
◆ The Rubin Review ◆

Volume 9, Issue 3

Holidays 2006

Executive Director Update...

by Wayne Evancoe, CEO

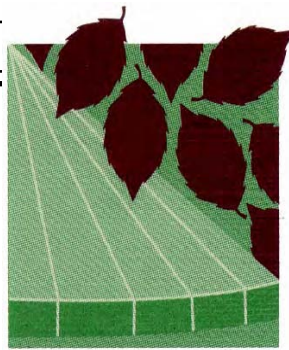
Holiday Time is a time for SAFETY!

Please be very careful when the ice and snow hit us this year. Our staff tries very hard to shovel and throw ice melter, but if you come to any center and see icy spots or feel the parking lots or sidewalks are slippery—PLEASE take time to tell us at the front desk!

Let's all work to stay alert and save someone a dangerous fall! You are all precious and no one wants anyone hurt!

We also all know that the winter can bring some pretty nasty snow storms and want to review the Rubin storm policy. We are always open regardless of the weather. We may adjust your schedule by calling you in early or later depending on when the storm is supposed to be. If you are unable to get here due to a storm, we will try to reschedule you for another time or day.

Our whole Board, our Managers and our dedicated staff wish all our patients and their loved ones much joy and happiness during the holiday season and throughout the year.



See the pictures on page 3

Holiday Greetings!

By Ellen Rubin
Briskman, President,
RDC Board of Directors

As President of our Center Board, I must say we have some of the best dancers in the area after seeing the fun and energy shown by patients, staff and their family members at this year's Rubin Holiday Party!

On Sunday, December 10th, over 300 patients, staff and their families and friends met at the Century House in Latham, NY to enjoy the food, our DJ's music, our Magician, Jim Snack, and the company of many around them!

Our not-for-profit Center Board feels this expense is well spent to have the sharing of time and enjoyment of our patients and staff. It was very nice to see so many dressed in their holiday attire and enjoying the afternoon. We hope to see you all again next year!

Thanks for sharing your time with us!

NxStage, Nocturnal and PD—Great Home Dialysis Options!

By Wayne Evancoe, CEO

Over the past several years, our Rubin Dialysis Home Training staff has grown in scope and ability since they now are training to several different types of home dialysis modalities. Recent articles are praising the clinical benefits of the longer more frequent nocturnal home hemodialysis programs as well as the newer "short daily" home dialysis (6 days per week) such as the NxStage System One.

Our staff of specially trained RN's and Patient Care Technicians, with the support of our Technical Staff, has developed training schedules to meet many different needs. It is well deserved that our center and especially our Home Training Staff has become a strong, well respected group across the state and beyond.

If you are currently using one of our Home Dialysis Options, let us know what helps you the most or how we could try to improve our innovation programs.

If you desire more information to see if any of our Home Dialysis options may fit your needs, please feel free to ask your Nephrologist or any of the staff. Thank you.

For More Information—visit our Website—www.rubindialysis.org

Social Work...

by Brenda Connelly, C.S.W.

Medicare Information for 2007...

Medicare has a number of programs available, below are some of the newer programs that can be of great benefit, if you are eligible. Please contact your unit social worker with any questions.

1. Medicare Part D for non dual eligible patients: Now is the time to change your Medicare D provider, if you desire. This can be changed anytime from 11/15/06—12/31/06. Please note that there is NO Stand-Alone Prescription Drug Plan that offers BOTH brand name and generic drug coverage during the “donut hole” of your 2007 coverage. There are a few plans that do offer generic only drug coverage during this period. If you are presently in a plan that covered your prescription drugs during the donut hole in 2006, please look closely at the benefit plan for 2007. Some premiums went up a significant amount, yet offer less coverage (like no brand name drug coverage).



2. Extra Help with Rx Costs: For those persons who qualified in 2006, your eligibility will be reviewed automatically every year,

if you do qualify, you don't need to reapply because the review will be sent to you automatically. However, if in any year that you are told that you don't qualify but you think you do, you will have to reapply.

For those not currently on the extra help program, there are three levels of eligibility, please keep in mind that your home IS NOT considered a resource. The eligibility criteria is:

A. Individual income: below \$12,920, resources less than \$7,500. Married couple: income below \$17,321, resources less than \$12,000. If qualified, your prescription costs would only be \$3-\$5 and no premium cost.

