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PATIENT NEWSLETTER | SUMMER 2015

CDC

Centers for Dialysis Care

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Centers for Dialysis Care Newsletter
Summer 2015
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.

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
Life, Acrylic on Canvas
Eiko Bihary, CDC of Mentor
Courtesy of CDC Art Therapy

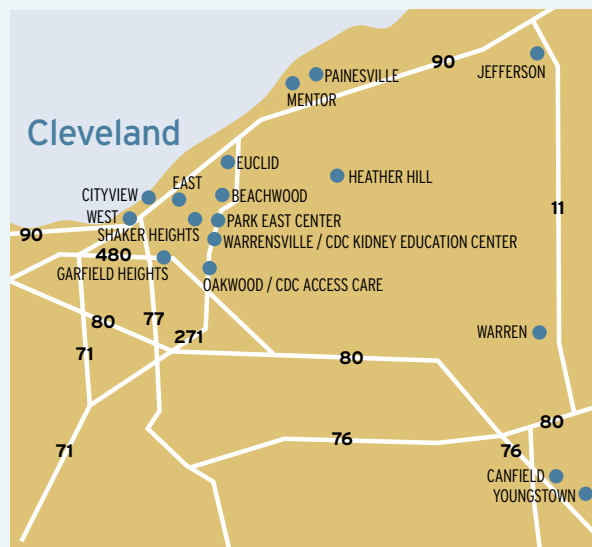
Well Wishes



Summer is here and I hope everyone is enjoying time outside. The season seems too short and you won't find me complaining about it being too hot. The CAVS definitely gave us all so much joy, stress and excitement this year. Even though we didn't win the championship LeBron and the team did an amazing job minus key players due to injuries. As we say in Cleveland, there is always next year. Go CAVS!

Trip to Washington, DC

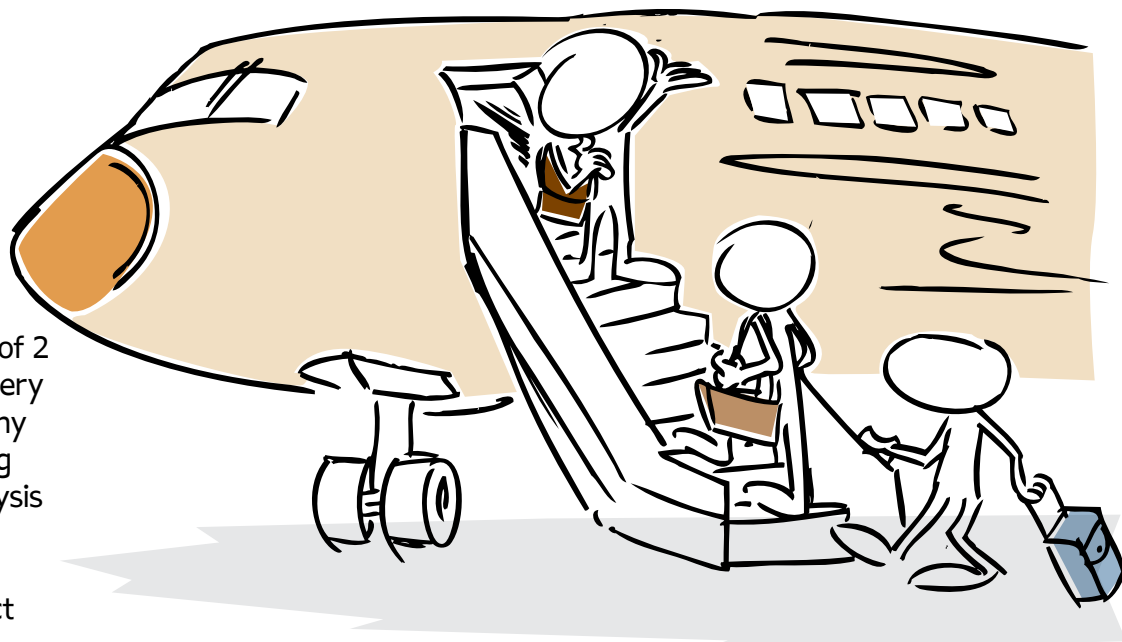
As you know CDC is a strong advocate for patients on a state and national level. During the May National Renal Administrator's (NRAA) meeting in Washington, DC, CDC participated in a Day on the Hill. For a number of years the NRAA has sponsored patients to visit the legislators in DC. This year they sponsored one of CDC's patients to attend a reception prior to the annual Day on the Hill. Derwin Martin, a patient from Cleveland East, joined Dave Oppenlander, CDC Chief Financial Officer and me on the trip. On Thursday May 21, 2015 we went on 5 Hill visits and attended 2 Congressional presentations. At a breakfast meeting Rep. Tom Morino, co-chair of the Kidney Caucus and a



