



# CDC

Patient Newsletter  
Summer 2020



*New COVID-19 partition at CDC East lobby desk  
Read more on pages 4–5*

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# Letter from Gary Robinson

**President & CEO**



## **CDC Patients,**

As you are no doubt aware, the topic of diversity and inequality has gained much attention as our nation — and indeed the world-at-large —

has focused on the ongoing issue of disparity in society. The impact of the coronavirus pandemic combined with the increased social unrest, have put a spotlight on the health disparities that many in the healthcare community have recognized, but not acted on, for decades.

The Mission of Centers for Dialysis Care is to provide patient-centered quality care to all individuals with kidney disease and we are guided by our core values, one of which states that we will provide care in a manner that respects and honors differences among us. At CDC, we embrace continuous improvement and recognize that we can and should always strive to do better.

We have intentionally partnered with organizations that are committed to activating change. In the fall of 2019, The Diversity Center of Northeast Ohio provided managers at CDC education on a variety of relevant topics, including “Leading in a Diverse and Inclusive Culture” and “Single Story Bias.” These classes addressed the biases that we may have but not realize how those biases can lead us to prejudice others based on preexisting notions.

We have engaged The Diversity Center to facilitate additional classes, as well as conduct listening sessions and surveys of our employees and patients regarding new opportunities to advance our organizational commitment of fostering a culture that embraces an inclusive environment. I would encourage you to actively participate in those sessions and surveys so that your voice is heard as we continue this important dialogue.

A handwritten signature in blue ink that reads "Gary Robinson". The signature is fluid and cursive.

Gary Robinson

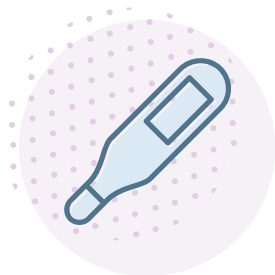
# *Checklist:*

## **Help Prevent the Spread of COVID-19**

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Centers for Dialysis Care follows the Centers for Disease Control and Prevention recommendations for stopping the spread of COVID-19. You may notice modifications to our facilities and increased protective gear for staff. Enhanced cleaning and disinfection of equipment, chairs, and work surfaces has also been implemented.

We are committed to ensuring your safety and the safety of those around you, but we need your help to protect yourself, your fellow patients and your CDC care team. Follow this simple checklist every time you come back for your dialysis appointment.



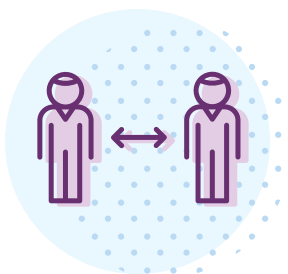
### ✓ **Screening**

All patients and staff members are screened for symptoms of COVID-19 (new cough, new shortness of breath, fever, sore throat) upon entry into the facility.



### ✓ **Wear a Mask**

All patients are required to wear a face mask. You will be provided a mask when arriving for your dialysis appointment.



### ✓ **Maintain a Safe Distance**

Please do your best to maintain a safe distance from other patients, and avoid crowded areas or gatherings.



### ✓ **Feeling Sick?**

Contact your facility if you have a fever, new cough or difficulty breathing before you come to dialysis.



### ✓ **Wash Hands**

Practice good hand hygiene — wash hands or use hand sanitizer frequently.

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*For any additional questions or concerns related to COVID-19, contact us at **[covid@cdcare.org](mailto:covid@cdcare.org)**.*

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*Your Guide to*  
***Fun-in-the-Sun***  
*Safety*







**S**ummertime is finally here, which means it is time to go out and enjoy some sunshine! When planning a day on the lake or your next hiking trip, make sure you are taking the proper steps to keep your skin protected from the sun.

Ultraviolet rays from the sun can cause skin damage in as little as 15 minutes. Prolonged exposure to the sun could result in serious skin damage while increasing your chances of developing various forms of skin cancer. Unhealthy lifestyle choices can also have ill effects on your body's outer layer. The key is to be sun savvy by knowing how to keep your skin healthy. Here are a few tips:

**Avoid the sun between 10 a.m. and 2 p.m.**

This is when the sun is most intense and you stand the greatest chance of sunburn. If you must be outside during these hours take extra precautions by seeking shade whenever possible and wearing protective clothing.

