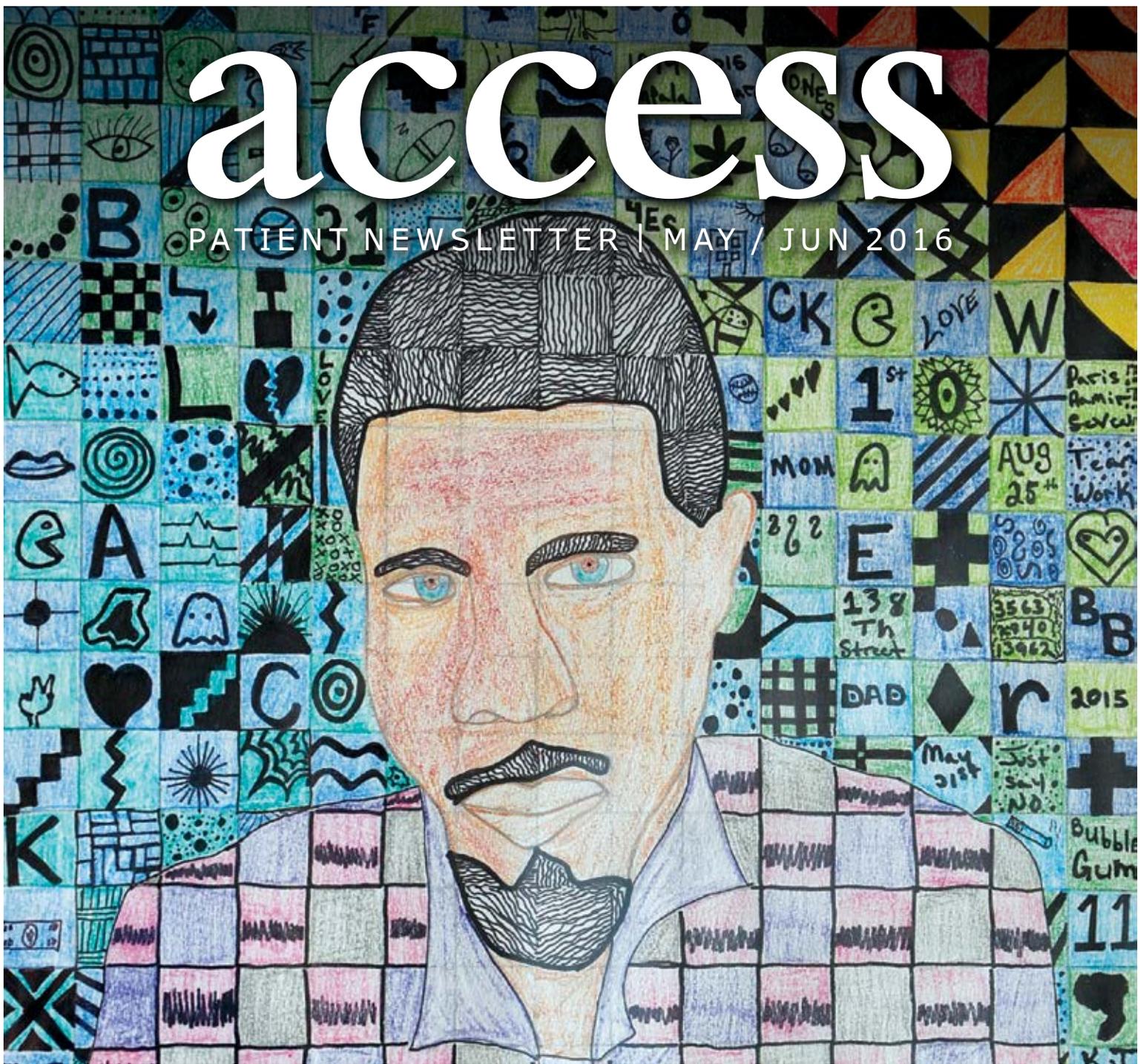


access

PATIENT NEWSLETTER | MAY / JUN 2016



Well Wishes	3	For the Fun of It	8
Transplant Games of America		Artist in Focus	9
Coming to Cleveland.....	4	Warm Weather	
Culture of Safety.....	5	Food Safety Tips.....	10
Who's Behind the Mask?.....	6	Healthy Eating.....	11

