



# access

CENTERS FOR DIALYSIS CARE NEWSLETTER | WINTER 2014

## this issue

- 1 Welcome
- 2 Heart Healthy
- 3 Access Care Center
- 4 Creative Arts News
- 5 Patient Profile
- 6 For the Fun of It
- 7 Patient Profile
- 9 Healthy Eating

**CDC**

Centers for Dialysis Care

# access

Centers for Dialysis Care Newsletter  
Winter 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

Untitled  
*Ronald Baker*  
CDC of Cleveland-East  
Courtesy of CDC Art Therapy

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.

# Welcome



I hope that everyone had a wonderful holiday season. And I look forward to a new year even though 2013 seemed to fly by.

### Medicare

As I mentioned last time, in July 2013 the Center for Medicare and Medicaid, CMS, published proposed rules for dialysis reimbursement. They proposed a 12% or \$30 per treatment cut. This would be devastating to the over 80% of facilities in the USA. Everyone in the dialysis industry worked very

hard to urge CMS that their proposed cuts were too drastic. All members of the ESRD were consistent in their message to Congress asking them to tell CMS to make sure that access to care is preserved and that they need to ensure that the final payment amount must cover the cost of care. I had been to Washington DC several times during the last 6 months to meet with all of our legislators. Both Senators Sherrod Brown and Rob Portman are on the powerful Senate Finance Committee. This past summer staff from both Senate offices had been to CDC Cleveland East to hear more about the issues and to talk with Dr. DeOreo, staff and patients. Representative Dave Joyce toured the Painesville facility as well. Tours also occurred with representatives from Marcia Fudge's office and with

Representative Bill Johnson. I want to thank everyone who signed a letter to send to our legislators. I carried almost 700 letters to DC. I know that many of the staff has also sent email letters to them. Comment letters were sent from many organizations and individuals to CMS at their request to explain the impact of the proposed rules.

Everyone's help with this issue finally paid off. The final rules published in late November still cuts the reimbursement by \$30 per treatment however the cut will be spread over the next 3–4 years. The impact is going to be minimized since the cut will equal the amount of a "market basket increase" or cost of living type of increase that we should have received. From a cash basis the reimbursement rate will be the same as it currently is for the next 2 years.

I want to thank everyone who wrote and/or signed letters, and participated in the various visits CDC hosted with legislators at several facilities. Everyone's efforts at CDC and throughout the ESRD industry helped to preserve access to care for patients.

Even though the cut will be more manageable we still deserve to have a smaller cut or to get some type of increase. Even though the amount of EPO per treatment has gone down the price of it has gone up. Other costs have gone up as well. We pay our staff more each year and the cost of proving them with health insurance also goes up. CDC has used the money we now get from Medicare to buy new dialysis equipment, heated chairs and TVs. We have put a lot of money into renovating the dialysis facilities.

## **"Everyone's efforts at CDC and throughout the ESRD industry helped to preserve access to care for patients."**

Some improvements have been made at Oakwood, Cleveland East, Euclid, Shaker and Cleveland West. CDC is committed to have clean, safe and attractive facilities for patients to dialyze. Other facilities will be done in 2014.

I also want to thank all of you who took the time to complete the patient experience of care survey. CMS requires dialysis facilities to hire an outside company to administer the survey or else get our reimbursement cut. The survey is long but we feel it important for CDC to know how satisfied you are with various aspects of your care. CDC will get the results toward the end of January.

In closing I want to remind you of CDC's core values, CDC CARES **Customer Service** To consistently provide a positive experience for patients, physicians, hospital staff, visitors, volunteers and CDC employees

**Accountability** To consistently provide high quality care in a cost effective manner

**Relationships** To consistently treat everyone in a friendly and helpful manner, communicate respectfully and work effectively as a team

**Excellence** To consistently provide quality patient outcomes to meet or exceed industry guidelines

**Safety** To consistently provide a safe environment for staff to work and patients to dialyze

On behalf of the entire management team at CDC I want to thank you for allowing CDC to serve and care for you in 2013 and we look forward to 2014. I hope everyone had a wonderful holiday and I wish you a very Happy New Year!

