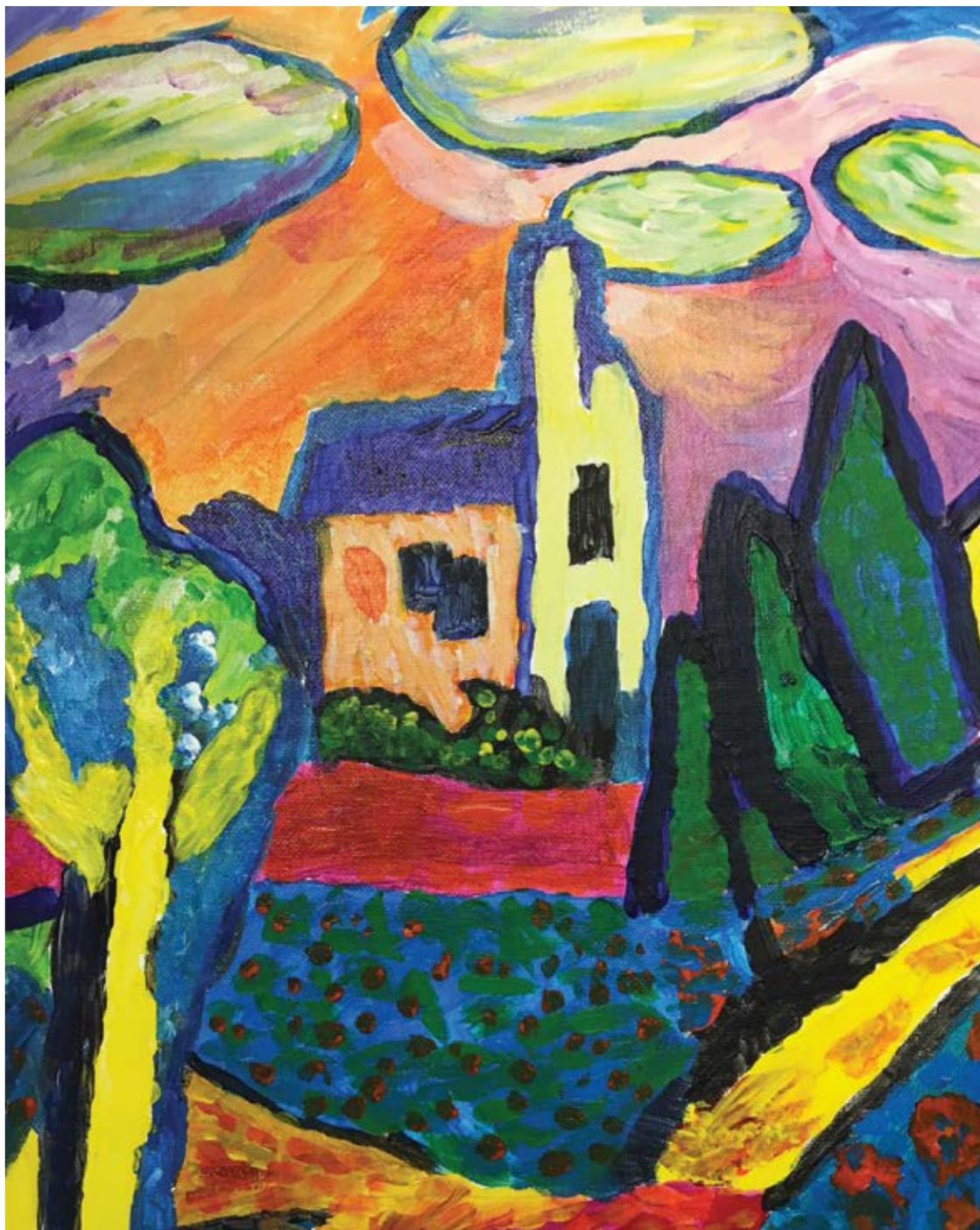


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PATIENT NEWSLETTER | SEP / OCT 2018