CDC

Centers for Dialysis Care

access

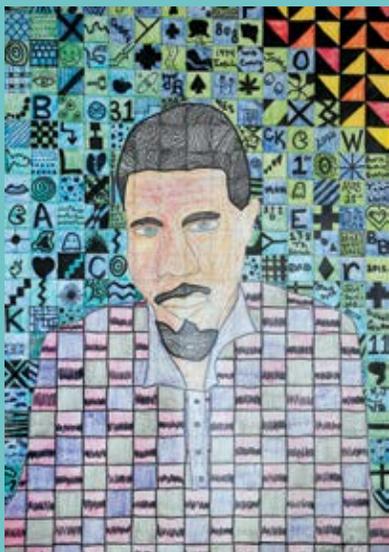
Centers for Dialysis Care Newsletter
May / June 2016

Editor: Pamela S. Kent
Patient Education Coordinator
(216) 903-2004
Design: Impel Creative

CDC

Centers for Dialysis Care

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



On the Cover
Self Portrait, Colored Pencil
Kewan Jones, CDC East



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

News & Notes

Here are some tips from the IPRO End-stage renal disease Network of the Ohio River Valley to help you become active in your care.

1. Know your plan of care

You create a plan with the dialysis staff to set specific goals for you, your health and your quality of life.

2. Ask questions

Your dialysis team is your resource to support you in living the best life you can with kidney disease.

3. Know your treatment options

There are other treatments for kidney disease besides in-center dialysis. Talk to your social worker about home dialysis or getting listed for a kidney transplant.

4. Know yourself

If you do not feel well and things seem "not normal" for you, tell your doctor and healthcare team how you feel.

5. Notice trends

Talk to the dialysis staff about any changes you notice.

6. Educate yourself

Ask the dialysis staff to explain things in words you can understand.

7. Speak Up

You are the star of your healthcare team. Make sure your voice is heard.

8. Keep Appointments

Your medical appointments are focused entirely on your health and how to improve it.

Well Wishes



Diane P. Wish

Hello Spring! Even though the winter was not our typical Ohio winter, spring is always welcome and brings with it the promise of a warm summer. We have had a busy first half of the year.



CDC recently acquired an acute dialysis program that provides dialysis services to several hospitals in Ohio and in other states. This company was started by a former CDC employee as a non-profit dialysis company and will allow us to provide high quality care to patients whenever they are hospitalized. Ralph Knull also joined the CDC family as the Chief of Human Resources. Ralph has extensive experience in Human Resources and we are happy he has joined CDC.

The staff at CDC remains very busy in working to continuously improve the quality of care and service we provide to you. We plan to move forward with dialysis machine replacements and remodeling of the facilities as needed. CDC currently uses two cleaning companies. We are also in the process of interviewing other companies as well. This is based on input from you, the staff and state surveyors. This process will be

done for those facilities that are not satisfied with the cleanliness of the unit. If there are no issues at your unit, we will not make a change in the cleaning service.

While it is impossible to make everyone happy all of the time, our goal is to look for ways to make things better going forward. One way that CDC measures how well we are doing is through the Customer Assessment of Healthcare Providers and Systems survey (CAHPS). This survey is mailed out twice a year and you may have received it and hopefully you sent in your opinion on how we are doing. Thank you for taking the time to complete the survey.

There is a significant delay in receiving the results from the last CAHPS survey. The 2015 fall CAHPS survey results showed your experience as a Center for Dialysis Care patient improved in some categories during the past year. The survey was mailed randomly

and 468 patients completed the survey. **In the future if you get a survey, please take the time to complete it. Your opinion matters to us!**

Over the past year we have seen:

- 4.7% overall increase in staff communication and caring
- 14.4% increase in how satisfied patients are with the way staff handled problems during dialysis
- 3% more patients felt they knew what to do if they experienced a health problem at home
- 2.6% more patients knew how to get off the dialysis machine in an emergency

Based on your survey responses, all of Centers for Dialysis Care will work on:

- Talking with you as much as you would like regarding all of your choices regarding treatment options

[continued on page 11 >](#)

Transplant Games of America are Coming to Cleveland!

