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PATIENT NEWSLETTER | JAN / FEB 2018



## CDC

Centers for Dialysis Care

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Centers for Dialysis Care Newsletter  
January / February 2018

Editor: Pamela S. Kent  
Director of ESCO Operations  
(440) 371-4318  
Design: Impel Creative

## CDC

Centers for Dialysis Care

The Centers for Dialysis Care (CDC) has provided the information in this newsletter to inform you and your loved ones.



On the Cover  
*Untitled, Acrylic*  
Elizabeth Csiszko

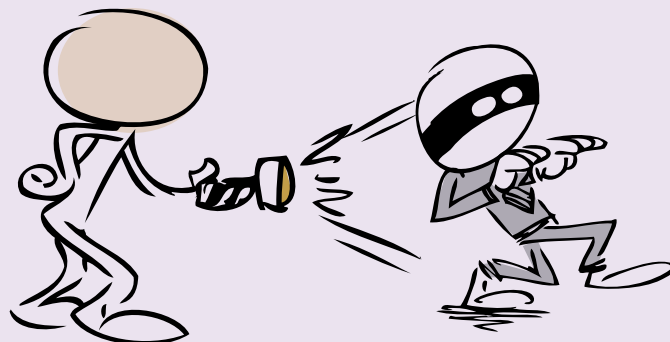


The Centers for Dialysis Care (CDC) is a leader in providing patient-centered quality care to all individuals with kidney disease.

## Trade Secrets a Burglar Won't Tell You

Home-invasion experts are clever and creative when it comes to gaining access to your home. Be alert.

- During the day, they will often first knock on your front door. If you don't answer, they try the door. If it's open, they walk right in.
- They like to look in windows at night. Burglars are looking for signs that you're home, and for flat screen TVs or gaming systems. Burglars will drive or walk through neighborhoods after dusk, before people close their blinds, to pick targets.
- They look for security systems, so don't let your alarm company install the control pad where a burglar can peer in to see if it's set.
- They may leave fliers in your front door to see how long it takes for you to remove them. If you don't take them down, they assume you're not home.



- They comb social media. Avoid announcing being away from home on social media. It's easier than you think to look up your address.



Diane P. Wish



Gary Robinson

# Message from the CEO and President

On behalf of the staff and management of CDC, we want to wish all of you a Happy New Year. The New Year is a time to set goals for the upcoming year. The management team has been working on establishing a variety of goals and plans for the coming years.

The 3 year strategic plan was adopted by the CDC Board this past December. The plan provides a road map to address the things that matters most to ensuring that CDC is the preferred independent provider of dialysis services. At the heart of our strategic plan is providing care that is patient-centered. The strategic plan focuses on ensuring we have a high-performance culture that embraces operational excellence. Together, with our physician partners, we continue to focus on working collaboratively to make sure that CDC provides a supportive environment. The strategic plan calls for the continued investment in our facilities and providing the latest proven technology over the course of the next three years.

One of the higher profile projects that will be completed in the next year and a half is the replacement of our Cleveland East campus which is the oldest and largest outpatient dialysis facility. The

original Cleveland East opened in 1974 and was located in the St. Luke's Medical building. In 1982, the facility moved to its current location to facilitate expansion of operations. The building is over 50 years old and we look forward to opening the new facility on Cedar and Stokes in 2019. We also have plans to provide additional dialysis locations in 2018. We plan on opening CDC Middleburg and Westlake Homecare this year.

We are also working with the local hospitals on the development of chronic kidney disease programs and assisting hospitals with providing an option to dialyze patients at a CDC facility. This program is called "Will Dialyze". The program is available on the day of discharge following an acute admission and/or following an evaluation from a hospital emergency room physician. The "Will Dialyze" program is available Monday through Saturday between the hours of 8:00 am and 7:00 pm. We continue to implement the

LEAN process to continue to improve the quality of care, satisfaction and service we provide to you, to your doctor and to the staff.

We wish you a Happy New Year with hope that you will have many blessing in the year to come.

Diane P. Wish,  
CEO

Gary Robinson,  
President





# Let's Get Ready

**Helpful Hints for People Living with End Stage Renal Disease when Planning for an Emergency**

## Non Perishable Food and Water

Keep enough food and water for at least three days. Refer to your copy of the three day "disaster diet". Have enough clean, fresh water for drinking and sanitation. Have one gallon of water per person per day for at least three days.



