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PATIENT NEWSLETTER | MAR / APR 2018

CDC

Centers for Dialysis Care

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Centers for Dialysis Care Newsletter
March / April 2018

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CDC

Centers for Dialysis Care

Centers for Dialysis Care (CDC) has provided the information in this newsletter to inform you and your loved ones.



On the Cover
April Blossom, Acrylic
Evelyn Hall, CDC Warrensville



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

News and Notes

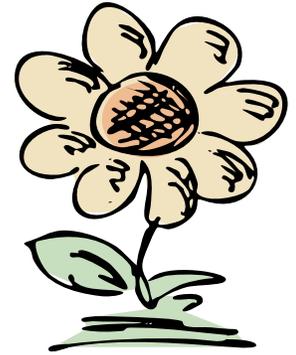
New Medicare Cards are Coming!

CMS will begin mailing new cards to people with Medicare benefits in April 2018 to meet the statutory deadline for replacing all existing Medicare cards by April 2019. People with Medicare will also be able to see the design of the new Medicare card in the 2018 Medicare & You



Handbook. The goal of this initiative is to remove Social Security numbers from Medicare cards to help prevent fraud, combat identity theft, and safeguard taxpayer dollars. CMS has assigned all people with Medicare benefits a new, unique Medicare number, which contains a combination of numbers and uppercase letters. People with Medicare will receive a new Medicare card in the mail, and will be instructed to safely and securely destroy their current Medicare card and keep their new Medicare number confidential. The new number will not change benefits that people with Medicare receive.

Message from the CEO and President



Diane P. Wish



Gary Robinson

At the end of winter, most people tend to become more and more excited for the upcoming fresh season. Spring is all about positive transformation. Healthcare is transforming in positive ways to allow greater access to better care, better health and lower cost of care. CDC is evolving too, but our dedication to high standards of clinical care and service for our patients remains steadfast.

We are pleased to announce Thomas Hostetter, MD, as the new Medical Director for the Centers for Dialysis Care East facility. Dr. Hostetter has more than 25 years of medical experience, serving as a practicing Nephrologist in Cleveland, Ohio. He currently is a Professor of Medicine and Vice Chairman for Research in the Department of Medicine at Case Western Reserve University, School of Medicine. He earned his medical degree from Baylor College of Medicine. Dr. Hostetter is very familiar with the local Cleveland market, and is currently serving as the Chief Medical Officer for the CDC ESCO. Dr. Hostetter will be instrumental as we relocate CDC East to the new facility on Cedar and Stokes in 2019.

Gayle Nemecek has been promoted to the role of Chief Operating Officer. Gayle will continue to support our growth initiatives, including support of our physician practices and Information Services. In addition she will provide support and oversight for new ventures and work with other CDC leaders to advance the organization in accordance with our strategic initiatives. Gayle has over 25 years of experience in healthcare.

Jeff Marusic has been promoted to Vice President, Supply Chain & Facilities Management. Jeff has been a part of CDC since 1979. He started his career at CDC as a Dialysis Technician. As a member of the senior management team, Jeff will play an integral role in facilitating projects from inception through completion along with facility budgeting, inventory, cost controls, and supply contracting.

Every year CDC conducts an Employee Satisfaction Survey. We are currently reviewing the results with each department. In addition, we received the preliminary results from the CMS patient experience survey called the Consumer Assessment of Healthcare Providers and Systems or CAHPS. We look forward to reviewing the results, as your input is critical to our ongoing successful evolution. We believe the key to achieving our strategic plan is maintaining responsive, quality care that is constantly evolving and improving by listening to the needs of our patients and harnessing the abilities of all our staff to meet them.

With Kindest Regards,
Diane P. Wish, CEO
Gary Robinson, President

MOTTEP News

National Donate Life Month 2018

National Donate Life Month (NDLM) was instituted by Donate Life America and its partnering organizations in 2003. Celebrated in April each year, NDLM features an entire month of local, regional and national activities to help encourage Americans to register as organ, eye and tissue donors and to celebrate those that have saved lives through the gift of donation.

