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PATIENT NEWSLETTER | MAR / APR 2016



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CDC

Centers for Dialysis Care

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Centers for Dialysis Care Newsletter
March / April 2016

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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
Spring Fever, Oil Pastels
Aletha Kern, CDC Shaker



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

News & Notes

Introducing the IPRO ESRD Network Program

As you may know by now the contract for the administration of the ESRD Network 9 was awarded to the Island Peer Review Organization (IPRO). IPRO is a national organization providing services to enhance healthcare quality to achieve better patient outcomes. The new Network 9 will be called IPRO ESRD Network of the Ohio River Valley.

Here's how the network serves you:

- Helps voice your concerns
- Answers your questions about choices for kidney disease
- Provides educational materials for you and your family
- Helps the dialysis staff improve your care
- Helps keep you informed about your care
- Works with you to evaluate and resolve grievances

Contact Information

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Well Wishes



Diane P. Wish

The spirit of volunteerism is alive and well. Volunteers are an important part of CDC. They faithfully support both patients and staff through their selfless service. CDC volunteers share their talents and donate their time with care and compassion.

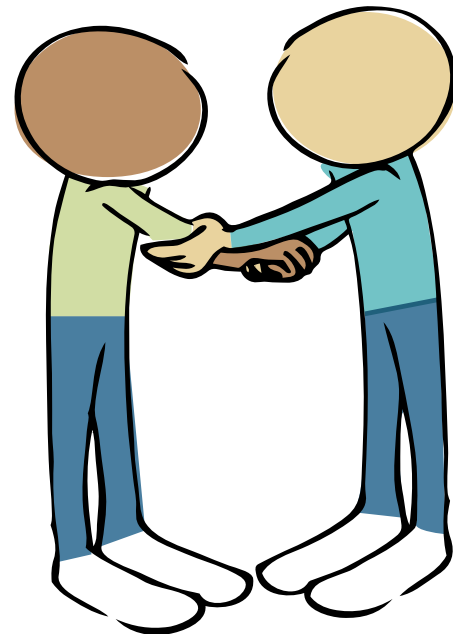
Over the past 25 years, volunteers have contributed over 60,000 hours to CDC. Each year, CDC volunteers give their time to raising awareness, educating the community, and helping patients and staff in clinical units and departments. Currently, CDC has over 50 volunteers. We couldn't achieve nearly as much without our volunteers. Join us in celebrating National Volunteer Week the week of April 10–16th this year. Please let them know how much we appreciate their commitment to service and care.

I also wanted to update you all on some exciting news.

New technology: CDC replaces its dialysis machines on a schedule based upon the hours a machine has been in service. As dialysis machines are replaced we have moved to the B Braun machine. Currently Garfield, Eliza Bryant

Village, Park East and Shaker have switched to the new dialysis machine. The dialysis machines not ready to be retired have been moved to another location in need of machines. We plan to move forward with our machine replacement plans with the other facilities over the next few years.

CDC Access Care: For a variety of reasons, CDC made a decision to sell the CDC Access Care to the Preferred Vascular Group, PVG, located in Beachwood, OH. CDC and PVG have agreed to work closely together to develop protocols and care paths to help improve the patient's vascular access outcomes. CDC is very excited about this opportunity to improve quality in collaboration with our physicians. The nephrologists choose where they want to refer their patients for access care.



CDC Acute Services: CDC has developed a new company to provide dialysis services at acute and long term acute care hospitals called CDC Acute Services, LLC. Effective January 31, 2016 HSI, an acute care provider for the past 25 years based in Cleveland, became a part of CDC. All of the former HSI staff is being hired by CDC and we will have contracts to perform the services at the 18 locations throughout the country previously serviced by HSI. Steve Lovelace, President and CEO of HSI is now the Chief Operating Officer of CDC Acute Services. As an FYI, Steve started off as a tech with CDC 29 years ago. Their offices will be located in the recently vacated access center next to CDC Oakwood.

Diane P. Wish
President & CEO

April is National Humor Month

Have you ever heard the phrase “laughter is good medicine”? Well, it’s true! Of course we all know that laughter reduces stress, but it can also result in physical changes to our bodies. So, go ahead, laugh all you can. Enjoy National Humor Month with this poem submitted by Maxwell Somers from CDC Beachwood.