CDC

Centers for Dialysis Care

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Centers for Dialysis Care Newsletter
September / October 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
Untitled, Acrylic
Elizabeth Murphy, CDC Beachwood

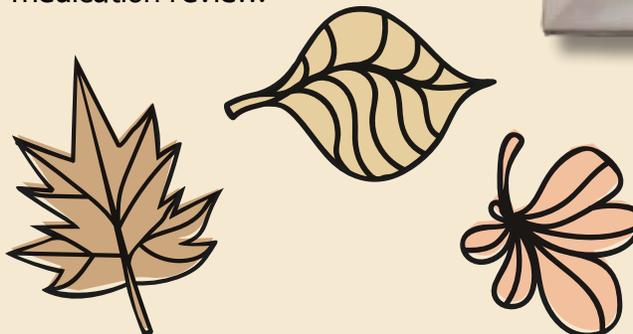


Centers for Dialysis Care (CDC) is a leader in providing patient-centered quality care to all individuals with kidney disease.

Coming Soon...

Twice a year, CDC requests that you bring your medications into the unit so your CDC nurse can review them and update your medication list.

CDC is pleased to offer our patients a medication bag to help organize your medications when asked to bring them to the unit for your biannual medication review.



Message from the CEO and President



Diane P. Wish



Gary Robinson



To Our Patients:

Proposed Dialysis Constitutional Amendment Will Not be on November Ballot

You may have seen, read or heard about a proposed amendment to the Ohio Constitution about dialysis care. The proposed amendment would have been decided by Ohio voters in the November 2018 statewide election.

On August 13, 2018, the Ohio Supreme Court found that the sponsor of this amendment — the California-based SEIU-UHW — did not follow Ohio law governing signature collection. The Court ruled the petitions invalid. As a result, the proposed amendment will not be on the ballot for the

November 2018 general election. This is welcome news for dialysis patients across Ohio because the proposal was a reckless attempt to change dialysis services. The Ohio Renal Association and more than 20 other medical, health and community groups opposed the amendment and had begun to run a 'vote no' campaign to educate Ohio voters about the possible harm this amendment would cause.

The amendment sponsor has indicated it intends to bring the issue back in 2019. Our coalition will remain prepared to educate

Ohio voters on the dangers of this reckless proposal. We will also pay attention to events this year in California, where the SEIU-UHW has placed a similar issue on that state's fall ballot.

With Kindest Regards,

Diane P. Wish, CEO
Gary J. Robinson, President

CDC Patient Goes to Washington, D.C. as Advocate for Kidney Dialysis

Interview with Brian Carter, by Kathryn Mierke, MA, ATR

Every year, the Centers for Dialysis Care (CDC) invites a dialysis patient to attend the National Renal Administrators Association's *Day on the Hill*. The summit features the opportunity for providers to meet with state legislators to discuss the top priorities and concerns that affect the renal healthcare field. This year CDC East patient, Brian Carter, accompanied CDC's Chief Financial Officer, David Oppenlander, on the trek to Washington, D.C.

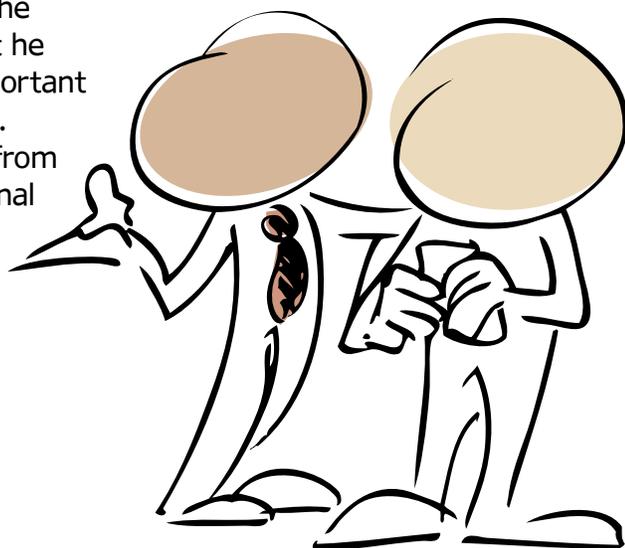


Brian was very excited to discuss his experience on the Hill. "I found myself surprised by the amount of sincerity and compassion from everyone I met," he recalls with a grin. "They showed real concern for me, and the patients I was there to represent." While in Washington, both Brian and David had the privilege of meeting with various members of the National

Renal Administrators Association (NRAA), Senator Rob Portman, and many other officials and organizations committed to achieving the NRAA's major key principles.

