



50

Centers *for*
Dialysis Care

Fifty years of quality care and so much more

SPRING/SUMMER 2024 NEWSLETTER

“Life goes on with dialysis; this is all part of the transformation as a dialysis patient. The people at East, including staff and other patients, have been my second family for over 40 years!”

Princess Williams
Read more on page 4

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Letter from Gary Robinson, President & CEO



Centers for Dialysis Care Community,

It's with great joy that we continue to celebrate the 50th anniversary of Centers for Dialysis Care. This golden jubilee is not just a number—it is a collection of uplifting stories from our patients and staff. Among these is the remarkable journey of Princess Williams, who has been receiving dialysis for 40 years.

Since her diagnosis at 28, Princess has never skipped a single treatment. Her determination serves as an inspiration as she passionately supports others in managing their condition and encourages them to savor every moment of life, just as she does. Read more about Princess's story on page 4.

This edition also brings you resources to enhance your summer experience, including:

- **Get active:**
Whether you prefer a quiet walk or a bike ride with loved ones, these activities are not only enjoyable but also support both physical and mental well-being.

- **Learn more about National Minority Donor Awareness Month:**
Observed every August, this important month is dedicated to heightening awareness about the critical need for organ and tissue donation, particularly within diverse communities.

- **Manage fluid Intake:**
Proper fluid management is crucial, especially when kidneys are unable to perform their natural function of fluid removal. While dialysis assists in this process, it's vital to regulate fluid intake to ensure comfort and safety during and between treatments.

Centers for Dialysis Care continues to stand by its mission: to be a leader in providing patient-centered care to all individuals with kidney disease. We're here to answer any questions and support you in maintaining your health journey.

Wishing you health and safety,

A handwritten signature in blue ink that reads "Gary Robinson". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Gary Robinson

PATIENT SPOTLIGHT:

Princess Williams



This year marks 50 years of operation for Centers for Dialysis Care and one of our long-standing patients, Princess Williams, would like to share her story.

Princess began dialysis at Centers for Dialysis Care in 1983 at the age of 28 when she knew nothing about kidney failure, had no family members with kidney disease and was not aware she had any kidney issues.

At that time, she was working in a factory with steel-toed boots and realized she had swollen feet but otherwise was unaware she had high blood pressure, an enlarged heart or kidney failure. She has had the same physician for her entire journey, Dr. Seigel, and has dialyzed at CDC East for over 40 years, beginning at the E117th street location and transferring to the new location of Stokes Blvd in 2019. She states she was Dr. Seigel's first dialysis patient after he graduated from medical school and is like her family. She shares he goes above and beyond to meet her needs and keep her well.

Princess loves to encourage others to manage their kidney disease so that they can enjoy their lives. She speaks to new patients about the importance of attending EVERY treatment, understanding that other obligations may come up but rescheduling their treatment should be the priority. "This is your life, not a hang nail. You can only get by for so long until eventually missed treatments catch up with you."

Ms. Williams prides herself on never missing a treatment and keeping her spirits up. She states,

"Life goes on with dialysis; this is all part of the transformation as a dialysis patient. The people at East, including staff and other patients, have been my second family for over 40 years!"

Other than the importance of coming to every treatment day and staying for her whole treatment "because your treatment is a prescription from your nephrologist just like taking any medication or having any ordered tests completed," eating properly is also important.

"You are only human but there is a way to eat the dialysis diet in moderation, such as soaking your potatoes overnight to decrease the potassium, and following your doctor's and dietitian's advice to prolong your life. My family and I soak sweet potatoes for a day to make sweet potato pies for holidays and white potatoes for French fries, mashed potatoes or roasted potatoes with pot roast. It is very important!"

When asked what she does to stay mindful and have a positive attitude and mindset for over 40 years, Ms. Williams replied,

"I pray every day, and ask for help to continue on my journey. I pray for patience to tolerate sitting in the chair. I am very compliant with what I drink and just know how much I can have, including ice."

If you need to talk to someone about your own dialysis journey, Princess Williams at our East location is willing to help.

As we celebrate 50 years at Centers for Dialysis Care, we also celebrate Princess Williams who has been in our care for over 40 years and we are grateful for all of you who trust us with your kidney care needs.

