



CDC

Patient Newsletter
Autumn 2020



“The level of skill and detail found in our patients’ artwork is truly amazing, which is why we are so excited to share their work.”

Gary Robinson, President & CEO

Read more on p. 10–11

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Letter from Gary Robinson

President & CEO



CDC Patients,

In this issue, we are excited to announce Connections in Creativity, a virtual art show featuring patient and staff artwork created throughout

2020 in our Creative Arts Therapies program. Despite a challenging year, our team of art and music therapists have persevered to provide patients and staff an invaluable outlet for creative release. We are excited to share over 90 works of art, including paintings, multimedia pieces, group projects and more in an engaging virtual gallery at www.CDCare.org/ArtShow.

It is once again time to complete the **Fall ICH CAHPS Survey**, which should find its way to your mailbox early next month. If you are selected to participate, you will receive two mailings that will include a copy of the survey. You may also be contacted by phone to

complete the survey. Please let us know how we're doing as your healthcare provider so that we can continue to improve upon the level of care we offer to the community.

As we approach flu season and continue to navigate through the COVID-19 pandemic, we would like to note critical flu and COVID-19 precautions to help stop the spread of illness in our facilities and the community-at-large. As always, CDC remains committed to providing the safest patient experience possible to those we serve. Our team strives to meet this goal every day and we sincerely hope that we've accomplished this over the course of 2020.

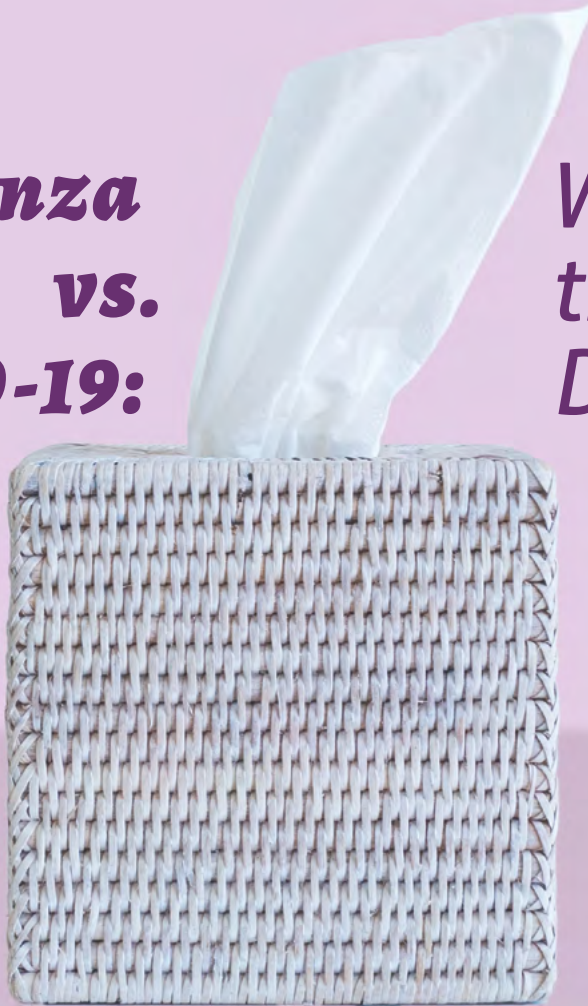
We look forward to receiving your feedback so we can continue to provide a premier healthcare experience to all in our care.

A handwritten signature in blue ink that reads "Gary Robinson". The signature is fluid and cursive.

Gary Robinson

Influenza
vs.
COVID-19:

What's
the
Difference?



As the COVID-19 outbreak continues to evolve, comparisons have been drawn to influenza as both viruses are highly contagious. Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS-CoV-2) and the flu is caused by infection with influenza viruses.

Because some of the symptoms of the flu and COVID-19 are similar, it may be hard to tell the difference between them, and testing may be needed to help confirm a diagnosis. Those infected with either the flu or COVID-19 could exhibit mild to severe symptoms or be asymptomatic and have no symptoms.