The 2016 Donate Life Transplant Games of America (TGA) will be held in Cleveland the week of June 10 – 15, 2016. Cleveland was chosen out of 3 finalists since it has world-class transplant centers at both the Cleveland Clinic and University Hospitals. The Donate Life Transplant Games is a multi-sport festival event for individuals who have had life-saving transplant surgeries. The Transplant Games of America highlight the importance of organ, eye, and tissue donation, while celebrating the lives of organ donors and recipients of all ages. There are over 21 sporting events, an opening and closing ceremony, TGA Village, and other events that will be happening. Many activities will take place in Downtown Cleveland, with area universities also serving as venues. The Transplant Games will involve an estimated 9,000 athletes and spectators and is expected to provide between \$5 and \$8 million revenue to the region.

The biennial Transplant Games aim to raise awareness for the life-altering benefits brought through the transplantation of organs, tissue and corneas. Transplantation saves thousands of lives each year and the Transplant Games celebrate the gift of life and honor donors and their families. Nearly 125,000 people in the United States currently await a life-saving organ transplant and the Transplant Games provide a platform for education on the importance and need for organ and tissue donation.

Lifebanc has supported the Transplant Games throughout the event's history and will be using the 2016 Transplant Games to greatly increase the number of people on Ohio's donor registration list as well as all the registries across the United States. The collaboration for the 2016 Transplant Games in Cleveland will be a catalyst for increasing awareness, education and donor designations for organ, eye and tissue donation in our community and beyond," says Gordon Bowen, CEO of Lifebanc.

Cleveland MOTTEP is a proud supporter of the Transplant Games and is organizing volunteer opportunities for the 2016 Transplant games. If you are able to volunteer or know someone who is interested check out the opportunities below. Even if you are not able to volunteer you can come and cheer on the athletes.

Volunteer Opportunities:

Cleveland MOTTEP needs your help to ensure the success of the Games in a number of different volunteer opportunities!

These volunteer opportunities will take place at the following times:

- **Dorm Assistant** Friday, June 10th from 7:30 am – 11:30 am, 11:30 am – 3:30 pm, and 3:30 pm – 7:30 pm – Cleveland State University and Case Western Reserve University
- **Hotel Information Station** Friday, June 10th from 7:30 am – 11:30 am, 11:30 am – 3:30 pm, and 3:30 pm – 7:30 pm – Hyatt Regency and DoubleTree Downtown



- **Opening Ceremonies** Saturday, June 11th from 3:30 pm – 9:00 pm – Public Hall

Benefits:

- Meet people from around the world
- Give back to the community
- Volunteer with your friends/family and HAVE FUN!
- Volunteers will receive 2016 Transplant Games volunteer shirt and gear

If you are interested in volunteering for the Transplant Games or to learn more, contact Cleveland MOTTEP's Executive Director:

Linda Kimble
216.229-6170 x137 or
lindad.kimble@cdcare.org

Questions:
tgavolunteer@clevelandsports.org

Culture of Safety Starts with YOU



The most important step to prevent the spread of germs and infections is hand washing.

At every hemodialysis treatment, you should:

- Wash or sanitize your hands before going to your chair.
- If you have a fistula or graft access, clean your access before going to your chair.
- If you have a catheter, be sure to wear the mask over your nose and mouth.
- Always wear gloves when holding your needle sites.
- Wash or sanitize your hands when finished with dialysis.
- Report any illness to your nurse or technician.
- Always cover your mouth when coughing or ask for a mask to use.

For every hemodialysis treatment, your nurse or technician should:

- Wear a buttoned lab coat.
- Wear a mask over his or her nose and mouth.
- Wash or sanitize his or her hands and put on new gloves between patients.
- Wash or sanitize hands between each patient contact.
- Use gloves when touching the dialysis machine.
- Always cover his or her mouth when coughing or use a mask at all times.
- The nurse or technician will not eat or drink in the treatment area.
- Staff will check your access for signs of infection.

