



Scuttlebutt

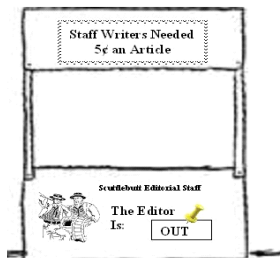


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Editorial Comment

Well it is here, yes 2017, and I have to say, I hope for me, that it will be better year than what I had to live through during 2016. Because 2016 was filled with death, heartbreak, depression, and loneliness from the loss of my best friend and wife, and of course that was me, I was the receiver of some personal bad news. The bad news was that I also had cancer, something that I never thought would be knocking at my door, of course, why I was so closed to such an idea is something I don't understand because my brother and cousin both had cancer, not to mention both of their wives had lost their battle with cancer and the same situation that my wife faced. Now for me, it is not my nature to just give up and accept the whatever the unknown is that might come down the road towards me, I believe in moving forward, attacking if you will, attacking anything and everything that wants to shorten my life if I let it. My negative view and/or outlook about life has changed me, I am happy to say, with the support of my family, friends and friendly associate, I am now what I can only describe as a changed man. I will admit, it shows me that I can be stronger than I thought I could be, and in learning that, I found that I was strong enough to reach out to others with good cheer; good cheer that I didn't even know I had feelings within me to share.

Christmas day was a good day for me; I will admit I almost had an emotional

breakdown, when I realized that I was celebrating this day without my wife, who loved it but not in the receiving side of it as a holiday but the giving part, it made her happy to share her good fortune with others. As I watched my granddaughter play with her toys, I felt complete because I realized that my heart was just like my wives', I knew what she reaped from the giving, yes the joy of giving that I knew was part of me today, and I promise that it is something that I will practice all year round, without any thought of receiving anything in return.

Well enough of me relieving the past with its visible and hidden scars, which will always be there, so I will just accept them as they are and remember how I earned them one at a time. That was then and we are faced with a New Year, no New Year's Resolutions for me, just take each day, one step at a time, looking for the good in everyone I meet. So with a new year, I have decided to change the format for this newsletter, which I hope you will find easier to read and be able to get through the articles and continued installments of subjects that I hope you are as interested in as I am. I have also decided to change the clinic where I receive my dialysis treatments; it was not my decision alone, my family had asked to be closer to where they live in Longmont so that my granddaughter from time to time could visit me at the clinic after school and of course for me that is and was a strong motivator.

Having heard that I was relocating to the Longmont Clinic, I was asked if I would still continue writing this newsletter, and being who I am, someone that enjoys the writing agreed to continue publishing it for their enjoyment. So with that being said, please enjoy this newsletter and don't hesitate to provide me any feedback about the newsletter.



Rocky Mountain Cancer Center of Boulder
Kidney Center of Lafayette and Longmont,



Caregiver

Let me tell you a story, a story that today seems for me to have happened so long ago. Well in the truth of the matter, it was a long time ago; it took place for me way back in November of 2003, which if you're like me it seems to have been forever, yes a lifetime ago.

November of 2003, for me was my first experience in the new world of dialysis. It was so new I didn't even know how to speak it, or what I had to do with such a thing called dialysis. Thinking back, I can't say that I know or remember that any dialysis treatments ever came up as topic in my day-to-day conversations that dealt with health issues or cares.

Anyway, continuing on with this story it was my wife and I, me driving of course, we were en route to Boulder, and please don't ask me why we were going to Boulder, I just don't know. A lot of that time for me is pretty much

a blank. However, as we drove west on Arapahoe, I began to have shooting pain in my lower abdominal area. So having reached 50th and Arapahoe, my wife told me to pull into the parking lot of the new Foothills hospital, which had an Emergency Room. Being the man I am, my comment was that I didn't need a hospital but being the obedient husband that I am, I did what she suggested.

Now from that point on, my wife escorted me into the Emergency Room and I was assigned an examine room where a doctor could evaluate my condition, it all became a vague blank time for me of all the series of events. I only know now what I know because of my loving caregiver, my wife, who was with me every inch and minute of my time getting admitted into the hospital.

