

Centers *for* Dialysis Care



SUMMER 2026 NEWSLETTER

“You don’t have to miss out on summer vacations and family time just because you’re on dialysis.”

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Letter from Gary Robinson

President & CEO



To our community,
Summer always brings with it possibilities! Time outdoors and with loved ones supports your emotional and physical well-being. As the weather warms

up, we hope everyone has a fun – and safe – summer.

This issue of our newsletter brings updates from the Centers for Dialysis Care team as well as tips to help you feel your best this summer.

Inside, in addition to our usual seasonal recipes, art from creative art therapy, and an update from Cleveland MOTTEP, you'll find:

Volunteer Spotlight: A recap of how the volunteer program is going and spotlighting our dedicated volunteers.

Traveling on Dialysis: Practical advice for planning to travel while on dialysis this summer.

Renal Diet Education: Information on different nutrients your body with kidney disease needs, as well as foods to eat more of and foods to avoid.

At Centers for Dialysis Care, our commitment will always be to help you live well with kidney disease through compassionate, patient-centered care and trusted support. As always, please reach out to your care team with any questions.

We are honored to be part of your healthcare journey and grateful for the trust you place in us.

Wishing you health and safety,

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

Gary Robinson



Notice of Data Security Incident

To our patients –

As you may be aware, on or about March 20, 2026, Centers for Dialysis Care identified suspicious activity within our network. We promptly took steps to secure the environment and launched an investigation. With the support of cybersecurity experts, we learned that an unknown actor gained unauthorized access to our network and accessed files, some of which may have contained protected health information and/or protected personal information. We are working to identify impacted information and individuals. This is an ongoing process.

Based on the investigation of the incident, the potentially affected information will vary by individual, but may have included the following personal or protected health information: name, Social Security number, date of birth, medical or health information, health care treatment or diagnostic information, health insurance information, or tax or financial information.

We take the security of patient and employee information very seriously. We have implemented additional measures to enhance network security and minimize the risk of a similar incident occurring in the future. We notified the Department of Health and Human Services and the FBI, and we will cooperate with any resulting investigation, providing whatever cooperation may be necessary to hold the perpetrators accountable.

We have set up a toll-free call center to answer questions about the incident and to address related concerns: 877-429-4026. Call center representatives are available Monday through Friday, 8 a.m. to 8 p.m. ET, excluding holidays. We encourage individuals to visit our website at www.cdcare.org, where there is a link on the homepage with more details about the incident and how to protect your information.

The privacy and protection of personal and protected health information is a top priority for us, and we deeply regret any inconvenience or concern this incident may cause.

Thank you,



Gary Robinson
President & CEO

Phosphorus, Potassium & Protein—Oh My!

Tips for managing your renal diet

Eating well is an important part of your treatment plan, and no single diet is right for everybody. Your renal dietitian can help you create a meal plan that includes some of your favorite foods and provides your body with the nutrients it needs. Eating the right amount of protein, potassium, phosphorus and sodium can help control the buildup of waste and fluid in your body.



Protein is one of the main nutrients your body needs to function. You need protein to build muscle and repair tissue. It also plays a role in fighting infection, healing wounds and provides a source of energy for your body. Protein comes from both animal and plant sources. Some examples of food high in protein are chicken, beef, pork, tuna, tofu, beans and eggs.



Phosphorus is a mineral found in many foods. When you have kidney disease, phosphorus builds up in your blood and can weaken your bones and stiffen your arteries and your heart. Phosphorus works with calcium to build bone. Your body works best when these minerals are in balance. When they are out of balance, you may run the risk of bone-like tissue forming in your heart, liver and blood vessels. This means that kidney disease patients should limit foods high in phosphorus. Some examples of high phosphorus foods are dairy, cola, dry beans, nuts, chocolate and processed foods.