Proper hand washing with soap and water

1. Use clean warm water and soap. Lather your hands all over and under your nails.
2. Take 20 seconds each time you wash your hands (Hum "Happy Birthday" twice).
3. Rinse your hands with clean warm running water.
4. Dry your hands with an air drier or clean towel.

Proper hand washing with hand sanitizers (waterless hand cleaners)

1. For gel product use one application.
2. Apply product to the palm of your hand.
3. Cover all surfaces of your hands and fingers.
4. Rub together until dry.



Doctors, nurses, and technicians must also use good hand hygiene before touching you. It is okay for you to remind them to do so.

Who's behind the mask?

"Who's behind the mask?" was inspired by an art therapy project led by Barb Greenwood MA, ATR-BC. Each mask is a one-of-a-kind creation where patients explored the idea of how masks are used to hide behind, for protection and even play. The art therapist provided a preformed brown mask which could be decorated. A variety of art materials were made available for each patient to finish their mask. When finished each person was asked to create a poem expressing their thoughts and feelings of who they were behind the mask.



"I Am Life"

Barbara Martin

I am life
I am full of contrast
I am full of emotions
I am full of adventure
Butterflies are happy, childlike
Black is powerful and dark
I am powerful
Yellow is mellow
Red is fire and entertaining
White is my serenity
Feathers are the softness of who
I am as is the pink
Butterfly
Yellow separates two states the
white and black
Rick rack represents the path
that is not straight
Always an obstacle
Glitter around the eyes is part of
the adventure
Eyes are the windows of the soul
Glitter is my wisdom the ability to
see future events of myself
and others
It was stronger when I was
younger
Beads are my energy
I am like a fluttering butterfly

"Tears Of A Clown"

Barry Lassiter

I am a Mexican wrestler
I always wear a mask
The mask hides my identity
The mask gives me a new ID
I cover my face to hide
my sadness
My sadness is about life
This is my escape, I am safe
from reality
This is my happy face
I hide the sorry in my face
because the babies are
being killed
Youth of the day have no regards
for life
I am the face of a clown
I cover the turmoil inside
I hide my face because my heart
is sad
I hide my face so people cannot
see my tears
I love my babies





"The Dark Side"

Kenneth Mims

I put the nasal cannula in the
nose to show
That sometimes in life we feel
overwhelmed
With what's come be forth us
and it just
Feels like you can't breathe
sometime
The earth is to signify that
you or we
Are not in whatever our struggle
may be to us by ourselves,
Others all over the world are
going through the
Exact same thing
The symbols on the face
represent life in itself as we
may know it
The tears drip red for it takes
blood to sustain life and the eyes
Are to signify some kind
of emotion
The gold teeth stand for,
regardless of all the hardship,
You still shine!!!!!!!



"I Am Whole"

Karen Lawler

I am the descendent of kings
and queens
I am jewels that sparkle brightly
I am soft like a feather
I am colorful
I am spiritual
I can see through my mind's eye
I am a daughter, mother,
grandmother and
Great grandmother
I am an artist
All the pieces of my puzzle
fit together
I am happy and sad
I shine even in the sadness
I have lived through loss
I am whole



"I Am A Creation of Alfee"

Alfee Greer

I am strong
I am creative
I show expression
I am a creation of Alfee that
shows strength
I am beautiful in my own way
It was important to put in
the eyes
I see far more than what I
was expecting
I think the eyes make my
situation easier
I am more than just a
dialysis patient
I am willing to live life fully
I am a strong, powerful,
spiritual black woman

What does your
mask look like?

For the Fun of It

Word Seek: Can you find the words related to Kidney Disease treatment options?



