

Centers for Dialysis Care



We Can Do It!

Learn more about how Cleveland MOTTEP is stopping the spread of COVID-19 & Flu | **Page 6**

Patient Newsletter
Winter 2022

“Leno nicknamed his kidney 'Bob' and now celebrates a new birthday June 5th, when he received the gift of life.”

Read more on p. 4

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Letter from Gary Robinson

President & CEO



CDC Patients,

While 2021 was a challenging year, it also created opportunities for collaboration and revealed paths toward better health and social equity. We know

2022 will bring continued challenges from the COVID-19 global pandemic, however, together, we also know that the work begun in 2021 has the potential to lead to positive change that we must continue to support and accelerate.

As we celebrate the New Year, it is vital that we all know what to do to keep safe. The highly transmissible variant of the COVID-19 virus has spread across the United States. If you are unvaccinated and eligible for the vaccine, or not fully vaccinated yet including the booster, the best thing you can do to protect yourself and others is to get vaccinated.

In this issue of the patient newsletter, we highlight Leno Elfers, a former Centers for Dialysis Care patient, transplant recipient and one of the new vaccine navigators. Leno is a member of the vaccine navigation team thanks to the generous funding from the Centers for Disease Control and Prevention Foundation, the Black Futures Fund, the Kidney X award

and the Centers for Dialysis Care Foundation. This team promotes both flu and COVID-19 vaccination awareness.

Centers for Dialysis Care values diversity and inclusion among its employees, patients, families and the communities we serve. I am pleased to announce that Diversity and Inclusion Training was successfully completed by the leadership team. In addition, Centers for Dialysis Care has established a JEDI (Justice, Equity, Diversity and Inclusion) committee. The goal of the committee is to promote an inclusive culture at Centers for Dialysis Care where the needs of patients and employees are met. We will do this by sharing thoughts, ideas and differences in a safe and welcoming environment.

I am grateful for those who join me in greeting the New Year with hope and optimism. Thank you for being a part of the Centers for Dialysis Care family.

In 2022, I wish you and your family a year filled with peace, prosperity, and health.

Stay safe and well,



Gary Robinson

Patient Spotlight

Leno's Journey

Leonard Elfers (Leno) is a devoted uncle, patient advocate, artist, professional dancer, cyclist, gardener, and baker. His words of advice for other patients are "don't stop living." During his battle with kidney disease, Leno continued to focus on activities that he was passionate about.

Leno, an avid cyclist, supported many rides for AIDS research, including the California Ride (650 miles over six days) and the Desert Experiment (125 miles), plus many local rides in Ohio. He is a certified indoor spinning trainer where he completes fitness assessments and teaches core strengthening. Leno uses his life experiences to help others navigate their kidney journey.



Leno recalls that starting dialysis came out of nowhere. He had been managing kidney disease since his late 20s when he was told he had nephrotic syndrome (or spilling protein into the urine). At the age of 51, he was at home and could not get up. His side hurt and his vision was blurry. His family called 911 and he woke up on dialysis. Leno was fortunate that his nephrologist encouraged him to have a vascular access placed, as he would need dialysis in the future. Leno started dialysis with a fistula placed two years prior.

Leno's journey at Centers for Dialysis Care began in June 2011 when he started outpatient treatments at the facility on West 25th street. While undergoing dialysis, Leno decided to get more involved not only with his treatment but

also with the treatment and care of other patients. He assisted the nutritionist and other staff at the center with compiling, organizing, and posting information and guidelines as well as patient activities when needed. He developed presentations for the Centers for Dialysis Care new dialysis technician program explaining a patient's perspective of dialysis. Leno also served as a Subject Matter Expert (SME) for the ESRD Network of the Ohio River Valley, which services dialysis patients and providers in Indiana, Kentucky, and Ohio. His role as a patient representative and SME was to help create a community of sharing best practices and promising approaches to improve the quality of care for all dialysis patients.

Leno was concerned that his dream of kidney transplant was in jeopardy when he suffered heartache in June 2017. He was rushed to the hospital to learn that his aortic valve needed replacement due to calcification. He believes this resulted from not having his phosphorus level in goal, as he was not watching his phosphorus intake closely. Leno quickly recuperated from his surgery and was cleared to remain on the transplant list.

His first call for a kidney transplant came in 2018, a day before he was supposed to leave for Washington, D.C. to testify for better coverage of transplant medications. Leno canceled his trip but learned he was a backup and did not receive the kidney. The following year in 2019, he received a second call that would be for his future kidney. Leno nicknamed his kidney "Bob" and now celebrates a new birthday June 5th, when he received the gift of life.

