

# KidneyTalk<sup>®</sup>

Spring/Summer 2022

by Renal Support Network

Helping to educate and motivate people  
living with chronic kidney disease.

**I AM WORTHY  
OF LOVE**

**YOUR TEAM IS  
EVERYTHING  
BONNIE PASCHAL'S STORY**

**3 WAYS TO  
MANAGE YOUR  
MENTAL HEALTH  
WHILE LIVING WITH  
KIDNEY DISEASE**

**LEARNING  
TO COPE WITH  
DISAPPOINTMENT**

**UP AT BAT AGAIN  
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**KIDNEY FRIENDLY  
BRUNCH RECIPES**

**SEEKING A  
KIDNEY TRANSPLANT?  
HOW TO START  
& WHAT TO KNOW**





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RSN's new animated video series shines a light on organ donation, kidney health, and the importance of taking your transplant meds.

Cover Photography by Karol Franks IG @okarol

KidneyTalk Magazine is a program of Renal Support Network (RSN). The magazine's articles are written by people who have kidney disease and by healthcare professionals. Those with kidney disease share their knowledge and experiences about living a full life in spite of their disease. KidneyTalk™ Magazine subscriptions are offered at no charge to people who have kidney disease and their families. Join RSN at [RSNhope.org](https://RSNhope.org) to subscribe.





# I am worthy of love

By Lori Hartwell

When an illness causes us to be different than those who are healthy, we often take on the perceptions of those who cannot relate to us. We often feel the rejection that being different can cause, especially when we are young. But conversely, we can also feel the kindness and love of those who accept us as we are.

I was diagnosed with chronic kidney disease when I was just two years old. I was well aware of the fact that my experiences were different than the experiences of those who were healthy. By the time I was 50, I had undergone more than 50 surgeries, four kidney transplants, and 13 years of dialysis treatments. It has always been obvious to my peers that my body is different than theirs. I have only reached a height of 4 feet 10 inches. My illness made me feel like I was “damaged goods.”

I was often in and out of the hospital, but when I wasn't, I did normal activities. When I was in my early twenties, I went dancing with friends from my apartment complex. I would sit on the sidelines guarding the girls' purses while they stepped out onto the dance floor. While they fantasized about love and romance, I marveled at how I had lived to see another day. I remember feeling that there was something wrong with me. I had not fully accepted the idea that it was an illness that was causing me to be different.

I finally started to come to terms with chronic kidney disease, and once I embraced it, I began to pursue

my dreams and goals. I discovered Toastmasters (a public speaking club) and became an active member. That meant delivering speeches! Toastmasters meetings became a safe place where I could develop and grow, mentally and emotionally. I could be comfortable in my own skin in front of an audience and I was embraced for my overcoming adversity attitude.

New opportunities opened up in which I could compete. I spoke about my experiences, and I shared the importance of being an organ donor. I also landed a sales job which allowed me to travel. In that job, my years of personal medical experiences helped me provide insight others did not have. I hosted educational meetings and spoke at conferences and support groups. I was competent and confident in my abilities. I was accepting of my journey and seeing myself as a survivor with a life wisdom and a story to tell.

One day I was practicing a speech at my Toastmasters club. I was speaking about my health issues and

how organ donation saves lives. As I spoke, I noticed someone new in the audience. I learned that his name was Dean. This man had my attention. He was good-looking, but not flashy. I could tell the attraction was mutual, but I couldn't understand why someone like him was taking notice of 'someone like me.' I thought there must be something wrong with him.

In a way, my illness had always sheltered me from potential heartbreak. I had become comfortable in my loneliness.

Dean and I started dating. He was perfect for me, but I was afraid of rejection. He made it clear he was interested in me. That scared me. What if I got too close to him? He could abandon me! Still, he kept calling and we kept dating. I wondered why he could not see that I was 'damaged goods.' I tried to push him away, but was not successful! I came to accept that being competent and confident is attractive.

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**Lori Hartwell** is the Founder and President of Renal Support Network (RSN) and the host of *KidneyTalk™* Podcast Radio. 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.





# Your Team is Everything *Bonnie Paschal's Story*

By Mary Nesfield







In her early years, Bonnie Paschal lived a normal, healthy life. She fell in love, married, and raised two children. She enjoyed a career in design and in servicing lakes and fishponds. Today she and her husband, Wayne, are grandparents, as well as being happy servants to four cats and three desert tortoises. These days, as someone with polycystic kidney disease (PKD), Bonnie does her best to enjoy life on dialysis while also taking precautions to stay healthy during a pandemic.

When Bonnie was just 8 years old, her father died of a cerebral hemorrhage at age 28. At the time, it was all she knew about his cause of death. Bonnie, together with her two sisters and brother, were raised by their young, widowed mother. One day, out of curiosity, Bonnie's sister Karol obtained a copy of their father's autopsy report and learned he had PKD. According to their grandmother, he was diagnosed with kidney disease years before, at age 18, when attempting to enlist in the army. He never shared his diagnosis with his wife.

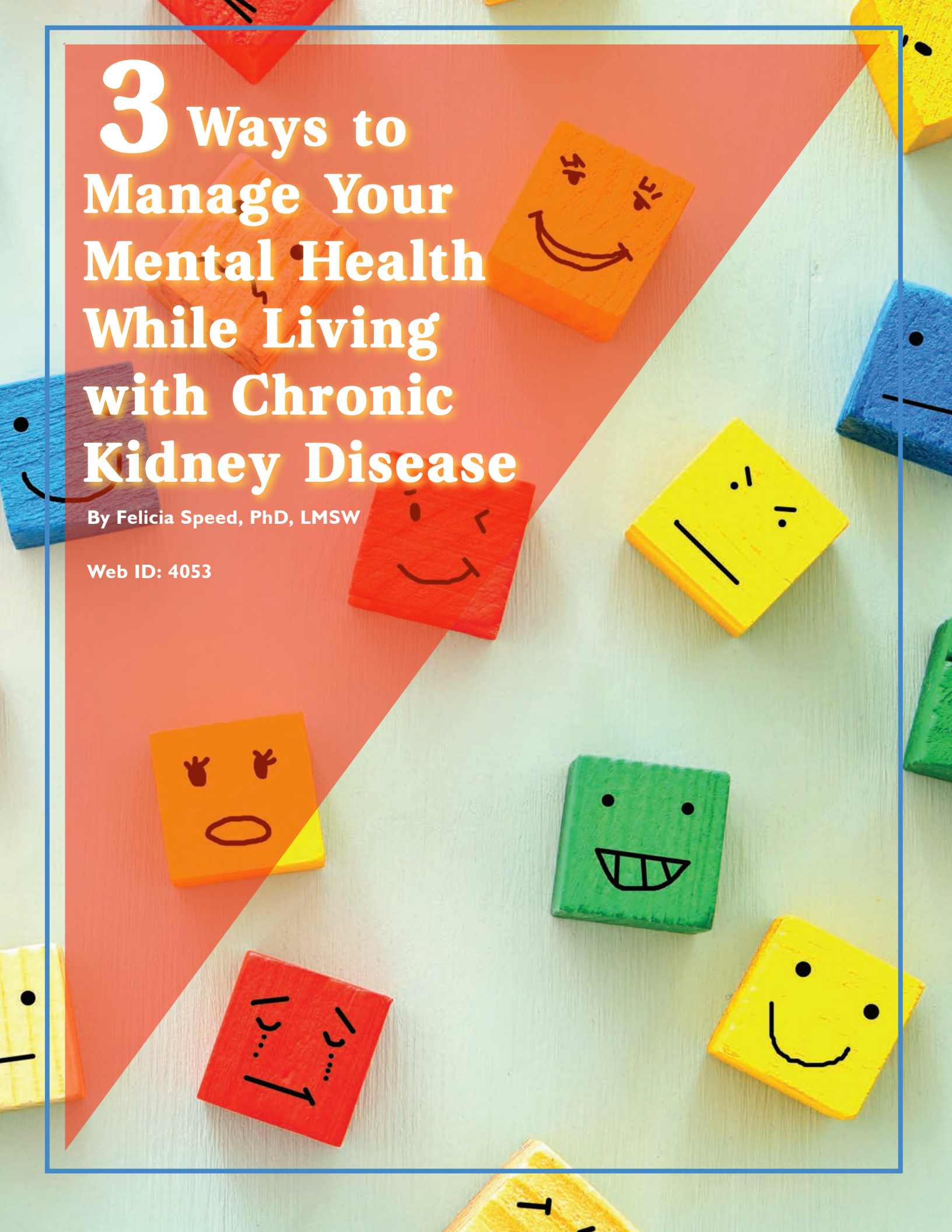
When Bonnie turned 31, she had a conversation with a friend who worked for a urologist and learned that PKD is a hereditary disease. Upon examination by the urologist, Bonnie was blindsided by her diagnosis. The recommendation was to monitor her blood pressure and use caution if a bladder infection or other abnormality arose. In the following years, she was prescribed medication for high blood pressure.

