

Volume 14, Issue 11 — November 2019

HAPPY THANKSGIVING!

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Holiday Hours Reminder

Mercy Dialysis will be **CLOSED** on **Christmas Day, Wednesday, December 25th**

Christmas week Dialysis Schedule:

SUNDAY, December 22nd

TUESDAY, December 24th

FRIDAY, December 27th

If you plan on traveling for Christmas, Please notify Jeannie or Mallory ASAP!

We will be open on January 1st Normal Hours

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Care Conference

November 26th

Sign up in the waiting room

Happy BIRTHDAY

Barbara M. 10th
 Carlos W. 16th
 Christine D. 10th
 Douglas T. 15th
 Ellie R. 4th
 Fred B. 10th
 Janit K. 24th

Lu S. 11th
 Michael S. 30th
 Naiyana S. 22nd
 Rose B. 23rd
 Bernice H. 20th
 Willburn H. 12th

The Dialysis Newsletter is available online:
<https://www.mercycare.org/services/dialysis/newletters/>

There's *more* to The Mercy Touch®.

Mercy Dialysis Product Pages

— nutrition news you can use!



DIETITIAN
RESEARCHED



Holiday Eating Better Choices:



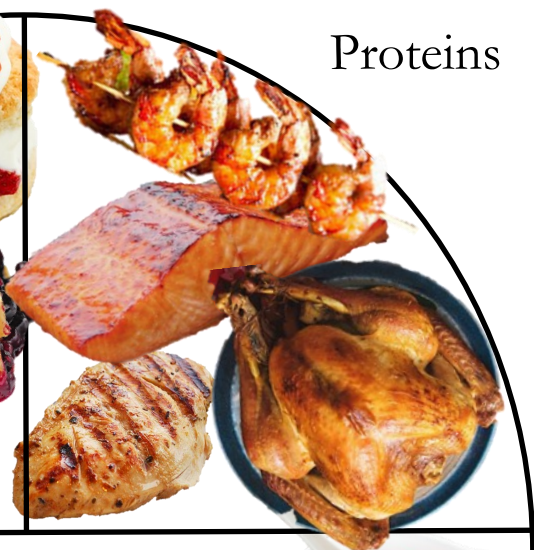
Fluids

- Water— try infused with apples/cinnamon
- Tea
- Hot apple sider
- Coffee— add cinnamon or to the grounds before you brew

Desserts



Proteins



General guidelines

- Stick with foods with little ingredients
- Fill up on protein
- Take the skin off your turkey
- Fruit pies are generally ok
- Stick with made from scratch recipes (see pg. 4)



Sides

Mercy Dialysis Product Pages

— nutrition news you can use!

