid.
- Freeze fruit juice or herbal tea in ice cube trays. Or add lemon juice to ice cubes made with water.
- Buy those plastic balls that you freeze to put in drinks. Run water over them before freezing to add a thin layer of ice. When you're thirsty, take one out of the freezer and suck on it.
- Suck on a lemon. But don't get a sour attitude!
- Suck on hard candy (sugar-free).

- Chew gum.
- Brush your teeth and rinse well. Or just rinse your mouth repeatedly with cold water. Your mouth thinks it had something to drink even though you didn't swallow.
- When you take pills, wash them down with something you enjoy.
- In restaurants, ask for a glass of ice cubes instead of water. A straw lets you drink the melted ice in small amounts.
- Instead of opening a whole bottle of juice, open a can of frozen concentrate and mix just a tablespoonful with water to make a small amount. Cover the opened can with plastic wrap and a rubber band and refreeze. The effort makes you less likely to indulge.
- If you know you're going to a cookout or party where everyone will be sipping drinks, fill an insulated cup with ice cubes, attach a secure lid, and bring it with you.
- If you want to drink a little extra of your favorite beverage, do it when there is only one day—instead of two—between dialysis treatments.

If you've been really good at keeping your fluid intake down for the day, reward yourself with a small (4-oz.) glass of your favorite liquid. Savor it; you deserve it!

*Shari Gilford teaches English to refugee families in the USA and to disadvantaged children during her travels overseas. Her first transplant was in 1977 and she received her third transplant in March 2006. In between transplants she was on dialysis for over 10 years.*







With kidney disease, there's  
a big difference between  
coping and flourishing

Today, there's dialysis care you can thrive on

Taking care of both your emotional and physical health is essential with kidney disease.

Fresenius Kidney Care offers personalized dialysis care, encouragement and inspiration to help you live life to its fullest.

**LEARN MORE**



[FreseniusKidneyCare.com](https://www.FreseniusKidneyCare.com)



[Facebook.com](https://www.Facebook.com)



# What's in the DIALYSIS BUNDLE

Medicare is a government program that pays for dialysis treatment for people who are eligible and covered under Part B with the ESRD PPS (End-Stage Renal Disease Prospective Payment System). The ESRD PPS is a "dialysis bundled payment" made to a dialysis facility on behalf Medicare beneficiaries for their treatment. The "Dialysis Bundle" includes the dialysis treatment, laboratory tests, supplies, all injectable drugs, biologicals and their oral equivalent, and services provided for the dialysis treatment.



## What's not in the bundle

- Nephrologist (Kidney Doctor) professional services
- Medications taken outside of the dialysis treatment (covered by Medicare Part D i.e., phosphorus binders)
- Preventive vaccines and administration
- Labs relating to transplantation
- All costs associated with emergency room visits and hospitalization including dialysis and labs
- Procedures necessary to maintain vascular access





I'm Denny, a happy trucker, and a dialysis patient for the past 32 years. I've been dealing with kidney problems since the day I was born.

I had my first surgery at age one: nephrostomy tubes were placed in my kidneys to remove urine. I had several surgeries attempting to solve my bladder obstruction problem that was impacting my kidneys. When I started school at age 5, I had a suprapubic tube in my bladder and a drainage bag strapped to my leg. That is a story in itself!

At age 12, I had a urostomy and had my right kidney removed. As a teenager, I had multiple bowel obstructions and associated problems, and my urostomy had to be redone. This is how my younger years went.

Skipping ahead through more surgeries and infections, at age 29 I started dialysis. This was in 1986, when there weren't any centers, so patients either did home dialysis or drove hours each way. I chose home dialysis, and it

was a great decision. I had to learn everything about dialysis, from medications and what they were for, to diet, to fluid intake, and then on to the external machinery I was using.

In 1993, my sister Jodi gave me a kidney. Sadly, it ruptured after the second day so I never got off dialysis. Shortly afterward, I started doing nocturnal home hemodialysis. This was great! I was able to use nocturnal dialysis for nine years until the clinic decided to upgrade my machine. Oops, the new technology didn't work for me. Luckily, by this time there were dialysis treatment centers everywhere.