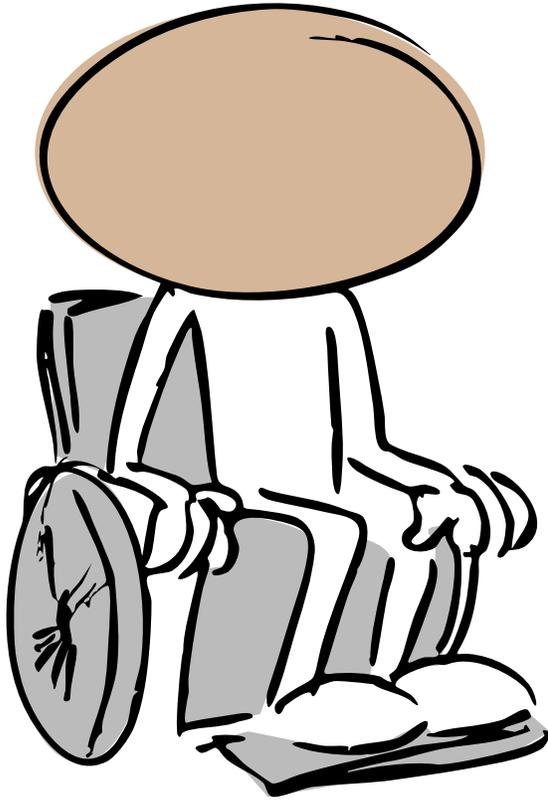
According to Brian, what stuck with him most were the meaningful interactions he had with the many Senators and State Representatives he encountered. During their time together, he made sure to highlight what he believed to be the most important needs of renal care patients. They discussed everything from securing funding for additional prevention and education programs, to affordable

housing and prescription medication assistance. He also shared his thoughts regarding the need for more art and music therapy programs, so that all patients coping with renal disease have access to a creative outlet during treatment. Now back home in Ohio, Brian considers his trip to Washington a success and he looks forward to the positive changes that are sure to come.



Wheel Chair Safety

Let's talk wheelchair safety! Here a few essential tips designed to help prevent you or a loved one from having a serious accident.



1. Be sure to keep the wheelchair in good repair. This will help prevent potential accidents and malfunctions.
2. Always lock the brakes before getting in and out of your wheelchair. When operating power wheelchairs, ensure the machine is completely off before attempting to sit in or exit the chair. Not only does it prevent someone from accidentally bumping the joystick, and it also conserves battery life.
3. Don't pull backward on doors or other unstable objects when sitting in a manual wheelchair. A door could suddenly shift, which might knock you off balance.
4. Be sure to lift up the footplates before getting in or out of your chair.
5. If your wheelchair is equipped with removable arm or leg rests, make sure they are properly secured before and after each use.
6. Avoid placing heavy loads on the back of your wheelchair.
7. Refrain from removing the anti-tip wheels or bars on your wheelchair. These features are designed to prevent the chair from tipping backwards.
8. Keep loose objects and lap covers away from the wheel spokes.
9. Don't let children sit in or play with your manual or motorized wheelchair.
10. Avoid going up or down steep inclines or slopes. You risk losing control and accidentally injuring yourself.

Remember: it's important to use caution when operating any wheelchair. Always try to think of ways to prevent problems before they occur. Attempt to plan ahead for emergency situations such as brake failure, tipping backwards, or other equipment malfunctions.

