

The Nephron Newsletter

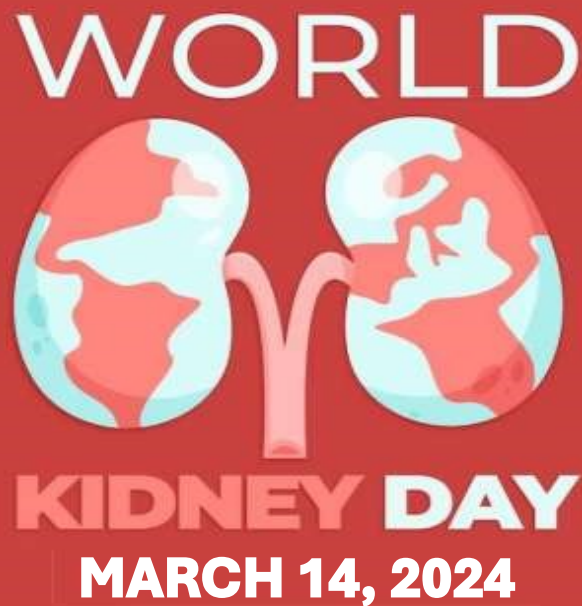


Dear Readers,

Thank you for your overwhelming response to our first relaunched edition of the Nephron.

We have many new and exciting things to share with you again. This month we will highlight some different areas in our program and share opportunities you may not have known are available to you, important tax time information, updates from the Kidney Foundation and much more!

We value your input and encourage you to submit ideas for articles or information you would like to see in our newsletter. Please submit any ideas and feedback to nephron@stjoes.ca or by calling (905) 522-1155 ext. 33413.



Reminders for Hemodialysis Patients

It is important that the nursing staff can see you and your dialysis access at all times to keep you safe.

- We ask that you do not pull the curtains unless required for infection control.
- We ask that you do not put the blankets over your fistula, graft or line.
- Walkers/wheelchairs will be stored away from the bedside so that the nurses have access to your machine and you.

Meet a St. Joe's dialysis tech

October 10 – 15 was Dialysis Tech Week. We're celebrating our healthcare workers who provide life-saving care to patients requiring dialysis. *Meet Jason, Clinical Nephrology Technologist:*

You recently traveled to St. Kitts. Can you tell us what you were doing there?

St. Joe's donated 15 dialysis machines and supplies to the hemodialysis unit at JNF General Hospital on St. Kitts Island. The machines were brand new to the staff there, and we wanted to ensure the team felt confident using them with their patients. We trained their staff for a week and spent additional time supporting them during real treatments with patients. The nurses and staff there were incredibly skilled, which made the process smooth.

Why did you decide to volunteer your time to do this?

Two colleagues, who spearheaded this important project, encouraged me to join them. One is Caribbean-born and previously assisted a Caribbean hospital, so really understands the unique challenges hospitals there face. When I considered how this project could benefit the dialysis community and the scope of the trip, volunteering my time and knowledge seemed an insignificant cost.

What was the best part of helping in St. Kitts?

The most meaningful part was the genuine gratitude and appreciation from the patients and staff. It is challenging to have a sense of normalcy with end-stage kidney disease. Without functional machines, patients were scheduled around the clock, sometimes at 2 or 3 a.m., whenever the unit could find time. The staff were required to match these extended hours. This had a big impact on quality of life for everyone involved. The team was very happy having the training and resources needed to maintain the machines. Funding and sourcing of parts can be a big obstacle. The solution was sending more machines than needed, using the extras as parts donors.

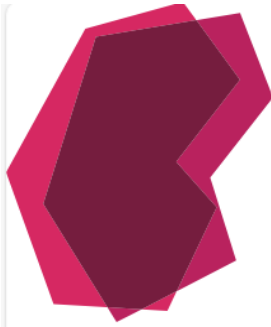
What do you do at St. Joe's?

I am part of a team of Nephrology Technologists. We maintain and repair dialysis machines, reverse osmosis water systems and all related equipment. Nephrology Technologists also get to serve our patients in a clinical capacity. When in our clinical role we initiate, monitor and discontinue dialysis treatments. This unique model of care is made possible by our incredible multidisciplinary team. We take great pride that within Canada this model is only found at St. Joe's.

What is the best part of your job?