I do remember vaguely, that they put a catheter in me to drain my bladder, which was followed by an Ambulance ride to the Boulder Community Hospital on Broadway, actually I remember the ambulance crew coming into the examining room to get me, and that is where my memory ends, from there forward I have to rely on what my wife told me about the events of the day that followed.

What followed, as I understand it, there were more doctors for the program of the day, does that means test and more test, yes it did; more of which I can't say that I have any memory of undergoing. So even if I was not an active participant in the results of my condition regardless of whether they were enlightening or disappointing, well not for me, because I was in and out of reality. Too continue, my wife learned that my bladder was blocked by my prostate, pretty common for older men, which in turn caused the fluid to back up into my kidneys, which in short, kind of did some damage to them. So since the kidneys couldn't perform their life

giving function, dialysis was called for as a means to save my life.

Damn, so much drama and I missed it all, however regardless of whether I was aware of what was going on or not, this story is focused more on having a caregiver who can and will take care of you, well me in this case. And, in this case, I had an excellent one; she was there for me through it all. Since she knew me so well, it was probably better that I was not aware of my situation because I am a horrible patient, I would have more than likely resisted everything that was being done to extent my life.

So having said that, let me give all the credit for me being here today to my wife and caregiver. Well of course the medical staff did play an important role in my recovery. However, since they didn't deal with me directly and only her, they were able to do what was needed for me because if they had to deal with me, I can assure you I would have resisted anything and everything they wanted to do and of course, I would now be dead.

I understand the betting was more in favor that I would die, now if I had known that I would have been one of the ones betting for just that...death, it still plagues my mind more than I want to admit.

A caregiver represents





A Guide to Advance Directive Documents

Please be aware that what follows is just information that I was able to get from the system and should not be taken as advice. As you probably know not every situation is the same but individually different. Now if you have any questions about your particular situation, please consult the appropriate qualified professional health care practitioner, attorney, or estate planner.

Low-cost legal assistance is sometimes available. Consult the Colorado Bar Association Web site at www.cobar.org (click on "The Public" and "Legal Assistance Programs"). You will also find more information about advance directive documents and the Colorado-specific forms can be found under Links and Resources at www.irisproject.net.

Medical Durable Power of Attorney

- In Colorado no one is automatically authorized to make health care decisions for another adult.
- The Medical Durable Power of Attorney (also called the "Power of Attorney for Health Care") is a document you sign to appoint someone to make your health care decisions for you. The person you name is called your agent.
- In most cases, your agent only makes decisions for you when you cannot. They may be temporary, while you recover from an accident or injury, or long term, if are permanently incapacitated or become chronically or terminally ill.
- Your agent can get copies of your medical records, consult with your doctors and other health care providers, and make all decisions necessary for your care.
- Your agent is supposed to act according to your wishes and values, so it's important to discuss your life values, your goals, and your preferences for treatment. Ideally, the agent is someone who knows you very well. He or she must be able to devote the time and energy to handling your health care needs.
- A Medical durable Power of Attorney (MDPOA) is not the same as a general Power of Attorney (POA). The MDPOA is only authorized to make health care decisions. A general POA covers legal and financial affairs. The authority of both types of agent ends at your death.
- Only you are required to sign the MDPOA document; however a notary seal can help support your agent's authority if are sick or injured in another state.
- For more information, and to obtain the Colorado Medical Durable Power of Attorney document, visit the Colorado Health and Hospital Association Web site, www.cha.com.