Potassium is used by the body to help the nerves talk to your muscles, including your heart. Too much or too little can make your heart skip beats or even stop without warning. You need to eat the right amount of potassium in your diet each day to keep your potassium levels safe. Some examples of foods with high potassium are bananas, oranges, tomatoes and unsoaked potatoes. Use special caution with salt substitutes such as Lite Salt, which contains potassium.



Sodium is a mineral found naturally in foods and is a major part of table salt. Cutting back on sodium helps to control blood pressure and how much fluid you gain between treatments. Prepare foods with less salt and rinse canned vegetables, beans, meats and fish with water before eating. Some ways to decrease your sodium intake are to limit processed foods, use spices, herbs, and sodium-free seasonings in place of salt, and if you're a true salt fanatic, ask your dietitian about which salt substitutes are best for you.

Volunteer Spotlight

Volunteers making a difference

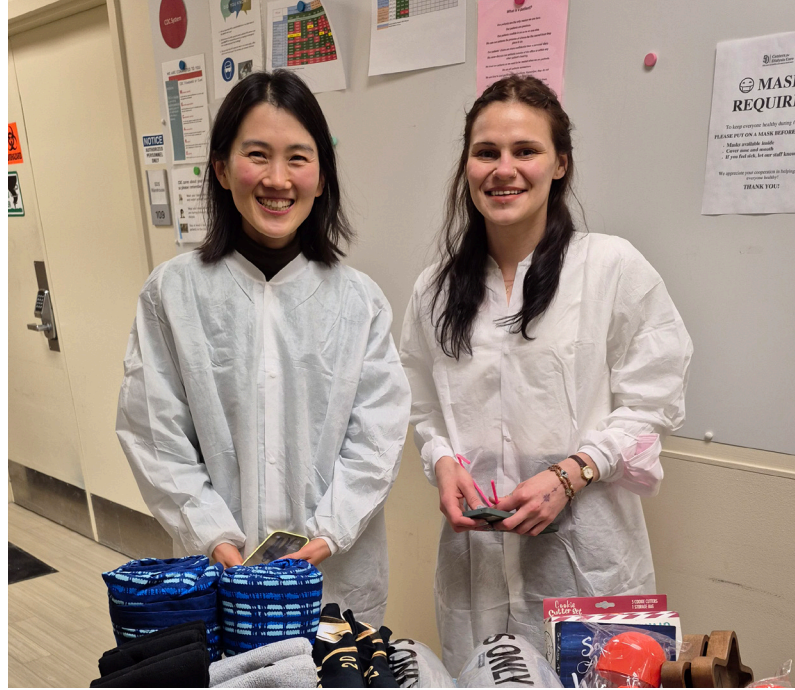
Volunteers can make a powerful difference in patients' lives. They demonstrate that positive outcomes can be achieved when people give their time, energy and heart to others. Their efforts strengthen communities, lift those who need support, and create moments of connection that wouldn't exist otherwise. Every hour a volunteer contributes, the ripple effect reaches far beyond the task at hand.

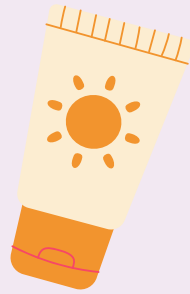
In October, Centers for Dialysis Care partnered with the Greater Cleveland Volunteer Group and the Lake County Volunteer Group to help recruit more volunteers. Individuals were sought to play bingo with patients during their treatment and provide extra help during the Cleveland Food Bank distributions at several locations. As of April 2026, 27 individuals are volunteering their time to the Centers for Dialysis Care.

A huge thank you to our current bingo volunteers: JuHee Park, Kasey Thomas, Alicia Mathews, Sophie Tsay, Olesya Yatsik, and Tiarra Hawkins. We appreciate our volunteers deeply – not just for what they do, but for who they are and the spirit of generosity they bring. Our volunteers are reminders to everyone that meaningful change often begins with ordinary people doing something generous and intentional.

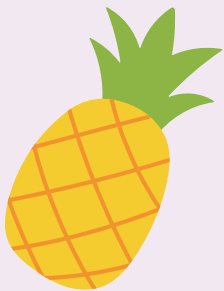
Share the below contact information if you know anyone who may be interested in making a difference!