Words:

Choices

Freedom

Supplies

Dialysis

Home

Transplant

Diet

Night

Travel

Exchanges

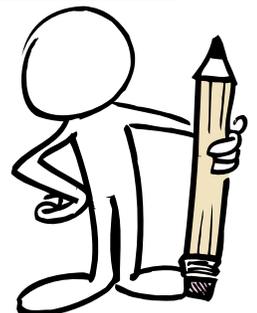
Peritoneal

Treatment

Flexibility

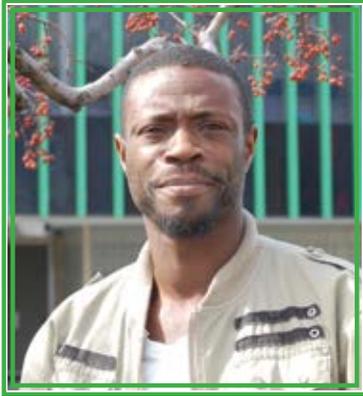
Storage

Work



Artist in Focus

Keewan Jones of CDC East



Keewan Jones

The featured cover art for this newsletter was created by Keewan Jones, a former CDC East patient. Keewan completed his self-portrait which he started on dialysis while recuperating in the hospital after receiving a kidney transplant in October 2015.

How did you get introduced to art therapy?

I met my first art therapist, Barb Greenwood MA, ATR-BC when I was 26 years old. I was having a rough time adjusting to dialysis and didn't have anyone to confide in. I was not going to tell people how bad I felt inside. I was angry and confused. Barb helped me express my feelings through my art. My first painting was an abstract painting about feeling boxed in. My second painting was also another abstract piece about my son having to go on dialysis and how hard that was for me to accept.

How did you decide to paint a self-portrait?

My art evolved during my time as a dialysis patient. I painted a portrait of my two dogs, a Rottweiler and Shnauzer. They are my buddies. I also worked with another art therapist, Kathryn Mierke MA, ATR who gave me a lesson plan regarding the Chuck Close art technique. Mr. Close is known for using creative and intricate patterns to portray a human portrait. Painting a self-portrait can be intimidating, but by breaking down the image into a grid, I could work on my drawing in bite size pieces. My family even helped me pick out the colors for the shirt while I was in the hospital. In each grid of the painting, I share my life story.

How long were you on the transplant list?

I had a lot of issues to deal with as a patient. Two years after being listed on the transplant list, I found out that my son had to go on dialysis. This set me back on reaching my goals. Under the new transplant guidelines, I did receive credit for the time I was on dialysis. I waited 6 years for my kidney.

What advice would you give to dialysis a patient?

Dialysis can slow you down, but do not allow it to stop you from moving towards your goals.

"I graduated from college while on the chair. I crossed the finish line. I slowed down and took things one at a time. I started my own business, raised my children and had a successful transplant." Getting a kidney transplant is a process. I was scared about the possible complications. But I took time to get the answers to my questions.

Choose to take control of your life!

Find out if kidney transplantation or home dialysis is good option for you. I think patients get comfortable with how their lives are when on hemodialysis. They feel safe and fear transplants and home dialysis because of the unknown. But it is you and the doctor that decide if kidney transplantation would be good treatment for you and if you should be on the waiting list. If you are not sure what is best for you or whether you are on the list then ask your social worker or doctor.

Four Warm Weather Food Safety Tips

Picnics, backyard barbecues, and holiday cookouts are fun summer gatherings. But as the temperature outside rises, so does your chance of becoming ill due to food poisoning. Stay healthy and safe during warmer months by following these food safety tips.

Wash Hands and Produce

Always wash hands with soap and water before and after handling food. If you are outdoors without access to a sink, use antibacterial hand sanitizer. Wash your hands with warm soapy water for about 30 seconds. This is about as long as it takes to sing "Happy Birthday" twice!

Rinse fresh fruits and vegetables with running tap water. Wash your food before packing it in your cooler since you may not have running water where you plan to picnic.

Separate Raw Foods and Cooked or Ready to Eat Foods

Carefully wrap raw meat, seafood, and poultry and place it in a separate cooler (or at the bottom of the cooler) to prevent any raw juices from leaking and contaminating other foods.

Use an extra plate on hand or thoroughly wash any utensil, dish, or surface that has touched raw meat or seafood with hot, soapy water before reusing the item.