In 2010, Bonnie took on the responsibility of caring for her mother, who was diagnosed with dementia and cancer. Bonnie and Wayne enjoyed spending time traveling when they could. They looked forward to retirement and spending more time together. But in 2015, shortly after retiring, Bonnie was diagnosed with kidney failure and would require dialysis or a kidney transplant. She was 62. Her initial response was panic and fear. Retirement plans were put on hold, and she started hemodialysis.

The following year, Bonnie chose continuous ambulatory peritoneal dialysis (CAPD) as it gave her more freedom with her treatment schedule. She no longer needed to travel to a dialysis center three times a week to sit for four hours in a chair she found uncomfortable. Doing CAPD also gave her more freedom with her diet and fluid allowances. Her taste buds came back to life.

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# 3 Ways to Manage Your Mental Health While Living with Chronic Kidney Disease

By Felicia Speed, PhD, LMSW

Web ID: 4053

Living with kidney disease can have a major impact on your mental well-being. You already have many responsibilities like taking your medications, maintaining a good diet, and keeping up with dialysis treatments – each taking their own toll on your stress level. Depression, anxiety, and other mental health issues are common when living with kidney disease. Add a global pandemic into the mix, and things become even more overwhelming. While physical health is of utmost importance, it is just as important to manage mental and emotional health. Here are three simple ways you can focus on your mental well-being every day:

1

## Stay Connected to Loved Ones

It's no secret that this pandemic has increased feelings of isolation and strained our relationships with loved ones. For a long time, we couldn't do many of the social activities that bring us joy. People living with kidney disease are at high risk for contracting COVID-19 because they are immunocompromised, and it is even more prudent that they follow these restrictions for their health. But this has made staying connected to friends and family and meeting new people difficult, which is extremely hard on our mental health. And when our mental health is affected, it's much easier to retreat into ourselves and adapt to isolation.

Video or phone calls, texts, messages on social media—these are all great ways to stay connected to those we love without having to meet in person. And as these COVID-19 restrictions are lifting, and we slowly make our way out of this pandemic, be sure to make as much time as you can to safely see your loved ones in person.

2

## Unplug

On top of what you are already handling in your personal life with managing kidney disease, work, interpersonal relationships, and more, today's world is often overstimulating with social media, television, and news always keeping our brains on and alert. It's essential to “unplug” your brain for a little bit every day to better manage stress and emotional well-being.

Put on your favorite music and take a ten minute dance break; perform deep-breathing exercises and/or meditate; stare out the window; get outside for some fresh air; talk to a friend. Find any activity that allows you to put a pause on everything else and simply unplug.

3

## Have a Good Laugh

Did you know laughter can provide stress relief? When you laugh, it doesn't just help you unload emotionally, but laughing allows physical changes that are proven to help physical health, as well. Laughter can stimulate circulation and aid muscle tension, reducing physical symptoms of stress. It can also stimulate other organs like your lungs and heart because it enhances your intake of oxygen-rich air and increases endorphins released by your brain. In the long term, laughter will not only improve your mood and increase personal satisfaction, but it will also help improve your immune system and relieve pain.

Insert some humor into each day, whether that's through good conversation and jokes with friends, family, and your care team or through your favorite shows, movies, and books. Laughter can be the best medicine.

Our mental and emotional health are key to our overall health, so it's important to develop practical habits of self-care and resiliency. Spending time with loved ones, unplugging, and laughter are just three ways to tend to mental health—there are a myriad of ways to cultivate habits that improve happiness and satisfaction with our lives.

**Dr. Felicia Speed, PhD, LMSW** is the Vice President of Social Work Services for Fresenius Kidney Care, the nation's leading network of dialysis facilities. She currently provides oversight and guidance to social workers across the country and has been working as a dialysis social worker in various capacities for almost 20 years.





# LEARNING TO COPE WITH DISAPPOINTMENT

By Mark Meier, MSW, LICSW

Web ID: 4054

As we begin to emerge from the profound effects of COVID-19, one challenge faced by many of us is how to handle disappointment. Whether related to cancelled events, the rescheduling of important medical appointments, or the loss of access to our loved ones, disappointment is a very real emotion.

As defined in the dictionary, disappointment is “the sadness or displeasure caused by the nonfulfillment of one’s hopes or expectations.”

## HOW DO WE LEARN TO COPE WITH DISAPPOINTMENT? HERE ARE SIX IMPORTANT STRATEGIES WE CAN USE:

### 1 ACCEPT THAT DISAPPOINTMENT HURTS

We tend to minimize or try to explain away the fact that we are upset. This results in shaming ourselves or degrading our feelings as illegitimate or unnecessary. We do not need to spend days lost in the pain of disappointment; however, it is important to recognize that our feelings are valid. When we allow ourselves to experience our true emotions, we gain an increased ability to see them as just feelings, rather than something we should avoid.




### 2 ACKNOWLEDGE THE GROWTH THAT CAN OCCUR

We may experience disappointment when we take a risk, such as seeking out a new friendship, pursuing a job promotion, getting on a transplant list, or speaking up in a demanding situation. We take the risk, knowing that the ensuing events may not go the way we want or anticipate. And while growth can hurt, many of life’s richest rewards come when we take chances and push our own boundaries. So, while the pain of disappointment is real, we can take joy and satisfaction in knowing we tried something new!

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A photograph of two women standing outdoors, smiling and looking towards the right. The woman on the left has long dark hair and is wearing a white top under a maroon cardigan. The woman on the right is older, wearing glasses, a grey headwrap, and a floral patterned top. They are holding hands. The background shows green foliage and a soft, hazy sky. The image is partially framed by a large white triangle on the left and a blue triangle on the right.

# Supporting your emotional well-being

Mental health concerns like depression and anxiety are common when living with kidney disease. Learn more about the resources that can help you feel your best.