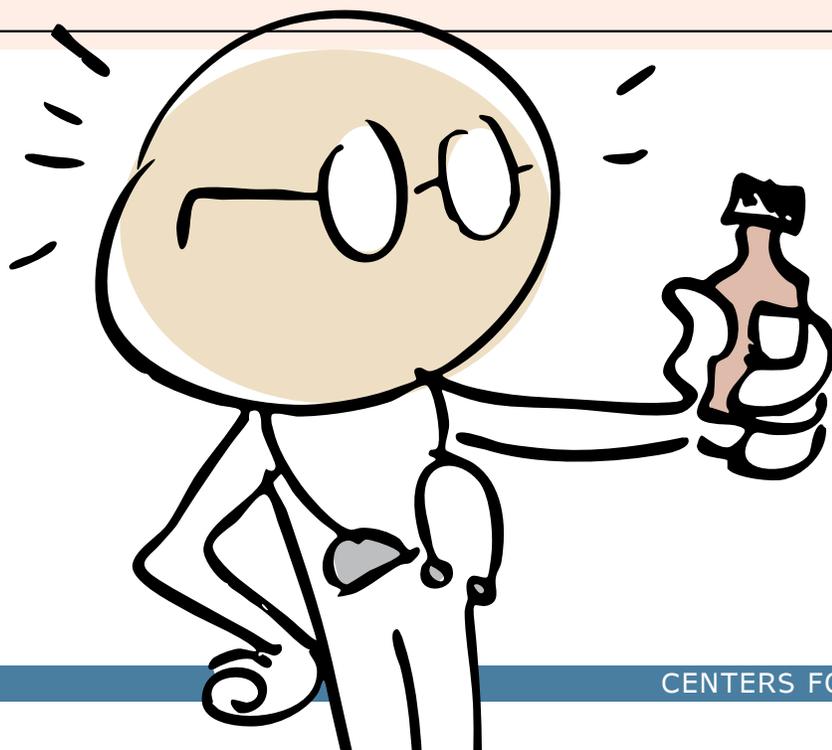
For the Fun of It

Influenza Word Search

A B C F D E F G H I J C O U G H K L
M S E A S O N A L N O P Q R S A T Y
U T V T W X Y Z D G E H F C B N A R
I E D I Z Z I N E S S A J T Y D L O
J L S G N Q T T I N C U Q X A W O T
K P L U O U A K O Q F H R N V A R A
L O L E P N E F E V E R B I C S B R
M R I V I N F L U E N Z A H V H X I
W D H C Y R G L J R D K E Z Y I W P
X B C O N T A G I O U S D H Z N V S
A A D F Z S H M P S E I P E M G U E
V C A I N O M U E N P G S W C U T R

Words:

ACHES
CHILLS
CONTAGIOUS
COUGH
DIZZINESS
DROPLETS
FATIGUE
FEVER
HANDWASHING
INFLUENZA
PNEUMONIA
RESPIRATORY
SEASONAL
VACCINATE
VIRUS



Preventing Seasonal Flu

The first and most important step in preventing flu is to get a flu vaccination each year. Don't miss out...get your flu shot!

Fact #1: The flu is a contagious respiratory illness caused by the influenza virus.

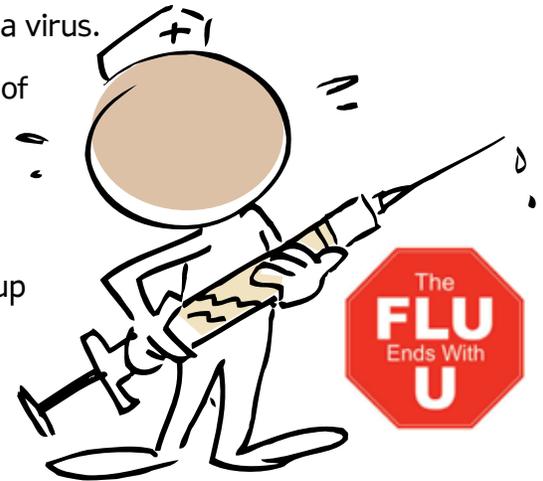
Fact #2: Each year over 36,000 people in the United States die because of the flu—most are over 65 years of age.