## Communication

Wear a medical emblem in order to alert medical staff to your special needs. This has vital information about your medical condition and treatment.



Who do you call in case of an emergency? Does your care team know multiple ways to contact you?

Call your dialysis center for instructions regarding your dialysis treatment. For updates from your dialysis center, call 1-800-xxxx.

## Important Documents



Assemble your insurance papers and cards, current medication list, personal identification, important papers and keep them in a water proof container or large sealable plastic bag.

## Supplies and Care Items

For your disaster kit, have a weather radio, flashlight, batteries, basic tools, whistle (to signal for help), manual can opener, phone chargers (regular & auto), first aid kit, 5-7 days of your prescription medications, moist towelettes, and cash. Specific "dialysis supplies" also need to be kept in your kit. You may choose to have comfort items such as blankets and extra clothing.



## For More Information

Consult the emergency / disaster packet provided to you by CDC.



**CDC**  
Centers for Dialysis Care  
[www.cdcare.org](http://www.cdcare.org)

# Take Part in Planning Your Care

When you meet with your healthcare team, you should review your overall health, what the past year was like (hospitalizations, health events), and what you are planning for the upcoming year. This is an excellent opportunity for you and/or your family member/care partner, to look closely at how you are doing and how you can do better, and to find resources to help you be healthier and have a better quality of life.

## HERE ARE SOME IDEAS TO DISCUSS WITH YOUR HEALTHCARE TEAM.

### Dose of Dialysis/Volume Status and Dialysis Adequacy

How is your fluid management?  
How well is your treatment maintaining adequate Kt/V?  
Are you reaching your goals for dry weight?  
Do you need extra help with fluid restriction?

### Nutritional Status

How are you eating?  
Has your albumin level dropped?  
Have you had any changes in your body weight?  
Do you need any extra nutritional help or supplements?

### Mineral Metabolism and Renal Bone Disease

What are your calcium, phosphorus and parathyroid hormone (PTH) levels?  
How are you doing with your binders?  
Have you noticed any changes in your posture or any unusual "lumps"?  
Do you know the signs and symptoms of renal bone disease?

### Anemia

What is your hemoglobin level?  
Are you taking an erythropoietin stimulating agent (ESA) such as Aranesp?  
Do you know the risks and benefits of ESA therapy?  
What is your iron level?  
Have you been evaluated by a doctor for other causes of anemia?

### Vascular Access

Do you have a fistula or graft?  
How has your fistula or graft been working?

If you still have a catheter, why?

Have you seen a vascular surgeon to be evaluated for fistula or graft?  
Do you have any questions or want any information about having a fistula or graft made?

### Psychosocial Status

How are you feeling about being on dialysis?  
Do you need extra support?  
Is everything OK with your insurance?  
Are your family and friends supportive?  
What are your plans for the upcoming year? Travel? Big events? Anniversary?  
Can the dialysis staff help you plan for events around your dialysis schedule?

### Rehabilitation Status

How are you adapting to dialysis?  
Are you able to function like you did before you started dialysis?  
Do you need any extra help to adapt to living with kidney disease?

### Patient Education and Training

Have you been given information on how to prevent infections?  
Are you washing your hands and fistula/graft before treatment?  
Have you considered any other treatment types?  
Has anyone discussed your treatment options with you in the last year?

# CDC

Caring for those with a kidney disorder  
Extending life that would have  
been shorter

Nutrition by dietitians is taught here  
To take care of our bodies we treasure  
so dear

Educating patients on access care  
Reassuring patients help is always there

Family is welcome to sit by your side  
Options of treatments they will provide  
Respect among patients and staff is  
a must

Direct contact always helps build trust  
Ice chips will help with a mouth that  
is dry

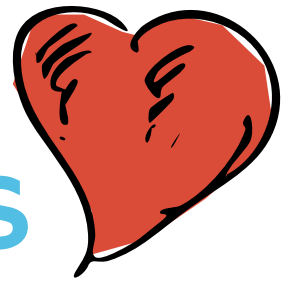
Art therapy is available for all who  
want to try  
Labs are done monthly to help manage  
your care

You lab work tells if treatments are  
good, bad or fair  
Safety is priority when they care for you  
Instructional videos train you what to do  
Social workers are here for anything  
you need

Crosswords and monthly books are  
here to read  
Administration value feedback that  
you share  
RN's and techs professionally manage  
your care  
Everyone is equal here; we are all the  
same, so make a new friend and learn  
their name.

