



CDC

Patient Newsletter

Spring 2020



“You’ll be surprised how they can help you progress — making you stronger and better able to deal with dialysis.”

Melvinda Tarelton, CDC Warrensville

Read more in *Melvinda’s Story* on p. 10

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Letter from Gary Robinson, President & CEO



Spring is nearly here!

As we begin making our way through 2020, I would like to start by thanking all of our patients for continuing to allow us to be their provider of choice. Please keep in mind that as the days get longer, and the weather continues to warm up, it is important to continue making it to your regularly scheduled dialysis appointments. While the occasional missed appointment might not seem like a big deal, studies show that skipping just one treatment per month can increase your risk of going to the hospital by more than 40%.

In the event that you absolutely must miss or cancel your treatment, please call your unit immediately so that we can reschedule your appointment as soon as possible. We understand that life happens and sometimes conflicts come up, but we also want to ensure that all of our patients are receiving the best care that we can provide.

If you have questions about the negative effects of missed treatments, or you would like to know more about CDC's appointment reschedule process, please do not hesitate to speak with a member of your healthcare team.

Once again, thank you for allowing us to be your provider of choice and we look forward to serving you throughout the rest of 2020 and beyond.

Thank you,

A handwritten signature in blue ink that reads "Gary Robinson". The signature is fluid and cursive, written in a professional style.



Stay Healthy This Spring!

When it comes to cold, flu and allergy seasons, don't panic. Do your part to stay healthy and help prevent the spread of germs by following these simple steps:

- Cover your mouth and nose with a tissue when coughing or sneezing. Discard your used tissue promptly in a waste basket.
- If you do not have a tissue, cough or sneeze into a flexed elbow or upper sleeve, not your hands.
- Be sure to wash your hands often and thoroughly for at least 20 seconds with soap and water OR with alcohol-based hand cleaner that contains at least 60% alcohol.
- Avoid touching your eyes, nose and mouth.
- Avoid contact with those that are sick. If you are ill, distance yourself from others by avoiding crowds and staying home from work or school, when possible.
- Disinfect frequently touched surfaces at home, work and school.

And if you haven't already, there is still time to get your flu shot. Ask your healthcare team about everything you can do to help stay healthy!

Patient Rights & Responsibilities

CDC cares about you as a person. It is our goal to treat you with respect and dignity; recognizing your individuality and personal needs. To achieve this, CDC considers every patient to have the following rights and responsibilities.

Patient Rights

- To be informed of all treatment modalities
- To receive safe and competent care
- To be treated in a safe environment
- To have your medical records kept confidential
- To privacy and confidentiality during your treatment
- To know the credentials of all those who care for you
- To completely understand what is happening to you during your treatment
- To have clear and understandable communication with our staff
- To refuse treatment
- To obtain additional medical opinions
- To review and have access to your medical records
- To have your personal beliefs so long as they do not disturb your care or others
- To be informed of internal and external grievance processes without reprisal or denial of services
- To be informed of all other treatment modalities including transportation
- To be treated with respect, dignity and recognition of individuality and personal needs
- To be treated with sensitivity to psychological needs
- To refuse to participate in experimental research
- To be informed about advanced directives and policies
- To be informed about isolation policies
- To be informed of the rules and expectations regarding patient conduct and responsibilities
- To be informed of policies for transfer, routine or voluntary discharge and discontinuation of services
- To receive written notice 30 days in advance of any involuntary discharge unless health and safety of others is compromised
- To be a participant in a care plan meeting
- To receive an individualized care plan
- To provide an opportunity for private conversation
- To prevent exposure of private body areas during dialysis
- To question procedures or staff performance without reprisal



Patient Responsibilities

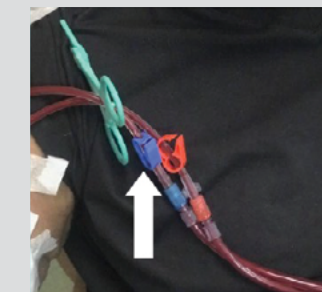
- To be courteous and respect the rights and privacy of others
- To follow our Visitors Policy
- To keep the unit clean and litter-free
- To keep us informed of any health changes
- To follow your diet and fluid restrictions
- To take your medications as prescribed by your doctor
- To keep all medical appointments
- To obtain and maintain insurance coverage and meet any financial obligations not covered by insurance
- To notify us of any changes in insurance coverage
- To make sure you have transportation to and from the facility, unless other arrangements have been made for you
- To notify us if you will be late or canceling your scheduled treatment
- To inform us of changes in your residence or phone number
- To refrain from verbal abuse which includes; verbal abuse such as swearing, screaming, inappropriate name calling directed towards staff or other patients, bullying or language which may be perceived as offensive to another individual
- To refrain from physical assault; physical assault such as kicking, slapping, biting, throwing objects or any other unauthorized physical conduct
- To follow the non-eating and drinking policy in the dialysis unit