Both COVID-19 and the flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Some people may have vomiting and diarrhea, though this is more common in children than adults

**Coronavirus vs. the flu:
Which is a greater threat?**

This is a very difficult question to answer as there is no universal answer. Based on what we currently know about the flu (Influenza) and the COVID-19 (Coronavirus) disease, both may

present issues for healthy individuals and those with underlying medical conditions.

What medical interventions are available for COVID-19 and influenza viruses?

There are currently no vaccines available for COVID-19, however there is a vaccine available for the flu. While the flu vaccine is not effective against the COVID-19 virus, it is highly recommended to get vaccinated to prevent influenza infection.

What can I do to reduce my risk of getting COVID-19 and the flu?

- Get your flu vaccination
- Practice social distancing by staying at least 6 feet away from others
- Wash hands often with soap and water for at least 20 seconds
- Stay away from people who are sick
- Wear a mask when out in public and on dialysis
- Cover coughs and sneezes
- Clean and disinfect frequently touched surfaces

Where can I get more information about coronavirus?

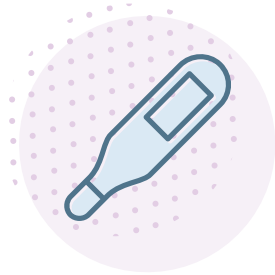
If you have questions about coronavirus, talk with your doctor or email covid@CDCare.org.

Checklist:

Help Prevent the Spread of COVID-19

Centers for Dialysis Care follows the Centers for Disease Control's recommendations for stopping the spread of COVID-19. You may notice modifications to our facilities and increased protective gear for staff. Enhanced cleaning and disinfection of equipment, chairs, and work surfaces has also been implemented.

We are committed to ensuring your safety and the safety of those around you, but we need your help to protect yourself, your fellow patients and your CDC care team. Follow this simple checklist every time you come back for your dialysis appointment.



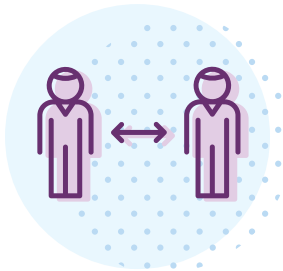
✓ **Screening**

All patients and staff members are screened for symptoms of COVID-19 (new cough, new shortness of breath, fever, sore throat) upon entry into the facility.



✓ **Wear a Mask**

All patients are required to wear a face mask. You will be provided a mask when arriving for your dialysis appointment.



✓ **Maintain a Safe Distance**

Please do your best to maintain a safe distance from other patients, and avoid crowded areas or gatherings.



✓ **Feeling Sick?**

Contact your facility if you have a fever, new cough or difficulty breathing before you come to dialysis.



✓ **Wash Hands**

Practice good hand hygiene — wash hands or use hand sanitizer frequently.

For any additional questions or concerns related to COVID-19, contact us at covid@CDCare.org.

We Care

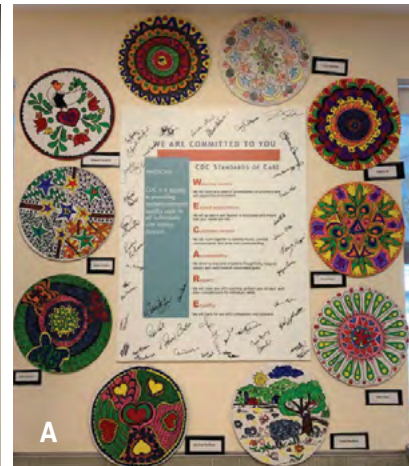
Facility Updates



A. Our Euclid facility was featured in the *Euclid Observer*, where art therapist Barbara Greenwood shared how the facility's Creative Arts Therapies program adapted to the COVID-19 crisis. Barbara talked about how the art therapists overcame challenges brought on by the pandemic, including how to creatively connect with patients while remaining six feet apart. The solution? Mandalas.

