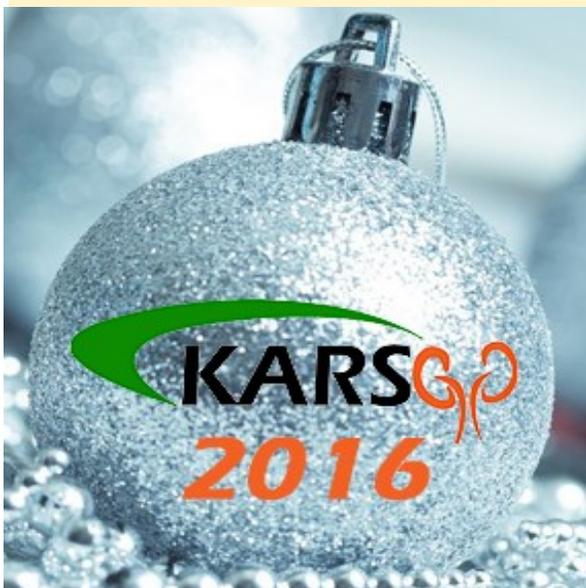


Kidney Smart

Kidney Smart is a no-cost community education program that is focused for individuals who are at risk or diagnosed with CKD. Kidney Smart provides education that is designed to empower patients to manage their CKD and to potentially slow down CKD progression. Topics include managing risk factors such as diabetes and high blood pressure, diet, labs, treatment options, and early vascular access placement. Kidney Smart also offers individual working and insurance counseling to ensure patients are aware of their continued employment options and understand their insurance coverage.

Website : www.kidneysmart.org

Phone number to call and register is:
888-MYKIDNEY



Staff Profile



My name is Sam Green and I am a Dialysis Nurse at Kalamazoo Central Dialysis. I have been a dialysis nurse for just over 3 years and I absolutely fell in love with it right away. I graduated from nursing school in Alabama and started my career as a dialysis nurse right away in Georgia. It was very difficult at times, especially being a new graduate, but I pushed through. I transferred back to Michigan when my husband

ended his career with the army and I couldn't be happier. I am now the Clinical Coordinator of the downtown DaVita unit and also work as a certified educator for Kidney Smart.

I believe that working in dialysis requires a special type of person with extra compassion and patience. Working in dialysis is also such a blessing because of the close relationships that you develop with your teammates and your patients. Around our clinic we always say that our teammates and patients are our "real family" because we see them more than our own families. The most important thing about working in dialysis is creating a safe and special environment for the patients to feel comfortable and want to come to spend their days with us!

Driven

*Having a rough day?
 Place your hand on your heart.....
 Do you feel that?
 That's called purpose!
 You are alive for a reason!!
 Don't give up!!!
 You have so much to live for!!!!*

*~Mitchell Broach~
 Transplant Recipient*

Upcoming

Our meetings are
always open to
 everyone....

***Please come join us in
 2017 for a meeting!!***

Regular Meetings start

January 15th &

February 5th & 19th

Thank You

The administration of KARSG would like to thank everyone who supported our cause this past year. No matter what form your support takes, it is important to know that it truly makes a difference. As we wind down 2016 we are looking forward to a 2017 filled with new ideas, more participation and the best year yet for KARSG! THANK YOU!

Tony & Mitch

Contact Us

**Kalamazoo Area Renal
 Support Group**
 6739 Seeco Drive
 Kalamazoo, MI 49009

By Phone (269) 364-4152

By email: info@kzooarsg.org

On the web: www.kzooarsg.org

On Facebook:

www.facebook.com/kzooarsg

Patient Profile



Shirley Hicks and I are the best of friends. Our friendship has traveled a unique pilgrimage. Originally, we met on the school bus while attending Ramona Lane Elementary School in our hometown of Portage, MI. It was the 1950s; even though we both attended and graduated from the same school system, our lives have traveled diverse pathways. Shirley spent a great deal of her adult years on the West Coast. Suddenly, we were living in the same city, the same apartment building,

even next door neighbors! We became reacquainted. It seemed the decades apart floated away like bubbles in the breeze. We both deal with life-altering conditions. Shirley contends with kidney disease (and survives on dialysis). Multiple Sclerosis is my life-time companion. Our handicaps unite us. We tackle them along side of each other. Often, we assist each other in our afflictions. Sometimes she acts as my hands, and I, her feet.

When Shirley and I met (again as adults), I learned about the challenges she endures with kidney disease. I quickly became educated about the intense drama she deals with simply to stay alive. I witnessed the affliction that accompanies her when she returns from dialysis. My heart swelled with compassion, and the desire to do anything I could to help my dear friend. Of course, my first reaction was to offer her a kidney. Quickly I discovered that because of my M.S., I could not be a donor. But, I could give her love and support - and the promise that I would be by her side. When Shirley and I lived next door to one another, I could easily check on her when she came home from dialysis. Most days, she needed to have that support. I would try to accompany her to appointments or other places she needed to go. Of course, our friendship is deep, so to go with her was a pleasure for me.

Recently, our living arrangements have changed. We no longer live close to each other. When I knew that was going to happen, I questioned, "Who is going to check on Shirley?" Fortunately, her son now lives with her. But he works so I do like to check on her through the phone. But I must say, life has changed since there are more miles between us. I still go with her, if she needs me to. It's just not as easy to do. Recently I asked Shirley, what does support mean to you? She tenderly said, "it means someone cares, it means they love me!" And one more thing Shirley ...

"I'VE GOT YOUR BACK, PRECIOUS FRIEND!!" ~ Pam Kramer
(Shirley Hicks is a patient at Kalamazoo Gull Road)