In dialysis we are lucky to know our patients very well. We see them on average three times a week for 4 hours. Over time it becomes like a big family. The best part about my job is when someone gets a transplant. We often talk about travel destinations, how they would spend the extra time or what they would eat. The last is a big one as the dialysis diet can be restrictive. It is truly a gift to see a person enjoy those freedoms after living with the difficulties of end-stage kidney disease. I want to share my sincerest appreciation to my management team. They covered my shifts and made certain I was able to attend this venture. I want to thank the home dialysis technologists who supported me when I needed assistance. I also want to extend a very big thank you to the team I joined. It should go without saying that it would not have been nearly as successful without their expert knowledge, skill and guidance.





Kidney Foundation Updates

Kidney Connect Peer Support Meetings

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. Wherever you live, whatever your lived experience of kidney disease, it has never been easier to connect with a group of support. Groups currently meet virtually by phone or through video-conferencing and are facilitated by trained facilitators

who live with kidney disease or are caregivers.

Everyone is welcome!

"Open" groups meet monthly and discuss a variety of topics of interest to the participants. A variety of specialty groups support specific needs or stages of the kidney journey - a description of each group is available under the meeting calendar. Support groups will connect you with other individuals who have experienced the impact of kidney disease. Caregivers and family members are also welcome to attend.

Many groups welcome renal professional guest speakers to provide information and answer general questions on living well with kidney disease.

Pre-registration is required for the meetings. Email peersupport@kidney.ca or phone 1-866-390-7337. Once you've registered, guidelines and call details will be provided to access the meeting.

Active Living Starts again in 2024!

It's not too late to join the Active Living For Life exercise program. From the comfort of home, you can log in through Zoom and join others in a virtual exercise program led by kinesiologist, Monika Dylewski. This program is geared to people living with kidney disease and their care partners.

Here is a comment from an Active Living participant:

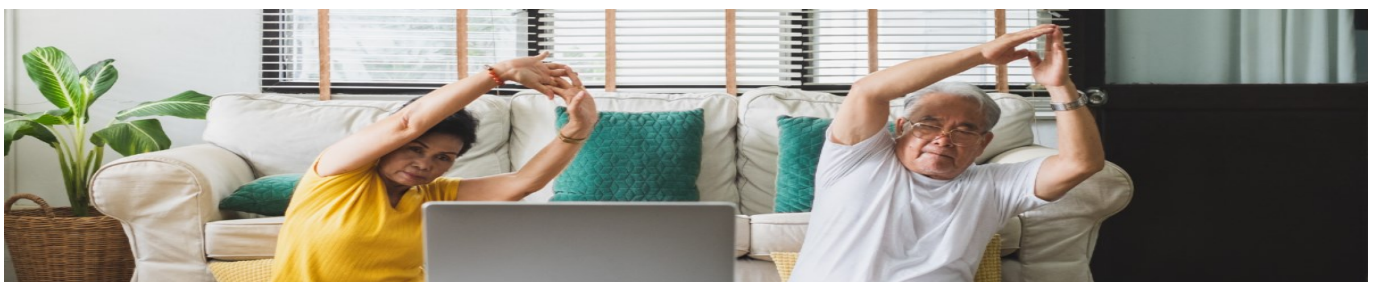
"This program is great and I've recommended it to others. For me, it is the core part of my expanding fitness program and will be for some time. I pay close attention to the technique of each exercise to achieve the maximum return."

Classes will be instructed via zoom every Tuesday at 4:00pm & Friday at 10:00am beginning January 9th. (with a break over March Break).

To register, email activelivingbrampton@gmail.com with the following information:

(1) Full Name (2) Home Address (3) Phone Number (4) Emergency Contact Info

Thank you to the Kazman Foundation for their continued support of the Active Living for Life program as well as program partners Sheridan College and William Osler.



Tax Tips for Renal Patients

Every year during tax season, we (The Kidney Foundation) prepare general tax tips for people who are on dialysis or have had a kidney transplant.

The income tax assistance measures most often used by people with kidney disease are the **Medical Expense Tax Credit** and the **Disability Tax Credit**. These are **non-refundable tax credits** that reduce the amount of income tax you owe. They can't reduce the amount of tax owed to less than zero, meaning they won't reimburse your medical expenses, but they reduce the amount of income tax you must pay.

Information on other tax assistance measures and on Tax Preparation Clinics as well as sample letters can be found at the below website.