For the 2018 National Donate Life Month artwork, Donate Life America was inspired by the image of a rainbow and Maya Angelou's quote, "Be a rainbow in someone else's cloud."

Often following a storm, the presence of a rainbow provides optimism and motivates us to endure through dark times. Similarly, organ, eye and tissue donation is the bridge of comfort and hope between one family's mourning and another's healing — turning tragedy into renewed life. The vibrant Donate Life rainbow in the National Donate Life Month artwork rises from stormy clouds, recognizing that it takes both rain and light to create the gift of a rainbow.

Maya Angelou's message applies to all of us, no matter our background or experiences. We all know rainbows — people that have helped carry us



Maya Angelou™ is a trademark licensed by Caged Bird Legacy, LLC.

through life and its challenges. In turn, we may also have the opportunity to be rainbows in other people's clouds through the gift of organ, eye and tissue donation. This April, we encourage you to reflect on the lives of those touched by donation and transplantation, and to share its prismatic effect. By registering to be a donor or considering living donation, you

can change one ray of light into a spectrum of healing and compassion.

We wish you a Happy National Donate Life Month. Cleveland MOTTEP is excited about continuing our efforts in educating and registering others as organ, eye and tissue donors!

How You Can Help

- Register to become an organ donor.
- Inform family and friends of your decision.
- Be involved. There are many opportunities available to help promote organ donation. Please join us in spreading the word by scheduling a presentation, and volunteering with us to get the message out.
- Find out more about Cleveland MOTTEP by visiting our website, www.clevelandmottep.org or call Linda D. Kimble @ 216.229.6170 x137

March is National Nutrition Month

National Nutrition Month® is a nutrition education and information campaign created annually in March by the Academy of Nutrition and Dietetics. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

“Go Further with Food” is the theme for 2018, and it’s importance is timely for many reasons. Whether it’s starting the day off right with a healthy breakfast the foods you choose can make a real difference. Preparing your foods to go further, by planning meals and snacks in advance can also help to reduce food loss and waste. This year’s theme for National Nutrition Month® encourages us to achieve the numerous benefits healthy eating habits offer, but it also urges us to find ways to cut back on food waste. Learning how to manage food resources at home will help you “Go Further with Food”, while saving both nutrients and money.



Food for thought:

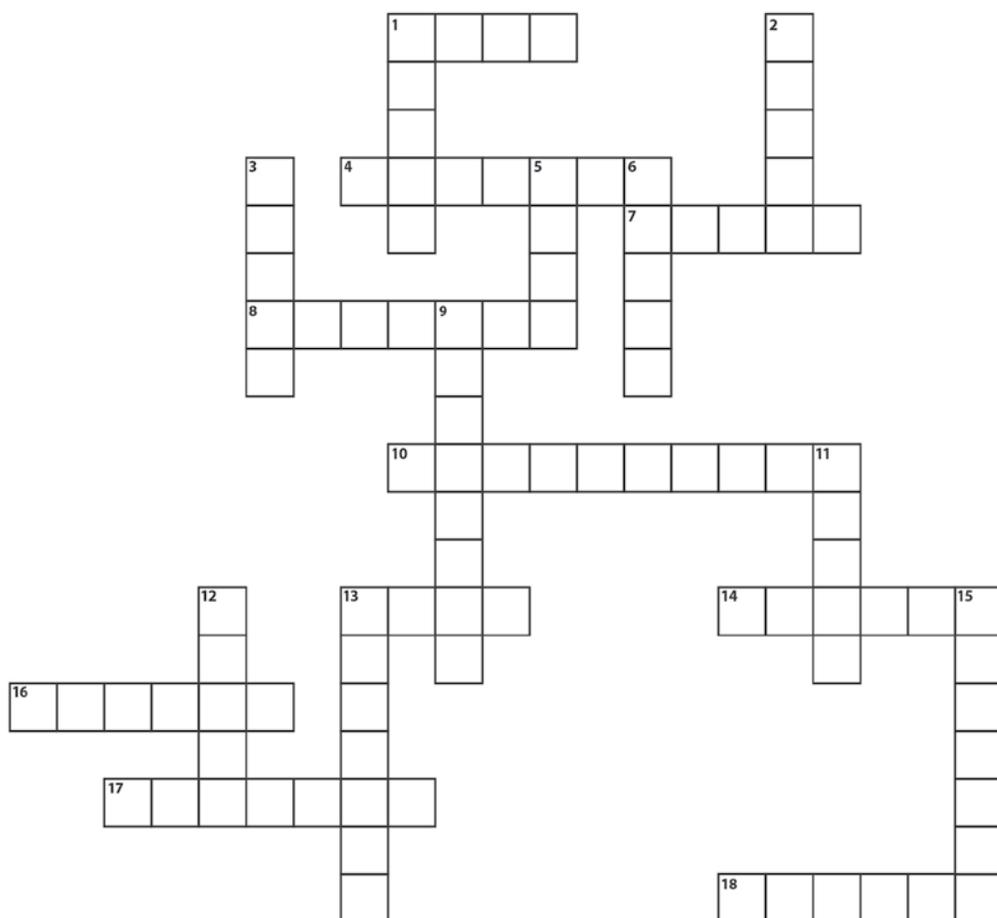
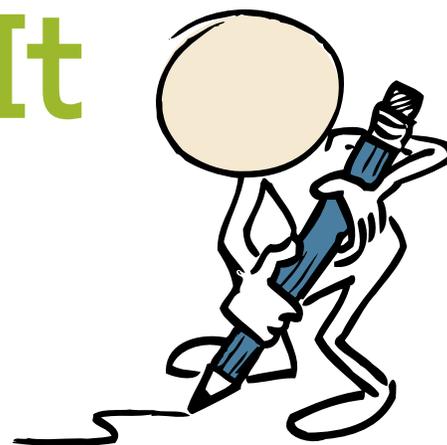
1. Include a variety of kidney friendly foods from all of the food groups on a regular basis.
2. Consider the foods you have on hand before buying more at the store.
3. Buy only the amount that can be eaten or frozen within a few days and plan ways to use leftovers later in the week.
4. Be mindful of portion sizes.
5. Continue to use good food safety practices.
6. Replace high-sodium versions of foods, such as broths, condiments and dressings, with lower sodium ones.
7. Swap unhealthy fats, such as shortening, for healthy fats, such as canola or olive oil.
8. Check expiration dates and throw away anything that has expired.
9. Your renal dietitian is the nutrition expert guiding you to nutritional health.

GO FURTHER *with* **FOOD**



For the Fun of It

National Nutrition Month® Crossword Puzzle



ACROSS

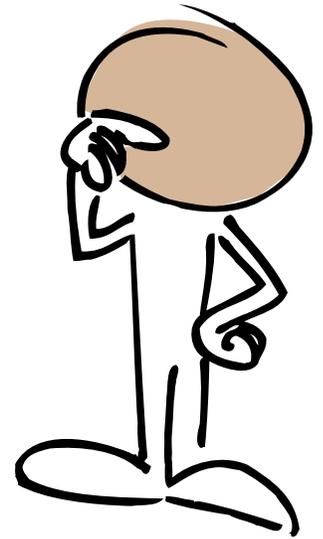
1. The number of MyPlate food groups.
4. _____ is a good source of heart healthy fats.
7. Regular soft drinks, candies, cookies and other desserts are often high in _____ sugars.
8. _____, also called beans and peas, are high in nutrients.
10. A variety of different colored fruits and _____ are recommended daily.
13. MyPlate recommends that fruit and veggies make up _____ of the plate.
14. Looking at _____ on the Nutrition Facts label will tell you how much salt per serving a food contains.
16. Whole _____ are recommended more often instead of 100% juice.
17. Eating a _____ of foods is important.
18. Children and adults should be physically _____ on a daily basis.