**DIANE WISH**  
**President & CEO**

# Heart Healthy

## Heart Healthy with a Mediterranean Flare!

### Let's talk Mediterranean diet

The Mediterranean Diet is a way of eating based on the traditional foods (and drinks) of the countries surrounding the Mediterranean Sea. It is more a lifestyle than a diet — including foods, activities, and meals with friends and family.

Leading scientists research and study this lifestyle and show it to be one of the healthiest in the world. Populations associated with it have longer life spans, reduced rates of chronic disease (including heart disease) and fewer cancers of the colon, breast, prostate, and uterus.

People on dialysis can gather some important tips from the traditional, healthy Mediterranean Diet and add them into renal friendly meals.

### Here's how:

- Most of your foods should be fresh, seasonal foods that have not been processed (pre-prepared, pre-cooked, or pre-seasoned foods are considered “processed”). Preparation methods should be simple and not deep fried.
- Eat fresh fruit daily.
- Choose seasonal locally grown foods as often as possible.

- Reduce concentrated sugars (white sugar, brown sugar, corn syrup, molasses, syrups, honey, artificial sweeteners and other concentrated sweeteners) to a few times per week.
- Choose olive oil for cooking instead of butter or other oils, where possible.
- Make sure to include vegetables and fruits in your meals. Ask your dietitian if you can add beans, nuts, and seeds to your diet.



Remember to watch your serving sizes!

- Be physically active every day — check with your doctor to see if you can be active enough to be slightly out of breath and still talk.

- Enjoy slow relaxed meals with friends and family — turn the TV off and put the newspaper away — enjoy some peaceful conversation.

*Adapted from*

*<http://www.oldwayspt.org/traditional-mediterranean-diet>*

**Healthy lifestyle habits** Daily physical activity is important for overall good health. This includes strenuous exercise like running and aerobics, as well as more leisurely activities such as walking and housework or yard-work, or taking the stairs instead of the elevator. Check with your doctor before undertaking any exercise program.

### Meals in the company of others

The Mediterranean Diet is grounded on the principles of enjoyment and pleasure. Foods, drinks and meals are best eaten with others, when possible, and savored.

**Portion size** Stay aware of portion sizes and amounts of the different foods to keep them within your recommended daily servings. (People on dialysis still need to watch their lab values for healthy levels and to see if food choices should be changed.)

**continued on page 8**

# Access Care Center



CDC Access Care Staff

The CDC Access Care Center supports our patients right to choose where they receive care and participate in their healthcare decision making. Our team of physicians, radiology technicians, registered nurses, and sonographers believe in educating our patients and work with them to achieve the best physical state possible. We empower our patients to play an active role with their healthcare needs and will provide you with any necessary support, education and follow-up to quickly restore your health to optimal function. We invite you to meet the members of our team who are experts in their field and are dedicated to making your visit a pleasant experience with a positive, healthy outcome.

## **New Website**

We have launched a new website with up-to-date news and services. Please visit us at [www.accesscarecdc.com](http://www.accesscarecdc.com) to find additional information about us and our facility.

## **New hours of service!**

The CDC AC recognizes the importance of your busy schedules and is now offering later day appointments and Saturday hours. Our goal is to keep you healthy and offer convenient services in our outpatient center so you can continue your prescribed treatment.

Please take advantage of our new hours and ask your dialysis center to call us at (440)439-5416 to schedule your same day appointment today.

## **Meet our newest member of the CDC AC team!**

We are pleased to announce, Dr. J. David Prologo, Interventional Radiologist as our newest member of the CDC AC team. He specializes in dialysis access care, peripheral vascular disease (PVD) interventions, pain management, and specialty services for patients who suffer from cancer.



