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CENTERS FOR DIALYSIS CARE NEWSLETTER | FALL 2014

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CDC

Centers for Dialysis Care

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Centers for Dialysis Care Newsletter
Fall 2014
Editor: Marilyn Hahn
Design: Impel Creative

This newsletter is a publication for the patients at the Centers for Dialysis Care. Articles are contributed by staff and patients from all the facilities. If you are interested in having an article published, please contact the Volunteer Services office at (216) 229-6170, ext. 130.

CDC

Centers for Dialysis Care

The Centers for Dialysis Care (CDC) is a leader in providing patient-centered quality care to all individuals with kidney disease.



On the Cover

Nature's Beauty, Acrylic Stamp Painting

Darlene Johnson, CDC at Canfield
Courtesy of CDC Art Therapy



The Centers for Dialysis Care (CDC) is an independent provider of dialysis and related health services to individuals with kidney disease. CDC offers 18 locations across northeast Ohio, including CDC Access Care.

2014 Holiday Schedule

Thanksgiving Week Schedule—Closed Thursday, November 27, 2014

Mon/Wed/Fri Patients

Sunday, November 23, 2014
Tuesday, November 25, 2014
Friday, November 28, 2014

Tues/Thurs/Sat Patients

Monday, November 24, 2014
Wednesday, November 26, 2014
Saturday, November 29, 2014

Christmas Week Schedule—Closed Thursday, December 25, 2014

Mon/Wed/Fri Patients

Sunday, December 21, 2014
Tuesday, December 23, 2014
Friday, December 26, 2014

Tues/Thurs/Sat Patients

Monday, December 22, 2014
Wednesday, December 24, 2014
Saturday, December 27, 2014

New Year's Week Schedule—Closed Thursday, January 1, 2015

Mon/Wed/Fri Patients

Sunday, December 28, 2014
Tuesday, December 30, 2014
Friday, January 2, 2015

Tues/Thurs/Sat Patients

Monday, December 29, 2014
Wednesday, December 31, 2014
Saturday, January 3, 2015



Welcome



Time seems to be flying by. The summer seemed so short but it was relatively nice. The kids are back to school or college and life is getting back to a more normal routine. The Indians are OK and the Browns will probably have another rebuilding year in spite of the addition of Johnny “Football” Manziel. LeBron is back and with Kevin Love and Kyrie Irving everyone is hopeful that the CAVS will do well in the playoffs. The holidays will be here before we know it.

This year CDC is celebrating its 40th anniversary. We have grown from 1 facility in the St. Luke’s Medical Building in 1974 to our 18 facilities in northeast Ohio. A number of our facilities are aging and CDC is in the process of making significant improvements to the buildings. Last year we completed a major renovation of CDC Euclid and made other changes to Oakwood and the administrative areas at Shaker. In 2014 we have renovated the clinical space and some of the administrative areas at Shaker. This year we are

making major improvements at Cleveland West and the lobby at Cleveland East. Cityview is in a very old building and for numerous reasons we have decided not to invest any more money into the building. However after several years of planning we have decided to develop a new 20 station facility at Eliza Bryant Village, EBV. It is located at 7201 Wade Park Avenue. EBV has been providing services to seniors for 118 years. They are also a not-for-profit organization. The new facility is under construction and should be completed by the end of the year. The state licensure and Medicare certification surveys will be done in early 2015. Once those are complete then all of the patients and staff from Cityview will be transferred to EBV. This will be a state-of-the-art facility and we are very excited to develop this facility on the EBV campus. Hopefully more dialysis patients will choose to go to EBV if they need short term rehabilitation or long term care. EBV has a long and consistent history of providing high quality care with excellent customer service.

On-going continuing education is important and required for all healthcare professionals, including the nurses and technicians. All of the RNs recently completed an all-day nursing retreat. In addition there will be a series of review courses for all of the RNs so that by the end of

the year all of the RNs will have completed training on a variety of topics. All of the technicians will be attending technician education days as well. These will be completed in January.

A staff satisfaction survey was recently completed and the data is currently being reviewed and analyzed. A number of initiatives will be put in place system wide as well as at each facility in order to improve staff satisfaction.

Hopefully you witness CDC staff consistently following the CDC CARES values.