Living Will

- ◆ In Colorado, the Living Will is called the "Declaration as to Medical or Surgical Treatment."
- ◆ It tells your doctor what to do about artificial life support measures if you have an injury, disease, or illness that is not curable or reversible and is terminal.**
- ◆ In Colorado, your Living Will does not go into effect until 48 hours after two doctors agree in writing that you have a terminal condition** and you are unconscious or otherwise unable to make your own medical decisions.
- ◆ In these circumstances, your Living Will directs your doctors to continue or discontinue, as you direct, life-sustaining procedures, artificial nutrition, and artificial hydration.
- ◆ You do not need an attorney or a doctor to complete a Living Will, but you do need two witnesses. The witnesses cannot be your health care providers, an employee or your health care provider, or anyone likely to inherit properly from you
- ◆ A notary's signature is a good idea but not required.
- ◆ A Living Will is not the same as a regular will ("Last Will and Testament") or a Living Trust, which refer to possessions and property. A Living Will only provides instructions on medical treatment, not the distribution or disposal of your property.
- ◆ For more information, and to obtain the Colorado Declaration document, visit The Iris Project Web site at www.irisproject.net.

**Legislation passed in the 2010 session also allows the use of a Living Will for persons in a Persistent Vegetative State, as diagnosed and certified by 2 physicians.

To be continued in the Scuttlebutt's next issue



Mentor

I was wondering what would make it easier for the new patients to adjust to their new surroundings of a dialysis clinic; as we all know who survive in this environment of the dialysis world, the one thing we do know is that we don't know anything when we first come into the clinic. So as a means to find an answer in the learning process I came across this article on Mentoring (just below) and I thought I would share it with the readership. This topic has opened up a number of avenues that would and should be explored by the management of the Colorado Dialysis Clinics world that we all live in...one such avenue is called Peer-Up that was researched in this area by: University of Virginia (UVA) Lynchburg Dialysis, Peer-to-peer mentoring helps dialysis patients improve their treatment attendance, according to a pilot test of the

Mid-Atlantic Renal Coalition's (MARC) peer mentoring program. MARC's Special Innovation Project, Peer Support to Enhance Self-Management and Reduce Hospitalization Rates, was funded by the Centers for Medicare & Medicaid Services.

MARC recently completed the pilot test of its peer program, known as *Peer Up!*, at University of Virginia Lynchburg Dialysis, where 46 dialysis patients participated. It included pairing of mentees and mentors, mentor training, kick-off social mixers to explain the program and introduce mentees and mentors, ongoing meetings between mentees and mentors, mentor training booster, and a final celebration mixer.

In addition to reducing missed treatments among mentees, *Peer Up!* increased self-efficacy, knowledge, social support, and dialysis social support among

mentees.

Mentors also experienced increases in knowledge, dialysis social support, and self-management behaviors, according to MARC. One mentor said, "I've become more conscious of taking my medicine, controlling my fluids ...and just my overall health. Sometimes, my mentee became my ...inspiration as well as she made me accountable."

MARC has made all of the materials developed for the *Peer Up!* program available on its [website](#) so all dialysis providers can implement a peer-to-peer program in their facilities.

PEER UP! PROGRAM

In May 2014, the Centers for Medicare and Medicaid Services' (CMS) awarded a Special Innovation Project (SIP) to the Mid-Atlantic Renal Coalition (MARC) to determine the effectiveness of peer mentoring among patients with end-stage renal disease (ESRD) to determine if peer mentoring could reduce costly and unnecessary hospitalizations through improved self-management.

While research has demonstrated the benefits of peer-to-peer (P2P) support programs for patients with various chronic diseases such as diabetes, heart disease, and cancer, limited attention has been given to investigating the benefits for patients with ESRD. Guided by the literature-review and environmental-scan findings, the project team developed and implemented a new peer-mentoring program called *Peer Up!* and was implemented and evaluated at University of Virginia (UVA) Lynchburg Dialysis, March-June, 2015.



The *Peer Up!* program included mentor training, mentee and mentor pairing, kick-off mixers, ongoing meetings, mentor training boosters, and a final celebration mixer. It was preceded by a social marketing effort, which included a program naming contest and recruitment of patients as mentors and mentees. Due to the overwhelming success of this program, we've developed an online toolkit to assist others who are interested in implementing a *Peer Up!* program within their facilities. This section of our website is dedicated to the *Peer Up!* Toolkit, offering free, downloadable tools & resources.

