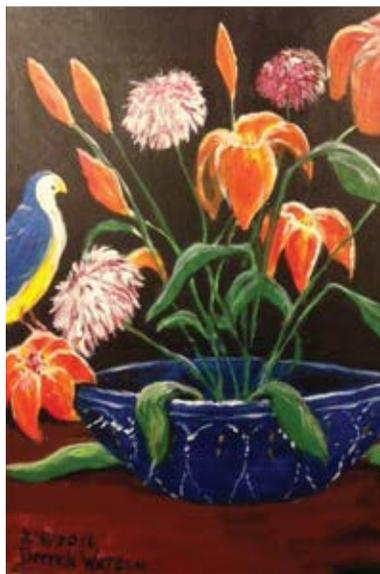


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PATIENT NEWSLETTER | JAN / FEB 2017



CREATIVE ARTS THERAPIES

# 25<sup>th</sup> Anniversary 1992 - 2017

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**CDC**  
Centers for Dialysis Care

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Centers for Dialysis Care Newsletter  
January / February 2017

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## CDC

Centers for Dialysis Care

### Contributing Artists on pages 6 & 7:

1. Michael Hardy, Shaker
2. Derrick Watson, Garfield
3. Ed Wells, Beachwood
4. Evelyn Hall, Warrensville
5. Maria Carranza, Painesville
6. Kathy Edward, Oakwood
7. Jonell Braddy, Shaker
8. Jonell Braddy, Shaker
9. Eiko Bihary, Mentor
10. Regi McDonald, Euclid
11. Elizabeth Womack Murphy, Oakwood
12. Adell Glass, Warrensville
13. Ed Wells, Beachwood
14. John Andrews, Euclid
15. Ken Lidell, Oakwood
16. Clarence Orr, Shaker
17. Clarence Orr, Shaker
18. Scott Tuma, Warrensville
19. Jeanette Ranallo, Euclid
20. John Stewart, Euclid
21. John Stewart, Euclid
22. Bettie Johnson, Mentor
23. Scott Tuma, Warrensville
24. Elizabeth Csiszko, Beachwood
25. Keir Pollard, Shaker
26. Brian Carter, Shaker



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

## News & Notes

Today, most doctors and hospitals use computer charts instead of paper charts. These 'charts' are called 'health records.' One of the best advantages of the computer chart health record is that some of your information can be shared with other doctors and hospitals. Sharing records electronically is a simple, fast way for your healthcare provider to get a "whole" picture of your health in one record, no matter where you have been treated in Ohio. For example, information that could save your life in a medical emergency would be available to the doctors in the emergency room (ER) if something happens that you did not expect. They would know what medications you are taking and what conditions you have.

CliniSync is the name of the community health record that is used in Ohio to share your information between your doctors and hospitals you see. Your doctor may search for and get your test results, lab results, x-rays, medication list or any other health information that has been electronically collected from other providers who are part of the CliniSync Health Information Exchange. CliniSync follows U.S. and Ohio privacy laws. Only people providing care to you may view your medical records. Ohio law allows patients who don't want an authorized physician to access their records to opt out of the exchange.

# Well Wishes



Diane P. Wish

On behalf of the staff and management of CDC, I want to wish all of you a Happy New Year. I hope you liked the CDC 2017 calendar as much as I did. These artists are so incredibly talented.



It is hard to believe the Creative Art Therapies program is celebrating their 25th anniversary. The use of creative arts therapies at CDC began with an internship of Maryann Farago, a student completing her Master's Degree in Art Therapy. Her artistic endeavors enhanced satisfaction and quality of life of dialysis patients and paved the way for the Creative Art Therapy program which has impacted the lives of many patients over the last 25 years. I hope you enjoy the collection of art in this issue of the newsletter. I am amazed at the creativity that I see here... truly inspiring work!

