

October 2026



Newsletter

We need to verify your Insurance!

* **WE ASK FOR THEM EVERY 3 MONTHS**

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

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



Kidney -Friendly Halloween

Quick Halloween Tips

- Choose candies that are lower in potassium, phosphorus, and sodium.
- Hard, gummy, chewy, and fruit-flavored candies are usually better choices than chocolate or nut-based candies.
- Enjoy candy in small portions, especially if you also manage diabetes or fluid limits.
- Check labels when possible; phosphorus and potassium are not always listed.

Candy Choices

Better Halloween Choices	Use Caution or Limit
Hard candies, lollipops, LifeSavers®, Jolly Ranchers®, Lemonheads®, Smarties®	Chocolate bars, dark chocolate, chocolate-covered candies
Gumdrops, jellybeans, gummy bears or worms, Sour Patch Kids®, fruit slices	Candies with nuts, peanut butter, coconut, or large amounts of caramel
Skittles®, Starburst®, Mike and Ike®, Runts®, Airheads®, Laffy Taffy®	Large portions of any candy, especially if blood sugar or fluid intake is a concern
Candy corn, Red Hots®, marshmallow candies, candy canes, sour balls	Black licorice and high-sodium treats

Remember: Kidney-friendly does not mean unlimited. A small treat can fit into many renal diets, but individual needs vary.



Spooky Places in Lincoln

Antelope Park, 23rd and N to 33rd and Sheridan Blvd.

This city park offers a quaint little space for families and individuals to relax and enjoy nature within the confines of urban Lincoln. Reportedly, within these 143 acres also exist multiple accounts and sightings of paranormal entities. Many of the reports are similar in that people have seen strange and ghostly figures walking across the field behind the caretaker's house, and then into the forest behind it. Visitors have said they feel their hair stand on end, and they feel as if they are being watched. With the expansive space consisting of trees and foliage serves to create a tranquil environment, this small park seems anything but scary



A shelter at Antelope park on Wednesday, Oct. 24, 2018 in Lincoln, Ne.
Many have reported seeing apparitions near and around the area.

The Haymarket District in Lincoln, Nebraska, is said to be haunted by the ghosts of workers who died in the area's many factories and warehouses. The district has a long and fascinating history, and many of its buildings date back to the 19th century.

One of the most famous ghost stories associated with the Haymarket District is the story of the cursed statue. Legend has it that a statue of a horse and rider was placed in front of a building on O Street in the late 1800s. Shortly after it was erected, workers in the building began to fall ill and die. Some say that the statue was cursed by a group of Native American workers who had been mistreated by the building's owner. The statue was eventually moved to another location, but some believe that its curse still lingers in the area.

Another famous ghost story associated with the Haymarket District is the story of the Ghost Bride. According to legend, a young woman died on her wedding day in the late 1800s. Her ghost is said to



haunt the area around P Street, wearing her wedding dress and carrying a bouquet of flowers. Visitors to the area have reported seeing her ghostly figure and hearing her weeping.

There are many other ghost stories associated with the Haymarket District, including sightings of ghostly apparitions, unexplained noises, and a feeling of unease. While there is no scientific evidence to support the existence of ghosts, these stories continue to be passed down through the generations and are an important part of Lincoln's history and folklore.

Spooky Places in Lincoln

Wilderness Park - Hell's Gate

The story was about six or so children that went missing in the Lincoln area in the early 1900s. Some thought they ran away, while others claimed they disappeared into Wilderness Park. There was a woman called the "Witch of the Woods" that lived in a secluded shack in what is now Wilderness Park. A sister of one of the missing boys claimed to see him with this woman. Police started a search of the area and found the bodies of the missing children. They had no evidence to charge the woman who would only claim the children would run on her property



near her shack in the woods. Locals took it into their own hands and the "Witch of the Woods" was found dead one day, hanging on a chain from a tree. It is said that she was buried in the woods, along with the chain. Located on the outskirts of the woods is an area known as Hell's Gate, where it is believed if you walk back into the woods from the gate, you will find and hear the chains, ghosts of the dead children and the "Witch of the Woods."