The one I went to was just 15 miles away, and I am writing this from there now.

Back to boyhood: all I ever wanted to do was drive a semi and be out on the open road. With all my kidney troubles, no one thought it was

possible, including me. After I finished high school, I attended a vocational training school for diesel truck mechanics so I would be close to the semi trucks. During the time I was

there, I visited my urologist and he asked me what I was doing. When I told him, his response was, "Didn't you want to drive?" I responded, "I didn't think you would approve because the trucks ride so rough." His answer: "As long as you don't load and unload, I don't see a problem!"

That was all it took. My life-long dream came true. The first seven years were great, then dialysis slowed me down a bit but didn't stop me. After morning dialysis, I would spend the rest of that day and the next day driving in the truck, get home the second night, get a good night's sleep, and start dialysis the next morning. The routine worked.

Along with all of my medical issues and my career travels, I truly love music. With the kidney troubles, I could never play sports as a student. My Dad taught me how to play guitar when I was about 10, and the instrument was my best friend through high school and on. My guitar went with me in the truck, and any spare time I had it was in my hands. I got pretty good at it, if I do say so myself. I've been in multiple bands from the time I was 15 years old.

For the past 14 years, my wife Marcia and I have used her homestead barn to sponsor barn dances from April to October. We call our event the Lighthouse Opry Barn Dance. Some time during my active career and musical endeavors, Marcia and I had a boy – Chad is 34 years old now. I remarried and have a stepdaughter Krista who is 24. Between them, I have three grandchildren.

I would have missed so many things in life if not for dialysis. As a young boy, I often wondered why I had to deal with so many problems. Now, as I've gone through life and seen many friends and family pass, I wonder: why am I still here enjoying life?

Don't ever let life pass you by, and never give up on your dreams! Put your seatbelt on, the road of life is bumpy and full of great adventures. Enjoy the ride!

*Denny Burgess is a retired trucker. He lives with his wife in Gilman, Iowa.*





JOIN US IN SEPTEMBER

at RSN'S  
25<sup>TH</sup> ANNUAL

PATIENT  
EDUCATION  
MEETING

Saturday, Sept. 15, 2018 | Registration required. Visit [RSNhope.org](http://RSNhope.org) for details and to sign up to receive updates.



*Find and listen to any show at [RSNhope.org](http://RSNhope.org) by entering “Web ID” in right hand corner search bar or download at iTunes by searching for “KidneyTalk. Visit the KidneyTalk™ page at [RSNhope.org](http://RSNhope.org) to find all the latest show and categories.*



**My Kidney & Pancreas Transplant Journey** with Sasha Couch. Listen and learn how Sasha has adjusted to a new normal with her successful transplants. Web ID: 3004

## *Listen in to these inspiring shows:*

**Renal Warrior: The Power is Within You with Wilson Du**  
Web ID: 3005

**A Prescription for Resilience with Bernadette McKnight**  
Web ID: 3008

**Surviving Kidney Disease with Michael Fisher, MD**  
Web ID: 3007

**What Researchers Are Learning about Fabry Disease with Ravi Thadhani, MD** Web ID: 3003

**Understanding Dialysis and Blood Pressure with Sandra Corrigan, FNP-BC, CNN** Web ID: 988

# Fourteen ways to WIN

## Coping tips from Social Workers

Improving and enhancing human lives is the main mission of social workers, and waiting is a reality of life. But the reality is, waiting is a bigger part of life for dialysis patients. We work with dialysis patients. It is our mission to help them not only cope but thrive. We truly succeed when we help our clients improve their lives and make good decisions at every turn.

Instead of looking at a person or a situation to point out what may be wrong with it, we focus on what works well and try to expand it further into other areas of living and functioning. Strengthening your “waiting” skills is so much better than allowing yourself to become frustrated with life’s challenges, including the wait.