Visit [FreseniusKidneyCare.com/EmotionalHealth](https://www.freseniuskidneycare.com/emotionalhealth)





# 3 BE AWARE OF HOW WE TALK TO OURSELVES

Often, when things do not go as we had planned, we tend to catastrophize or think in “all-or-nothing” ways. For example, rather than saying, “I didn’t get that job and now I will never get a new job,” we can instead say, “This didn’t go the way I had hoped, and it really hurts, but there are other jobs that I can pursue.” The messages we deliver to ourselves have a tremendous impact on the risks we are willing to take.



# 4 REMEMBER WHAT YOU DO HAVE

Often, when we do not get what we had anticipated, we focus on the negative impact of the disappointment and give too much of our emotional energy to the loss. An antidote to this is the willingness to take inventory of all the good things in our life. As we begin to take notice of the friends, family, resources, and health that we have, we can begin to place disappointments in their appropriate place.

# 5 TALK TO SOMEONE YOU TRUST

Feelings of disappointment can shade the perception of events. When we speak with others and are open to their feedback, we may realize that circumstances are not as bleak as we originally thought. The key here is to be willing to listen to what trusted friends have to say and not harden ourselves with negative messaging we have going on inside. Going through a trying time is easier when we include those who love and care about us!



# 6 EXAMINE WHAT HAPPENED

Sometimes disappointments can be prevented by being proactive. For example, a follow-up phone call or email to confirm an appointment might help avoid a cancellation. A more difficult step might require examining the nature of a friendship you have with someone who routinely cancels plans or lets you down in other ways. While it may be hard to consider saying good-bye to someone you consider a friend, you get to decide whether the relationship is worthy of your investment of time, energy, and emotional health.

The pain of disappointment is real. Disappointments are a fact of life, though we may be able to lessen their impact on our emotions. It is not wrong to feel disappointment. However, we can also seek out growth opportunities, cut ourselves some slack, be careful about how we speak to ourselves, involve trusted friends, utilize the good we have in our life, and move toward the next challenge!



**Mark Meier, MSW, LICSW** is a Social Worker and co-founder of the Face It Foundation, a Minneapolis-based organization providing peer support for men who deal with depression. In addition to his role at Face It, Mark is on staff in the Department of Medicine and Community Health in the University of Minnesota’s School of Medicine. Mark previously worked in a dialysis clinic as a social worker, patient care technician, and facility administrator.



## What science can do

### **Chronic kidney disease**

Chronic kidney disease is a progressive disease with no cure. At AstraZeneca, we are investigating ways to effectively manage life-threatening complications of chronic kidney disease, and ways to modify the progression of the disease itself.





# UP AT BAT AGAIN FOR A KIDNEY



By Julie Glennon

*Like anything in life you  
want to accomplish, you  
must NEVER GIVE UP*

Web ID: 4055

I have had chronic kidney disease for 34 years. My kidney failed as result of lupus, and I started dialysis in 1997. I was lucky enough to receive a transplant in 1999. I always remind myself that a transplant is just another treatment option. It is not a cure for kidney failure and it comes with its own set of pros and cons.

It is well documented that transplant medications can make someone with a transplant more susceptible to cancer since these medications suppress the immune system. And if there is a family history of cancer, it can be a double whammy.

When my transplant was 16 years old (2015), I found what looked like a pencil eraser on the top of my head. I do go to my dermatologist three times a year for a full body mole check. Luckily, my next appointment was in 2 weeks. That spot on my scalp was biopsied and confirmed to be melanoma. This was the beginning of a very difficult time.

The melanoma eventually spread to my lymph nodes. I had two surgeries, 20 radiation treatments, and four cyberknife robotic radio surgeries. At that time my oncologist said I needed a new immunotherapy as one of my treatments. There was a problem, though. I could not undergo immunotherapy while also taking transplant medications. Transplant medications suppress the immune system and the immunotherapy boosts the immune system, so being on both at the same time would be a wash. My doctors agreed that in order to survive I had to let my

transplanted kidney go in order to get the therapy I needed for the melanoma treatment and best chance of survival. I could no longer be on immunosuppressant medication.

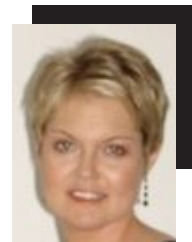
It was a very difficult time while I decided what to do. I knew I could live on dialysis if my transplant failed, and the cancer was quite aggressive. After a couple of days, I did decide to let my transplant kidney fail by stopping my medication. I had worked so hard to get the transplant and to keep it. I lived a healthy lifestyle and was always on top of my care. This was one of the most difficult decisions I had ever made.

Six years later I am now cancer free and cleared to get a second kidney!

I have been in the process of getting listed for a second transplant for the last 10 months. To start the process, I just needed a referral from my dialysis social worker or I could even self-refer. My dialysis social worker sent the referral and a week later the transplant center called me to start the process. I started a transplant folder to keep

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**Julie Glennon** was diagnosed with Lupus and CKD in 1988. During the past 31 years she has done incenter hemo, home hemo (Nxstage), and was transplanted for 17 years. She has volunteered in the renal community in many capacities. She lives with her husband and cockapoo in S. Florida.







SUPPORTING NEPHROLOGY  
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# Seeking a Kidney Transplant?

If you have decided to explore the possibility of a kidney transplant, congratulations! That is a wonderful goal. However, pursuing a transplant is a process, and that process takes time, preparation, planning, and patience. It is real work! Here are some tips to help you navigate the process more easily.

## How to start & what to know

By Lori Hartwell

1

### Get a referral to a transplant center

If you want to receive a transplant, you can either ask your nephrologist for a referral, or refer yourself.

For some people, a diagnosis of kidney failure can lead to a direct referral for transplantation. But there are many who are either not identified as early prospects for a transplant, are just not told about this option, or have underlying health issues that prevent it. If you are dealing with kidney failure as a chronic condition, ask your doctor for a referral to a transplant center. If your doctor does not refer you, you can self-refer to a transplant physician or center. Find the transplant center nearest you and visit their website for details on how to set up an appointment.

You can get on a transplant wait list at multiple centers – it's called "multiple listing" – but be aware that you may incur additional costs for testing and evaluation. Also, matching kidneys are offered first to local residents, then regional residents, and then made available nationally. The only exception to this is if the kidney is a six-antigen (or "perfect") match.

2

### Find a transplant center that meets your needs

A transplant center needs to work with your insurance, and understand your transportation, communication, and follow-up needs. There are over 250 kidney transplant programs in the United States. The one closest to you might be across a state line and have different insurance requirements. Or the one that works best with your insurance might be further away. Make sure you understand your insurance benefits and your own financial picture. These will be thoroughly evaluated by the center.

Transportation is a big factor. You'll need to get to and from the center several times before and after your transplant. How will your distance from the center affect you if a kidney becomes available there? Some centers provide tips on transportation resources or places to stay if you need lodging. Ask where you should park as well as this can be very costly! Work this out ahead of time.

How does the center communicate with clients? Will its primary method work for you? Follow-up is vital both while waiting for and living with a transplant. Be sure to ask who to contact if you have questions.

3

### Get your medical records in shape

You need to be in good physical and mental shape to qualify for a transplant. Each transplant center has its own set of requirements. Find out what they are and try to get any tests you need before your initial transplant evaluation.

Among the standard requirements are dental health, gender-specific check-ups (gynecological or prostate), colonoscopy, and blood tests. Let your dentist and doctor(s) know that your medical records will be requested because you are seeking a transplant. The center will also evaluate your ability to care for yourself.

Some problems that will keep you from being approved include other serious health conditions, drug or alcohol abuse, untreated mental health disorders, a history of missing treatment sessions or not taking medications as prescribed.

If you do your best yet are still not accepted by a particular center, you can apply to another one and get a second opinion.



