



access

CENTERS FOR DIALYSIS CARE NEWSLETTER | SUMMER 2013

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CDC

Centers for Dialysis Care

access

Centers for Dialysis Care Newsletter
Summer 2013
Editor: Marilyn Hahn
Design: Impel Creative

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.

On the Cover

Circle of Flowers,
Elizabeth Womack-Murphy
CDC Oakwood
Courtesy of CDC Art Therapy

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

CDC

Centers for Dialysis Care



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.

Look for Your Traffic Light

During the course of the next few months, all CDC dialysis units will have new traffic lights installed on the dialysis machines. These lights look like a traffic light and should be a part of your regular dialysis routine. These lights help our staff visually see how well your treatment is going and how well your blood is being cleaned.

Green – Relax

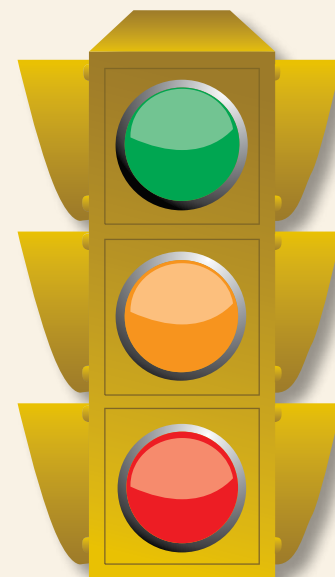
You're getting good dialysis as long as you stay on your full time.

Yellow – Caution

You won't get a good treatment today if the staff doesn't adjust something. Ask a staff person to check it.

Red – Stop

Machine alarm. A staff person will check your machine.



Welcome

Dear Friends:

The warm weather is finally here and I am sure everyone is more than ready for sunshine and outdoor activities. This is also a time to do some Spring cleaning. CDC's version of this is pretty significant.

Facility Renovations

We are in the process of making some very significant improvements and renovations to several of our facilities. In the recent year we have replaced all of the patient televisions with new flat panel TV's. We have additionally planned to replace many of the older style dialysis chairs with a newer and more comfortable chair. Some of our facilities already have these, like CDC-Euclid where we asked our patients to trial the new chairs and give us feedback about the most comfortable option. We are sure that these will be a welcome addition in all of our units.

accommodating by dialyzing at nearby facilities during the renovation. As a result, we were able to install a new floor, lobby carpets and paint the whole unit. CDC also provided transportation assistance for patients who needed it.

We have now also begun a major renovation of CDC Euclid. The facility is divided into 3 different patient care areas. Due to the large amount of work to be done we needed to temporarily move patients from Euclid to CDC Cleveland East. Since the Euclid facility was developed in 1996, many regulations have changed along with the work flow. CDC is now using a different architectural firm that has helped us to significantly improve the functional use of the space and the décor. The work at Euclid has to be done in 3 phases and it will take around 6 months to complete. We



clean, safe and attractive facilities for patients to dialyze.

Patient Experience of Care Survey

I want to thank all of you who completed this survey at the end of the year. CDC has been using this same survey for the past 3 years but it had been given by our volunteers. As of 2012 Medicare included the survey as part of all dialysis facilities' Quality Incentive Program. However, in order for it to count it needed to be given by an independent company. This is why you either received the survey in the mail or by phone. This survey is done yearly and we encourage you to complete it.

As part of the report we not only received our results but we also found out how well we did compared to other dialysis facilities that used the same company to do the survey. CDC was pleased with the results and we scored higher than other facilities in all but 1 category. What we have learned most specifically from this recent survey is that our patients would like more information about dialysis and options which is where

“Our goal is to make sure that you have all of the information you want and need.”

We have also replaced the floor at our CDC Oakwood location in the clinical area. This was a huge job but it only took a week to complete due to all of the hard work and effort by many to make this happen. Since we could not do the work and operate at the same time, the Oakwood patients were very gracious and

really appreciate the flexibility on the part of the patients and staff who have agreed to be relocated while the work is being completed. I am sure everyone will be thrilled with the changes.