DOWN

1. Fruits, vegetables, and whole grains are all good sources of dietary _____.
2. Finding ways to reduce food _____ can help to save nutrients and money.
3. At least half of the grains eaten daily should be _____ grains.
5. _____ from plant sources are healthier than solid fats.
6. This food group is a good source of calcium.
9. Fruits and vegetables provide nutrients, like vitamins and _____.
11. Nuts and _____ are part of the protein group.
12. Drinking _____ instead of sugar-sweetened beverages in one way to reduce added sugars.
13. A _____ eating style is recommended for everyone.
15. _____ can help you develop a healthy eating style.

Solution on page 11

Additional Help is Available for Those Living with Renal Disease



It can be tricky managing health, especially when coping with ongoing symptoms from renal disease and dialysis. The good news is that there are additional support services to manage those troubling symptoms and help reduce or eliminate trips to the ER. These services can be provided in private residences, assisted living communities and nursing homes through the **Western Reserve Navigator (WRN) program**. This a non-hospice palliative care program that the CDC has partnered with to better assist our patients to manage chronic kidney disease.

Western Reserve Navigator complements the medical care that you already receive from your dialysis team and nephrologist to manage your pain and other symptoms while you continue to receive dialysis. You can remain in the program indefinitely, as long as needed. The Navigator care team collaborates with your nephrologist to keep you comfortable and out of the hospital. The Navigator team is comprised of a social worker, an advanced practice nurse, a coordinator of volunteers and specially trained volunteers. "Our focus is on improving a person's quality of life," explained Jennifer Martnick, nurse practitioner and palliative care team leader. "One of our patients, for example, had several serious illnesses and was supported by WRN for eight years. "We were

able to help her maintain her independence and achieve a dramatically improved quality of life by successfully managing her symptoms in her own home. In fact, she even wrote a book during that time, something she had always wanted to do!

Western Reserve Navigator provides many supportive services, including:

- Managing medication
- Coordinating care with the individual's doctor; managing symptoms
- Assistance with daily tasks (meal preparation, balancing the checkbook, writing letters, walking with a partner, playing games, etc.)
- 24/7 telephone nurse access

What does it cost?

There is no fee charged to the patient for the social worker and volunteer services. If medical services are needed, such as a visit from the advanced practice nurse, the individual's insurance will be billed. Western Reserve Navigator accepts Medicare, Medicaid and most other commercial insurances. During the first visit and assessment, the team will discuss the patient's particular insurance and any co-payments there might be for medical services. If financial assistance is needed, a Western Reserve Navigator financial counselor will help create an affordable plan.

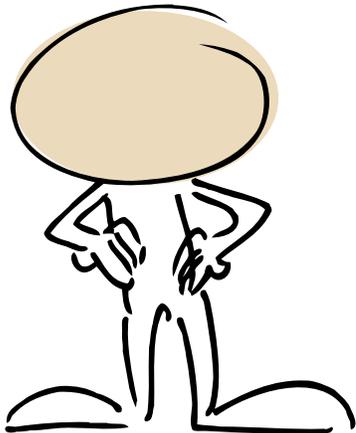
For more information about Western Reserve Navigator, call 800.707.8922.

Did You Know?

Whether your access is a fistula, graft or catheter, you should make sure to take good care of it. Your dialysis care team will teach you the steps of good access care. The chart below compares the three different types of dialysis accesses.

	Fistula	Graft	Catheter
	Best	OK	Avoid
Good for you	😊	🙂	😞
Good treatments	😊	😊	😞
Less infections	😊	🙂	😞
Less hospital visits	😊	🙂	😞
Lasts long time	😊	🙂	😞
Limits activity	😊	😊	😞
Can be hidden	😊	😊	😞
Easy to bathe/shower	😊	😊	😞

Sometimes it is medically necessary to use a catheter for dialysis. However, catheters can lead to serious infections and other problems. If you have a catheter, ask your nurse why it is needed, how long it will be in place, and if you can use a fistula or graft for your dialysis treatment. Fistulas and grafts are safer for most patients. Talk to your care team about a vascular access plan to get a permanent access placed if you have a catheter.



You play an important part in protecting your vascular access. By learning how to care for your access, you will help avoid problems and get the best results from your dialysis treatments.

