



Kidney Kronicle

Summer 2021

WWW.LHSC.ON.CA/RENAL



Take a Moment for Yourself.... Go Outside, Breathe, De-stress

3 Minute Breathing Exercise

Find a quiet, relaxing place and sit comfortably. **Breathe**—let your breath flow easily. Soften your muscles and let go of physical, emotional and mental tension.

Minute One: Notice the sounds you hear. If a thought comes to mind, acknowledge it and let it go. Try not to judge the thought or criticize yourself.

Minute Two: Notice the sensations in your body. What do you feel under your body? What do you feel within your body? Scan for physical sensations. Observe and acknowledge any thoughts or feelings. Try and remain open and curious to whatever you are experiencing.

Minute Three: Watch your breath. Focus on the inhale and exhale. Redirect your attention to breathing.

Observing your breath in the belly...as it rises on the in breath and falls on the out breath. **(Put one hand on your belly and breathe in. Breathe out through pursed lips and feel your hand on your belly as you exhale)** When a thought comes to mind, again, just acknowledge it but don't judge it.

Open your eyes and come back to the here and now.



THE ONTARIO

caregiver

ORGANIZATION

If you support someone in need and feel anxious and overwhelmed with your caregiving responsibilities, you're not alone. The OCO (Ontario Caregiver Organization) exists to support Ontario's 3.3 million caregivers; ordinary people who provide physical and emotional support to a family member, partner, friend or neighbour. We support caregivers by being their one point of access to information and support, so they have what they need to be successful in their role.

www.ontariocaregiver.ca

YOU'RE THERE
FOR YOUR
PARTNER.

WE'RE
HERE FOR
YOU.



If you're looking for someone and you need support or have care questions, call the Caregiver Helpline.

**CAREGIVER HELPLINE
1-833-416-2273**

Newsletter brought to you by the Renal Patient & Family Advisory Council

Home Dialysis Hotspot

Self-care or self-management as a kidney patient looks very different for each patient and family. In general terms it means becoming a partner with your health care team. Taking an active role in your own health will keep you well longer.

For renal patients this means attending all your appointments and taking all your medications as prescribed. It may also include working with the dietitians to plan a diet that you will enjoy and will meet your own particular needs.

For many in our renal program, self-care means learning home dialysis.

Over ¼ of dialysis patients in our region perform dialysis at home.

There are two kinds of home dialysis:

1. Home hemodialysis (HHD) – where patients and their families learn how to run a dialysis machine and complete treatments in the comfort of their own home. This means more flexible dialysis times, less traveling time and increased independence. Many studies show that more frequent dialysis sessions at home can increase survival and lead to a greater level of health. HHD requires 6- 8 weeks of training at the Westmount Kidney Care Centre.



2. Peritoneal Dialysis (PD) – is an everyday treatment where patients and their families learn how to manage PD by themselves or with the support of home care nurses. PD is a popular treatment because it may give you the freedom to travel with your dialysis. PD requires 5- 10 days of training. Many people enjoy less diet and fluid restrictions with a home dialysis treatment.

Please speak to your renal care team if either of these options are interesting to you. We are always happy to chat about them.



What do we do you may ask? We talk to anyone about kidney transplants. There are no wrong questions!! We share our experiences as an organ donor or as a recipient. We have volunteers with many different experiences. We help answer questions you may have, direct you to resources, talk about the emotional journey of transplantation and so much more.

THE NEWS: Because of the COVID Pandemic we are not back in clinics but we have been working hard to transform and improve our ability to connect with you. You don't have to wait to see us anymore. You can reach out anytime you want. We have a great website, where you can find information and leave a message to have someone contact you. You can call us and ask to speak to someone or you can email anyone on the London team directly with our secure emails. We can connect with you via phone, zoom and email and talk to you about kidney transplants, as a recipient or as a potential donor. Check out the website (www.transplantambassadors.ca), call toll free 1-833-274-3740 or ask your social worker about our program. We are also working with the doctors and nurses at LHSC to create a referral system, where once you are part of the Renal Program at LHSC you get linked up with us, so we can reach out and share information with you as well.

Info provided by Linden Huizinga (Transplant Recipient) lindenh@transplantambassadors.ca



Knock Out Kidney Disease

**Sept 25th, 2021
at 6:00pm**

**Enjoy a "Night-In" Live
stream fundraising event
hosted by Brendan
Schaub!**

www.showdowninthedowntown.com

A Word From Our Social Workers:

Standing Behind the Waterfall

When we shift into a state of mindfulness, it is like stepping behind the waterfall of our own minds, gaining enough distance to be aware of the flow of our changing experience. We begin to realize that the "I" that is experiencing these things is different from all of the changing experiences. We are not our thoughts. Our thoughts are events in our minds that come and go. We are not our stress, our anxiety, our sadness, our anger, or our happiness. These feelings are just events in our minds that come and go. We are not our physical sensations; our pain is not us, our fatigue is not us, our weakness is not us, and our illness is not us. These are just events in the body. We can step back and be a witness to all of these experiences without identifying with them. They can be observed in the theatre of the mind, giving us enough distance to gain some perspective on things.