## 4 Know what questions to ask

Your initial evaluation will be a long appointment and you will see several people: a social worker, transplant nephrologist, a transplant coordinator, medical staff, and specialists.

Prepare in advance by making a list of questions to ask. At the appointment, make sure you get answers to all your questions. You are making a big decision, and you need to feel comfortable about every aspect. Most transplant centers allow time for your questions, so do not be shy! See the list of questions on this page you may want to ask.

## 5 Ask someone to help you navigate the process

Take a trusted care partner along to your initial evaluation. It is going to be a long appointment as specialists and other members of the transplant team do physical examinations and ask you questions. A friend or family member can take notes and remind you of questions you want to ask. Select this person carefully – you will need personal support throughout the transplant process. When you get the call that your kidney is ready, this person should know what needs to happen and be ready to assist you.

## 6 Be patient, proactive, and flexible

If you pass all the transplant center's tests, you will be placed on the United Network for Organ Sharing (UNOS) transplant list. This triggers a notification to your health insurance provider that requires them to pay for your transplant (also your living donor if you have one). From this point on, you will hold tight and wait. Many transplant centers have educational materials, professional staff, and resources to help you through this time. Some centers will connect you with mentors who have been through the process.

Let your workplace know that you may be called on a moment's notice. Keep your cell phone charged and answer any number you may not recognize. Be sure to put the transplant center number in your phone for easy identification. Stay current on all your medical tests, transplant center blood tests, and other requirements.

You will be able to expedite getting a kidney if a family member or friend is able to donate and is a good match. Your insurance pays all the costs for living donor medical care. Studies show that people do better when they receive a live donor's kidney. The living donor has thorough medical testing and exams to ensure they are in good health and can donate. If you want to seek a living donor, look into Renal Support Network's Share Your Spare conversation kit to help break the ice. If you have a donor and they are not a match, look into paired kidney donation or exchange programs.

Explore Renal Support Network's online support groups and many resources on kidney transplantation. You are part of a community!

## Questions to Ask Your Transplant Center

1. How often will you need to do blood tests to check for possible cross-matches prior to a transplant?
2. How will I know when I am listed and active on the waiting list?
3. How long is the average wait for an available kidney in my area? Are there any factors that affect this wait time?
4. How will you notify me if a kidney becomes available?
5. How much time do you allow for travel to the transplant clinic after notifying me of an available kidney? (Ask this if you do not live close by, or need to fly there.)
6. Will there be physical restrictions after I am discharged, such as driving or doing other physical tasks? How long will I need assistance with these things?
7. How many hours is the surgery and will I be given pain medication?
8. How long will I be in the hospital and can I have visitors?
9. How long will I need to be off work or need help?
10. What medications will I need to take? If my insurance does not offset the cost, are there grant programs to help me pay for them?
11. What updates and information do you need from me once I am accepted?
12. How will you communicate with me on the status of my eligibility? For instance, what else I may need to do, whether I am currently active, or how I get back on the list if I am taken off due to illness? (NOTE: Make sure you tell them your full medical history, because if they find out something you did not tell them, you will have to do additional tests and evaluations.)
13. After I get transplanted, what is the process and schedule for both short term and long-term follow-up? How often, and for how many months, do I need to come for follow-up appointments?
14. Do you perform living donation or paired-exchange transplants?
15. If I have a potential living donor, what do they need to do?
16. How do you bill for your services and work with my insurance provider? (Make sure you get ALL your financial questions answered!)
17. Are there nearby places to stay that have discounted rates for your clients and accompanying family members?
18. If you decide not to accept me for any reason, how can I go about requesting a re-evaluation? Where else could I apply?





Web ID: 4057

# KIDNEY-FRIENDLY SPRING & SUMMER BRUNCH



Shake off old man winter and celebrate the freshness of the warmer seasons with a kidney-friendly, four course brunch. You can enjoy these savory and sweet dishes by yourself or with your friends and family. Wash it all down with a festive sparkling treat. Here's what's included:

## SCALLION TART

Start your meal off with a show-stopper of an appetizer! This recipe calls for green onions (scallions) but you can substitute with the larger spring onions if you prefer.

## SPRING PEACH SALAD

Eat with your eyes! This beautiful salad features marinated peaches and aromatic nutmeg. The sweetness of the peaches complements the creamy mozzarella and savory arugula to perfection! Bon appétit!

## CRUSTLESS QUICHE

Here's a kidney-friendly crustless quiche with rich flavor but without the fuss of a crust! It's a tasty dish for breakfast or dinner. Make it for one and store in the fridge for a week's worth of meals, or enjoy it with the family.

## OLD WORLD ITALIAN WATER CAKE (VEGAN)

No eggs, butter, or milk required! This completely vegan recipe will surprise you with its delicate crumb and decadent flavor. It can take on many different personalities. Just change up some of the ingredients and add fresh fruit or fresh fruit juice instead of water. This recipe includes the juice and zest of a lemon for a light and fresh zing! A cocoa powder option will quench your craving for chocolate.

## FESTIVE & SUGAR-FREE SPARKLING RASPBERRY MOCKTAIL

This festive, sugar-free beverage combines the fresh spring flavors of raspberry and basil. Yes, it is a mocktail, but you can add a splash of your favorite alcohol or enjoy just as is.

## SCALLION TART: Serves 6

### INGREDIENTS

1 sheet of puff pastry, thawed  
4 oz. goat cheese  
1 egg  
pinch of salt  
6 to 8 green onions, roots trimmed  
1/2 cup grated parmesan cheese  
1/4 cup toasted pine nuts (optional)

### INSTRUCTIONS

1. Preheat oven to 400°F.
2. Roll the puff pastry out to about a 12-inch by 14-inch rectangle and place it on a baking sheet. Pierce the middle of the pastry with a fork.
3. Combine the goat cheese, egg, and a pinch of salt, and blend with a fork or an electric mixer until smooth.
4. Spread the goat cheese mixture onto the pastry, leaving a border of 1 to 2 inches on the edges.
5. Fold each edge over onto itself (not onto the goat cheese mixture) to create a slightly elevated crust.
6. Place the green onions side-by-side on top of the cheese. (You can get creative here with a design such as alternating the bulb ends with one up and one down.)

7. Sprinkle with parmesan cheese and pine nuts.

8. Bake for 25 to 30 minutes, until crust is golden brown and cooked through.

## SPRING PEACH SALAD: Serves 6

### INGREDIENTS

3 peaches (approximately 400 grams)  
1/4 cup mint leaves (approx. 3 stems)  
1 teaspoon nutmeg, freshly grated  
5 tablespoons verjuice or white wine vinegar  
5 oz. arugula (approx. 3 cups)  
4 oz. non-fat mozzarella (8 sm. balls)  
1 cucumber, peeled and sliced  
4 tablespoons olive oil  
Cracked black pepper  
12 fresh mint leaves for garnish (optional)

### INSTRUCTIONS

1. Wash the peaches, then cut each one in half. Remove the pit and slice thinly.
2. Wash the mint, pat dry, and pick the leaves from the stems. Chop roughly.
3. Grate the nutmeg.
4. Place the peaches, mint leaves,

nutmeg, and verjuice or vinegar in a shallow dish and mix gently until combined. Let stand for 15 minutes.

5. Wash and dry the arugula.

6. Drain the mozzarella balls.

7. Put all the ingredients into a mixing bowl and add olive oil and pepper. Toss gently. Taste and adjust seasonings to your palate.