For more than 10 years, officials in Washington, DC have been looking at ways to reorganize Medicare to deliver better care at lower costs. I am excited to announce that CDC has been selected by the Centers for Medicare & Medicaid Services (CMS) to participate in an ESRD Seamless Care Organization (ESCO).

The ESCO is a partnership to improve the care of ESRD (end-stage renal disease) patients between CDC, vascular surgeons, nephrologists, and other healthcare providers.

This new model at select CDC facilities will evaluate if we can improve health outcomes for patients with ESRD at a lower cost to the Medicare system. The ESCO serves approximately 600 Medicare patients with ESRD who receive dialysis services in one of the following units: Shaker, East, Euclid, Mentor, Painesville, and Warrensville. Medicare patients will be matched to the ESCO by CMS according to where the patient received their 'first touch' dialysis at a CDC participating ESCO unit. The goal of an ESCO is for your dialysis facilities, nephrologists, and other health care providers to communicate closely with your other healthcare providers, so they can deliver high-quality care that meets your individual needs and preferences.

A Care Manager (CM) works with ESCO patients to coordinate care through improved communication among all of the care providers. CDC does not pick patients for the ESCO, but patients are assigned to the ESCO by CMS. All patients in the ESCO keep all of their rights and responsibilities. ESCO patients can continue to select their own doctors and where they receive care. Once CMS notifies CDC about who has been selected you will be notified. This should occur early in the New Year and patients will be added monthly. If you are not sure if you are an ESCO patient, please ask one of the staff.

I hope you have a Happy, Healthy and Safe 2017.

Diane P. Wish  
CEO

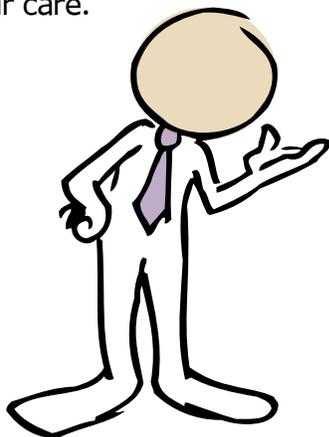
# The Robinson Report



Gary Robinson

Happy 2017! Welcome to what I envision will be another great year for CDC. I wanted to take a moment to briefly introduce myself. This past July I started as the President of CDC. I have worked closely with CDC as a former Board member for the past 13 years.

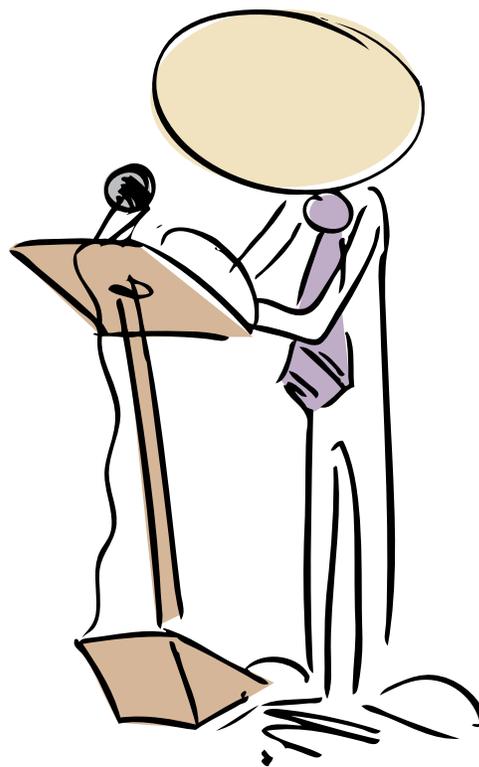
For more than 40 years, CDC has been a leading innovator and non-profit independent provider of outstanding patient-focused dialysis treatment, education, support, and training. I believe it is important to the community we serve to be an independent provider because all the decisions regarding your care are made locally. The senior leadership of CDC, the physicians and staff that care for you live in the area and take great pride in the fact that you have entrusted us with your care.