Fact #3: You cannot get the flu from the flu shot!

Fact #4: As a dialysis patient you have a greater chance of developing serious problems from the flu and are considered a priority group for the vaccine.

Fact #5: You have to get the flu shot each flu season (one time a year).

DECISION TIME: Based on these facts, should you get the flu shot? Yes!



MOTTEP, also known as the Cleveland Minority Organ Tissue Transplant Education Program, is pleased to announce that their first ever *Sip and Paint Fundraiser* was a smashing success! Held on June 20th, the event raised nearly \$500.00. All proceeds will directly benefit the organization and their commitment to raising awareness about organ and tissue donation, transplantation, and other health and wellness issues.

This year, fourteen budding artists enjoyed a night of networking, painting, and fun! The CDC's own Dawn Knez and Bernie Russ served as the Artists in Residence for the event, and they had a blast assisting attendees with their artwork. We would like thank everyone involved for their time, creativity, and for their continued support of Cleveland MOTTEP.

MOTTEP would also like to offer a special thanks to the following individuals and organizations who graciously donated food, raffle prizes, art supplies, and more: Food for Thought, Marianne Klasch, Goodtime III, Creekside Restaurant, Pat Catan's, Bernie Russ, and Trader Joe's.

You Spoke. We Listened.

Your safety, opinions, and well-being matters to CDC! Our goal is to provide you with the best quality care.

Twice a year you may be randomly selected to complete a Customer Assessment of Health Care Provider Survey (CAHPS). This is a chance to tell us how we are doing as your dialysis care provider. CDC makes decisions based on the results of the survey. CDC uses several methods to provide information to patients including the newsletter, bulletin boards, lobby days, monthly education topics, to name a few. Here are just a few of the insights from the 2018 Spring Survey:



76% of CDC patients reported someone talked to them about the right treatment for dialysis care



50% of CDC patients reported someone talked to them about peritoneal dialysis, a type of home dialysis therapy



Once the kidney transplant evaluation process is complete, the transplant team will review the information and decide if they feel that transplantation is a reasonable and safe treatment for you. Sometimes you will need to make some lifestyle changes such as achieving a healthy weight or quitting smoking to get on the transplant list.



54.9% of CDC Patients did not know why they were not eligible for a kidney transplant



It is always your choice to decide the treatment option to manage your kidney failure. It is okay to try different treatment types as your feelings, needs, and wants change over time. Talk to your social worker or kidney doctor for more information on any of these treatment options.

Artist in Focus



Elizabeth began undergoing dialysis seven years ago at the Centers for Dialysis Care (CDC) in Oakwood. Although she was new to treatment, she was quickly excited to learn about CDC's Art & Music Therapy Program. It was through this program that Elizabeth began to reconnect with the creative part of herself that had remained untapped for so long.

As a child, Elizabeth would spend hours upon hours drawing pictures. However, as she grew older, she no longer had the time to sketch and draw the way she once did. Instead, she channeled her creative energies into cultivating beautiful gardens to surround her home. And though she has since moved into apartment, her fondness for flowers and greenery can still be found in almost every room of her home and, of course, in her artwork. "I just love flowers," Elizabeth says with a smile. "And now, with the added benefit of being able to incorporate paint into my drawings, I really feel like my work is coming into focus."