B. Care Manager Kathleen Csibi made 150 masks for patients at our Mentor and Painesville dialysis facilities. Laura Eusiano (Nutrition Services) and Audra Kirchmeir (Social Work) assisted Kathleen in the organization and preparation of the masks for distribution.

C. Our Education Department — Chrissie Hahn, Dialysis Technician Educator; Celestemarie Chaloupka, Administrative Assistant;



Lisa Gardner, Dialysis Technician Educator; Liz Green, Director of Education; Vickey Scott, RN Educator; Maria Grega, Special Projects Coordinator; Sue Rhein, Dialysis Technician Educator (clinical).

D. The Kidney Foundation of Ohio established the Torchbearer Award to recognize patient care and biomedical technicians for outstanding commitment and contributions to the renal

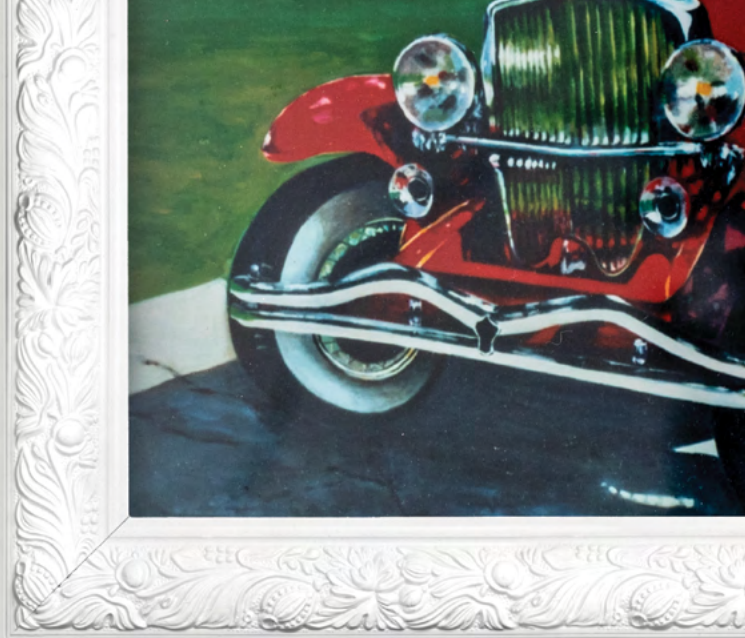
community. We are pleased to announce that the winner of this year's award is Neletha Groce. Neletha "Lee" is a patient care technician at CDC Eliza Bryant who has dedicated more than 20 years to providing excellent care to her patients. She has mentored many new technicians and nurses and helped them achieve success in their careers. Neletha is a respected role model and never hesitates to step in and help wherever needed.



CONNECTIONS
in creativity

Centers for Dialysis Care
Virtual Art Show 2020





We are pleased to announce Connections in Creativity, a virtual art show launching this October, featuring patient and staff artwork created in our Creative Arts Therapies program. During the COVID-19 pandemic, our team of art and music therapists persevered to provide patients and staff an invaluable outlet for creative release. As a result, our patients — you — have created incredible works of art, including paintings, multimedia pieces and group projects.

We appreciate you, our resident artists, and hope this unique showcase of your artwork, and the artwork of your peers, provides an opportunity that allows you to share the show with friends and family from a safe distance.

Visit www.CDCare.org/ArtShow.



Diabetes: What You Should Know

Written by Linda Kimble, M.Ed., CHES,
Executive Director at Cleveland MOTTEP

If you are not living with diabetes, there's a good chance that at least one of your friends or family members who you'll see this holiday season is touched by the disease. In fact, according to the Centers for Disease Control and Prevention, more than 34 million people in the U.S. — or one in 10 — have diabetes. And one in five of those are unaware that they have it. With November recognized as American Diabetes Month, it's a great time to learn more about this condition and how you can help prevent and fight it.

What is it?