CDC CARES
Customer Service
Accountability
Relationships
Excellence
Safety

DIANE WISH
President & CEO

Social Work News

Learning About Advance Medical Directives

No one likes to think that they might develop medical problems, especially problems that could keep them from being able to make decisions about their own health care. Because this is such an uncomfortable subject many people have not discussed their wishes with their family and friends. As difficult as this is, however, it is important that all adults start considering what medical care they would want to have, if they were ever diagnosed with a terminal illness or if they can no longer make decisions for themselves. You may want to consider what would be a good life for you. Your values and beliefs can

guide these discussions. Once you have decided what medical care you would like to receive if you have a terminal illness or cannot speak for yourself, you may want to complete advance directives. Advance directives allow you to make health care decisions now regarding future medical care.

One advance directive is a Durable Power of Attorney for Healthcare. With this form you decide who will make medical decisions for you, if there comes a time when you cannot make decisions for yourself. This person can be a family member or a friend, but should be someone who is

aware of what you would want if you were making the decisions for yourself.

A second advance directive is a Living Will. This form allows you to decide what kind of medical care you want at the end of your life or if you are in a permanently unconscious state. It is used by people who do not want to have their dying artificially prolonged by medical interventions.

Your CDC social worker can give you more information about advance directives and can provide the forms for you to complete. Completing advance directives is another way to be actively involved in your health care.

Be Well

Firm Footing

For happy feet, take steps to keep them healthy

You may have heard that diabetes can lead to foot problems but everyone should protect their feet. Poor circulation to the feet can be a problem for kidney patients. Foot care is important because foot wounds can lead to an amputation. It can be tempting to ignore your feet, especially if they're feeling OK. But when your feet are OK is the right time to head off problems.

A few steps will help you keep your feet feeling their best:

1. Check your feet every day. Use a mirror to look for corns, ingrown toenails, calluses, blisters, dry skin, cracks in the skin, redness and swelling.
2. Wear shoes or slippers at all times.
3. Do not go barefoot.
4. Apply lotion to dry skin but don't put it between your toes.
5. Wear clean white socks to protect your feet and keep warm.
6. Wear shoes made of leather that fit well.
7. Keep cuts clean and report immediately if infected.
8. Cut toenails straight across.
9. Have your feet checked by a foot doctor if problems occur.
10. Every time you see a doctor, remember to take off your socks and shoes.

October is Healthy Lung Month – Keep Your Lungs Healthy!

More than 1600 people are waiting for a lung transplant in the United States.

The average adult takes 15 to 20 breaths a minute – over 20,000 breaths a day. Your respiratory system, which includes the nose, throat, windpipe (trachea) and lungs, brings air into the body when you breathe. In the lungs, the oxygen from each breath is transferred to the bloodstream and sent to all the body's cells as life-sustaining fuel. Keeping your lungs healthy is an important part of an overall healthy lifestyle.

The lungs are different from most of the other organs in your body because their delicate tissues are directly connected to the outside environment. Anything you breathe in can affect your lungs. Germs, tobacco smoke and other harmful substances can cause damage to your airways and threaten the lungs ability to work properly.

Your body has a natural defense system designed to protect the lungs. This works very well most of the time to keep out dirt and fight off germs. But there are some important things you can do to reduce your risk of lung disease.

Don't Smoke Cigarette smoke can narrow the air passages and make breathing more difficult. It causes chronic inflammation or swelling in the lungs. This can lead to chronic bronchitis.

Avoid Exposure to Pollutants That Can Damage Your Lungs

Secondhand smoke, outdoor air pollution, chemicals in the home and workplace, and radon can all cause or worsen lung disease.

Prevent Infection

- Wash your hands often with soap and water. Alcohol-based cleaners are a good substitute if you cannot wash.

- Avoids crowds during the cold and flu season.
- Get vaccinated every year against influenza (the flu). Talk to your healthcare provider to find out if the pneumonia vaccine is right for you.
- If you get sick, keep it to yourself! Protect the people around you, including your loved ones, by keeping your distance.

Get Regular Healthcare Regular check-ups are an important part of disease prevention, even when you are feeling well. This is especially true for lung disease, which sometimes goes undetected until it is serious. During a check-up, your healthcare provider will listen to your breathing and talk to you about any concerns you may have.