If you don’t have symptoms yet, you can “wait” to start your dialysis. Those of us who do not require dialysis may complain of any wait time we experience. However, in the world of dialysis and kidney failure, waiting is a large constant, and can become frustrating.

To name just a few “waits” dialysis patients endure:

- waiting for their ride to the clinic
- waiting during the long ride as other patients are picked up along the way
- waiting in the lobby before being called in
- waiting inside the treatment unit to be connected to the dialysis machine
- waiting to be disconnected after 3-4 hours of treatment
- waiting for the ride back home

Then all this repeats in two days! In addition, there is waiting for appointments for dialysis access and for transplant evaluation. After getting on the kidney transplant list, there is the ultimate waiting for a kidney. These can be a really long waits, many times without any positive outcome.

Given the reality of so much waiting, what can patients do to keep themselves engaged? Here are many ways we’ve recommended to overcome the frustration that long waits can create, and to use time effectively for personal benefit:

**1 Use free wi-fi** These days most medical facilities and clinics, including dialysis clinics, have free wi-fi so patients can catch up with online activities.

**2 Take online classes** Use the time to learn something new. Many online learning sources are free and have no time limitations.

**3 Listen to podcasts** These are interesting conversations and learning opportunities and present a great way to pass time.

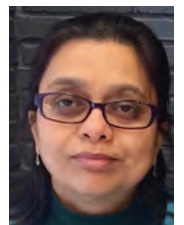
**4 Listen to soothing music** Music is proven to have a healing effect, and calming music can help you relax.

**5 Read** Read an actual book, or read using an e-reader such as Kindle, etc.

**6 Do crossword puzzles** Crossword puzzles truly are brain teasers. Pass the time in this fun way while waiting or while in the dialysis chair.



Vernon Silva LCSW, NSW-C (at left) is a licensed clinical social worker based out of Los Angeles, CA, who has worked in kidney disease for 18 years, and is the brother of a kidney patient who is now Vernon’s guardian angel. Swagata Pandit LMSW (at right) is a renal social worker based out of Tonawanda, NY.





# The Waiting Game...

By Vernon Silva LCSW, NSW-C  
and Swagata Pandit LMSW



**7 Research** Inform yourself during this wait time on as many ESRD issues as possible. Read about your rights and responsibilities, grievance/complaint procedures, tips on foods high/low in phosphorus, care for your access (fistula, catheter, graft), etc.

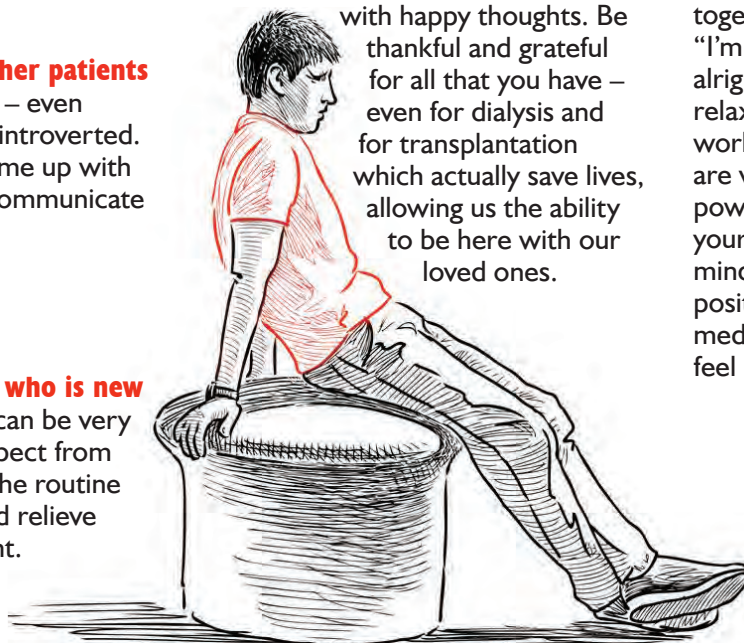
**8 Network with other patients** Humans are social beings – even those of us who are a bit introverted. We cope best and can come up with creative ideas when we communicate positively with others.