Diabetes is a chronic condition that causes blood sugar levels to rise abnormally high. Our bodies break down the food we eat into glucose — or sugar — so it can be used for energy. A hormone called insulin helps get that glucose into our cells for energy. When our body's ability to make or use insulin is compromised, too much blood sugar remains in the bloodstream. This can lead to serious complications, including heart and kidney disease, vision loss, hearing loss, nerve damage and stroke.

There are three main types of diabetes:

Gestational diabetes only occurs in females and results from pregnancy affecting the body's ability to produce enough insulin. It typically goes away after giving birth, but it can increase your and your child's risk for Type 2 diabetes later in life.

Type 1, usually diagnosed in children, teenagers and young adults, results when the body stops making insulin because the immune system destroys the cells in the pancreas that make insulin. Symptoms develop quickly, and those with this type must take insulin every day. There is currently no known way to prevent this type.

Type 2 occurs when your body has difficulty maintaining normal blood sugar levels due to





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an inability to use insulin properly. Ninety percent of diabetes sufferers have Type 2. Risk factors include: prediabetes, being overweight, being 45 and older, having an immediate family history of Type 2, a lack of regular physical activity, having gestational diabetes in your medical history, having given birth to a baby weighing more than nine pounds, and being African-American, Hispanic/Latino American, American Indian or Alaska Native (some Pacific Islanders and Asian-Americans are also at higher risk).

Symptoms of diabetes include:

- Frequent urination, often at night
- Being very thirsty and/or hungry
- Losing weight without trying
- Blurry vision
- Numb or tingling hands or feet
- Fatigue
- Very dry skin
- Sores that are slow to heal
- More infections than usual
- Nausea, vomiting and stomach pains (Type 1)

When symptoms appear depends on the type of diabetes in question. Because of their tricky

nature, it's important to discuss your risk factors with a healthcare provider and ask if getting tested is right for you.

A simple blood sugar test can determine whether or not you have diabetes. If you do have diabetes, your provider can work with you to create a treatment plan and suggest positive lifestyle changes to help protect your long-term health.

Prediabetes

While not a specific type of diabetes, prediabetes occurs when blood sugar levels are too high, but not high enough to classify as Type 2. According to the CDC, more than one in three American adults have prediabetes, and 90 percent don't know they have it. A blood sugar test can determine whether you have prediabetes. Changing your lifestyle to incorporate regular physical activity, healthy eating and weight loss (if you are overweight) can help prevent prediabetes from turning into Type 2.

For questions, meet with a Centers for Dialysis Care registered dietitian who's trained in diabetes. To learn more about diabetes online, visit www.cdc.gov/diabetes and www.diabetes.org.

About Cleveland Minority Organ and Tissue Transplant Education Program

Cleveland MOTTEP is Ohio's only organization that offers community-based, culturally specific transplant, health and prevention education exclusively to the minority community. Cleveland MOTTEP exists to specifically educate the Greater Cleveland minority community about the need for organ, eye 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.

For more information, visit clevelandmottep.org.

YOU ARE NOT ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.



Mental Illness Awareness Week October 4–10

Each year, millions of Americans face the reality of living with a mental health condition. However, mental illness affects everyone directly or indirectly through family, friends or coworkers. Despite mental illnesses' reach and prevalence, stigma and misunderstanding are also, unfortunately, widespread. That is why each year, during the first week of October, NAMI (National Alliance on Mental Illness) and participants across the country raise awareness of mental illness. Each year, the organization educates the public, fights stigma and provides support. And each year, the movement grows stronger.

Mental health conditions are important to discuss year-round, but highlighting them during Mental Illness Awareness Week (MIAW) provides a dedicated time for mental health advocates across the country to come together as one unified voice. Since 1990, when Congress officially established the first full week of October as MIAW, advocates have worked together to sponsor activities, large or small, to educate the public about mental illness.