For additional information about lung health call: 1-800-LUNGUSA or 1-800-586-4872.

The Flu and You

Influenza (flu) is a serious disease caused by a virus. Influenza virus can spread from one person to another through small droplets of saliva that spread through the air when an infected person coughs or sneezes. The virus can also be passed by contact with objects the person has touched like door handles or

other surfaces. An annual seasonal flu vaccine is the best way to reduce the chances that you will get the flu and spread it to others. Getting a flu shot early in the flu season will give it time to work. The Centers for Disease Control and Prevention will be providing the FluLaval[®] flu vaccine which protects against four flu viruses. The viruses in the flu shot are killed (inactivated),

so you cannot get the flu from a flu shot. The flu shot will help protect you for the whole flu season which can last from October through May. Since it takes about two weeks for the flu shot to protect you it is best to get vaccinated as soon as you can.

Creative Arts News

Artist in Focus

Darlene Johnson,
CDC of Canfield

1. Have you always been creative?

Yes, I did crochet a lot and made many different things. I painted with tri-chem, which are tubes of paint. In the past, I followed pattern lines in cloth and made images, like butterflies and birds. Those were my favorite images to make into tablecloths and pillow cases. Now that my eye site is going bad, I do not create these things anymore at home.

2. Why did you begin working with the Art Therapist?

I was asked and I have always enjoyed doing crafty things. But, I now need some assistance and the Art Therapist helps me make the art and pass the time as well. I can, again make gifts for my grandchildren and other relatives who help me.

3. What materials do you enjoy working with?

I really enjoy the stain glass most. But, I also enjoy painting wood images and other things with acrylic paint.

4. What inspires you to create?

I like creating things of nature. I enjoy making things with my hands, and being able to give them as gifts.

5. How long have you been working with your art?

Probably about 40 years. Since I was married and had kids.

6. What other areas of your life are you creative?

Gardening and landscaping. I always enjoy planting flowers and making the place look beautiful.

7. What other artist or piece of art work has inspired you?

I just enjoy looking at paintings. I am not really concerned about who painted it.

8. What is the most satisfying thing for you about making art work?

Giving the art away as a gift is most satisfying. I love to give my art away so the person can appreciate it. What is also satisfying is that I can now do art again with the help of the Art Therapist. I can make pretty and cheerful things which gives me a better outlook on dialysis.

9. What does art do for you as a dialysis patient?

As I said, it gives me a better outlook on dialysis. I look forward to seeing the Art Therapist and doing the art.

10. What advice would you give someone who is just starting out? Or thinking about creative work?

I would say just try it. The art helps with what we go through as a dialysis patient.



Art Therapy News

Congratulations to Latricia Adams, a patient at Warrensville CDC, who is the winner of the Birthday Card art contest, and received her choice of \$25.00 worth of art supplies to support her creativity! Way to go!



Music, Relaxation, and Technology

Do you have a Smartphone or tablet computer? Does listening to music help you fall asleep or stay asleep? You can find “apps” in iTunes or Google Play Store to provide you with pre-recorded relaxation music programs or help you create your own. These apps are usually free or inexpensive (less than \$5.00). Just search for “relaxing melodies,” “music for relaxation,” “music for sleep,” or “pink noise.” Some apps

are available on a laptop or desktop computer.

On the Android, the free “Relax Melody” app provides a large variety of 2 to 12 hour pre-recorded music programs. If you want to create your own program, two easy to use apps on Apple and Android are Relax Melodies and Relax Meditation (or Relax Melodies Oriental) by Ipnos software.

Many other kinds of music apps are also available to create music or learn music skills such as reading notes and playing an instrument.

Contact the music therapist at CDC East for additional information.



Book Review

Dialysis Without Fear

A Guide to Living Well on Dialysis for Patients and Their Families

*Reviewed by: Michelle Randle,
Patient at CDC of Shaker Heights*

Authors: Daniel Offer, MD,
Marjorie Kaiz Offer,
Susan Offer Szafir

Published 2007

This is a book I discovered at the Cuyahoga County Library. The book is written by a patient who also happens to be a doctor. His wife and daughter are co-authors.

The doctor started dialysis in 1999 and had a great many questions. He and his family wished for a source of information that would help them navigate this minefield from those who had been there, done that and bought the t-shirt. No such book

existed for him but he wanted to help other patients and their families.