A number of other facilities will also have some work done in 2013 to improve the use and appearance of the unit. CDC is committed to have

Continued on page 2

we are concentrating our focus in 2013. We always hope to provide timely information to all patients and family members and will work to create more user-friendly and readily available information to all. Some of the topics include how to care for your vascular access, the need to never have a catheter, your rights and responsibilities as a patient, home dialysis including peritoneal and home hemodialysis, transplantation and how to disconnect yourself from the machine in an emergency. Our goal is to make sure that you have all of the information you want and need. Please feel free to let us know if you have any suggestions on how we can better serve you.

Smoking Cessation

We are concerned about many aspects of your health and the health of our staff. We are following the lead of almost all other healthcare facilities regarding smoking. Consistent with our healthier living and wellness initiatives, as of June 1st, all staff, patients and visitors will be prohibited from using any tobacco products at any CDC properties, parking lots, and vehicles parked in our lots. To assist our staff in meeting this challenge, CDC has offered to cover costs of copayment for all tobacco replacement products, prescribed by health care providers for 90 days. Patients can check with

their social workers to see if your insurance covers these medications as well.

While we know this might be difficult it is important that everyone follow this change. The benefits of not smoking are very significant. Quitting at any age can give back years of life that would be lost by continuing to smoke. There are numerous health benefits to quitting smoking, many that take effect within hours of your last cigarette. Some of them include the following:

- **20 minutes after quitting** your heart rate and blood pressure drop
- **12 hours after quitting** the carbon monoxide level in your body drops to normal

- **2 weeks to 3 months after quitting** your circulation improves and your lung function increases
- **1 to 9 months after quitting** coughing and shortness of breath decreases; cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection
- **1 year after quitting** the excess risk of coronary heart disease is half that of a continuing smoker's

DIANE WISH
President & CEO

MOTTEP News

Why is there a Cleveland MOTTEP?

Cleveland MOTTEP exists to specifically educate the Greater Cleveland community about the need for organ, and tissue donations. Minorities are disproportionately affected by hypertension and diabetes — the leading causes of kidney failure. Therefore, Cleveland MOTTEP simultaneously educates communities about the diseases and behaviors that lead to the need for transplantation.

Cleveland MOTTEP is the Cleveland Minority Organ and Tissue Transplant Education Program. The program is designed to:

- Educate minority communities on facts about organ and tissue transplantation;
- Increase minority participation in organ/tissue transplant endeavors including signing organ donor cards;
- Encourage and increase family discussions related to organ and tissue donation;

Kidney Connection

Protect Your Access — It's Your Lifeline!

Check your access every day.

The “thrill” is the sensation you feel when you touch your access — it could feel like a cat purring, a vibration or a very strong pulse. It should be checked over the scar line where the surgeon made the incision. If you do not feel one of these sensations, it could mean your access is clotted. Ask your nurse about making an appointment at CDC's Vascular Access Center. The out-patient procedures are typically fast and we provide transportation to and from your appointments.

Keep your vascular access clean.

You should: Wash your access with soap and water before going to your

dialysis seat. *Your nurse or technician should:* 1) Wash their hands. 2) Put on gloves. 3) Clean each area of your access for needle insertion.

What to look for when staff cannulates your access.

- **Grafts and fistulas:** Make sure your needles are placed at least 1 inch apart and the needles are rotated (put in a different hole each treatment).
- **Fistulas using buttonhole:** Make sure the needles are inserted into the same holes at the same angle and depth each treatment. **You can learn to do this procedure — it's quick and painless!**

- **Catheters:** You and the staff should always wear a mask before opening your catheter to prevent infection. At home, keep your dressing clean and dry, and do not pull on the catheter.

Taking Care of Your Access

- Avoid clothes with tight-fitting sleeves or elastic.
- Avoid wearing a watch or other jewelry on your access arm.
- Do not carry a pocketbook or groceries with your access arm.
- If your access does not feel right, ask your physician to visit the CDC Access Center and see our staff of professional Surgeons and Radiologists that can help you and get you back at home in one day.
- Do not sleep on your access arm — it could clot at night.
- Be careful not to injure or cut your access arm.
- No blood pressure, IVs, or blood draws from your access arm.

- Increase the number of minorities who donate organs and tissues.

