July 2026 Newsletter

DCL
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We need your Insurance Cards!!

* **WE ASK FOR THEM EVERY 3 MONTHS**
* Even if you gave us your new ones in April
* Even if you have had the insurance card for 10 years

We are just like any other medical office we need to verify that it is still current.

PLEASE SEE ANGELA, MELISSA OR KIM SO THEY CAN MAKE A COPY OF YOUR INSURANCE CARD/S.

July 2026 Newsletter

Embracing Change and Stepping Into What's Possible

We're always evolving and becoming.

By Robyne Hanley-Dafoe, Ed.D.

Have you ever found yourself wondering, "What else?" "What's next?" or "Is this the life I want to be living?" Whether it's a habit change, a career shift, or a deeper evolution of who you are, the process of reinventing yourself can feel both exciting and unsettling.

As humans, we crave routine and predictability. Sometimes, we even hold on to situations that no longer serve us simply because they are familiar. Yet, the reality is that staying within the bounds of what is comfortable does not allow us to reach our full potential.

As someone who has navigated many seasons of change and reinvention, what scares me more than the unknown is the idea of staying the same. Being stuck in a season of life that no longer serves me, with no influence or agency to change, is far more unsettling than stepping into uncertainty. Knowing that I can shift, reimagine, and adapt is what gives me a sense of safety.

Recognizing the Need for Change

Sometimes, there comes a point when we realize that we don't want to continue on the same path. Maybe it's a habit that is keeping us stuck, a career that is no longer in alignment with our values, or an unhelpful belief we've held about ourselves that was shaped by others. While these moments of realization can feel unsettling, they also open the door to possibility.

The truth is that change is hard. Staying the same is also hard. When we come to this realization, we have a choice to make. Do we continue down a path that leads to the same outcomes, or do we trust ourselves enough to take on the hard parts—the learning, unlearning, and evolving—that will bring us to a place of greater fulfillment?

Seeking out transformation doesn't always mean we are unhappy with who we are or that we are ungrateful for what we have; rather, it is an acknowledgment that life can feel stagnant without growth. We can recognize when we want to show up differently or that there's more out there for us, even if we're not sure exactly what that looks like yet. And the beautiful thing about being human is our capacity to change and evolve.

Just think of all the versions of yourself that have already existed and the ways you have adapted, learned, and redefined who you are. The power of reinvention is that it challenges us to let go of the familiar and step into something greater. It makes space for new opportunities, new ways of being, and allows us to make what matters most, matter most.

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Reimagining What's Possible

Here are some ideas to keep in mind as you reimagine what's possible in your life:

* **Look inward –** Take the time to evaluate where you are versus where you want to be. Who you are versus who you want to become. How you feel versus how you want to feel. How does your current reality align with your values and aspirations? Sometimes, we come upon subtle nudges pushing us forward, whispers of dreams we've put aside, or callings we've yet to step into. As you reflect, meet yourself with compassion and kindness. It is through this self-awareness and acknowledgment of what is holding us back that we create space for growth and alignment.

* **Reframe your identity –** We often get stuck in old narratives that keep us from fully stepping into change. We stay stuck by clinging tightly to an identity we've outgrown. But true transformation requires us to shift how we see ourselves. This is where we begin to let go of what's no longer serving us to make room for the next evolution. What would be that new identity that you would need to embrace to do the thing you want to do or become the person you want to be? For example, if you have spent years in a stable job but are stepping away to pursue your dream of writing a book, the shift might involve seeing yourself as "a writer" instead of the title of your past role. Or if you have identified as a busy professional but want to show up and be more present with family, the shift could mean embracing the identity of an engaged family member.

* **Build supportive habits –** Reinvention doesn't require a complete life overhaul. It's a process. Small, intentional habits move you closer to your goals and the person you want to be. For example, if you want to write a book, commit to writing for 10-15 minutes a day. If you want to be more present with loved ones, set boundaries around work hours or create a habit of putting your phone away during meals. Lean into the experience of someone who already embodies the mindset, habits, and behaviors of the life you're working toward.

* **Seek inspiration –** Who are the people you can look to as examples of what's possible? Who embodies the qualities, habits, or mindset you admire? Who has the career path you aspire to follow? Find ways to learn from them.

* **Quiet the inner critic –** Doubt and fear often surface when we take bold steps toward our potential. Before we even begin making a change, we might convince ourselves of all the reasons it won't work, why we might fail, or why we're not ready. We convince ourselves to play small. These limiting beliefs, the inner whispers that say, "Who do you think you are?" or "Why should you be the one that gets to do this?" are often echoes of voices from our past. When we recognize that these voices are not our own, we can begin to challenge and rewrite the narrative. Stepping outside our comfort zone and into our full potential is worth the discomfort; this is where growth happens.

