

March 2026

Newsletter

Happy National Social Worker Month

They identify sources of emotional support for patients who need it

Help you and your family cope with kidney disease

Helps with changes in the family, home, workplace and community



Help identify services provided by federal, state and community agencies to meet your needs

Help with Transplant Questions

Help you and your family obtain services when necessary

Jerenda, Art, Jen M, and Kimberly W



Social Workers: Uplift. Defend. Transform.

The 2026 Social Work Month theme honors the prime mission of the Social Work profession – to enhance human well-being, meet the basic human needs of all people, and put special attention on the needs and empowerment of people who are vulnerable, oppressed and living in poverty.

The ability of Social Workers to uplift, defend and positively transform the millions of people they work with each day is needed now more than ever. That is because our nation is experiencing a period of deep cultural, political, and economic divide. There are more than 810,000 Social Workers in the United States and it is one of the fastest growing professions in the United States, according to the Bureau of Labor Statistics. Social Workers are in all areas of our society – with veterans, in schools, in social service and child welfare agencies, in adoption and foster care, in mental health care and health care, and in local, state, and federal government to name a few.

The Social Workers at DCL take immense pride in their mission to **uplift, defend**, and assist patients as they navigate the challenges of kidney disease.

We are forever grateful for the dedicated efforts of Jennifer, Kimberly, Arthur, and Jerenda.

Happy National Nutrition Month

Help with foods are right for you, and they can help you plan your meals.



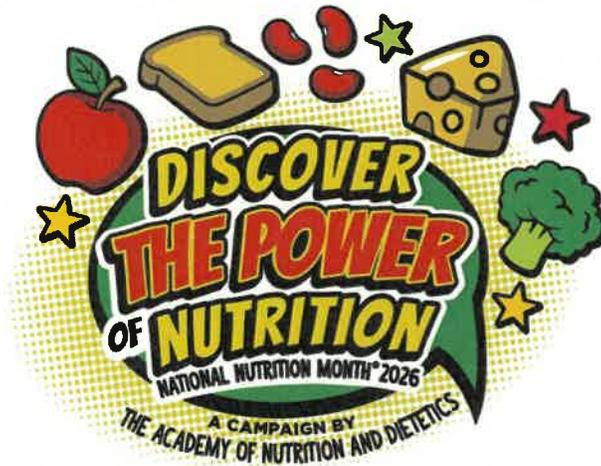
Renal dietitians go over your blood results and recommend ways to improve results if needed.

Renal dietitians are skilled in tailoring your diet to meet your unique needs.

Help with refilling your binders if needed!

Help overview of bone management, dialysis adequacy, rehabilitation and anemia management.

Tammy, Sarah, Tom and Laura



National Nutrition Month® is an [annual campaign](#) established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Discover the Power of Nutrition.**" Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help power your day. Learn tips for accessing healthy foods in your area. And build healthy habits into your day to help you feel great now and in the future.

Whether you're looking at nutrition headlines or searching for nutritious options, boost your confidence when it comes to food and health. A registered dietitian nutritionist (RDN) or nutrition and dietetics technician, registered (NDTR) can expertly guide you with information driven by science.

March 2026



DCL

Leading Progress. Transforming Care.

Newsletter

March 1, 2026

RE: Reminder -Transportation to Dialysis

Each patient is responsible for arranging their own transportation to and from dialysis. This means you should be able to enter and exit the facility on your own, as Dialysis Center of Lincoln staff are not allowed to help patients between vehicles and the facility.

Our staff must remain inside to care for patients and avoid potential injury to themselves or others.

If you need help with transportation, please reach out to your social worker to talk about available options.

For any questions, contact your **Unit Manager or Social Worker**.

Sincerely,

The DCL Staff

I de marcha de 2026

RE: Recordatorio - Transporte a Diálisis

Cada paciente es responsable de organizar su propio transporte hacia y desde la diálisis. Esto significa que deberías poder entrar y salir de la instalación por tu cuenta, ya que el personal del Centro de Diálisis de Lincoln no puede ayudar a los pacientes entre vehículos y la instalación.