Last year we cared for more than 1800 patients and safely performed over 200,000 treatments. Additionally, we were able to expand our Home Dialysis program to include Nursing Home assisted dialysis at several nursing homes in the area. We expanded our service to include acute dialysis treatments in a number of hospitals across the country.

CDC employs dedicated staff who work very hard to provide exceptional care to you. Everyone is committed to doing a good job and we are always looking for ways to do things better.

As we continually look for opportunities to improve the care we provide, your opinion regarding the manner in which care is provided is very important. Each year you



are given a chance to give your feedback to us by participating in 2 surveys which are mailed to your home. I wanted to thank you for taking time to complete the surveys. We take action based on the results of these surveys. In addition, we are looking at other ways to obtain your feedback in a timelier manner. In the meantime, if you have any suggestions on ways to make things better please talk with your Facility Manager. I look forward to hearing your ideas to improve the care we provide.

Thank you for allowing us to care for you!

Gary Robinson  
President

# Winter Preparedness

Winter is here! If you are on dialysis, it is especially important for you to be prepared for changes in your treatment schedule. Several steps can be taken to prepare you for emergency situations such as severe weather during winter.

1. Make a winter preparedness kit. Keep all your supplies and material in a safe place that is easy to access, so if you need them, you'll know exactly where to find them. Items to keep in your kit includes:
  - A list of medications, doses and when they should be taken.
  - Three day's supply of medication. Make sure that you don't run low on medications, so that you can always handle unforeseen emergencies.
  - Three day's supply of food. Choose non-perishable foods that will help you balance your intake of protein, potassium, phosphorus, salt, and fluid. If you are diabetic, include foods needed to control your sugar intake. Make sure you have a non-electric can opener on hand.
  - Name and phone number of your pharmacy.
  - Name and phone numbers of your doctors, nurses, dietitians and the dialysis center.
2. Prepare to reschedule your dialysis treatment for earlier if you know that there will be a storm coming in order to avoid missing a treatment and falling sick.
3. Restrict your diet to limit the phosphorus, potassium, sodium, and fluids that can build up to toxic levels if you are unable to get to your treatment. Don't forget to take your phosphorus binders as prescribed.
  - Consult your dietitian for foods you should purchase that are low in phosphorus potassium, and sodium. Include these foods in your prep kit.
4. Have a back-up plan to ensure you are able to arrive at your treatment in inclement weather. Plan an alternate transportation option if your normal transportation system is unable to operate or is delayed during a snow storm. Ask a friend/family member if they could give you a ride, or call a reliable transportation company.
5. Make sure your dialysis center knows where to find you should you have to leave your home.
6. Consider wearing a medical alert bracelet to inform emergency response personnel that you are a dialysis patient. Include on your bracelet any other conditions that personnel should be aware of such as diabetes, life-threatening allergies, etc.
7. Identify a reliable person as an emergency contact person. If you can't be reached, choose a person that can be contacted by your dialysis center or other healthcare professionals and let the CDC know who that contact person is ahead of time.