Now receiving treatment at CDC's Beachwood location, she continues to explore creating vivid imagery with a variety of different

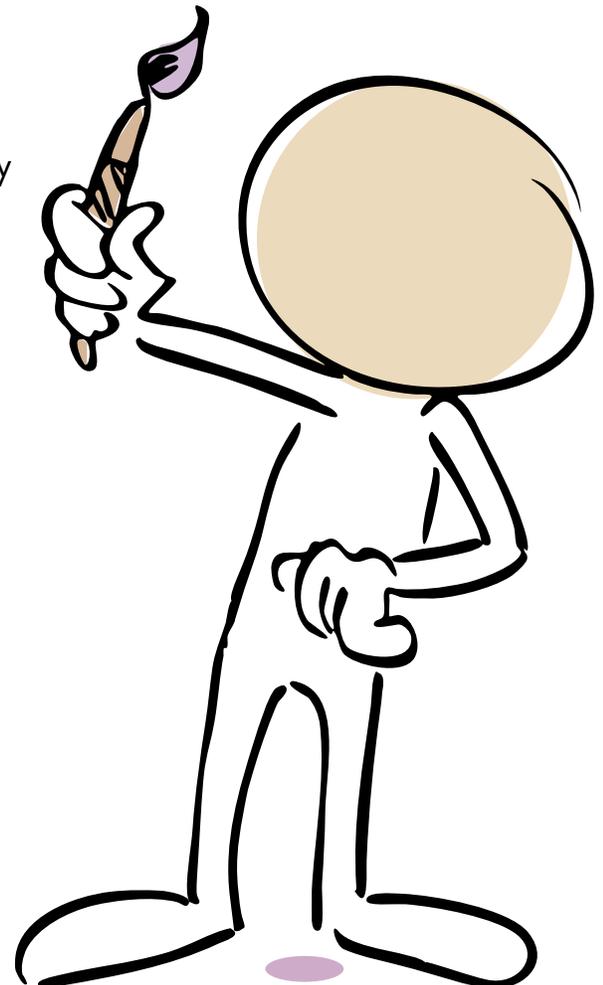
materials. With encouragement from the facility's art therapist, Elizabeth has learned how to draw faces and landscapes. Whether she's using color pencils, pastels, or water colors, she truly enjoys bringing her paintings to life.

Being able to paint during her treatment sessions also makes the time fly by. According to Elizabeth, she never gets tired of being on the machine while working on a piece. "There are times that I love it so much I don't want to go home," she admits. "The whole process can be very therapeutic."

While much of her artwork currently hangs in her apartment, she also occasionally takes commissions from friends. Elizabeth loves giving away her paintings and is thrilled when she sees her pieces being displayed throughout CDC's numerous facilities. When asked if she had any advice for other dialysis patients currently considering art therapy, her response was simple: "If you haven't already, please give art a try. You just might be surprised by how much you love it."



Elizabeth Murphy



Managing Fluid Intake on Dialysis

What does fluid have to do with your dialysis care? The dialysis process works to remove excess fluid from your blood, which is why it's important to monitor your fluid consumption. While fluid intake is typically limited on a dialysis diet, the exact amount you need each day may depend on both your overall health and the type of dialysis you receive. Keeping an eye on your fluid levels will keep you feeling healthy and strong.



Once you begin receiving dialysis treatments, many patients report either urinating very little, or in some cases, not at all. Consuming too much fluid may cause buildup between dialysis sessions, which could result in the following:

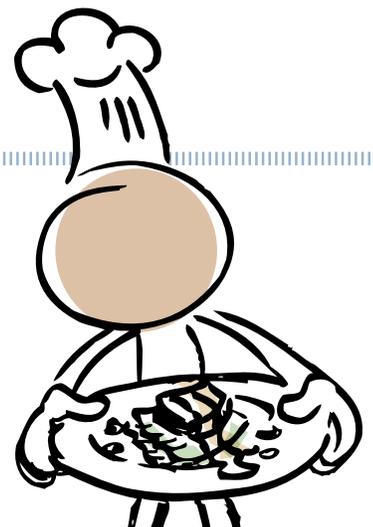


- Headaches and low energy
- Swelling in your face, hands, and feet
- Trouble breathing from fluid in your lungs
- Heart damage from stretching your heart too much with fluid
- High blood pressure that can lead to stroke

Talk to your doctor or dietitian about how to manage your individual fluid intake and nutrition needs so you can keep feeling your best!

