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CENTERS FOR DIALYSIS CARE NEWSLETTER | SPRING 2014

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CDC

Centers for Dialysis Care

access

Centers for Dialysis Care Newsletter
Spring 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.

On the Cover

Cover art is original artwork created by a CDC dialysis patient participating in the Art Therapy Program.

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

CDC

Centers for Dialysis Care



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.

25th Parade the Circle and Circle Village June 14th – 11:00 am to 4:00 pm

CDC creative arts therapists will again be supporting this event with Cleveland MOTTEP by coordinating fun activities in one of the tents at Circle Village. Please join us for some summer fun, and find yourself in the Circle at Cleveland's signature summer event.

This fabulous, fun, FREE celebration features the Parade, presented by The Cleveland Museum of Art, and Circle Village, presented by University Circle Inc.

The Parade, which begins at Noon, incorporates the drama and artistry of colorful floats, puppets, costumes, dancers, and musicians. For more information about the Parade, please visit ClevelandArt.org. Circle Village



invites visitors onto Wade Oval for an afternoon of activities, live music, and delectable food.

CDC's Fire-Fly
activity for Parade
The Circle 2013

Welcome



This has been a terrible winter in terms of snowfall and very cold weather. I'm glad that almost all of the patients and the staff were able to show up for dialysis and for work on most of those bad days. Dialysis is not optional and it is very important that you don't skip treatments or shorten them. Even though it might not seem like a big deal to shorten 10 or 15 minutes off of your treatments, it really does make a difference. Dialysis only fills the gap for some of the time that functioning kidneys work, so it is in your best interest to not skip any treatments and to stay on for the full time prescribed by your doctor. Everyone at CDC cares about your health and we want to help you to be as healthy as possible.

By now all of the dialysis machines have "traffic lights" installed. This is a simple way to alert you and the staff to determine if you will fulfill your dialysis adequacy goals for the treatment. If it is green you will be fine assuming you stay on the entire time. If it is red then the machine has stopped for some reason and it needs to be checked. If it is yellow

then the staff needs to trouble shoot to determine what needs to be changed in order for you to meet your treatment goals for the day. Please feel free to ask the staff to check your machine and access if you see the red or yellow lights on.

Patient Experience of Care Survey

I want to thank all of you who completed this survey the end of the year. As of 2012 Medicare included the survey as part of all dialysis facilities' Quality Incentive Program, QIP. The QIP is Medicare's pay for performance program for the ESRD program. In order for the survey to count it needs to be given by an independent

"Everyone at CDC cares about your health and we want to help you to be as healthy as possible."

company. This is why you either received the survey in the mail or by phone. You will be receiving this same survey every year usually during the last few months of the year. We encourage you to complete it and thank you for completing it.

As part of the report we not only receive our results but we also find out how well we did compared to other dialysis facilities that used the same company to do the survey. Last year CDC was pleased with the results and we scored higher than other

dialysis facilities in all but 1 category. The category about Providing Patients Information is the one we concentrated on in 2013. While we thought we were providing all of the information we realized that we needed to provide more information and in a better format. Some of the topics include how to care for your vascular access, the need to never have a catheter, your rights and responsibilities as a patient, home dialysis including peritoneal and home hemodialysis and transplantation and how to disconnect yourself from the machine in an emergency. Our goal is to make sure that you have all of the information you want and

need. I am pleased to report that CDC as a whole improved 9% over where we were the prior year and every facility also improved between 2% and 29%. Please feel free to let us know if you have any suggestions on how we can better serve you.

For 2014 CDC has chosen Customer Service as our target area to improve. One of CDC's core values is Customer Service and this year we will address special attention to areas when we can improve our care and service to you. Please let your facility manager

know if you have specific suggestions on ways we can improve.