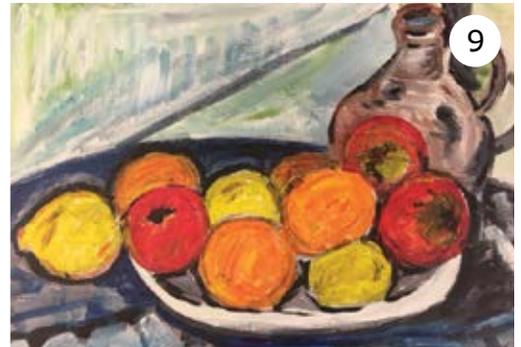
CREATIVE ARTS THERAPIES

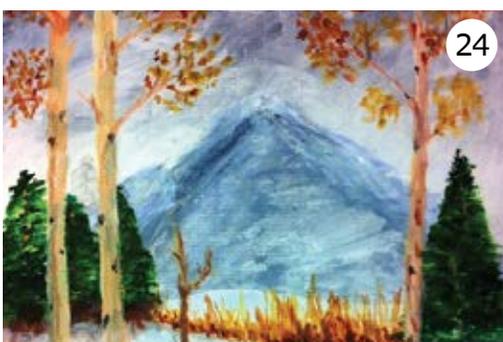
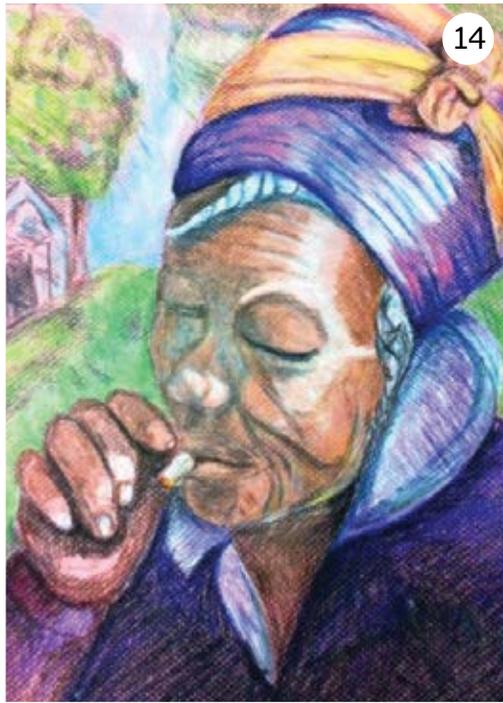
# 25<sup>th</sup> Anniversary

1992 - 2017

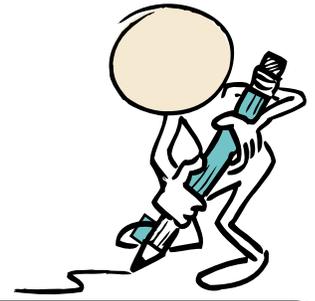


• ART FROM THE HEART •





# For the Fun of It



## Missed Treatments Word Search

The words below are things you can avoid by going to all of your treatments. See if you can find the words in the puzzle.

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

### Words:

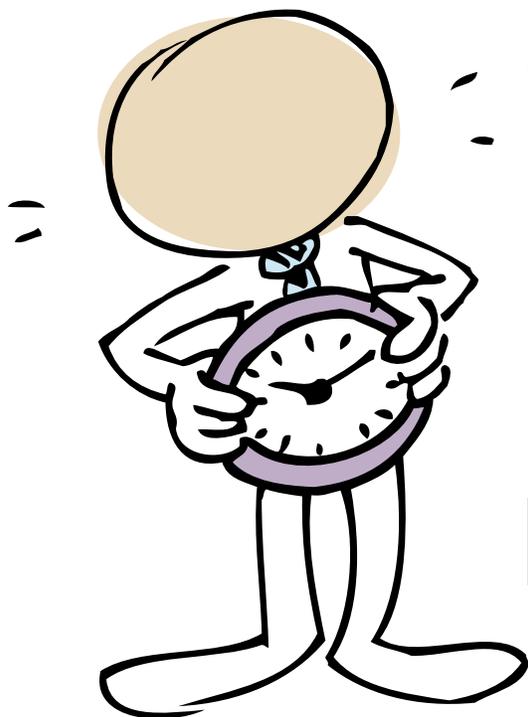
Coughing      Death      Headaches      Hospitalization      Illness  
Sleeplessness      Swelling      Tiredness      Trouble Breathing      Weight gain

# Just a Minute...

How often do we say that? A minute here or there doesn't seem like a lot, but it can really add up quickly when talking about shaving time off your dialysis run. Say you have dialysis 3 times per week for four hours each time, but something comes up in your schedule and you decide to come off early. What does this look like?



