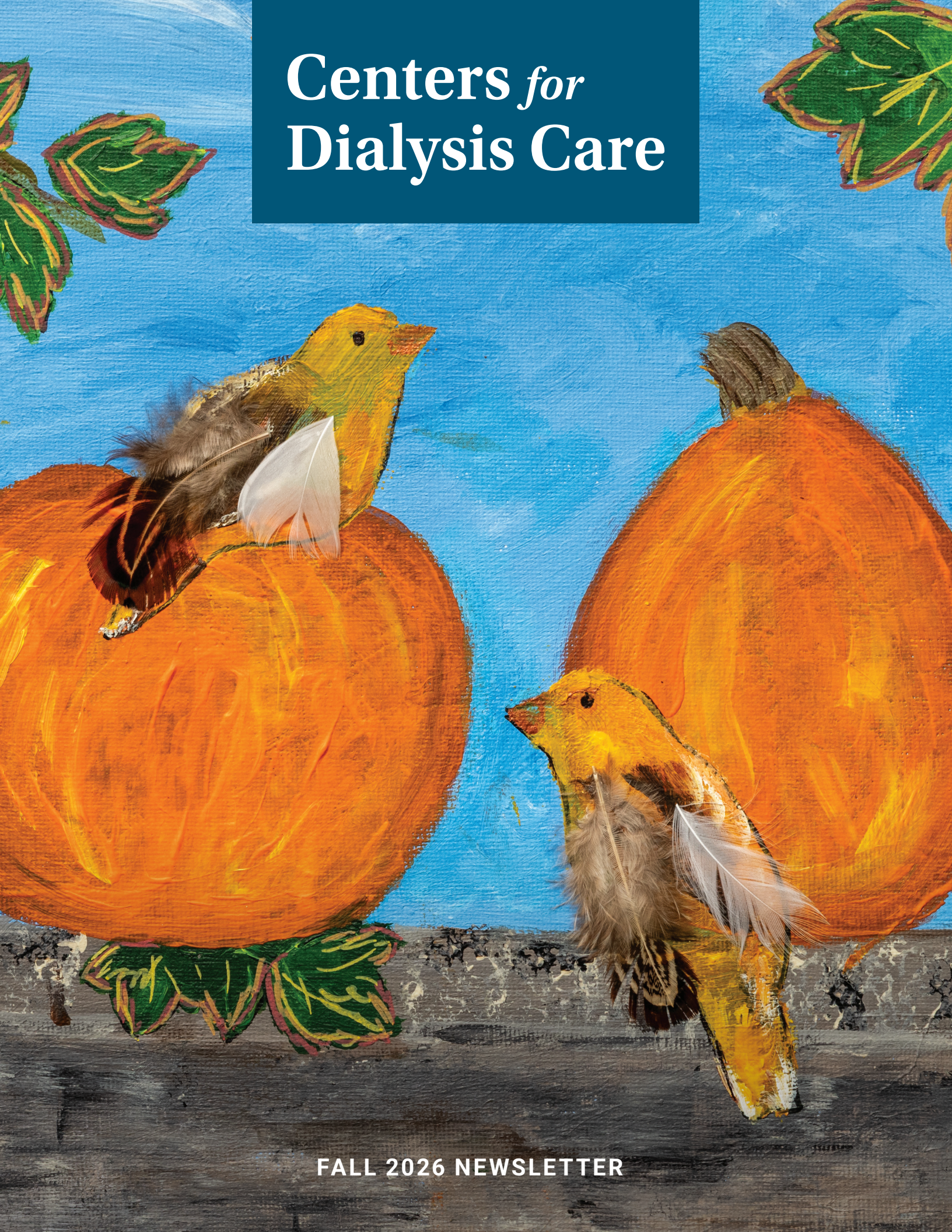
Centers *for* Dialysis Care



FALL 2026 NEWSLETTER

Cover art by: Zenobia Earls

"Art therapy fosters our creativity and gives us something to look forward to. It offers a chance to plan, create, and feel a true sense of accomplishment."

Hyman Bern, Shaker Heights
Celebrating 35 years of art therapy at Centers for Dialysis Care
Read more on page 4-5

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Letter from Gary Robinson

President & CEO



Dear Patients, Families and Friends,

As the seasons begin to change, we're pleased to share another edition of our newsletter celebrating the creativity, resilience and well-being of the Centers for Dialysis Care community.

