



access

PATIENT NEWSLETTER | NOV / DEC 2018

CDC

Centers for Dialysis Care

Well Wishes	3
Palliative Care Team ...	4
Winter Schedule.....	5
Love your Kidneys	5
For the Fun of It	6
Just a Minute.....	7
Artist in Focus	8
Cleveland MOTTEP.....	9
For the Fun of It	10
Healthy Eating.....	11

access

Centers for Dialysis Care Newsletter
November / December 2018

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

CDC

Centers for Dialysis Care

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



On the Cover
Swiss Cabin, Acrylic
Melvinda Tarleton,
CDC Warrensville






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

Let's Get Social!

We have news! 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 social media app and type in the corresponding social media handle into your search bar. Yep, it's just that easy!

CDC Social Media Handles

-  Like us on Facebook: @centersfordialysisohio
-  Follow us on Twitter: @CDCareOhio
-  Follow us on LinkedIn: Centers for Dialysis Care



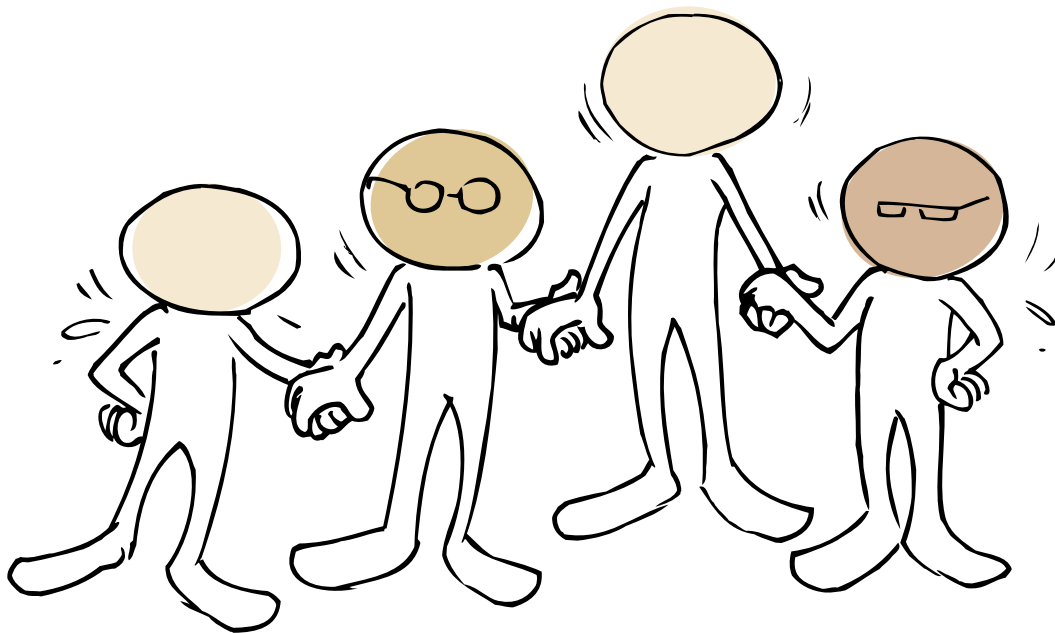
Well Wishes

As always, CDC remains committed to providing the safest, highest quality patient care experience possible to those we serve. Our team strives to hit this goal every day and we sincerely hope that we've accomplished this over the course of the last year.

Please let us know how we're doing as your healthcare provider by completing the Fall ICH CAHPS Survey, which you may have already received.

Beginning in November, you may receive a patient care experience survey. If selected, you will receive two mailings that will include a copy of the survey. You may also be contacted by phone to complete the survey as well. We encourage you to complete the Fall 2018 survey so your voices can be heard. More importantly, we look forward to receiving your feedback so can continue to improve and better meet the needs of our patients.

Additionally, CDC also believes that continuing education for our staff is essential to our ability to continue to deliver high quality care. During the month of October, CDC offered interdisciplinary staff retreats designed to enhance the patient care experience and raise awareness about emergency preparedness. This year, over 400 staff members were able to participate in the training. We want to personally thank all of our speakers and presenters for taking time out of their day to host panels and foster discussions throughout the retreat. We appreciate each member of the



CDC team and recognize we would not be where we are without the contributions made by each and every one of our employees.

family for a safe, healthy, and happy holiday season and a wonderful new year!