B. Individual income: below \$12,920, resources are between \$7,500—\$11,500. Married couple: income below \$17,321, resources are between \$12,000—\$23,000. If qualified, you only pay 15% of cost of prescription and have no premium cost.

C. Individual income: between \$12,920—\$14,355, resources not more than \$11,500.

Married income: between \$17,321—\$19,245, resources not more than \$23,000. If qualified, you would pay 15% of prescription cost and have a discounted premium.

If you think you qualify, you can apply online and/or ask your renal social worker for assistance.

3. Medicare Savings Programs: These programs help people who do not qualify for Medicaid and pay for some of the Medi-

care costs and include the following:

***For Medicare
Extra Help
Programs,
your home
is NOT
considered a
resource***

- Qualified Medicare Beneficiary (QMB): will pay for Medicare's premium, deductibles and coinsurance if you fall

within these monthly income limits: Individual income: less than \$837, resources less than \$4,000. Married income: less than \$1120, resources less than \$6,000.

- Specified Low-income Medicare Beneficiary (SLMB): pays for Medicare Part B premium if you fall within these monthly income limits: Individual income: less than \$1,000, resources less than



Everyone enjoyed themselves at the Rubin Holiday Party which included a surprise appearance by "Elvis" aka Chris Williamson.



RDC Photo Album

Wayne Evancoe, CEO and Clifford Stevens awarding prizes at recent Scotch Doubles

A New Year's Resolution to STOP Smoking?? We will help!!

Starting in January 2007, the Rubin Dialysis Center will be educating and encouraging our staff to stop smoking. We feel the same way about our patients and urge you to ask your physician for assistance to stop. By gathering informative materials, helping to identify the latest medical strategies, and finding ways to support our staff's efforts to stop this addictive habit, we hope to keep them healthier – not just because they are very important to our patients and us – but for their own life and family. We wish a healthy and safe New Year to all...but in January let's really support our staffs who want *more money in their pocket* and less danger to their health and longevity! Each of you is precious and we only get one body to wear all our lives! Let's maximize our health!

Social Work—Brenda Connelly, C.S.W.

Medicare Information for 2007 (cont'd) ...

\$4,000. Married income: less than \$1340, resources less than \$6,000.

- Qualifying Individual program (QI-1): pays for Part B premium if you fall within these monthly income limits: Individual income: less than \$1,123, no resource limits. Married income: less than \$1,505, no resource limits.

To apply for any of the Medicare Savings Programs, you must apply at your local Department of Social Services.

If you have questions on any of these programs, please feel free to ask your unit social worker. All of these government programs can be difficult to understand yet they can offer some great benefits!

See your Social Worker if you have any questions regarding Medicare Coverage

2nd Annual Scotch Doubles Bowling Fundraiser

On Sunday, November 5th, the Rubin Center 2nd Annual Scotch Doubles Bowling Fundraiser was held at Hilltop Bowl in Speigletown, NY.

We had a wonderful turnout of staff, patients and their families and members of the community who helped to raise money for our not-for-profit organization. This money will go towards upgrading of equipment and special needs of patients.

We would like to give special thanks to the Stevens family for hosting this event and to everyone who made it such a success. We would also like to thank those that contributed items for our silent auction, we had a great selection of gifts.

The Rubin Center is most grateful for all donations and if you visit our website you can find out how to make a charitable donation in memory of a loved one and have their name engraved and placed on our Memorial Trees that are displayed in each center. Thanks again for your support

Dietary...by Kathy Hanley, M.S.R.D., C.D.N.

Raise The Bar...

Malnutrition is common in patients with chronic kidney disease. Lack of appetite, nausea, altered sense of taste and fatigue makes eating, shopping and cooking a low priority. Hemodialysis removes valuable proteins which can lead to malnutrition and weight loss. Nutritional supplements are often used to increase calories and protein, however these supplements provide extra liquid and can add to a fluid restriction that is already difficult to follow.

Dietitians are now looking to the assortment of protein bars on the market to provide additional nutrition without the disadvantage of high cost and extra fluid intake. Protein bars, when eaten with a phosphate binder can provide an excellent source of additional protein. These bars resemble snack bars or candy bars and can be obtained in grocery stores, pharmacies and other variety centers.