**Meet Dr. Prologo**

He has been recognized as a distinguished innovator and brings exceptional experience to our team. Please call the CDC AC to schedule an appointment to see Dr. Prologo for any of our new services.

## **New services**

Pain is a debilitating disease process that can affect every aspect of your life. You no longer have to suffer and can finally get relief. If you suffer from chronic pain, please contact Dr. J. David Prologo at our center for a treatment consultation. Our new services can quickly relieve your pain so you can enjoy your life again. Our patients have reported pain free symptoms before they have left our center! Join our happy patients who have finally received the relief they deserve.

## **Additional services include:**

- Pain management
- PICC line placement
- Mediport placement
- Peripheral vascular disease (PVD) management
- Deep vein thrombosis (DVT) diagnosis and treatment
- Pelvic pain management
- Ultrasounds
- Laboratory services
- Paracentesis

**See our website or call the CDC AC for these services and many more we now offer!**

# Creative Arts News



## Artist in Focus

**Jasmyne Carswell**

CDC of Cleveland-East

### 1. Have you always been creative?

Yes, I have always been willing to try and pleased with how much of it turns out.

2. **Why did you begin working with art therapy?** Gives me something to do to pass the time and brighten up my dialysis day. Initially dialysis was rough and making art helped with that.

3. **What materials do you enjoy working with?** Anything but paint.

4. **What inspires you to create art?** Life

5. **How long have you been working on your art?** 6 years

6. **What other areas of your life are you creative?** Cooking, I get down in the kitchen

7. **What other artist or piece of art work has inspired you?** Georgia O'Keeffe, something about her paintings move me. The closeness of the images and colors are amazing.

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

Seeing how it comes out in the end. Particularly when I have struggled with a piece only to come to find it wonderful in the end.

9. **What does art do for you as a dialysis patient?** Takes me away from dialysis. Keeps me upbeat when I don't want to be here. It helps to have something to do during my 4 hours of treatment.

10. **What advice would you give someone who is just starting out or is thinking about creative work?** Always be willing to try new experiences, step out of the box and don't worry about it.

## Creative New Year Idea

### Sandwich Baggie Wreath

*Courtesy of Monique from Naturally Me Creations*

#### Materials

- Wire Hanger (or just some wire if you have no hangers)
- Approximately 180 Plastic Sandwich Baggies (not the zip-lock ones)
- Glue Gun
- Decorations

#### Instructions:

1. If you're using a hanger, bend it until it's (more or less) round. Also bend the hanging part of the hanger downwards to create a hook.

2. Now start with the baggies. Scrunch it up a bit lengthwise; this just makes it more manageable to work with.

3. Start tying them around the hanger. Just make a single knot. "Fluff" out the ends again, because they'll most likely be squished after you've tied the knot. Push it all the way to the end, and start tying the rest of the baggies. Push them all tightly together so that your wreath looks as full and fluffy as possible.

4. While adding the baggies, spin some of them around the hanger so that they fluff out and so that you don't see a row of knots.

5. Keep going until you can't fit any more on the hanger.

6. Decorate (if you want) by hot gluing ornaments to it.



# Patient Profile



## **SHERRI FLOYD**

CDC of Canfield

Monday – Wednesday-Friday, 2nd shift

Sherri Floyd exemplifies the power of a positive attitude. And she gets her great attitude from her complete trust in God. She believes “Why panic, when you can pray!” and has used that approach for the many challenges she has faced in life. On dialysis for almost 5 years following complications from high blood pressure, Sherri worked with her doctor to prepare for the time she would need to start dialysis.

Sherri has been living with other chronic health conditions all her life, so upon learning she would need to start dialysis she put the power of prayer to work to come to accept it. Since starting dialysis Sherri has had to have numerous surgeries, one related to dialysis access. Yet, you won't hear Sherri complain.