In this issue, we highlight a special milestone as our Art Therapy Program celebrates 35 years, showcasing the remarkable talents of patient artists whose work continues to inspire us all. We also spotlight a beautiful display at our Fairview facility that demonstrates how creative expression can bring comfort and connection to everyday moments. We are grateful to our Art Therapy team and proud to celebrate the talent and creativity of our patient artists.

You'll also find important health and safety information, including tips for understanding and preventing bone disease, caring for your dialysis access and practicing wheelchair safety. In addition, we've included two delicious kidney-friendly recipes perfect for the upcoming fall season: a creamy sweet potato pie and a flavorful low-sodium stuffing.

We hope you enjoy this edition and find it both informative and uplifting.

Wishing you continued health and wellness,

Gary Robinson

Gary Robinson



Patient artwork by: Jean Moyer

Celebrating 35 Years of Creativity, Hope and Healing

Patients shine at art exhibit

On August 2, Centers for Dialysis Care's Art Therapy Program celebrated 35 years of service with an opening reception at the Beachwood Public Library. More than 100 attendees, including patient artists, family members and staff, gathered to commemorate this special milestone.

The exhibit showcased 60 pieces of artwork created by participants in Centers for Dialysis Care's Art Therapy Program, highlighting the creativity, healing and resilience that have defined the program for more than three decades. The collection served as a powerful celebration of the transformative role art can play in supporting patients and enriching lives.


LOVE


















teacher MODE





Creativity at Fairview

Color my world

Centers for Dialysis Care Fairview Dialysis Technician Sylvia Mack recently created a special display featuring artwork by patient Ryan Kelly. An avid colorist, Ryan enjoys working on coloring projects during dialysis treatments.

The display celebrates Ryan's creativity and highlights the power of art to bring color, comfort, and personal expression to everyday moments.





Let's Talk Bones

Understanding bone disease



Kidneys keep the right levels of calcium and phosphorus in your blood. Kidney disease affects these calcium and phosphorus levels, which can lead to weak bones and heart disease. Calcium and phosphorus imbalance is not just about bones. High levels of phosphorus can lead to itchy skin. Excess calcium may build up in the blood vessels and heart.

How will I know if I have bone disease?

Monthly labs are drawn each month during your dialysis treatment, which include an order from your doctor to check for bone disease. Your dietitian reviews these results with you on a monthly basis. Below are the goals for calcium, phosphorus, and parathyroid hormone (PTH).

- Calcium- between 8.2-10.2
- Phosphorus- between 3.5-5.5
- PTH- between 170-765

How is bone disease treated?

The best treatment of bone disease is prevention. To prevent bone disease, make sure you are doing the following things:

- Follow a low phosphorus diet.
- Take phosphate binders with meals and snacks.
- Do not miss dialysis treatments. If you need to miss a treatment, call your dialysis unit to reschedule the treatment.

Rehearsal

A short story by Ken Long



Congratulations to Fairview patient Ken Long, whose short story was recently published in the Avon Review, showcasing his talent and creativity.

Nora sat in her husband Tom's easy chair, eating buttered toast for dinner.

Gracie, her sixteen-year-old corgi, was digging her pillow on the floor and circling. It took her a good while to settle, but she finally curled up and went to sleep.

Gracie liked to sleep. A lot. "Rehearsing for death," Tom used to say.

Gracie slept deeply most of the time. You had to look at her closely to tell she was breathing.

On rare occasions though, the dog moaned in her sleep like a ghost in a high school play, making a high-pitched wail, her eyes rolling under their lids, and her legs flicking back and forth.

Nora had spent most of the day sorting through her husband's clothes, putting them in bags to drop off at Goodwill. She left a single pair of his pants and a faded blue cotton shirt in the closet, and a pair of his glasses on the dresser, as keepsakes.

She also went through her budget, updating it for the recent drop in monthly Social Security payments. It'll be tight, she thought, but I'll manage.

In the evening, she set her clothes out on the chair in the bedroom, and put a box of Cheerios, bowl, and spoon on the kitchen table, so she could sleep in a few minutes more before getting up for dialysis tomorrow.

After taking Gracie out, Nora gave her a treat and put the dog in her bed next to her own. "Goodnight, Gracie," she said, which made her think of George Burns and Gracie Allen, the dog's namesake.

