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PATIENT NEWSLETTER | SPRING 2015

CDC

Centers for Dialysis Care

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Centers for Dialysis Care Newsletter
Spring 2015
Editor: Marilyn Hahn
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This newsletter is a publication for the patients at the Centers for Dialysis Care. Articles are contributed by staff and patients from all the facilities. If you are interested in having an article published, please contact the Volunteer Services office at (216) 229-6170, ext. 130.

CDC

Centers for Dialysis Care

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



On the Cover
Spring, Acrylic paint
Linda Love
CDC Euclid
Courtesy of CDC Art Therapy



The Centers for Dialysis Care (CDC) is an independent provider of dialysis and related health services to individuals with kidney disease. CDC offers 18 locations across northeast Ohio, including CDC Access Care.



We recently had a hint of spring and I'm sure you can hardly wait for winter to be over. This was a very hard winter for most everyone and I'm glad it is behind us. Everyone at CDC has been extremely busy with a variety of activities. I will let you know about several of them.

I want to make you aware of a new program that we are in the process of beginning. It is called "Start Smart!" Start Smart is a 4 month program where new patients learn about dialysis and become more involved in their

health needs. Start Smart was created by the CDC education team with the goal of helping new patients learn how to feel better sooner when they start dialysis. Start Smart provides information to new patients and addresses topics new patients need to know about. The patient learns the "ins and outs" of their treatment, medications, dialysis access care and more – but most importantly they learn how to better manage their own health needs. Since about half of kidney patients also have diabetes, the program offers a special focus on what a person with diabetes needs to know such as checking their feet every day for any red or open areas and to be aware of any area that may be numb or tingling that can be common in diabetes.

Well Wishes

The Start Smart program is taught by our dialysis care staff in a way that helps the new patient become more involved in working toward better health. This program serves as a great learning program for patients, family members, and care partners to help make the decisions for living a higher quality of life on dialysis. We are excited to be starting this program in April. All new patients will have access to the Start Smart program. If you are interested in learning about the program, please ask your care giver. The staff will be happy to go over any of the topics with you!

CDC has always provided new patient education but we feel that our Start Smart program is much more detailed and organized. We will also be tracking data to make sure that we are meeting the needs of the new patients and improving their outcomes.

As you know most dialysis patients receive EPO every treatment in order to improve their blood count which is measured as a hemoglobin level. Most patients don't remember the days before 1988 when we didn't have EPO and patients had to rely on blood transfusions. A lot of research studies have been done on EPO and much has been learned over the past 27 years. Amgen, the company that makes EPO also makes another drug called Aranesp. Aranesp basically works the same way as EPO however it only needs to be given once a week. While

Aranesp has been around for many years, it was recently made available for patients on dialysis.

CDC has been using Aranesp at a few facilities in order to become more familiar with the drug and how it needs to be managed. During the course of the year all facilities will be switched over to Aranesp. You will be receiving more detailed information about this drug in the near future.

As I have mentioned in the past CDC, has been developing a new 20 station facility at Eliza Bryant Village, EBV. It is located at 1370 Addison Dr., which is off of Wade Park Blvd. EBV has been providing services to seniors for 118 years. They are also a not-for-profit organization. We recently finished construction on this new facility. It will open once we have had the state licensure and Medicare certification surveys. Hopefully these will be completed in the next few months. We have no control over when these will be scheduled. Once these are complete, we will close CDC Cityview and transfer all of the patients and staff from Cityview to EBV. This CDC facility is state-of-the-art and we are very excited to open our facility on the EBV campus. The new B Braun water system and dialysis machines have been purchased for this new unit. Hopefully more dialysis patients will choose to go to EBV if they need short term rehabilitation or long term care. They have a long and

consistent history of providing high quality care with excellent customer service. We are in the process of scheduling an open house on Wednesday, April 29, 2015 so that everyone can come and see our beautiful new facility.