Contact Marianne Klasch at 216-536-8097 or register to be a volunteer at www.cdcare.org/volunteer/





Ready, Set, *Travel*



Tips for traveling on dialysis





You don't have to miss out on summer vacations and family time just because you're on dialysis. Many dialysis patients travel safely and successfully with a little preparation. Whether you're visiting family, taking a vacation, or heading out for a special event, your care team can help you plan treatment while you are away.

It is best to begin planning early, ideally six to eight weeks before travel, especially during summer and holiday seasons when visiting dialysis appointments fill quickly.

Before you travel, contact your travel liaison or social worker with:

- City, state and/or country you plan to visit
- Dates of travel and treatment dates needed
- Requested dialysis unit (if known)
- Destination address and phone number
- Transportation or accessibility needs, if applicable

Your care team can help identify a dialysis center near your destination, coordinate treatment scheduling and send required medical information to the receiving facility.

A few extra tips:

Confirm insurance coverage ahead of time.

Medicare generally covers dialysis throughout the United States, but coverage can vary for international travel and some supplemental plans. Ask questions early to avoid surprises.

Build in flexibility.

Flights, weather and travel delays happen. Allow time around treatment appointments whenever possible.

Bring both printed and digital records.

Keep an updated medication list, emergency contacts, insurance cards and treatment information with you. Having digital copies on your phone can be helpful, but not necessary.

Plan for medications and supplies.

Travel with extra medications and pack them in your carry-on if flying. If you perform home dialysis, work with your team to arrange supplies well in advance.

Know your emergency plan.

Before leaving, know where the nearest hospital or emergency facility is located at your destination.

A few things to remember:

- Visiting patient space may be limited, so early scheduling matters.
- Some facilities may require updated labs before treatment.
- Last-minute requests may be difficult to accommodate.
- Your care team can help in emergencies, even for short-notice travel.

With thoughtful planning, dialysis does not have to keep you from enjoying time away from home.



Art for All Seasons

Creative art therapy at Centers for Dialysis Care celebrates 35 years

The use of creative art therapy within Centers for Dialysis Care began 35 years ago (1991) when Maryann Farago, a student completing her master's degree in art therapy, began her internship.

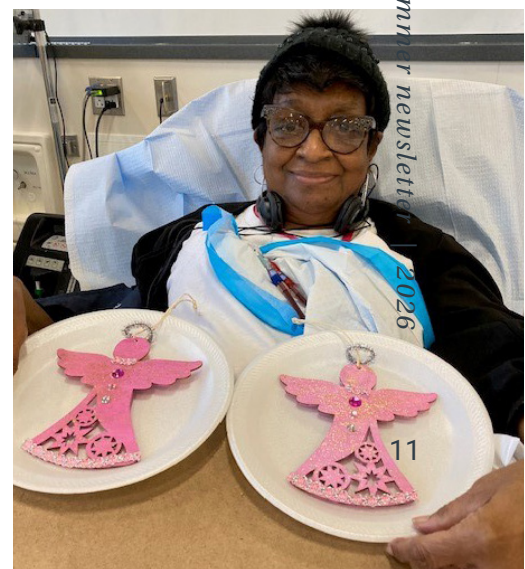
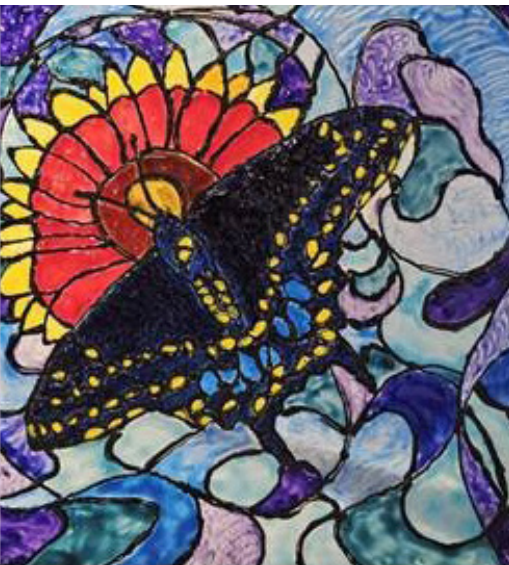