Nora turned off the light and slipped under the covers. She sometimes pulled a rosary out of the bedstand and prayed a decade before going to sleep but was too tired to do so tonight.

When she finally drifted off to sleep, she dreamed about shopping with her sister; dreamed about work, though she hadn't held a job in years; and dreamed about standing in line outside the ladies' room at a concert hall, having to pee. When she finally got inside a stall, other women in the room began to yell. A chipmunk had gotten in and was running around. Nora looked down. The chipmunk was standing at her feet. It looked up at her and screamed.

Nora pushed the off switch on the alarm. 6:15. After going to the bathroom, she took Gracie outside to pee. It was chilly and drizzling, and the dog did her business quickly. Nora brought Gracie back inside, then dressed and ate breakfast. Gracie watched her eat and then waddled back to bed. Nora slipped on her shoes and coat, picked up her dialysis bag, and stepped outside. She pulled the car out of the garage, glad that she had talked her husband into getting an electric garage door opener as she pushed the button on the remote. The door stuttered closed, and she drove away in the cold rain.

It was 6:48 on a Saturday morning, and traffic was light. She pulled into the parking lot of the dialysis center at 7:00, just as the blinking yellow traffic light at the intersection a block behind her turned red.

Nora grabbed her bag, walked to the dialysis center door, and pushed the intercom buzzer.

"Kkkk-Fresen-kkk," a voice said.

"Nora Bron," she replied.

"Kkk-come on in."

A man in a wheelchair was sitting in the lobby, holding a stuffed animal. He had a shoe on his left foot and a bandage on his right. Nora smiled at him and said, "Cute dog." He looked up at her and said nothing.

The automatic door to the treatment room clicked open, and a masked and paper gowned tech walked over to get the man as Nora went in ahead.

There were eighteen vinyl covered recliners next to blinking dialysis machines around three sides of the fluorescent lit room. Four of the chairs had patients in them, and two of the patients were being worked on by techs.

In the center of the room were nurses' stations with computer terminals, a padlocked refrigerator, and wheeled hazardous waste and trash cans. A crumpled blue nitrile glove lay next to one of the cans.

"Morning, Mrs. Bron," said Tess, the head nurse. "You're in chair eleven today."

Nora weighed herself on the platform scale near the entrance and walked to her chair on the other side of the room. She smiled at the other patients she passed.

Hi, Mary. 69.2 kilograms," she told the tech standing by the chair, pulled a book and blanket out of her bag, hung her coat and bag on the wall, and sat down.

Mary strapped a cuff on Nora's right arm and took her blood pressure. The cuff tightened, cutting into her forearm, before finally releasing and going limp again. Her tech today was a good one – sharp, friendly, and efficient – though she sometimes called Nora "Joan".

Nora lifted the left sleeve of her blouse to uncover the fistula on her upper arm, a discolored, mottled beanbag of raised flesh that served as her access site. After asking Nora how she was feeling, Mary wiped down the fistula, dried it, and pulled out the two needles she was going to insert in Nora's arm, one to pump her blood to the dialysis machine and one to return it to her, sparkly clean again.

When she saw her looking at the needles, Mary smiled. "When people ask me what I do for a living, I tell them I stab people."

Nora smiled back.

Sizable needles are used for hemodialysis, each a little thicker and longer than the business end of the projectiles used in a game of darts, with a V-shaped cutting tip. Sometimes it felt like a dart going in, and sometimes Nora could barely feel it. She tried to think of other things during the procedure.

After inserting the needles and taping them in place, Mary connected each one to a tube going to the dialysis machine, which did the work her damaged kidneys used to do.

"Sign off," she said.

When the head nurse came over, she pressed her fingers into Nora's ankles to make sure she wasn't retaining water, checked her heart and lungs with a stethoscope, and reviewed the machine's settings.

"You're good to go," she said as she turned to leave.

Mary pressed a button on the machine. A plastic wheel began to turn, and blood flowed down one of the tubes coming out of Nora's left arm. In a couple of minutes, the return tube turned pink and then dark red with filtered blood.

"Let me know if you need anything," Mary said after raising Nora's footrest and then walked away.

The worst of the dialysis process was over, and Nora looked forward to reading during the three and a half hours she sat strapped to her electromechanical partner, since she found it difficult to get herself to sit still for that long any other time.