Born and raised on the south side of Youngstown as an only child she learned piano, and was active as Bluebird and Campfire girl and Junior Achievement. Sherri graduated from Cardinal Mooney High School and following, worked as a nursing assistant. She also attended Harding Business College to study data entry. She worked through a placement agency for many different organizations. She also helped care for her ailing parents, who have both passed.

Sherri is the proud mother of her 29 year old daughter, Kristina. Kristina works as a nursing assistant but always makes time to help her mom when asked. Sherri is so pleased with the good choices her daughter had made in life, and appreciates all Kristina does for her.

While at dialysis Sherri enjoys working with the art therapist, reading and doing word searches. Sherri is very grateful to still be living independently as she recognizes many people in her condition are unable to. She is very active in her apartment complex doing presentations about the health issues she has faced in an effort to help others. Unfortunately, she is no longer able to work but enjoys volunteering for area agencies.

No matter what obstacles Sherri may face, she sticks to her beliefs, “We all go through something, it's how we handle it that matters.” May we all learn from Sherri's approach to living life with a positive outlook.

**“No matter what obstacles Sherri may face, she sticks to her beliefs, ‘We all go through something, it's how we handle it that matters.’”**

# For the Fun of It

## Word Search

**Winter**

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

Find all the words from the word list  
(ignore spaces and dashes):

BARE TREES	MITTENS
DECEMBER	NEW YEAR
FEBRUARY	SCARF
FROST	SKIING
ICE SKATING	SLEIGH
ICICLE	SNOWFLAKE
<del>JANUARY</del>	SNOWMAN



## Sudoku

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

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

This is a zigzag word search puzzle. Words go left, right, up, down, not diagonally, and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.

# Patient Profile



## DANETTA CAMPBELL

CDC of Euclid

Monday, Wednesday,  
Friday – 1st Shift

Grateful and gracious are two words that describe Danetta Campbell. Diagnosed with End Stage Renal Disease in June 2011 due to complications from high blood pressure. Danetta heeded her doctor's advice and had fistula surgery before she started dialysis. In February 2012, Danetta woke up unable to catch her breath. At first she thought she was just emotional as this was the same day of the Chardon High School shootings. But after a few minutes and the situation worsening, her family called 911. Danetta was resuscitated twice in her driveway before going to one hospital and then taken by life-flight to Cleveland Clinic where she spent 5 days in intensive care because she had suffered a major heart attack. She had her first dialysis treatment in the ICU.

Following her recovery from this major scare, Danetta started treatment at CDC of Euclid, being brought by her brother Morris Campbell, Sr. This was a very challenging time for Danetta as her life was turned upside down overnight, but she faced this experience by learning as much as she could about her situation and asking lots of questions. She is very grateful to all those who played a role in saving her life. In addition to adjusting to life on dialysis, Danetta had to accept that she was no longer able to work as a janitor for the Cleveland Public Schools, a job she had for 14 years and loved dearly.

Danetta also has a wonderful support system of family and friends. Her three children, Quanetta, Tiffany and Erick and good friends, Derrick and Lisa Smith watch out for her and don't let her get down. Her two

the attitude that she has to accept it and move on, and encourages other to adopt the same approach.

Danetta is on a mission to educate everyone she can on the risks of kidney disease, with the hope that others don't have to go through what she has. She believes educating the young about a healthy diet and exercise is critical to keeping folks off dialysis. She personally tries to walk regularly and has a goal of participating in a walk-a-thon and joining a gym this summer. She also wants to encourage all those who smoke, especially dialysis patients, to quit, as smoking can only adversely affect your health.

Filled with gratitude for all she has, despite all she has gone through, Danetta strives to reach out to fellow patients to make sure they are managing. Her warm smile and sincere concern can lift anyone's spirit.

**“She believes educating the young about a healthy diet and exercise is critical to keeping folks off dialysis.”**

grandsons, King and Tatum, also bring her joy and give her a reason to keep moving. Like everyone, Danetta finds some days to be harder than others, but faces those tough days with

May she continue to share her joyfulness and commitment to wellness with us.