More information on this program can be found at this web site:

<http://www.esrdnet5.org/Special-Initiatives/Peer-Up!-Program.aspx> Tips for additional web address for information on the Peer Up! Program



2017 Tax Time

Well here it is a new year, what can we look forward to, well that is pretty much a rhetorical question, hopefully it will be good news, love, friendship, and wealth; however what is just down the road is the agent for the government, yes the Taxman. This agent is coming and there is nothing we can do about him or her knocking on our door.

The Taxman Cometh

My friend, did you hear that painful broken sigh,
 Followed by that helpless moaning mournful cry,
 It herald's the arrival, of an hourly and daily
 ordeal,
 Nothing can contain the emotion you and I have
 learned to feel,
 For the taxman cometh, and our life's will be put
 to the rack
 As his henchmen try to fill his bottomless, empty
 rucksack.
 His sack is carried by his accountants and lawyer
 knaves,
 Sworn to hound you and harass you into your
 graves,
 Licensed cutpurses, lacking any remorse or the
 capacity to feel,
 Enjoying their work, with a practiced inhuman
 zeal.
 They never give anything back, geared only to
 take and take,
 Stealing time and valuables until our spirit
 weaken and break.
 And we, who work from dawn to dusk, are but
 only their slaves
 Taking all that we cherish, and hoped to
 accumulate and save,
 Should any item have a material value to it, they
 will take it,
 Disregarding the labor you paid for it, just to
 make it.
 For my friend, the taxman cometh, and he rants
 and he raves,
 Searching over the land for victims, like you, who
 are his prey;
 Enforcing the laws of the land, is but a game he
 likes to play
 Knowing in the end, that you will succumb, and
 he will have his way.
 Yet, for you and I, kidnapping is criminally
 against the law,
 Demanding we pay a modest fee, and still they
 have the gall
 For even though it is written, in words so richly
 profound,
 When we are strapped for funds, with no ready
 source to be found,
 They hold our family's well being for a pretty

ransom

Taking the crumbs from our mouth like it was platinum,
 For the taxman cometh, and no refuge can be found
 Making us pay and pay, even after we are buried in the
 ground.

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Rock and Hard Place

The title of this article may seem out of place, when it has to do with Doug and I finally getting to Doug's Day Diner, last Wednesday the 4th of January, in Superior, CO. As it was Doug got out of dialysis at 9am and we headed to Superior where the diner is located. I thought I knew the way, so I was in the lead with Doug following behind. Doug said it was a ten-minute ride from dialysis to the diner, but taking the wrong street, I extended the ten-minute ride to a good 50 minutes. All I can say is the Interlocken area is nothing but a maze of roads all labeled Interlocken and me getting lost is not that hard to imagine. The food was great, will have to go again, now that I know the way, which was the way I should have gone when Doug and I went last Wednesday.