The information provided is general in nature and does not necessarily cover all circumstances. While we make every effort to be accurate, we recommend that you seek professional tax advice for your individual questions. The Canada Revenue Agency (CRA) provides detailed instructions for claiming the various tax credits and deductions that are available. You can find these instructions on the **CRA Website** or get help with your CRA benefits and credits by phone, in the Yukon, Northwest Territories and Nunavut at 1.866.426.1527 and in the rest of Canada at 1.800.387.1193

Medical Expense Tax Credit

The Medical Expense Tax Credit is a non-refundable tax credit that you can claim for a wide range of medical and related expenses.

You can claim eligible medical expenses on line 33099 that you or your spouse or common-law partner paid for:

- Yourself
- Your spouse or common-law partner
- Your or your spouse's or common-law partner's children who were under 18 years of age at the end of the tax year.

On line 33199 you can claim the part of eligible medical expenses you or your spouse or common-law partner paid for any of the following person who depended on you for support;

- Your or your spouse's or common-law partner' children who were 18 years of age or older at the end of the tax year, or grandchildren
- Your or your spouse's common-law partner's parents, grandparents, brothers, sisters, uncles, aunts, nephews, or nieces who were residents of Canada at any time in the year

You have to calculate, for **each** dependant, the medical expenses that you are claim on line 33199.

You can claim eligible medical expenses in any **12-month period ending in 2022** and not claimed by your or anyone else in 2021. For a person who died in 2022, a claim can be made for expenses paid in any **24-month period** that includes the date of death if the expenses were not claimed for any other year.

Your total expenses must be more than **3% of your net income** (line 23600) or **\$2,479**, whichever is less.

Common expenses for people with kidney disease that can be claimed are listed here:

www.kidney.ca/Support/Resources/Tax-Tips#

Source: www.kidney.ca/Support/Resources/Tax-Tips#

Nocturnal Hemodialysis Program

Are you interested in Nocturnal Hemodialysis?

- Nocturnal Hemodialysis is a slower, gentler treatment that is done overnight instead of day
- Each treatment is approx. 6-8hours and occurs 3 nights a week
- This initiative gives patients more treatment options, uses program resources more efficiently and allows greater freedom during the daytime hours for other activities.

What are benefits to patients?

- Medical benefits include greater solute clearances and fluid removal due to a higher dose of dialysis as a result of increase in dialysis time.
- This results in decreased symptoms related to kidney disease.
- As patients dialyze at night, this also allow for patients to attend appointments, physiotherapy and other rehabilitative therapies during the daytime

Interested in joining Nocturnal Hemodialysis – Ask your Nurse Practitioner, Physician, or Nurse.

- We will save your current master schedule at your site for 2 weeks during the trial period
- Limited Spots Available!!

Home Dialysis Program

Did You Know.....Dialysis can be done in the comfort of your own home?

Home Dialysis is **FLEXIBLE** and makes it easy to travel anywhere in the world!!

What people are saying about Home Dialysis :

“I have my independence back”

“I can do my treatments when it’s right for me”

“I do it at night when I am sleeping”

For more information on Home Dialysis talk to your Kidney Care Team or Patient Educator Trish at (905) 522-1155 ext. 32618



St. Joseph's Healthcare Hamilton was **awarded Full Accreditation Status, with Exemplary** standing during our last review (November 2023). Given the complexity and multiple challenges in healthcare today, this is a tremendous achievement that can be attributed to the hard work and dedication of all staff, physicians, volunteers, and the patient and family advisory council at St. Joseph's Healthcare Hamilton.

Transplant Ambassador Program



No matter where you are in your kidney journey, it's never too early to reach out for support or learn more about transplantation.

TRANSPLANTAMBASSADORS.CA 1-833-274-3740
CONNECT@TRANSPLANTAMBASSADORS.CA

DID YOU KNOW.....

- The wait time for a Deceased Donor Kidney Transplant is 2-8 years after starting dialysis
- But you can receive a transplant before needing dialysis with a living donor
- Living donors do not have to be related, do not have to be the same gender and do not have to be the same blood group as the recipient

How to find a living donor..... SHARE YOUR STORY with your family, friends and community!

YOU ARE NOT ALONE, Transplant Ambassadors are volunteers who have donated a kidney or received a kidney transplant.

The Transplant Ambassador Program also called TAP offers peer support and webinars for both potential living donors and recipients.