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.

Well Wishes cont'd

stage 4 CKD patient as a result of 2 bouts of kidney cancer, gave a very impactful presentation about why he is so passionate about helping kidney causes. He will need dialysis in the next few years. In the morning we also met with staff from Rep. Marcia Fudge's district where CDC has 6 CDC facilities; Rep Tim Ryan, where we have 2 facilities in his Youngstown district and Rep. Bill Johnson, where we have 1 facility in his Warren district. We also had the opportunity to speak with Rep Johnson. We also attended a presentation sponsored by the Kidney Care Partners where presentations were made by the co-chairs of the Kidney Care Caucus, Rep. Morino and Rep Jim McDermott, a long term dialysis patient who is past president of the Dialysis Patient Citizens and is a strong advocate and a nephrology researcher. He spoke about the lack of funding for kidney research and the impact on the shrinking supply of young high quality nephrology researchers. Grant money has decreased and most grants are going to investigators at the end of their careers since they are well established. In the afternoon, we met with the staff from both Senator Sherrod Brown's and Rob Portman's offices.



Patient Representative Involvement

Mr. Martin did a fantastic job just telling his own story. He really enjoyed the experience and was thankful for the opportunity. He is one of CDC Cleveland East's patient representatives. He meets all new patients on his shift and helps to make them feel comfortable. He also meets with the facility management on a regular basis. CDC wants to have patient representatives on all shifts at all facilities. I want to thank all of you who have volunteered to participate in this valuable activity and encourage others to participate as well. If you want to learn more about being a patient representative please contact your Social Worker or Facility Manager.

New Facility Update

CDC's newest facility at Eliza Bryant Village is in the midst of the state and Medicare certification process. Hopefully the new state of the art facility will be open in the near future.

Please don't ever hesitate to contact any member of the staff about how we can provide better care and service.

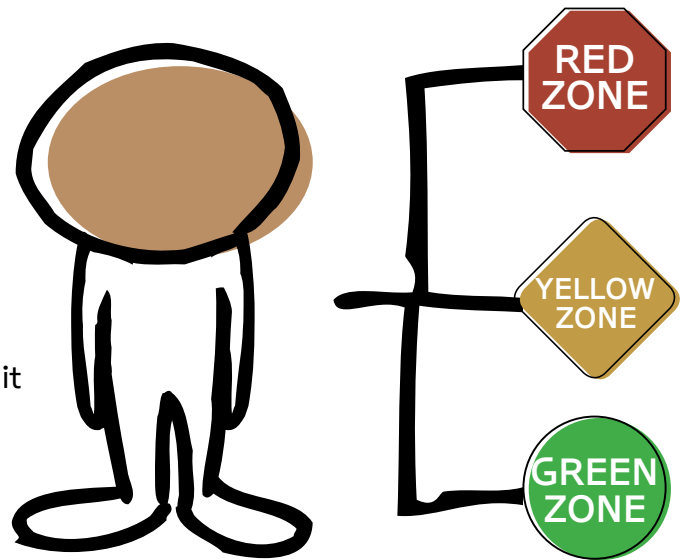
CDC CARES
Customer Service
Accountability
Relationships
Excellence
Safety

Fluid Control

Know the Zone

Every day you should:

- Know your dry weight
- Eat low-salt/low-sodium foods
- Limit fluid intake to four 8 ounce glasses of beverages
- Watch your intake of foods with hidden fluid
- Check for swelling in your feet, legs and around your eyes
- Take your blood pressure medicine the way you should take it



RED ZONE

This a **warning** zone if you have:

- Excessive weight gains
- Not able to achieve dry weight
- Difficulty breathing when lying down
- Swelling in your feet, legs and around your eyes
- Headaches and may feel nauseated

Stop: Talk to your dialysis team

- Excessive FLUID weight gains between dialysis treatments can be dangerous to your HEALTH
- Find out what works for you to prevent fluid overload.

