



# 2024 Patient Engagement Calendar

## Be Active In Your Care!

Being active in your care is more than coming for dialysis. It is about learning what you can do to make your health better and acting on what you have learned. This calendar has a topic and action for every month that can help you live well with kidney disease. For more information, contact Qsource ESRD Networks, and visit our website at [esrd.qsource.org](http://esrd.qsource.org).

January	February	March
<p><b>Treatment Success:</b> The Power of Choice.  <b>Action:</b> Make a New Years resolution to educate others on the modality of your choosing.</p>	<p><b>All About Me:</b> I am more than my diagnosis.  <b>Action:</b> Create a vision board of pictures and words that describe you outside of treatment.</p>	<p><b>Kidney Awareness Month:</b> Healthy = Happy!  <b>Action:</b> Keep your kidneys happy by reducing your sodium intake, aiming for 30 minutes of activity a day, and choosing kidney-friendly meals.</p>
April	May	June
<p><b>Traveling Safely:</b> Making treatment work for you away from home.  <b>Action:</b> What would it take for you to travel somewhere new? Challenge yourself to pick a destination and go explore for the entire day-or more!</p>	<p><b>My Life:</b> Balancing treatment and work.  <b>Action:</b> Ask your Social Worker for resources on vocational rehabilitation to continue being successful in your career.</p>	<p><b>Budgeting Bootcamp:</b> Managing your finances with additional medical costs.  <b>Action:</b> Identify at least one item you have been wanting to save for. Create a 30 day plan to achieve this goal!</p>
July	August	September
<p><b>Breathe Easy:</b> Being strong and flexible.  <b>Action:</b> Take a few minutes every day to practice chair yoga for your mind, body, and health.</p>	<p><b>Learning My New Baseline:</b> When to seek help and advocate for yourself.  <b>Action:</b> Keep a journal of how you are feeling and alert your medical professional team if something doesn't seem right.</p>	<p><b>Disaster Preparedness:</b> Ready for anything.  <b>Action:</b> Fill out your facilities disaster preparedness and go-bag checklist.</p>
October	November	December
<p><b>Bodily Changes Caused By Medications and Dialysis:</b> How to continue feeling like yourself while on treatment and after a transplant.  <b>Action:</b> Knowledge is power. Remain a step ahead in potential bodily changes due to kidney disease.</p>	<p><b>Food is Fuel:</b> Carbs VS. Cravings.  <b>Action:</b> Ask for resources on how to stay on track during the holidays and going out to eat.</p>	<p><b>Taking Control:</b> Turning challenges into opportunities.  <b>Action:</b> Return to your vision board that you created in February, add a goal followed by a description of how you will achieve it.</p>

**Patient Toll-Free Line**  
 Network 10 - (800) 456-6919  
 Network 12 - (800) 444-9965



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