DO YOU WANT TO KNOW HOW I AM?

There’s nothing whatever the matter with me
I am just as healthy as I can be;
I have arthritis in my knees
And when I talk I talk with a wheeze;
My pulse is weak and my blood is thin
But I’m awfully well for the shape I’m in.

My teeth will eventually have to come out
And my diet I hate to think about;
I’m overweight and I cannot get thin
My appetite is such that it’s sure to win
But I’m awfully well for the shape I’m in.

Arch supports I have for my feet
Or I wouldn’t be able to go on the street.
Sleep is denied me night after night
And every morning I am a sight.
My memory is failing – my head’s in a spin
I am practically living on aspirin.
But I’m awfully well for the shape I’m in.

My moral as this tale we unfold
That for you and me who are growing old
It’s better to say I’m fine with a grin
Than to let them know the shape we’re in.

My age is golden I have heard it said
But sometimes I wonder as I go to bed –
My ears in a drawer – my teeth in a cup
My eyes on the table until I get up.
As sleep dims my eyes I say to myself
Is there anything else I should lay on the shelf?
But I am happy to say as I close the door
My friends are the same as in the days of yore.

When I was young my slippers were red
I could kick my heels right over my head;
When I grew older my slippers were blue
But I could dance the whole night through.
Now my slippers are black
I walk to the corner and puff my way back.

The reason I know my youth has been spent
Me get-up-and-go just got-up-and-went.
But I really don’t mind when I think with a grin
Of all the places my get-up has been.

I get up each morning, dust off my wits
Pick up the papers and read the obits
If my name is missing, I know I’m not dead
So I eat a good breakfast and go back to bed!

Community Partners

Kidney Foundation of Ohio, Inc.

World Kidney Day

Thursday, March 10

World Kidney Day aims to raise awareness of the importance of our kidneys to our overall health. The Kidney Foundation of Ohio will celebrate with a health fair featuring: free blood pressure and glucose screenings, information on kidney disease and related disorders, opportunities to talk with local hospitals and health organizations, free prizes and giveaways!

Who We Help

The Kidney Foundation of Ohio is dedicated to providing a broad program of direct assistance to persons with kidney disease and promoting and providing educational programs for the general public, renal professionals, patients and their families. The Foundation is one of the few health and human service agencies in Northeast Ohio to provide direct dollars to patients.

The following programs are free of charge to qualified kidney patients within the Foundation's service area:

- Medication Assistance
- Transportation Reimbursement
- Emergency grants
- Supportive Services

In addition to the direct assistance programs, the Foundation is committed to providing education on kidney disease to the general public, professional, and youth communities.

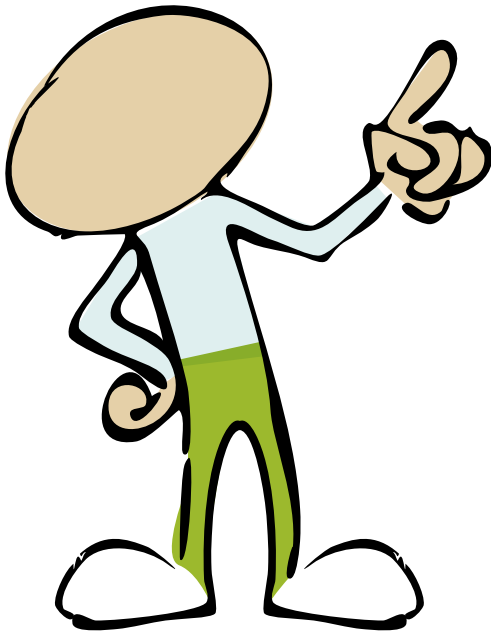
Volunteer Opportunities

The Kidney Foundation of Ohio relies on the support of the community to help spread our mission. There are several opportunities to get involved as a volunteer for the Foundation.

Special events: To raise funds for our direct assistance programs, the Foundation hosts several special events throughout the year. Volunteers are needed to assist in the planning of each event through securing donations and promoting attendance, as well as execute responsibilities on event day.

