

## Volume 15, Issue 5—May 2020

### Get to Know Your Fellow Dialysis Patients

Dialysis Patients,

I'd like to take this opportunity to introduce you to Patrick James Sr. He is a Hemodialysis (HD) patient and has been in our group for the past 3 ½ years.

He was born and raised in Holly Hill South Carolina. After which he did traveling construction for about 10 years specializing in concrete construction. He finally settled in Cedar Rapids when he was assigned to a job to pour the floor for a Menards warehouse. In Cedar Rapids he decided to settle and started

his own concrete business. An elderly gentleman from Mt. Pleasant taught him all the tricks of the trade. Cedar Rapids is also where he met and married his wife Lora. They have been married for the past 23 years and have three children, Lansah from Cedar Rapids, Patrick Jr. from Duluth, Georgia and Leah from Cedar Rapids. Patrick and Lora also have four grandkids, two in Georgia and two in Cedar Rapids.

He likes watching football, baseball and basketball and is an avid Cowboys fan. He also enjoys yardwork and being outdoors.

Patrick is a friendly, jovial kind of guy. I know because I see him 3 times a week in the waiting room every week prior to treatment. He is a fun guy to visit and joke with. So, if you see him either at the dialysis center or at our next "Coffee and Convo" meeting, introduce yourself and be sure to say Hi!

PS: After my meeting with Patrick he informed me that he was called for a transplant. I'm **HAPPY** to report that he received a successful transplant on Mother's Day!! What a great gift for his wife and family. He will be missed at the dialysis center but we wish Patrick all the best.

Thanks,

Fred Barnhouse NPR



**\*Interested in having your story published?**  
 Contact Fred Barnhouse, your Patient Representative at (319) 899-1281, or let Mary the Social Worker know.

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**Care Conference**  
**May 28th**  
 Sign up in the waiting room

The Dialysis Newsletter is available online:

<https://www.mercycare.org/services/dialysis/newsletters/>

# Mercy Dialysis Product Pages

— nutrition news you can use!

DIETITIAN  
RESEARCHED



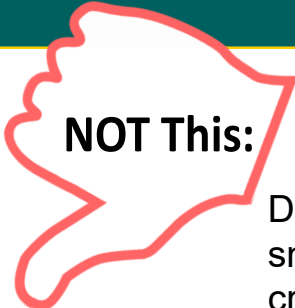
Choose This:

Got a craving for ice cream? Try these delicious dairy free, no added phosphate ice creams! All flavors of So Delicious Brand are dairy free. When choosing Ben & Jerry's or Halo—be sure to look for **Dairy Free or Non-Dairy** on the label.



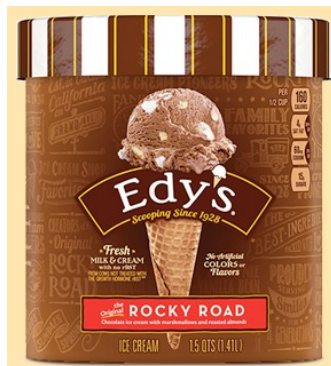
# Mercy Dialysis Product Pages

— nutrition news you can use!