YELLOW ZONE

This a **caution** zone if you have:

- Increased weight gains
- More shortness of breath
- More swelling in your feet, legs and around your eyes
- Muscles may cramp
- Increased blood pressure due to extra fluid in your blood stream

Caution: need to decrease your intake of salt and fluid

GREEN ZONE

This is the **safe** zone if you have:

- No shortness of breath
- No weight gain more than ____ pounds or kilograms. Ask your team how you are doing?
- No swelling in your feet, legs and around your eyes
- No chest pain

MOTTEP News

Cleveland Minority Organ Tissue Transplant Education Program (MOTTEP): 20 Years of Saving Lives

Join the mission in educating the minority community about organ eye and tissue donation!

Help Save Lives!!



Duties Include:

- Being a representative for Cleveland MOTTEP
- Office/Clerical Work
- Work at display tables at churches and health fairs

Paid Positions:

Recruitment and registration of new organ donors at hospitals and health centers

- 50 hours/month
 - Monthly \$250 Stipend
- Ages 18 & Up Eligible to Participate

Reason to Apply:

- Nearly 2,000 people in northeast Ohio are waiting for life-saving transplants and approximately 1,000 are minorities.
- 21 people die every day because the suitable donor organ cannot be found in time to save their lives.
- One organ donor can save eight lives, while one tissue donor can enhance the lives of more than 50 people.
- The program provides people with information they need to make decisions based on facts and not myths and misconceptions.

Benefits:

- Personal satisfaction in knowing you were instrumental in someone receiving an organ or tissue donation
- Practice at teamwork, communication, responsibility, and networking

Give the Gift of Your Time, for Life!!

To learn more about Cleveland MOTTEP: visit www.clevelandmottep.org or if you wish to become a volunteer at Cleveland MOTTEP call Linda D. Kimble @ 216-216-229-6170 x137



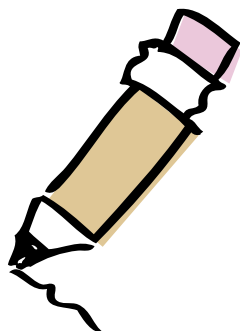
For the Fun of It



Measure your Fluids

Use the bolded word in the sentences below to find the words in the puzzle.

- Most people receiving hemodialysis need to **LIMIT** their fluid intake. Speak to your doctor or dietitian about your **DAILY** fluid recommendation.
- Excessive fluid weight gains between dialysis treatments can be dangerous to your **HEALTH**.
- Weight **GAINS** of less than 2 to 3 kilograms **BETWEEN** dialysis treatments is recommended.
- MEASURE** or try to guess how much fluid you drink each day. Certain **FOODS** count as fluids such as soup, gelatin, ice cream, pudding and popsicles.
- One **CUP** of fluid contains 8 ounces.
- Two cups of fluid equal one **POUND**.
- One kilogram **EQUALS** 2.2 pounds.
- Four cups of fluid is equal to 32 **OUNCES**.
- 1 **LITER** of fluid equals about 34 ounces.
- MELT** one homemade **ICE CUBE** to measure the amount of fluid it contains.



Word List

LIMIT	MEASURE	OUNCES
DAILY	FOODS	LITER
HEALTH	CUP	MELT
GAINS	POUND	ICE CUBE
BETWEEN	EQUALS	

Mindfulness

Easy ways to “stop and smell the roses”

- Spend some time with a child, an older person, or even an animal. They move to their own inner rhythm instead of watching the clock.
 - Reconnect with nature, no matter the season. Hike a trail, walk on the beach, watch a sunset, or spend some time under the full moon. Nature moves at her own pace and can be a great model for your own schedule.
 - Return to a hobby or sport you enjoyed as a child. Hopefully you'll get so absorbed in it that you'll lose track of time.
 - Take an hour-long vow of silence. Disconnect from phones, e-mails, television, and errands. Notice how you become more aware of your own body and breathing.
 - As you go about your everyday activities, make eye contact with someone who might seem unimportant to you, like the cashier at the grocery store.
- Connecting more fully with casual acquaintances adds richness to moments that are typically lost.