Today, art therapists Stacey Hauser and Dawn Knez use a variety of artistic materials and mediums as therapeutic tools to help patients create and promote a sense of calm and well-being. Our program focuses on the process of creating art, not the finished product. No skills or prior art experience are required to participate, and that's part of what makes it so enjoyable for patients. Maybe you're a patient who has discovered an artistic talent through creative art therapy with us!

This program is designed to foster personal growth, as well as physical, emotional, and mental health and has touched hundreds of lives over the past 35 years.

“Our program provides patients with a creative outlet that allows them to explore a variety of talents. The level of skill and detail found in many of their pieces is truly amazing.” — Gary Robinson, President & CEO

We welcome you to enjoy this collection of imagery made within the creative art therapy program this year (Jan-April 2026).



Tomatillo Salsa

Ingredients

- 1 lb. tomatillos (about 15–17)
- 1 head garlic
- 3 jalapeños
- ½ teaspoon ground cinnamon
- ¼ cup lime juice (or to taste)
- 1 bunch cilantro
- ¼ cup water (or to desired consistency)

Directions

1. Cut tomatillos in half. Oil a baking sheet and spread tomatillos, garlic, and jalapeños on the sheet.
2. Toss vegetables gently to coat with oil.
3. Broil for 10–15 minutes until the tomatillos are turning brown.
4. Remove from oven.
5. Blend everything together in a food processor until smooth.
6. Serve with corn chips or over enchiladas, tacos, or burritos.
7. Enjoy!

Nutrition Facts (per 1 cup)

- 106 calories
- 72 mg sodium
- 2 g protein
- 201 mg potassium
- 44 mg phosphorus
- 2.5 g fiber
- 11 g carbohydrates

More kidney-friendly recipes can be found at [CDCare.org/recipes](https://www.cdcare.org/recipes).





Raspberry Pear Sorbet

Ingredients

- ½ cup sugar
- 1 pint fresh raspberries
- 2 large pear halves, canned in juice
- ⅓ cup lime juice
- 1 tablespoon pear liqueur or vodka (optional)
- Additional fresh raspberries (optional garnish)

Nutrition Facts (per ½ cup)

- 102 calories
- 2 mg sodium
- < 1 g protein
- 103 mg potassium
- 17 mg phosphorus
- 3 g fiber
- 26 g carbohydrates
- < 1 g fat

Directions

For simple syrup:

In a small saucepan, bring 1 cup water and the sugar to a boil, stirring to dissolve the sugar. Reduce heat and simmer, uncovered, for 3 minutes. Remove from heat and place in the refrigerator to cool.

For puree:

In a food processor, combine raspberries, pear, lime juice, and pear liqueur. Cover and process for 30 seconds or until smooth. Stir in the chilled simple syrup.

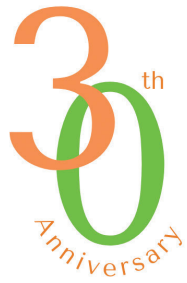
Prepare according to ice cream maker instructions or spread the mixture in an 8x8x2-inch baking pan. Cover and freeze for 4 hours or until solid.

Break up the mixture with a fork and place back in the food processor. Process for 30 seconds or until smooth. Transfer to a 1-quart freezer container, cover, and freeze for 6 to 8 hours or until solid.

To serve, let stand at room temperature for 5 minutes before scooping.

More kidney-friendly recipes can be found at [CDCare.org/recipes](https://www.cdcare.org/recipes).





An Update from Cleveland MOTTEP

Cleveland MOTTEP will host a health education workshop at your church or for your community group... for free!