**9 Mentor someone who is new to dialysis** New patients can be very anxious about what to expect from dialysis. Patients used to the routine can help new patients, and relieve their stress to some extent.

**10 Color** Adult coloring books are a new trend. This is an easy way to keep occupied while waiting in any medical facility and even while on dialysis.

**11 Relax** Deep breathing is one of the most effective relaxation techniques. Inhale and count 4 breaths, then exhale and count 8 breaths. As you get comfortable with it, do it longer. Visualize what you are waiting for, such as your dialysis treatment. Take yourself through each step to ensure that the execution is as good as possible – like an Olympic diver visualizing each component of her next dive – so that your mind guides your body effectively through the process.

**12 Imagine** Concentrate on pleasant mental images to replace negative thoughts, and work to overcome sadness or depression with happy thoughts. Be thankful and grateful for all that you have – even for dialysis and for transplantation which actually save lives, allowing us the ability to be here with our loved ones.



**13 Write** Write birthday cards, thank you notes, or family recipes to share. Keep cards and notes handy, and send your personal messages in the mail, so rare these days and very much appreciated!



**14 Meditate and pray** Formulate a mantra. Mantras are brief statements or words that we repeat over and over, either internally to ourselves in our minds or in a whisper or out loud together with others. Some examples: “I’m fine and I can do this.” “I’m alright.” “I’m OK.” “I feel calm and relaxed.” “This is do-able.” Prayer works the same way. Your thoughts are very powerful, and so is the power of suggestion. When you give yourself direction over and over, your mind absorbs the message and reacts positively. Repetitive prayers and/or meditations are known to help people feel better.





# *What My Patients Have Taught Me About* **THRIVING**

By: Frank W. Maddux, MD, FACP

*One of my great joys as a physician has been learning from my patients. Patients with kidney disease face varied and unique challenges; some are life-changing. Considering such challenges, how do they continue thriving in life? I've asked our patients at Fresenius Kidney Care this fundamental question, and learned a lot from them over several decades in practice.*

*Of the many invaluable insights my patients have shared throughout my career, three concepts come up again and again as playing a key role in kidney patients' overall wellbeing: kinetics, intellectual purpose and community.*

## **Kinetics**

In medicine, kinetics refers to the study of motion as it relates to the body. For kidney patients, kinetics means a focus on mobility, dexterity and movement. The ability to work, volunteer, or just “get up and go” every day, is important for quality of life. Physical activity and movement is especially important for people with kidney disease, as it helps prevent muscle weakness, joint pain, stiffness, and increases general mobility. Whether it's a walk around the block, or a set of simple stretches in the morning, making physical activity part of a daily routine is a positive strategy for patients. People who work, volunteer or stay involved in activities while on dialysis may have improved self-esteem, increased physical activity, heightened mental stimulation, more socialization, continued income from employment and greater personal satisfaction.

## **Intellectual Purpose**

Kidney disease can be overwhelming. Over the years, patients have shared that making sense of the life changes kidney disease brings, while still living with a sense of intellectual purpose and meaning, plays a key role in their happiness. Even with regular routine care, kidney disease and dialysis come with emotional dimensions. Finding purpose helps maintain a positive outlook. Recognizing emotions that are common to others with kidney disease can help patients feel less isolated and take control of their mental state. Whether it's time with the grandchildren, pursuing a special hobby, or volunteering in the community, staying focused on a sense of intellectual purpose can add greater meaning for patients in their “everyday”. In fact, patients who are highly engaged and motivated tend to participate more in their own care, ultimately leading to improved health outcomes.