* **Find your support system –** Who are the people in your corner, the ones who genuinely want to see you living your best life? Surround yourself with people who believe in you and will be there to cheer you on and encourage you as you navigate this change.

Final Thoughts

When we put trust in ourselves and believe in our ability to figure things out, that becomes a mighty force for stepping into the unknown with courage.

I hope you feel emboldened to embrace the change you desire—to take the bold steps toward a life that feels aligned and fulfilling. We are never too old, and it is never too late to choose a new path.

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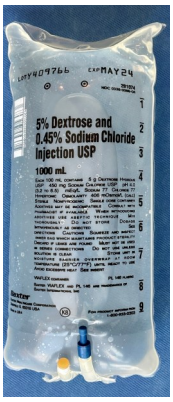
Tips For Maintaining Fluid Restrictions

Dialysis treatment can remove some of the fluid, but you will also need to drink or eat less fluid. It is very important for you to follow the fluid restrictions your health care team prescribes for you.

Six ways to support fluid restrictions:

1. Speak with your healthcare team: Your healthcare team can help you find the right balance of fluids. Be sure to speak with them about sweating caused by heat or exercise and if you have an illness that causes fever, vomiting, or diarrhea. In these cases, you may need to increase fluids.
2. Know your dry weight: Dry weight is your weight minus additional fluids. Most hemodialysis patients try to limit weight gain per treatment to no more than 2.2 pounds or 1 kilogram per day. Check your blood pressure along with daily weights. If it is low, contact your healthcare team as you may need more fluid or salt.
3. Eat less salt: The body needs a balance between salt and fluids, so the more salt you have, the thirstier you'll become.
4. Take medications as directed: Medications like diuretics may help maintain fluid levels.
5. Don't skip treatments: Skipping dialysis treatments leaves excess waste and fluids in your blood, making you feel ill.
6. Create new habits: Instead of drinking a large glass of water, aim for smaller amounts throughout the day. Reach for mouthwash or hard candies, like mints or sour balls, when a craving hits to reduce thirst.

4 cups = 1 quart = 1 liter = Weight Gain: 1 Kilogram = 2.2 pounds



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What counts as fluid?

Anything that you drink or anything that melts at room temperature

Examples: coffee, water, sodas, milk, juice, smoothies, shakes, soup, ice cream, pudding, Jello, custard, lemonade

Source: https://www.kidney.org/news-stories/dos-and-don-ts-fluid-management-kidney-disease

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Follow us on Facebook!

Dialysis Center of Lincoln

Learn:

Staff and Patient achievements

What the staff is up to

What Dialysis Events are coming up

And much much more!

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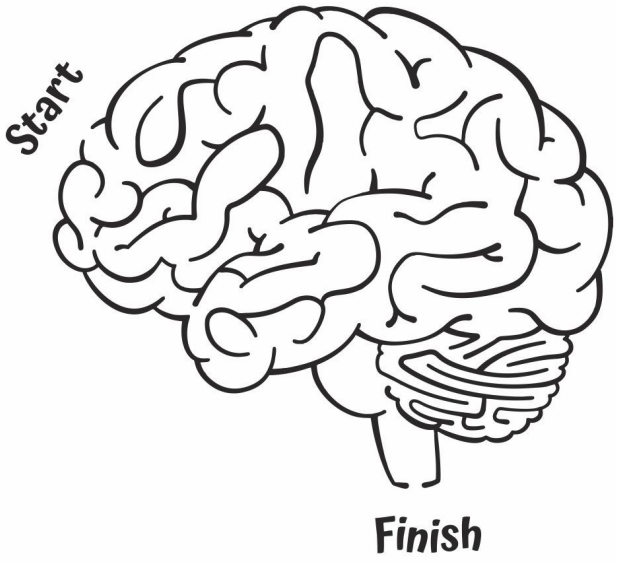

Want to travel? DCL will help get you to your destination. 3-4 weeks before you travel call **Kim T** at **402.489.5339**. Things you will need before you call:

* Zip Code to where you will be Staying/Traveling
* Dates that you would like to travel/do Dialysis

Please note placement is not guaranteed but we will try our hardest to get you a chair time. We will try and get you the closest place to where you are stay as possible but sometimes we have to go out 30-40 miles. If you are traveling outside the county we can give your information to take with you but we don't help with placement.

Happy Travels!!

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Francis Scott Key
thirteen colonies
home of the brave
fourth of july
Constitustion
united states
Rhode Island
liberty bell
independance
uncle sam
fireworks
Fighting
barbeque
Bristol
holiday
victory
liberty
courage
stripes
America
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picnic
family
nation
parade
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Stars
white
blue
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