8. Arrange on a salad platter or in a bowl and serve immediately.

## CRUSTLESS QUICHE: Serves 8

### INGREDIENTS

6 eggs  
1 cup milk  
1/2 cup grated Monterey Jack cheese  
1 cup chopped broccoli  
1 cup sliced onions or green onions

### INSTRUCTIONS

1. Preheat oven to 350°F.
2. Whisk together the eggs, milk, and cheese.
3. Stir in broccoli and onions.
4. Pour mixture into a 9" baking dish.

Continued on page 20

# Stay warm during dialysis

with **The Cozee Battery Powered Heating Blanket**

While old fashioned heated blankets require plugging into a wall outlet—something medical facilities don't allow—The Cozee is completely battery powered, keeping you warm throughout your dialysis session.



*"I absolutely love this heating blanket. I went through numerous others until I found this one. The others would have hot spots, not big enough or not keep me warm. You're getting a top quality product to keep you warm and customer service is absolutely awesome giving you peace of mind."*

— Jeff, dialysis patient



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Bonnie made the daily CAPD routine a part of her life. She does it four times a day and has each exchange down to about 45 minutes from start to finish. She is extra cautious about following the sterile connection protocols and logging all her vitals so she can review them with her healthcare team. She knows that doing so is critical to her life.

Before COVID-19, Bonnie and Wayne took advantage of the opportunities that cruising provides for those on dialysis. "Before I boarded the ship, my dialysis provider delivered all the supplies I needed for the duration of my cruise," she says. "All I needed to do was notify my provider at least three weeks in advance. It made things easier. The ship's staff even delivered my supplies straight to my cabin."

The couple cruised to Mexico, the Mexican Riviera, and Alaska. They also visited Disneyland. The "Happiest Place on Earth" stored Bonnie's dialysis supplies at one of its first aid stations so she could do her PD exchanges onsite. These conveniences allowed her to spend quality time with her family while seeing some beautiful sights.

Bonnie carries on with grace. She is grateful for the good things in her life, like her resolute support team, including her doctors, the staff at the dialysis center, and her family.

Other members of Bonnie's family also have PKD; her sister Lori was able to get a preemptive transplant from her partner, and her niece Jenna received a living donor transplant in a paired exchange. Bonnie knows the challenges they faced, and the knowledge she gained from their experiences helps her navigate the disease.

Family is a major factor in Bonnie's desire to stay healthy. Her husband of 50 years is "the most remarkable man you'd ever meet," she declares, while holding back tears of gratitude.

Initially, he hoped to be her donor, but health issues excluded him. Other family members and friends stepped up to be tested, but none qualified. Bonnie knows there is a long wait in Los Angeles to get a deceased donor kidney, so her sister Karol implemented a search campaign to help her find a living donor.

It takes diligence to learn what is required to get on a transplant list, and knowledge helps move the process along. Bonnie wants people who are diagnosed with PKD to know that it is imperative to have a brain scan, not only because a transplant team will want it, but because aneurysms can be found and dealt with proactively. After all, her father had died of one.

Today, medical appointments, monthly dialysis check-ups, and an occasional outdoor visit with her children and grandchild are Bonnie's norm. She is fully vaccinated against COVID-19 and continues to mask and maintain a safe distance from others. She looks forward to feeling the freedom of past times—participating in mahjong games and lunches with friends, fishing and camping with her kids, going on cruises, and engaging in other social activities. Until she can enjoy those pleasures again, Bonnie stays busy drawing, gardening, crocheting, and shopping online for gifts for her 2-year-old granddaughter, who is the sparkle in her eye.

Bonnie looks forward to the day she gets a kidney transplant. She and Wayne also look forward to future days filled with more family time. But for now, Bonnie reaps the rich rewards that only a formidable team of supporters provides. "Your team is everything," she says.

Bonnie Paschal's sister Karol set up a Facebook page she named "Kidney Donor for Bonnie." Karol also wrote the article, "Tips to Help the Search for a Living Kidney Donor," to guide people advocating for care.

Cover Story Photography by  
Karol Franks IG @okarol

## TREAT YOURSELF, A KIDNEY DONOR OR A KIDNEY WARRIOR YOU LOVE



Kidney Warrior Collection \$28



Pavé Kidney Jewelry Collection \$30

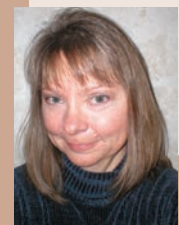


Czech Glass Button Earring Collection  
\$30, more designs available online.

Send something special to a kidney warrior, a living kidney donor, or a donor's family as a symbol that their selfless decision to give the gift of life will never be forgotten. All sales benefit the Renal Support Network's life-enriching programs. Look for kidney theme gifts and more at the shop at [RSNhope.org](https://RSNhope.org)

**Shop all Kidney Theme  
Gifts and More at  
[RSNhope.org](https://RSNhope.org)**

Mary Nesfield has enjoyed a long career in magazine publishing. She is a freelance writer and editor for Renal Support Network and works from her home in Columbia, South Carolina.



# Hear Christine's story

The WavelinQ™ EndoAVF System provides a non-surgical AV fistula creation option that can help to reduce scarring and minimize arm disfigurement associated with surgical AV fistula creation.

Watch  
Now



## WavelinQ™

EndoAVF System

The WavelinQ™ EndoAVF System is indicated for the creation of an arteriovenous fistula (AVF) using concomitant ulnar artery and ulnar vein or concomitant radial artery and radial vein in patients with minimum artery and vein diameters of 2.0 mm at the fistula creation site who have chronic kidney disease and need hemodialysis. The WavelinQ™ EndoAVF System should not be used in patients who have known central venous stenosis or upper extremity venous occlusion on the same side as the planned AVF creation, who have a known allergy or reaction to any drugs, or who have known adverse reactions to moderate sedation and/or anesthesia.

Please consult product labels and instructions for use for all indications, contraindications, hazards, warnings and precautions.

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*RSNhope.org*



## Brunch Recipes (Continued from page 17)

5. Bake uncovered for about 45 minutes or until the center is cooked through.
6. Serve warm, or store in an airtight dish in the refrigerator.

### FESTIVE & SUGAR-FREE SPARKLING RASPBERRY MOCKTAIL: Single Serving

#### INGREDIENTS

5 fresh basil leaves  
Juice of 1/2 lime  
Alcoholic beverage of choice  
(Optional)  
3 tablespoons Torani Sugar-Free Red Raspberry Syrup  
1 cup sparkling water, chilled  
Ice

#### INSTRUCTIONS

Muddle together the basil and lime juice in a cocktail shaker. Add alcoholic beverage of choice and Torani Sugar-Free Red Raspberry syrup, then shake well. Strain into a highball glass over ice. Charge with chilled sparkling water. Garnish with fresh raspberries and limes.