Leno continues to stay active and most recently attended Cleveland State University, through a grant from the Cuyahoga County Board of Health to become a Community Health Worker and received his certification from the Ohio Board of Nursing in 2021. He accepted a position at Centers for Dialysis Care, to be a vaccine patient navigator through a grant received by the Cleveland Minority Organ and Tissue Transplant Education Program (Cleveland MOTTEP).

Leno was busy this past holiday season baking nearly 6,000 cookies to deliver to members of his care team and patients at University Hospital. He wears his Santa hat and carries his sack of cookie packages. Mr. Elfers "Elf" likes bringing joy to others.

"I worked quite extensively with Leno when I came to West. He was non-adherent to diet with high P and high weight gains. Gradually, with much education and goal setting with him, the light bulb went off and he became the model patient. His next goal was a transplant, which he also achieved!

He became an asset to other patients here. He encouraged them and became a CDC patient ambassador. He personally welcomed new patients and made them feel comfortable. Leno became so motivated and happy with his success, he helped me with patient education projects and bulletin boards."

—Camille Switzer, Registered Dietitian



Getting vaccinated protects you, your family, your friends, and your community — especially protecting those at risk of severe complications from COVID-19 or the flu. But it only works if you get your shot.

STOP THE SPREAD. GET THE SHOT.

Make a difference by being the difference! Start by learning more about the vaccines. Get the facts... then get your shot.

Lean on us for support. If you have any questions about the shots or would like help scheduling your appointment, please contact our vaccine education program coordinator at **(216) 229-1100 x245**.

www.clevelandmottep.org
www.facebook.com/mottepcle





Baked Cranberry Chicken

with Rosemary

Ingredients

- 2 cups fresh cranberries
- 1/3 cup brown sugar
- 2–3 tbsp white wine vinegar, plus more for later
- 6 pieces bone-in skin-on chicken
- 6–8 garlic cloves, minced
- 1 lemon, juiced (do not discard used lemon halves)
- 1 large yellow onion, chopped

Preparation

In a small bowl, combine the cranberries, brown sugar, and white wine vinegar. Set aside for now.

Pat the chicken pieces dry. Rub the chicken with the minced garlic on both sides (make sure to apply some of the garlic underneath the chicken skins). Season well with salt and pepper. Combine the rosemary and paprika then apply to the chicken pieces on both sides and again underneath the skin.

In a large bowl or deep enough dish, mix the olive oil, lemon juice, and 2 tablespoons of white wine vinegar. Now add the chicken, celery, onions, and used lemon halves. Work everything together with clean hands. Set aside to marinate just for 15 minutes or so.

This easy-baked cranberry chicken recipe with rosemary is the perfect festive dinner! Bold flavors from fresh garlic, rosemary, citrus, and tangy-sweet cranberries come together to create a show-stopping dish. If you'd like, you can marinate the chicken in the seasoning and citrus for a couple of hours in the fridge or just do as in the recipe and allow it to sit at room temperature for a few minutes.

- 3 celery stalks, chopped
- Salt and pepper
- 1 1/2 tbsp chopped fresh rosemary or 1 1/2 teaspoon dry rosemary, plus more fresh rosemary for garnish
- 1 tsp sweet paprika
- 1/3 cup extra virgin olive oil
- 1/2 cup chicken broth or water

Preheat the oven to 425°F.

Heat 1 tablespoon olive oil in a skillet. Place the chicken skin-side-down to brown on medium high for 5 minutes. Turn over and brown on the other side.

Place the chicken, onions, celery, lemon halves, and any liquid from the marinade in a lightly oiled baking pan. Add 1/2 cup water or chicken broth, then add the sugared cranberries.

Bake in the 425 degrees F heated oven for 35 to 40 minutes or until the chicken is fully cooked through. Serve hot with rice and your favorite salad.

Oven Fried Chicken

Ingredients

- 1 3-lb broiled-fryer chicken, cut up
- 1/4 cup shortening
- 1/4 cup margarine
- 1/2 cup flour
- 1 tsp paprika
- 1/2 tsp pepper
- 1/2 tsp onion powder

Preparation

Preheat oven to 425°F. Wash chicken and pat dry. In oven, melt shortening and margarine in baking pan, 13 x 9 x 2 inches.

