

TENNESSEE **KIDNEY**
FOUNDATION

KIDNEY CARE CHRONICLE

Empowering Kidney Health: Support for Kidney Patients and Loved Ones

=SUMMER=

How to stay hydrated when the weather is warm!



Organizations that can assist
with AC/fans (scan QR Code or
call to apply for assistance)

Metropolitan Action

Commission
615.862.8860



NeedLink Nashville

615.269.6835



Tennessee Housing Development Agency

615.815.2200



Mid Cumberland Community Action Agency

615.742.1113



Follow the fluid allowance your care team recommends—this includes water, ice, soup, coffee, and other liquid-containing foods. If you're unsure, ask your team to clarify your personalized limit.

Track fluid intake. Use a small bottle or app to monitor how much you're consuming daily. Freeze your daily fluid allowance in a container so you can "see" how much you have left.

Manage thirst without drinking too much. Suck on frozen grapes, hard candy or chew gum. Eat cold, sliced fruits. Use mouth moisture spray.

Watch your salt intake. Sodium makes you thirstier. Stick to low-sodium foods to help control fluid buildup and thirst.

Stay cool to reduce sweating and thirst. Wear lightweight, breathable clothing. Use fans, portable misting fans, AC, or cool showers to lower your body temperature..

Avoid peak sun exposure. Try to stay out of the sun from 11am-3pm.

Travel Tips for Kidney Patients

Plan Ahead (**Ideally 4–6 weeks in advance**).

Contact your dialysis center with your travel dates and destination—they’ll help arrange travel (guest) dialysis, including submitting your medical records.

If you are on the transplant waitlist, **notify your transplant center of your travel plans**.

PD patients should **ship solution bags to their travel location** in advance.

If flying, **ask your kidney doctor for a note in case TSA questions medical supplies or schedules**.

Adjust Travel Plans Around Treatment.

Plan travel after a dialysis session whenever possible—you’ll feel better!

Don’t skip or delay treatments—it can be dangerous.

Pack **Wisely!**

- A current medication list, recent lab work, and treatment schedule.
- Your **insurance cards**.
- Healthy **snacks and fluids** (as allowed) for travel days

Insulation for Impact – Apply by July 31!

The Mayor’s Office of Sustainability and Resilience, NES, TVA, and NeedLink Nashville have teamed up to offer **free attic insulation** to help older Nashvillians lower their energy bills.

Who’s eligible?

- Age 60+
- Home served by NES
- Meet income guidelines
- Homeowners *and* renters (with permission)
- Primarily for single-family homes

APPLY BY JULY 31 HERE

Interested In TKF Programs?

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