Source: Yoga Journal, Bo Forbes, Clinical Psychologist and Integrative Yoga Instructor



Artist in Focus

Eiko Bihary of CDC-Mentor



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

I graduated from high school in Japan in 1971 and did art then. I studied at a community college after high school and came to the United States in 1974. I started doing art again in November of 2011 after the art therapist encouraged me. I also started a friendship with another dialysis patient who was doing art. We helped each other learn by talking and observing one another's paintings.



What art materials do you enjoy?

I like painting with acrylics on canvas. I paint independently at home now, too, with the support of my family! My whole family helps me, and I really appreciate that.

What inspires you to make art?

Art helps me to never give up. I gave up so early when I was young. You have to keep trying. Your goal never ends in art — you keep learning more! For example, flowers — there are so many kinds to depict. I also like others' response to my art — that is exciting, it makes me happy when they like it while it is underway or displayed. I do my best.

Where have you shown your work?

I have had my art displayed at CDC, Mentor and Painesville libraries, and a local coffeehouse. My works, and those of another patient, were featured in the News Herald in July of 2013.

How does art help you?

I can work through difficulties like high blood pressure, my vision problems, and hospital stays. I'm so grateful to CDC for having art therapy service for us.

In what other areas of your life are you creative?

Well, with my family—my husband, Chris, has started painting with me. I convinced him. He expresses himself. My son does gardening, and my other son plays guitar. They are both really good on the computer, too.

What other artist or piece of art has influenced you?

I just do my own thing. I don't like comparing. It is challenging at times—animals and people especially, with all kinds of faces and expressions. We have a melting pot here, and I really appreciate that and the many freedoms we have. I wish for people to respect each other.

What do you find satisfying about art making?

It's prayerful, meditative, contemplative, and comforting. It takes time, and time is precious. Making art is so much better than watching TV or doing nothing.

What advice would you give someone who is just starting out or is thinking about creative work?

Never give up. Love yourself and love others. It will bring you joy!

**Please note the artist's enthusiasm is beautiful—her final word during this informal interview with me was "Yeah!," exclaimed with a beaming smile!*

Keep up the good creative work, Eiko! Thank you for sharing your time, talents, and words of wisdom.

Spotlight

Peritoneal Dialysis (PD) Patient



Merle Milmine, was 83 years old when she decided peritoneal dialysis (PD) was the best option for her. While many dialysis patients go

to a dialysis center, PD offers more flexibility by allowing patients to dialyze at home.

What's the different between PD and hemodialysis?

Peritoneal Dialysis (PD) is a gentle, no needle treatment done at home. The blood does not leave the body, so no needles are used. Instead, a tube called a PD catheter is placed in the belly. A special cleaning solution, called dialysate, flows into the peritoneal cavity through the catheter. There are many tiny holes in the peritoneal membrane in your belly that can filter out waste products and chemicals from the blood. This treatment can be manually done 4 times per day or performed while you sleep with the help of a machine.

What training is involved?

Peritoneal dialysis requires a week or two of training at the dialysis center. Merle, her husband and daughter first met with the home dialysis nurse to see what was needed to do PD at home. Merle learned how to do PD while the

training nurse watched to be sure all the steps were done correctly. Merle chose to do PD with a machine at night. After the PD machine and supplies were dropped off at her home, the home dialysis nurse came to the house to make sure Merle and her family could do the treatments at home. Merle had her first dialysis treatment at HOME!

Do you to go the dialysis center more when you are on PD?

Merle comes to the dialysis center to see the CDC home dialysis nurse once a month and has her monthly blood work done. During a second visit she sees her kidney doctor, social worker, dietitian, and registered nurse to review her lab work and plan of care. She can call to speak to the nurse or her health care team any time she has questions.

What type of access do you have and is it hard to care for?

Merle had an out- patient procedure to have a catheter placed in her belly. It took her two days to recover and she was ready to start using it for dialysis. She does have to take special care in bathing and when connecting and disconnecting to the machine.

