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

October 13, 2020

Program will start shortly.
Living Well Before & After Transplant
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 NKFW may choose to turn off participant’s video at any time during the meeting.
Welcome

Cindy Huber, CEO
National Kidney Foundation of Wisconsin
Did you know that Amazon will make a donation to the National Kidney Foundation of Wisconsin every time you shop with AmazonSmile?

Visit smile.amazon.com and select the NATIONAL KIDNEY FOUNDATION OF WISCONSIN as your charity of choice.
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1-800-488-CARS (2277)
kidneycars.org

CONTACTLESS
Pick-up
Time, Space, People, Place: Navigating the Holidays during COVID

Allison Stephans
Abdominal Transplant Social Worker
Froedtert Hospital

Samantha Hamilton
Post-transplant Coordinator
Froedtert Hospital
Time, Space, People, Place
Navigating the Holidays During COVID

Jointly Sponsored by
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.
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.