Emergency Disconnect Procedure for In-Center Hemodialysis Patients

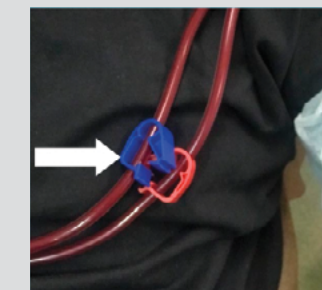
If you are on a dialysis machine during an emergency:

- Stay calm.
- Wait for instructions from a dialysis staff member.
- If a staff member is NOT available to help you and you need to disconnect yourself from a dialysis machine, follow these steps:

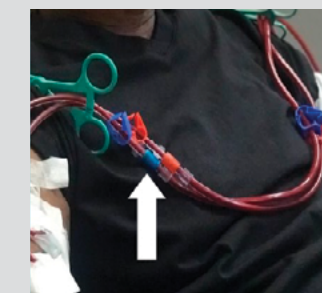
(WARNING: If you have a catheter that is used for treatment, DO NOT disconnect yourself. A healthcare team member will further assist you.)



1. Close each clamp on your access needles before the red and blue connection points.

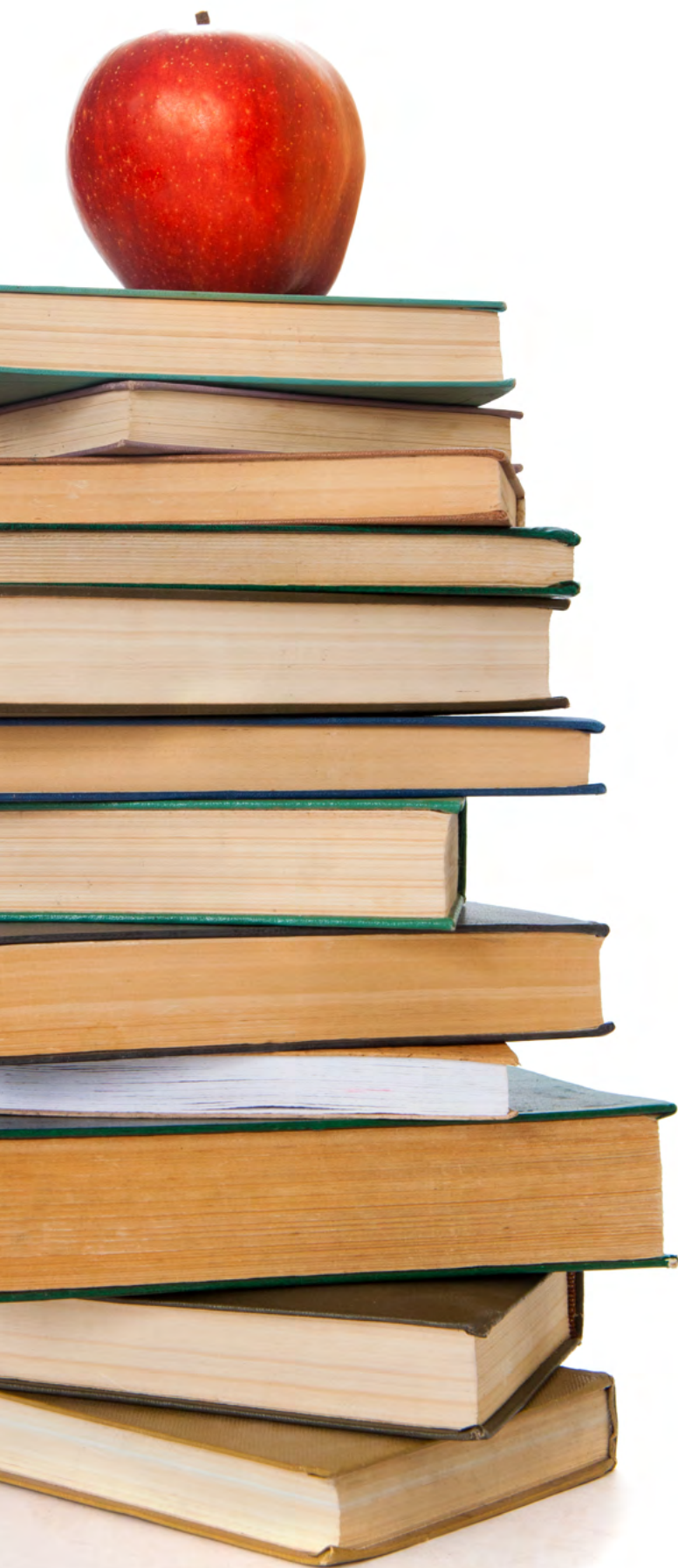


2. Close the two clamps on the thick tubing coming from the hemodialysis machine.



3. Unscrew the lines between the two sets of closed clamps at the red and blue connection points.

These instructions are for emergency situations only.