*Learn about how to muddle herbs for beverages at [seriouseats.com](http://seriouseats.com) (Enter "How to Muddle Mint and Other Herbs" in the search tool on their website.)*

### OLD WORLD ITALIAN WATER CAKE (VEGAN): 12 servings

#### INGREDIENTS (LEMON)

1 1/4 cups water  
1/3 cup extra-virgin olive oil or other mild oil  
1 teaspoon vanilla extract or paste  
2 1/2 cups all-purpose flour  
2 teaspoons baking powder  
1 cup sugar  
2 large lemons (for zest and for juice)  
1/4 cup freshly-squeezed lemon juice  
Zest from one lemon  
1/4 cup powdered sugar (optional)

#### INGREDIENTS (CHOCOLATE)

1 1/2 cups water  
1/3 cup extra-virgin olive oil or other mild oil  
1 teaspoon vanilla extract or paste  
2 1/2 cups all-purpose flour  
2 teaspoons baking powder  
1 cup sugar  
4 tablespoons cocoa powder  
1/4 cup powdered sugar (optional)

#### INSTRUCTIONS

1. Preheat oven to 350°F.
2. Mix oil, water, vanilla (and lemon juice/zest if using) in a small bowl, then set it aside until needed.
3. In a large bowl, sift the flour together with the baking powder, and mix well with a whisk.
4. Add the sugar (and cocoa powder if using) to the dry ingredients and mix well.
5. Slowly pour the oil and water mixture into the dry ingredients, and gently mix with a whisk until combined and free of lumps.
6. Spray a 7-inch springform cake pan or Bundt cake pan with baking oil.
7. Pour in the cake batter and use a spatula to make the top even.
8. Place on middle rack of oven and bake for about 45 minutes.
9. Remove from oven and allow cake to cool completely. Turn pan upside down to gently remove the cooled cake from the pan.
10. Optional: Dust the top with powdered sugar before serving.

*Tips: If you use self-rising flour you can omit the baking powder.*

*Insert a toothpick in the middle of the cake. If it comes out dry, your cake is done, otherwise continue to bake for 5 minutes more, then check again.*

### APPROXIMATE ANALYSIS FOR EACH RECIPE:

#### SCALLION TART

*Approximate analysis per serving:*

Calories: 117  
Sodium: 135 mg  
Protein: 6 g  
Potassium: 64 mg  
Fat: 10.53 g  
Calcium: 153 mg  
Carbohydrates: 2.7 g  
Phosphorus: 153 mg  
Fiber: .3 g  
Cholesterol: 78 mg

#### SPRING PEACH SALAD

*Approximate analysis per serving:*

Calories: 140  
Sodium: 147 mg  
Protein: 7.3 g  
Potassium: 260 mg  
Fat: 9.47 g  
Calcium: 225 mg  
Carbohydrates: 9.8 g

Phosphorus: 153 mg  
Fiber: .167 g  
Cholesterol: 3.3 mg

### CRUSTLESS QUICHE

*Approximate analysis per serving:*

Calories: 136  
Sodium: 148 mg  
Protein: 10 g  
Potassium: 192 mg  
Fat: 9.12 g  
Calcium: 132 mg  
Carbohydrates: 2.98 g  
Phosphorus: 182 mg  
Fiber: .3 g  
Cholesterol: 470 mg

### FESTIVE & SUGAR-FREE SPARKLING RASPBERRY MOCKTAIL

*Approximate analysis per serving:*

Calories: 310  
Sodium: 7 mg  
Protein: .57 g  
Potassium: 78 mg  
Fat: 0 g  
Calcium: 36 mg  
Carbohydrates: 13.13 g  
Phosphorus: 9 mg  
Fiber: 1.7 g  
Cholesterol: 0 mg

### OLD WORLD ITALIAN WATER CAKE (VEGAN)

*Approximate analysis per serving:*

Lemon,  
includes powdered sugar  
Calories: 162  
Sodium: 53 mg  
Protein: 2.74 g  
Potassium: 123 mg  
Fat: 2.83 g  
Calcium: 43 mg  
Carbohydrates: 31.25 g  
Phosphorus: 87 mg  
Fiber: 31.75 g  
Cholesterol: .7 mg

*Approximate analysis per serving:*

Chocolate,  
includes powdered sugar  
Calories: 164  
Sodium: 54 mg  
Protein: 3.04 g  
Potassium: 160 mg  
Fat: 3.05 g  
Calcium: 45 mg  
Carbohydrates: 13.13 g  
Phosphorus: 99 mg  
Fiber: 31.75 g  
Cholesterol: 2 mg



# JOIN US

for the

## 2022 DONATE LIFE TRANSPLANT GAMES

July 29 - August 3, 2022

[www.transplantgamesofamerica.org/2022registration](http://www.transplantgamesofamerica.org/2022registration)





## I am Worthy of Love (Continued from page 3)

Fast forward to May 18, 2022. Dean and I will celebrate 25 years of marriage! And on the 18th of every month (not year), Dean gives me a beautiful anniversary card.

Each one of us has insecurities. They don't simply disappear. I still have mine, and they rose to the surface recently when I sustained an injury. Suddenly, seeing myself as attractive and competent had disappeared into the recesses of my mind. It was hard to accept the fact that I now needed help.

I blurted out: "I'm tired of myself!"

Dean replied, "I'm not tired of you!"

I am fortunate. I am not alone anymore; I have a partner. I am grateful for the perceptions of my faithful husband and all the love he has shown me over the years.

Conquer your insecurities. Never stop believing in yourself. You are NOT your disease; you are worthy of love.

## Up At Bat Again for a Kidney (Continued from page 12)

everything organized. I did not want to rely on doctors' offices or imaging centers to send the transplant center my test results. I wanted to have my own copy of every single test result. The first two centers turned me down as I am a complicated, risky patient. But, I had to keep moving forward. These two transplant centers said I would do well at a large teaching hospital, so I started the process with a larger center.

I keep up with all my normal cancer screenings. All my tests were up to date including a pap smear, mammogram, colonoscopy, dental clearance, dermatology clearance, and an oncology clearance.

I had a full work-up at the transplant center in August 2021. As time passed I was told due to a thyroid nodule that I would need to see an anesthesiologist to confirm that a breathing tube could be placed without any obstruction.

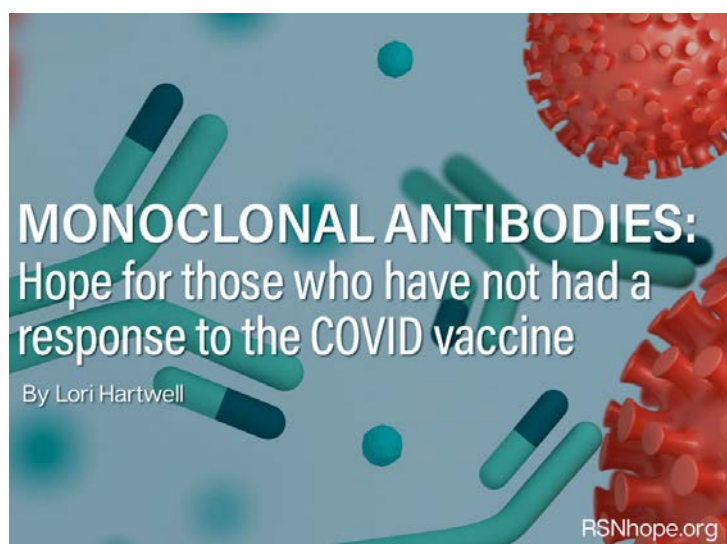
Unfortunately, this anesthesiology appointment fell through the cracks. I was told I needed to see the anesthesiologist, but when I never heard from my transplant coordinator

for two months, I assumed they had decided that I no longer needed to see the anesthesiologist. That was certainly a mistake on my part. I should have followed up. As the weeks and months have passed I have needed to be relentless in getting these appointments scheduled. I have learned how important it is to advocate for myself to get the best care.

Eight weeks ago, I was told the transplant team wanted to re-biopsy my thyroid nodule. I had it biopsied in 2018. The transplant coordinator seemed to have a lot of difficulty scheduling the initial consult with an endocrinologist. Four weeks went by. I decided to take matters into my own hands, and within 10 minutes I had an appointment scheduled with an endocrinologist for the following week. I now have a biopsy scheduled. Hopefully this will be the last test before being put on the transplant list.