Our 2012 Accomplishments

- **Healthy Teens, Healthy Tomorrow Spring and Fall Teen Summits**
Provided prevention education to over 315 local youth and adults.
- **Awareness** Talked to over 25,000 individuals about organ donation and healthy lifestyles.
- **Volunteers** Worked over 2050 hours.
- **Ohio Donor Registry** Signed up over 1160 new donor registrations.

- **Outreach Activities** Participated in over 30 community health fairs/events.

Learn more about Cleveland MOTTEP

Visit www.clevelandmotttep.org or if you wish to become a volunteer at Cleveland MOTTEP call Linda D. Kimble at 216-216-229-6170 x137.



Volunteer Spotlight

We celebrated **National Volunteer Week April 22-27, 2013**. This year's theme was **Our Volunteers Really Measure Up**. The people who faithfully volunteer support both CDC patients and staff through their selfless service sharing their talents and donating their time with care and compassion. Over the past 21 years, volunteers have contributed over 56,000 hours to CDC.

Volunteers are listed according to facility and years of service. Those volunteers celebrating a milestone anniversary are indicated by an asterisk next to their years of service. Also listed are short term (ST) volunteers who provided over 20 hours of service to CDC in the past year. We are grateful to all these volunteers for their commitment to providing our patients with quality care... and so much more.

BEACHWOOD

Jerilyn Ellis...9

CANFIELD

Melissa Urioste...new

EAST

Marcia Burke...21

Sue Chalfin...17

Sonya Coleman...1

Rachael Davis...14

Jeff Fang...new

Heather Hubbard-Bibbs
...new

Virginia Ju...new

Sandra Malevan...12

Calvin Marshall...10*

Tosin Shenbanjo...1

EJ Sun...new

Dale Wilson...6

Christine Woods...7

EUCLID

Cynthia Fennell...7

Virginia Kerekes...2

Rebecca Wolf...new

HEATHER HILL

Sue Kronstein...new

Fran Sarkisian...new

GARFIELD

Marilyn Koci...2

MENTOR

Maggie Advey &

Zoe...new

Rena Balla...ST

Kristy Davis...new

Maggie Hadden

& Rocky...8

Janet Hetman...new

Carol Ventresca...11

OAKWOOD

Linda Levy...3

Nadia Mutter...16

PAINESVILLE

Kim Krause...ST

Myrna Luskin...new

SHAKER

Christa Billerman...2

Crystal Bohanan...ST

Ruby Carlisle...2

Margaret Dowdell...2

Cheryl Driver

Gregory Hayes...10*

Joyce Hives...9

Rhonda Jordan...ST

Renee Petsche...4

Lauren Polk...ST

Letitia Rudolph...1

Marlene Shettel...1

WARRENSVILLE

Tina Hobson...3

Katherine Meier...new

Angela Ringo...11

Victoria Rushanan...8

Evelin von Saucken...new

Kevante Weakley...new

WEST

Cherrie O'Neil...2

Maria Phillis...2

GROUPS

AT&T Pioneers

Boys Hope/Girls Help

CWRU – Alpha Phi

Omega

Did You Know?



The Centers for Dialysis Care has a Vascular Access Center that employs a specially trained staff to help care for your Vascular Access. Over time your dialysis access could stop

functioning or function poorly. If this happens, you may not be getting good dialysis, and you may not feel well or like yourself.

Through non-surgical intervention our team of Radiologists, Vascular Surgeons, Radiology and Ultrasound Techs can perform a wide variety of procedures to ensure your access is functioning at its best. We offer

transportation to and from the center, same day service and are attached to the CDC Oakwood dialysis unit in case you need dialysis the day of your procedure.

Make sure to ask your patient care staff about your access site. Your access care is your choice and we are here to help.

Creative Arts News

Art Therapy Brings Joy

At CDC, art therapists are using many art media to help patients express their feeling about being on dialysis. Many have expressed feelings that dialysis is very difficult but they are very grateful that it keeps them alive. There is a real sense of community among the patients and they keep each other going. They encourage each other to participate in art and music. “Even though I am sick I can still learn to do new things” said one of my patients. Patients are sewing, painting, drawing, and making jewelry. They are also doing Spring projects such as making wreaths, bird house wind chimes and clay flower pots. Their creativity

brings them joy. Patients often get so tired of watching television that they often bring art work from home to make their time spent on dialysis more enjoyable.