## Community

Perhaps one of the most important things I have learned from my patients with kidney disease is the vital role community plays in helping patients live fuller, more complete lives. Community can take many forms: it can be family, peers, an organization like the Renal Support Network, a faith-based community, or other group of people who come together through mutual understanding of something they have in common. Many patients find that the realization they are not alone can become a great source of strength. For that very reason, Fresenius Medical Care is especially proud to champion the Renal Support Network's community building initiatives; from monthly support groups, to the Renal Teen Prom and celebrity poker tournament, these efforts bring people together through shared experiences and are safe places where people can learn—from each other—how to thrive.

Kidney care has come a long way since I began in practice. The remarkable caregivers and physicians at Fresenius Kidney Care are grateful to our patients for the many ways they continue to teach us about how we can help them live life to its fullest. It is that very endeavor that drives our mission to improve the lives of every patient, every day.

Dr. Frank W. Maddux, MD, FACP, is Chief Medical Officer and Executive Vice President for Clinical and Scientific Affairs at Fresenius Medical Care North America, the parent company of Fresenius Kidney Care, a national leader in quality kidney care. An alumnus of Vanderbilt University, Dr. Maddux earned his M.D. degree from School of Medicine at the University of North Carolina at Chapel Hill, where he holds a faculty appointment as Clinical Associate Professor. In 2017 he was nominated as one of Modern Healthcare's 50 Most Influential Physician Executives.



## 20th Anniversary Renal Teen Prom

Sunday, Jan. 20, 2019

The Prom is turning 20! For two decades RSN has presented this life-changing event that young people living with kidney disease can look forward to every year. The Prom brings them together to share experiences, strengths, hopes... and a great party! They feel special for a night, and forget about the difficult things they have to go through. They discover that they are not alone and that 'one friend can make a difference'.



The Prom is open to people ages 14 to 24 who have kidney disease and one guest at no charge. Sign up to let us know you want to attend the 20th Annual Renal Teen Prom. You'll receive email updates and your invitation for you and your guest.

Do you have gently used or new formal wear and/or accessories that you would like to donate? All donations are tax deductible!

Need a Dress to look fabulous for the Prom? RSN will have dresses available for selection at no charge to prom attendees.

Email us at [info@RSNhope.org](mailto:info@RSNhope.org) to make a donation or an appointment to get your dress.



Help give a teen who has kidney disease and their guest something to look forward to with a tax-deductible donation. Use form on page 14 or visit [RSNhope.org](http://RSNhope.org).

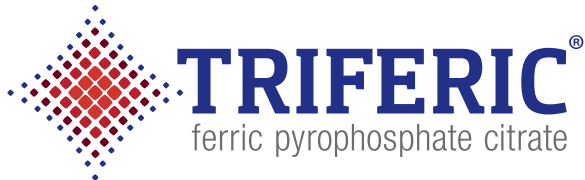
Start your own campaign to raise funds for RSN's Prom in lieu of receiving gifts for special occasion. See page 14 or at [RSNhope.org/fundraiser](http://RSNhope.org/fundraiser) for more details.



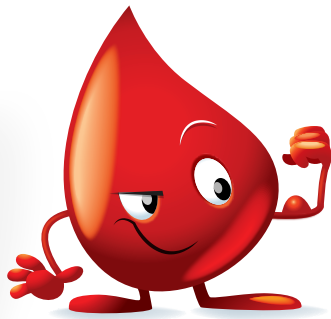
# Receiving Adequate Iron is Essential for My Good Health



**The Only FDA Approved Drug Indicated to Replace Iron and Maintain Hemoglobin in Adult CKD-HD Patients**



**To receive a Triferic® patient brochure in the mail please visit our website at [www.triferic.com](http://www.triferic.com)**



**Take Action**



**For more information, ask your doctor or your clinic about Triferic® today.**



**Like Us on Facebook: [www.facebook.com/triferic](http://www.facebook.com/triferic)**

## **IMPORTANT SAFETY INFORMATION** **Warnings and Precautions**

Serious hypersensitivity reactions, including anaphylactic-type reactions, some of which have been lifethreatening and fatal, have been reported in patients receiving parenteral iron products. Patients may present with shock, clinically significant hypotension, loss of consciousness, and/or collapse. Monitor patients for signs and symptoms of hypersensitivity during and after hemodialysis until clinically stable. Personnel and therapies should be immediately available for the treatment of serious hypersensitivity reactions. Hypersensitivity reactions have been reported in 1 (0.3%) of 292 patients receiving Triferic® in two randomized clinical trials. Iron status should be determined on pre-dialysis blood samples. Post dialysis serum iron parameters may overestimate serum iron and transferrin saturation.

