

## *Monthly Prayer for Loss of Family and Friends*

*Dear Lord,*

I pray, please bless our families, our friends, and our loved ones, including people we have lost, with your love, and protect us from harm. Give us grace to forgive, strength to overcome all the difficulties we face, and keep us together when the world tries to pull us apart.

*Thank You, Lord. Amen.*

## *Patient Support Meeting Updates*

*May in the Know!*

- **Patient Support Meeting will be on May 8, 2018, at 1:00 pm at East Dialysis.**
- **Dialysis Conference Planning will be on May 10, 2018, at 1:00 pm at East Dialysis.**

**The Dialysis Conference was held on April 18, 2018,** and was very eventful! If you want to be a huge part of future planning, please attend the Dialysis Conference Planning meeting above.

*Everyone is welcome!*



## *Monthly Words of Wisdom*

### **Medical Social Worker:**

We are so excited to announce a kidney transplant took place at Dialysis West; the recipient patient was encouraged to stay on the active transplant list, and she didn't give up. She received her kidney transplant within six years. On average in the state of Arizona, "It takes five to seven years of kidney transplantation, but some patients took only one and a half years." The key to kidney transplantation is keeping up with your dialysis treatment regimen and following through with kidney transplant center orders.

### **Registered Dietitian:**

High phosphorus can cause itchiness, bone pain, hardening of skin/tissues, and makes bones more likely to break. Normal phosphorus levels help keep your bones healthy-take your phosphorus binders and watch out for high-phosphorus foods like dairy, beans, nuts, and cola!

## *Director's Notes*



*Patients have asked, so let me share some personal information with everyone:*

I have been happily married to my queen, Stacy, for 17 years! We have two beautiful girls, Maya and Lilianna. My girls are an eclectic mix of Japanese, Filipino, and Chicano. My family is very important to me, and I really do enjoy the opportunity to be a husband and a father! Next time you see me, please feel free to share what's close to your heart.

*Thank You!*

## Peritoneal Dialysis Updates

Dialysis treatment has become the HOPE of people afflicted with Chronic Kidney Disease (CKD). Patients have more options now depending on their lifestyles. One option is PERITONEAL DIALYSIS (PD), which uses the lining of the abdomen to filter wastes and remove extra fluid from your body.

Prior to starting a dialysis treatment, your kidney doctor will help you decide what the best treatment for you is. PD is not for everyone.

**PROS:** Few dietary and fluid restrictions; no needle sticks; more freedom and flexibility on your schedule; PD can be performed at home or in the office.

**CONS:** Like any other type of dialysis treatment, INFECTION is the most common complication.

## Reminders and Events!

**We would like to take the time to acknowledge our April birthdays!!! We hope you had a wonderful Birthday!**

*You know who you are!*

The Easter celebration went off without a hitch - thank you to all who helped plan it as well as who participated!



## Transportation Updates

Dialysis East patients are scheduled to be dropped off 15 minutes before their treatment begins and 15 minutes after their treatment ends.

If there are any discrepancies in scheduled times, please communicate with Janice to allow for immediate changes and limit wait times for patients.



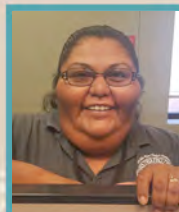
## Welcome, New Employees!



**Janice Mattia**

*Transportation Coordinator*

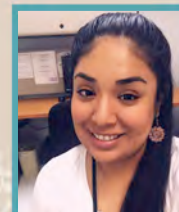
"I have worked for GRHC since 2010, became a lead in 2012, and oversaw the west end transportation. I didn't grow up in the Community, but our roots come from the D5 area. My grandparents, Isaac and Josephine Pedro, Ruben and Hilda Pedro, lived in D5, which is where Pedro Site Housing gets its name. I have always felt honored to work for the Community in which I am enrolled and come from. Thank you for allowing me to now be a part of Dialysis East, and as always in any area, I do my best to serve all."



**Renee Ramon**

*Dialysis Advocate*

"HOLA!! I am from D3 but live in D5. I am happily married to a wonderful human being named Stan. We have been married for 16 years now but have been together a lot longer. We have one child, who is in high school. I have worked for Dialysis East for 12 ½ years. I have had the honor of meeting and assisting many people while working here. This job gets challenging at times, but I am glad for the challenge. It only brings us closer as staff to better assist our patients. This is truly my second family. I am happy being here doing what I can for each of my family members."



**Star Pratt**

*Dialysis Advocate*

"Hello! I have two wonderful boys. We are from D3 but reside in Casa Grande. I have been here going on 7 months, and this job keeps me on my toes! I am very grateful to have shared so many moments with the patients and am happy they have welcomed me to the team. I am located next to Renee Ramon allllllllll the way in the back. Please stop me if you see me and let me know if there is any way I can assist you. Fun facts about me, you ask?? I eat all the time. I love to read. I once met Michael Jordan. I can beat anyone in the dialysis building in a basketball game."