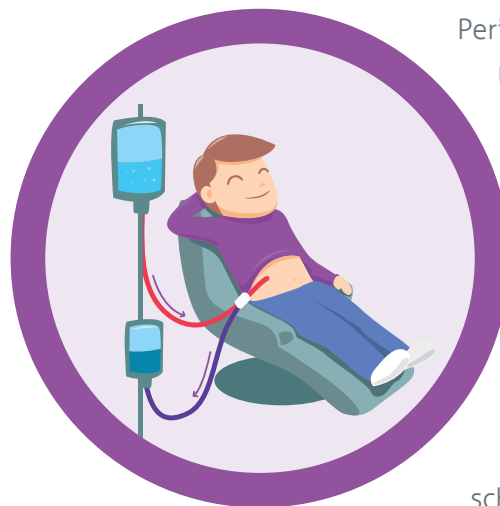
All About Peritoneal Dialysis

Chronic kidney disease (CKD) is an ongoing journey. And while every patient's journey is unique, CDC is with you every step of the way, providing options that can balance your lifestyle with high standards of care. Home dialysis modalities, including peritoneal dialysis and home hemodialysis, are options suitable for the majority of dialysis patients and are perfectly acceptable alternatives to in-center dialysis.

CDC has five home dialysis programs offering home hemodialysis and peritoneal dialysis training and support. Peritoneal dialysis (PD) is one of the ways you can dialyze at home without the need for a venous access, which is placement of a fistula, graft or catheter, to access your bloodstream. Peritoneal dialysis uses the peritoneum, or membrane in your abdomen, as the dwelling space for fluid removal and exchange of toxins, functions performed by your kidneys before entering end stage renal disease.

Dr. Umesh Yalavarthy, the Medical Director of our Beachwood Home Care facility, feels most patients can do PD unless they have an absolute contraindication, such as chronic abdominal issues.

Dr. Yalavarthy stated he has started patients on PD urgently, while hospitalized, and these patients have had good outcomes. He also notes that treatment times can vary in length and are determined by your nephrologist based on your remaining level of kidney function. Treatments are often completed overnight while you sleep, and provide you with the freedom to spend your day as you wish. Dr. Yalavarthy strongly recommends that you ask your nephrologist or a member of your dialysis team for more



information about your home dialysis options to see if PD is right for you.

We also spoke with **Wendy Underwood, RN, coordinator of our Westside Home Care program,** about what makes a patient a good candidate for PD and the training involved as it relates to this modality. According to Wendy, a viable candidate for PD is someone who has a commitment to take on the responsibility for their own health on a daily basis in order to gain more control over their quality of life.

Peritoneal dialysis requires limited monthly clinic visits once the training is complete. Training generally takes up to two weeks and does not usually require a partner.

Once trained, PD becomes part of your daily routine, giving you the flexibility to dialyze on your own schedule outside of a dialysis facility. When considering PD,

patients often ask Wendy what equipment they need at home. Wendy suggests that patients have access to the following: soap, paper towels, a table or surface for the machine, a good light source, a phone line, and a closet for supply storage. Everything else is provided by your Home Care facility. If you are interested in learning even more about PD, be sure to consult with a member of your healthcare team.

Emergency Planning: Let's Get Ready

When planning for an emergency, it's crucial to be proactive. Below are helpful tips to keep in mind.



Non-Perishable Food and Water

Keep enough for at least three days. Have enough clean, fresh water for drinking and sanitation. Ideally, you ought to have one gallon of water per person, per day, for at least three days.

Communication

Wear a medical emblem in order to alert medical staff to your special needs. This has vital information about your medical condition and treatment.



Who do you call in case of an emergency?

Call your dialysis center for instructions regarding your dialysis treatment.

Does your care team know multiple ways to contact you?

Please provide all relevant and updated information for you and your emergency contacts.



Important Documents

Assemble and store your insurance papers and cards, current medication list, personal identification and important papers together in a waterproof container or large sealable plastic bag.



