

November 2023

UI HEALTH CARE ORGAN TRANSPLANT CENTER

Navigating nutrition during the holiday season

Celebrations are a time where there is frequently a focus on food. Cooking during the holiday season is already challenging, even more so when you have specific dietary needs to consider. It is possible to serve delicious food and plan celebrations that everyone can enjoy regardless of their dietary needs!

Consider the following to help you develop your own plan for success this holiday season:

- What are the steps I need to take to ensure the meal is safe for me to eat?
- What are some methods I can use to communicate my personal needs to those around me?
- How might I graciously decline when the food provided is inconsistent with my personal health needs or my safety?

Communication and planning are central to this process. If you question recipes or products, show them to your doctor or registered dietitian prior to consumption. Take time to plan out your talking points with family and friends. Your plan may include making items ahead of time to share or packing a few snacks that you can safely enjoy. Ideas on how to adjust your favorite recipes are available on many websites, and from your registered dietitian! If you are unable to make items yourself, select a few recipes and have a trusted support person make them for you. If needed, be prepared to set boundaries with grace and firmness to honor yourself and your health. You may also seek peace in finding opportunities to move beyond food as the primary focus of the celebration.

Wishing you and your loved ones a very happy holiday season!

- Renee Fields-Hu, MBA, RDN, LD
UI Health Care Clinical Dietitian

National Donor Sabbath

National Donor Sabbath is observed annually in November and seeks to educate faith-based communities about the need for organ, eye, and tissue donors. This year, National Donor Sabbath is **Friday, November 10**. All major religions in the United States support organ, eye, and tissue donation as an unselfish act of charity. This initiative aims to educate about the critical need for donors, dispel myths, and discuss religious beliefs related to the donation process.

Here is how you can be part of this year's Donor Sabbath:

1. Host activities such as a donor registration drive or donor workshop at your place of worship.
2. Light a candle in honor of the heroes who gave the gift of life and patients waiting for a transplant.
3. Publish an announcement in your congregation's newsletter or bulletin about your experience with donation or transplant.
4. Register to be an organ and tissue donor [here](#).

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ADDITIONAL INFORMATION

This section of our monthly newsletter will focus on support and resources offered both by the UI Organ Transplant Center and throughout the nation. Please utilize these as you need them and reach out with any questions!

Kidney: 319-356-1136

Liver: 319-356-1137

Medicare Post-Transplant

Medicare coverage applies to those that receive a transplant at a Medicare approved facility. This is important for any potential present and future immunosuppressant coverage. Medicare Part B will cover immunosuppressants at 80% after the deductible is met, with 20% being the patient's responsibility or covered by a secondary payor. Medicare Advantage plans apply the same rules.

* For further questions or coverage changes, please contact the UI Organ Transplant Center Financial Counselors.

Video Resources

The UI Organ Transplant Center has put together videos to better explain the transplant evaluation process and provide additional patient education. Please click the links below to access these videos.

- [Kidney Transplant - Patient Education Videos](#)
- [Liver Transplant - Patient Education Videos](#)
- [Pancreas Transplant - Patient Education Videos](#)

Organ Transplant Support Group

Starting in February 2024, the UI Organ Transplant Center will begin having our support group every other month. The support group will also be a hybrid version—both in-person and by Zoom. Each group will be focused on a specific topic, with speakers followed by time for discussion. If you have any questions, please contact 319-467-8385.

Location:

Iowa Donor Network
550 Madison Avenue
North Liberty, IA 52317

Date:

February 8, 2024
Speaker: UI Health Care
Dietitian

Zoom Information:

Meeting ID: 974 1496 3127
Passcode: 118836

Additional Resources

Social Security Disability

- [Adult Disability Starter Kit](#)
- [SSI Child Disability Starter Kit](#)

National Living Donor Assistance Center (NLDAC):
[How to Apply](#)

Iowa Anatomical Gift Fund: [Application](#)