Health fairs: Volunteers with professional or personal experience with kidney disease are needed to represent the Kidney Foundation of Ohio at various health fairs in the community. Volunteers conduct blood pressure screenings, distribute literature, and educate the public on the Foundation's programs and services.

For more information about the Kidney Foundation of Ohio, visit www.kfohio.org or contact Molly DeBrosse at (216) 771-2700 or mdebrosse@kfohio.org.



For the Fun of It



Word Seek: Solve this puzzle by seeking words that are listed below.

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

Words:

Basket	Bunny	Chick	Chocolate	Dyed	Easter
Egg Hunt	Find	Flowers	Grass	Hide	Jellybeans
Lily	Marshmallow	Parade	Spring	Sunday	

National Volunteer Week

April 10-16, 2016

This special week of volunteer recognition brings attention to not only the efforts of all volunteers at CDC but those who serve throughout our country. A new federal study showed that 1 in 4 Americans volunteered through an organization and 3 in 5 helped their neighbors last year. Every day, volunteers of all ages are giving their time and talent to make our communities stronger.

You can celebrate Volunteer Week by thanking volunteers for their work or involving yourself in a volunteer activity. Here are some tips for volunteering.

1. Helping others is good for your health.
2. Don't wait to be asked. There are many ways to find groups that are looking for volunteers.
3. Try learning something new? Volunteering can help you get new skills.
4. Find a volunteer activity that fits your schedule.
5. Volunteer with friends or as a family.
6. Virtual volunteering – yes there is such a thing. If you have computer access and the skills some groups offer the chance to do volunteer work over the computer.
7. Help educate others about kidney disease. You can also learn about health that can impact your own life.
8. Share your experience and knowledge with others.
9. Volunteering offers the chance to be part of a larger community. New friendships are made with others who share your vision and passion.
10. It is better to give than to receive.



Every person can make a difference
and every person should try.

John F. Kennedy

Understanding Your Patient Rights and Responsibilities

CDC cares about you as a person. It is our goal to treat you with respect and dignity. A full list of your patient rights and responsibilities can be found in the CDC orientation handbook. This article will just focus on a few of them.

You have a right to safe and competent care. This means that your dialysis treatments should be done the right way, following your doctor's orders, in a way that keeps you safe from harm. You can question what is happening or how the staff are doing without it affecting your future treatments.

You have a right to fully understand what is happening to you during your treatment. Our staff will explain what they are doing and will answer any questions that you may have during your treatment.

You have a right to be informed about how you can express concerns regarding your treatment. If you have any complaints or suggestions for improvement please talk with your nurse, facility manager, or social worker.

You have a right to receive your own care plan. You will have a chance to meet with your dialysis care team to talk about how your treatments are going and if there are any issues you want addressed. You can attend these meetings in person, by phone, or review the care planning notes after the meeting.

You have a responsibility to be an active member of your dialysis treatment team. We recommend that you follow your diet and fluid restrictions, take your medications as prescribed, and keep all of your appointments because this will help you feel better. You should tell us of any health issues; changes where you live or phone number; or changes in your insurance coverage.

If you have any questions about your rights or responsibilities please talk with your CDC social worker.



Artist in Focus

Aletha Kern of CDC Shaker



Aletha Kern

Have you always done art making? What prompted your participation in art therapy?

I have always done art but I was not always serious about it. I really did not do it intensively until I was on dialysis. The art therapist suggested I try it and see if I liked it. When I saw all the artwork I had accumulated (about 50 pieces), I said "Wow". I really surprised myself. My art did not look good while I was working on it but when the art therapist held it up and I viewed it from far away, I really appreciated it. The other patients compliment me and I feel good. My children love my art. My son, Thomas, took one of my paintings when he moved to a new apartment. My daughter, Aletha Charlotte, works at American Greetings, and gave me a book for Christmas called "The Daily Artist".

I studied art in elementary school but my background is in business, I worked as a secretary for the Cleveland School District for many years. In high school and college, I studied business and my schools did not offer any art classes. My cousin was a portrait artist and showed me how to draw people. He inspired me with his creativity and ability to make art.