Describe the treatment experience.

The machine is pretty quiet and very easy to hook up to. It did take Merle a few weeks to get use to sleeping while being connected to the machine. She worried that



something would go wrong but the machine will alarm if something is not right. Merle likes that you hook up to the machine, go to sleep, get up and disconnect from the machine. This is all done in the comfort of your own home.

What are the challenges of being on PD?

The dialysis bags are pretty heavy, so Merle has her husband put them on the machine. Also, her cat no longer is able to sleep in the bedroom because she might bite the tubing.

Why do you like PD?

Merle likes PD because she has her treatments without needles and she does her treatments at home while she is sleeping. During the day she does whatever she wants and does not have to go to the dialysis unit!! She has also been able to stop all her blood pressure medications because of how well her treatments are going.

Do you have to watch your diet as someone on hemodialysis?

Merle does have to watch her diet on PD, but it is not as strict as a hemodialysis diet. She actually has to drink a quart and half of water every day.

Do you want to learn more about your options for home dialysis?

Talk to your social worker for more information.

Spotlight



Renal Network Patient Representative



We recently sat down with Derwin Martine, a patient at CDC. Derwin serves as a Renal Network Patient Representative for CDC East. There are 8 Patient Representatives at his unit.

What's the purpose of the Patient Representative Program?

Improving the quality of life for kidney patients is a goal of the Renal Network. The Renal Network monitors quality of dialysis care. The Patient Representative provides a means to increase communication among patients, dialysis staff and the Network. The hope is that persons with kidney disease will be more open to advice given by other patients.

What exactly does a Patient Representative do?

The Patient Representative engages patients as active members of their own health care team. Derwin attends weekly CDC Corporate Operations meetings, leads patient focus groups and works on special projects.

Tell us about your recent trip to Washington DC with CDC's leaders.

One of the special projects involved a trip to Washington, DC in May 2015. Derwin along with CDC President & CEO, Diane Wish and CDC Chief Financial Officer, Dave Oppenlander met members of Congress. They attended a meeting to discuss a law that would reduce funding to the dialysis providers. A Senator spoke out that he was recently told he had kidney disease and would need dialysis in the future. The Senator asked Congress not to pass the law that would result in decreased payments for dialysis care.

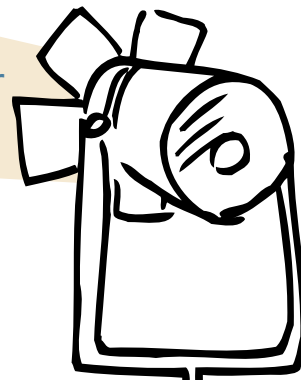
Derwin spoke to Congress about how kidney disease impacts his life. Derwin gave a strong voice to the fact that he was there to lobby for his life and the lives of every dialysis patient. He explained voting in favor of this legislation would be voting to shorten dialysis patients' lives. Derwin, Diane and Dave met with several other members of Congress and invited them to tour a CDC facility.

Anything you'd like to share?

Derwin finds it a privilege to serve as a Patient Representative and wants all CDC patients to:

“understand how much Diane Wish and Dave Oppenlander are doing at the national level (working with Congress) for us. This is not about money; they are lobbying to improve the quality of our lives.”

To learn more about the Patient Representative program visit the Renal Network website, www.therenalnetwork.org or talk to your Social Worker. The plan is to start this program at other CDC units in the future.



Beat the Heat

Spending a great deal of time in the blazing summer heat can leave people dehydrated and thirsty! This type of situation is not ideal for dialysis patients. The natural desire to drink more fluid can make it difficult for dialysis patients to keep their fluid levels under control. Too much fluid can be life threatening; therefore, it is essential to monitor your fluid intake during the summer months.