Smoking cessation

We are concerned about many aspects of your health and the health of our staff. As you know over a year ago CDC followed the lead of almost all other healthcare facilities regarding smoking. I am very pleased to learn that we have had very good compliance with staff, patients and visitors not using any tobacco products on any CDC property, parking lots, and vehicles parked in our lots. We know this change was difficult for smokers but we feel it is important that everyone continue to follow this change. The benefits of not smoking are very significant. Quitting at any age can give back years of life that would be lost by continuing to smoke. There are numerous health benefits to quitting smoking, many that take effect within hours of your last cigarette.

March is National Kidney Month

This national campaign shines a light on the importance of kidney health and an awareness of kidney issues. World Kidney Day is March 13. World Kidney Day aims to raise awareness of the importance of our kidneys to our overall health and to reduce the frequency and impact of kidney disease and its associated health problems worldwide. Many organizations locally, around the country and the world have a variety of

activities planned. The target theme for this year is Chronic Kidney Disease.

The objectives for World Kidney Day are the following:

- Raise awareness about our “amazing kidneys” and to highlight that diabetes and high blood pressure are key risk factors for Chronic Kidney Disease (CKD).
- Encourage systematic screening of all patients with diabetes and hypertension for CKD.
- Encourage preventive behaviors.
- Educate all medical professionals about their key role in detecting and reducing the risk of CKD, particularly in high risk populations.
- Stress the important role of local and national health authorities in controlling the CKD epidemic. Health authorities worldwide will have to deal with high and escalating costs if no action is taken to treat the growing number of people with CKD. On World Kidney Day all governments are encouraged to take action and invest in further kidney screening.
- Encourage Transplantation as a best-outcome option for kidney failure, and the act of organ donation as a life-saving initiative.

If detected early, Chronic Kidney Diseases can be treated—thereby reducing other complications and dramatically reduce the growing

burden of deaths and disability from chronic renal and cardiovascular disease worldwide.

Last year CDC began our own CKD educational program. This is in addition to the education provided by all of the nephrologists. Pam Kent, CDC’s CKD Coordinator, is available to meet with patients and their families to be a resource to answer any questions that they have, to discuss all of their treatment options including home dialysis and transplantation and the importance of having a permanent vascular access placed prior to starting dialysis. The goal is for patients to never have a temporary catheter. Having a catheter increases the chance of death by 30%. This is why it is so important to either never have a catheter or to have it for the shortest amount of time possible.

Having a catheter increases ones chance of having an infection and being in the hospital which can lead to premature death. This is why CMS has also made this one of all dialysis facility’s QIP indicators. If a facility has too many patients with catheters for more than 90 days or has too few patients with AV fistulas, the dialysis units can be financially penalized. The CDC staff and your nephrologists are working together to help you in any way possible to have a permanent access.

DIANE WISH
President & CEO

April is National Donate Life Month

What is National Donate Life Month

Originally a weeklong observance, it was officially recognized as a month-long event in 2003. The celebration commemorates those who have received or continue to wait for lifesaving transplants as well as the donors who save and heal lives.

Who can be a donor? People of all ages and medical histories should consider themselves potential donors. Your medical condition at the time of death will determine what organs and tissue can be donated.

Does my religion support organ, eye and tissue donation? Every major religion in the United States supports

organ, eye and tissue donation as one of the highest expressions of compassion and generosity.

Is there a cost to be an organ, eye and tissue donor? There is no cost to the donor's family or estate for donation. The donor family pays only for medical expenses before death and costs associated with funeral arrangements.

Does my social and/or financial status play any part in whether or not I will receive an organ if I ever need one? No. When you are on the transplant waiting list for a donor organ, what really counts is the severity of your illness, body size, tissue type,

blood type and other important medical information.

Why should I register to be an organ, eye and tissue donor? Organ, eye and tissue transplants offer patients a new chance at healthy, productive, and normal lives and return them to their families, friends and communities. To find out how to register as a donor, visit www.clevelandmottep.org

If you wish to become a volunteer at Cleveland MOTTEP, call Linda D. Kimble @ (216) 229-6170 x137.