Looking ahead, CDC is poised to continue to provide the highest level of safe, quality, patient care. In order to sustain this commitment to you, we have innovative plans in place that will help us ensure this type of care will continue and improve, well on into the future. We are excited about the future of CDC and the positive impact it will surely have on the well-being of our patients and the communities we serve for many years to come. Finally, we would like to extend our warmest wishes to you and your



Diane P. Wish,
CEO



Gary Robinson,
President

Palliative Care Team

Provides Added Support, Including Documenting Health Choices

Maintaining independence when coping with symptoms from renal disease and dialysis can be challenging at times.

The good news is that support services can help you manage troubling symptoms and reduce or eliminate trips to the ER. Best of all, the care team can come to you. The Western Reserve Navigator Program (WRN) allows us to provide care wherever you live, whether it's at home, an assisted living community, or a nursing home. A partnership between Centers for Dialysis Care and the Hospice of the Western Reserve, this non-hospice palliative care program is designed to assist patients in managing chronic kidney disease.

WRN does not replace the current medical care you are receiving. It provides an extra layer of support to manage symptoms, complementing care you are already receiving from your dialysis team and nephrologist while you continue to receive treatment. The WRN team consists of a social worker, an advanced practice nurse, and specially trained volunteers. Our services include a 24/7 nurse hotline, medication management support, connection to social services, and companionship from volunteers.

One of the special services that the team frequently assists with is the completion of Advanced Directives (ADs), which are an important set of documents that detail a patient's end-of-life health care wishes and preferences. Completing ADs may sound scary, but it does not have to be. However, it is essential to begin this type of planning well before an illness progresses, so that patients have to time to research and make decisions with the help of their families and physicians.

There are many easy-to-understand resources available to aid you in this process, starting with a free booklet entitled *Courage in Conversation*. It includes copies of the Health Care Power of Attorney and Living Will forms required by the State of Ohio, as well as tips to help you determine what options are best for you.

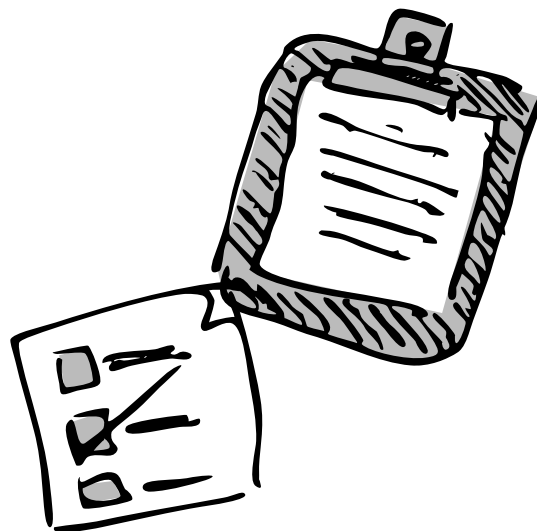
Completion of the forms mentioned above will ensure that the type of care you choose reflects your ethical values and wishes. Having a written plan in place means your preferences will be honored should you ever become unable to speak



By Joan Hanson, R.N., Director,
Western Reserve Navigator

for yourself. Just as importantly, it saves families from the agonizing role of having to guess what to do in the event of a medical emergency.

For more information about WRN, call 216.383.3700 and ask about the "Western Reserve Navigator non-hospice palliative care program." To download a free copy of *Courage in Conversation*, visit hospicewr.org/decisions.



Winter Schedule

Christmas Holiday Schedule

Monday/Wednesday/Friday
Sunday, December 23, 2018
Closed – Tuesday, December 25, 2018
Wednesday, December 26, 2018
Friday, December 28, 2018

Tuesday/Thursday/Saturday
Monday, December 24, 2018
Thursday, December 27, 2018
Saturday, December 29, 2018

New Year's Holiday Schedule

Monday/Wednesday/Friday
Sunday, December 30, 2018
Closed – Tuesday, January 1, 2019
Wednesday, January 2, 2019
Friday, January 4, 2019

Tuesday/Thursday/Saturday
Monday, December 31, 2018
Thursday, January 3, 2019
Saturday, January 5, 2019

Love Your Kidneys

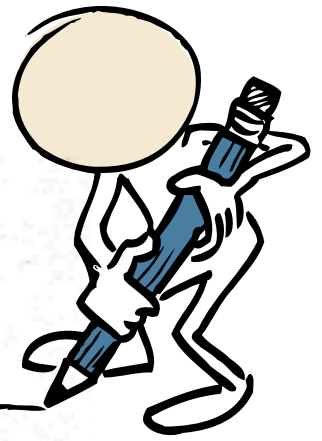
Holiday Season Edition

For many of us, the holidays are a time of celebration usually involving food and other indulgences. However, for people with kidney disease, the holiday season can also mean making some tough choices about what to eat or drink. While it's important to enjoy yourself, you should still be mindful of what you're putting on your plate. Here are 10 tips from the National Kidney Foundation to help navigate the holiday parties successfully.