She got dialysis three times each week, so she was slowly making her way through the stack of books that had been on her to-read list for anywhere from one to forty years.

Today she was reading A Tree Grows in Brooklyn, a surprisingly unsentimental story about a girl growing up in the big city.

Two hours into her treatment, the facility was relatively calm. The only sounds Nora could hear were voices murmuring on another patient's TV, the occasional video-game-style warning bleep of a dialysis machine down the room, and the rhythmic pumping of her own unit.

Nora yawned and felt her rib cage expand. This was quickly followed by a painful cramping in her abdomen. She closed her eyes, put down the book, and began to breathe slowly but not too deeply.

After a few minutes, her stomach muscles relaxed, and she suddenly felt tired. She put her head back and was asleep in a couple of minutes. Nora dreamed she was floating weightless, twenty feet above her house. Tom was next to her, holding her hand.

She looked around. It was a cloudy, moonless night, and pools of light from the streetlamps below were the only source of illumination. Wisps of smoke were coming from some of the chimneys on the street. A light wind tousled her hair and skirt.

A couple of blocks to the north, it was completely dark. That was Lake Erie.

Slowly at first but then faster, she and her husband began to move toward the lake. They flew silently over Lake Road and then over the school on the other side.

Soon they were above the lake. All was black, though Nora could hear the waves below. They continued to move faster, and the wind picked up. After some time, she was able to see in the distance the faint glow of the greenhouses on the south Ontario shore. She turned to Tom and smiled.

"Two minutes to go," Mary said, waking her.

Taking Care of Your Access

What to do at home and at the dialysis unit

How to protect your graft/fistula at the dialysis unit:

- Wash your access before treatment
- Keep your access visible at all times
- Hold your own sites

How to protect your catheter at the dialysis unit:

- During a catheter dressing change, you and your caregiver must wear a mask OVER the nose and mouth
- Catheter lines should be on a clean blue underpad during treatment; they should not be lying on your skin

How to protect your graft/fistula at home:

- Keep your access clean and dry
- Avoid picking at scabs
- Watch your access for signs of infection: redness, drainage, pus, or fever
- Your access is to be used only for dialysis

How to protect your catheter at home:

- Do not shower with a catheter
- Your catheter should always have a dressing on
- Watch for signs of infection: redness, drainage, pus, or fever



Wheelchair Safety

Dos and don’ts of using your wheelchair

Your safety is our top priority. Whether you're arriving for treatment, transferring to and from your chair, or moving throughout the dialysis center, following a few simple wheelchair safety practices can help prevent falls and injuries. Review these important dos and don'ts to help ensure a safe and comfortable experience during every visit.

DO

- Lock the brakes before getting in or out of your wheelchair
- Use the handrail at the scale when weighing after treatment (if you stand at the scale)
- Move footrests out of the way to avoid tripping during transfer
- Keep loose items away from the wheelchair spokes

DO NOT

- Try to stand at the scale after treatment without assistance
- Overstretch or overreach for an object, this can cause the wheelchair to tip over
- Slide or position yourself too far forward in the seat
- Try to pick up anything from the floor by reaching down between your knees
- Place a large heavy bag of items on the back of the wheelchair; this can cause the wheelchair to tip backwards during transfer



Cleveland MOTTEP

Celebrates National Donor Sabbath

November 13-15, 2026

What is National Donor Sabbath?

National Donor Sabbath is observed annually on Friday through Sunday, two weekends before Thanksgiving. During National Donor Sabbath, faith leaders, donor families, transplant recipients, and donation and transplantation professionals participate in services and programs to spread the lifesaving and healing message of donation and encourage people to register as organ, eye and tissue donors.

As a member of a faith organization, we ask for your help educating your congregation about donation and the critical need for registered donors. With nearly 103,000 men, women and children in desperate need of lifesaving or healing transplants, it is imperative to register more donors to save more lives. Now is a time when the donation and transplant community focuses on the important role faith plays in many people's lives and how it influences the decision to help another human being through the gift of organ, eye and tissue donation.

Cleveland MOTTEP invites you to share the message of donation with your congregation and encourage them to register as organ, eye and tissue donors. Research has shown that one of the main reasons people fail to register as organ and tissue donors is the belief that it is against their religion. In fact, all of the world's major religions consider organ donation to be a final act of kindness and generosity. With your help, we can eliminate this very common misconception and prevent needless suffering and death.