Wilderness Park in Lincoln, Nebraska, is known for its dense woods, winding trails, and the stillness that falls as dusk sets in. But some say that when the sun goes down, the park isn't quite as quiet as it seems. The story goes that years ago, in the late 1800s, a family of settlers set up camp near what is now the Salt Creek area. The father, known to be a harsh man, was traveling west with his wife and daughter in search of a new beginning. They had a small cart and a couple of horses, but their journey was long, and the family grew more and more desperate as winter approached. The father's temper worsened, especially as their supplies dwindled.

One night, after a particularly vicious argument, the mother and daughter tried to flee the camp, but they never made it far. Locals who discovered the remains years later could only guess at what had happened—stories spread of an angry spirit driven to madness by the bitter cold and hunger.

Now, hikers in Wilderness Park have reported strange occurrences near the Salt Creek area. Some claim to hear the faint sound of hooves echoing through the trees, despite no visible horses nearby. Others swear they've seen a shadowy figure following them at a distance, only to vanish when approached. The most unsettling reports come from those who venture too close to the creek at dusk. They say they've heard the low, sorrowful wails of a woman, her voice carried on the wind, begging for someone to save her daughter.

The legend warns visitors not to stay in the park after dark. Some believe that the spirit of the mother still searches for her daughter, forever haunted by the night they tried to escape, while others say the father's restless spirit roams the woods, angry and vengeful, always watching from the shadows.

Managing Fluid Volume while Receiving Dialysis

Managing how much fluid a person on dialysis drinks every day is important. The amount of fluid a person can have in a day will vary based on the type of dialysis (hemodialysis or peritoneal dialysis) and how frequently he/she receives dialysis. This article will explore how to manage fluid in general and symptoms of having too much fluid in the body (a term sometimes called hypervolemia or fluid volume overload). Work with your DCL dietitian, dialysis nurse, and patient care technician to understand how much fluid you can drink each day.

How do the kidneys manage fluid volume?

Healthy kidneys work hard to help keep just the right amount of fluid in the body. The main function of healthy kidneys is to filter the blood and remove waste products and excess fluid as urine. As kidney disease sets in and the kidneys do not work as well as they did before, a person may need to limit how much fluid they drink each day. This may happen in advanced kidney disease, otherwise known as stage 4 kidney disease. Once the kidneys fail, and a person begins dialysis, their daily fluid intake will be restricted. This is referred to as a fluid restriction. Your DCL team will talk with you about how much fluid you may drink each day and how to limit the amount of fluid each day.

What are common types of fluids?

Fluids are found in both liquids and foods. Some common liquid fluids include:

- Any kind of water
- Coffee and tea
- Lemonade and juices
- Milk
- Alcohol
- Soda, pop, and energy drinks



Some common types of foods with fluids include:

- Ice
- Soups and stews
- Jello, gelatin, and popsicles,
- Watery fruits and vegetables (apples, oranges, cucumbers, tomatoes, etc.)
- Yogurt and yogurt with watery fruits



Managing Fluid Volume while Receiving Dialysis

What are some symptoms of having too much fluid in my body (fluid volume overload)?

Common symptoms of fluid volume overload include:

- Hard to breathe, even when doing little activity (known as shortness of breath)
- Swelling in the feet, ankles, hand, and the face (even around the eyes)
- High blood pressure
- Rapid weight gain (feeling bloated)
- Stomach pain from having too much fluid in your body
- Cramping and/or headache
- Low sodium lab levels in the blood caused by too much fluid in your blood

Not all of the symptoms need to be present to have fluid volume overload.