The authors interviewed other patients, doctors and staff of dialysis centers. This book delves into a great range of topics. They are not trying to tell you what you should do, only to let you know what your options are. There are also helpful tips.

Chapter Titles

- Dialysis Misperceptions versus Realities
- A Visit to the Suds Factory
- Dialysis Options
- The Decision to Pursue a Transplant
- The K-Team
- Dealing with Emotions
- The Impact of Dialysis on Interpersonal Relationships
- Work and Financial Implications of Being on Dialysis

- Adapting to the Dialysis Diet, Curbing Liquids, and Embracing Exercise
- Traveling and Planning for Emergencies while on Dialysis

There is a listing of glossary terms, and other helpful resources. The book was published in 2007 and some of the resources may be obsolete. For example, the company Dialysis Dreams, Inc. is no longer active and the journal Dialysis and Transplantation is no longer printed. But the Dialysis and Transplantation magazine is available online. This same website has ‘The List,’ which is a listing of dialysis centers that will accept transient patients.

This book was very informative and I would recommend this book for patients and their families.

For the Fun of It

Arrow Word Puzzle

| | | | | |
|-------------------|--------------------|-----------------------|--------------|------------------------------|
| Dish list | Zodiac creature | Cipher | Camera eye | |
| Bring back | Coffee grinder | Musical work | Cake layer | |
| Wellies | 43,560 square feet | Santa's landing strip | Court figure | Black, White, Red and Yellow |
| Arctic tuskers | | | | |
| Ending | Tries | Spill remark | Small branch | |
| Bills and coins | | | | |
| Without form | Elevator stop | Not from a factory | Fine wool | |
| Unusual | Having | | | |
| Man of the hour | Breadth | Epic tale | iPod items | |
| Night light | Senseless | Fall flower | | |
| Half of a griffin | Honkers in the sky | German article | | |

To solve the puzzle, simply write your answers in the direction of the arrows. No unused squares. Squares with clues are highlighted.

Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 9 | 6 | | 1 | | 8 | | 5 | 4 |
| 1 | | | | 6 | | | | 2 |
| | | | 5 | 4 | 7 | | | |
| 7 | | 5 | | | | 4 | | 6 |
| | 1 | 2 | | | | 5 | 8 | |
| 6 | | 8 | | | | 1 | | 9 |
| | | | 8 | 1 | 2 | | | |
| 2 | | | | 3 | | | | 8 |
| 3 | 8 | | 4 | | 9 | | 6 | 5 |

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 6 | | | | | | | |
| | 8 | 5 | 6 | 4 | | | | |
| 2 | 9 | 4 | | 8 | | | 3 | |
| 4 | | 7 | | | 8 | | | |
| | | | 5 | | 4 | | | |
| | | | 1 | | | 4 | | 6 |
| | 4 | | | 7 | | 8 | 2 | 1 |
| | | | | 2 | 9 | 3 | 6 | |
| | | | | | | | 4 | 9 |

Patient Profile



JIM HETHERINGTON

CDC of Euclid

T - Th - S 1st Shift

Jim, the “Professor”, Hetherington has been on dialysis for 2 years.

He was born with bad kidneys and has been seeing a nephrologist for as long as he can remember. He started following a renal diet 25 years ago.

He knew dialysis was in his future, he just didn’t know when. Despite the encouragement to get a fistula placed, Jim kept putting it off. Finally, he agreed to have the surgery but had to start dialysis using a catheter because his fistula was still maturing. Currently, Jim’s fistula is working very well and he is thriving as a dialysis patient.

Born and raised in Wheeling, West Virginia, Jim is the oldest of 4 children. In high school, Jim was an athlete, including being named the captain of the swim team. Following high school, Jim enlisted in the Air Force and was trained to be an electrician and a gunner on B-29’s in World War II. He was fortunate to never have to go into combat because

flight crews train together and fly together, and whenever his crew was called, a member was always sick. After the war, Jim worked in the office of the flight surgeon.

Following his military discharge, Jim returned to his hometown and attended West Liberty College where he earned his education degree, majoring in chemistry. He decided to move to the Cleveland area where the pay rate was better, starting his teaching career at Collinwood High School. He taught chemistry at several area high schools including the Mayfield school system and retired from there in 1988.