Get SCORED on your risk for chronic kidney disease!

One in nine adult Americans has chronic kidney disease. Is your family or friends at risk for kidney disease? You can make a difference in their lives by sharing this article with them.

Have your family or friends check each statement that is true for them. If a statement is not true or they are not sure, put a zero. Then add up all the points for their total score.



Between 50–59 years of age	if yes, score 2: ____	History of heart attack or stroke	if yes, score 1: ____
Between 60–69 years of age	if yes, score 3: ____	History of congestive heart failure or heart failure	if yes, score 1: ____
70 years old or older	if yes, score 4: ____	I have circulation disease in my legs	if yes, score 1: ____
I am a woman	if yes, score 1: ____	I have protein in my urine	if yes, score 1: ____
I had/have anemia	if yes, score 1: ____		
I have high blood pressure	if yes, score 1: ____		
I am diabetic	if yes, score 1: ____		
			Total _____

Results: If your family or friends scored four or more points, they have a one in five chance of having chronic kidney disease. At their next doctor's visit, a simple blood test should be checked. Only a professional healthcare provider can determine for sure if they have kidney

disease. If they scored between zero and three points, they probably do not have kidney disease now, but at least once a year, they should take this survey.

For additional information, contact the Centers for Dialysis Care Kidney Education Program at 855-537-4232.

Kidney Health

8 Golden Rules to Protect Your Kidneys

1. Keep fit & active

Keeping fit helps to reduce your blood pressure and therefore reduces the risk of Chronic Kidney Disease.

2. Keep regular control of your blood sugar level

About half of people who have diabetes develop kidney damage, so it is important for people with diabetes to have regular tests to check their kidney function.

Kidney damage from diabetes can be reduced or prevented if detected early. It is important to keep control of blood sugar levels with the help of doctors or pharmacists, who are always happy to help.

3. Monitor your blood pressure

Although many people may be aware that high blood pressure can lead to a stroke or heart attack, few know that it is also the most common cause of kidney damage.

The normal blood pressure level is 120/80. Between this level and 129/89, you are considered prehypertensive and should adopt lifestyle and dietary changes. At 140/90 and above, you should discuss the risks with your doctor and monitor your blood pressure level regularly. High blood pressure is especially likely to cause kidney damage when associated with other factors like diabetes, high cholesterol and Cardio-Vascular Diseases.

4. Eat healthy & keep your weight in check

This can help prevent diabetes, heart disease and other conditions associated with Chronic Kidney Disease.

Reduce your salt intake. The recommended sodium intake is 5-6 grams of salt per day (around a teaspoon). In order to reduce your salt intake, try and limit the amount of processed and restaurant food and do not add salt to food. It will be easier to control your intake if you prepare the food yourself with fresh ingredients.

5. Maintain a healthy fluid intake

Although clinical studies have not reached an agreement on the ideal quantity of water and other fluids we should consume daily to maintain good health, traditional wisdom has long suggested drinking 1.5 to 2 liters (3 to 4 pints) of water per day.

Consuming plenty of fluid helps the kidneys clear sodium, urea and toxins from the body which, in turn, results in a “significantly lower risk” of developing chronic kidney disease, according to researchers in Australia and Canada. The findings, the researchers said, do not advocate “aggressive fluid loading”, which can cause side effects, but they do provide evidence that moderately increased water intake, around two liters daily, may reduce the risk of decline in kidney function. It’s important to keep in mind that the right level of fluid

intake for any individual depends on many factors including gender, exercise, climate, health conditions, pregnancy and breast feeding. In addition, people who have already had a kidney stone are advised to drink 2 to 3 liters of water daily to lessen the risk of forming a new stone.

6. Do not smoke

Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, it impairs their ability to function properly. Smoking also increases the risk of kidney cancer by about 50 percent.