## **Adverse Reactions**

The most common adverse reactions ( $\geq 3\%$  and at least 1% greater than placebo) in controlled clinical studies include: headache, peripheral edema, asthenia, AV fistula thrombosis, urinary tract infection, AV fistula site hemorrhage, pyrexia, fatigue, procedural hypotension, muscle spasms, pain in extremity, back pain, and dyspnea.

For full Safety and Prescribing Information please visit [www.triferic.com](http://www.triferic.com).

The Triferic® logo and blood drop character are Registered Trademarks of Rockwell Medical, Inc.



[www.triferic.com](http://www.triferic.com)



## You Can Help Support RSN's Life-Enriching Programs for People Who Have Kidney Disease.



**The Ice House in Pasadena Presents  
"Defying Gravity"  
Fritz Coleman Speaks to a Generation  
Benefiting RSN with 60% of ticket sales.**



**Saturday June 9, 2018 5:30pm**

Fritz proves that aging isn't pretty...but, it's funny! Everyone's favorite weatherman shares his hilarious, insightful take on growing up and growing older. The NBC4 weatherman has made eight appearances on The Tonight Show with Johnny Carson and Jay Leno, and he is a three-time Emmy Award-winner.

**Get your tickets at [icehousecomedy.com](http://icehousecomedy.com)  
Enter Code RSN0609**

Tickets are \$20.00. 21+ w/2 drink minimum.

## Studio Hope's Fine Art Note Cards



Choose one of three 10-card sets featuring Lori Hartwell's paintings. Our gift to you with your donation of \$25. Or a set of 24 cards with your donation of \$50. To indicate your choice, use the order form on page 14 or visit [RSNhope.org](http://RSNhope.org) to make a donation.



**EMBRACEHOPE** artisan Jewelry is hand-crafted by people who have kidney disease. Available at [embracehopejewelry.com](http://embracehopejewelry.com)



**Montrose Arts & Crafts Fair**  
Saturday June 2nd & Sunday June 3rd  
10:00 a.m. – 6:00 p.m.  
Visit Lori Hartwell's art exhibit  
Booth #28



If you are a person with chronic kidney disease, a family member, or caregiver, and don't know what to expect, call us. Connect with another person who has lived with kidney disease and can share their experience, strength and hope with you on what they have done to successfully navigate this illness.

**Call (800)579-1970**

Call toll-free 10:00am to 6:00pm  
(Pacific Time)



**Support from someone  
who has been there.**





# DONATE & CONNECT

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

Use this form to make a  
donation to RSN and/or sign  
up to receive Live&Give in  
the mail or the RenAlert  
E-Newsletter, or both!

## JOIN RSN - THERE ARE NO FEES

☐ Yes! I would like to receive a free subscription to the Live&Give newsletter

☐ Yes! E-mail me the RenAlert RSN's electronic update.

☐ Yes! Sign me up to receive updates about special events.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_ ☐ home ☐ work ☐ cell

### Please check all that apply:

☐ Patient: ☐ Transplant ☐ PD ☐ Hemo

☐ Family Member ☐ Administrator ☐ Physician ☐ Nurse

☐ Dietitian ☐ Social Worker ☐ Technician ☐ Company Rep ☐ Other

## CONTRIBUTE TO RSN, ALL DONATIONS ARE TAX-DEDUCTIBLE. THANK YOU!

Your gift, no matter the amount, helps RSN continue to offer our life-enriching programs at no charge to people whose lives have been affected by chronic kidney disease.

