



What's in the Dialysis Bundle?

What's in the DIALYSIS BUNDLE

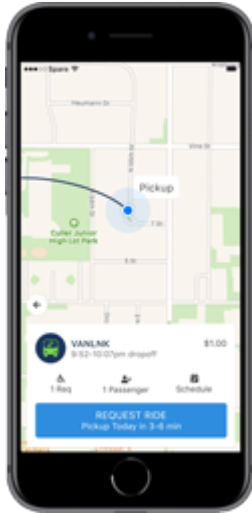
Medicare is a government program which pays for dialysis treatment for people who are eligible and covered under Part B with the ESRD PPS (End-Stage Renal Disease Prospective Payment System). The ESRD PPS is a "dialysis bundled payment" made to a dialysis facility on behalf of Medicare beneficiaries for their treatment. The "Dialysis Bundle" includes the dialysis treatment, laboratory tests, supplies, all drugs, biologicals and services provided for the dialysis treatment.



What's not in the dialysis bundle

- Nephrologist (kidney doctor) professional services
- Medications taken outside of the dialysis treatment (covered by Medicare Part D)
- Preventive vaccines and administration
- Labs relating to transplantation
- All costs associated with emergency room visits and hospitalization including dialysis and labs
- Procedures necessary to maintain vascular access

VANLNK StarTran On-Demand Service



VANLNK is an on-demand transportation service from StarTran. StarTran's fleet of **VANLNK** vehicles are smaller than a regular bus, and provide door-to-door service for customers scheduling trips through a smartphone app. Customers may select any local pickup and destination location, and a **VANLNK** vehicle will be dispatched for same-day service.

VANLNK provides door-to-door service for customers using a smartphone app to schedule and pay for trips. Departures and destinations may be from anywhere within Lincoln city limits.

VANLNK is a shared ride service, meaning trips are planned using software that optimizes the route for all current users on the schedule. If other customers have trips planned in the same general area, you may share the vehicle for part or all of your ride and make a few stops along the way. All vehicles are lift or ramp accessible.

Cost: \$8 per one-way ride (must pay by debit/credit through the app)

Service Hours: Mon – Fri: 7 a.m. to 2 p.m. and 4 p.m. to 7 p.m. Sat: 7 a.m. to 6:45 p.m. Sun: no service

- **How do I download the VANLNK application?**

Search for the keyword “VANLNK” in the app store. It is available for both Apple and Android.

- **How do I book a trip?**

You must book a trip through the **VANLNK** application. With the app open, select “Where to?” and enter your pickup and destination locations. You may set shortcuts for frequently used locations, use your current location determined by geolocation services on your device, or place a pin on a map. After you set your trip options and review the details, select “**SCHEDULE RIDE**” to confirm and pay.

- **Can I reserve a trip for later in the week?**

No, only same-day bookings accepted (i.e., it must be the day you want to book for).

- **How do I cancel a trip?**

Trips should be canceled through the **VANLNK** application. A “Cancel Ride” button will be available under your scheduled trip. Your credit or debit card will not be charged until the trip is completed.

- **What payment types are accepted?**
All major credit or debit card are accepted.
- **Can I use VANLNK to connect to other transit modes?**
Yes, you can use VANLNK to connect to other transit services. If you are traveling to and from a destination, you can also use this service to complete one of the two trips, while using StarTran's fixed route service to complete the other trip.
- **How long will I have to wait for a pick up?**
This service is based on the availability of vehicles. The app will tell you how long you will need to wait for a ride. This wait time will vary depending on the time of day.
- **How many passengers are allowed per trip?**
Only two passengers will be allowed per trip at this time.
- **Are animals allowed to ride with me?**
Service animals are allowed on vehicles. Non-service animals must be in a pet carrier.
- **Are there any guidelines to follow if I am traveling with a child?**
StarTran on-demand service does not provide child safety seats. If you are traveling with a child you are required to provide and secure your own car seat
- **Can I bring luggage, groceries, or other materials onto the vehicle?**
Customers are permitted to bring packages on board the van, but they should be limited in size and number so that the items can be stored safely under the seat or on your lap and the lap of your companion. Packages may not block the aisles.
- **Support**
If you have questions, please call 402-476-1234.





When in Doubt Check It Out

The majority of adults, of any age, use some kind of electronic device. Accessing the internet on an electronic device can be a daily activity when it comes to reading the news, finding official education websites to learn more about kidney disease, shopping and/or buying groceries online, using social media to remain connected with family and friends, etc. There can be many good reasons to use the internet.

Although there are many pros to using the internet being scammed is a major con. It seems like the news is reporting more frequently on scams, providing examples of unfortunate victims being targeted and losing (large) amounts of money. Just as we practice safety habits in our homes, we must do the same while using the internet. This is true any time of the year, and perhaps more so during the holiday season.

We have been taught from a young age to fasten our seatbelts while riding in a vehicle and to lock the doors when we are leaving, or when we are home alone, and even when going to bed. We are reminded to check the smoke alarms in our homes routinely and to replace the batteries annually (usually with the time change). We have been told to not eat food from containers that have broken seals, if we did not break the seals ourselves. The steps we have been taking to keep ourselves safe offline need to apply when we are online as well.