7. Do not take over-the-counter pills on a regular basis

Common drugs such as non-steroidal anti-inflammatory drugs like ibuprofen are known to cause kidney damage if taken regularly. If you are dealing with chronic pain, such as arthritis or back pain, work with your doctor to find a way to control your pain without putting your kidneys at risk.

8. Get your kidney function checked

If you have one or more of the ‘high risk’ factors:

- you have diabetes
- you have hypertension
- you are obese
- one of your parents or other family members suffers from kidney disease
- you are of African, Asian, or Aboriginal origin

<http://www.worldkidneyday.org/faqs/take-care-your-kidneys/8-golden-rules/>

Patient Profile



The Art of Friendship

What do a deer call, a paint brush and dialysis have in common? These things played a significant role in forging a great friendship between Paul Yoger and Rita Wasilko, two patients at CDC at Heather Hill. Five years ago, although they didn't know each other, Paul and Rita each learned it was time to start on dialysis. Rita's kidney failure is related to host of health issues she experienced. Paul's came about from a health problem that temporarily shut down his kidneys, doing some permanent damage.

Sitting across from each other, Paul and Rita discovered that they were not content with just watching television or sleeping so they started talking. To make things a little fun, one day Paul brought in a couple of deer calls that he and Rita used to liven things up for patients and staff. Humor is a big part of their friendship with Paul being the joker and Rita encouraging him with her great laugh and smile.

At one point, Dawn Knez, the art therapist invited them both to try painting. Although neither had any prior experience with painting, each agreed they would give it a try only if the other one did. They were shocked at being able to paint, as neither thought they could create something decent. Both enjoy painting landscapes and have created customized paintings for loved ones. They credit the great instruction from Dawn, whom they refer to as Michelle Angelo, for becoming skillful artists.

Eventually, their friendship extended beyond dialysis when Paul began scheduling his doctor appointments at the same time as Rita's so he could take her. Paul also started bringing Rita home from Saturday treatments,

often stopping for lunch. Rita invited Paul to join her at her church and now they worship together.

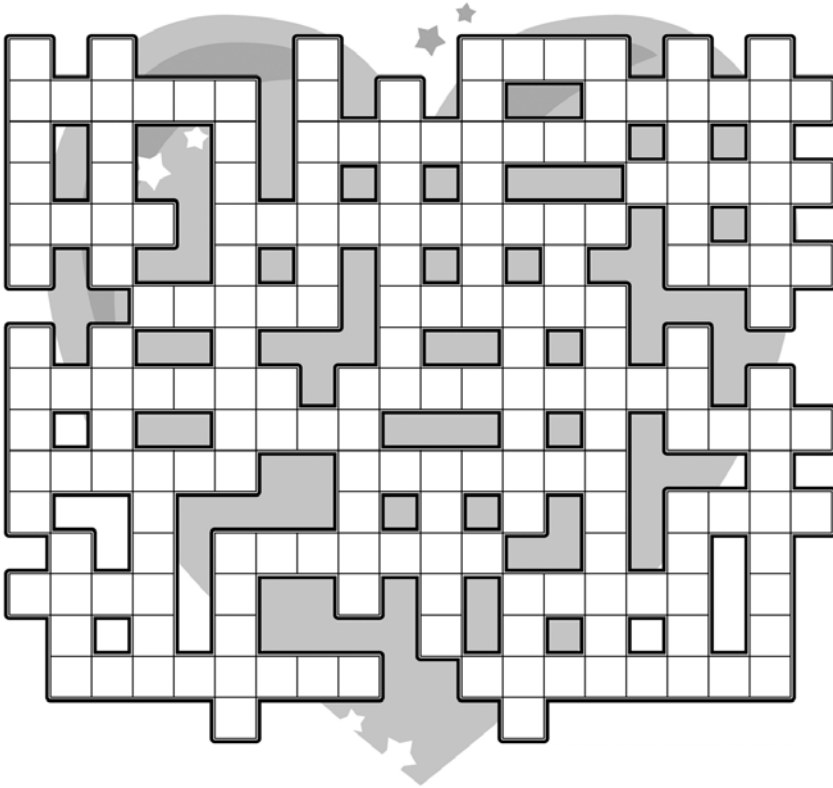
In November, both faced major medical situations. Rita was hospitalized for heart problems and spent the holidays and January doing rehab at Heather Hill. On November 6th, Paul learned there was a match for a kidney transplant so he underwent transplant surgery. They continued to support each other during these challenging times despite not being able to see each other. Once Paul was fully recovered, he returned to Heather Hill on Thursdays so he could paint with Rita and visit with staff and patients, and continues to do so. Rita is due to go home soon and they are both looking forward to a continued friendship both at CDC and beyond.

