

Time, Space, People, Place: Navigating the Holidays during COVID

October 13, 2020

Program will start shortly.



Living Well Before & After Transplant





LIVING (LIFE) WELL

After Transplant

Programs for Recipients & Caregivers



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After Transplant

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NATIONAL KIDNEY
FOUNDATION®

of Wisconsin

During the Meeting

- Click on *Participants* (lower portion of your screen) to make sure your first and last name are displayed.
- If not, Rename yourself using the name you used when you registered for this event.
 - On a computer, hover the mouse over your name and click on the blue More button, choose Rename.

Watching and Asking Questions

- Participants should keep themselves “muted” unless speaking.
- Use the in-meeting *Chat* to ask a question of the moderator or the group, comment, share your experiences.
- Use the microphone icon at the bottom left of your screen to “Unmute” and “Mute” your microphone.

Videos

- Use the video icon next to the microphone icon to stop your live-stream image being shown on the video screen.
- The NKF may choose to turn off participant's video at any time during the meeting.

Welcome

Cindy Huber, CEO
National Kidney Foundation of Wisconsin



SHOP
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Did you know that **amazon** will make a donation to the **National Kidney Foundation of Wisconsin** every time you shop with AmazonSmile?

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DONATE TO HELP A KIDNEY PATIENT

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kidneycars.org

CONTACTLESS
Pick-up

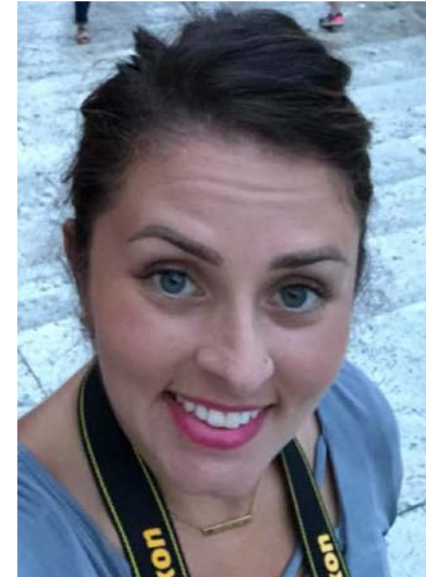
KIDNEY
CARS
National Kidney Foundation



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Allison Stephans
Abdominal Transplant Social Worker
Froedtert Hospital



Samantha Hamilton
Post-transplant Coordinator
Froedtert Hospital



of Wisconsin



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National **Kidney** Foundation®
of Wisconsin

Speakers

➤ Allison Stephans, MSW, APSW



➤ Samantha Hamilton, MSN, RN



Purpose

- ▶ Discuss topics to consider when planning for the holidays





Time

- ▶ Unprecedented Times
 - ▶ Unknowns of COVID
 - ▶ Unknowns of recommendations
- ▶ Do you limit time at events?



People



- ▶ How many people will be there?
- ▶ How well do you know the people?
- ▶ Are they healthy? (any recent fevers, cough, congestion, etc?)
- ▶ Who is preparing the food?
- ▶ Is food/ snack options individually wrapped?
- ▶ Everyone has different opinions on social distancing/wearing a mask
 - ▶ Maintain 6 ft distance when eating (because people will have their masks off)



Place

- ▶ Where will events be held?
- ▶ Are you able to leave easily if you are uncomfortable?
- ▶ Virtual options vs in-person options
- ▶ Encourage your friends/Family to wear their masks as much as possible



Space




- ▶ Space to people ratio
- ▶ Ability to social distance
- ▶ Difficulty socializing outside with cooler weather
- ▶ How/where is food placed?
 - ▶ Making sure to sanitize after getting food and prior to eating (many people have probably touched the utensils used to serve)
- ▶ How will you remain socially distant while eating, and continuing to prevent exposure?



How to prepare

- ▶ Make sure that you have a mask to wear
 - ▶ Wear this the entire time you are there
- ▶ Bring hand sanitizer with you (keep it in your pocket)
- ▶ Bring antibacterial wipes in your vehicle to clean commonly touched surfaces (steering wheel, gear changer)
- ▶ Do not give hugs when you arrive (try an elbow bump instead)
- ▶ Do NOT try someone else's food or drinks
- ▶ Bring your own beverage cup, to remain confident you didn't pick up someone else's glass



When you're leaving

- ▶ No hugs- say goodbye or do an elbow bump
- ▶ When you get in your car, apply hand sanitizer
 - ▶ Wipe down steering wheel and gear changer
- ▶ When you get home, remove all of your clothing and put them in the wash
 - ▶ Wash your clothes with HOT water
- ▶ Wipe down door handles/switches used to get into the house
- ▶ After removing your clothes, immediately take a shower



Other Thoughts

- ▶ Know your limits, where you are comfortable
- ▶ Recognize that everyone has different ideas about social distancing
- ▶ Respect others' opinions
- ▶ BE SAFE!

Program Evaluation Survey

Watch for our Living Well Before & After Transplant survey in your email to share your opinion.



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Upcoming Programs – Living Well Before & After Transplantation

Tuesday, November 10

A Taste of Something New for the Holidays



Upcoming Program – Living Donors Together

Tuesday, October 20

Living Donors Who Gave to a Relative/Family Member

Featuring: Sarah Kaatz, Jenn Finn and Mary Wang

Tuesday, November 17

Living Donors Who Gave to a Non-relative or Gave Altruistically

Featuring: Susan Grzeskowiak, Noah Torres, Maranda Abitz and Amy Prince



Tonight's Presentation

- Find a recording or copy of tonight's PowerPoint slides:

<https://www.kidneywi.org/living-well-before-after-transplant/>





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Thanks for being a part of the program.