Recommended Nutrition Bars

AdvantageEdge Complete Nutrition

Chocolate Caramel
Chocolate Peanut Butter Crisp
Rocky Road Crisp
Peanut Butter Caramel

AdvantageEdge Carb Control

Blueberry
Chocolate Cream Pie
Chocolate Peanut Butter Crisp

Balance Bar

Almond Brownie
Mocha Chip
Honey Peanut

Balance Gold Crunch

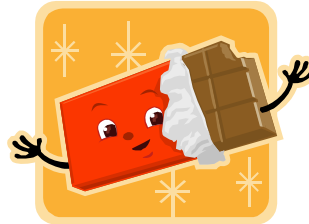
Chocolate Mint Cookie
S'Mores

Balance Carb Well

Caramel and Fudge
Chocolate Fudge
Chocolate Peanut Butter

Luna Bars for Women

Chai Tea
Key Lime Pie
Nutz Over Chocolate
Toasted Nuts and Cranberry



*Protein
bars
provide
additional
nutrition*

Some examples of nutrition bars on the market that are acceptable for people with kidney disease are listed below. There are other acceptable bars which can be identified by reading the label and looking for bars with less than 110 mgs potassium and around 15 or more grams of protein. All bars will contain a good amount of phosphorus, that is why it is important to take your phosphate binder whenever a snack bar is added to your meal plan.

The bars listed below will have less than 110 mgs potassium and 9-20 grams protein. Many of the flavors listed have chocolate in their title which people on dialysis have been asked to avoid. However, it should be noted here that the items below that are chocolate still contain less than 110 mgs potassium and the majority of flavorings is artificial or contain a small amount of cocoa powder. The nutritional benefit you will receive is well worth the small amount of potassium they contribute. So indulge and enjoy while improving your nutritional status.

Balance Gold

Chewy Chocolate Chip
Triple Chocolate Chaos

PowerBar Performance

Cappucino
Malt Nut
Raspberries and Cream
Vanilla Crisp
Wild Berry

ZonePerfect Bars

Apple Cinnamon
Chocolate Caramel Cluster
Chocolate Coconut Crunch
Chocolate Mint
Chocolate Peanut Butter
Chocolate Raspberry
Cinnamon Roll
Fudge Graham
Mango Orange Delight
Orange Cranberry Crunch
Peach Apricot Parfait
Peanut Toffee
Strawberry Yogurt

For People With Diabetes

Glucerna Bars (6 grams Protein)

Lemon Crunch
Chocolate Caramel

Vitamins and Dialysis—
by Reddy Chappidi, M.S.R.D.

Vitamins are essential for normal body function and overall health. There are 13 major vitamins and requirements are individualized depending on age, gender and disease states. The dialysis patients’ needs are unique, toxins that build up between treatments can change the way the body uses vitamins and water soluble vitamins are removed during the dialysis process. It is recommended that a person receiving dialysis avoid regular over the counter vitamins as they may not contain the right portion of the vitamins needed and also may contain some vitamins which can be harmful to a person receiving dialysis.

The dialysis patient needs to follow a renal diet which limits some foods that contain important vitamins found in fruits, vegetables and dairy products. There are more than ten different renal vitamins available. Some insurance companies may only cover a certain vitamin and others may not cover any vitamins. Below is a list of acceptable renal vitamins. You may need to take this list to your pharmacist and inquire which one is covered by your insurance company.



Everyone receiving dialysis therapy needs to take a renal vitamin. Be sure you are taking one on this list.