Calling All Students — And Parents of Students!

The Kidney Foundation of Ohio (KFO) is once again accepting applications for its annual Kidney Foundation of Ohio Scholarship!

The KFO scholarship is designed to assist a kidney patient (or child of a patient) achieve his/her post high school academic goals. Financial support, ranging from \$1,000–\$1,500, will be provided to those that demonstrate a financial need and reside in the Foundation's service area. The scholarship is renewable for four years if the recipient receives a minimum C average, based on the institution's standards, and completes the renewal form.

Completed application forms must be received by **Thursday, April 30, 2020**, to be considered for this award cycle.

Visit KFOhio.org to learn more, view the Foundation's service area and access the application.

Know Before You Go: Traveling on Dialysis

It's that time of year for spring break trips and summer vacation planning. Many dialysis patients enjoy traveling and can receive treatment while away from home. Your Travel Liaison or Social Worker will assist you in arranging your dialysis care while out of town.

Since space for visiting patients is often limited, it is best to inform staff of your plans at least one month in advance. Many dialysis centers require that patients undergo additional tests and bloodwork before treatment can occur. Please be aware that these tests may not be covered by Medicare and could result in an out-of-pocket expense.

Medicare will pay for dialysis anywhere in the United States, while Medicaid will only pay for dialysis in the state in which you reside.

When planning a trip, contact your Travel Liaison or Social Worker with the following information:

- City, state and/or country of visit
- Treatment dates
- Requested dialysis unit (if known)
- Destination address and phone number

From there, your Travel Liaison or Social Worker will contact the dialysis unit closest to your destination. If space is not available, we will contact the next closest facility. In the event that there is not an available dialysis center near your destination, you may be encouraged to travel further for treatment or reschedule your trip.

Once we confirm an agreed upon dialysis facility, we will send all necessary information to the unit on your behalf. When everything has been arranged, you will receive the time, location and details of your treatment at that facility.

In the case of an emergency that requires short notice travel, our staff will attempt to quickly arrange treatment for you. Please note that due to limitations, last minute requests may not always be accommodated.



Melvinda's Story

The Art of Patient-Centered Care

It was during a check-up with her doctor in her mid-30s when Melvinda learned she had been born with just one kidney. Due to its small size, she was advised to start dialysis soon.

Melvinda found her way to CDC and discovered that a turning point in her treatment was when she began to utilize CDC's creative arts therapy program.

"It was a hard journey for me and at first I did not want to be bothered," she said. "But the art therapist did not give up."

Together they found projects that interested her, like drawing and painting. And as time went on, Melvinda realized just how quickly the time was going.



"Before I knew it, it was time to go. The treatments felt shorter — I was less concentrated on what I was going through and more on what I was making."

Every year, Melvinda and other patient artists from CDC are featured in an art show at Beachwood Library. It's a chance for patients to come together with other patients, family and staff — and to see their artwork on display. "I was overwhelmed with what art therapy brought out of me...so many things I never thought possible," she said, recalling that day when she walked through the show, saw her work on the wall and felt an incredible sense of pride.

"Opening day of this exhibit has become one of my favorite events of the year," said Gary Robinson, President and CEO of CDC. "I get to come talk to the artists and you can see just how meaningful this is to their lives."

When asked about her hopes for the future of CDC's arts therapy program, Melvinda says it would be for fellow patients to keep an open mind (and heart) about the impact that the program can have on their treatment.

"When the art therapist comes by, just take a moment to listen," she said. "You'll be surprised how they can help you progress — making you stronger and better able to deal with dialysis."

Farm to Fork: Fresh Produce Brought to You

The warm weather ahead means more opportunities to incorporate fresh, seasonal, locally grown produce into your meals.

In case you haven't heard, CDC has partnered with the Cleveland Food Bank to create the Bridging the Gap food program. Every fourth Tuesday and Wednesday of each month, the Food Bank delivers approximately 4,000 pounds of fresh produce to our East facility to share with patients at no cost. Although we are not able to deliver food to all our other units at this time, patients from other CDC facilities are more than welcome to come over to East for fresh fruits and vegetables.


In addition to Bridging the Gap, local farmers markets will soon start popping up all over Northeast Ohio.


If you have any questions about renal-friendly produce options or how to go about adding them to your diet, please don't hesitate to contact your dietitian.