1. **Don't arrive hungry.** Have a snack before you head out the door. This will take the "edge off" of your hunger and may help you make healthier decisions.
2. **Be sure to carry your meds with you, including your phosphorus binders.** Consider investing in keychain pill holders to ensure you don't forget.
3. **Portion control is crucial.** Don't overload your plate, or you might regret it later.
4. **Going out in the evening?** Limit your fluid intake earlier in the day so you don't over-do it later on.
5. **Skip the alcoholic beverage.** Alcohol can add unwanted calories and may affect your judgement.
6. **Watch the salt — especially when eating protein.** Reducing your salt intake can greatly impact your ability to control your blood pressure.
7. **Take a sample.** Sometimes a bite-sized serving can satisfy your craving.
8. **Bring a dish that you know is safe to eat (and that you don't mind sharing).**
9. **Take control of your sweet tooth by splitting desserts with family or a friend.**
10. **Know your numbers!** Keep an eye on your levels and avoid foods that could have a negative effect.

Have a safe and happy holiday season!

For the Fun of It

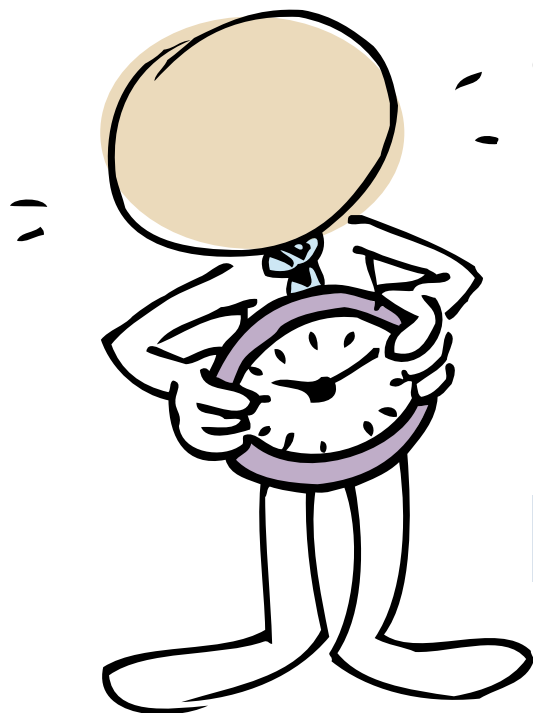


Just a Minute...

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!**

Artist in Focus



Melvinda Tarleton

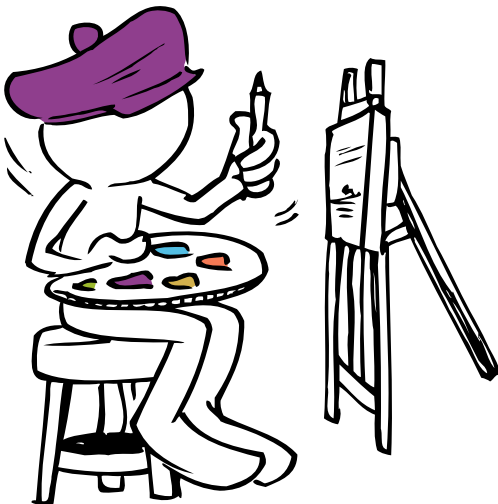
Melvinda Tarleton has been a patient at CDC's Warrensville facility for more than five years. During her early days of treatment, she often found herself experiencing bouts of extreme anxiety before each visit. Some days she even dreaded getting into the car to head to her appointment – until she found CDC's Art & Music Therapy Program.

Growing up, Melvinda participated in school art projects, but never beyond what was required. She'd always used markers or color pencils, and she had certainly never touched a paint brush. However, when coloring books designed for adults became popular she decided to give them a try. And just like that, she was hooked!

Soon, coloring became Melvinda's favorite way to pass the time during her dialysis sessions. Her colorful pieces eventually caught the eye of CDC Art Therapist, Stacey Franklin, who encouraged her to try CDC's Art Therapy Program. Under Stacey's expert guidance, she began her artistic journey by starting with a focus on crafts. As she became more comfortable with certain materials, Stacey suggested she try her hand at painting. She fell in love with the art form the moment she picked up a brush.