Contact TAP at:

Website: www.transplantambassadors.ca

Telephone: 1-833-274-3740 **Email:** connect@transplantambassadors.ca

Follow them on:



Transplants Ambassador Program



@transplantAP



@Transplantambassadors.ca



Transplant Ambassador Program

Facts about the SJHH Kidney Urinary Program

- The SJHH Kidney Urinary Program is one of 27 Regional Renal Programs in Ontario and one of the largest Renal programs in Canada;
- The Program provides services in Brant, Six Nations, and Hamilton; including supporting inpatient dialysis care at Brantford Community Health System and Hamilton Health Sciences.
- The Transplant Program is one of 7 Regional Transplant Programs in Ontario and is comprised of three clinical areas: pre-transplant, post-transplant and living donor.

From April to December 2023 we performed

124

Kidney Transplants

Need Help with



Visit www.stjoes.ca/dovetale/mydovetale for tip sheets, FAQ's and more !!

Ontario Structured Psychotherapy Program
Please connect with your nurse practitioner or physician to be referred.

What is OSP:

Free

Short-term

Evidence-based

Cognitive behavioural therapy (CBT)

For adults in Ontario (aged 18 years or older) experiencing depression, anxiety, and anxiety-related concerns, including:

- ✓ Depression/Low Mood
- ✓ Obsessive Compulsive Concerns
- ✓ Unexpected Panic Attacks and Agoraphobic Fears
- ✓ Social Anxiety and Performance Fears
- ✓ Generalized Anxiety and Worry
- ✓ Health Anxiety
- ✓ Posttraumatic Stress
- ✓ Specific Fears
- ✓ Other Anxiety and Stress Related Problems



Roasted Red Pepper Soup with Garlic Croutons

Recipe developed by Chef Leslie Cairns

Soup is a great way to use up vegetables that are not as fresh. You can serve this soup hot or chilled and it's easy to freeze in individual portions for ready to go lunches.

Ingredients

Roasted Red Pepper Soup

- 5 large roasted red peppers (10 oz. jar)
- 5 cups water
- 2 small chopped yellow onions
- 5 cloves of garlic
- 1 tbsp olive oil
- 1/2 tsp ground pepper
- 1/4 tsp hot sauce

Garlic Croutons

- 2 thick slices of bread
- 4 tbsp olive oil
- 2 cloves garlic



Directions

1. Start by preparing the garlic croutons
 - ◊ Trim crusts from bread and cube
 - ◊ In a mixing bowl, toss garlic, oil and bread
 - ◊ Spread on a baking sheet and cook at 400°F for approximately 10 minutes or until golden brown, set aside
2. For the soup, start by sauteing onions and garlic in olive oil until soft and aromatic.
3. Combine peppers, onions, garlic and seasonings in a blender
4. Slowly add water to vegetable puree until desired consistency
5. Chill before serving, or it can be heated and served hot. Top with croutons

Chocolate Zucchini Cake

From: Seasonal Cooking for Renal Patients

Chocolate is a high phosphorous food but this recipe uses only a small amount. If using frozen zucchini, thaw first. To freeze, simply grate raw zucchini into bags and freeze in 2 cups (500ml) portions



Ingredients

- 1/2 cup (125 ml) margarine
- 1 3/4 cup (450 ml) sugar Continued on next page

- 2 eggs
- 1 tsp (5 ml) vanilla
- 1/2 cup + 2tbsp (150 ml) milk
- 1 tbsp (15 ml) lemon juice
- 1 1/2 cups (375 ml) white flour
- 1 tsp (5 ml) baking soda
- 4 tbsp (60 ml) cocoa
- 1/2 tsp (2ml) salt
- 4 cups (1000 ml) zucchini, grated fresh or frozen
- 1/2 cup (125 ml) walnuts, chopped

Directions

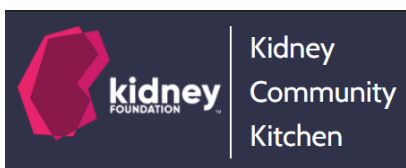
1. Cream margarine and sugar; add eggs and vanilla. Mix well.
2. In a separate bowl, mix milk and lemon juice together and let sit for a few minutes
3. Mix dry ingredients; flour cocoa, baking soda and salt
4. Fold flour mixture and milk mixture into creamed mixture alternatively
5. Fold in zucchini. Put in a 9"x13" (23cm x 33 cm) greased pan
6. Top with walnuts when out of the oven
7. Bake at 350°F (180°C) for 50 minutes or until toothpick comes out clean
8. Best served thoroughly cold