Throughout the upcoming year, we want you to partner with the Cleveland Minority Organ Tissue Transplant Education Program (MOTTEP) by doing the following:

- Host a donor card drive to encourage individuals to sign donor cards and discuss their donation wishes with their families.
- Hold a donor awareness workshop, prayer breakfast, or health fair.
- Provide your congregation with donation information from Cleveland MOTTEP.
- Include donor information in your newsletter, bulletin, website, or mailings provided by Cleveland MOTTEP.
- During the service, include appropriate hymns and scriptures about giving life.
- Invite congregants who may want to share their own donation or transplantation experiences with the congregation to do so. (If there are members with no direct connection, Cleveland MOTTEP can provide a volunteer to share a testimony.)
- Register organ, eye, and tissue donors with materials provided by Cleveland MOTTEP.

If you would like to become an advocate for organ, eye, and tissue donation, please contact Linda D. Kimble 216-658-0716 or lindad.kimble@cdcare.org.

Sweet Potato Pie

Ingredients

- 2 medium sweet potatoes
- ⅓ cup butter
- ½ cup granulated sugar
- 2 large eggs
- ¾ cup 2% reduced-fat evaporated milk
- 1 teaspoon vanilla
- 1 teaspoon ground cinnamon
- 1 unbaked deep dish pastry shell (9-inch)
- 1 teaspoon ground nutmeg

Nutrition Facts

- Calories: 320
- Protein: 5 g
- Carbohydrates: 37 g
- Fat: 17 g
- Cholesterol: 67 mg
- Sodium: 152 mg
- Potassium: 195 mg
- Phosphorus: 107 mg

Directions

1. Preheat oven to 425°F. Set eggs out to bring to room temperature. Set butter out to soften.
2. In a medium pan, peel and cube 2 medium sweet potatoes. Add water to cover and bring to a boil. Drain, add fresh water and return to a boil. Reduce heat and cook uncovered until tender, 20 to 25 minutes.
3. Drain potatoes, return to pan and mash until smooth. Cool to room temperature.
4. In a large bowl, cream butter and sugar. Add eggs and mix well.
5. Add milk, 2 cups mashed sweet potatoes, vanilla, cinnamon and nutmeg; mix well.
6. Pour into an unbaked deep-dish pie shell. Add a pie shield or cover the crust edge with aluminum foil to prevent over-browning.
7. Bake at 425°F for 15 minutes. Reduce heat to 350°F and bake an additional 35 to 40 minutes, or until set and a knife inserted in the center comes out clean. Remove the shield during the last 5 minutes of baking.
8. Cool, cover and refrigerate until ready to serve.





Low-Sodium Stuffing

Ingredients

- 1 medium onion, chopped
- 3 medium celery stalks, chopped
- 5 tablespoons unsalted butter
- 6 cups dried bread cubes/strips, slightly packed
- 1 to 1¼ cups unsalted chicken broth
- 1 teaspoon poultry seasoning
- 1 tablespoon dried parsley
- 2 teaspoons garlic powder

Nutrition Facts

- Sodium: 142 mg
- Potassium: 96 mg
- Phosphorus: 34 mg

All our kidney-friendly recipes can be found at CDCare.org/recipes.

Directions

1. Preheat oven to 350°F. Spray a 2-quart baking dish with cooking spray.
2. Place bread cubes in a mixing bowl. Add 1 cup broth and mix. Set aside to allow the broth to soak into the bread cubes.
3. Melt the unsalted butter in a medium saucepan over medium heat. Add the chopped onion and celery. Cook until the vegetables begin to soften and brown slightly, about 10 to 15 minutes.
4. Add the cooked vegetable mixture and spices to the bread cubes and broth. Fold together with a large spatula or spoon. The bread cubes should soften but not get mushy. If still dry, add about ¼ cup more broth.
5. Spread the stuffing mixture into the baking dish. Bake uncovered for about 45 minutes, or until the stuffing is lightly browned and reaches an internal temperature of at least 165°F. For drier, browner stuffing, bake a little longer.