Nuestro personal debe permanecer en el interior para atender a los pacientes y evitar posibles lesiones para ellos mismos o para otros.

Si necesitas ayuda con el transporte, por favor contacta con tu trabajadora social para hablar sobre las opciones disponibles.

Para cualquier pregunta, contacta con tu responsable de unidad o trabajador social.

Sinceramente

El equipo de DCL



Food Safety During Power Outage



Refrigerated Food and Power Outages: When to Save It and When to Throw It Out

As the USDA notes in Keeping Food Safe During an Emergency, your refrigerator will keep food safe for up to 4 hours during a power outage. Keep the door closed as much as possible. Discard refrigerated perishable food such as meat, poultry, fish, eggs, and leftovers after 4 hours without power.

After a power outage, never taste food to determine its safety. You will have to evaluate each item separately—use this chart as a guide. **When in Doubt, Throw it Out!**

Frozen Food and Power Outages: When to Save It and When to Throw It Out

A full freezer will hold a safe temperature for approximately 48 hours (24 hours if it is half full and the door remains closed). Food may be safely refrozen if it still contains ice crystals or is at 40°F (4°C) or below, however, its quality may suffer. **Never taste food to determine its safety.** Use this chart as a general guide.



Source: <https://www.foodsafety.gov/food-safety-charts/food-safety-during-power-outage>

Weird March Holidays:

March 1st:
Peanut Butter
Lover's Day



March 10th: Middle Name Pride Day

March 16th: No Selfie Day

March 22nd: Goof Off Day

March 26th: Spinach Day



March 8th:
Popcorn
Lover's Day

Refrigerated Food and Power Outages: When to Save It and When to Throw It Out

Type of Food	Exposed to temperatures of 40°F (4°C) or above for more than 2 hours
Meat, poultry, seafood	
Raw or leftover cooked meat, poultry, fish, or seafood; soy meat substitutes	Discard
Thawing meat or poultry	Discard
Salads: Meat, tuna, shrimp, chicken, or egg salad	Discard
Gravy, stuffing, broth	Discard
Lunchmeats, hot dogs, bacon, sausage, dried beef	Discard
Pizza with any topping	Discard
Canned hams labeled "Keep Refrigerated"	Discard
Canned meats and fish, opened	Discard
Casseroles, soups, stews	Discard
Cheese	
Soft cheeses: blue/bleu, Roquefort, Brie, Camembert, cottage, cream, Edam, Monterey Jack, ricotta, mozzarella, Muenster, Neufchatel, queso blanco, queso fresco	Discard
Hard cheeses: Cheddar, Colby, Swiss, Parmesan, provolone, Romano	Keep
Processed cheeses	Keep
Shredded cheeses	Discard
Low-fat cheeses	Discard
Grated Parmesan, Romano, or combination (in can or jar)	Keep
Dairy	
Milk, cream, sour cream, buttermilk, evaporated	Discard

Type of Food	Exposed to temperatures of 40°F (4°C) or above for more than 2 hours
milk, yogurt, eggnog, soy milk	
Butter, margarine	Keep
Baby formula, opened	Discard
Eggs	
Fresh shell eggs, eggs hard-cooked in shell, egg dishes, egg products	Discard
Custards and puddings, quiche	Discard
Fruits	
Fresh fruits, cut	Discard
Fresh fruits, uncut	Keep
Fruit juices, opened	Keep
Canned fruits, opened	Keep
Dried fruits, raisins, candied fruits, dates	Keep
Sliced or shredded coconut	Discard
Sauces, Spreads, Jams	
Opened mayonnaise, tartar sauce, horseradish	Discard (if above 50°F (10°C) for more than 8 hrs)
Peanut butter	Keep
Jelly, relish, taco sauce, mustard, catsup, olives, pickles	Keep
Worcestershire, soy, barbecue, hoisin sauces	Keep
Fish sauces, oyster sauce	Discard
Opened vinegar-based dressings	Keep
Opened creamy-based dressings	Discard
Spaghetti sauce, opened	Discard
Bread, cakes, cookies, pasta, grains	
Bread, rolls, cakes, muffins, quick breads, tortillas	Keep
Refrigerator biscuits, rolls, cookie dough	Discard
Cooked pasta, rice, potatoes	Discard