“For many summers, Jim attended area colleges, earning his Master’s degree and additional credit hours. He joked that he was a professional student. This is also how he got the nickname of the Professor.”

Jim took advantage of the National Science Foundation’s offer to pay for advanced degrees for science teachers, brought on by Russia’s successful space missions. For many summers, Jim attended area colleges, earning his Master’s degree and additional credit hours. He joked that he was a professional student. This is also how he got the nickname of the Professor. During the summers, Jim also worked as an electrician where he actually made a better wage than teaching. He retired from his electrician position 4 years after he retired from teaching.

Jim has been happily married for 62 years to Ruth, also from Wheeling. They raised 2 sons and a daughter in Willoughby Hills. These proud parents are also grandparents of 6 grandchildren and 1 great-grandchild. Jim and Ruth are avid golfers, and following retirement spent their winters golfing in Tampa, Florida and other popular golf destinations. Jim took up jogging when he was 35 but his legs and ankles have paid the price over the years. He has 2 artificial knees, an artificial ankle and 3 screws in his right hip. Other health issues include problems with his eyes and back as well as balance issues.

Despite his health challenges, Jim still remains very independent and is still driving. He also has a great attitude about being on dialysis. He encourages fellow patients to “do what your caregivers tell you to do, because you don’t want to consider the alternative.” He also credits the Euclid staff for his great outlook, sharing that he “couldn’t ask for a better group of professionals to take care of me.”

Patient Profile



JOHN WEILAND

CDC of Cleveland – West
M - W - F 2nd shift

Love, honesty and trust are the values that have guided John Weiland the past 92 years. Born and raised on the near West side of Cleveland, John was one of 5 children in a family with 2 step brothers and 2 sisters. Growing up during the Depression, John had to leave high school to go to work to help support his family. When he was old enough, he enlisted in the Army. He spent 3 years in Europe, and fought in several World War II invasions.

“John realizes you really never get used to being on dialysis, but encourages fellow patients to be patient and to learn to deal with it. Sound advice from a really great guy.”

Upon being discharged, John returned home and married June, his long-time girlfriend, who he affectionately called Muss, short for muscles as June loved to arm wrestle. John and June raised 5 children including 4 daughters and one son. John worked as a truck driver, first doing cross country trips and eventually landing a position with day runs. John retired from the St. Regis firm after 34 years. Having fun was a priority for the Weiland family, as John is known to be a prankster. John was a drummer for a polka band. The family often enjoyed concerts featuring their dad and every party included some type of music. John shared his love for fishing with his family and vacations typically involved fishing in Canada or Michigan. John and June were also very active in their church. June was a great cook, featuring their German & Hungarian heritage, and was famous for the Farina Dumplings she made for the church’s Lenten meals.

Like all families, the Weiland’s had their share of bad times, but they made it through because of the special bond John and June shared. John and June were married almost 65 years when June passed away. June got ill and started to receive dialysis at CDC of Cleveland-West. John faithfully spent every treatment at her side.

On John’s fridge, he proudly displays a picture of him and June with the caption, “True Love Forever.”

Recently, John’s youngest daughter and her family moved in with John to help care for him. All of his daughters and their families have remained in the area and his son now lives in California. John is very happy to have such a tight-knit, caring family.

Four years ago, John learned he had kidney disease related to high blood pressure and decided to have fistula surgery. In 2011, John learned it was time to start dialysis, and no stranger to dialysis or CDC–West, John made the adjustment pretty quickly. John realizes you really never get used to being on dialysis, but encourages fellow patients to be patient and to learn to deal with it. Sound advice from a really great guy.

Healthy Eating

Apple Sage Stuffing

Makes 8 servings

Ingredients

- 1 teaspoon Canola Oil
- 1 large yellow onion, diced
- 4 stalks of celery, diced
- 2 Granny Smith apples, peeled, cored, and diced
- 2 Tablespoons ground sage
- 1 Tablespoon poultry seasoning
- 1 1/2 cups apple cider
- 1 cup low-sodium chicken stock
- 12 cups of cubed low-sodium bread (3/4 to 1 whole loaf)



Preparation

1. Preheat oven to 400 degrees.
2. Lightly oil a 9 x 13 casserole dish.
3. In a large frying pan, add oil, onions, celery, and apples and saute until onions are clear. Add sage, poultry seasoning, apple cider, and chicken stock. Simmer for 10 minutes.
4. Place bread cubes on a cooking sheet and bake until the bread is browned, turning cubes to brown all sides. When bread cubes are brown add to the frying pan and mix together.
5. Decrease oven to 350 degrees.
6. Place stuffing into casserole dish. Bake for 20 to 30 minutes.