In medium bowl, mix flour, paprika, pepper and onion powder. Coat chicken pieces thoroughly with flour mixture.

Place chicken skin side down in melted shortening. Cook uncovered 30 minutes.

Turn chicken and cook 30 minutes longer or until the thickest pieces are fork-tender.



Caring Conversations

Today's treatments for kidney disease allow you to participate in life and enjoy your family and friends. Dialysis is a life-saving treatment, but it is not a cure. Most people with kidney failure have other diseases or conditions that get worse over time. At some point, you could face failing health and — as all people do, regardless of their health — the end of life.

Looking ahead can be overwhelming and scary. But, it helps to take control of your care by telling your healthcare providers and your family about your wishes and the type of care you want as your disease progresses. This will also make it easier for them to make decisions for you if you become too sick to make them yourself.

Many people on dialysis say they feel better knowing that they talked with their family or social worker about their wishes for the future. They say that they:

- **Feel a sense of control over their future**
- **Have peace of mind**
- **Know they have made sure that they will be taken care of with dignity, through pain relief and other chosen treatment**
- **Feel they will be less of a burden to their family, who will not have to make difficult decisions on their behalf**

All of these decisions are called "**advance care planning**," which is simply planning for your care before you need it. When making plans, it is helpful to have an understanding of the progression of your illness, anticipated outcomes, and treatment options which include not doing dialysis. Your kidney doctor should participate with you in determining appropriate care for you and helping you to fully understand what your journey may be.

Your social worker is ready to work with you to put some of these decisions in writing so you can have peace of mind about your future. You can always change any of your decisions later; they are not set in stone.





Keepin' It Renal for the New Year

The winter season is a time to enjoy family, friends, and food! For a person on dialysis, it can be difficult to make the right food choices that will fit into a kidney-friendly diet. Poor food choices and overindulging can lead to dangerously high potassium levels and fluid overload, which could cause you to be hospitalized and would put your health at further risk. By following the easy tips listed, you can still celebrate special occasions in a safe, enjoyable way!

Stay on target: 1,000 mg phosphorus, 2,000 mg sodium, and 2,500 mg potassium per day.

Remember to take phosphate binders with your meals and snacks!

On the day of a special meal, avoid eating high phosphorus, potassium, and sodium foods at breakfast and lunch.

Make lower-sodium homemade versions of your favorite recipes. Use garlic, onion, rosemary, sage, or Minor's Low Sodium Base in place of salt.

Safe Options	Go Easy or Avoid
Entrees	
Chicken Roast Beef Ribs Chitterlings Pork Loin Roast	Ham Macaroni and Cheese Bacon and Sausage Dishes
Sides	
Stuffing* Meat Gravy* Green Beans Corn White Bread/Dinner Rolls	Boxed Stuffing Mix or Cornbread Stuffing Packet/Canned Gravy Baked Beans Cooked Greens Unsoaked Potatoes/Yams
Desserts	
Fruit Pies/Cobblers Cool Whip Sugar/Snickerdoodle Cookies Angel Food Cake Soaked Sweet Potato Pie Jello Fruit Topped Cheesecake	Sweet Potato or Pumpkin Pie Pecan Pie Whipped Cream Ice Cream Eggnog

*Make homemade versions with Minor's Low Sodium Base

Let's Get Ready

Helpful Hints for People Living with End-Stage Renal Disease when Planning for an Emergency

Non-Perishable Food and Water

Keep enough for at least three days. Refer to your copy of the three-day "disaster diet." Have enough clean water for drinking and sanitation. Have one gallon of water per person per day for at least three days.

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

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 choose to have comfort items such as blankets and extra clothing.

Important Documents

Assemble your insurance papers and cards, current medication list, personal identification, important papers and keep them in a water-proof container or large sealable plastic bag.

