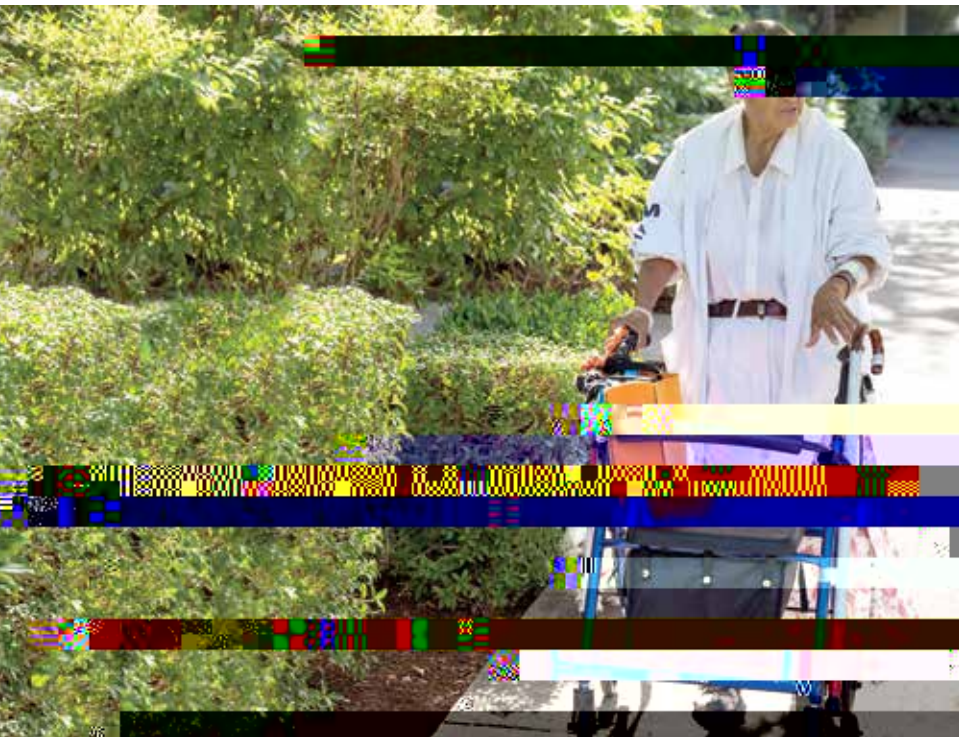


Beating the holiday blues

For many the holiday season brings mixed emotions. Increase your odds of a positive season with these suggestions:

- Get enough sleep and stay active. Make healthy diet choices.
- Don't overbook yourself. Choose activities and events you are most likely to enjoy.
- Make plans to connect with your family, friends or community: take in a movie; visit a museum or see a play; find a volunteer opportunity; create a new holiday tradition.
- Talk with your social worker if you are feeling down.



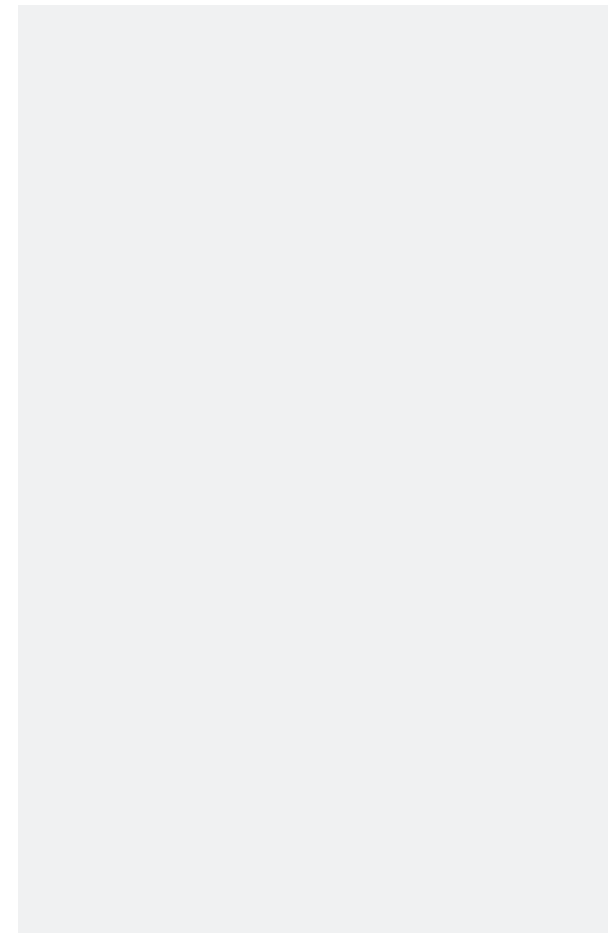
November is survey month for patients of Northwest Kidney Centers. If you have been on dialysis longer than three months, you should have received a survey in the mail recently.

Look for this image on the envelope:

If you missed the mail survey, SPH Analytics, the survey company, will follow up with you by phone.



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(Meets third Monday of
each month)

For more information, call
Katie Zavala at 425-203-5203.

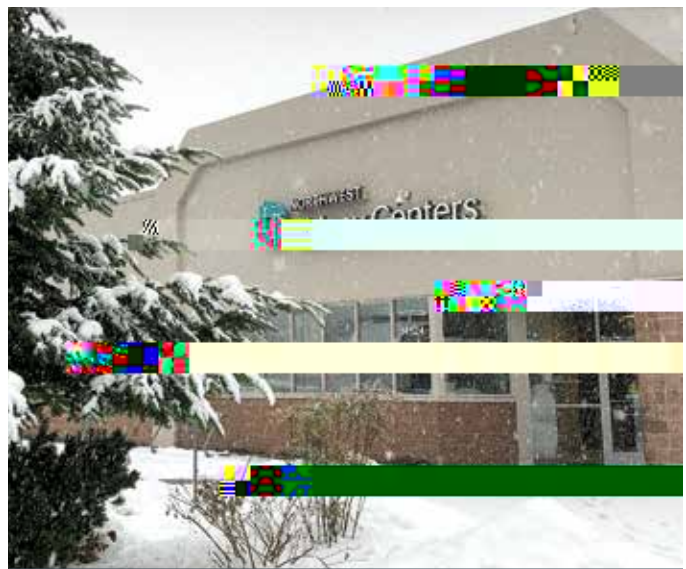
Nov. 18, 1 - 3 p.m.

No December meeting

Northwest Kidney Centers
Renton
602 Oakesdale Ave. SW

Last winter snow made it hard to get to dialysis treatment. Who knows what we'll encounter this season?
Follow these simple tips to be prepared for the next emergency:

- Keep your dialysis center's phone number handy.
- Refer to the emergency information at www.nwkidney.org/emergency. Ask your dietitian for paper copies if you would like.
- Make sure your care team has your current phone number. Tell them when you change phone number or emergency contacts.
- Make backup transportation plans if you regularly drive yourself or if a family member helps get you to dialysis. King County residents can apply for Access transportation anytime and then schedule rides when needed. Enrollment can take 3 weeks. If you need help, ask your social worker.



Long-lasting snow made it hard to get to dialysis last winter.