Dietary Ingredients	Diatx Zn	Dialyvit 3000	RENAX	NEPH- PLEX Rx	NEPHRO- CAPS	NephroVite Rx	RenaVite	Folbee Plus	Dexfol
						NephroVite			
Folacin (Folic Acid)	5mg	3mg	2.5mg	1mg	1mg	1mg .8mg	800mg	5mg	5mg
Cyanocobalamin (B ₁₂)	2mg	1mg	12mcg	6mcg	6mcg	6mcg	6mcg	1mg	1mg
Pyridoxine (B ₆)	50mg	25mg	16mg	10mg	10mg	10mg	10mg	50mg	50mg
Ascorbic Acid (vitamin C)	60mg	100mg	50mg	60mg	100mg	60mg	60mg	60mg	60mg
Copper (as Copper Gluconate)	1.5mg	—	—	—	—	—	—	—	—
D-biotin	300mcg	300mcg	300mcg	300mcg	150mcg	300mcg	300mcg	300mcg	300mcg
Niacinamide or niacin (B ₃)	20mg	20mg	20mg	20mg	20mg	20mg	20mg	20mg	20mg
Pantothenic acid (B ₅)	10mg	10mg	10mg	10mg	5mg	10mg	10mg	10mg	10mg
Riboflavin (B ₂)	1.5mg	1.7mg	2mg	1.7mg	1.7mg	1.7mg	1.7mg	1.5mg	1.5mg
Selenium	—	70mcg	70mcg	—	—	—	—	—	—
Thiamine (B ₁)	1.5mg	1.5mg	3mg	1.5mg	1.5mg	1.5mg	1.5mg	1.5mg	1.5mg
Vitamin E	—	30IU	35IU	—	—	—	—	—	—
Zinc	25MG	15MG	20MG	12.5MG	—	—	—	—	—
Prescription Required	YES	YES	YES	YES	YES	YES NO	YES	YES	YES

Cinnamon Apple Cobbler

1/2 tsp. cinnamon
 3 Tbsp. honey
 4 cups sliced apples
 1/3 cup unsweetened apple juice
 1/4 cup margarine, melted

1/4 tsp. salt
 1 egg, beaten
 1 cup flour
 2 Tbsp. skim milk



Mix together cinnamon and honey. Pour over apple slices, stirring gently until all are coated. Place apples in bottom of oiled 8-inch round baking dish. Combine dry ingredients; set aside. Combine egg, apple juice concentrate, milk and melted margarine; add dry ingredients all at once and mix until smooth. Pour over apples. Bake at 325° for 50-55 minutes or until done. Cut into 8 pieces. Serve warm. If desired, serve with 1 Tbsp. reduced-calorie whipped topping.

Nutrition Facts—Servings: 8 (1 piece) Calories 202, Protein 3g, Carbohydrate 32g, Fat 7g, Sodium 200mg, Potassium 156mg, Phosphorus 109mg

Exchanges: 1 starch/bread, 1 fruit, 1 1/2 fat

Ross Nephro Notes

Baby Carrots

1 pound package baby carrots
 1 Tbsp. fresh dill or 1/2 tsp. dry dill
 Juice of 1/2 lemon



Steam baby carrots until tender.
 Toss with lemon juice and dill.
 Serve warm or cold.

Nutrition Facts—Servings: 6 (1/2 cup). Calories 57, Protein .8g, Carbohydrate 8g, Fat .1g, Sodium 51mg, Potassium 184mg, Phosphorus 23mg, Calcium 26mg

Renal and Diabetic Food Choices: 1 medium potassium vegetable

Reference—R & D Laboratories Inc.

Let your nurse and Social Worker know if you have out of town vacation plans so that arrangements can be made. Let us help you enjoy your holidays!

NOTE: The Rubin Dialysis Center supports 100% compliance with the privacy and security of health information (HIPAA). If you have any questions, please speak with your Social Worker.

Holiday Bon Appetit—

by Kathy Hanley, MSRD, CDN

Throughout the year, you no doubt attend a lot of holiday and social gatherings. Fall and winter holidays present get-togethers associated with eating while spring and summer brings invitations to cookouts and graduation parties.

How can you arm yourself when entering these Danger Zones? To help you enjoy your festivities and remain within your recommended nutritional guidelines, keep these tips in mind -

- Don't go to events famished. Eat part of your meal at home.
- Review examples of foods allowed on your diet before you go.
- Keep portion size small so you can sample a variety of foods.
- Beware of holiday fruit-cakes. They can be very high in potassium.
- Adapt holiday recipes so they can be lower in sodium and potassium.
- Keep a watchful eye on beverages and other sources of fluids.

Cues for eating aren't associated only with holidays or special events — they are a part of everyday life. Be prepared, shop from a list, buy foods that require preparation to cut down on snacking out of habit or boredom, and keep healthful foods on hand. That way you are in control.

**BEST WISHES FOR
 HAPPY HOLIDAYS!**

Healthy New Year's Resolutions

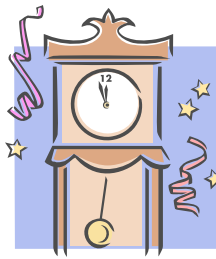
For a Happy & Healthy New Year, I plan to...