Managing Fluid Volume while on Dialysis

Working with the dietitian becomes especially important to know how much fluid you can drink each day. The type of dialysis you are receiving (hemodialysis or peritoneal dialysis) and how often you receive your dialysis treatments will also dictate how much fluid restriction you will need to follow in order to avoid fluid volume overload.

Weighing Yourself Regularly

One of the best ways to know how much fluid is in your body is to weigh yourself regularly, if not daily. (This is why people receiving dialysis are weighed before and after each treatment.) It is helpful to weigh yourself at approximately the same time each day and use the same scale, if possible, to get the most accurate weight.

Talk with your DCL dietitian, dialysis nurse, and patient care technician if you have questions. We are here to support you along the way.



References:

National Kidney Foundation (2024). Managing Fluid Overload.

Plant-Powered Kidneys (2024). Fluid Restriction in CKD: When It's Critical and How Much is Too Much.

9 Tips for Fighting Season-

During the winter months, when daylight is limited and routines often shift indoors, many people notice changes in their mood, energy, and motivation. Seasonal Affective Disorder, often called SAD, is a form of depression linked to seasonal changes, most commonly during the fall and winter months. The good news is that there are practical, evidence-based steps you can take to support your mental health during this time. Here are my nine helpful tips to reduce symptoms of SAD and feel more balanced through the darker months.

1. **Light Therapy (Phototherapy):** Expose yourself to bright light, particularly in the morning. Light therapy boxes mimic natural sunlight and can be an effective treatment for SAD. Be certain to follow lightbox directions. They are most effective when used in the first 30-45 minutes of waking from sleep and require 20-30 minutes of exposure. This exposure should not be repeated and/or left on as an ambient light.



2. **Increase Natural Light Exposure:** Spend time outdoors during daylight hours. Sunlight is always better than a lightbox. Do your best to obtain at least 10-15 min of natural, full-spectrum light daily, regardless of outdoor temperature. Open curtains and blinds to let natural light into your home or workspace.

3. **Consider Vitamin D Supplements:** Some people with SAD have lower levels of vitamin D, often obtained from sunlight. Consult with your healthcare provider about whether vitamin D supplements may benefit you.

4. **Regular Exercise:** Engage in regular physical activity. It can help boost your mood and reduce symptoms of depression. Aim for at least 30 minutes of moderate exercise most days of the week.

5. **Maintain a Healthy Diet:** Eat a balanced diet with plenty of fruits, vegetables, and whole grains. Consider incorporating foods rich in omega-3 fatty acids, which may have mood-stabilizing effects.



6. **Socialize and Plan Enjoyable Activities:** Stay connected with friends and family. Social interaction can positively impact mood and help combat feelings of isolation. Engage in activities you enjoy, even if you don't feel like it. Planning activities can provide a sense of purpose and pleasure.

9 Tips for Fighting Season-

7. **Mind-Body Techniques:** Enjoyable activities are great, but engaging in self-soothing, stress-reducing activities is just as important. Practice relaxation techniques such as meditation, yoga, or deep breathing to manage stress and improve overall well-being.
8. **Establish a Sleep Routine:** Create a daily routine with regular sleep patterns. Consistent sleep is crucial for mental health, and disruptions in sleep can worsen depressive symptoms. The American Academy of Sleep Medicine offers excellent sleep hygiene techniques that can help you maximize its benefits.
9. **Seek Professional Help:** Consult a mental health professional if your symptoms are severe or persistent. Evidence-based research tells us that psychotherapy has been proven to reduce disability, morbidity, and mortality. It also improves work engagement and functioning. Psychotherapy changes the neural architecture of the brain to support these outcomes.



Remember that everyone is different, and what works for one person may not work for another. It's crucial to consult with a health care professional for personalized advice and treatment options tailored to your specific situation.



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THANK YOU TO OUR **UNIT MANAGERS** FOR DOING SUCH A GREAT JOB!



Lyz Longnecker



Lauryn Knobel



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