DIETITIAN
RESEARCHED



Holiday Eating to



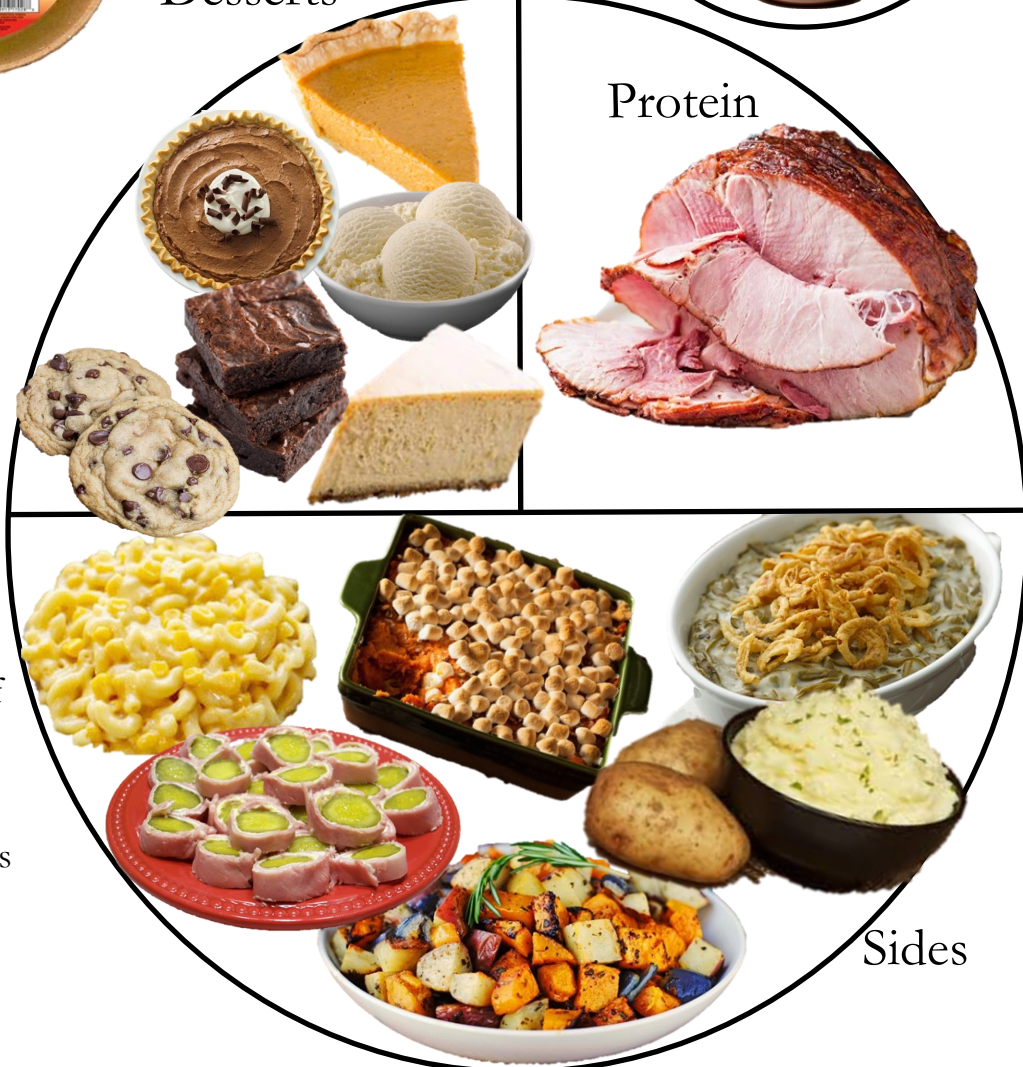
Fluids

- Milk
- Hot chocolate
- Dark Cola
- Beer



Desserts

Protein



General guidelines

- Avoid foods with a lot of cheese
- Skip the potatoes
- Avoid cream based dishes (i.e. cream of mushroom soup— unless made from scratch— see recipe pg. 4)
- Don't add extra salt

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



RECIPE

Homemade Cornbread

Avoid the added phosphorus, prepare cornbread from scratch!

Ingredients

1 cup Flour
 1 cup Yellow cornmeal
 2/3 cup Sugar
 3/4tsp +1/8tsp Baking Soda
 1 3/4 tsp Lemon Juice
 1 Egg
 1 cup unsweetened,
 almond milk
 1/3 cup Vegetable oil

Directions

1. Preheat oven to 350 degrees F.
2. Spray a 9x9 in baking pan
3. In a large bowl combine dry ingredients: flour, cornmeal, sugar, and baking soda
4. Add in egg, almond milk, vegetable oil until combined
5. Pour mixture into the greased pan
6. Bake for 25-30 minutes.
Check for doneness with a toothpick

Makes 12 slices

Nutrients for 1 slice:

Calories	177kcal
Fat	7.1g
Cholesterol	15.5mg
Carbohydrates	26.8g
Protein	3.1g
Sodium	110mg
Fiber	1.1g
Potassium	62.2mg
Phosphorus	96.1mg
Calcium	25.6mg

Try making Corn Bread Casserole by adding... 1 15oz. can corn (unsalted), drained, 1 15oz. can cream corn (unsalted), 1 stick melted butter, 8oz. sour cream or plain Greek yogurt, Omit unsweetened almond milk, and increase cooking time to ~50minutes.

Homemade Cream of Mushroom Soup Nondairy= less phosphorus

Ingredients

1 Cup Mushrooms
 2 Tbsp Onions, chopped
 1-2 cloves of garlic, minced
 2 Tbsp unsalted butter
 3 Tbsp flour
 2 Cups low sodium chicken broth
 1 Cup Unsweetened almond milk
 1/4 Tsp salt
 1/4 Tsp pepper
 1/4 Tsp nutmeg

Directions

1. Cut mushrooms into slices
2. Melt butter in large skillet
3. Cook onions, garlic, and mushrooms, until onions are soft
4. Slowly blend in 2 Tbsp flour
5. Continue to mix, add in the chicken broth
6. Heat until sauce becomes slightly thickened, stirring frequently
7. Stir almond milk with additional 1 Tbsp. flour and seasonings
8. Add almond milk mixture to soup
9. Heat to thicken, stir frequently

Makes 6 servings

Nutrients for 2/3 cup:

Calories	68kcal
Fat	4.4g
Carbohydrates	5.3g
Protein	2.5g
Sodium	122.8mg
Potassium	135.5mg
Phosphorus	56mg



RECIPE

Mashed Cauliflower Potatoes

Cut back on potatoes, mashed cauliflower contains less than half the potassium!