May we all be open to making the best of whatever situation we find ourselves in because you never know... you might discover that you have the ability to do something you never imagined you had and you might also make a new best friend.

“Humor is a big part of their friendship with Paul being the joker and Rita encouraging him with her great laugh and smile.”

For the Fun of It

Crossword Puzzle



Fill-In (or Criss-cross) Crossword Puzzle

Fill in the blanks with the words: Admiration, Adorer, Amoretto, Bestman, Bride, Caress, Constancy, Couple, Cupid, Dating, Engagement, Eyre, Gimp, Glad, Groom, Hearten, Hedges, Hugs, Iseult, Juliet, Kiss, Lyre, Meals, Ode, Passions, Penelope, Presents, Queen, Rendezvous, Ring, Romance, Romeo, Rose, Rye, Scents, Shy, Sympathy, Sympathy, Tender, Tier, Tristan, Tulle, Ulysses, Unison, Wedding

Sudoku

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

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

Volunteer Spotlight

Join us in celebrating National Volunteer Week, April 6–13, 2014. This year's theme is *Volunteers Make a World of Difference*. The people who faithfully volunteer support both CDC patients and staff through their selfless service sharing their talents and donating their time with care and compassion. Over the past 22 years, volunteers have contributed over 58,000 hours to CDC.

Volunteers are listed according to facility and years of service. Those volunteers celebrating a milestone anniversary are indicated by an asterisk next to their years of service. Also listed are short term (ST) volunteers who provided over hours of 20 hours of service to CDC in the past year. We are grateful to all these volunteers for their commitment to providing our patients with quality care... and so much more.



BEACHWOOD
Catherine Christian...1
Jerilyn Ellis...10*

CANFIELD
Jerri Neff...new
Melissa Urioste...1

EAST
Marcia Burke...22
Sue Chalfin...18
Cullen Dolan...new
Jeff Fang...1
Dorothy Jones...new

EUCLID
Virginia Kerekes...3

HEATHER HILL
Kim Broyles...new
Sue Kronstein...1
Fran Sarkisian...1

GARFIELD
Marilyn Koci...3

MENTOR
Janet Hetman...1
Carol Ventresca...12

OAKWOOD
Linda Levy...4
Nadia Mutter...17

PAINESVILLE
Myrna Luskin...1
Saundra Malevan...13
Calvin Marshall...11
Christine Woods...8

SHAKER
Ruby Carlisle...3
Margaret Dowdell...3
Gregory Hayes...11
Tashara Harper...ST
Joyce Hives...10
Michelle Lee...new
Luther Perry...ST
Renee Petsche...5
Marlene Shettel...1
Latasha Warren...new

WARRENSVILLE
Tina Hobson...4
Angela Ringo...12
Victoria Rushanan...9
Evelin von Saucken...2

WEST
Cherrie O'Neil...3
Andrea Porter...new

GROUPS
AT&T Pioneers
Case Western
Reserve University
Fairmount Center for the
Performing Arts

Volunteers Wanted

CDC's volunteer program is designed to enhance the patient experience with engaging activities and to provide clerical support to our administrative staff. We welcome volunteer from all walks of life who are comfortable working in a medical setting. We offer flexible scheduling during daytime and evening hours, Monday through Saturday. Interested candidates are required to complete an enrollment form, agree to a background check, attend an interview session and provide two references. Orientation and training are incorporated into the first days of services.