By Scott Tuma  
(CDC Warrensville Patient)

# Change Champions



## Customer Service and ExactCare Pharmacy

Kimberly Taylor is an ESCO patient who dialyzes at CDC Shaker. Her Care Manager, Carrie Nappi had suggested she try getting her medications filled with ExactCare Pharmacy. Miss Taylor recently began filling her prescriptions with ExactCare Pharmacy. She claims changing was easy and convenient as the pharmacy did all the leg work. She likes using the pill packs and has an easier time taking her medications as prescribed. She also appreciated the Care Manager and ExactCare Pharmacist taking time to speak with her regarding her medications as opposed to just telling her what to do. Miss Taylor stated, **"Taking multiple medications is a very difficult thing and with ExactCare Pharmacy it's safe and easy"**. If you are interested in getting your medications filled at ExactCare Pharmacy please call: 877-355-7225 or check out [www.exactcarepharmacy.com](http://www.exactcarepharmacy.com).

## Spreading Kindness

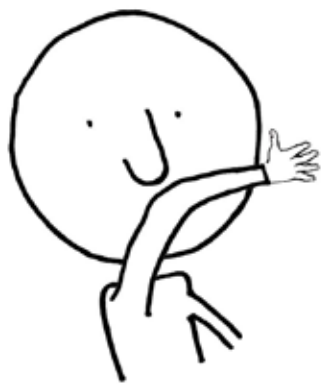
Calandra Larkins has been a patient at CDC East for almost a year. She has a very infectious laugh and a smile for everyone despite her many health challenges. She enjoys crocheting to pass the time at home. During her treatment she keeps her fellow patients laughing and sharing why they are grateful. Calandra wanted to thank Kathryn Mierke, MA, ATR who helped supply the materials so she could crochet pillows and lap blankets for her fellow patients in the treatment room.



**"Kindness is a gift everyone can afford to give."** –Unknown

# Cover your Cough!

Stop the spread of germs that make you and others sick!



Cough or sneeze into your upper sleeve, not your hands.



Or, cover your mouth and nose with a tissue when you cough or sneeze.



Put your used tissue in the waste basket.



You may be asked to put on a surgical mask to protect others.

# Clean your Hands!

After coughing or sneezing.

Wash with soap and water  
OR  
Clean with alcohol-based  
hand cleaner



Did you get  
your Flu  
Shot?

It's not too late!