Your fistula or graft is your lifeline! Report any changes in and around your access to the dialysis staff. To make sure your access keeps working well, follow the TLC (Touch-Look-Care) approach to care for your fistula or graft as shown in the chart below.

Touch-Look-Care (TLC) Your Access Daily

T = Touch

- For pulse
- For temperature
- For tenderness

L = Look

- At skin color for redness
- For drainage
- For swelling

C = Care

- Wash fistula or graft with soap and water before treatment
- Do not wear tight clothing or jewelry
- Do not have blood pressure checks, blood draws or IVs in your access arm
- Follow exercise instructions for a new fistula

Artist in Focus



Stacey Hauser-Franklin, Art Therapist sat down with Evelyn Hall to discuss her artwork which was chosen for the cover of the Access newsletter. Evelyn is a CDC Warrenville patient.



Evelyn Hall

How does it feel to see your artwork published?

"Very exciting, I can't believe I was chosen! I never thought that becoming a dialysis patient would turn me into an artist. I really appreciate being able to participate in art therapy; it gives me something to look forward to."

Where does your inspiration for your paintings come from?

"My inspiration comes from my love of nature and being outdoors."

I absolutely love the changes in the seasons. I miss going camping, and fishing; it was always so relaxing to me to be around the water. I chose to do this painting because I love it when the trees are in full bloom. I tried to capture all the things I enjoy and the beauty of nature. I feel fortunate to have my artwork displayed here at CDC Warrenville, as well as, to have participated in the 25th Anniversary Art Therapies show held at the Beachwood Library this Spring. I was able to bring my son and sister to the reception and they were very proud of me!"

Meet Your Pharmacist

My name is Alexandra Schiavone, your local ExactCare Pharmacist. I work closely with Centers for Dialysis Care (CDC) to help you safely and effectively manage your medications and help you better understand your overall health. ExactCare is a local pharmacy located in Valley View, Ohio. We provide compliance packaging, which packages your medications together based on the day and time they should be taken. This can help you remember to take the right medications together and at the correct time each day. We also deliver your medications to your home each month. In addition to providing compliance packaging, ExactCare can provide medications in vials or bottles, if you prefer. ExactCare is beneficial for people who take multiple medications every day and/or people who have multiple conditions.



Alexandra Schiavone

Proud to work with the Centers for Dialysis Care!



Managing multiple medications can be difficult and confusing. ExactCare® Pharmacy provides a program that helps make it easier and safer to manage your medications. Medications will be delivered to your home each month.



The ExactCare Program

- Medications sorted, counted and packaged based on when you should take them.
- Packaging clearly labeled with the day and time to take your medications.
- Free monthly home delivery of your medications.
- Regular review of your medications by a clinical pharmacist.
- Refills managed for you each month with all of your prescribers.
- Personal support from your pharmacy care team.



Get Started Today



Call ExactCare. Contact us today to get started.

Home Visit. An ExactCare representative will come to your home to answer questions and gather medication information.

Medication Review. A clinical pharmacist will review your medications when you get started with our program and every month you are on service.

Contact ExactCare. If you have questions or need to reschedule your appointment for your home visit.

ExactCare Pharmacy: 216.369.2200

Why is World Kidney Day Important?

World Kidney Day is celebrated every year on the second Thursday of March. World Kidney Day (WKD) is the global awareness campaign that aims at increasing awareness of the importance of our kidneys to our health and reduces the impact of kidney disease and its associated problems worldwide.

Chronic Kidney Disease (CKD) affects 1 in 10 people worldwide. While severity can vary, CKD is incurable and causes the patient to need lifelong care. As the incidence of kidney disease escalates, World Kidney Day plays a crucial role in educating the public, the medical community and governments and encouraging prevention and early detection of kidney disease.

Chronic kidney disease (CKD) affects approximately 195 million worldwide and it is currently the 9th leading cause of death in women. The risk of developing CKD is at least as high in women as in men. In 2018, World Kidney Day and International Women's Day will be marked on the same day, offering the opportunity to highlight the importance of women's health and particularly their kidney health.

