

# Centers *for* Dialysis Care

*Patient Newsletter*  
*Autumn 2022*



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*“Art therapy helps build up my confidence, especially doing something I have never done in my lifetime.”*

Read more on p. 6

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## ***Letter from Gary Robinson, President & CEO***



### **Centers for Dialysis Care Patients,**

As we begin to gather to celebrate the upcoming holidays with family and friends, we would like to remind

and encourage our community - staff, patients and caregivers - to get vaccinated against both COVID-19 and influenza (flu).

Flu viruses are most common during the fall and winter months. It is crucial to get a flu shot every year to protect yourself from getting seriously ill from the flu.

Additionally, the COVID-19 pandemic continues to evolve and so do new variants of the virus. We encourage all our patients to stay up to date with vaccinations against COVID-19. Boosters can both help restore protection that has decreased since previous vaccinations and provide broader protection against the newer variants.

Both flu and COVID-19 vaccines can help protect people around you, including those who are more vulnerable to serious illness and individuals with certain chronic health conditions.

As always, Centers for Dialysis Care 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 for you, our patients.

If you have any concerns or questions about getting vaccinated against the flu or COVID-19, talk with your physician or healthcare team at Centers for Dialysis Care.

**Stay safe and well,**

Gary Robinson



# FLU & COVID-19 VACCINE GUIDE

Getting vaccinated protects you, your family, your friends and our community — especially those at risk of severe complications from COVID-19 or the flu. Make a difference by being the difference. Start by learning more about the vaccines. **GET THE FACTS... THEN GET YOUR SHOT.**



## About the Flu Shot

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat and lungs. There are many reasons to get a flu vaccine each year. According to the Centers for Disease Control and Prevention, the flu shot can:

- Keep you from getting sick with flu.
- Reduce severity of illness in people who get vaccinated but still get sick.
- Reduce the risk of flu-associated hospitalization.
- Serve as an important preventive tool for people with certain chronic health conditions.

Despite the many benefits offered by the flu shot, only about half of Americans get an annual flu vaccine. Many more could be protected from flu if more people got vaccinated.

## About the COVID-19 Shot

COVID-19 is a disease caused by the SARS-CoV-2 virus. It is very contagious and has quickly spread around the world. COVID-19 most often causes respiratory symptoms that can feel much like a cold, a flu or pneumonia. COVID-19 may attack more than your lungs and respiratory system. Other parts of your body may also be affected by the disease.

The Covid-19 shot can:

- Protect people from getting seriously ill, being hospitalized and even dying.
- Offer added protection to people who had COVID-19, including protection against being hospitalized from a new infection, especially as variants continue to emerge.

## Do I Need a Booster Too?

Yes! COVID-19 vaccine effectiveness at preventing infection or severe illness wanes over time, especially for certain groups of people, such as people ages 65 years and older. As with vaccines for other diseases, people are protected best when they stay up to date with the recommended number of doses and boosters, when eligible.

If you have any questions about the shots or would like help scheduling your appointment, please contact our team at (216) 658-0727.

[www.clevelandmottep.org](http://www.clevelandmottep.org)

[www.facebook.com/mottepcle](https://www.facebook.com/mottepcle)

PATIENT SPOTLIGHT:

# Zenobia's Story

## Inspiring Each Other Through Art

Dawn Knez, art therapist at Centers for Dialysis Care, has been working with patients for 25 years. She continually witnesses the positive impact art therapy has on both patients and their caregivers, and how art can nurture a community that ultimately inspires one another.

Case in Point, Zenobia Earls and Pat Jackson.

Zenobia Earls is a retired teacher and as a result, has a great deal of patience. During her art therapy sessions, Zenobia thoughtfully selects visual references from which to work, and she paints diligently within the confines of her dialysis chair. Zenobia shares that art therapy and the process of creating opens up a whole new world for her:

"The art therapy helps so much because I almost forget I'm getting dialysis. I concentrate on my art, not the clock! It's not fun being here, so the art therapy makes a positive difference. I enjoy seeing the result of the projects. I didn't think I could produce such beautiful works of art!"

When Zenobia's art was displayed in the lobby at Beachwood, Pat Jackson, the mother of dialysis patient Revon Jackson, was so inspired she began to paint as well. Pat has past musical experience, but none in visual arts, but it turns out she is a "natural."

"Art therapy helps build up my confidence, especially doing something I have never done in my lifetime. It also proves to me that I can be creative, and that the artwork does not have to be perfect."