#fightflu



# For the Fun of It

## Falls Crossword

Every year 1 of 3 people  
age 65 and older fall

### Clues

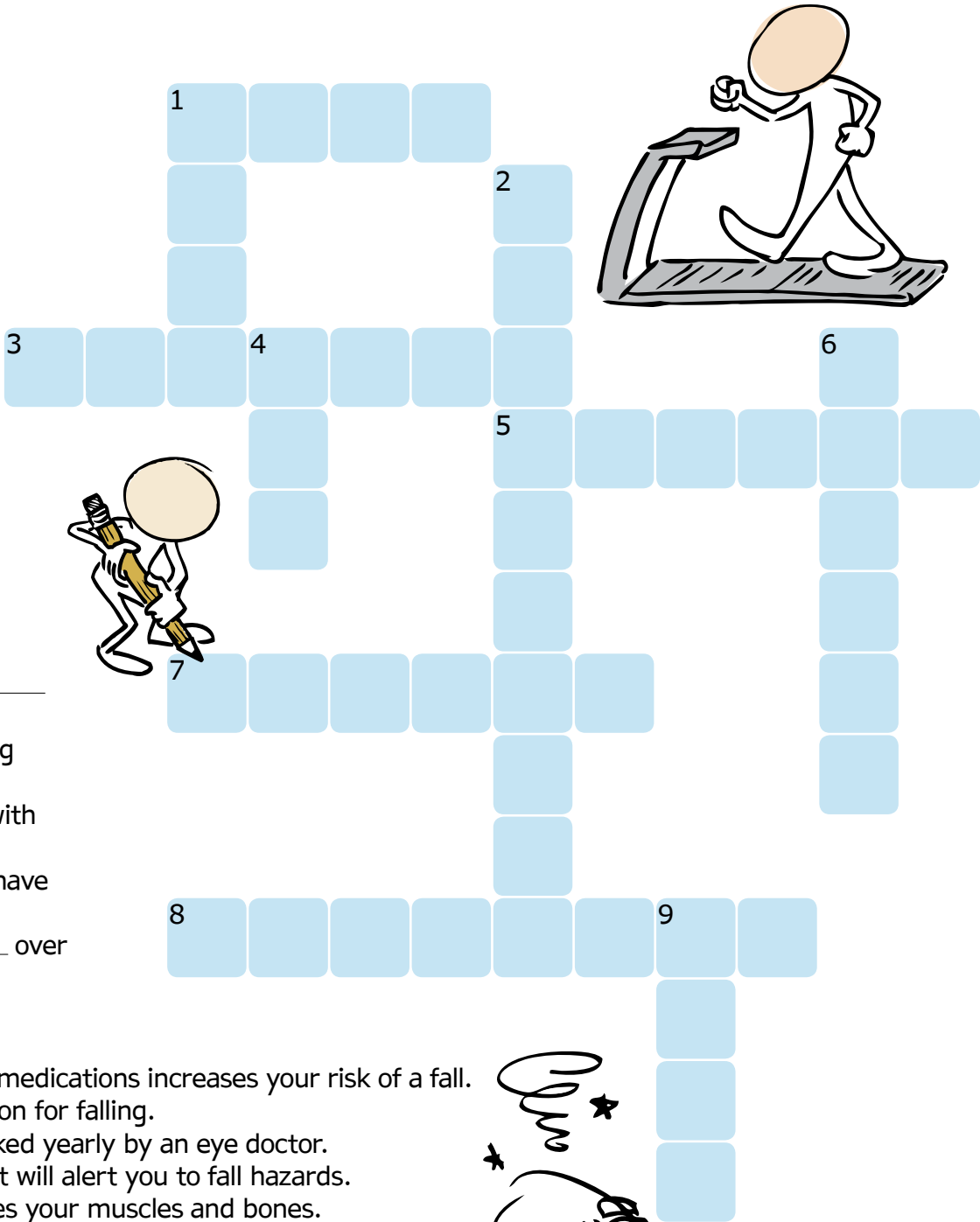
- Age
- Balance
- Doctor
- Exercise
- Fall
- Four
- Nine
- Prevention
- Safety
- Strength
- Trip
- Vision

### Down

- 1. One in three adults \_\_\_\_\_ each year.
- 2. \_\_\_\_\_ is key to avoiding injury due to a fall.
- 4. The risk of falls increases with \_\_\_\_\_.
- 6. Tell your \_\_\_\_\_ if you have fallen recently.
- 9. Be careful not to \_\_\_\_\_ over cords, pets, and clutter.

### Across

- 1. Taking \_\_\_\_\_ or more medications increases your risk of a fall.
- 3. Poor \_\_\_\_\_ is one reason for falling.
- 5. Have your \_\_\_\_\_ checked yearly by an eye doctor.
- 7. A home \_\_\_\_\_ checklist will alert you to fall hazards.
- 8. \_\_\_\_\_ training improves your muscles and bones.





# Artist in Focus

I have been doing art for a long time. In second grade I learned how to do needle work and in high school I decorated all the bulletin boards. Much of my art experience has come from classes. If I found something I was interested in I would look for a class in it.

About 30 years ago my husband and I went to an art show together. Someone was painting china and someone else was creating Ukrainian Easter eggs. I fell in love with the china painting and my husband fell in love with Ukrainian Easter eggs. From that moment on we were hooked. My husband began creating Ukrainian Easter Eggs and I began learning how to become a china painter.

Learning how to paint china came through classes. I found a group of woman who met once a week for four hours. Every week we would come together to support and encourage each other. We also invited people who knew china painting well to teach us so we could learn new skills. I became so involved with china painting that I even bought my own kiln to fire my work.

I have now been on dialysis for three years. Due to dialysis I am usually tired so I no longer work at home. I look forward to Thursdays at Beachwood so that I can paint. I just wish there was more time to work.

Oil painting has been the paint I have always used. The art therapy program uses acrylic paint. I am learning a lot. They are very different from oil paints and I feel like I can change things quickly since acrylics dry fast. It is fun to be learning again.

If you have an interest in art meet the art therapist. It is worth a try, painting is not the only thing they do. It is a very satisfying activity to engage in when you are doing treatment.