**START A PERSONAL FUNDRAISER** Create your own fundraising page for RSN today. It's easy to get started, and we'll give you all the support and tools you'll need to make your fundraiser a success. Learn more at [RSNhope.org/fundraiser](http://RSNhope.org/fundraiser)

**CONSIDER A TRIBUTE DONATION** Make a donation in honor of an organ donor, a transplant anniversary or as a holiday or birthday gift. Use space below/right for tribute details and the form above for your address to receive a receipt and note with details of your tribute that you can share.

**DONATE ONLINE AT [RSNHOPE.ORG](http://RSNHOPE.ORG)** Click Contribute in top menu bar

**DONATE BY PHONE, BY MAIL** Use form below and see contact information above

**DONATE VIA PAYPAL** to [donation@RSNhope.org](mailto:donation@RSNhope.org)

### Method of Payment for contributions:

☐ Check or Money Order (payable to Renal Support Network)

Credit Card: ☐ Visa ☐ Mastercard ☐ Amex *RSN accepts all major credit cards*

Donation charge to card \$ \_\_\_\_\_ Billing Zip \_\_\_\_\_

Card#: \_\_\_\_\_ Exp. Date: \_\_\_\_ / \_\_\_\_

Cardholder Name: \_\_\_\_\_

Signature: \_\_\_\_\_

*(To receive a receipt, please use form above to give us your address.)*

## What is RSN?

Lori Hartwell founded Renal Support Network (RSN) in 1993 to empower people who have kidney disease to become knowledgeable about their illness, proactive in their care, hopeful about their future and to make friendships that last a lifetime.

# Live & Give

### READ LIVE & GIVE ONLINE

Current issue, printable version, articles, and archives can be found at: [www.RSNhope.org](http://www.RSNhope.org)

### EDITORIAL TEAM

**EDITOR-IN-CHIEF** Lori Hartwell  
**CREATIVE DIRECTION** Suzette Maffi  
**DISTRIBUTION** Mica Spalding

### CONTACT INFORMATION

Renal Support Network  
1146 North Central Ave. #121  
Glendale, CA 91202  
[info@RSNhope.org](mailto:info@RSNhope.org)

866-903-1728 Toll Free  
818-543-0896 Local  
E-Fax: 818-484-2070  
9 AM-5 PM Pacific Time  
Monday-Friday

If you have a change of address  
or other information,  
please contact us.

☐ Yes! I would like to receive a note card  
set with my donation:

- ☐ 10 Card Set - Flowers \$25
- ☐ 10 Card Set - Oceans \$25
- ☐ 10 Card Set - Mixed \$25
- ☐ 25 Card Set - Mixed \$50

☐ Tribute Donation Details:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

© 2018 by Renal Support Network All Rights Reserved  
A 501(c)(3) non-profit organization EIN#95-4672679



# BEAT the ODDS

Celebrity Bingo & Poker Tournament

**Save the Date!**  
**Saturday, November 10th, 2018**



## How you can help:

The *Celebrity Bingo & Poker Tournament* is RSN's only annual fundraising event. We hope that we can count on you to help us make this our best one yet!

Please consider donating a silent auction item for the event, such as local business products or services, gift cards, gift baskets, artwork, signed memorabilia, getaway and spa packages, sport event or concert theater tickets, artisan jewelry or decor, and tickets/passes to museums, theaters, theme parks and other entertainment venues. RSN will recognize all individual and corporate donors at the event.

Thank you in advance for your contribution. I hope to see you in November!