The creative arts therapies program at Centers for Dialysis Care focuses on the process of creating art and making music, not the finished product. This program is designed to foster personal growth as well as physical, emotional and mental health.

To view inspiring artwork  
from patients and staff, visit  
**CDCare.org/ArtShow.**

If you are interested in  
supporting the creative arts  
therapies program, please  
visit **CDCare.org/Give.**





# Understanding Your Rights & Responsibilities

**At Centers for Dialysis Care, it is our goal to treat you with respect and dignity.**

A full list of your patient rights and responsibilities can be found in the Centers for Dialysis Care orientation handbook. This article focuses on a few of them.

- You have the right to safe and competent patient-centered care. This means that your dialysis treatments are done the right way, following your doctor's orders, in a way that keeps you safe from harm. You can question what is happening or how the staff is doing something without it affecting your future treatments.
- You have the right to understand what is happening to you during your treatment. The staff will explain what they are doing and will answer any questions that you may have about your treatment.
- You have the right to know how you can express concerns regarding your treatment. If you have any complaints or suggestions for improvement please talk with your nurse, facility manager, or social worker.

- You have the right to participate in your care plan to talk about how your treatments are going and if there are any issues you want to be addressed. You can attend these meetings in person, by phone, or review the care planning notes after the meeting.

You have the responsibility to be an active member of your dialysis treatment team. We recommend that you follow your diet and fluid restrictions, take your medications as prescribed, and keep all your appointments. This will help you feel better. You should tell us of any health issues; changes with where you live or your phone number; or changes in your insurance coverage.

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**If you have any questions about your rights or responsibilities, please talk with your social worker.**

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# I 'Carrot' Believe It's Not... Pumpkin Pie!

**Servings: 8**

## **Crust Ingredients**

1 ¼ cups of graham cracker crumbs  
3 tablespoons of sugar  
⅓ cup of unsalted margarine or  
butter (melted)

## **Pie Filling Ingredients**

3 cups of cooked carrots  
2 eggs or ½ cup of egg substitute  
¾ cups of sugar  
1 teaspoon ground cinnamon  
½ teaspoon of ground ginger  
½ teaspoon of ground cloves  
1 ⅔ cups of nondairy creamer

## **Garnish**

Whipped cream or nondairy topping

## **Preparation**

1. Preheat oven to 350 degrees.
2. Combine graham cracker crumbs and sugar in a medium-sized bowl.
3. Stir in melted margarine or butter until thoroughly blended.
4. Pack mixture into 9-inch pie pan and press firmly to bottom and sides of pan, bringing crumbs to evenly up to rim.
5. Bake crust for 8 minutes.
6. After crust has cooled, chill it in the refrigerator.
7. Increase oven temperature to 375 degrees.
8. In a blender or large mixing bowl, cover and blend (or beat) carrots, eggs, sugar, cinnamon, ginger, cloves and nondairy creamer until well blended.
9. Pour into crust.
10. Bake in preheated oven for 55 minutes to an hour, until knife inserted near center of pie comes out clean.
11. Cool on wire rack.
12. Serve warm or cold with a tablespoon of whipped topping.

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For more kidney-friendly  
recipes designed with  
your health in mind, visit  
[CDCare.org/Recipes](https://www.cdc.org/Recipes)

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# Apple Baked Pork Chops

*Servings: 4*

## Ingredients

2 medium apples, cored and sliced  
2 tablespoons of olive oil  
4 (6 oz.) pork chops, center cut  
½ cup of water  
2 tablespoons of raisins (optional)  
2 tablespoons of brown sugar  
2 tablespoons of cider vinegar  
Dash pepper to taste

## Preparation

1. Preheat oven to 325 degrees.
2. Heat olive oil in a skillet over medium-high heat, then add the pork chops.
3. Brown them on each side and then place them in a pre-greased oven safe pan.
4. Layer the apples on top of the pork chops.
5. Deglaze the skillet by adding ½ cup of water and stirring it around to pick up all the pork bits.
6. Pour the oil/water mixture over the apples and the pork chops.
7. Sprinkle evenly with raisins (optional), cider vinegar then brown sugar.
8. Add pepper to taste.
9. Cover the dish and bake for 30 minutes.
10. Remove cover and bake an additional 45 minutes.

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# Cleveland MOTTEP Celebrates National Donor Sabbath

NOVEMBER 11-13



## 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 assistance in educating your congregation about donation and the critical need for registered donors. With nearly 105,000 men, women and children in desperate need of lifesaving or healing transplants, it is imperative to register more donors to save more lives.

