

# 2019 Aloha Kidney - 6 Class Series – Offered 3x/year

## *Castle Wellness Center*

### *Weinberg Building*

*Mondays 6:00 - 8:30 pm*

Parking free in front of hospital

Class 1	2	3	4	5	6
Jan 21	Jan 28	Feb 4	Feb 11	Feb 25	Mar 4
May 6	May 13	May 20	Jun 3	Jun 10	Jun 17
Sep 16	Sep 23	Sep 30	Oct 7	Oct 14	Oct 21

## *Pali Momi Med Center*

### *Diamond Head Conf Rm*

*Saturdays 1:00-3:30 pm*

Parking validated free

Class 1	2	3	4	5	6
Jan 19	Jan 26	Feb 2	Feb 9	Feb 23	Mar 2
May 11	May 18	Jun 1	Jun 8	Jun 15	Jun 22
Sep 14	Sep 21	Sep 28	Oct 5	Oct 12	Oct 19

## *Neighbor isle + West O'ahu*

### *Web class series*

*Thursdays 1 - 3:30 pm*

Class 1	2	3	4	5	6
Jan 24	Jan 31	Feb 7	Feb 14	Feb 21	Feb 28
May 9	May 16	May 22	May 30	Jun 6	Jun 13
Sep 19	Sep 26	Oct 3	Oct 10	Oct 17	Oct 24

*Hosted by (if adequate sign up):*

*Hilo - East Hawaii IPA, 670 Ponahawai St #117*

*Waimea, Hawai'i Island -Tutu's House*

*Maui - pending confirmation*

*Moloka'i - Na Pu'uwai Health Center*

*Lana'i - Ke Ola Hou o Lana'i Health Center*

*Kaua'i - Wilcox Medical Center*

*West O'ahu - Wai'anae Coast Comp Health Center*

*In Honolulu - **Site confirmation 1 month prior to each series, check website or call***

***Tentative** reservation - HMSA building*

*818 Keeaumoku St. 96814*

*Saturdays 9-11:30 am*

Parking free, entrance on Sheridan St

Take parking elevator to 1st floor/lobby

Look for Aloha Kidney sign

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For more information or to enroll, visit our website [www.alohakidney.com](http://www.alohakidney.com) or call (808) 585 8404

## From those who have finished our classes:

*“I felt the information, pacing, the opportunity to ask questions and handouts were great!”*

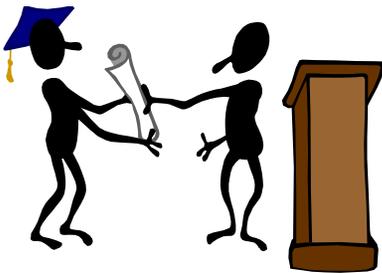
*“Very informative! I learned a lot. Now I can understand when my doctor goes over my lab reports with me.”*

*“All the information shared was valuable and easy to understand.”*

*“Great slides. Caring and compassionate yet not hiding the truth. Kept it real.”*

*“This info should be offered to families so that they can better understand and work together.”*

*“Having real patients talk to us was very helpful.”*



## Aloha Kidney KDE info:

### Who can benefit?

- Those with CKD at any stage or excess urine protein
- Those at risk for CKD, with diabetes, high blood pressure, heart disease, stroke, PAD or has a family member with CKD.
- Anyone interested in kidney and body health

### \*Where and when?

- Honolulu - Saturday 9am
- Aiea - Saturday 1pm
- Windward -Monday evening
- Neighbor islands, West O'ahu Thurs 1pm via web

\*Subject to change

### How to register?

- Call (808) 585-8404 or
- Submit form online

### What to bring?

- Support person (especially if they cook or buy the food)
- Pen

### How much will it cost?

- No charge

## Aloha Kidney

Ramona Wong MD  
Retired nephrologist  
Caregiver for a loved one with kidney failure



### Kidney Disease Education (KDE)

Life plans for kidney+body health  
Tools and info for life with chronic kidney disease (CKD)  
Options if your kidneys fail

### CKD Navigation

Help if you feel lost with CKD

For more information visit us at

[www.alohakidney.com](http://www.alohakidney.com)

To register, call:

(808) 585-8404

To register for classes or contact a CKD navigator, call (808) 585-8404



## Our goal

Most people never think about their kidneys until there is a problem. Most people don't know what their kidneys do, what happens if they fail, or how they affect the health of their heart, brain, circulation and immune system.

So when your doctor says you have chronic kidney disease (CKD), you may not know what that means or what to do to live best with CKD.

Understanding, will allow you to make daily choices mindfully, work better with your doctor, family and friends in order to reach your goals.

Your understanding is our goal.



***We do not provide nephrology care or medical management.***

We offer **Kidney Disease Education** and **CKD Navigation** . . . *read on!*

To register for Aloha Kidney classes, call **(808) 585-8404**

## Kidney Disease Education

A series of 6 weekly classes created especially for those in Hawai'i and the Pacific who are interested in learning about CKD.

### I. You and your kidneys

Learn what healthy kidneys do, why kidneys fail, what happens if kidneys fail and begin to learn how you can better care for yourself and your kidneys.

### II. Aloha kidney

Learn how to slow the damage to your kidneys. Recognize choices you make every day that may help or hurt your remaining kidney function.

### III. Kidney, heart, brain connection

Your risk for kidney failure, heart attack, stroke and gangrene are higher if you have CKD. Learn why and what you can do about it.

### IV. Food, drink, labs, meds - Help!

Find out why and which food or drink can cause trouble, what all those lab tests mean, and how medications can help in CKD.

### V. Options for kidney failure

Once you know your life goals, understand CKD and learn all the options, then you and your doctor can plan the best path for you. We explain each option and how to prepare ahead to help smooth the journey, no matter which path you choose.

### VI. Choices and sharing

Others who have CKD volunteer to share their journey through kidney failure, hemodialysis, peritoneal dialysis, transplantation and natural life.

For more information  
[www.alohakidney.com](http://www.alohakidney.com)

## CKD Navigation

**Why are processed foods less healthful in CKD?**  
**How do I get listed for a transplant?**  
**Where can I learn more about home dialysis?**



The journey with CKD does not need to be confusing, frustrating or scary when you feel lost or stuck. Help is a phone call away. Hospitals, doctors and nurses can help in times of **crisis**. Learning to manage life with CKD will help you **avoid crisis**.

CKD navigators can explain the next step to help you stay on the path that you and your doctor have chosen. Each of us has more than a decade of experience with CKD, dialysis, transplant and/or natural life options for kidney failure. We are passionate about helping you reach your goals in life.