Elizabeth Csiszko



# Meal Planning for the New Year

Have you ever heard the expression, 'Failing to have a plan is planning to fail'? This is true in regards to what you're going to eat for your meals, and meal planning can be a simple solution! Meal planning can save you from the daily frustration of not knowing what to cook or not having kidney-friendly foods at home. When you don't have anything ready for dinner, you are more likely to eat fast food or another less healthy food in the spur of the moment. The problem with eating these convenience foods is that they are oftentimes high in phosphorus additives, potassium, sodium and less healthy fats; it can also get costly to frequently eat like this!

Meal planning is the process of picking a few recipes, making a shopping list, and taking some time one day per week to prep and make your recipes. Follow these simple tips to get your meal planning journey off to a great start!

- Pick 3 to 4 recipes that you want to make for the week. More or less depending on the number of people you are cooking for and your willingness to eat leftovers. Include lunches!
- Mark which meal you want to eat each day on your calendar. This will be especially helpful on dialysis days so that you can plan to eat before and after your treatment.

- Make a grocery list that includes all of the ingredients you need to make your recipes so you only have to grocery shop one time each week.
- Pick a day and set aside a few hours to make your meals or prep them to go in the oven or crock pot later.
- Make double batches, date them, and freeze some for later. Your future self will thank you!

Meal prepping starts with grocery shopping, and if you're not in the habit, it can be a little overwhelming. Here are some simple tips for grocery shopping.

- Never shop when you're hungry! It leads to impulse buying that you and your budget might regret.
- Only buy foods on sale if you plan on using them.
- Don't be afraid to get generic or store brand foods. They are often just as good! Just be sure to read the label to avoid high sodium foods and hidden phosphorus (PHOS).
- Try to organize your list by aisle to save time.

Even the best laid plans of mice and men go awry, so when you do find yourself in a pickle, rely on these quick meals!



## QUICK COOKING OPTIONS

- Stir fried veggies and chicken.
- Breakfast for dinner. Eggs are quick and a great source of protein. Scramble with fresh or frozen veggies for additional nutrition or even some fresh or dried herbs.
- Non-breaded frozen fish. Pan fry with some lemon pepper and enjoy with fresh or frozen vegetables.
- Herb Pesto with pasta and baked chicken.



# Healthy Eating



## Beef Stew

Yields: 10 – 1 cup servings

### Ingredients

- 1 ½ pounds beef chuck, cubed
- 10 cups water
- 1 clove garlic, chopped
- 2 carrots, chopped
- 1 pre-soaked potato, cubed
- 3 stalks celery, chopped
- ½ pound cabbage
- ½ cup onion, chopped
- ½ cup fresh cilantro, chopped
- ½ cup low-salt tomato sauce

## Shrimp Stir Fry with Asparagus, Red Pepper and Tangerine

Yields: 4 servings, Each serving equals 2 ounces meat,  
2 vegetable servings and 1 fruit serving.  
1 cup white rice equals 2 starches.

### Ingredients

2 tbsp peanut oil, divided	1 lb. fresh asparagus, tough ends removed and cut into 1 inch pieces
1 small onion, thinly sliced	1 red pepper, sliced
2 cloves garlic, peeled and sliced	2 tangerines, peeled and divided into sections
2 tbsp low sodium soy sauce, divided	Cooked white rice
1 lb. raw shrimp, shelled and cleaned	





# Healthy Eating

Recipes to Collect



## Preparation

Place meat, water and garlic in large pot and simmer for about 1 hour. Add remaining ingredients and simmer until vegetables are tender.

Compliments of: Southwest Cookbook



## Preparation

1. Sauté onion and garlic in one tablespoon peanut oil, until onion is soft.
2. Add shrimp and sauté for just a few minutes until opaque.
3. Add 1 tablespoon of the soy sauce to pan and stir. Remove shrimp mixture from pan and set aside.
4. Add second tablespoon of the oil, the asparagus and red pepper to pan. Cover and sauté until cooked to desired doneness.
5. Add orange sections and cook for a couple minutes.
6. Return shrimp mixture to pan and reheat. Add remaining soy sauce.
7. Serve over white rice.



# CDC

Centers for Dialysis Care

## Corporate Office

18720 Chagrin Boulevard  
Shaker Heights, Ohio 44122

(216) 295-7000 • [cdcare.org](http://cdcare.org)



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