Supplies and Care Items

For your disaster kit, have a weather radio, flashlight, batteries, basic tools, whistle (to signal for help), manual can opener, phone chargers (regular & auto), first aid kit, 5–7 days of your prescription medications, moist towelettes, and cash. Specific “dialysis supplies” also need to be kept in your kit. You may also choose to have comfort items such as blankets and extra clothing.



For More Information

Consult the emergency and disaster packet provided to you by CDC.



An Apple a Day

Fall is a great time to add apples to your diet. They have just been harvested and are at their peak.

1 medium apple = 1 fruit serving on the renal diet.

Apples provide approximately 150 mg of potassium and 3 grams of fiber with no sodium and phosphorus to worry about.

You may also choose $\frac{1}{2}$ cup of applesauce as 1 fruit serving.

$\frac{1}{2}$ cup apple juice or cider is 1 fruit serving.

Apples can be good with a meal or for a juicy snack. They may be served alone or in other dishes/foods, such as hot cereals, stuffing, and chicken salad.

It is best to store your apples in the refrigerator to retain their crispness and quality.

Hot Cider

Serves: 11

Serving Size: $\frac{1}{2}$ cup

Each serving equals: 1 fruit

Ingredients:

- 4 cups apple cider
- 1 $\frac{1}{2}$ cups water
- 2 cinnamon sticks
- $\frac{1}{2}$ teaspoon each allspice and cloves

Preparation:

Heat on low in a crock pot. Strain, if pieces were not put in a garnish bag.





French Toast

Serves: 6

Each serving equals: 1 starch

Ingredients:

- 2 eggs
- ¾ cup milk
- 6 slices bread

Preparation:

Mix egg and milk together and pour into a shallow bowl. Dip slices of bread into mixture, turn to coat. Grill both sides for a few minutes on a hot greased grill or skillet until golden brown. Serve with apple topping.

Apple Topping

Serves: 2

Each serving equals: 1 fruit

Ingredients:

- 1 small cooking apple, sliced
- ½ cup apple juice
- 1 teaspoon cornstarch
- Dash cardamom or cinnamon
- 1 Tablespoon cold water

Preparation:

Simmer apple in apple juice about 5 minutes or until tender. Combine cornstarch with cardamom or cinnamon; gradually blend in water. Stir into apple mixture. Cook and stir until thickened and clear, about 3 minutes. Spoon over French Toast.

Autumn Word Search



W I N D Y D W O R C E R A C S T A O C S C S C
 E D I S E R I F L L L A F F E J G N N B E V Y
 K B E S S N E E Z I N G I R Y X N A K V R I E
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| APPLE CIDER | COSTUMES | HALLOWEEN | SCARECROW |
| APPLE PIE | DECORATIONS | HARVEST | SEPTEMBER |
| AUTUMN | EQUINOX | HAY BALES | SHORTER DAYS |
| BACK TO SCHOOL | FAIRS | HOMECOMING | SNEEZING |
| CANDY | FALL | HOT CHOCOLATE | SUNFLOWERS |
| CANDYCORN | FIRESIDE | LONG JEANS | SWEATSHIRTS |
| CARAMEL APPLES | FIRST FROST | MIGRATION | TRICK OR TREATING |
| CARVING | FOOTBALL | OCTOBER | WINDY |
| CINNAMON STICKS | FRIENDS | PUMPKIN CARVING | WITCH |
| COATS | FUN | PUMPKINS | YELLOW LEAVES |
| COLOR CHANGE | GHOSTS | RAINY | |
| COOL WEATHER | GOBLINS | RED LEAVES | |
| CORN | GOURDS | SCARE | |

Centers for Dialysis Care's Vision

To be the provider of choice as the most trusted community partner for high quality, patient-centered kidney healthcare.

Connect With Us



CDCare.org



@centersfordialysisohio



Centers for Dialysis Care

Have an idea for the newsletter?

Contact Heidi Ross at
hross@CDCare.org
or (216) 283-7200 ext. 220.



CDC

Centers for Dialysis Care
Quality care...and so much more.