Autumn Word Search





S N H A Y R I D E N Y M

Y H C N U R C A I D L A

F S U N F L O W E R J M

E C Q F O C I F R M U R

Q N O A O W E N X R O T

D W O C B S U E L B C E

S D T C T Z A C A R T K

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L B N V X Y M P O E R C

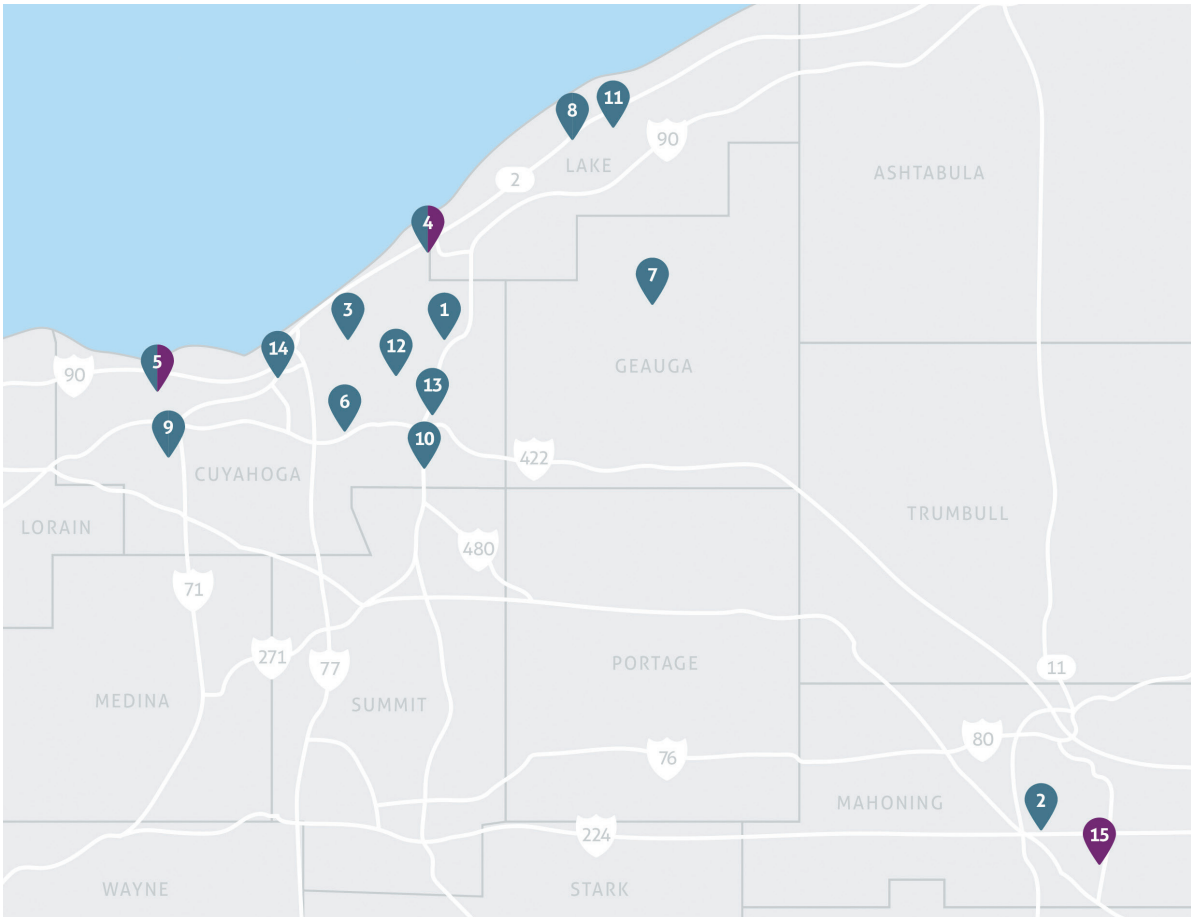
E R I F N O B S D E E S

OCTOBER	SUNFLOWER	HAYRIDE	BONFIRE
JACKET	HOT COCOA	SEEDS	CRUNCHY
ACORN	PINECONE	FESTIVAL	BREEZE





Centers for Dialysis Care Locations



In-Center Care

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

Home Care

4. Euclid
5. Westside
15. Youngstown

Connect With Us

Website:	CDCare.org
Facebook:	@centersfordialysisohio
LinkedIn:	Centers for Dialysis Care

Have an idea for the newsletter? Contact Heidi Ross at hross@cdcare.org or 216-229-1100 ext. 298.

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 health services.

Back cover art by: Arkia "KiKi" Elliott


Centers for Dialysis Care
CDCare.org