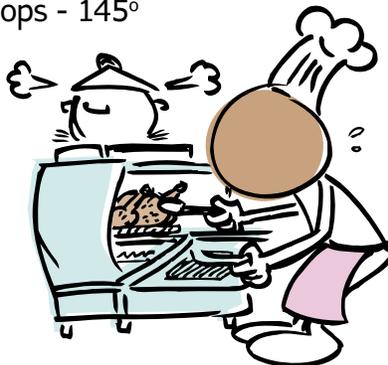
Cook Food Thoroughly

Do not depend on the color of meat or seafood to determine whether or not it is cooked thoroughly. Use a thermometer to check for doneness

Seafood, Pork and Steaks, Roasts and Chops - 145°

Poultry and Ground Meat - 165°

Adapted from <http://foodsafety.gov>



Keep Cold Food Cold

To keep foods cold:

- Choose a well-insulated cooler filled with ice rather than a picnic basket.
- Once you get to your destination remove it promptly from the car or trunk.
- Keep coolers out of direct sunlight

Full coolers tend to stay cold longer. If your cooler has empty space, fill it with ice.

Place containers of summer salads, fruits and other items to be kept cold in larger pans of ice to keep the foods cool while serving the meal.

Food should not be left out for over 2 hours or 1 hour if the temperature outside is above 90°.

Adapted from <http://realsimple.com/food-recipes/cooking-tips-techniques/preparation/food-safety>

Healthy Eating



Cream Cheese Burgers

Portions: 4

Serving Size: 1 burger

Ingredients

- 1 pound ground beef preferably lean
- 1 egg, slightly beaten
- 1/3 cup dried, unseasoned bread crumbs
- 4 tablespoons softened cream cheese
- 1/2 tsp dried basil (or 1 tbsp chopped fresh basil)
- 1 tsp onion powder (or 1 tbsp fresh, minced onion)
- 1 tsp garlic powder (or 1 garlic clove, minced)
- 4 hamburger buns

Well Wishes (continued)

- Talking with you about peritoneal dialysis (PD), a type of home dialysis without needles
- Talking with you regarding why you are not eligible for a kidney transplant

The Centers for Dialysis Care strongly supports kidney transplantation, the gold standard for treatment of kidney disease.

1. The social workers meet monthly with the transplant teams from both University Hospitals and the Cleveland Clinic Foundation to review patients that have been referred to them for a kidney transplant or evaluation for a kidney transplant.

2. Your dialysis team meets monthly to discuss your plan of care and status of kidney transplantation.
3. CDC supports the Cleveland Minority Organ & Tissue Transplant Education Program's (MOTTEP) mission to decrease the number and rate of people in need of organ and tissue transplants and to increase the number of organ and tissue donors in the Greater Cleveland African American community.

National rules have been set up to make sure that everyone has an equal chance of receiving a kidney from the waiting list. If you want more information regarding kidney transplantation or don't understand why you are not able to be listed on

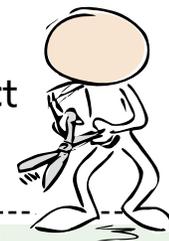
the kidney transplant list, please ask your social worker. Together we can work toward getting more patients on the kidney transplant list!

CDC is also very interested in making sure you understand about both home dialysis options, home hemodialysis and peritoneal dialysis. There are several programs available in the area and if you are interested in learning more about it let your social worker know. We can either get you more information and/or we can arrange a visit for you to meet a nurse at the home program so you learn more about home dialysis.

Diane P. Wish
President & CEO

Healthy Eating

Recipes to Collect



Preparation

1. Combine meat, egg and crumbs.
2. Form into 8 equal sized patties.
3. In a separate bowl, combine cream cheese, basil, onion and garlic.
4. Take about 1 tbsp of the cream cheese mixture and place on meat patty.
5. Take a second patty and place it on top, pinching the edges to contain the cream cheese mixture inside.
6. Repeat with remaining patties.
7. Fry or grill
8. Plan on bun and top with lettuce.

Got Options?

YES, YOU DO!

There are a number of treatment options besides in-center hemodialysis:

- Peritoneal Dialysis (PD)
- Hemodialysis at home
- Kidney Transplant

Ask any member of you patient care team for more information.



CDC

Centers for Dialysis Care

Corporate Office

18720 Chagrin Boulevard
Shaker Heights, Ohio 44122

(216) 295-7000 • cdc.org



Scan the code to
visit us online