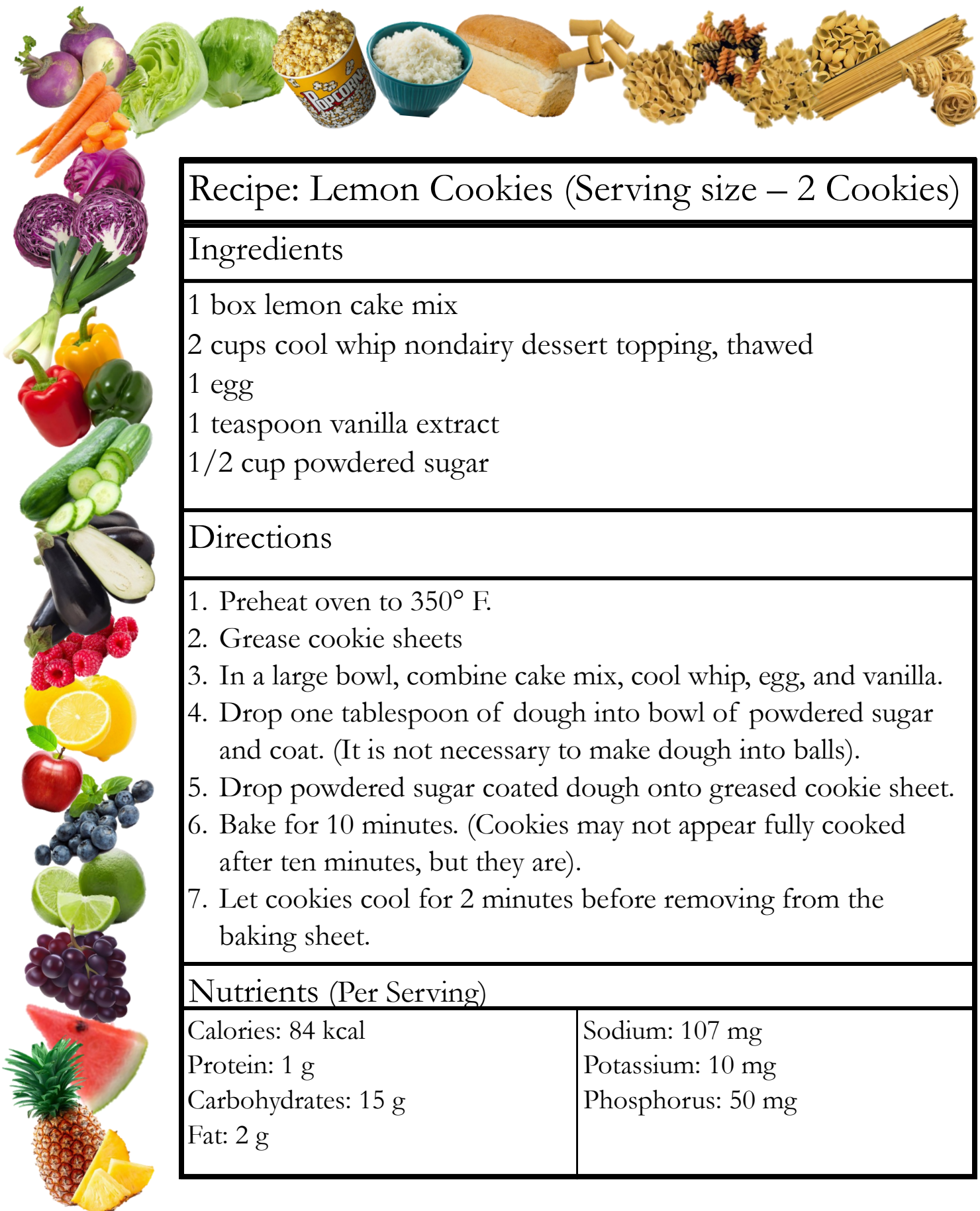


**NOT This:**

Dairy ice cream will have a lot of phosphorus—this list shows a small sampling of some brands. Keep in mind that all dairy ice cream should be avoided.



Note: Product ingredients are always changing. Please continue to read ingredient labels.



## Recipe: Lemon Cookies (Serving size – 2 Cookies)

### Ingredients

- 1 box lemon cake mix
- 2 cups cool whip nondairy dessert topping, thawed
- 1 egg
- 1 teaspoon vanilla extract
- 1/2 cup powdered sugar

### Directions

1. Preheat oven to 350° F.
2. Grease cookie sheets
3. In a large bowl, combine cake mix, cool whip, egg, and vanilla.
4. Drop one tablespoon of dough into bowl of powdered sugar and coat. (It is not necessary to make dough into balls).
5. Drop powdered sugar coated dough onto greased cookie sheet.
6. Bake for 10 minutes. (Cookies may not appear fully cooked after ten minutes, but they are).
7. Let cookies cool for 2 minutes before removing from the baking sheet.