Down

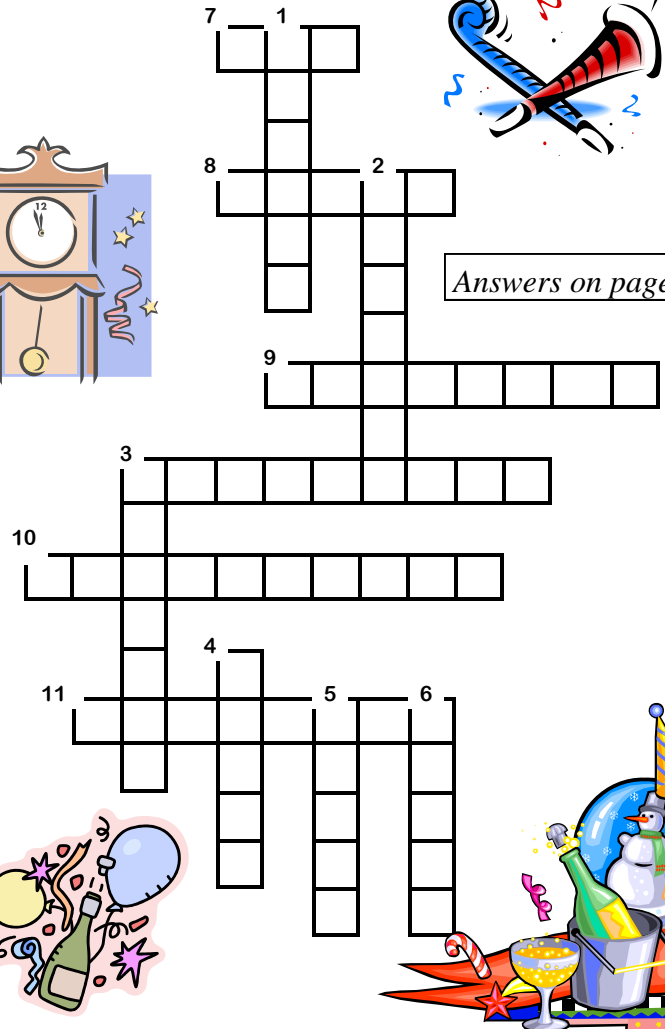
1. Take proper care of my vascular _____.
2. Remember to take my phosphate _____ with all meals and snacks.
3. Eat enough high _____ foods every day such as fish, poultry, eggs and beef.
4. Measure the amount of _____ I drink to prevent excess weight gain.
5. If I am diabetic, I plan to limit foods that contain high amounts of _____.
6. Avoid very _____ foods so I don't become extra thirsty.

Across

3. Avoid fruits such as banana & cantaloupe because they contain too much _____.
7. If I need to lose weight, I plan to limit high calorie foods such as those high in _____.
8. Use fresh _____ instead of salt and salty seasonings.
9. Include more _____ every day by walking or using light weights.
10. Limit dairy foods such as milk and cheese because they are high in _____.
11. Attend and stay for all my _____ treatments.



Answers on page 8



Business Office Update...

By Mary Rose Delamater

With the end of the year approaching, many people have the opportunity to make changes in their health insurance plans effective 1/1/2007. Some of you are also experiencing mandatory changes in your coverage by your plan administrators. Any change, or potential change in your coverage, even within the same insurance company, needs to be brought to the attention of the RDC Business Office as soon as you are notified.

Our staff will be able to assist you in determining if the Rubin Center participates with a plan, provide you with information regarding deductibles and co-payments and assure that the necessary referrals are obtained. Failure to inform the Center of such changes, where

**Let the
Business Office
know of
any changes
in your
insurance!**

referrals are required, could result in claim denial making you responsible for payment. It could also result in the insurance plan requiring you to move to another dialysis center if the Rubin Center does not participate with the plan.

The decision to choose the insurance coverage for you and your family's needs is yours and the Rubin Center cannot make that decision for you. We can, however, assist you with information on the plan's dialysis benefits. It is important that you familiarize yourself with your insurance coverage and keep the business office informed of any changes.

Wishing you a very Happy Holiday Season!

The RDC Business/Financial Office
Phone #518-271-0702