Type of Food	Exposed to temperatures of 40°F (4°C) or above for more than 2 hours
Pasta salads with mayonnaise or vinaigrette	Discard
Fresh pasta	Discard
Cheesecake	Discard
Breakfast foods: waffles, pancakes, bagels	Keep
Pies and pastry	
Cream filled pastries	Discard
Pies: Any with filling containing eggs or milk, e.g., custard, cheese-filled, or chiffon; quiche.	Discard
Fruit pies	Keep
Vegetables	
Fresh vegetables, cut	Discard
Fresh vegetables, uncut	Keep
Fresh mushrooms, herbs, spices	Keep
Greens, pre-cut, pre-washed, packaged	Discard
Vegetables, cooked	Discard
Tofu, cooked	Discard
Vegetable juice, opened	Discard
Baked potatoes	Discard
Commercial garlic in oil	Discard
Potato salad	Discard
Casseroles, soups, stews	Discard

Date Last Reviewed August 8, 2024

Frozen Food and Power Outages: When to Save It and When to Throw It Out

Type of food	Contains ice crystals and feels cold as if refrigerated	Exposed to temperatures of 40°F (4°C) or above for more than 2 hours
Meat, poultry, seafood		
Meat, poultry, seafood – all types of cuts	Refreeze	Discard
stews, soups	Refreeze	Discard
Dairy		
Milk	Refreeze (some loss of texture)	Discard
Eggs (out of shell) and egg products	Refreeze	Discard
Ice cream, frozen yogurt	Discard	Discard
Cheese (soft and semi-soft)	Refreeze (some loss of texture)	Discard
Hard cheeses	Refreeze	Refreeze
Shredded cheeses	Refreeze	Discard
Cheesecake	Refreeze	Discard
Fruits		
Juices	Refreeze	Refreeze (discard if mold, yeasty smell, or sliminess develops)
Home or commercially packaged	Refreeze (will change texture and flavor)	Refreeze (discard if mold, yeasty smell, or sliminess develops)
Vegetables		
Juices	Refreeze	Discard after held above 40°F (4°C) for 6 hours
Home or commercially packaged or blanched	Refreeze (may suffer texture and flavor loss)	Discard after held above 40°F (4°C) for 6 hours
Breads and pastries		

Type of food	Contains ice crystals and feels cold as if refrigerated	Exposed to temperatures of 40°F (4°C) or above for more than 2 hours
Breads, rolls, muffins, cakes (without custard fillings)	Refreeze	Refreeze
Cakes, pies, pastries with custard or cheese filling	Refreeze	Discard
Pie crusts, commercial and homemade bread dough	Refreeze (some quality loss may occur)	Refreeze (quality loss is considerable)
Other Foods		
Casseroles: pasta, rice-based	Refreeze	Discard
Flour, cornmeal, nuts	Refreeze	Refreeze
Breakfast items: waffles, pancakes, bagels	Refreeze	Refreeze
Frozen meal, entree, specialty item (pizza, sausage and biscuit, meat pie, convenience foods)	Refreeze	Discard

Date Last Reviewed August 8, 2024

Metabolic Acidosis and Kidney Disease

The kidneys are part of different processes (or actions) that take place in the body. One process the kidneys are well known for is filtering the blood to remove waste products and excess fluid. This takes place within the kidneys in the glomeruli and nephrons (Figure 1). The process is how urine is formed. In most cases, the urine travels through the ureters that are attached to the kidneys, into the bladder, and leaves the body through the urethra. Some people receiving dialysis treatments for their kidney failure may still make urine.