### Nutrients (Per Serving)

Calories: 84 kcal	Sodium: 107 mg
Protein: 1 g	Potassium: 10 mg
Carbohydrates: 15 g	Phosphorus: 50 mg
Fat: 2 g	

# Social Worker's Corner

## Gratitude Journal

Gratitude is the appreciation of what is valuable and meaningful to oneself and represents a general state of thankfulness and/or appreciation.<sup>1</sup>

Having a grateful disposition – being the kind of person who notices and appreciates the positive in the world – is associated with greater physical and mental well-being. Grateful people experience more positive emotion, feel better about themselves, are less depressed, and are more satisfied with life in general.<sup>2</sup>



We can become more grateful through practice. There is a good evidence that cultivating the practice of gratitude leads to increases in physical and mental well-being. Compared to keeping lists of hassles or neutral events, keeping a gratitude list has been shown to:

- ↑ **Increase:** well-being, optimism, life satisfaction, and happiness
- ↓ **Reduce:** negative feelings, depression, worry, body dissatisfaction, and physical symptoms

## How to keep a gratitude journal

Gratitude researchers have some advice for keeping a gratitude journal:

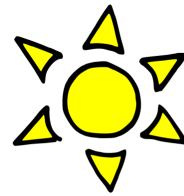
- **Write it down.** Don't just make a list in your head. Write about the people and things you are grateful for in your life. Keep a record so you can review it.
- **Be specific.** The more specific you are the better. For example *"I am grateful that my children are healthy and doing well in school, and that I have a loving relationship with someone who truly cares for me"* is better than *"I am grateful for my family"*.
- **Focus on people.** Focusing on people to whom you are grateful is more effective than writing about things.
- **Deeper is better.** Elaborating in detail about a particular thing for which you are grateful is more beneficial than making a shallow list of many things.
- **Savour surprises.** Recording events that were unexpected or surprising tend to elicit stronger feelings of gratitude.
- **Set your intention.** Your motivation to be happier plays an important part in your development of gratitude. Like many things in life the more you engage the more you will get out of it – if you just 'go through the motions' it will be less effective.
- **Be consistent.** Once you have set your intention to record things you are grateful for honor your intention by sticking to it. Set aside fifteen minutes at specific time of day to complete your journal.
- **Don't overdo it.** Writing occasionally (1-3 times per week) has been shown to be more effective than writing daily.

<sup>1</sup> Sansone, R. A., & Sansone, L. A. (2010). Gratitude and well being: The benefits of appreciation. *Psychiatry (Edgmont)*, 7(11), 18.

<sup>2</sup> Wood, A. M., Froh, J. J., & Geraghty, A. W. (2010). Gratitude and well-being: A review and theoretical integration. *Clinical psychology review*, 30(7), 890-905.

## Quarantine Activity Ideas

- \* Go for a walk or spend time relaxing outdoors



- \* Read a book



- \* Bake a kidney friendly treat  
(See recipe on page 4)



- \* Do a craft project (knitting, coloring, painting, etc.)



- \* Watch a movie



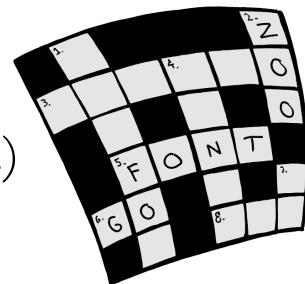
- \* Organize or clean your home/space



- \* Play a card or board game



- \* Do a puzzle (crossword, word search, sudoku, etc.)