The workshop will include expert topic speakers, giveaways, and more!
Workshops currently offered by Cleveland MOTTEP, include:

**Wellness
& Exercise**

Nutrition

**How to Talk
to Your
Doctors**

At Cleveland MOTTEP, education is the cornerstone of health and wellness. By providing access to education and resources, the organization empowers individuals to define their futures and create positive changes in their health.

Please contact Linda D. Kimble, Cleveland MOTTEP Executive Director for more information at Lindad.kimble@cdcare.org or 216-658-0716.



Summer Word Search

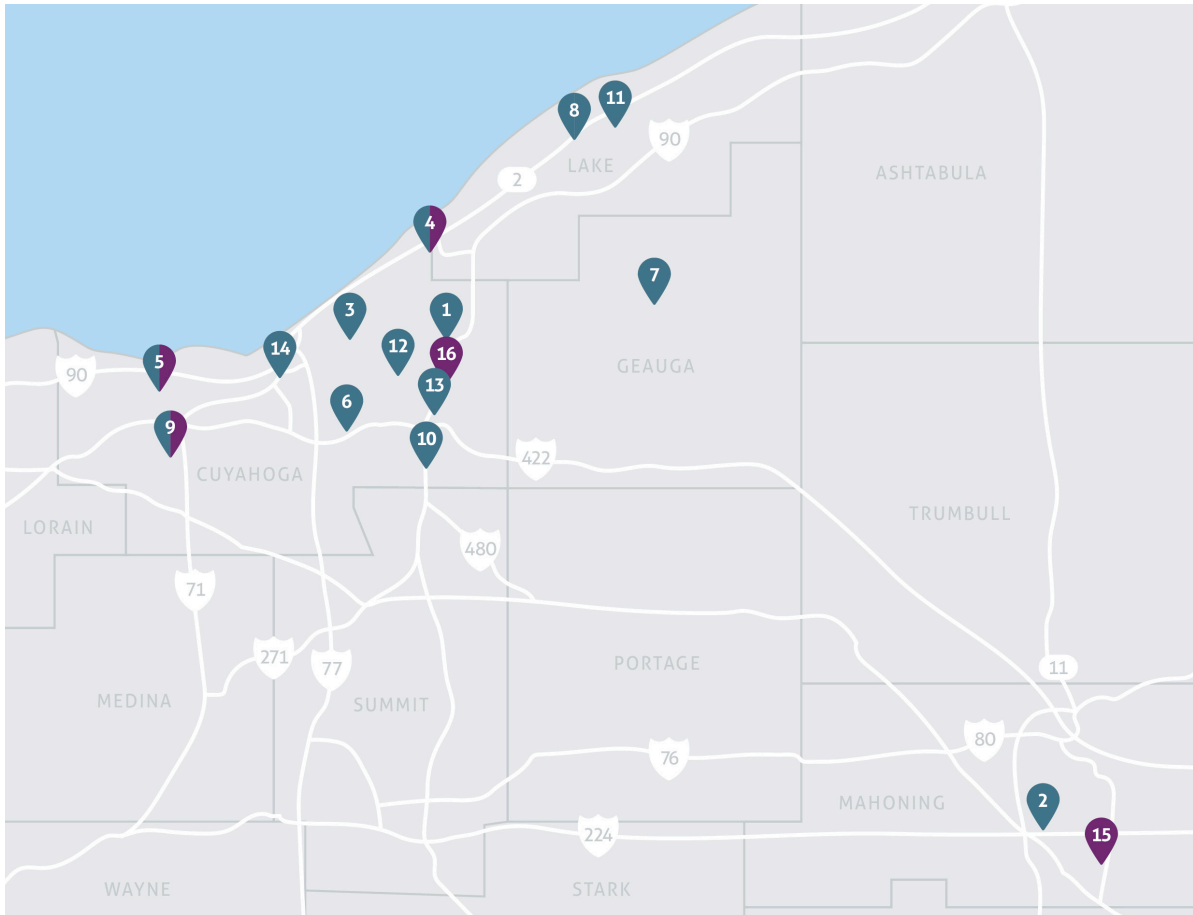
Y N C G D X R K O S M J E P
S B Z U H N O I T A C A V L
O Q T J W E S P H Y F I D M
H A R N C V B L G W X R K Z
C M O T E L J D I F H P S U
A G P Y L W T N L Q Z L X B
E S R A H E D B F N U A M L
B H I F S O V X Z K L N P E
F K A P W S H A C E D E L T
X V O B Q U P M R J P G F O
N O Y A D I L O H T E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