Take a Hike

Tips for getting moving

Between the Cleveland Metroparks and Lake Metroparks, Northeast Ohio is home to several beautiful parks featuring accessible walking paths, regular walking and biking trails and plenty of activities to engage in.

Walking or biking are types of exercise that are easily enjoyed alone or with friends or family. However you do it, the trick is just to do it. Exercise benefits both physical and mental health, so grab a buddy – or yourself – and hit the trails!

Here are some steps for getting started:

- Check with your doctor before you begin any exercise program.
- Choose something you like to do. The key is simply to get moving.
- Start slowly and increase your activity level over time.
- Keep going, and remember that every effort is worthwhile

Reach out to your physician if you have any questions before beginning an exercise routine.



Our Commitment to You

Patient Rights & Responsibilities

At Centers for Dialysis Care, we prioritize your well-being. Our dedicated team is committed to treating you with respect and dignity, acknowledging your unique individuality and personal requirements while in our care.

To achieve this, we firmly believe that every patient has the following rights and responsibilities:

Rights

- To be informed of all treatment modalities
- To receive safe and competent care
- To be treated in a safe environment
- To have your medical records kept confidential
- To privacy and confidentiality during your treatment
- To know the credentials of all those who care for you
- To completely understand what is happening to you during your treatment
- To have clear and understandable communication with our staff
- To refuse treatment
- To obtain additional medical opinions
- To review and have access to your medical records
- To have your personal beliefs so long as they do not disturb your care or others
- To be informed of internal and external grievance processes without reprisal or denial of services
- To be informed of all other treatment modalities including transportation
- To be treated with respect, dignity and recognition of individuality and personal needs
- To be treated with sensitivity to psychological needs
- To refuse to participate in experimental research
- To be informed about advanced directives and policies
- To be informed about isolation policies
- To be informed of the rules and expectations regarding patient conduct and responsibilities
- To be informed of policies for transfer, routine or voluntary discharge and discontinuation of services
- To receive written notice 30 days in advance of any involuntary discharge unless the health and safety of others is compromised
- To be a participant in a care plan meeting
- To receive an individualized care plan
- To provide an opportunity for private conversation
- To prevent exposure of private body areas during dialysis
- To question procedures or staff performance without reprisal

Responsibilities

- To be courteous and respect the rights and privacy of others
- To follow our visitors' Policy
- To keep the unit clean and litter-free
- To keep us informed of any health changes
- To follow your diet and fluid restrictions
- To take your medications as prescribed by your doctor
- To keep all medical appointments
- To obtain and maintain insurance coverage and meet any financial obligations not covered by insurance
- To notify us of any changes in insurance coverage
- To make sure you have transportation to and from the facility unless other arrangements have been made for you
- To notify us if you will be late or canceling your scheduled treatment
- To inform us of changes in your residence or phone number
- To refrain from verbal abuse which includes; verbal abuse such as swearing, screaming, inappropriate name calling directed towards staff or other patients, bullying or language that may be perceived as offensive to another individual
- To refrain from physical assault; physical assault such as kicking, slapping, biting, throwing objects or any other unauthorized physical conduct
- To follow the non-eating and drinking policy in the dialysis unit



Don't Let Excess Fluids Weigh You Down

Why Should I Limit My Fluids?

One of the jobs of the kidneys is to remove extra fluid from the body. While dialysis can help remove fluids, excess fluid gains can make it difficult to remove everything safely. Controlling your fluid gains will make you feel better in between and during dialysis treatments.



Signs of large fluid gains:

- Shortness of breath
- Swelling of hands, feet or face
- Trouble sleeping or lying down
- Nausea, vomiting, headaches or muscle cramps during treatments
- High blood pressure that weakens the heart over time

What counts as fluids?

- Water
- Ice cubes
- Juice
- Soup
- Coffee/tea
- Milk
- Ice cream
- Jello
- Sherbert
- Soda

Tips for limiting your fluid intake

- Only drink when thirsty
- Limit sodium
- Try frozen grapes, strawberries or carrots
- Don't add ice to drinks
- Rinse mouth with water but don't swallow
- Chew gum, hard candies or mints
- Keep a fluid diary to keep track
- Try medicine with applesauce

How much fluid can I have?