Cleveland MOTTEP invites you to share the message of donation with your congregation and encourage them to register as organ, eye and tissue donors.

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 information on donations to your congregation provided by 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 at (216) 658-0716.

# Wheelchair Safety

## DO

**Do** lock the brakes before getting into or out of your wheelchair

**Do** use the handrail at the scale when weighing after treatment (if you stand at the scale)

**Do** move foot rests out of the way to avoid tripping during transfer

**Do** keep loose items away from the wheelchair spokes

## DO NOT

**Do not** try to stand at the scale after treatment without assistance

**Do not** over stretch or over reach for an object – this can cause the wheelchair to tip over

**Do not** slide or position yourself too far forward in the seat

**Do not** try to pick up anything from the floor by reaching down between your knees

**Do not** place a large heavy bag of items on the back of the wheelchair – this can cause the wheelchair to tip backwards during transfer





# Your Dialysis Access: Fistula First, Catheter Last

Dialysis patients require a vascular access to connect their blood stream to the dialysis machine. A vascular access is your lifeline and makes life-saving hemodialysis treatments possible.

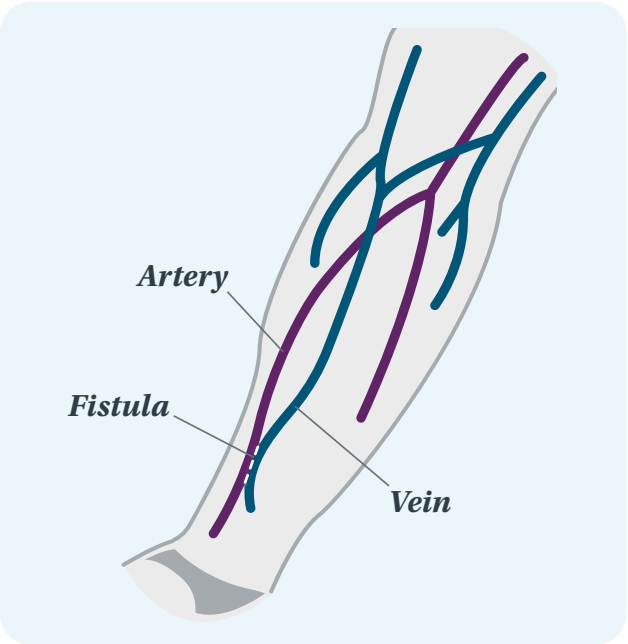
As a hemodialysis patient, your access is one of the following:

**Fistula:** A fistula is your best access for hemodialysis. The surgeon connects a vein to an artery to make the strong blood flow needed for dialysis. This type of permanent access has the least number of problems and can last for many years. A fistula takes 3-4 months to develop before it can be used for dialysis.

*A fistula is the best access for hemodialysis.*

**Graft:** If your blood vessels are not strong enough for a fistula, a graft is placed. A graft is a plastic tube that connects a vein to an artery. A graft can be used after 2-6 weeks.

**Catheter:** A catheter is a temporary access and should be removed as soon as a permanent access (fistula or graft) is working. The temporary catheter is a plastic tube that is inserted into a large vein in your neck or chest. The tip of the catheter rests in your heart. This should only be used for dialysis. Although some patients like catheters because no needles are



used, a catheter is dangerous due to the increased risk of:

- Infection
- Heart problems like a heart attack and stroke
- Increased risk of death

Whether your access is a fistula, graft or catheter, you should make sure to take good care of it. Your dialysis care team will teach you the steps of good access care.

*Your vascular access is your lifeline!*

# Fall Word Search

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

PUMPKIN	ACORN	SQUIRREL	HAYSTACK
COOL	SEASON	HALLOWEEN	FALL
ORANGE	CHESTNUTS	SQUASH	RAINCOAT
OCTOBER	PINE CONE	PEARS	HARVEST
YELLOW	LEAF	THANKSGIVING	SEPTEMBER
NOVEMBER	APPLE	CORN	CHANGE



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. |                       |

**Home Care**

- |                     |
|---------------------|
| 17. Beachwood       |
| 5. Euclid           |
| 10. Mentor          |
| 11. Middleburg Hts. |
| 7. Westside         |
| 18. Youngstown      |

Connect With Us

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

Have an idea for the newsletter?  
Contact Tiffany Stately at  
tstately@cdcare.org  
or (216) 658-0727.

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.



# Centers *for* Dialysis Care

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