New this year, the Centers for Medicare and Medicaid Services will be sending you, in the US Mail, a patient satisfaction survey two times, once in April and again in October. Please try to do it right away so that your opinion can be heard. We are very interested in knowing how you feel about your care at CDC and we look forward to reading the final reports. Be assured your answers are completely confidential as CDC does not see any patient information. We are only provided a summary of how our patients responded to each question. Please don't ever hesitate to contact any member of the staff about how we can provide better care and service.

CDC CARES
Customer Service
Accountability
Relationships
Excellence
Safety

Be Well

Get on your mark! Get set! GO!!! START SMART...

There is a lot to learn when you are a kidney patient! The Centers for Dialysis Care has created a Start Smart education program for new patients. The Start Smart program was developed with the help of some of our patients. We felt it was very important to work with patients that were doing well on dialysis and to include what they felt was important for new patients to know as they started dialysis.

Start Smart is a 4 month learning program to help patients learn about dialysis, how to get the most out of their treatments, and how to stay healthy.

The goals of Start Smart are to:

- Introduce the health care team
- Learn about dialysis
- Involve the new patient in their care

Remember, the dialysis center is caring for many patients, but you take care of just YOU. Learn all you can about your illness and treatment. Learn what is normal for you, so you can tell the staff when something is wrong. The staff should know how you feel, both physically and emotionally. They want to know what concerns or confuses you, so they can help you understand your treatment, medication and diet plans.

Start Smart and all of the patient education programs aim to support all of your efforts to better manage your condition and continue living the life you choose.

Your team will work with you to set and reach goals. We believe the more you know about kidney disease and the more involved you are in your care, the better you will do and the better you will feel!

My Medications

The more medications you take, the easier it is to make a mistake with your medications!! You might forget to take the medications, you might take them at the wrong time, you might take too much or too little. Any of these mistakes can increase your chance of going to the hospital.

What can you do to take your medications the right way?

Keep a list of all your medicines and show it to your health care provider – doctor, nurse, pharmacist, dentist at every visit. You are the only person who knows everything you are taking, so this is a way that you can take charge of your health and keep

yourself safer. Be sure to include all prescriptions, over-the-counter medicines, herbals, vitamins, and supplements. **A list can save a life!** Don't wait to be asked... review your list at every visit! This is your time to spend... use it!!

What Can I do to Stay Healthy?

- Take my drugs at the right time of day, in the right doses
- Ask my health care provider if I don't know what my drugs are for
- Write a list of all my drugs and what they are for
- Make a chart of when I should take each pill, so I can keep track
- Bring in my pills to review at my doctor's appointment

- Tell my doctor if I have any side effects from my drugs
- Keep taking my drugs unless my doctor tells me it's okay to stop
- Tell my doctor or social worker if I can't afford my drugs, so they can help me find a way to get them
- Tell your healthcare provider if you are NOT taking your medications the way it was ordered... this is important!
- Don't forget to ask your dialysis nurse for a copy of your medications.



My Time: Don't Cheat Yourself and Do Dialysis as Scheduled

I am scheduled to have dialysis for _____ hours three times a week.

Why should I have to stay for the whole amount of time?

- Your dialysis treatment only does a very small part of the work of healthy kidneys.
- If you don't get enough dialysis, your blood will have too much of your body's waste products and you will feel sick.
- If you shorten three or more treatments in a month, you have a higher risk of death than those who stay the entire treatment time.

- Shortening or missing treatments can keep you from getting on a transplant list.

Skipping treatments and shortening dialysis time can cause problems:

- Your anemia and bone disease can get worse because you miss the medications you are given during your dialysis treatment.

- You may have bad cramps and low blood pressure during your next dialysis treatment because of the need to pull off the extra fluid caused by shortened or missed treatments.

Remember, your dialysis procedure is trying to make up for what a healthy kidney does 24 hours every day.

**Healthy kidneys work 24 hours every day.
Take advantage of every minute of dialysis.**

Keep your charge! Your cell phone's battery life during dialysis...

Today, most of us carry some type of cell phone with us. CDC allows patients to use their cell phone during dialysis but the cell phone cannot be charged in the treatment area for several safety reasons. If it is really important and your battery is low, please check with the front desk staff to find the best way to charge your phone. CDC is not responsible for your phone even when it is charging in a CDC approved patient cell phone charging area. We do not supervise this area and some facilities may not have this service available.