**Always use sunscreen when outdoors.**

Higher SPF numbers indicate increased protection. The American Academy of Dermatology recommends using at least SPF 30. Apply sunscreen even on cloudy or cool days as damage from the sun's rays can still occur. Make a note to reapply every two hours, or after

activities like swimming or jogging. Also, check the expiration date of your sunscreen, most brands remain effective for up to three years, but only if they have been stored properly.

**Wear sunglasses with both UVA and UVB protection.**

Proper protective sunglasses can help prevent damage to the sensitive skin around your eyes and reduce your risk of developing cataracts.

**Rock the right head gear.**

A wide brim hat can protect your face, ears, and neck from potential damage. And don't forget to apply sunscreen to your neck and ears — even if you're wearing a baseball cap.

**Be aware of any medications that increase your sensitivity to the sun.**

Some antibiotics and over-the-counter medications can make you more sensitive to sunlight. Check with your pharmacist regarding medication side effects.

**Perform regular skin checks.**

Look for any changes to moles, freckles or birthmarks. Additionally, monitor any new skin changes that have occurred. Use a mirror to evaluate hard-to-see areas and always have regular skin evaluations by your health care provider or dermatologist.

**Make healthy lifestyle choices.**

Avoid smoking, which can damage collagen and elastin in your skin. Treat your skin gently by using mild soaps and daily moisturizers. Limit hot showers as this can strip essential oils from your skin, and always pat dry after bathing to help your skin retain its natural moisture.

# *Let's Talk Fluid*





Your kidneys do more than just clean your blood — they also remove excess fluid from your body. Many patients find that they do not urinate as much as they used to before beginning dialysis. In some cases, certain patients may not urinate at all.

### What is fluid?

This sounds easy, but more things are considered fluid than just what we drink. By definition, a fluid is **anything that is liquid while at room temperature**. Below are a few examples. Some may be obvious and some may surprise you:

- Beverages (water, coffee, tea, soda)
- Ice
- Ice cream, sherbet and popsicles
- Soups and stews
- Jello/gelatin
- Protein drinks (Nepro, Boost, Ensure)

Certain water-rich fruits, such as watermelon and grapes, are not counted toward your daily fluid intake, but should still be limited if you have a fluid restriction. When your kidneys do not function properly, fluid builds up in your body. If left untreated, serious health complications can occur, such as:

- Swelling (edema)
- High blood pressure
- Shortness of breath
- Decreased blood proteins (albumin)
- Heart failure

The daily recommended amount of fluid for dialysis patients is typically 32 ounces, which translates into (4) eight-ounce cups. If you are able to urinate, you may be able to increase your fluid intake. Be sure to consult with your dietitian, as well as other members of your healthcare team, before making any changes to your diet or fluid restriction plan.



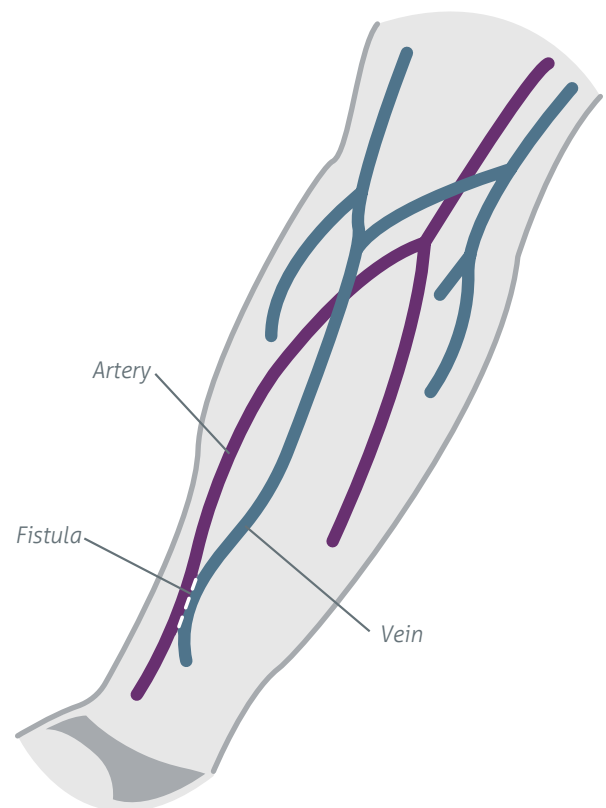
# Understanding Your Dialysis Access

Dialysis patients need a vascular access in order to connect their blood stream to the dialysis machine. A vascular access is your lifeline and makes life-saving hemodialysis treatments possible. Two types of vascular access designed for long-term use include the arteriovenous (AV) fistula and the AV graft. A third type of vascular access — the venous catheter — is for short-term use. As a hemodialysis patient, your access is one of the following:

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## Fistula

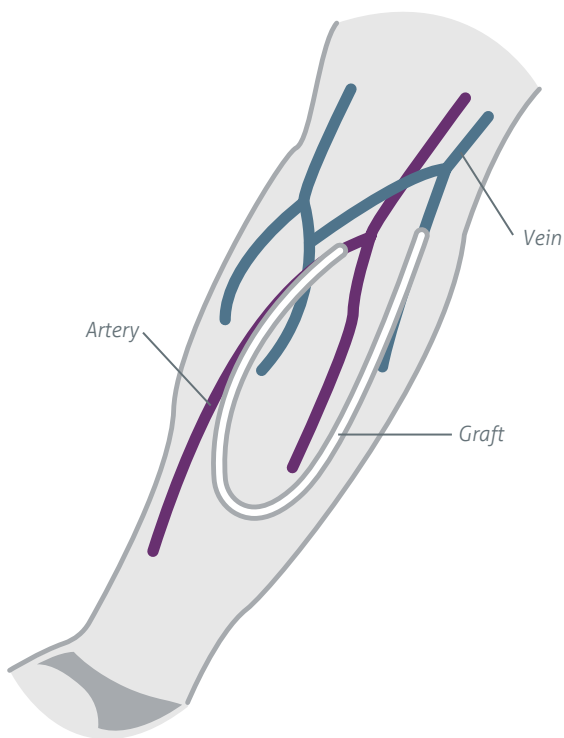
A fistula is your best access for hemodialysis. The surgeon connects a vein to an artery to make the strong blood flow needed for dialysis. This type of permanent access has the least amount of problems and can last for many years. A fistula takes 3–4 months to develop before it can be used for dialysis. A fistula is the best access for hemodialysis.



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## Graft

If your blood vessels are not strong enough for a fistula, a graft is placed. A graft is a plastic tube that connects a vein to an artery. A graft can be used after 2–6 weeks.

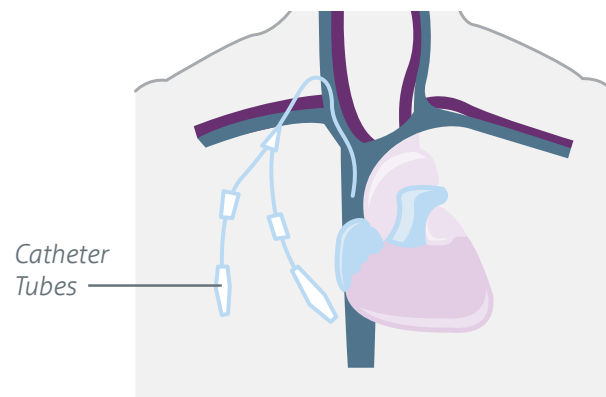


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## Catheter

Sometimes a temporary catheter is needed if a fistula or graft is not ready or available when you start dialysis. A catheter is a temporary access and should be removed as soon as a permanent access (fistula or graft) is working. The temporary catheter is a plastic tube that is inserted into a large vein in your neck or chest. The tip of the catheter rests in your heart. This should only be used for dialysis. Although some patients like catheters because no needles are used, a catheter is dangerous due to increased risk of:

- Infection
- Heart problems like a heart attack and stroke
- Increased risk of death



*If you have any questions or concerns about the type of access you have, or if you would like to learn more about proper care instructions, please consult with your healthcare team.*



# Tips for Reinventing Yourself During National Healthy Aging Month

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***September is National Healthy Aging Month! September is a perfect time to celebrate healthy aging since it is a time when many people think about getting started on new tasks after summer. Drawing on the “back to school” mindset from childhood, this month’s activities are designed to encourage people to rejuvenate and get going on positive measures that can impact physical, social, financial and mental wellness.***

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## Age is nothing but a number.