Scammers are criminals who will use a variety of ways to try to pressure and scare individuals into paying them money. The payment of money may look different than paying with cash. For example, scammers will send emails or text messages or make telephone calls requesting payment via gift cards, wire transfers, and more recently, using cryptocurrency. Always be suspicious of urgent requests to pay someone even if they sound like someone you know. AI technology is making it hard to distinguish between someone or something that is real and an AI generated scam.

The demand for money requests should be a **red flag!** Hanging up is a way to protect yourself and it is not rude to do so! Scammers are good at spoofing caller ID numbers to make phone numbers look legitimate, creating fake websites that look real, and even using AI to clone voices that may sound familiar to you.

Protect yourself by not responding immediately. Instead, take time to look up a telephone number on an official website to verify if a telephone number is correct. Call a trusted family member or friend, or even the non-emergency telephone number of the local police if you are suspicious that a scammer is targeting you. We have all been told that many agencies, especially governmental agencies, including law enforcement, will not call asking for monetary payment via gift cards, wire transfers, and/or cryptocurrency.

When in doubt check it out. Do not make immediate or rushed decisions. Do your homework first. Be very cautious with accessing a link(s) in any email or text message unless you are absolutely certain that the message is legitimate.

Reference: National Cybersecurity Alliance (2025, September 29). Online Safety Tips for Older Adults.
[Online Safety Tips For Older Adults - National Cybersecurity Alliance](#)

What kind of milk does Santa want this year?



In recent years, popularity of plant or nut based “milk” products have increased. Reasons for choosing a plant-based milk include: intolerance to dairy, concerns about the environment, and desire to reduce amount of animal products in diet. If you are curious, here is some resources regarding the difference between types of plant-based milk.

Animal based milks are higher in phosphorus (230mg per 8oz)

Vs.

Plant based milks (0-150mg per 8oz) depending on type and brand



Pros for adding milk alternatives

- They make a great alternative to cow’s milk if you have trouble digesting dairy or lactose or are looking for ways to lower phosphorus in your diet.
 - Certain alternatives are a good source of protein
 - Most of them are low in saturated fat and contain healthy fats, such as mono and polyunsaturated fats
 - Plant-based milks contain some fiber, which is not found in animal-based milks
 - Animal-based alternatives are still a great source of calcium
- Plant milks can be fortified with key nutrients, including calcium, vitamin D and B12

Cons for adding milk alternatives

- Even if they are fortified, plant-based milks cannot be relied on to supply enough calcium and other key nutrients in your diet – other food sources are needed
 - Can be more expensive than cow’s milk
 - Plant milks often contain preservatives, thickeners and stabilizers, which cow’s milk doesn’t. Some of these may be phosphorus based (read your labels and look for -phos words)
 - A lot of brands have added sugars, so look for unsweetened varieties for the healthier alternatives
 - Taste may not be as palatable as animal milk.
1. **Almond milk** – One of the more popular plant-based milk meaning most grocery stores will carry one or more brands. Almond milk is low calorie (generally 30-45 calories and 2g fat). Protein content is low, so dialysis patients should not rely on almond milk as a protein source.
 2. **Cashew milk** – sometimes described as “richer and creamier” than other plant milks. Generally, also lower calories (30-45 calories and 1g of protein and fat). Again, dialysis patients should not rely on cashew milk as a source of protein.
 3. **Soy milk** – Popular so easy to find in many stores and has a higher protein content of most plant milks and even animal milk. Typically, a serving has 80-90 calories, 4g fat, and 9g protein.
 4. **Rice milk** – Typically has a sweeter taste. Calories tend to be higher (120-140 calories and 3g fat per serving), and protein content is low.



What kind of milk does Santa want this year?

In terms of adding a splash to your coffee in the morning, almond milk works well. When it comes to baking, soy milk can be great substitutes for traditional dairy ingredients like milk and heavy cream. In most recipes, you can swap any milk alternative for milk in a 1:1 ratio.

If you are looking to reduce the amount of animal milk in your diet and want to try an alternative, check out a plant-based milk. Plant based milks generally are lower in phosphorus and can be a part of a renal diet. Be sure to look at -phos additives on the label.

More questions about plant-based milks, phosphorus, and your renal diet? Talk to a Registered Dietitian (RD)



Kidney Friendly



Ingredients

- 2-3/4 cups all-purpose white flour
- 1-3/4 cups sugar (divided use)
- 1 cup butter, softened
- 2 eggs
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1 teaspoon vanilla
- 1-1/2 teaspoon ground cinnamon

Preparation

1. Heat oven to 400° F.
2. Combine all cookie ingredients in large bowl and mix well.
3. Stir together remaining 1/4 cup sugar (or Splenda®) and cinnamon in a small bowl.
 1. Form 1" balls and roll in the sugar mixture.
 2. Place dough balls 2" apart on an ungreased cookie sheet.
 3. Bake for 8 to 10 minutes until browned.

Nutrients Per Serving:

| | |
|--------------------|------------------|
| Calories 185 | Sodium 60 mg |
| Protein 2 g | Potassium 66 mg |
| Carbohydrates 24 g | Phosphorus 26 mg |
| Fat 9 g | Calcium 8 mg |
| Cholesterol 39 mg | Fiber 0.5 g |

Helpful hints

Recipe analyzed with regular sugar.
Use 3/4 cup Splenda® Sugar Blend instead of 1-1/2 cups sugar in step #2 to decrease calories to 160 and carbohydrate to 18 grams for 2 cookies.