PER DAY	PER WEEK	PER MONTH	PER YEAR	TIME IN WEEKS
5 minutes	15 minutes	65 minutes	780 minutes	1 week
10 minutes	30 minutes	130 minutes	1560 minutes	2 weeks
15 minutes	45 minutes	195 minutes	2340 minutes	3 weeks
20 minutes	60 minutes	260 minutes	3120 minutes	4 weeks
25 minutes	75 minutes	325 minutes	3900 minutes	7 weeks
30 minutes	90 minutes	390 minutes	4680 minutes	8 weeks



When your kidneys were working, they were on the clock 24/7. Leaving dialysis early puts you at risk and increases possible complications like:

- Fluid overload – too much fluid can cause shortness of breath because your heart has more fluid to move around your body.
- Severe cramping and low blood pressure at the next treatment due to the extra fluid having to be removed.
- Missing the injected medications can worsen anemia and create more bone disease.
- A higher level of potassium in your system can cause heart problems like irregular heartbeat, heart attack and/or death.
- High blood pressure can cause a stroke, which can lead to a permanent disability and/or death.

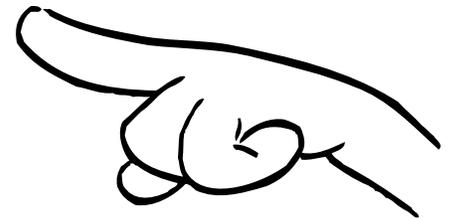
So give yourself a minute to: **THINK BEFORE YOU LEAVE EARLY!**

# Beyond Dry Weight: An Index for Adequacy of Fluid Removal

Your body weight is made up of two types of weight. Fluid weight is both your normal body water as well as the weight that you gain between treatments. Solid weight includes your bones, muscle and fat. Eating less food leads to loss of muscle, fat and solid weight and eating more food leads to gaining more muscle, fat and solid weight. If changes in your solid weight are missed and your doctor does not evaluate and adjust your dry weight often enough, you can have problems during and in-between your dialysis treatments.

Dry weight is your weight without extra fluid in your body and the lowest weight you can safely tolerate after dialysis without problems like low blood pressure. Your doctor decides what your dry weight should be by reviewing your dialysis treatments, examining and talking with you. Dialysis removes fluid build up that occurs between dialysis treatments to keep you at your dry weight. The extra fluid not only comes from liquids we drink but also from anything that melts like (ice, jello) or food that contains fluid like soups. Between your treatments you need to work on keeping your total daily fluid intake to the amount that you and your doctor have talked about. The daily amount of fluid you can have is usually a quart per day. Drinking a quart of fluid a day should cause a gain of 2 kilograms or 4 pounds between dialysis treatments.

In the past dry weight was adjusted by a trial and error approach. CDC now has a tool for adjusting your dry weight called the DeOreo Dry Weight Challenge. This challenge requires a doctor's order and is conducted over 6 dialysis treatments and may be reevaluated. Your dialysis team will set the machine to initially remove 200 cc or the amount of 1 cup of ice to start the challenge and can make more adjustments as tolerated during the first half of your treatment. The goal is to remove fluid within a prescribed time period and avoid insults to your heart.



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## Cold Weather Comfort Foods

It is officially Winter and the snowy weather has many of us craving comfort foods to warm our bodies. Unfortunately, many of our favorite comfort foods take a lot of time and effort to prepare. Investing in a slow cooker (also known as a Crock-Pot) can help you create comfort foods that are both simple and delicious. For those unfamiliar with slow cookers, they are small electric appliances that sit on your counter, slowly cooking food for several hours on a low temperature.

### Great Reasons to use a Slow Cooker:

- No pre-cooking required: Many slow cooker recipes do not require you to cook any of the ingredients before placing them into the cooker...saving you precious time!
- Safety: Due to their low cooking temperature, slow cookers can safely be left unattended.
- Lower grocery bills: Slow cookers tenderize less expensive cuts of meat by slowly cooking the meat over a low temperature.
- Fewer dishes: One-pot meals make clean-up easy!
- Price: Slow cookers are inexpensive.