Since then, painting has become her medium of choice. "Paint is also a little more forgiving than, say, markers," she notes. "It's easier for me to cover up a mistake or find a way to work it into the piece as if it was always meant to be there."

Currently, the subjects that inspire her tend to reflect something about a family member, or whoever will be receiving the piece once it's finished. "Now my family fights over who will get the next painting," she says with a chuckle. For Melvinda, creating art during her dialysis treatment helps lessen her anxiety and allows her to sit through longer sessions. The program has also allowed her to tap into a talent she never knew existed and she believes the same can be true for other patients too, as long as they're willing to try something new.



Cleveland MOTTEP

Celebrates National Donor Sabbath November 9-11, 2018

National Donor Sabbath occurs during the two weekends before Thanksgiving, from Friday through Sunday.

This three-day observance seeks to include the days of worship for major religions practiced in the United States. Its goal is to connect faith leaders, donor families, transplant recipients, and healthcare professionals who are committed to educating the public about the importance of registering as an organ, eye, and tissue donor. They also seek to dispell the myth that certain religions prohibit or forbid the practice of organ donation in any form.

Today, there are over 115,000 individuals on the national transplant waiting list waiting for a lifesaving donation. We at Cleveland MOTTEP encourage you to join us on in spreading awareness in your congregation and community about the importance of giving the gift of life.

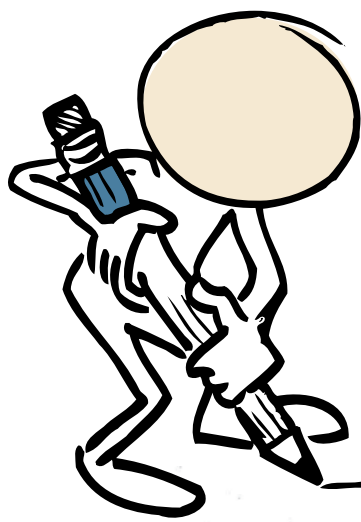
Here are some of the ways you can spread the word about the National Donor Sabbath and Cleveland MOTTEP's mission:

- Hold a donor awareness workshop, prayer breakfast, or educational health fair.
- Provide donor information to your congregation in their newsletters, mailings, or on their community bulletin board.
- Share hymns and scriptures centered around giving life during worship services.