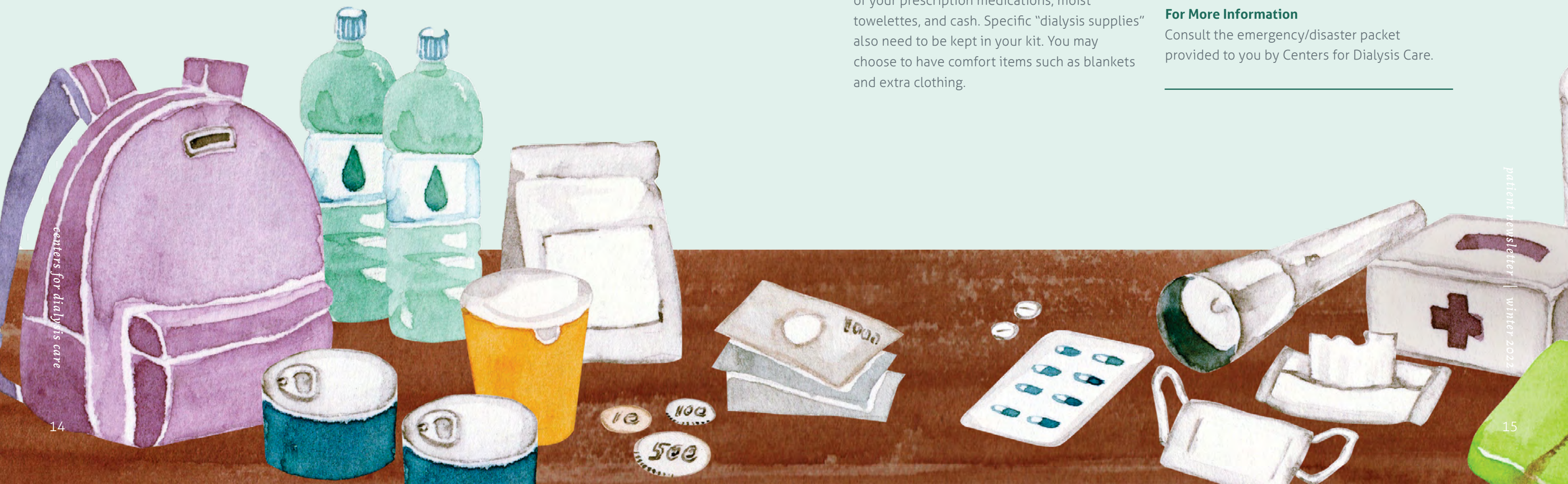
Communication

Who do you call in case of an emergency? Does your care team know multiple ways to contact you?

Call your dialysis center for instructions regarding your dialysis treatment. For updates from your dialysis center, call **(216) 295-7000**.

For More Information

Consult the emergency/disaster packet provided to you by Centers for Dialysis Care.





Succeeding

with Your

New Year's Resolutions

At the start of the New Year, many of us resolve to change certain habits or improve some behaviors, but by the next day, week or month, most of us will have given up trying. Few will have changed one habit and even fewer will maintain the change.

How do we go about achieving success? Maybe we focus on the wrong thing. If we are only concerned about one specific change, we feel

that we have failed when we do not accomplish what we planned. To succeed, we must plan carefully. The reward is feeling better!

Instead of focusing on a specific thing to change, it is better to focus on improving health. When you focus on improving health, you get the benefits right away. Any small change you make is going to make you feel better.

Goal Setting

To achieve your goal, you have to:

1. Quantify it.

It is not enough to say, "I will eat less chocolate." A more specific and quantifiable goal would be "I will eat no more than one chocolate bar per month."

2. Pick only one change at a time.

Change is difficult. If we want to be successful, we need to focus our efforts on one item at a time.

From the list of possible improvements to your diet, pick one that is going to be the easiest for you to achieve. Work on that for a week or two until you feel you have mastered that change. Then you are ready for the next change. Having succeeded in making one positive change, you are less likely to become discouraged when you decide to tackle tasks that are more difficult.

3. Be realistic.

We have many pressures and responsibilities in our lives. Any goal that you set should take into consideration factors that are going to impose upon them. That is to say, if you know you will be out all day, pack a lunch based on your dietary allowances or choose a place to have lunch that offers healthy options. Do not set too many goals.

Areas of Health Improvement for Dialysis Patients

Vascular Access

Whether your access is a fistula, graft or catheter, you should take good care of it.

Your dialysis team will teach you how to take good care of your access.

Weight

You will gain too much fluid weight if you:

Drink more fluid than you should or if you eat more sodium than you should.

You will change your solid bodyweight if you:

Exercise more or less than usual or if you change the amount of food you eat.

Fluid Intake

Any food that is liquid at room temperature is counted as fluid intake. This includes ice cream or popsicles. Soups, stews and watery foods like watermelon contain fluid too.

Diet Adherence

Good nutrition is the key to good mental and physical health. Eating a balanced diet is an important part of good health for everyone. The kind and amount of food you eat affects the way you feel and how your body works. If you have questions, ask your dietitian.