The Kidney Community Kitchen Meal Planner

The Menu Planner allows users to create daily and weekly plans. While you don't need an account to use the meal planner, you won't be able to print or save your plans without one. It's simple to request an account here: <https://www.kidneycommunitykitchen.ca/register>

This month's recipes brought to you by:



The Kidney Community Kitchen website was created as a result of a generous bequest from James MacOwen Andrews, who was affected by kidney disease, and who felt a dedicated site of renal-friendly recipes would be beneficial for those with the illness. If caught early, chronic kidney disease can be managed to delay or prevent kidney failure and reduce the risks of other complications. Diet is a considerable aspect of the management of this illness. The goal of the Kidney Community Kitchen is to empower its users through information and resources to take ownership of their condition and manage it to the best of their ability. Additionally, the site aims to make food and cooking as easy and fun as possible for a population that has been told many foods are off-limits.

The Kidney Foundation is committed to achieving excellent kidney health, optimal quality of life, and a cure for kidney disease.

The Kidney Community Kitchen can be found at www.kidneycommunitykitchen.ca

Shine Bright

A 60th Anniversary Celebration



Join us for a night of celebrating the impact and successes of The Kidney Foundation's 60th Anniversary. Together we will raise funds and awareness for kidney patients in the Hamilton and Niagara Region, supporting innovative kidney health and transplant research.

Friday, April 26 2024

Doors Open: 7:00pm

Dinner & Entertainment: 8:00pm

Entertainment provided by JR Hardy Music

Winona Vine Estates

269 Glover Rd., Stoney Creek

Tickets:

Early Bird - \$125 until March 29*

*\$150 after this date

Learn more and purchase tickets at:




kidney.ca/events

Questions: Contact deanna.kulczycky@kidney.ca or 289-237-9499

Help shape the future of patient and family experience



Join the **Renal Patient and Family Advisory Council** where you can provide our **kidney healthcare team** with advice and feedback to influence the future of the program.

-  **Voluntary position**
-  **Monthly meeting (1 - 2 hours)**
-  **Charlton Campus or Virtual**

“Being a Patient and Family Advisor is very rewarding. You become a voice and advocate for other patients, working together in unity with the medical teams and the patients needing care.”

St. Joseph's
Healthcare  Hamilton

Kidney &
Urinary Program

To apply or for more information:

hallj@stjoes.ca

905-522-1155 ext. 33413



Kidney Patient and
Donor Alliance Canada

Advocacy

KIDNEY DAY

SAY YES TO MORE KIDNEY TRANSPLANTS!

Join our reception and lunch at

Queen's Park, Toronto

March 6, 2024, 11:45-1:30

Ninoododadiwin Room #228

Lunch will be available

RSVP susan@kidneyalliance.ca

www.kidneyalliance.ca/transplant1st

WINTER Wellness

Consume warm food & drinks

Wear a hat in cold weather

Keep your neck warm with a scarf

Use humidifiers in your home

Avoid taking naps during the day

Exercise more

Do things that uplift you and make you
feel good

Games & Funnies

NEW WINTER SPORTS



ICE HATING



NO-MOBILING



SNOW SHOO-ING

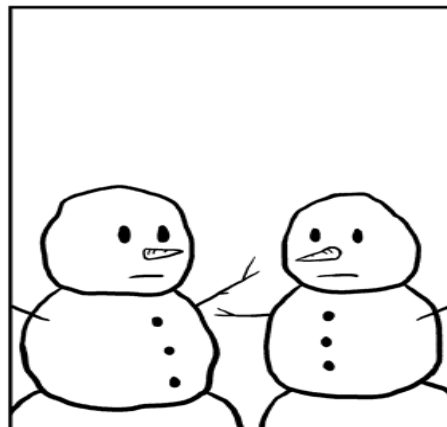


CROSS-COUNTRY FLEEING

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WINTER



F P A M O T I U S W O N S Q B S
 R X G O Y D S H O V E L Z J N C
 Q T L B N K L W R S M A G O U F
 V G S R A P E N G U I N W Y H D
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|----------|---------------|-------------|-----------|
| boots | hot chocolate | shovel | snowboard |
| flurries | icicle | skates | snowman |
| frozen | igloo | skiing | snowsuit |
| gloves | mittens | sledding | sweater |
| hockey | penguin | snow angels | toboggan |
| holidays | scarf | snowball | winter |

Tree Valley Academy

Let Us Know What You Think

Do you have a suggestion for an article or would like to receive this newsletter by email? Let us know at nephron@stjoes.ca