For more information contact the Volunteer Services Department at 216.229.1100 x. 130 or mhahn@cdcare.org.

Healthy Eating

Top 15 Healthy Foods for a kidney-friendly diet

Kidney-friendly foods with antioxidants to include in your healthy kidney diet

Red Bell Peppers

Red bell peppers are low in potassium and high in flavor. These tasty vegetables are also an excellent source of vitamin C and vitamin A, as well as vitamin B6, folic acid and fiber. They contain lycopene, an antioxidant that protects against certain cancers.

Cabbage

A cruciferous vegetable, cabbage is packed full of phytochemicals, chemical compounds in fruit or vegetables that break up free radicals before they can do damage.

Cauliflower

It is high in vitamin C and a good source of folate and fiber. It's also packed full of indoles, glucosinolates and thiocyanates—compounds that help the liver neutralize toxic substances that could damage cell membranes and DNA.

Garlic

Garlic helps prevent plaque from forming on your teeth, lowers cholesterol and reduces inflammation.

Onions

A member of the Allium family and a basic flavoring in many cooked dishes, contains sulfur compounds which give it its pungent smell. Onions are also rich in flavonoids, especially quercetin, a powerful antioxidant that works to reduce heart disease and protects against many cancers.

Apples

Apples have been known to reduce cholesterol, prevent constipation, protect against heart disease and reduce the risk of cancer. High in fiber and anti-inflammatory compounds, an apple a day may really keep the doctor away. Good news for people with kidney disease who already have their share of doctor visits.

Cranberries

These tangy, tasty berries are known to protect against bladder infections by preventing bacteria from sticking to the bladder wall. In a similar way, cranberries also protect the stomach from ulcer-causing bacteria and protect the lining of the gastrointestinal (GI) tract, promoting GI health. Cranberries have also been shown to protect against cancer and heart disease.

Blueberries

Blueberries are high in antioxidant phytonutrients called anthocyanidins, which give them their blue color, and they are bursting with natural compounds that reduce inflammation. Blueberries are a good source of vitamin C; manganese, a compound that keeps your bones healthy; and fiber, and may also help protect the brain from some of the effects of aging.

Raspberries

They contain a phytonutrient called ellagic acid which helps neutralize free radicals in the body to prevent cell damage. They also contain flavonoids called anthocyanins, antioxidants which give them their red color. An excellent source of manganese, vitamin C, fiber and folate, and B vitamin, raspberries may have properties that inhibit cancer cell growth and tumor formation.

Strawberries

Strawberries are rich in two types of phenols: anthocyanins and ellagitannins. Anthocyanins are what give strawberries their red color and are powerful antioxidants that help protect body cell structures and prevent oxidative damage. Strawberries are an excellent source of vitamin C and manganese and a very good source of fiber. They are known to provide heart protection, as well.

Healthy Eating

Cherries

Cherries have been shown to reduce inflammation when eaten daily. They are also packed with antioxidants and phytochemicals that protect the heart.

Red Grapes

Red grapes contain several flavonoids that give them their reddish color. Flavonoids help protect against heart disease by preventing oxidation and reducing the formation of blood clots. Resveratrol, a flavonoid found in grapes, may also stimulate production of nitric oxide which helps relax muscle cells in the blood vessels to increase blood flow.

Egg Whites

Egg whites are pure protein and provide the highest quality of protein with all the essential amino acids. For the kidney diet, egg whites provide protein with less phosphorus than other protein sources such as egg yolk or meats.

Fish

Fish provides high-quality protein and contains anti-inflammatory fats called omega-3s. The healthy fats in fish help fight diseases such as heart disease and cancer. Omega-3s also help lower low-density lipoprotein or LDL cholesterol, which is bad cholesterol, and raise high-density lipoprotein or HDL cholesterol, which is good cholesterol.

