



# NEEDLE NEWS QUARTERLY

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Save the Date  
May 22, 2016

The Southwest Michigan Kidney Walk is a scenic walk at Celery Flats, held in a beautiful historic park located a short distance from Kalamazoo and Battle Creek. Walkers can choose between a short or longer walk through the park, enjoy a yummy lunch, VIP treatment for our kidney patients, kid's activities and much more.



Kidney Walks are the nation's largest walk to fight kidney disease. Held in nearly 100 communities, the event raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk.



2015 SW MICHIGAN KIDNEY WALK

## Patient Perspective by Bernie B.

Belonging to a dialysis support group can help you as a patient to better manage and cope with the “ups and downs” of our kidney disease. The **Kalamazoo Area Renal Support Group** provides opportunities to talk and share experiences in the clinic and in a “safe space” outside the clinic. You can ask others in the group questions that you hesitate to ask staff members.

Since the group began, I have noticed a change in the amount of communication that takes place within the clinic. Through participation in the support group you gain more friends that you mutually “cheer up” for the triweekly grind of dialysis treatment. You feel freer to joke, laugh and talk more because you know one another better. Through participation in the outside group you have shared your feelings; heard about others fears, etc. You can talk about problems in dialysis; ask questions and learn from one another how to better cope with kidney failure.



*I fight for my health every day in ways that most people don't understand. I'm not lazy! I AM A DIALYSIS WARRIOR!!*

Unknown



The picnic held in early fall provided a wonderful outreach—a great social event that brought together patients, staff, and best of all we got to meet family members or key people that support you. What a joy to meet spouses, kids and grandchildren! Thereafter, I just felt closer and found it easier to talk with those fellow patients that I got to know better at the picnic.

We do care for one another. Participating in the group creates for us a sense of belonging. The group provides chances to share our fears and expectations. We learn from others how to deal with problems we face in dialysis.



AL KOOI LOVING LIFE!!

### Upcoming Events & Meetings:

January 17: Regular Meeting

February 7: Regular Meeting

February 21: Regular Meeting

March 6: Regular Meeting

March 20: Regular Meeting

Even if you can't join us for a group meeting—come visit us on the internet and check out all the amazing information. Share your thoughts and ideas, or just plan on joining us at one of our fun events throughout the year.

### CONTACT US:

#### Kalamazoo Area Renal Support Group

6739 Seeco Drive  
Kalamazoo, MI 49009  
(269) 364-4152

Email: [info@kzooarsg.org](mailto:info@kzooarsg.org)

Web: [www.kzooarsg.org](http://www.kzooarsg.org)

Facebook:  
[www.facebook.com/kzooarsg](http://www.facebook.com/kzooarsg)  
cut out

## Positive Outlook Leads to Healthy Activities

By Phil Murphy

Before my last transplant, I always felt that I could get away with leading a sedentary lifestyle. I thought that I could get in shape, and do all those other things I wanted to do, once I had a functioning kidney. I have now resigned myself to making the most of the situation I've found myself in—at least for now.

Since I've come to that realization, I work full time, pay closer attention to my diet, and exercise regularly. I've traveled overseas twice in 2 years, and I'll be returning to the university in January to begin graduate studies.

I don't see myself as a dialysis patient in the stereotypical sense. Dialysis is a regular part of my agenda—no more important than anything else in my agenda. I try not to dwell on my health situation, and I lead quite a normal, active life. I don't let dialysis get in the way of any activity I would otherwise do.

**\*Editor's Note:** If you haven't exercised for a long time and are out of condition, check with your doctor for advice. Ask about a referral to a physical therapist or other exercise specialist with renal experience.

“Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough.

~Oprah Winfrey~

### Presidential Notes:

Being a part of this support group has been a crowning point in both my business and personal life. I truly feel that one of the greatest gifts that we can give of ourselves is to freely give our time to help others in their times of need. I love being out in public spreading the word about kidney disease trying to help others. I really encourage everyone to volunteer your time and help the group out.