In many cases, you are as young as you feel. What was your best year so far? 28? 40? Now? Picture yourself at that age and be it. This is considered positive thinking and can go a long way towards feeling better about yourself. Don't keep looking in the mirror, just feel it!

## Be positive.

Be positive in your conversations and your actions every day. When you catch yourself complaining, check yourself right there and change the conversation to something positive.

## Ditch negativity.

Surround yourself with energetic, happy and positive people of all ages and you will be happier, too. We have all heard the saying “smiling is contagious,” and it is true. Give it a try!



## How are your pearly whites?

How's your smile? Are you undergoing regular dental check-ups? Research shows people who smile more often are happier. Your teeth are just as important to your health as the rest of your body. Not only is it the first thing people notice, but good oral health is a gateway to your overall well-being.

## Get those annual check-ups.

Make this month the time to set up your annual physical and other health screenings. Go to the appointments and then, hopefully, you can stop worrying about ailments for a while.

## Find your inner artist.

Who says taking music lessons is for children? You may have an artist lurking inside you just waiting to be tapped. Have you always wanted to play the piano, violin or tuba? Have you ever wondered if you could paint a portrait or make a craft you saw online? Well, it's never too late to start! Consider signing up for a local class or engaging your resident creative arts therapist during your next dialysis appointment.

# YOUR KIDNEYS CLEAN UP YOUR SYSTEM ✦ TO KEEP YOU ALIVE. ✦ CLEAN UP YOUR DIET TO HELP THEM OUT.

## Meatless Monday for Kidney Health

Meatless Monday provides an easy way to make the first step towards a healthier lifestyle by cutting out meat just one day a week. Reducing consumption of red and processed meat and eating more plant-based foods, such as fruits, vegetables, whole grains, nuts and legumes, can help lead to:

- Better management of kidney disease
- Lower risk of diabetes
- Lower blood pressure and cholesterol
- Healthy weight management
- Better kidney health

For recipe ideas or more information about making Meatless Mondays a part of your weekly routine, visit [www.MeatlessMonday.com](http://www.MeatlessMonday.com).



National Kidney Foundation\*

[MeatlessMonday.com](http://MeatlessMonday.com)

# ***Diet and Nutrition*** *at CDC*





The Nutrition Services Department strives to promote optimal nutritional status and overall well-being of our patients by educating and providing them, their caregivers, and our colleagues with timely, scientifically sound nutrition information.

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**What you can expect from the CDC Nutrition Department:**

- Caring, trustworthy and confidential nutrition staff members with expert knowledge of the renal diet.
- Assignment to a primary dietitian who will screen your labs every month and update your nutrition care plans.
- Monthly patient lab report card given and reviewed with you individually.
- Dietitians partner with your doctors regarding important health issues affected by your diet and nutrition status.
- Collaboration with other CDC team members including your doctor, nurses, social workers, and patient care technicians monthly if you have nutrition-related concerns.
- If you live in a nursing home or are hospitalized for an extended period of time, we will communicate your nutrition needs with the dietitians in those locations.
- We work with your doctor to get supplements when needed through Medicaid (dependent upon individual medical coverage). Your diet prescription is individually designed for your needs, accompanied by an individual teaching plan and diet booklet.
- Your dietitian works with you to accommodate religious preferences, vegetarian or vegan diets, or other personal considerations. Medical conditions such as diabetes, allergies, diverticulosis, wound healing, etc. are considered in writing your diet prescription and meal plan.
- Supplemental diet information such as recipes, product samples, cookbook information, etc. is available.
- Guidelines on food shopping, including healthy options within a budget.



*Recipes can always be found online at [CDCare.org](https://www.cdccare.org).*



# Renal- friendly Italian Lemonade

**Serves** 6

**Serving Size** 1 cup

**Calories (Per Serving)** 276

**Sodium** 6mg

**Carbohydrate** 72g

**Dietary Fiber** 0.2g

**Protein** 0.3g

**Potassium** 85mg

**Phosphorus** 7mg

## Ingredients:

- 1 bunch fresh basil (washed and stemmed)
- 2 cups sugar
- 1 cup water
- 2 cups lemon juice (12 to 15 lemons)
- 2 cups cold or sparkling water

## Preparation for the Basil Simple Syrup:

1. In a saucepan, combine basil, 2 cups sugar and 1 cup water.
2. Simmer until the sugar is dissolved, roughly 5 minutes.
3. Cool, strain and store in the refrigerator until ready to use.