Like anything in life you want to accomplish, you must never give up (I know—easier said than done) and you must stay focused and determined. I dream of the day I no longer need dialysis and can drink unlimited amounts of fluid! I hope this kidney is a home run with no fouls.

## KIDNEY DISEASE & COVID-19 VACCINES



Learn about a treatment option if you are not making antibodies to COVID-19 after receiving vaccines at [RSNhope.org](https://www.RSNhope.org). Hold your smart phone camera over the QR code or enter Web ID 8028 in the search bar on the website.

## KIDNEY CARE ADVOCACY Get involved and make a difference!



An important aspect of kidney disease is advocacy. Know who your elected officials are and educate them on current policies and regulation that impact care. It's not a difficult thing to do, and it doesn't take a lot of time. It is so critical to speak up to ensure kidney related policies are understood and acted upon by our representatives.

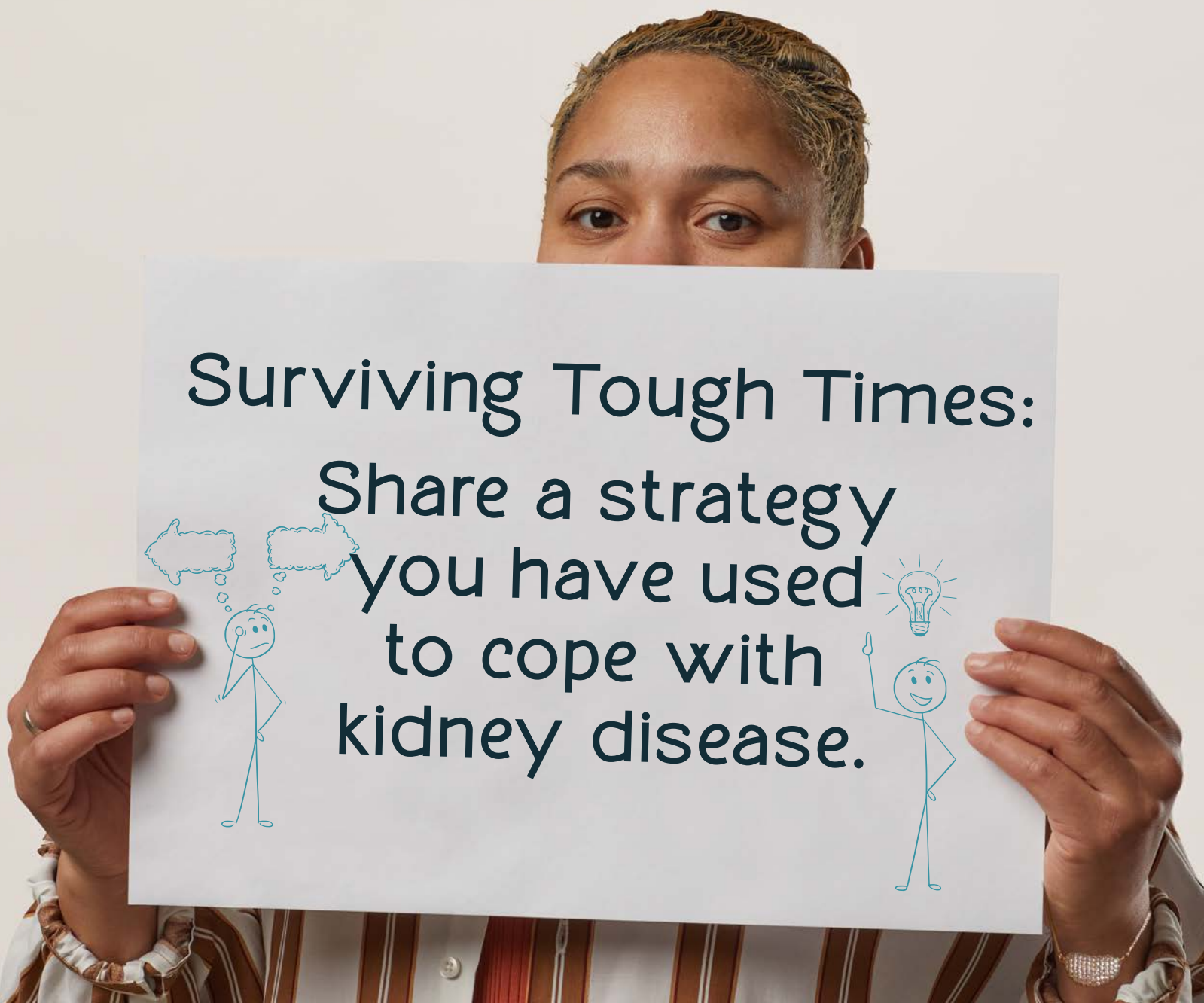
Our online advocacy portal provides information on current legislation that is on the table regarding kidney care and how you can reach your elected officials. It only takes a few minutes and makes a world of difference.



Learn more about RSN's advocacy program and take action to support current legislation at [RSNhope.org/Advocacy](https://www.RSNhope.org/Advocacy) or hold your smart phone camera over the QR code.

# Tell Your Story!

## Enter RSN's 20th Annual Essay Contest

A woman with short, light brown hair is holding a white sign in front of her face. The sign contains text and two stick figure illustrations. The text on the sign reads: "Surviving Tough Times: Share a strategy you have used to cope with kidney disease." The illustration on the left shows a stick figure with a sad face, looking up at two thought bubbles. The illustration on the right shows a stick figure with a happy face, pointing up at a glowing lightbulb.

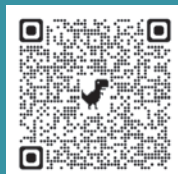
Surviving Tough Times:  
Share a strategy  
you have used  
to cope with  
kidney disease.

For this year's theme, we ask that you tell a story about a strategy you found useful when meeting the challenges of living with kidney disease.

Submissions are open to anyone in the U.S. who has kidney disease. Essays are due by August 10, 2022. Cash prizes awarded to 1st, 2nd, and 3rd place winners.

Learn more and enter at  
[RSNhope.org/essay-contest](https://RSNhope.org/essay-contest)

Hold your smart phone camera  
over the QR code to visit the  
RSN Essay Contest web page.







# KIDNEYTalk®

24/7 Podcast Radio Show

Hosted by Lori Hartwell

*Listen in to these inspiring shows!*

Listen in by holding your smart phone camera over the QR code or enter the Web ID under each show below in the search bar on the website at RSNhope.org. All the latest shows and more are on the KidneyTalk™ page at RSNhope.org. You can also find us on iTunes, Google Play, and iHeart Radio by searching for “KidneyTalk.”



With Crystal Grate, RN, CNN  
Web ID 3093



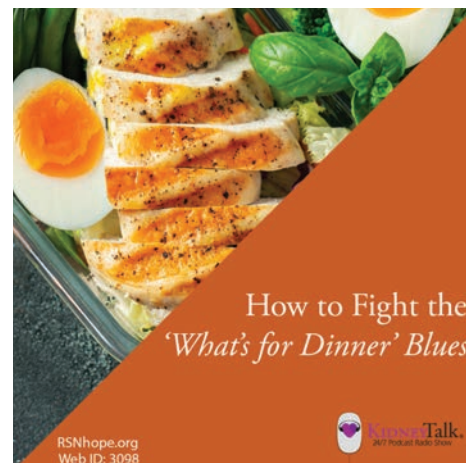
**Bloodstream Infections:** Learn the warning signs and actions to take if you suspect you have one.