Fall into Healthy Eating: Portion Control

Portion control is an important part of your renal diet. Eating more than the recommended portions can increase the amount of phosphorus, potassium, and/or sodium you are eating on a daily basis. Consuming more than the recommended amounts of these nutrients can negatively affect your health. Sometimes we think we are eating less than we really are which is why knowing what an actual portion looks like is important. Below are some comparisons to help you with portion control.



- 3 oz = the size of a deck of cards or the palm of your hand
- 1 cup = the size of your fist or a baseball
- ½ cup = the size of a light bulb
- 1 tablespoon = the size of a poker chip
- 1 teaspoon = the tip of your thumb

Healthy Eating



Apple Baked Pork Chops

Yield: 4 servings

Cook Time: 1 hour 15 minutes

Ingredients

2 medium apples, cored and sliced

2 T. olive oil

4 (6 oz.) pork chops, center cut

½ c. water

2 T. raisins (optional)

2 T. brown sugar

2 T. cider vinegar

Dash pepper to taste

Fresh Apple Cake

Yield: 15 servings

Prep time: 30 minutes

Cook time: 45 minutes to 1 hour

Ingredients

½ c. melted butter

2 c. sugar

2 large eggs

1 t. vanilla extract

2 c. all purpose flour – sifted

2 t. ground cinnamon

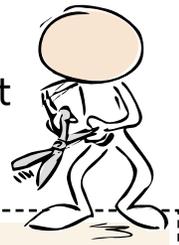
1 t. baking soda

2 ½ lbs. Granny Smith Apples (about 4 large, peeled and cut in thin slices)



Healthy Eating

Recipes to Collect



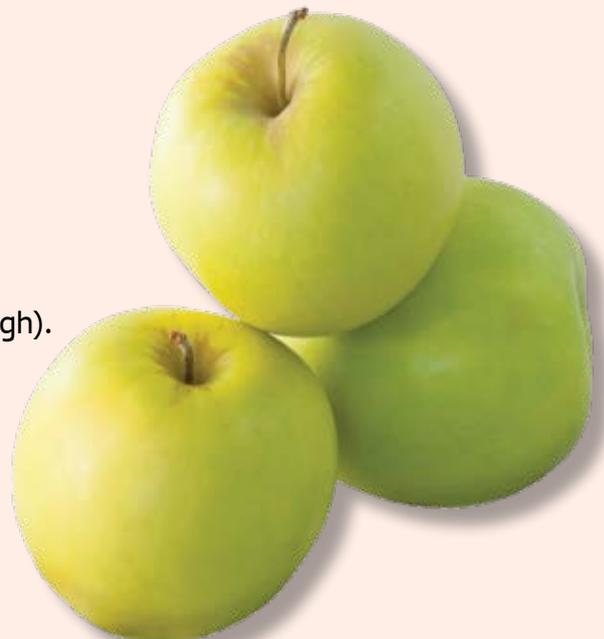
Instructions

1. Preheat oven to 325°F
2. Heat olive oil in a skillet over medium-high heat, then add the pork chops.
3. Brown them on each side and then place them in a pre-greased oven-safe pan.
4. Layer the apples on top of the pork chops.
5. Deglaze the skillet by adding 1/2 cup of water and stirring it around to pick up all the pork bits.
6. Pour the oil/water mixture over the apples and the pork chops.
7. Sprinkle evenly with raisins (optional), cider vinegar, then brown sugar.
8. Add pepper to taste.
9. Cover the dish and bake for 30 minutes.
10. Remove cover and bake an additional 45 minutes.



Instructions

1. Preheat oven to 350°F.
2. Stir together butter, sugar, eggs, and vanilla until blended.
3. Combine flour, cinnamon, and baking soda; add to butter mixture, stirring until well blended.
4. Stir in apples (batter will be very thick, similar to cookie dough).
5. Spread batter into a lightly greased 13 x 9 inch baking pan or Bundt cake pan.
6. Cook 13 x 9 inch pan approximately 45 minutes / Bundt cake pan approximately 1 hour or until wooden pick inserted in center comes out clean.



CDC

Centers for Dialysis Care

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