What art materials do you enjoy and how does art therapy help you?

I use oil pastels and colored pencils on paper. I also use acrylics on canvas. Art therapy helps me relax so when I get into the picture I don't think about anything else except what I am doing at the moment. Doing art helps me keep my mind off my pain. I don't feel the urgency to "hurry up and get out of here". It calms me down and helps me ignore my restless leg syndrome. My Dad and I were dialysis buddies and came to CDC together. Art helps me cope with his passing and the many losses I have experienced.

What inspires you to make art?

When I go to the Cleveland Museum of Art, I feel inspired. I study the pictures and see how the work is done. I am also inspired

by all the patient pictures in our CDC gallery on the bulletin boards and on the walls. My work is displayed here and it makes me feel good about myself. Of course, my uncle is my main inspiration.

What advice would you give other patients who are just starting out or thinking about doing creative work?

Just try it and see how you like it. You don't know how you will like it unless you try it. People always say "I don't think I am any good" but they may surprise themselves. I never thought I could do this. Art brings out what is inside of you, the person that you are, and helps you express your feelings.



Spring Cleaning: Top 10 Food Safety Tips

With spring around the corner it is time for spring cleaning. This is the perfect time to give the kitchen a quick safety check. Be sure to check food items for expiration dates and discard. Here are 10 food safety tips to keep you and your loved ones healthy.

1. Rub-a-Dub-Dub

Always wash your hands with hot soapy water for at least 20 seconds before and after handling food.

2. 2-Hour Rule

Refrigerate or freeze perishables, prepared food and leftovers within 2 hours. Do not leave them sitting out at room temperature.

3. Thaw Law

Always thaw food in the refrigerator. Never defrost food at room temperature on the countertop.

4. Temperature's Rising

Cook food to the proper internal temperature and check for doneness with a thermometer. Here are a few basic temps:

FOOD	INTERNAL TEMPERATURE
Beef (Ground)	160°F
Chicken or Turkey (Ground)	165°F
Beef, Veal & Lamb (Roasts, Chops, Steaks)	160-170°F
Pork	160°F
Chicken & Turkey Breasts	170°F
Chicken or Turkey (legs, thighs, wings)	180°F

5. Cutting Edge Clean

Wash cutting boards and knives with hot soapy water after food preparation, especially after cutting raw meat, poultry or seafood. Sanitize cutting boards and counters with a dilute bleach solution - Add 2/3 cup bleach to a gallon of water; put in a spray bottle for easy use.

6. Raw Deal

Never place food on the same plate or cutting board that previously held raw meat, poultry or seafood unless the cutting board has been thoroughly washed.

7. The Eyes Have It

Use visual signs of doneness when a thermometer is not used:

- Steam rises from food
- Clear juices run from meat and poultry, not pink
- Pork, veal and poultry are white inside, not pink or red
- Shellfish is opaque and fish flakes easily with a fork
- Egg yolks are firm, not runny, and egg whites are opaque

8. Bottom Line

Store raw meat, poultry and seafood tightly wrapped on the bottom shelf of the refrigerator. This prevents the raw juices from dripping on other food.

9. Mindful Marinating

Always marinate food in the refrigerator, not on the countertop. Discard leftover marinades that have been used with raw meat, poultry or seafood.

10. Towel Turnover

Replace and wash dish towels and sponges often to prevent the spread of harmful bacteria throughout the kitchen.

Paper towels are preferred.

Adapted from <http://www.kraftrecipes.com/healthy-living-ideas/articles/food-safety/top-10-food-handling-tips.aspx>

Healthy Eating



Breakfast Burrito

Portions: 2

Serving Size: 1 burrito

Ingredients

- nonstick cooking spray
- 4 eggs
- 3 tablespoons Ortega green chilies, diced
- 1/4 teaspoon ground cumin
- 1/2 teaspoon hot pepper sauce
- 2 flour tortillas, burrito size

Preparation

1. Spray a medium-size skillet with nonstick cooking spray and heat over medium heat.
2. In a bowl, beat eggs with green chilies, cumin and hot sauce. Pour eggs into skillet and cook and stir 1 to 2 minutes until eggs are done.
3. Heat tortillas for 20 seconds in microwave or in separate skillet over medium heat. Place half the egg mixture on each tortilla and roll up burrito style.