Treatment Adherence

ALWAYS go to all of your scheduled treatments and arrive on time.

Stay for the FULL treatment time.

Hand Hygiene

Wash your hands frequently.

Speaking Up

Speak up and let your caregivers know exactly what you feel and what you need.

Be Involved in Your Care

Before an appointment, write down questions you want to be sure to ask your doctor.

12 New Year's Reasons to Stay Through a Full Dialysis Treatment

- Better Bone Health
- Better Sleep
- Family
- Improved Quality of Living
- Cleaner Blood
- Fewer Hospital Visits
- Less Swelling
- Healthier Skin
- More Energy
- Better Appetite
- Less Itching
- Transplant Wait List

Won't you stay a bit longer?



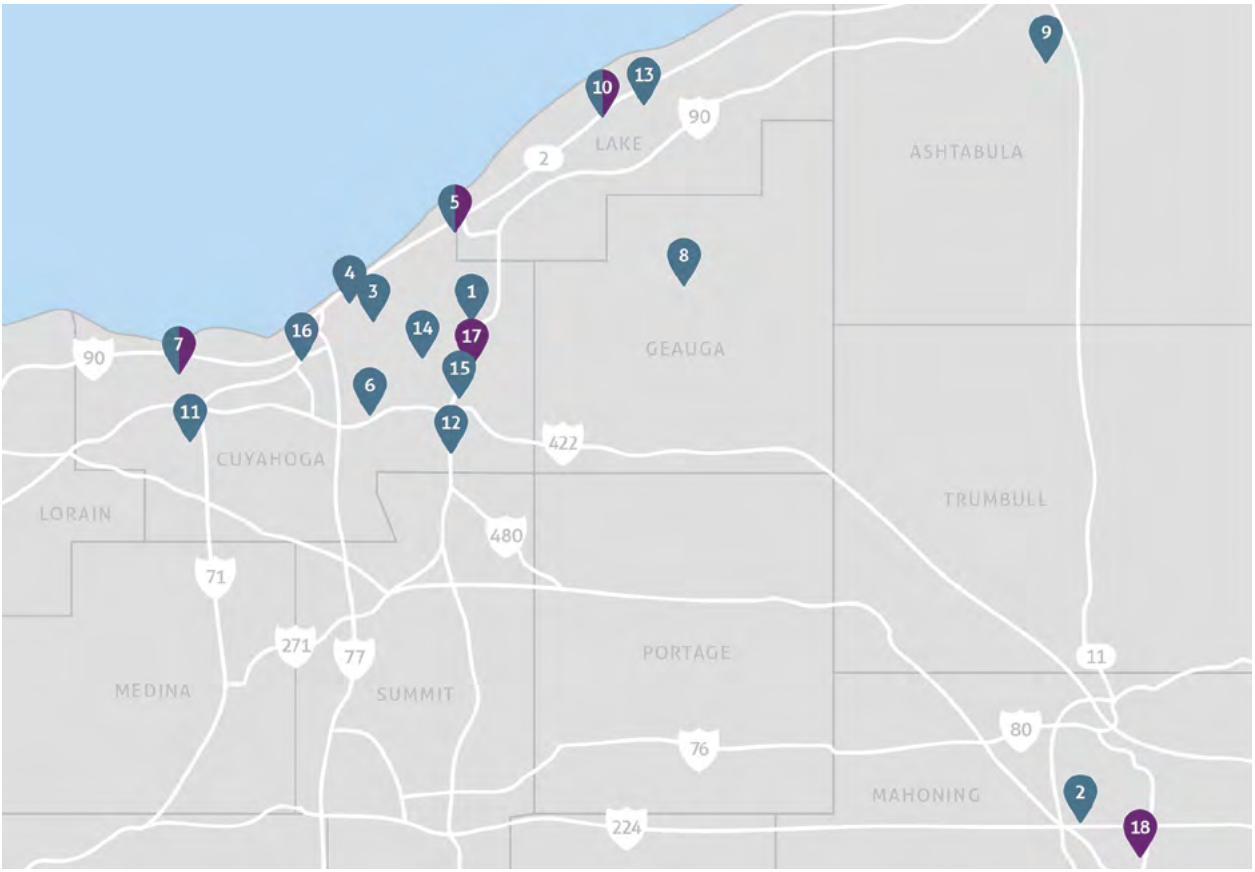
Winter Wonderland

Word Search

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

AVALANCHE	GLOVES	JANUARY	SLIPPERY
BLANKET	HAIL	KWANZAA	SLUSH
BLIZZARD	HANUKKAH	LUNAR NEW YEAR	SNOWBALL
CHIMNEY	HEATER	MELT	SNOWBOARD
CHRISTMAS	HIBERNATE	MIGRATE	SNOWDRIFT
COAT	HOCKEY	MITTENS	SNOWFLAKE
COLD	HOLIDAYS	NEW YEAR'S DAY	SNOWMAN
DECEMBER	HOT CHOCOLATE	QUILT	SNOWMOBILE
EARMUFFS	ICE FISHING	SCARF	SNOWPLOW