Here are some tips that can help get longer battery life of your phone (especially if your battery is low when you come to dialysis):

1. Charge your phone early and often before dialysis!
Don't let your phone's battery run all the way down.
2. Just turn it off! If you are not planning on using it during dialysis, turn it off to save the battery charge
3. Turn your phone's vibration off! The vibration uses extra battery power.
4. Use auto-brightness! The phone's screen uses the most battery.
5. Turn off the back light! This is what makes it easier to see the screen in bright lights and outside.
6. Keep calls short to save battery power.
7. Turn Bluetooth off! Bluetooth uses a lot of battery power.
8. Turn off notifications that are not important! This will let your battery last a little longer when the charge is low.



Creative Arts News

Artists in Focus



LINDA LOVE

CDC Euclid
Summer Serenade

I always wanted to draw so I started making art in school. I have been on dialysis since 1999 and working in the art therapy program for that long. It relaxes me and helps me pass the time. Some of the projects that I have done are latch hook, embroidery, crafts, painting and crocheting. I have created an art wall at my house. When people come to visit they are amazed that I am the one who created all the pictures.



KAREN LAWLER

CDC Euclid
My favorite artist is Seurat. He created paintings with dots and it was called Pointillism. Painting helps me escape

as a dialysis patient. The results give me much satisfaction. I have worked many years in CDC's art therapy program. I initially started painting flowers but am now painting landscapes. Making crafts is also enjoyable. If you have not tried creating with the art therapist I would just do it. You might be surprised at what can be achieved



JIM ASH

CDC Euclid
Country Serenity

This painting reminds me of the house I grew up in out in Orwell. I still visit the family that bought the house from my grandparents.

I have always enjoyed making art. Inspiration for my paintings come from memories and landscapes. It has been twelve years since I began dialysis. CDC's art therapy program has kept me busy. It is relaxing and takes my mind off what is going on during dialysis. It has particularly helped me when I spend time with my grandkids. We make art together and

I just let them go at it. I enjoy when they say they love what they make



JOHN ANDREWS

CDC Euclid

I was a dialysis patient in Los Angeles for the last 15 years. My dialysis unit in Los Angeles did not have art therapy. Every time I came home to visit my family I would see CDC patients making art. In June I moved back permanently. Though I had stopped making art after high school I did not hesitate to participate in CDC's art program. It has sparked a fire in me. I have arthritis in my hands and shoulders and drawing is physically therapeutic. I can't stop doing it.

FRANCIS KNOX

CDC Beachwood

I began dialysis May, 2009. Art making has always been a part of my life. I am self-taught. Some things just come to me and I want to draw them out, so I have always drawn and painted at home. It is fun to go for rides in the car and see something and come home and try to draw it. I like to look at photographs and draw and paint from them. Another thing I like to do is sing.

Though I have always made art it was not until I was at UH that I was exposed to art therapy. I began dialyzing at Beachwood CDC in 2010 but did not begin art therapy there until a year and a half ago. Since beginning art therapy at Beachwood CDC I have learned how to mix colors to use in my paintings. I like being taught how to do things.

When doing art I become relaxed. I like to see the beauty in my art after it has been finished. If you have never experienced art therapy I would encourage anyone to try it. As you go along you learn to enjoy it.



Cleveland MOTTEP Celebrates National Donate Life Month!

April is National Donate Life Month. This month-long observance is intended to raise awareness about the critical need for organ, tissue, marrow and blood donations.

Currently, there are over 123,211 men, women and children from all walks of life waiting for a lifesaving and/or enhancing organ or tissue transplant. Unfortunately, we will lose about 21 of these people each day due to the shortage of available organs.

Minorities wait 2-4 times longer for a transplant, mostly due to the shortage of matching organs. People tend to have greater success rates with transplantation when the donor is of like ethnicity. Minorities do sign up to be organ donors but not at a pace that meets the overwhelming need. We all hear negative stories about the process of organ donation and transplantation. These stories unfortunately hinder our efforts to reduce the disparity among ethnic minorities from donating whether it is a deceased or living donation. However, for every negative story told there are countless success stories that show the importance and power of organ donation.