With Ed Lawler  
Web ID 3096



**Dr. Richard Lawler:** Learn how he performed the first human kidney transplant in this country.



With Caitlin Harris, RD  
Web ID 3098



Discover how thinking about food in different ways can mean big payoffs for your taste buds and your health!



With Kathy Lester, JD, MPH  
Web ID 3095



Find out what you can do to ensure access to future medical equipment and new therapies.



With Alice Hellebrand, RN  
Web ID 3092



How to dialyze with trained personnel in a skilled nursing facility without needing to travel.



With Trent Sullivan  
Web ID 3090



Hear the story of Trent Sullivan, aka Sully, the “Walking Miracle” of multiple transplants.



## SPEND SOME QUALITY TIME WITH YOUR KIDNEY KIN!

RSN's series of topical zoom meetings are informative and so much fun. Topics include kidney disease support groups, exercise, hobbies and more. Participants need not have a Zoom account. This is a great way to connect with others living with kidney disease, make new friends, and learn new things.

*"Thank you very much for all the online support groups and other virtual activities you provide for all of us living with kidney disease. They have really made a difference in my life. RSN is a such a bright spot in my life." –Diana K.*



There are no fees, but registration is required in order to protect the privacy of attendees. You only need to sign up once for each class to begin receiving the Zoom link via email before the meeting date. Sign up for online meet ups with your kidney kin today at [RSNhope.org](https://RSNhope.org) or use the QR code on this page.



People who attend **RSN's support group** share their experiences, strength and strategies to live a hopeful and joyful life.

4th Sun., 2nd Tues.  
of every month  
2:00pm – 3:30pm PT

### **Kidney Kin Fitness.**

Get your much needed exercise every Mon. & Wed. 4:00pm – 5:00pm PT

### **Be Fit While You Sit,**

adapted chair yoga.  
Tues. & Thurs. 12pm - 12:45pm PT



Do you have a passion for creativity? Let's inspire each other in our **Get Creative Meet Up!** We'd like to know more about your creative endeavors!

3rd Thurs. of every month  
4:00pm – 5:00pm PT

RSN is excited to bring passionate readers together to discuss interesting stories with our **Kidney Kin Book Club.**

Next meeting: Sunday,  
June 5, 2022  
4:00pm – 5:00pm PT





# DONATE & CONNECT



Donate online at  
**RSNhope.org**

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 KidneyTalk®  
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 KidneyTalk® Magazine.

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

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

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☐ 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. You will receive a receipt and note with details of your tribute that you can share.

**DONATE ONLINE AT RSNHOPE.ORG** Click DONATE 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 \_\_\_\_\_

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

## About 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.

## KidneyTalk

### READ KIDNEYTALK® ONLINE

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

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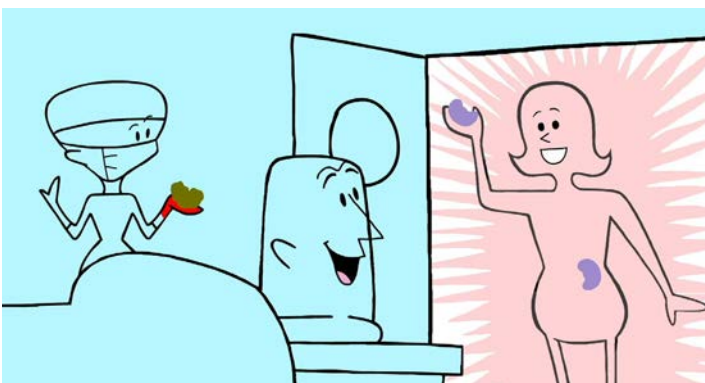
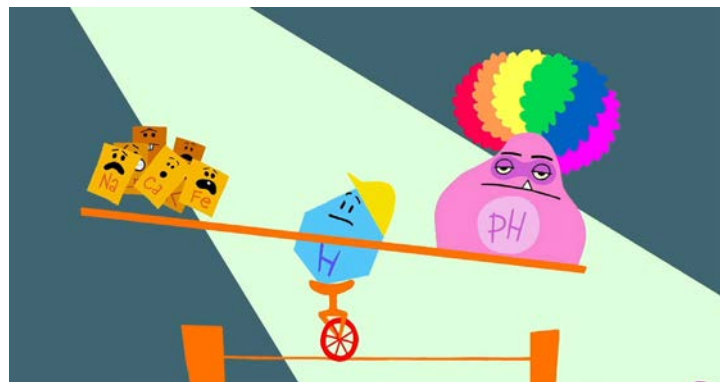
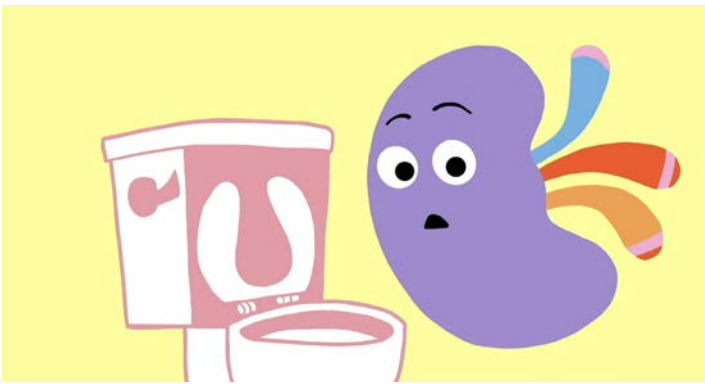
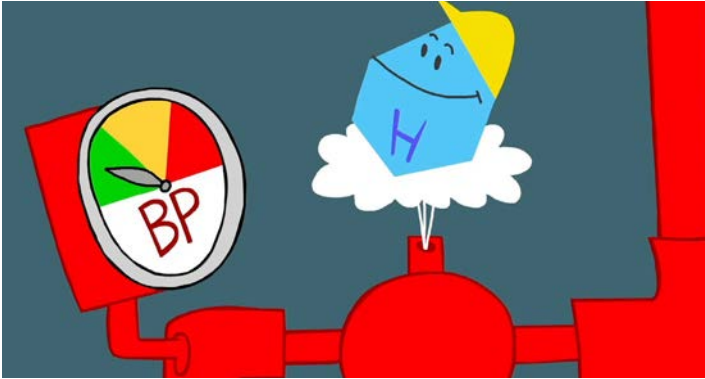
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## GET THE SCOOP ON 'KIDNEY STUFF WITH NEFF & NUFF' RSN'S ANIMATED VIDEO SERIES



RSN shines a light on kidney health and organ donation with a clever animated video series featuring Neff and Nuff, the two animated stars who educate the public on organ donation, kidney health, and the importance of taking your transplant meds. Watch all three videos in English or in Spanish on the website at [RSNhope.org](http://RSNhope.org).



# SHARE your SPARE

RSN's "Share Your Spare" kit brings awareness to the public about their kidneys and how to keep them healthy, kidney disease treatment options, deceased organ donation and the option of living donation.



Learn more at  
[RSNhope.org/ShareYourSpare](http://RSNhope.org/ShareYourSpare)







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## Save the Date for These Upcoming RSN Events!

**Celebrity Charity Bingo Online Event**  
Sunday, August 14, 2022

**Hope Week - 5-Day Virtual Educational Conference**  
October 18-22, 2022

**24th Annual Renal Teen Prom**  
Sunday, January 15, 2023

## HOPEline

Peer Support Hotline

Call (800) 579-1970  
Monday - Friday

experience, strength and hope with you. Learn what they have  
done to successfully navigate this illness.

If you are a person who has 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