How much fluid you can have depends on your urine output and how much fluid removal your body can tolerate. Remember, 2 cups of fluid equals a pound of fluid weight gain.

Reach out to your dietitian for your fluid intake recommendation.

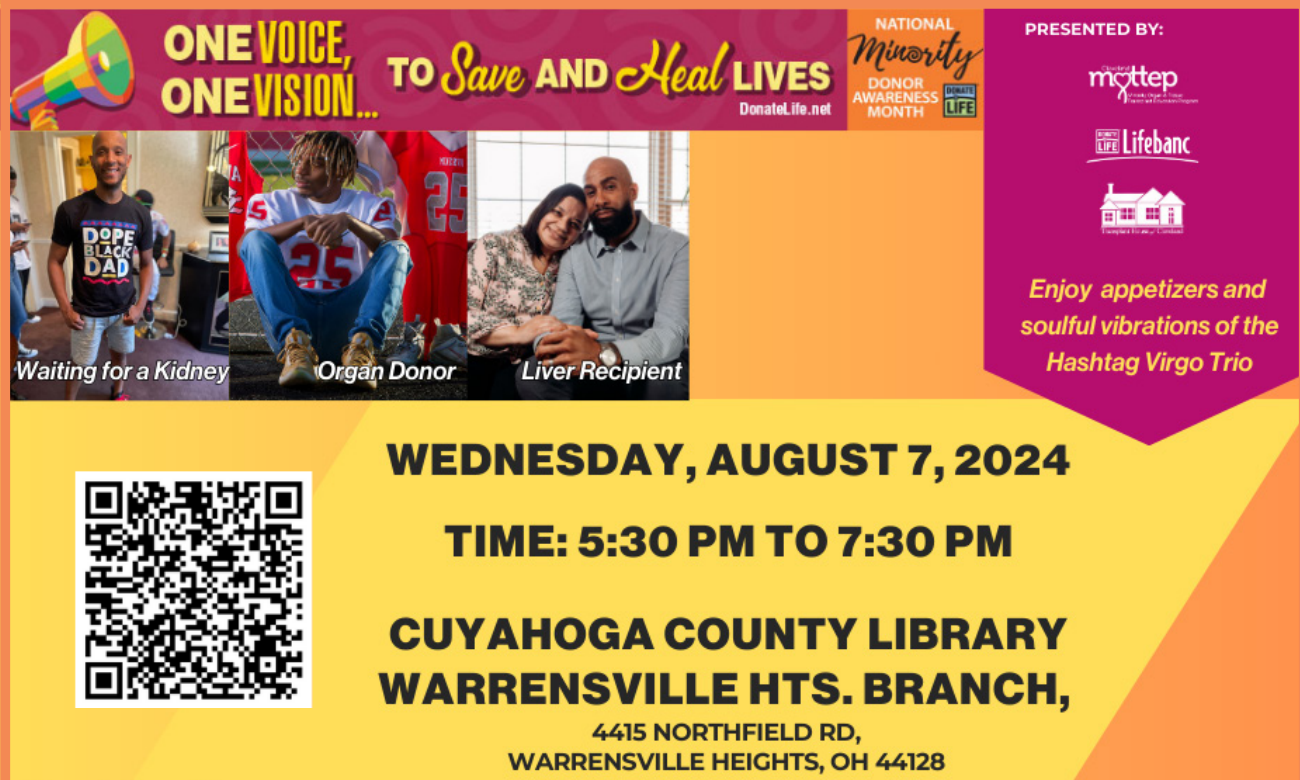
National Minority Donor Awareness Month

Join Cleveland MOTTEP this August to learn more

Every August, National Minority Donor Awareness Month is celebrated to raise awareness about organ and tissue donation and transplantation within multicultural communities.

On Wednesday, August 7th at the Warrensville Heights Library, speakers will share personal stories and discuss information on health disparities, added risk for minority communities and common misconceptions about healthcare.

