



# Programs & Services

Sign up at [RSNhope.org](http://RSNhope.org) to receive our email newsletter **RenAlert**.

## HOPEline

A toll-free call-in line offering patient-to-patient encouragement and support from operators who have lived successfully with chronic kidney disease.

Call **800-579-1970** Monday - Friday, 10:00 a.m. - 8:00 p.m. (Pacific Time).

## KidneyTalk

Online radio talk show hosted by Lori Hartwell & Stephen Furst, covering a wide variety of kidney-related topics. Listen at [RSNhope.org](http://RSNhope.org) or download podcasts from **iTunes**.

## Chronically Happy: Joyful Living in Spite of Chronic Illness

Written by Lori Hartwell, *Chronically Happy: Joyful Living in Spite of Chronic Illness* is an upbeat, motivational book that helps people living with chronic illness create joyful, fulfilling lives. Available on Amazon.com in paperback and for Kindle. Also available on audio CD from RSN.

## Regional Patient Lifestyle Meetings

Based on the theme of "*Health, Happiness & Hope*," meetings held nation wide offer a setting where people with kidney disease and their families can learn about issues related to their illness in a relaxed, friendly atmosphere.

## KidneySpace

An online discussion forum to air your questions, thoughts, and opinions on lifestyle issues related to transplant and kidney disease. Go to [KidneySpace.com](http://KidneySpace.com) to join the conversation!

## KidneySpeak

This program provides tool, resources and presentations to inform people on chronic kidney disease and organ donation. Developed patient speakers through the PEPP (Patient Educating Patients and Professionals) program can also be requested for healthcare and patient meetings.

## RSN Renal Teen Prom

Annual prom held in the Southern California area each January for teenage kidney patients. Young people with CKD ages 14 to 24 come from across the United States to enjoy a night of glamour.

## weKAN: Wellness & Education Kidney Advocacy Network

A national group of people with kidney disease who advocate on behalf of fellow patients. *Live & Give*—weKAN's biannual newsletter for patients—informs, inspires, and educates patients, family members, and healthcare professionals.

## KidneyTimes

An online resource with articles written by kidney patients and professionals on medical, social, nutritional, and lifestyle issues. Home of the annual "*KidneyTimes* Essay Contest." [KidneyTimes.com](http://KidneyTimes.com)

**Make a Donation to the  
Renal Support Network**

**RSN relies on charitable contributions to provide  
hope to patients with kidney disease**

**Make checks payable to :  
Renal Support Network  
1311 N Maryland Ave  
Glendale, CA 91207**

**or donate online  
[www.RSNhope.org](http://www.RSNhope.org)  
Toll-free  
866-903-1728**

*An illness is too demanding when you don't have hope.*