- \* Start a journal  
(See an idea on page 5)



- \* Socialize with friends and family (phone call or video chat)



- \* Attend an online zoo visit  
(<https://zoo.sandiegozoo.org/live-cams>)



## Learn more about Home Dialysis



### A quick look at Peritoneal Dialysis:

This is the machine that our peritoneal dialysis patients use to do dialysis at home. It fits on a night stand and weighs about 16 pounds. All of the PD supplies are delivered monthly or twice a month if someone has a limited amount of storage. It is recommend you have a wall space of about 5 feet wide by 3 feet tall to store a one month supply of solution. PD patients come into the unit for a monthly clinic appointment where they meet with the entire care team together: the doctor, nurse, dietitian, and social worker. Patients on PD have 24 hour access to RN and machine support. PD home supplies that are needed to be provided by the patient include: antibacterial soap in a pump dispenser, antibacterial hand sanitizer in a pump dispenser, Q-tips, paper towels, and a night stand for cycler/machine and dialysis solution bags to sit on. The night stand should be at approximately the same level of the person when lying in bed.

### Consider the flexibility of Home Dialysis:

Peritoneal Dialysis (PD) uses your body's own membrane, the peritoneal membrane, as a filter to clean your blood slowly removing fluid and toxins more similar to your normal kidneys. PD eliminates trips to and from a clinic multiple times a week as it is done in your own home. The convenience of PD may also let you pursue your hobbies or travel. Most people enjoy the flexibility and independence that they have with PD.

**91% of US kidney doctors surveyed would select home dialysis compared to in center.**

**78% of potential dialysis patients are suitable candidates for PD.**

Visit with Dr. Ahmed or Dr. Yacoub during their weekly rounds to see if you may be a candidate for PD.

If you are interested and would like to learn more about peritoneal dialysis please write your name on the slip below and return it to Jeannie and one of our PD nurses will reach out to you.

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#### Peritoneal Dialysis Inquiry Form:

Please, return to Jeannie and one of our PD nurses will reach out to you soon.

**Name:**



May



Shirley P. 1st  
Judith B. 2nd  
Patrick G. 7th  
Velda C. 8th  
Joseph C. 18th

Robert C. 19th  
Robert S. 27th  
Ronald L. 27th  
Brenda H. 31st

# Positive Thinking

G Z O I R N W N I A D F M I Z S C A J Z N S N A  
 O R F L L U F K N A H T A P S T F C S U V R J E  
 W K M K O S X I S O A U T E F Z D O R G P W N X  
 Y J N W K M A S A Z P K R S J N K S S B O E B G  
 G F Y J Z L C Q B H P S C M I S J H U Y R F O M  
 I N R U N A A H N Q R U S K S X F F Q G Z R B C  
 Q L Q P H J T U W V E A B E U B Q F Y H P S H K  
 B S G G R L B T G Y C J O O C T Q S N K J J D Q  
 L I G E O E E W G H I E E X R C R L A O Z G M W  
 L M G Q V S Q U P A A H E N K G U L Q T T D S F  
 C E E W Q O A M I A T L S N P K V S Q F J E F V  
 V Y T H I K L X P V I J U S V P M B L I S S E W  
 B F X J Y N N U S I O S H D G G Y U Z G L A J J  
 H C X X W R O D C E N N T W L U E C M D G K H X  
 C Z D H N I E P C Z G R N E D Q P N S L J H P E  
 I Z M O E T S B T F P P E Y O Y T P U G L S N E  
 T T N N I A H Y G R Z S L I D I C E L I M O G Y  
 K R B R Y C R W D Y E R F D N T H A I I N D H N  
 Y K I M O Q G T X R I K I Y F V Q C L C Y E Z U  
 B P R H F X Q V Y E Z L S J H W G E V P L K B I  
 S L S P C I F A H V I B R A N T C E P L E Q X B  
 Q B C Q U M P O S I T I V E W Z D A V B I Z N R  
 D I D N E L P S E N I I V G R X H A V Z V C L O  
 O A H S W T U K R E S P E C T O F U D C G K P G



sunny      thankful  
 splendid      success  
 laugh      kind  
 bliss      heart  
 enthuse      smile

vibrant      spirited  
 respect      peace  
 love      appreciation  
 genuine      energy  
 happy      positive



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