What can you do?

- Raise awareness about kidney disease
- Encourage screening of your family/friends
- Learn more about kidney transplantation which is the best-outcome for kidney failure

Spread the word and share messages about World Kidney Day on your Social Media accounts or ask your family/friends to post on the following sites:

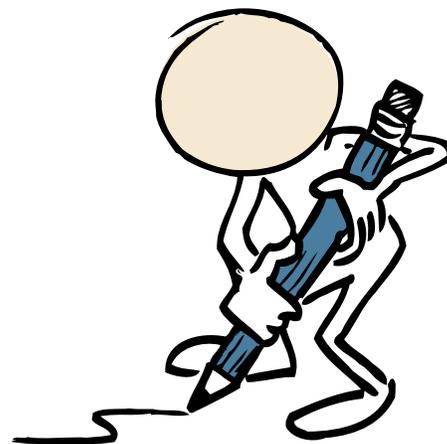
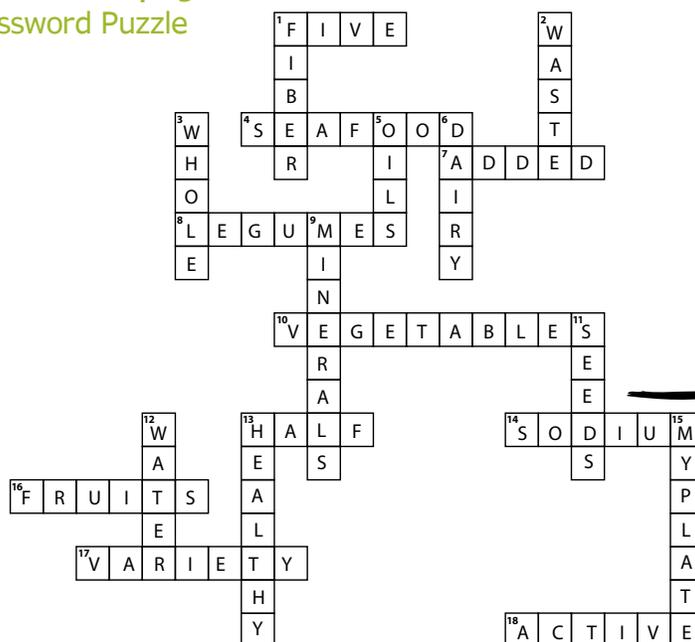
Facebook: World Kidney Day_Official

Twitter: @worldkidneyday

Instagram: world_kidney_day_official

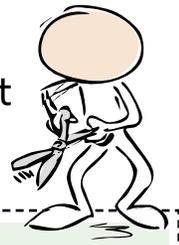
For the Fun of It (solution from page 6)

National Nutrition Month® Crossword Puzzle



Healthy Eating

Recipes to Collect



Low Salt and Easy Macaroni and Cheese

Serves 4 • ½ cup = 1 starch, 1 vegetable

Ingredients

2 cups noodles (any shape)
2-3 cups boiling water
½ cup grated cheddar cheese

1 teaspoon margarine or salt free butter
¼ teaspoon dried mustard

Preparation

1. Boil water, add noodles, cook about 5-7 minutes till tender.
2. Drain.
3. While still very hot, sprinkle with cheese, stir in butter and mustard.

Tasty Beef Ribs

Makes about 8 ribs

Ingredients

4 pounds large beef ribs
¼ cup pineapple juice
1 tablespoon paprika
2 teaspoons chili powder

¼ teaspoon mustard powder
½ teaspoon garlic powder
⅛ teaspoon red pepper

Preparation

1. Place single layers of ribs, meaty side down on rack in one or two shallow roasting pans. Roast in a 450°F oven for 30 minutes. Drain.
2. Brush ribs with pineapple juice.
3. Mix remaining ingredients together. Sprinkle evenly on all sides of ribs.
4. Reduce oven to 350°F degrees. Roast for another 45-60 minutes until tender.



CDC

Centers for Dialysis Care

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