## **Moderation is a wise approach**

A balanced and healthy diet accommodates most foods and drinks, so long as moderation and wise choices are the key characteristics. For example, enjoying a small piece of birthday cake or savoring a few slices of grilled steak are important aspects of enjoying life. As always, moderation is the wise watchword.

**Herbs and spices** add flavors and aromas to foods, reducing the need to add salt or fat when cooking. They are also rich in a broad range of health-promoting antioxidants, and are used liberally in Mediterranean cuisines. Herbs and spices also contribute to the national identities of the various Mediterranean cuisines.

**Meats** Poultry is a good source of lean protein without the high levels of saturated fat found in some cuts of red meat. With ground meats, 90 percent lean/10 percent fat is a sound choice.

**Fish and shellfish** are important sources of healthy protein for Mediterranean populations. Fish such as tuna, herring, sardines, and salmon are rich in essential heart-healthy omega-3 fatty acids. Shellfish and crustaceans including mussels, clams and shrimp have similar benefits. Neither fish nor shellfish are typically battered and fried.

**Eggs** are a good source of high-quality protein, and can be especially beneficial for individuals who do not eat meat.

Eggs are regularly used in baking in Mediterranean countries.

**Cheese and yogurt** eaten regularly in low amounts is important for bone and heart health. Low fat and nonfat dairy products are the best choices for limiting fat intake. Total daily serving is ½ cup of dairy or 1 ounce cheese.

**Olives and olive oil** are central to the Mediterranean diet. Olives are universally eaten whole, and widely used for cooking and flavoring in the countries that border the Mediterranean Sea. Olive oil is the principal source of dietary fat used for cooking, baking, and for dressing salads and vegetables. Extra virgin olive oil is highest in health-promoting fats, phytonutrients and other important micronutrients.

**Grains, vegetables, and fruits** eaten at most meals, are important sources of vitamins, minerals, energy, antioxidants, and fiber. An eating pattern high in these foods promotes good health and weight control when consumed wisely.

**Grains** The majority of grains should be whole grains, such as wheat, oats, rice, rye, barley, and corn. These grains are best consumed in whole, minimally processed forms, because refining and processing can remove many valuable nutrients, including vitamins, minerals, and fiber.

**\*\*\* It is important to choose grains allowed on your renal diet and stay within recommended amounts. \*\*\***

**Vegetables** Vegetables are an important staple of eating patterns of peoples in all the countries bordering the Mediterranean Sea, providing valuable nutrients and satiety. These benefits are amplified because the vegetables are normally cooked or drizzled with olive oil. Raw vegetables are also a healthy vegetable option.

**Fruits** Whole fresh fruit is ever-present in the Mediterranean. No-sugar-added fruit juices provide only some of the same nutrition benefits as whole fruit, and attention to portion control and total calories is wise. Fruit “drinks” do not have the benefits of fruit juice.

**Nuts, beans, legumes and seeds** are good sources of healthy fats, protein, and fiber. They add flavor and texture to Mediterranean dishes.

*\*\* Ask your dietitian if you can add beans, nuts and seeds to your renal diet. \*\**

Sweets are consumed in small portions in the Mediterranean. Fruits are ever-present on Mediterranean tables, and are a normal way to end a meal. Gelato and sorbet are consumed a few times a week, in small portions.

Water is essential for life, and proper hydration during each day makes a positive contribution to health, well being and energy levels. Individual variations in kidney function means some people should drink less water every day than others. Choose water as your beverage of choice.

# Healthy Eating

## Sample Meal Plan

### For a Heart Healthy - Renal Friendly Mediterranean Day

These suggestions are for the types of food to include in your meals.

Serving sizes are based on your personal diet prescribed by your doctor and available from your dietitian.