Local Farmers Markets

 **Cleveland – Cleveland Clinic Main Campus (Crile Mall)**
Wednesdays,
10:30a–1:30p
June 3 – October 14

 **Cleveland – University Hospitals (Medical Center at Lakeside)**
Thursdays, 10:30a–1:30p
June 4 – September 24

 **Shaker Heights – Shaker Square**
Saturdays, 8a–12p
April 4 – December 19

 **Shaker Heights – Van Aken District**
Thursdays, 4:30–7:30p
June 11 – September 24

 **Lyndhurst – Legacy Village**
Sundays, 10a–1p
June 21 – September 27

 **Orange Village – Pinecrest**
Saturdays, 10a–1p
June 20 – September 5


 **Chagrin Falls – Triangle Park**
Sundays, 10a–1p
June 7 – October 18

 **Westlake – Crocker Park**
Saturdays, 9a–1p
April 11 – December 12

Mentor – Mentor Farmers Market (Eleanor B. Garfield Park)
Fridays, 2–6p
June 26 – September 25

Painesville Farmers Market – Veteran's Park
Thursdays, 12–4p
May – October

Youngstown – Northside Farmers Market at Unitarian Church
Saturdays, 10a–1p
June – October

 *North Union Farmers Market, Northeast Ohio's largest network of certified, producer-only farmer markets. NUFM accepts SNAP (Supplemental Nutrition Assistance Program) through the Ohio Direction Card at all its locations. SNAP recipients may bring their Ohio Direction Card to the farmers market and obtain tokens which may be used to purchase fresh, local vegetables, fruits, dairy products, meat products, honey, preserves, baked goods, plants used to produce food at home and much more. SNAP recipients should first visit the "Market Information" tent to receive tokens before purchasing items.*



Pear and Arugula Salad

Yield: 6 Servings

Serving Size: 1 cup

Ingredients

- 2/3 cup extra virgin olive oil
- 1 shallot minced
- 3 tbsp red wine vinegar
- cracked black pepper
- 1 tsp Dijon mustard
- 6 cups arugula (washed and trimmed of stems)
- 1 pear (sliced)

Nutrients per serving

- Calories: 250 g
- Protein: 0.8 g
- Carbohydrates: 6 g
- Fibre: 1.3 g
- Total Fat: 26 g
- Sodium: 19 mg
- Phosphorus: 18 mg
- Potassium: 127 mg

Preparation

1. Combine all ingredients except oil, arugula and pear in blender.
2. Slowly add oil to emulsify.
3. Combine salad ingredients and toss with dressing.

Spring Fruits & Vegetables Word Search

Don't miss out on spring's most delectably fresh fruits and vegetables. Discover all 33 spring eats in this puzzle, then place it somewhere in the kitchen to remind yourself of the variety of produce you can incorporate into your next meal!

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

- APRICOTS
- ARTICHOKES
- ARUGULA
- ASPARAGUS
- AVOCADOS
- BEETS
- CARROTS
- CHERRIES
- FAVABEANS
- FENNEL
- FIDDLEHEADS
- GRAPEFRUIT
- GREENS
- KIWIS
- KUMQUATS
- LEEKS
- LEMONS
- LETTUCE
- MANGO
- MORELS
- NAVELORANGES
- NETTLES
- PARSLEY
- PEAS
- PINEAPPLE
- RADISHES
- RHUBARB
- SCALLIONS
- SPINACH
- SPRINGONIONS
- STRAWBERRIES
- SWISSCHARD
- TURNIPS

Connect With CDC

Dialyze With Us

Whether you're seeking care for yourself or a loved one, our dedicated healthcare team will work closely with you to determine what treatment options best fit you and your lifestyle. For more information, please contact our Admissions Department at **(216)-789-5999**.

Work With Us

Join our team! CDC is always seeking professionals who are passionate about providing quality, patient-focused care. Visit www.CDCare.org/Careers for more information about our hiring process or for a list of open positions.

Volunteer With Us

Make a difference in your community by volunteering your time and energy at one of our facilities. Visit www.CDCare.org or contact us at **(216) 283-7200 ext. 253** to learn more about the volunteer process and available opportunities.

Follow Us

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 preferred social media app and type in the corresponding social media handle (found below) into your search bar. From there, you can choose to "Like Us," "Follow" or "Subscribe."



Like us on Facebook:
[@centersfordialysisohio](https://www.facebook.com/centersfordialysisohio)



Follow us on LinkedIn:
[Centers for Dialysis Care](https://www.linkedin.com/company/centers-for-dialysis-care)



Follow us on Twitter:
[@CDCareOhio](https://twitter.com/CDCareOhio)

Have an idea for the newsletter?

Contact Brittney, our Marketing & Community Relations Specialist, at **(216) 283-7200 x253**.

CDC

Centers for Dialysis Care

Quality care...and so much more.