- Lori Hartwell

**Visit [RSNhope.org/poker](http://RSNhope.org/poker) for details**

## RSN EVENT CALENDAR

Check [RSNhope.org](http://RSNhope.org) for all event details

**9th Annual Celebrity  
Bingo & Poker Tournament**  
Nov. 10, 2018

**25th Annual Patient Meeting**  
Saturday, Sept 15, 2018

**20th Annual Renal Teen Prom**  
Jan. 20, 2019

**Monthly Support Group**  
4th Sunday of the Month

  
**Follow us  
on social media**

**Facebook**  
@RSNhope 



**Twitter**  
@RSNhope 

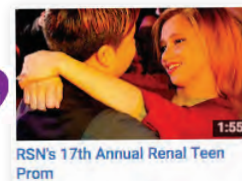


**Instagram**  
@RSNhope 



**Pinterest**  
@RSNhope 

**YouTube**  
@LoriHartwell 



**621 East Glenoaks Blvd. #B  
Glendale, CA 91207  
P: (818) 543-0896  
E: [Studio@RSNhope.org](mailto:Studio@RSNhope.org)**



**Come Create with Us!**  
**[RSNhope.org/Studio](http://RSNhope.org/Studio)**





Service to those affected by chronic kidney disease

1146 North Central Ave. #121

Glendale, CA 91202

CHANGE SERVICE REQUESTED

NON-PROFIT  
ORGANIZATION  
U.S. POSTAGE

**PAID**

GLENDALE, CA  
PERMIT NO. 94

If you have a change of address,  
phonenumber, or emailaddress,  
please contact us to update it.

Live&Give is proudly supported by:

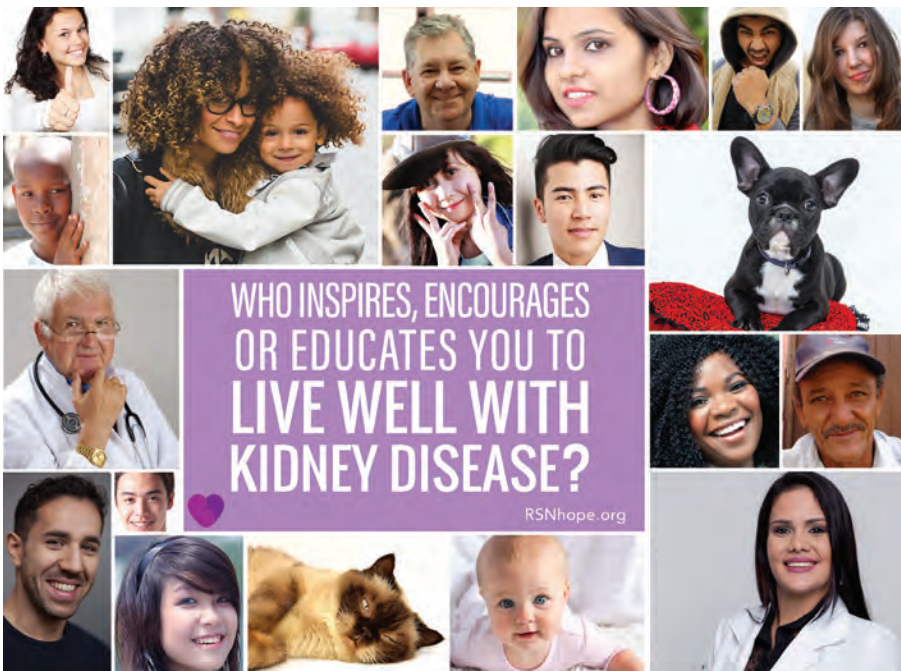


**FRESENIUS  
KIDNEY CARE**



U.S. **RENAL CARE**

## CALLING ALL STORYTELLERS WHO HAVE KIDNEY DISEASE: Share your experience for your chance to win!



*1st Place, \$500, 2nd Place,  
\$300, 3rd Place, \$100*

"People who live successfully with a chronic illness like kidney disease know firsthand the importance of having an innovative perspective not only toward their illness, but also toward life in general. There is an abundance of talent within the renal patient community, and the RSN Essay Contest provides people who have chronic kidney disease with a forum where they can share their experiences, strength, and hope, as well as inspire others."

- Lori Hartwell,  
RSN President and Founder

**Submission deadline is August 10, 2018 and winners' names will be announced after September 14, 2018.**

**Visit [RSNhope.org](http://RSNhope.org) for details**