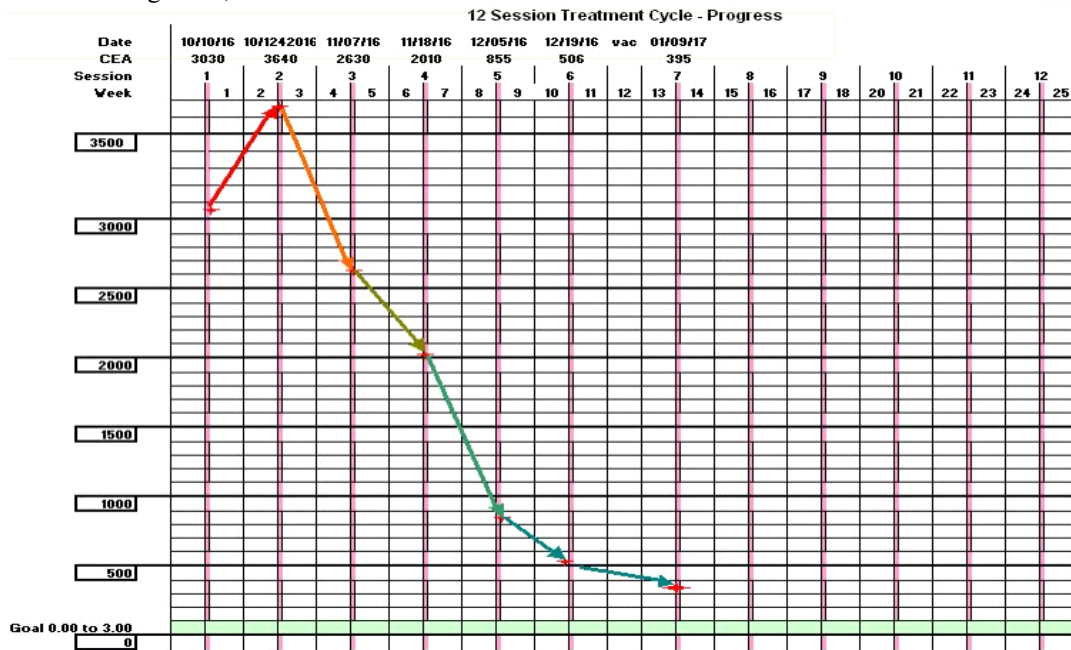


Cancer Treatment

If you take a look at the chart below you'll notice that I actually had a week off between my chemo treatments before this one, this I am happy to say was because my lab results were so good. So having that week off, which for me amounted to three weeks between infusion treatments, and that would have included at least one 46-hour session of me wearing a chemo infusion pump, the pump as you might have heard me mention that the pump interfered with my sleep.

To tell you the truth, I'm, how do I say it, very anxious to see what the lab results will be this next time, which is this Monday as I write this, January the 9th? My previous labs had shown a great improvement in my Tumor Markers, which were with some rapidity moving downward, showing a great improvement to my future forecast I had in combating my cancer. As I view it, it correlates for me to an increased expectation in my life. Yes, having a more open forecast as to my life expectance, my ending falls somewhere on the road of life in the unknown mystery area where it is not a scheduled ending for me but an ending caused by time or the actions of another person.

Well enough said, lets look at the chart and see where we stand —



Friendship

I am still searching for a pen pal but having no luck in that area in finding one. It kind of reminds me of my life many years ago while I was in the service, I never got any mail from back home. However, one day I found a letter written to a stranger, with me being the stranger, I answered it and what do you know a friendship was born. Two strangers searching for the same thing, yes it was a good feeling to finally find someone or better still they found me and we became more than friends. After 48 years of marriage, my friend died and I am alone, and back searching for someone to share my thoughts with but it is quite obvious to me that there isn't anyone out there for me to find anyone like I had had before. I can tell you that the silence is pretty loud when it is a message that is never written or delivered, so I guess you can say there isn't any sense for me to look for anyone that might be interested in writing to me sharing their thoughts and creativity. I guess my newsletter is a product of wishful thinking, hoping I would get some feedback, good or bad or indifferent.





Notices & Tips

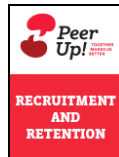
Peer UP! Program, additional addresses
for **Peer Up! Program Toolkit**



<http://www.esrdnet5.org/Special-Initiatives/Peer-Up!-Program/Background-Overview.aspx>



<http://www.esrdnet5.org/Special-Initiatives/Peer-Up!-Program/Program-Management.aspx>



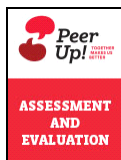
<http://www.esrdnet5.org/Special-Initiatives/Peer-Up!-Program/Recruitment-Retention.aspx>



<http://www.esrdnet5.org/Special-Initiatives/Peer-Up!-Program/Mentor-Training.aspx>



<http://www.esrdnet5.org/Special-Initiatives/Peer-Up!-Program/Patient-Support-Resources.aspx>



<http://www.esrdnet5.org/Special-Initiatives/Peer-Up!-Program/Assessment-Evaluation.aspx>

kidney patient guide

The **treatment** of kidney failure

<http://www.kidneypatientguide.org.uk/site/intro.php>



Would love a good Green Chili Recipe

For those of you who might be interested in getting your future copies of Scuttlebutt online, please go to the link provided below -

<http://ron-wicker.weebly.com/scuttlebutt/html>

Scuttlebutt



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