Ingredients

- 4 cups cauliflower florets (approx. 1 medium head of cauliflower, broken into florets)
- 2 cloves garlic, peeled
- 1 tbsp. unsweetened almond milk
- 1/3 cup parmesan cheese, grated
- 1/4 tsp black pepper

Directions

1. Boil cauliflower and garlic for 6-8 minutes, until cauliflower is soft. Check with fork.
2. Place cauliflower aside to cool, allow it to dry out a bit to help get a good mashed texture
3. Place steamed cauliflower and garlic to a food processor, use a potato masher, or mixer.
4. Add in parmesan cheese and pepper, pulse until mixture is still lightly textured, add almond milk 1 tsp by tsp to get desired consistency of mash (you may use more or less depending on the water content of your cauliflower after cooking it. Caution: do not add too much, it will make the mixture to runny, unlike mashed potatoes— if this happens add additional parmesan.)
5. Serve hot, with your favorite gravy (use your turkey drippings!) or garnish with chives

RECIPE COMPARISON

Mashed Cauliflower Makes 8 servings; Nutrients for 1/2 cup:		Mashed Potatoes 1/2 cup serving of mashed potatoes.	
Calories	33.4kcal	Calories	90.9kcal
Fat	1.5g	Fat	1.3g
Cholesterol	3.6mg	Cholesterol	3.6mg
Carbohydrates	3.4g	Carbohydrates	17.6g
Protein	2.5g	Protein	2.7g
Sodium	85.6mg	Sodium	80.5mg
Fiber	1.5g	Fiber	1.5g
Potassium	100.8mg	Potassium	286.6mg
Phosphorus	52.0mg	Phosphorus	65.5mg
Calcium	49.0mg	Calcium	45.8mg

Social Worker's Corner or Kidney Info. Cont.

Dialysis Patients,

Hi, this is Fred Barnhouse your NPR (Kidney Network Patient Representative). As **your** NPR, I will be attending monthly meetings with other dialysis centers in our four-state region. There, I hope to gain knowledge of other dialysis centers concerns and solutions and share the happenings in our dialysis center.

Though we are all in various stages of life, physical and emotional health, we do have one thing in common, kidney disease. In order to get to know more about the ideas and needs of our unit, I would like to get to know more about each of you. I thought a good way to do this would be to schedule a getting to know each other "Coffee and Convo."

During this time, please be prepared to share your thoughts, goals, ideas, etc. We can discuss anything you would like to, as long as criticism is **constructive**. If you present a concern, be prepared to offer solutions. I would like feedback as to things that are going well and things that could be improved at the dialysis center. Your input is very important.

Hopefully, together we can attain the goal of living a happier more fulfilling life. If this proves to be beneficial, I'd like to repeat this get together, as well as introduce more opportunities for patient involvement and activities. Some ideas Mallory (Social Worker) and I have come up with are:

- Monthly "Coffee and Convo" on the *third Thursday of every month*
- Quarterly support group meetings where patients can bring a caregiver/family member
- New patient groups
- Patient involvement in the monthly newsletter

We would like to start our first "Coffee and Convo" at **11:00 AM on Thursday Nov 21, 2019**. We will meet at Mercy Health Plaza (5264 Council St. NE), and utilize the Dialysis conference room. Coffee will be provided.

Attendance is optional, but I would truly like to get to know each and every one of you (both Hemodialysis and Peritoneal Dialysis patients).

Please RSVP to myself or Mallory.

Thanks,

Fred Barnhouse

PS: No matter how bad things may seem to be, there are a lot of things far worse than Kidney Disease.

DIALYSIS

“COFFEE & CONVO”

WHEN

November 21, 2019
11AM-12:30PM

WHERE

Mercy Health Plaza

Dialysis Conference Room
5264 Council St. NE.

PLEASE JOIN US FOR OUR 1ST “COFFEE & CONVO” MEETING WITH OUR NEW PATIENT REPRESENTATIVE

WE WILL DISCUSS:

- **THOUGHTS, GOALS, IDEAS FOR OUR UNITS**
- **PATIENT NEEDS (BOTH CURRENT AND INCOMING)**
- **FUTURE SUPPORT GROUPS**
- **ETC.!**

OPEN TO ALL DIALYSIS PATIENTS (HEMO, PD)

PLEASE BRING

Your ideas and constructive feedback!

COFFEE PROVIDED

PLEASE RSVP TO:

Fred (NPR)
Mallory- Social Worker
Jeannie @ the front desk

Thanksgiving

WORD SEARCH

Word List

Apple Pie

Cranberry

Feast

Gratitude

November

Turkey

Blessings

Fall

Friends

Harvest

Pilgrims

Corn

Family

Gather

Indians

Tradition

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



Mercy Health Plaza
 5264 Council St. NE
 Cedar Rapids, IA 52402

Mercy Medical Center
 701 10th St. SE
 Cedar Rapids, IA 52403

Mercy Dialysis—Vinton
 502 N. 9th Ave
 Vinton, IA 52349