Olive oil

Olive oil is a great source of oleic acid, an anti-inflammatory fatty acid. The monounsaturated fat in olive oil protects against oxidation. Olive oil is rich in polyphenols and antioxidant compounds that prevent inflammation and oxidation. Studies show that populations that use large amounts of olive oil instead of other oils have lower rates of heart disease and cancer.

Ask your dietitian for kidney-friendly recipes!



Pasta Primavera Salad

Created by: StarKist

Servings: 4

Prep time: 50 mins (includes chilling time)

Cook time: 15 minutes

Preparation

1. In a large bowl, combine all ingredients except lettuce. Chill for ½ hour.
2. Divide salad greens among 4 salad plates. Spoon tuna and pasta mixture over the salad greens.
3. Garnish with additional basil.

Tip This is an easy recipe to double for larger events – just use 1 lb. penne pasta, 1 bag of frozen veggies (or 4 cups of fresh) and double all other ingredients!

Source URL: <http://www.starkist.com/recipe/pasta-primavera-salad>

Nutrition Facts (per serving)

Calories 372; Total Fat 12 g; Saturated Fat 2.5 g; Trans Fat 0 g; Cholesterol 35 mg; Sodium 587 mg; Total Carbohydrate 25 g; Dietary Fiber 4 g; Protein 27 g

Ingredients

- 1 can (12 oz.) StarKist® Chunk Light or Albacore Tuna in Water, drained
- 2 cups frozen or fresh broccoli, cauliflower and red peppers, steamed and chilled
- ¼ cup sliced black olives
- ½ cup reduced fat ranch salad dressing
- ½ cup crumbled, reduced fat feta cheese
- 2 cups penne pasta, cooked and chilled
- ½ cup chopped fresh basil or 1-½ tsp. dried basil
- 2 Tbsp. minced green onions
- 3 cups mixed salad greens

Singing is What the Doctor Ordered

Did you know that singing can be good for your health? It can have similar benefits as aerobic exercise.

Singing can help you:

- Improve breathing by filling your lungs more and improving circulation
- Lower blood pressure
- Reduce stress and improve your mood
- Release endorphins (the “feel-good” hormone)
- Express emotions and improve your mood

- Decrease anxiety and depression
- Build confidence
- Help your memory
- Build the immune system
- Reduce perceived pain
- Be motivated.

Research has shown that singing in a choir provides major health benefits. But you can sing by yourself or with a few others to have the same benefits. So: sing a little each day – whether in the shower, car, to your children and grandchildren, in church, or with a radio or recording.

Contact the music therapist for more information.

Submitted by Kathy Brown, MT-BC, Music Therapist



Fresh Berry Terrine

By American Diabetes Association (ADA)
Yields 8 Servings

Ingredients

- 2 cups light white cranberry juice, divided
- 2 envelopes unflavored gelatin
- 2 cups quartered strawberries
- 2 cups fresh raspberries
- 2 cups fresh blueberries

Preparation

1. Pour $\frac{1}{2}$ cup of the cranberry juice into a medium bowl, and sprinkle the gelatin over the juice. Let stand 5 minutes to soften.
2. Place $\frac{1}{2}$ cup of the remaining cranberry juice in a small saucepan and heat to boiling. Pour over the gelatin mixture, and stir until the gelatin dissolves. Stir in the remaining 1 cup cranberry juice.
3. Place the strawberries, raspberries, and blueberries in an 8 × 4 inch loaf pan. Pour the cranberry mixture over the berries. Cover and refrigerate overnight.
4. Run a thin-bladed knife around the edge of the terrine and invert onto a serving platter. Cut into slices using a serrated knife.

Nutrition Facts (per serving)

63 Calories; 0g Total Fat; 0mg Cholesterol;
14g Carbohydrate; 2g Protein