AIRPORT
AIRPLANE
BEACH
FLIGHT
FUN
HOLIDAY

HOTEL
MOTEL
PACK
PASSPORT
POOL
RELAX

SUNSHINE
TICKET
TRAVEL
TRIP
VACATION
WINDOW

Centers for Dialysis Care Locations






◆ In-Center Care

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

◆ Home Care

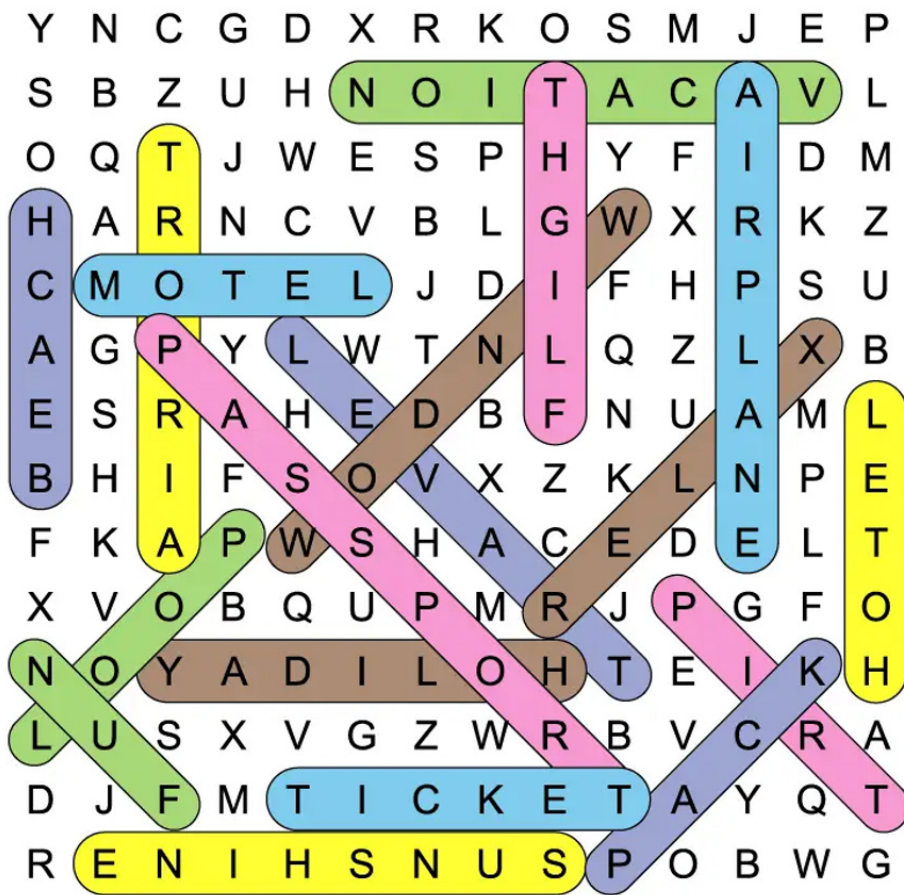
- | | |
|-----------------------|--------------------|
| 13. Warrensville Hts. | 4. Euclid |
| 14. West | 5. Westside |
| | 9. Middleburg Hts. |
| | 15. Youngstown |
| | 16. Beachwood |

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.



Centers *for* Dialysis Care

CDCare.org