For more information, scan the QR code or visit ClevelandMOTTEP.org



ONE VOICE, ONE VISION... TO Save AND Heal LIVES
DonatoLife.net

NATIONAL Minority DONOR AWARENESS MONTH

PRESENTED BY:


- Cleveland MOTTEP
- LifeBanc
- Hashtag Virgo Trio

Waiting for a Kidney Organ Donor Liver Recipient

WEDNESDAY, AUGUST 7, 2024

TIME: 5:30 PM TO 7:30 PM

**CUYAHOGA COUNTY LIBRARY
WARRENSVILLE HTS. BRANCH,**
4415 NORTHFIELD RD,
WARRENSVILLE HEIGHTS, OH 44128



Wheelchair Safety

The Dos and Don'ts of Staying Safely Seated

For individuals who rely on wheelchairs, safety isn't just a precaution—it's a lifeline. It's easy to over look ways accidents can happen. Here are a few reminders for individuals in wheelchairs and caretakers:

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

Fresh Fruit Salsa

with Baked Cinnamon Tortilla Chips

Ingredients

Salsa

- 1/2 cup fresh blueberries
- 1/2 cup fresh raspberries (halved)
- 1/2 cup strawberries (cut in fourths)
- 1/2 cup apples (finely cubed)
- 2 tablespoons lime juice
- 1/2 tablespoon honey
- 1 tablespoon fresh basil (sliced)

Tortilla Chips

- 3 (6-inch) flour tortillas
- 2 teaspoons granulated sugar
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg
- Cooking spray for coating tortillas

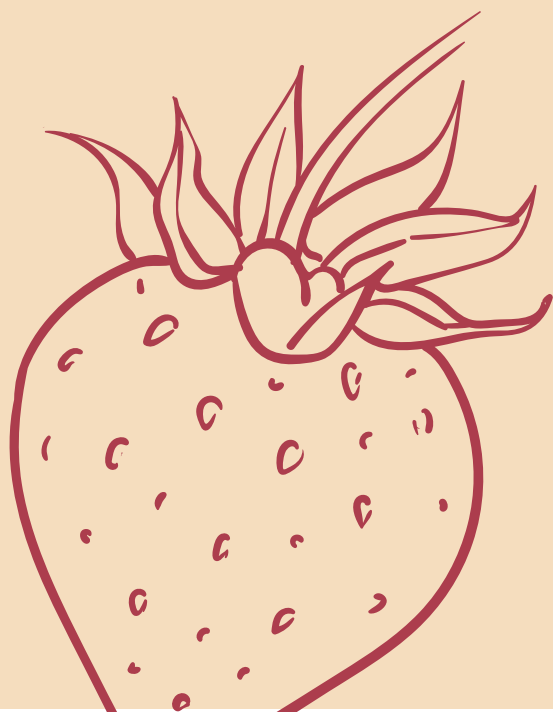
Directions

Salsa

1. Wash all produce thoroughly under warm water and pat dry with a paper towel.
2. Add blueberries, raspberries, strawberries, apples, red onion, lime juice, honey and basil into a blender or food processor and pulse until all ingredients are chopped to desired consistency.
3. If larger chunks are wanted, skip blender/food processor and mix ingredients in a large bowl.
4. Store covered in the refrigerator for up to three days.

Tortilla Chips

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper.
2. In a small bowl, mix the sugar, cinnamon and nutmeg.
3. Stack tortillas in single pile and cut across three times to make six tortilla chips stacks. Spread out tortillas on lined baking sheet and spray with the cooking spray.
4. Sprinkle the cinnamon-sugar mixture lightly on each chip.
5. Bake the wedges until crispy (should take about ten minutes, flipping halfway).
6. Allow chips to cool completely before serving. Store in a sealed container for up to a week.





Watermelon Lime Refresher

Servings: 6

Serving size: 1 cup

Ingredients

- 4 cups cubed watermelon
- 2 cups strawberries
- 2 limes
- 2 cups ice
- 6 large basil leaves

Nutrition Facts

Calories: 56

Carbohydrates: 14g

Protein: 1g

Fat: 9mg

Sodium: 2mg

Potassium 226mg

Phosphorus: 29mg

Directions

1. Add chopped watermelon, chopped strawberries and juice from 2 limes into a blender.
2. Top with 2 cups of ice.
3. Blend until smooth, about 30 seconds to 1 minute.
4. Serve in individual glasses and top with strawberry slice and basil leaf.

* Pro Tip: Pour mixture into popsicles molds to make a fun summer treat. But remember to include this beverage in your fluid total for the day if you have been told to monitor fluid intake.