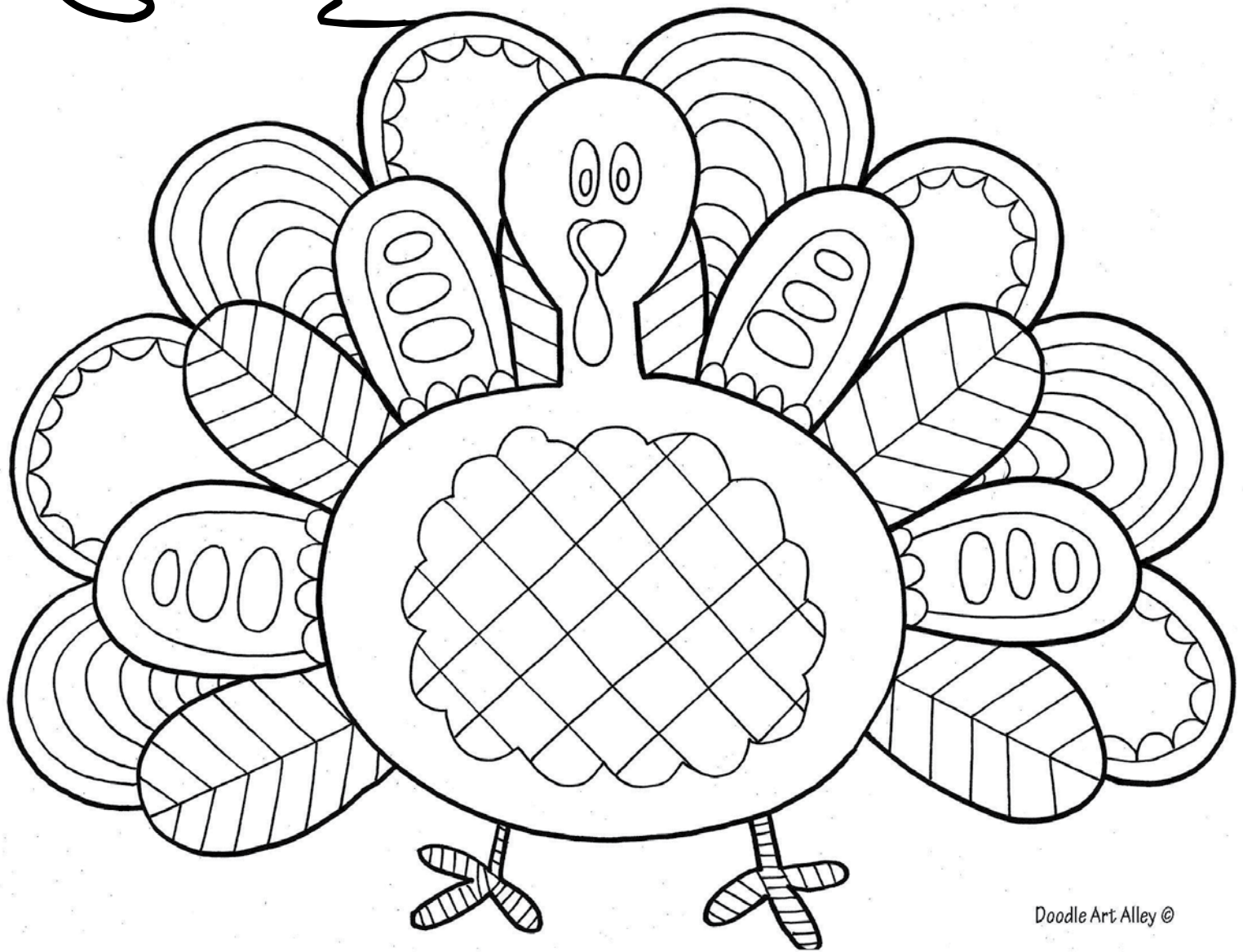
- Invite congregants who have either donated or undergone a transplant to share their experiences with members of your congregation.
- Host a Donor Card Drive that encourages individuals to come together to sign special cards and discuss their own donation wishes with their families and friends.

For more information about Cleveland MOTTEP, or to learn how to become an advocate, please contact Executive Director, Linda D. Kimble, at 216.216.6170 ext. 137.





For the Fun of It



Doodle Art Alley ©

www.coloring-pages.info

Healthy Eating

Sweet and Spicy Meatballs

Yield: 36 meatballs

Ingredients

Vegetable cooking spray	1/3 cup fine dry bread crumbs
1 egg white, beaten	1/8 teaspoon cayenne pepper
1/4 cup chopped onion	1/4 cup chopped fresh parsley
1/2 cup cranberries finely chopped	1/2 cup grape jelly
1lb lean ground chuck	1/8 teaspoon nutmeg
2 teaspoons dry mustard	1 tsp lemon juice
	1/4 cup liquid non-dairy creamer

continued on back cover >



Snack Mix

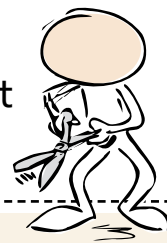
Yields 6 servings, about 1 cup each

Ingredients

- 1 cup rice cereal squares
- 1 cup corn cereal squares
- 1 cup unsalted tiny pretzel twists
- 3 cups unsalted popped popcorn
- 1/3 cup margarine, melted
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 tablespoon Parmesan Cheese

Healthy Eating

Recipes to Collect



Instructions

1. Coat a small saucepan with cooking spray: place over medium heat. Add onion and sauté until tender.
2. Combine onion with next 6 ingredients in a bowl. Shape into 36 1-inch meatballs.
3. Place meatballs on a baking sheet with sides which have been coated with cooking spray. Bake at 375 degrees F for 18 minutes.
3. Meanwhile, prepare sauce by combining the cranberries and remaining ingredients in a small saucepan. Cook over medium heat until thoroughly heated. Place meatballs in a serving bowl and pour the sauce over. Serve with toothpicks.



Instructions

1. Mix cereals, pretzels and popcorn in a large bowl.
2. Combine melted margarine, garlic powder and onion powder. Pour over cereal mixture and toss to coat.
3. Add Parmesan cheese.
4. Bake in oven at 350 degrees F for 7-10 minutes.
5. Cool. Store in a sealed container.

CDC

Centers for Dialysis Care

Corporate Office

18720 Chagrin Boulevard
Shaker Heights, Ohio 44122

(216) 295-7000 • cdcare.org



Scan the code to
visit us online