

February eNews

Kidney Transplant Program



February 2021

Super Bowl Snack Attack!!

Fiesta Rollups

Portions: 12

Serving Size: 4 pieces, 1" each

Ingredients

4 ounces canned chopped green chilies
1/2 teaspoon garlic powder
1/2 teaspoon cumin
1/2 teaspoon chili powder
4 tablespoons green onion
8 ounces cream cheese
6 flour tortillas, 8" size



Preparation

- Set cream cheese out to soften. Thinly slice green onion.
- Combine green chilies, spices and green onions in a bowl.
- Blend in softened cream cheese.
- Spread a thin layer of cream cheese mixture on each tortilla, leaving 1/4" edge uncovered.
- Roll tortillas up like a jelly roll. Use toothpick to secure rolls.
- Cover and refrigerate for at least one hour.
- Slice rolls into 1" pieces and serve as a snack or appetizer.

<https://www.davita.com/diet-nutrition/recipes/appetizers-snack/fiesta-roll-ups>

For more kidney friendly snack recipes (with nutritional information), check out our Facebook and Instagram pages!

Kidney Transplant Program Covid-19 Vaccine Guidance



We would like to share the latest recommendations on the COVID-19 vaccine for organ transplant patients to help you make the right choice for you and your loved ones. This information was provided by the latest guidance documentation from the American Society of Transplantation and was confirmed by our transplant physicians.

[!\[\]\(0f848bbd71cef6b345273b16f905912a_img.jpg\) *Learn more*](#)

Meet Kayla Harper, Front Desk Clerk



Q: Did you always want to work in the field of health care?

In high school, I studied to be a dental assistant. I decided not to elect that career and follow my mom's footsteps to help patients in some healthcare role.

Q: What attracted you to becoming a member of the kidney transplant team?

I liked working in the office setting. I was not familiar with the transplant "world," but thought it would be something interesting to learn.

Q: What do you enjoy most about working with kidney transplant patients?

I enjoy helping them schedule their appointments leading up to the life-saving transplant. It feels like they become part of my extended family.

Q: What do you like to do when you're not working?

I enjoy being a basketball official, following my son with his travel baseball and my daughter with her soccer and spending time with family.

Making a Living Kidney Donor Transplant Happen

February Zoom Seminar

Patients who receive a living donor transplant receive a healthy kidney much sooner than waiting on the transplant list! Join our transplant professionals by ZOOM to learn tips how to make YOUR *Living Donor Kidney Transplant Happen!*



**Wednesday, February 10th
Noon - 1:00 pm**

Register for February Living Donor Seminar

Post-Transplant Support Group

COVID-19 Vaccine Update AND Staying Physically Active



Join Dr. Jason Rolls, Transplant Surgeon, as he addresses updates and answers questions related to the Covid-19 vaccine. And let's share ideas about ways to get active in order to stay healthy and reduce stress during the winter months with our Transplant Dietitian, Molly Strayer!!

Wednesday, February 24th
3:00 - 4:00 pm

Register for February Post-transplant Support Group

Inspire Someone Today

Share Your Transplant Story

The journey of kidney transplant is a long road with twists and turns along the way. Take a moment to click on the below link and inspire someone today with a story from your journey to encourage them.



Share your story here



If you would like to unsubscribe from this e-mail, [click here](#).