## Preparation for the Lemonade:

1. Mix lemon juice, basil simple syrup and 2 cups cold or sparkling water together in a pitcher.
2. Refrigerate until ready to serve.

# Low Sodium Honey Garlic Marinated Kebabs

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**Serves** 8

**Serving Size** 2 kebabs

**Calories (Per Serving)** 143

**Sodium** 137 mg

**Potassium** 448mg

**Carbohydrate** 18g

**Phosphorus** 146mg

**Protein** 14g

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**Marinade Ingredients:**

- 1/3 cup honey
- 1/4 tsp black pepper
- 3 garlic cloves, crushed
- 1/4 cup Bragg's Liquid Aminos or Low Sodium Soy Sauce
- 1/4 cup olive oil

**Additional Ingredients:**

- 4 medium chicken breasts (diced into chunks)
- 4 small onions (diced into chunks)
- 3 peppers (diced into chunks)

**Preparation:**

1. Place diced chicken and vegetables on skewers.
2. Mix all ingredients together in a plastic bag.
3. Add prepared kebabs to marinate for at least 30 minutes, preferably overnight.
4. Use marinade to baste kebabs for first 5 minutes of cooking.





# Gardening Word Search

Find and circle all of the words that are hidden in the grid.

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

ANNUALS  
BEANS  
BEETS  
BIENNIAL  
BROCCOLI  
CARROTS  
COMPOST  
CULTIVATE  
DAISIES  
DIGGING

FERTILIZER  
FLOWERS  
FUCHSIA  
GARDEN  
GERANIUMS  
GLOVES  
GNOME  
GREENHOUSE  
GROW  
HOES

HORTICULTURE  
HOSE  
HYDRANGEA  
LILACS  
LILIES  
MARIGOLDS  
ORGANIC  
PEAS  
PERENNIAL  
PETUNIAS

PINWHEEL  
PITCH FORK  
PLANTING  
RAIN  
RAKE  
RELAXING  
ROSES  
ROWS  
SEEDS  
SHOVEL

SOIL  
SPADE  
SUNSHINE  
TOMATOES  
TROWEL  
TULIPS  
VEGETABLES  
WATER  
WEEDS  
WHEELBARROW

# Connect With CDC

## Dialyze With Us

Whether you're seeking care for yourself or a loved one, our dedicated healthcare team will work closely with you to determine what treatment options best fit you and your lifestyle. For more information, please contact our Admissions Department at **(216) 789-5999**.

## Work With Us

Join our team! CDC is always seeking professionals who are passionate about providing quality, patient-focused care. Visit **[www.CDCare.org/Careers](http://www.CDCare.org/Careers)** for more information about our hiring process or for a list of open positions.

## Volunteer With Us

Make a difference in your community by volunteering your time and energy at one of our facilities. Visit **[www.CDCare.org](http://www.CDCare.org)** or contact us at **(216) 283-7200 ext. 253** to learn more about the volunteer process and available opportunities.

## Follow Us

Centers for Dialysis Care is now on social media. You can find us on Facebook, Twitter and LinkedIn. Be sure to keep an eye on all of our pages for links to helpful articles, delicious kidney-friendly recipes, information about upcoming events and more! Here's how you can connect with us. Simply open your preferred social media app and type in the corresponding social media handle (found below) into your search bar. From there, you can choose to "Like Us," "Follow" or "Subscribe."



**[CDCare.org](http://CDCare.org)**



**[@centersfordialysisohio](https://www.facebook.com/centersfordialysisohio)**



**[Centers for Dialysis Care](https://www.linkedin.com/company/centers-for-dialysis-care)**

## Have an idea for the newsletter?

Contact Brittney, our Marketing & Community Relations Specialist, at (216) 283-7200 ext. 253.

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## Our Mission

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

## Our Vision

To be the provider of choice as the most trusted community partner for high quality, patient-centered kidney healthcare.

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# CDC

## Centers for Dialysis Care

*Quality care...and so much more.*