FEBRUARY	ICE SKATES	SHOVEL	SNOWSTORM
FIREPLACE	ICICLES	SKIING	SWEATER
FREEZE	IGLOO	SLED	VACATION
FREEZING RAIN	JACK FROST	SLEET	VALENTINE'S DAY
FRIGID	JACKET	SLEIGH	




Centers for Dialysis Care Locations



In-Center Care

- | | | |
|-------------------------|---------------------|-----------------------|
| 1. Beachwood | 6. Garfield Hts. | 12. Oakwood |
| 2. Canfield | 7. Fairview Park | 13. Painesville |
| 3. East | 8. Heather Hill | 14. Shaker Hts. |
| 4. Eliza Bryant Village | 9. Jefferson | 15. Warrensville Hts. |
| 5. Euclid | 10. Mentor | 16. West |
| | 11. Middleburg Hts. | |

Connect With Us

-  CDCare.org
-  @centersfordialysisohio
-  Centers for Dialysis Care

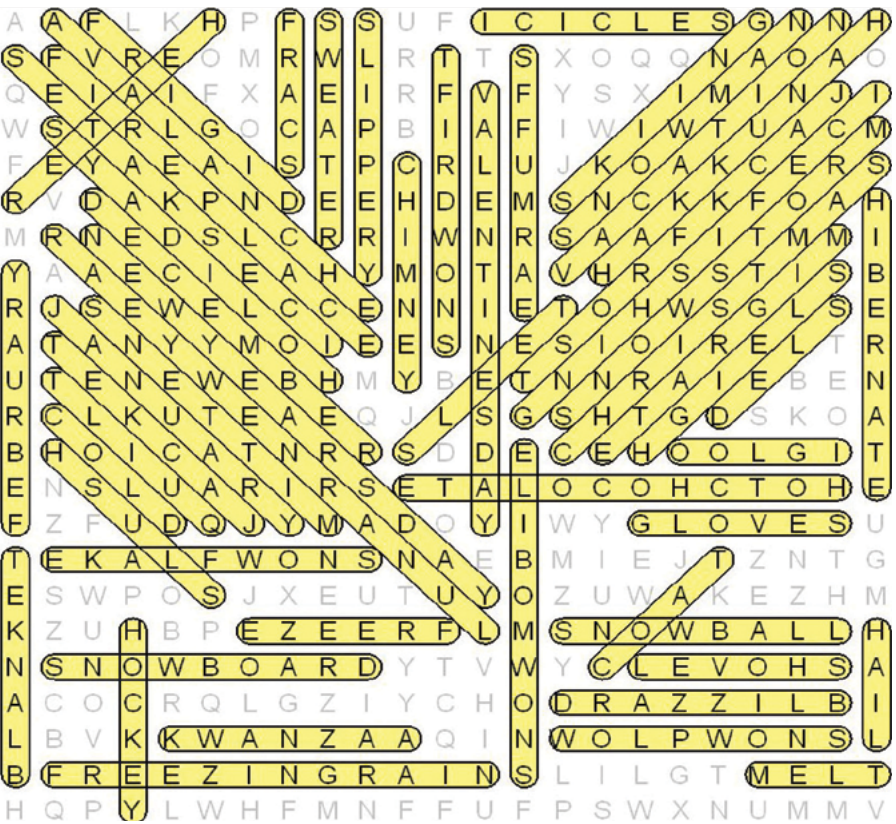
Have an idea for the newsletter?

Contact Marianne Klasch at
mklasch@cdcare.org
or (216) 536-8097.

Home Care

- | |
|----------------|
| 17. Beachwood |
| 5. Euclid |
| 9. Mentor |
| 7. Westside |
| 18. Youngstown |

Word Search Puzzle Answers



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.

CDC

Centers for Dialysis Care

Quality care...and so much more.