Figure 1: Kidney image with nephron including glomerulus and collecting duct

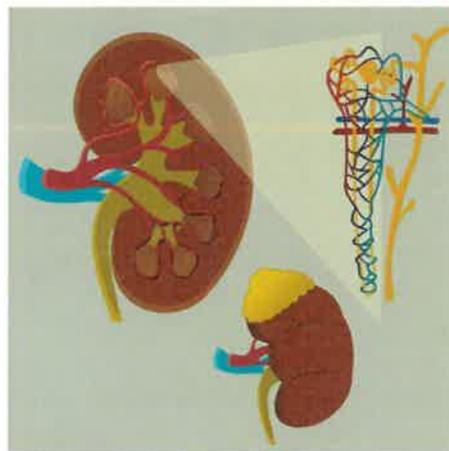


Image compliments of Pixabay Free Images.

Another process the kidneys help with is keeping the blood from becoming too acidic. Metabolic acidosis is having too much acid in the blood. This can happen if the body makes too much acid, the kidneys are not filtering (removing) enough acid from the blood, or both. Metabolic acidosis is common in kidney disease, especially in more advanced stages of kidney disease. When the kidneys are not filtering as well, a buildup of acid in the blood can happen. Kidney failure and diabetes are common reasons for metabolic acidosis. Other causes of metabolic acidosis in people with kidney disease may include

<ul style="list-style-type: none">* High potassium levels (known as hyperkalemia)* A type of protein in the urine known as albuminuria	<ul style="list-style-type: none">* Smoking* Anemia (a condition when red blood cell levels are low)
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Early signs of metabolic acidosis may not be noticeable. As the condition progresses, the following symptoms may be more noticeable. Not symptoms need to happen though. Some people may experience only a few symptoms whereas others may experience more symptoms.

<ul style="list-style-type: none">* Confusion* Fast heartbeat* Nausea* Headache* Long and deep breathes 	<ul style="list-style-type: none">* Loss of appetite* Vomiting* Feeling tired* Feeling weak 
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Metabolic acidosis is often diagnosed by a simple blood test along with symptoms that a person may be feeling. The blood test detects the amount of bicarbonate in the blood. Bicarbonate is a base which is the opposite of an acid. Base is needed to help keep the blood from becoming too acidic. Sometimes the lab result will read bicarbonate (CO₂). A bicarbonate (CO₂) blood result less than 22 mEq/L can be a sign that the blood is too acidic. A doctor, nurse practitioner, or physician’s assistant will be the ones to read the lab results and inform the person if they have metabolic acidosis.

Treatment for metabolic acidosis can include nutrition and medications. Working with a kidney dietitian is very important! He/she will recommend fruits, vegetables, and (plant-based) proteins that are appropriate for each person based on their kidney disease. These types of foods tend to be more basic (or alkaline), which help to keep the acid levels lower in the blood. The most common medications prescribed for metabolic acidosis include sodium bicarbonate tablets or powder (like baking soda). There are other medications that may be used. These decisions will be made by the doctor, nurse practitioner, or physician’s assistant.

The most important part is to talk with your doctor and DCL healthcare team if you have questions about metabolic acidosis and/or you are having symptoms associated with metabolic acidosis.

References:

American Kidney Fund: Metabolic Acidosis Symptoms, Complications and Treatment. <https://www.kidneyfund.org/living-kidney-disease/health-problems-caused-kidney-disease/metabolic-acidosis-symptoms-complications-and-treatment>

National Kidney Foundation: Metabolic Acidosis: <https://www.kidney.org/kidney-topics/metabolic-acidosis>
Pixabay Free Images: <https://pixabay.com/vectors/kidney-organ-anatomy-kidneys-human-5919647/>