Nutrition Facts (per serving)

190 Calories, 4.8 grams Protein, 3 grams Fat, 36.5 grams Carbohydrate, 79 milligrams Sodium, 226 milligrams Potassium, 68 milligrams Phosphorus

Recipe from National Kidney Foundation, submitted by CKD Chef Duane Sunwold

Holiday Eating

The holiday season is just around the corner. Food always plays a big part of celebrations.

Here are some tips to make holiday meals or parties fit your needs.

- Come to all dialysis treatments during the holidays.
- When you are a guest for a dinner or party offer to bring a dish that meets your special diet needs. This will be a way to let the host know you have special diet needs.
- Plan ahead for eating out. Have only low potassium and low sodium foods at home to allow for higher potassium and sodium foods served when eating out.

Go easy on your beverages at home to save for when you're out.

- Watch portion sizes. Have a small portion of your favorite high potassium holiday food. Fill your plate with lower potassium and sodium choices.
- In restaurants ask which foods can be prepared without salt, have sauces 'on the side', ask the server to not refill your beverage, avoid soups, use oil and vinegar for salads.
- Take phosphorus binders with you.
- If you are eating larger portions, more dairy, or more meat than usual take extra phosphorus binders.



See the next page for a few helpful holiday eating food alternatives.

PUMPKIN MAPLE CUSTARD

Makes 8 servings

Ingredients

- 1 1/2 cups soy milk
- 1 cup (7.5 oz) canned pumpkin
- 3 egg yolks
- 1/3 cup sugar
- 3/4 teaspoon pumpkin pie spice
- 1 teaspoon maple syrup



Preparation

1. Preheat oven to 325 degrees. Lightly oil 8 soufflé cups.
2. Heat soy milk to a simmer.
3. Mix egg yolks and sugar together. Then, mix all ingredients together except the maple syrup.
4. Pour mixture into soufflé cups. Place soufflé cups into baking dish. Pour hot water in the baking dish until the water depth is 1/2 way up the sides of the soufflé cups.
5. Bake for 1 hour to 1 hour 10 minutes. The custard should be firm when the cups are jiggled. Cool completely.
6. Warm maple syrup and drizzle over the top before serving. May add non-dairy whipped topping if desired (not included in nutrient counts).

Nutrition Facts (per serving)

88 Calories, 3.4 grams Protein, 2.6 grams Fat, 13.6 grams Carbohydrate, 29 milligrams Sodium, 129 milligrams Potassium, 60 milligrams Phosphorus *Recipe from the National Kidney Foundation*

Traditional Foods

- Ham, Sausage
- Boxed Stuffing
- Canned or Bottled Gravy
- Macaroni and Cheese
- Collard greens with ham hocks or other salty meats
- Commercial biscuits or cornbread
- Nuts, salted pretzels, olives, pickles, crackers, and other salty snack foods
- Sweet potato, pumpkin, pecan, banana cream, and coconut cream pie
- Cookies with nuts, chocolate, or coconut
- German chocolate or fruit cake, nut breads
- Eggnog

Better Choices

- Turkey, Cornish hen, Roast
- Homemade lower sodium stuffing
- Homemade lower sodium gravy
- *Renal friendly Macaroni and Cheese
- Turnip or Mustard greens with fresh pork and other herbs & spices
- Homemade biscuits or cornbread, rolls
- *Homemade Chex snack mix or *Cranapple-Cinnamon Snack Mix, Tortilla chips, Unsalted pretzels
- Fruit pies (apple, cherry, berry, peach), *Renal friendly Pumpkin or Sweet Potato pie
- Shortbread, gingerbread, sugar, and butter cookies
- Pound, pineapple upside down, spice, and angel food cakes
- *Homemade Eggnog

**Recipe available from your dietitian.*



Centers for Dialysis Care

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