Suggestions for summer fluid control include:

- Use a mist bottle with a fan attached
- Eat chilled applesauce
- Eat frozen fruit (grapes, strawberries, blueberries)
- Suck on ice
- Pick a shady spot and limit sun exposure
- Wear loose fitting clothing
- Avoid strenuous physical activity



Healthy Eating

Picnic Healthy Eating

It's summer! Picnics are a great way to spend time outside with family and friends while enjoying the weather and a nice meal. With a little planning you can enjoy picnics while still making

smart renal-friendly eating decisions. Take a few minutes to prepare meals for the week that will satisfy your schedule and your taste buds. Egg, tuna, chicken or fruit salad can be made within minutes, prepared in advance and stored in the refrigerator for a couple of days, which makes an appetizing meal or snack that's quick to pack. Also, on hot summer days always remember to pack an ice bag to keep cold food cold for food safety! Renal-friendly foods to pack for your picnic include:

Main Dish

Egg Salad, Tuna Salad, Chicken Salad (For something different, spread on pita bread)

Fruit

Apples, Berries, Cherries, Grapes, Peaches, Pears, Pineapple, Watermelon (Pair with cottage cheese for extra protein!)

Vegetables

Carrots, Cauliflower, Celery, Cucumber, Bell Peppers, Radishes

(Try with dill or garlic herb dip, cream cheese, tzatziki or honey mustard dipping sauce)

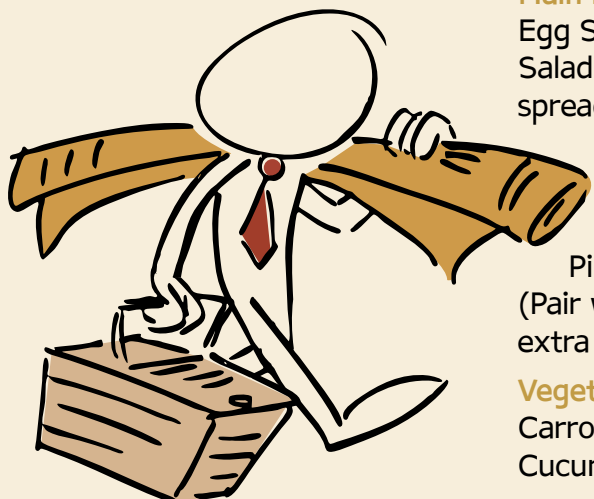
Dessert

Sugar Cookies, Vanilla Wafers, Angel Food Cake, Popsicle, Trail Mix (see attached recipe)

Fluid

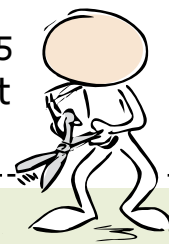
Water (add lemon and cucumber or berries for a refreshing taste), Juice (apple, cranberry, grape)

**Remember to drink sparingly!*



Healthy Eating

SUMMER 2015
Recipes to Collect



Egg Salad

Kidney Cooking: Georgia Council on Renal Nutrition

Yield: 4 servings; Serving Size: 1/2 cup

Preparation

1. Mix together mayonnaise, mustard, pepper, eggs and pickle relish. Mix well.
2. Sprinkle with paprika, if desired.

Suggestions

May add diced green bell peppers, curry powder, pimentos, onions or Tabasco sauce

Use for sandwiches, on unsalted crackers, for picnics or parties.

Nutritional Content Per Serving

116 Calories, 6g Protein, 10g Total Fat, 2g Saturated Fat, 0g Trans Fat, 162mg Cholesterol, 2g Carbohydrate, 0g Fiber, 116mg Sodium, 56mg Potassium, 72mg Phosphorus, 22mg Calcium (Count as 1 protein serving)

Ingredients

- 2 Tbsp mayonnaise
- 1 tsp dry mustard
- 1/2 tsp black pepper
- 3 boiled eggs, chopped
- 1 Tbsp pickle relish
- Dash of paprika (if desired)



Trail Mix

Living Well on Dialysis – A Cookbook for Patients and Their Families

Yield: 6 cups; Serving Size: 1 cup

Preparation

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

Nutritional Content Per Serving

180 Calories, 2.5g Protein, 11g Fat, 19g Carbohydrate, 386mg Sodium, 37mg Potassium, 38mg Phosphorus

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 or butter, melted
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 Tbsp Parmesan cheese

CDC

Centers for Dialysis Care

Corporate Office

18720 Chagrin Boulevard
Shaker Heights, Ohio 44122

(216) 295-7000 • cdcare.org



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