PAT BARRINGTON
Art Therapist

CDC at Parade The Circle

CDC and MOTTEP participated in this year’s “Circle Village” at “Parade the Circle,” Sat. June 8, 2013. This annual event, sponsored by the Cleveland Museum of Art and University Circle Incorporated, celebrates the creativity of University Circle residents and institutions.

The theme for the parade was “Sol de Luna Nueva — Sunshine of the New Moon.” It celebrated the new moon which occurred this year at 11:57 a.m. on June 8 and the summer solstice.

This year the CDC Creative Arts Therapists’ activity was to make fireflies with the children. Recycled water bottles were used and this went along with the theme of the parade.

KATHY BROWN
MT-BC, Music Therapist

Patient Poetry

*By Deborah Future,
CDC of Garfield Heights*

Spirit

Divine is the spirit of God
The spirit in the trees
Spirit in the air we breathe
Earth’s spirit that sets forth food
The sky’s spirit floating clouds above
Spirits of God’s wonderful world
Holy spirits are all around
From Earth to the ground
Feel the divine spirits of life
As God strengthens the spirit of your soul
Readying the spirit to fly young or old...

The Patient/ Patient

Waiting for the nurse, waiting on the aide
Waiting on the homemaker
In my situation they make my day.
Can’t get out of bed
Can’t wash myself or turn myself or brush my teeth
In my situation they make my day.
I can’t clean my house or make my bed
Can’t even take my medicine for my head
Can’t complain too much, alive not dead
In my situation they make me a way.
I thank God for the nurses coming today.

Creative Arts News

Calling All Patient Artists

Each year the CDC Art Therapy Program requests that patients submit works of art. This artwork is then featured on our employee birthday cards, holiday cards, patient newsletter and our external website.

Patients recently submitted artwork for our employee birthday card. Frances Knox from CDC Beachwood won and received a goodie bag of art supplies.

Thanks to all who participated!



Artist: Frances Knox
CDC Beachwood

For the Fun of It

Word Search

t x g f v d d l k w t n n t h l l m r
 m l x t a r a t f p k z m k h z x p v
 m q p i n g f z y b r p a n s y h r t
 p m s t b r f n o i l e d n a d v i n
 c y d f l g o g z t d h q z r r x m v
 f c k l c r d y c t v b t t x z h r q
 h x f t p k i b o r e i t b r h q o e
 t f z b o v l o k t o h o p h n n s n
 n l k t w n f g i x t c n l l k d e o
 i y w p k s e r r x l l u g a t n m m
 c v z t t w e m w l x l f s t k q n e
 a i g l n u q l t n v r e m x s l z n
 y b o g g l v w w e m k v b n k y j a
 h c c r z t l k k f g b r o e m p v q
 q r a n c o w s l i p r w q l u v r p
 t m p o r d w o n s q f o y z j l i x
 l h b c k l b t t t l w h f z x l b k
 t q p q l k b d k a m q m c k u n t n
 k q b r b f f n k h b m r q t m t j x
 t y k n r r z e v y y g m k c r c w t

anemone
 bluebell
 coltsfoot
 cowslip
 crocus
 daffodil

daisy
 dandelion
 forget-me-not
 hyacinth
 ivy
 marguerite

pansy
 primrose
 snowdrop
 snowflake
 tulip
 viola

Sudoku

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

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

Patient Profile



BARBARA A. LITTLE

CDC of Cleveland – East
Monday, Wednesday,
Friday – 2nd shift

Ms. Barbara Little strives to bring hope & joy to all those she encounters at CDC. With an outgoing personality and independent spirit, Ms. Little makes a point of getting to know everybody at East. To the younger patients she is like a grandmother, making sure they are taking good care of themselves. To others she shares a smile and her quick wit. And to others she is their look out, stepping in when she feels they need some attention.

Ms. Little grew up in Winston Salem North Carolina. After graduating from high school, attending trade school and working a variety of

is proud mother, grandmother and great-grandmother and happy to be involved in her children & grandchildren's lives. She even still drives one granddaughter to school every day.