#### Breakfast

- omega-3 rich eggs fried in olive oil (or soft boiled with olive oil drizzled on top, in place of butter)
- white bread toast spread with fresh fruit spread
- yogurt with fresh (or frozen) blueberries – topped with no more than 2 Tablespoons slivered almonds

#### Snack

- chicken drumstick
- fresh carrot and celery sticks

#### Lunch

- teriyaki salmon
- mashed sweet potato, soaked
- green beans seasoned with herbs and drizzled olive oil
- fresh fruit

#### Snack

- fresh vegetables with no more than 4 Tablespoons (1/4 cup) hummus

#### Dinner

- cooked pasta
- meatballs
- steamed or stir-fried vegetables seasoned with herbs and Dijon mustard

## Spice Up Your Diet

Giving up salt does not mean giving up flavor. Learn to season your food with herbs and spices. Be creative and experiment for a new and exciting flavor.

**What kinds of spices and herbs should I use instead of salt to add flavor?** Try the following spices with the foods listed.

**Allspice** Use with beef, fish, beets, cabbage, carrots, peas, fruit.

**Basil** Use with beef, pork, most vegetables.

**Bay Leaf** Use with beef, pork, most vegetables.

**Caraway** Use with beef, pork, green beans, cauliflower, cabbage, beets, asparagus, and in dips and marinades.

**Cardamom** Use with fruit and in baked goods.

**Curry** Use with beef, chicken, pork, fish, green beans, carrots and in marinades.

**Dill** Use with beef, chicken, green beans, cabbage, carrots, peas and in dips.

**Ginger** Use with beef, chicken, pork, green beans, cauliflower and eggplant.

**Marjoram** Use with beef, chicken, pork, green beans, cauliflower and eggplant.

**Rosemary** Use with chicken, pork, cauliflower, peas and in marinades.

**Thyme** Use with beef, chicken, pork, fish, green beans, beets and carrots.

**Sage** Use with chicken, pork, eggplant and in dressing.

**Tarragon** Use with fish, asparagus, beets, cabbage, cauliflower and in marinades.

**How should these spices and herbs be used?** Here are tips for cooking with herbs and spices:

- Purchase spices and herbs in small amounts. When they sit on the shelf for years they lose their flavor
- Use no more than 1/4 teaspoon of dried spice (3/4 of fresh) per pound of meat.
- Add ground spices to food about 15 minutes before the end of the cooking period.
- Add whole spices to food at least one hour before the end of the cooking period.

- Combine herbs with oil or butter, let set for 30 minutes to bring out their flavor, then brush on foods while they cook, or brush meat with oil and sprinkle on herbs one hour before cooking.
- Crush dried herbs before adding to foods.

**Can I use salt substitutes?** Caution! If you are on a potassium-restricted diet, be very cautious about using salt substitutes because most of them contain some form of potassium. Check with your doctor or dietitian before using any salt substitute.

**Below are some seasoning recipes! When using the following seasoning recipes, make sure to blend well. Place in a shaker. Experiment and create your own seasoning containing those spices that you like!**



## American Favorite Blend

Yield: about 1/4 cup

- 5 tsp. onion powder (not onion salt)
- 1 Tbsp. garlic powder
- 1 Tbsp. paprika
- 1 Tbsp. dry mustard
- 1 tsp. thyme
- 1/2 tsp. white pepper
- 1/2 tsp. celery seeds

*(Health Education Association Inc. Glenside, PA)*

## Spicy Seasoning

Yield: about 1/2 cup

- 3 Tbsp. celery seed
- 1 Tbsp. onion powder
- 1 tsp. garlic powder
- 2 Tbsp. crushed oregano
- 1 Tbsp. crushed thyme
- 1-1/2 tsp. ground bay leaf
- 1-1-2 tsp. black pepper
- 1/1-2 tsp. ground cloves

*(Nutrition: The Art of Good Eating, Seattle, WA)*

©2013 National Kidney Foundation. All rights reserved. This material does not constitute medical advice. It is intended for informational purposes only. Please consult a physician for specific treatment recommendations.