# Healthy Eating



## Chicken Noodle Soup

Yield: 8 servings Serving size:  $\frac{3}{4}$  cup

### Ingredients

- |                                |                                |
|--------------------------------|--------------------------------|
| 1 pound chicken parts          | 1 teaspoon garlic powder       |
| 1 teaspoon red pepper          | $\frac{1}{2}$ cup celery       |
| $\frac{1}{4}$ cup lemon juice  | 1 teaspoon onion powder        |
| 1 teaspoon caraway seed        | $\frac{1}{2}$ cup green pepper |
| $3\frac{1}{2}$ cups water      | 2 tablespoons vegetable oil    |
| 1 teaspoon oregano             | 1 cup egg noodles              |
| 1 tablespoon poultry seasoning | 1 teaspoon black pepper        |
| 1 teaspoon sugar               |                                |

### Nutrients Per Serving

110 calories, 0 grams trans fat, 17 milligrams sodium, 3 grams protein, 12 milligrams cholesterol, 101 milligrams potassium, 8 grams fat, 7 grams carbohydrate, 39 milligrams phosphorus, 2 grams saturated fat, 0 grams fiber, 21 milligrams calcium



## Slow Cooker Chicken with Carrots and Green Bean

Makes 4 Servings Serving Size: 1 chicken breast and  $\frac{3}{4}$  cup vegetables

This is a simple one-pot meal to prepare, using only a few ingredients that you may already have at home. No pre-cooking is required, so you can easily put all of the ingredients into the slow cooker, go to dialysis and you will have a hot and healthy meal when you get home! Serve this delicious entree with a side of white rice, pasta or garlic bread for a complete meal.

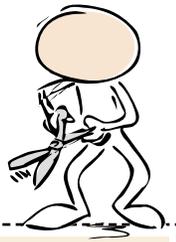
### Ingredients

- |  |  |
|--|--|
| 1 $\frac{1}{2}$ cups frozen sliced carrots     | $\frac{1}{2}$ cup reduced sodium chicken broth |
| $\frac{1}{2}$ cups frozen green beans          | 2 teaspoons Worcestershire sauce               |
| $\frac{1}{2}$ cup onion, diced                 | 1 teaspoon Mrs. Dash herb seasoning            |
| 1 pound chicken breasts, boneless and skinless |  |



# Healthy Eating

Recipes to Collect



## Preparation

1. Rub chicken parts with lemon juice.
2. In a large pot, combine chicken, water, poultry seasoning, garlic powder, onion powder, vegetable oil, black pepper, red pepper, caraway seed, oregano, and sugar together.
3. Cook 30 minutes or until chicken is tender.
4. Add remaining ingredients and cook for an additional 15 minutes. Serve hot. *Note: Soup may require additional water; if so, add water ½ cup at a time.*

## Suggestions:

- Other vegetables may be used: onions, mushrooms, carrots, pimentos, green peas, green beans, or whole kernel corn.
- Additional seasonings that may be used are sage, rosemary, marjoram, thyme, bay leaf, basil, and dill seed.
- May use whole boneless chicken parts, without skin.
- May be served with unsalted crackers or regular bread.
- Reminder: count soup as part of daily fluid allowance.



## Preparation

1. Place the carrots, green beans and onion into a 4 to 6 quart slow cooker.
2. Arrange the chicken breasts on top of the vegetables.
3. Pour the chicken broth over the chicken. Top with Worcestershire sauce and Mrs. Dash® herb seasoning.
4. Place the lid on the slow cooker and cook on high heat for 3 hours or on low heat for 6 hours.
5. Serve chicken breast with 3/4 cup vegetables and 2 tablespoons of broth.

### Nutrients Per Serving

Calories: 181; Protein: 27 g;  
Carbohydrates: 10 g; Fat: 3 g;  
Cholesterol: 70 mg; Sodium: 189 mg;  
Potassium: 431 mg;  
Phosphorus: 226 mg; Calcium: 55 mg;  
Fiber: 3.3 g

**CDC**

Centers for Dialysis Care

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