One important insight is that our thoughts that make up our worry and ruminations are not facts. They simply reflect how things seem right now, or how we think things will be. They are events in the mind, nothing more. When we recognize this, then we begin to see that perhaps there are other ways to think about the situation, other alternatives, and other possibilities.

With mindfulness, we have a choice. We can choose to move our attention away from our fearful and pessimistic thoughts and back to what is actually happening right now. We can deal with what is, not what might or might not be. It is much easier to deal with what is happening right now.

-unknown author

A Butterfly



Today I saw a butterfly, it fought hard against the wind, it dodged and it danced on the air.

Sometimes the wind was just too strong and the butterfly needed to rest on a nearby branch.

Sometimes the wind became a whisper and the butterfly could go about its business.

We are like this butterfly, sometimes the world is filled with a force that is just too strong and we must find our branch.

This could be talking to a friend, say a prayer, plant an herb, do a craft, or watch the clouds float by.

When the world is calm we can rest and renew our strength and find happiness in the stillness.

Let's find our happiness again, lets reach out to everyone with our hearts, lets cherish our own selves and know that we may someday be someone else's branch.

By Tammy Willlert (Renal Social Worker)

"How do I use a hand sanitizer?"

Make sure your hands are not wet before use. Apply a dime sized amount to your hands. Rub hands

together until the alcohol has evaporated. Hands will feel dry in about 15 seconds.

**CLEAN HANDS
SAVE LIVES.**



Lemon Meringue Pie

Makes 8 Servings

Ingredients:

9 inch baked pie shell

1 cup white sugar

3 tablespoons cornstarch

1 cup boiling water

4 egg yolks , slightly beaten (reserve 3 egg whites)

2 tablespoons margarine

¼ cup lemon juice

1 teaspoon grated lemon rind

2 tablespoons white sugar

Directions:

In saucepan, combine sugar and cornstarch. Add water slowly, stirring constantly until thick and smooth. Add egg yolks, margarine, lemon juice and lemon rind. Cook 2-3 minutes.

Pour into baked pie shell.

Make meringue: Beat 3 egg whites, gradually adding 2 tablespoons sugar.

Bake at 325°F for 15 minutes or until light brown.

Yield: 8 Pieces

Renal and Diabetic Exchange per piece:
1 ½ grains & starches

For information on the Newsletter,
please contact: Ashley Papathanassiou
PFAC Facilitator at
renaladvisor@lhsc.on.ca
or 519 685 8500 ext. 34411

Alzheimer Society
LONDON AND MIDDLESEX™

“Learning the ROPES for Living with Mild Cognitive Impairment” focuses on

optimizing cognitive health through lifestyle choices, memory training and psychosocial support. Learning the Ropes is aimed at community dwelling older adults experiencing Mild Cognitive Impairment (MCI) and their close family member/friend. The focus is on optimizing cognitive health through lifestyle choices, memory training, and psychosocial support.

Learning the Ropes includes 6 weekly sessions and a follow-up session at 1 month (and optional 3 months).

Each session is 2 hours in

For more information or to register, contact our Intake Coordinator

519-680-2404 ext. 224

email: intake@alzheimerlondon.ca www.alzheimerlondon.ca



Baycrest
Innovations in aging

The Kidney Foundation's Resources

The Kidney Foundation is a trusted and reliable resource to assist Canadians living with kidney disease and those who care for them. The foundation promotes a better understanding of kidney disease and of the support and resources available to all patients, including patients whose first language is not English or French. The Kidney Community Kitchen is an amazing website with renal friendly recipes, food blogs, educational webinars, and print resources like fact sheets and brochures. There is also a peer support program, providing patients/caregivers with the opportunity to talk to others with similar life experiences about what to expect when learning to live with kidney disease. You and/or your family members can be paired with trained volunteers who have first-hand experience coping with kidney disease. In addition to one-on-one peer support, peer support groups are a great way to connect with others who live with or are affected by kidney disease. The groups currently meet virtually by phone or through video-conferencing, led by trained facilitators who live with kidney disease or are caregivers. **Everyone is welcome and you can join any group that fits your schedule. Look for the full schedule at www.kidney.ca/supportmeetings.**

Groups meet monthly and discuss a variety of topics of interest to the participants. Pre-register by email ontario.programs@kidney.ca or phone 1-866-390-7337. To make a request for peer support you can [use our online form](#) or call **1 866 390-PEER (7337)** to speak with a program coordinator.

Connect with Rizwana Ramzanali at 519-318-3362 or 1-800-387-4474 ext. 4860 for information about our programs, services and upcoming events like our Fall Kidney Walk.