Sanaz Armand, a physical therapist, received a kidney transplant a little over a year ago after suffering from a loss of kidney function. Sanaz had



lost a lot of muscle mass, energy, suffered from shortness of breath and was unable to exercise due to kidney failure. After her kidney transplant it took a month to get her strength back and she now feels 100% better. Sanaz is now able to breathe better, drink fluids, has regained her energy, and also exercises regularly.

Cleveland MOTTEP is proud to be a trusted source of information concerning minority organ and tissue donation and healthier lifestyles in Greater Cleveland.

How You Can Help

- Register to become an organ donor.
- Inform family and friends of your decision.
- Be involved. There are many opportunities available to help promote organ donation. Please join us in spreading the word by scheduling a presentation, and volunteering with us to get the message out.
- Find out more about Cleveland MOTTEP by visiting our website, www.clevelandmottep.org or call Linda D. Kimble at 216-229-6170 x137

For the Fun of It

Sudoku

	3		4		8		2	
7	6						8	5
			7		1			
1		3		8		7		2
			6		4			
5		6		3		8		9
			8		7			
2	5						1	8
	8		3		5		7	

Hink Pink

Hink Pinks are fun rhyming word riddles. The answer to the riddle is a pair of words that rhyme with each other. *For example: Large Feline would be Fat Cat.*

1. Move, Female Deer _____
2. 24 hours with toys _____
3. 50% giggle _____
4. A totally cool dad _____
5. A birds foot defect _____
6. A blue-green moray _____
7. A boring Choo-choo _____
8. A boy slug with a shell _____
9. A cap that got sat on _____
10. A cloudy 24 hours _____

1. Go Doe, 2. Play Day, 3. Half Laugh, 4. Rad Dad, 5. Claw Flaw, 6. Teal Eel, 7. Plain Train, 8. Male Snail, 9. Flat Hat, 10. Gray Day

Herbs and Spices Word Scramble

All of the scrambled words below are common herbs and spices. Can you put the letters in the right order to spell the words correctly?

COCHIERL _____

RWCAAAY _____

VAYORS _____

YLPASRE _____

RGINEG _____

DELANEVR _____

RSFNAOF _____

CREVHLI _____

SBLAI _____

MEHYT _____

FNELEN _____

NARCITOL _____

LPELIACS _____

UGMETN _____

RCURY _____

NYECANE _____

IAESN _____

NORICDAER _____

TOAGRRNA _____

AAPPKRI _____

MAERYRSO _____

RGONEAO _____

MNACIONN _____

VLOEC _____

ERCTURIM _____

Licorice, Caraway, Savory, Parsley, Ginger, Lavender, Saffron, Chervil, Basil, Thyme, Fennel, Cilantro, Allspice, Nutmeg, Curry, Cayenne, Anise, Coriander, Tarragon, Paprika, Rosemary, Oregano, Cinnamon, Clove, Turmeric

Patient Profile



DORIS DAVIS

CDC of Beachwood
T - Th - S 1st Shift

Determined, devoted and dynamic are good words to describe Doris Davis. Born and raised in Cleveland, Doris graduated from John Hay High School. She went on to pursue a degree in Psychology and Art Therapy at Ursuline College, working for 45 years as a social worker at various area agencies. She was married for a brief time and is the proud aunt of 3 nieces and 2 nephews. At the age of 60, she enrolled in the MBA program at Indiana Wesleyan University with the hopes of opening her own provider agency. Unfortunately, health complications got in the way.

About 5 years ago, she broke her arm which required surgery to properly heal. The pre-op test results indicated she was having some issues with her kidney and she was immediately sent to a nephrologist and diagnosed with kidney disease. Initially, she was in denial and prayed for guidance to help her accept this diagnosis. Faith and support from her close network

of friends and family allowed her to face a new way of life on dialysis. Doris started in-center dialysis with another provider and the first few weeks were very rough, but eventually she started to feel much better. Doris then chose to do home dialysis and continued with that until 2012 when

Starting this new phase in her life, Doris prayed for guidance on what to do as she was not going to let anything that affected her body control her life.

she had a serious complication that required her to be hospitalized and recover in a long-term care facility. As a result, she started receiving in-center dialysis at CDC of Beachwood.