Ms. Little kept her kidney disease a secret for a year, until she ended up having to be hospitalized following breathing problems she thought were related to asthma. This was when she learned it was time to start dialysis. It was not an easy transition, especially due to multiple access surgeries. Dialysis changed her whole world, but thanks to her ability to face challenges head on and to make

“You can't help but smile when you hear Ms. Little's distinctive laugh as you know she is sharing some joy. May she keep spreading the hope & joy!”

jobs she got married and moved to the Cleveland area for better job opportunities. Ms. Little spent 23 years working for Associated Estates as a housing inspector for seniors, families and the disabled which helped her learn how to get along with all types of people.

Ms. Little faced many challenges in her career and as a wife and mother, yet she maintained her independence and strong set of values. Today she

the best of them, five years later Ms. Little is living well on dialysis. She admits that some days are better than others, but she likes to keep the not-so-good days to herself – part of her mission to bring hope & joy. In addition to visiting with fellow patients, Ms. Little enjoys working with the art therapist creating various works of art. She also likes to watch court shows, law dramas and the old westerns.

Healthy Eating

Sweet and Sour Chicken

Portions: 5

Serving size: 1 cup chicken, 1/2 cup rice

Ingredients

- 1 8oz can pineapple chunks (in juice)
- 1 lb. boneless, skinless chicken breasts
- 1 cup reduced-sodium chicken broth
- 1/4 cup apple cider vinegar
- 1/4 cup brown sugar
- 2 tsp reduced-sodium soy sauce
- 1/2 tsp garlic, chopped
- 1 cup celery, sliced
- 1 small onion diced
- 1 green pepper, sliced
- 3 Tbsp cornstarch
- 1/4 cup water
- 2-1/2 cups cooked white rice

Preparation

1. Drain pineapple, reserving the juice.
2. Cut chicken into bite size pieces and place in a saucepan.
3. Add reserved pineapple juice, broth, vinegar, brown sugar, soy sauce and garlic. Cover and simmer over low heat for 15 minutes.
4. Add vegetables and pineapple. Cook 10 minutes, stirring occasionally.
5. Combine cornstarch and water. Gradually stir into hot mixture.
6. Continue to cook until thickened, stirring constantly.
7. Serve over white rice.

Nutrition Facts (per serving)

Calories 310, Protein 24 gms, Sodium 270 mg, Potassium 420 mg
Phosphorus 211 mg, Calcium 43 mg, Fiber 1.6 g

Recipe is courtesy of www.davita.com

For a protein boost, consider these options:

Product	Flavors	Stores
Nepro nutritional shake	Vanilla, Berry, Butter Pecan	Walgreen's. For home delivery, call 800-986-8502
Liquacel – liquid protein supplement	Lemonade, Grape, Orange	Target (special order)
Zone Protein Bar	Variety	Marc's, Walmart, Sam's, BJ's, Giant Eagle
Fit & Active Protein bar	Cookie Dough, Yogurt Honey Peanut, Caramel Nut	Aldi
Pure Protein Bar	Variety	Marcs, Walmart, Sam's

Consult with your dietitian.

Helpful Hints

1. Enjoy egg, tuna or chicken salad (rinse canned meats to reduce the sodium).
2. Add chopped eggs, cooked meats or fish to salads.
3. Have cottage cheese with your fruit or veggies (limit cottage cheese to 1/2 cup/day).
4. Add 1/4 – 1/2 cup pasteurized egg whites, 1-2 Tbsp egg white powder or 1-2 Tbsp whey protein powder to milkshake recipes (ask your dietitian).

Sweet & Sour Chicken

Recipe Inside



Protein is good for more than just muscles!

Protein is an important building block in our diet. It is especially important to eat enough protein every day for people who are on dialysis.

Why?

Eating enough complete protein sources such as meat, chicken, fish, eggs, and pork can help protect your health and well-being.

Examples are:

- Immune system support and protection from illness and infection
- Strong skin integrity and the prevention of wounds, pressure or “bed” sores, and skin tears
- Ability to heal wounds and repair tissues
- Adequate energy and strength
- Maintenance of muscle and lean body mass
- Minimize fluid retention and maintain an appropriate fluid balance in the body

How much should I eat?

The average person on dialysis needs between 70-100 grams of protein daily (compared to 40-65 grams for those not on dialysis). This amounts to 6-10 ounces of a complete protein source each day (a 3 ounce portion of meat is the size of a deck of cards).



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