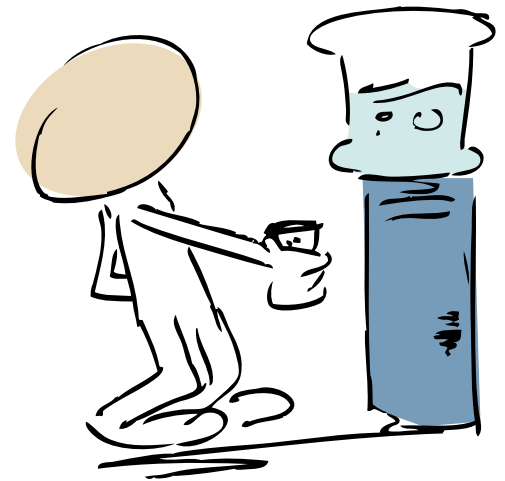
Why is water needed for dialysis?

Did you know that a dialysis patient comes in contact with 560 liters of water a week during dialysis?

This is more water than people drink in a lifetime. In fact, we can't do dialysis without water. The dialysis fluid used to get rid of waste products and maintain balance in your body is made from water. During treatment, the blood inside the fibers of the dialyzer is cleaned by the dialysis fluid on the other side of the fiber. The more times the blood runs through the dialyzer, the more waste products

will be removed. This dialysis fluid is made up of purified water, glucose, salts and chemicals.

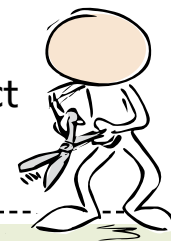
It is important to treat water before dialysis so impurities and extra minerals are removed. The water needed for dialysis gets special treatment since drinking water is not safe for dialysis. Each part of the water room gets rid of different substances and makes pure water for dialysis. The water quality for dialysis must follow the Association for the Advancement of



Medical Instrumentation (AAMI) standards. CDC monitors the water quality to make sure it meets the standards and is safe for dialysis.

Healthy Eating

Recipes to Collect



Deviled Eggs

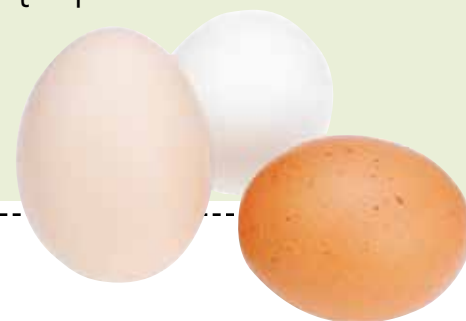
Serving Size: 2 halves

Ingredients

- 1 dozen eggs
- 1 teaspoon yellow mustard
- 4 tablespoons mayonnaise
- 1/8 teaspoon paprika

Preparation

1. Hard boil the eggs. Drain and cool.
2. Peel the eggs, then cut lengthwise and remove yolk.
3. Mix yolk with mustard and mayonnaise.
4. Place mixture inside egg whites in equal parts.
5. Sprinkle eggs with paprika.



Minutes Matter: Risks of Shortening and Missing Treatments

A healthy kidney works 24 hours per day to remove waste products and extra fluid. However, dialysis only gives you 12-15 hours of treatment per week.

Coming for every treatment and staying for the full time is important to getting "adequate" dialysis. You may not think cutting treatment by 30 minutes or missing a treatment once a week makes a difference, but over time every minute adds up.

Risks and possible complications from not getting enough dialysis:

- Fluid overload. Too much fluid can cause shortness of breath and possible hospitalization.
- Severe cramping and hypotension at next treatment because extra fluid will have to be removed.
- Missing injected medications can worsen anemia and bone disease.
- High potassium can cause heart problems, including irregular heartbeat, heart attack, and/or death.
- High blood pressure can cause a stroke which can lead to permanent disability and/or death.

CDC

Centers for Dialysis Care

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