The long-term-care staff were concerned about Doris' belief that she would return home, but with a lot of hard work and determination Doris was discharged in June of 2014. Unfortunately, as result of being in long-term care for 2 years Doris lost her house. But this didn't stop Doris. She took advantage of the LEAP program and was able to move into her own apartment and start driving again. Doris was recently recognized by LEAP for her impressive transition to independent living. Doris credits her strong faith and experience as a social worker for this accomplishment.

Starting this new phase in her life, Doris prayed for guidance on what to do as she was not going to let anything that affected her body

control her life. And her prayer was answered when her cousin mentioned that she was going to a training to be a volunteer tutor with Cleveland school children. Doris joined her and is now a member of Experience Corps, tutoring at-risk second grade students in reading, 2 days a week.

Doris' goal is to instill a love for reading with her students and finds this volunteer role extremely rewarding.

During her summers off from tutoring, Doris frequently travels to Columbus to visit her sister. She is also looking into going on a cruise. While at dialysis, Doris enjoys reading and working with the art therapist. She encourages fellow patients to ask staff questions and to stick to their treatment schedule. Doris could have returned to her former dialysis provider after leaving long-term care but remains at CDC of Beachwood because she is so impressed by the level of care and professionalism displayed by the staff. We are equally impressed by Doris and her convictions.

Patient Profile

MARY JANE BEARDSLEY

CDC of Warren
T - Th - S 2nd Shift

Mary Jane Beardsley is a very gentle and grateful person, despite the many challenges she has faced. She learned that she had kidney disease in 2007 following a very difficult recovery from an aorta aneurysm. She started to see a nephrologist, and had her fistula surgery prior to starting dialysis. As a result she was able to have her very first dialysis treatment at the Warren facility, instead of in a hospital. The transition to life on dialysis went pretty smooth for Mary Jane, as she had some complications, but continued to feel better after each treatment.

Mary Jane has put family first her whole life. Born and raised in Warren, Ohio, Mary Jane left high school to go to work to help support her family. She took a job working on the assembly line at Packer Electric. This is where she met her husband, Chauncey, who worked as an electrician. The couple had 3 children, 2 sons and a daughter. They were married for 43 years, until Chauncey died of complications following a stroke.

In 2002, Mary Jane's daughter died of a blood clot in the leg. Mary Jane stepped in and helped raise her daughter's 2 children. Mary Jane is the proud grandmother of 11 and great-grandmother of 8. She is very

grateful for all of the help her sons provide so she can continue to live at home.

Faith is an important part of Mary Jane's life. She has been a very active member of the Emmanuel Luther Church serving in several ministries, including the Christian Fellowship Committee and crocheting lap blankets for cancer patients.

Mary Jane appreciates the good care she receives from CDC staff. She encourages others struggling with life on dialysis to stick with it. She considers the time required for treatment well spent because of how well she feels afterwards. Great advice from a wonderful woman.

Join Us

MOTTEP and CDC's Creative Arts Therapies staff and volunteers will participate in Circle Village at the 26th annual Parade the Circle. This event will occur Saturday, June 13th, at Wade Oval in University Circle. They will offer a tent activity and kidney health and organ donation information.

The theme of this year's parade is "BEAT: To Beat - To Breathe - To Create," and it honors the 25th anniversary year of the Americans with Disabilities Act. Parade and Circle Village participants will celebrate the many varied ways in which they can breathe/animate, create, and live.

If you have further questions or would like to participate, please contact your art or music therapist.



Healthy Eating

Do you plan to plant a garden this spring?

Planning, planting and watching a garden grow can be a lot of fun and good exercise. Fruits and vegetables as a whole contain potassium. Potatoes, tomatoes, lima beans, dark leafy greens, cantaloupe, honeydew, pumpkins and winter squash should be avoided due to their high potassium content. The following lists include some fruits and vegetables that are OK to grow for individuals with renal failure. See attached recipes using foods or herbs you can grow in your garden.

Recommended Fruits	Recommended Vegetables	
Watermelon	Green Beans	Green Peas
Blueberries	Wax Beans	Green or Red Peppers
Strawberries	Cabbage	Eggplant
Blackberries	Carrots	Radishes
Grapes	Cucumber	Onions
Boysenberries	Cauliflower	Lettuce
Raspberries	Corn	Summer Squash or Zucchini

Maybe you'd prefer to grow a smaller garden? An herb garden is an excellent choice!

Cooking with herbs is a tasty way to season foods without salt. The easiest way to start your garden is to

transplant small, store-bought plants to a container or window box. This way you can use your garden year round. Bring the container indoors when summer is over.

[Continued >>](#)

Blueberry Muffins

Kidney Cooking: Georgia Council on Renal Nutrition

Yields 12 muffins

Serving size: 1 muffin

Ingredients

1 egg white
1/4 cup margarine
1/2 cup sugar
1 tablespoons water
1/2 teaspoon vanilla extract
1 teaspoon baking powder
1 cup all-purpose flour
1 cup blueberries, canned and drained or fresh

Preparation

1. Preheat oven to 375°F
2. Beat egg white in a small mixing bowl until stiff. Set aside.
3. Cream margarine and sugar together until smooth.
4. Add water and vanilla, mixing thoroughly.
5. Add Baking powder and flour.
6. Fold in beaten egg white and blueberries.
7. Bake in greased muffin pan for 30 minutes.

Suggestions

May use strawberries, blackberries or raspberries instead of blueberries.

Nutrition Facts (per serving)

123 Calories; 1.5g Protein; 4g fat; 0g saturated fat; 0g trans fat; 0mg cholesterol; 21g carbohydrate; 1g fiber; 139mg sodium; 71 mg potassium; 94mg phosphorus; 29 mg calcium



If you prefer, you can start herbs from seed. Herbs require a sunny location with approximately six hours of sunlight daily.

Harvest herbs by snipping off flowers or leaves. To keep plants full, snip them back as soon as you have usable leaves. Use fresh snipped herbs within one week. Store them in a zip-locked bag in the refrigerator. Be sure to chop or mince herbs before cooking to release their flavor.

To store herbs longer, simply freeze them. Rinse and strip leaves from their stems. Place them in an airtight container or plastic freezer zip-locked bag. Their color may change, but the fresh flavor will remain.

Basil

Best in fish, pasta, and vegetables such as salads and zucchini.

Chives

Use with cottage cheese, salad dressing, “dialyzed” potatoes, and vegetables.

Dill

Good in sauces, fish, rice, cucumber and carrot dishes.

Oregano

Essential to Italian cooking. Use in salad dressings, vegetables, & pizza. Best dried.

Parsley

Use as a garnish, in salads, fish, vegetables and “dialyzed” potatoes. Best fresh.

Thyme

For use in poultry, seafood and vegetable dishes. Good with onions and mushrooms.

Rosemary

Good with roasted beef and poultry, marinades and breads.

Fish Tacos

Kidney Cooking: Georgia Council on Renal Nutrition

Yields 4 Servings
Serving Size: 3.5 oz

Ingredients

12-16 fish fillets (1 pound), tilapia or as desired
20 saltine crackers, unsalted tops, crushed finely
1/4 cup unsalted butter or margarine
2 teaspoon dill weed
1 teaspoon garlic powder
1/4 cup lemon juice

Preparation

1. Preheat oven to 400°F.
2. Combine crackers, garlic and dill.
3. Melt butter or margarine.
4. Roll fish in melted butter, then in crumbs and again in butter mix.
5. Place in baking pan and bake 8–10 minutes until fish is flakey.

Suggestions

Add to warmed tortillas. May top with sautéed onions, coleslaw and fresh cilantro.

Nutrition Facts (per serving)

164 Calories; 21g protein; 6g fat; 4g saturated fat; 0g trans fat; 57 mg cholesterol; 7g carbohydrate; 0g fiber; 138mg sodium; 335mg potassium; 181mg phosphorus; 23mg calcium