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

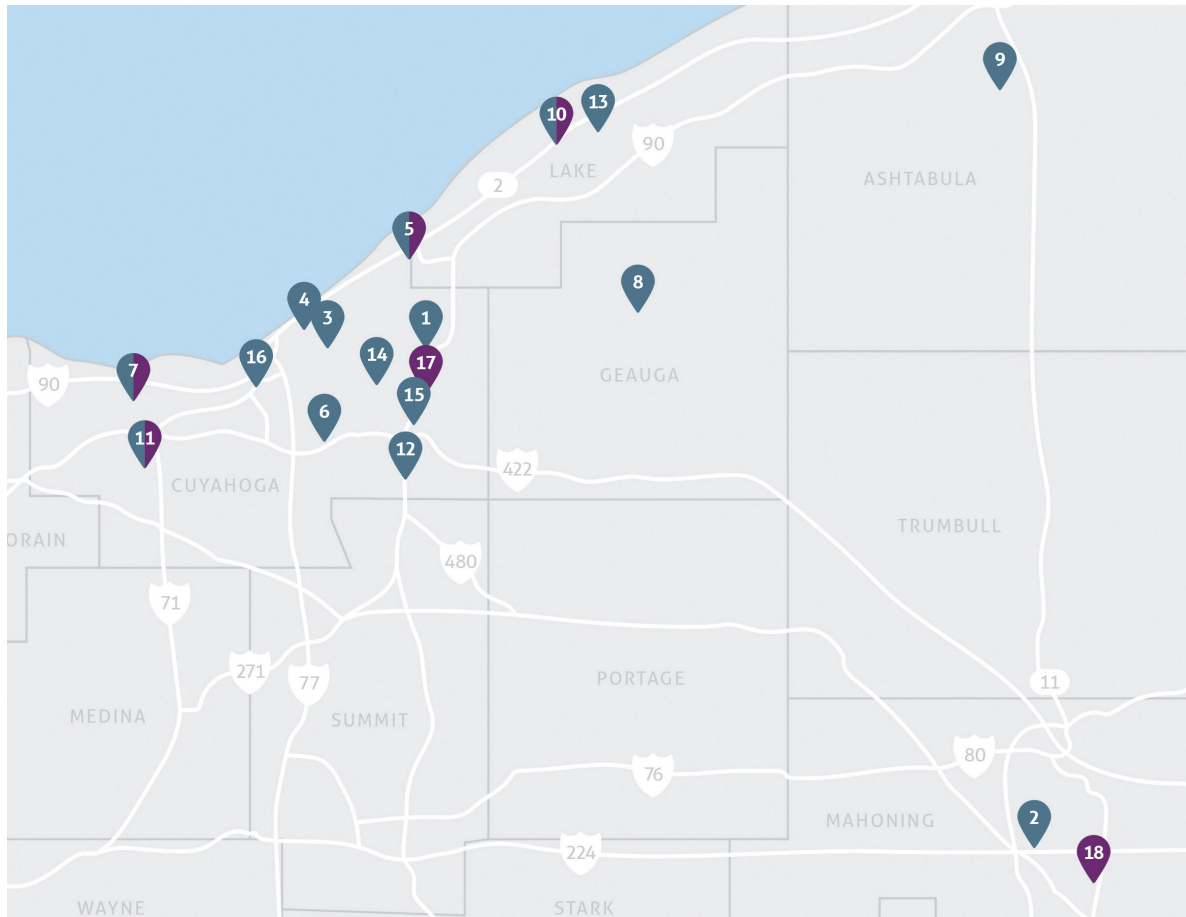


Summer Word Search

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

AUGUST	FAMILY	LEMONADE	SPORTS
BARBEQUE	FRIENDS	MEMORIES	SPRINKLER
BEACH	GAMES	PICNICS	STRAWBERRIES
BIKING	HAMMOCK	POOL	SUMMER CAMP
BONFIRES	HIKING	POPSICLES	SWIMMING
BOOKS	HOLIDAYS	PUZZLES	TRAVELING
CAMPING	ICE CREAM	READING	VACATION
CANOEING	JULY	RELAX	WATERMELON
COTTAGE	LAKE	ROAD TRIPS	

Centers for Dialysis Care Locations






◆ In-Center Care

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

◆ Home Care

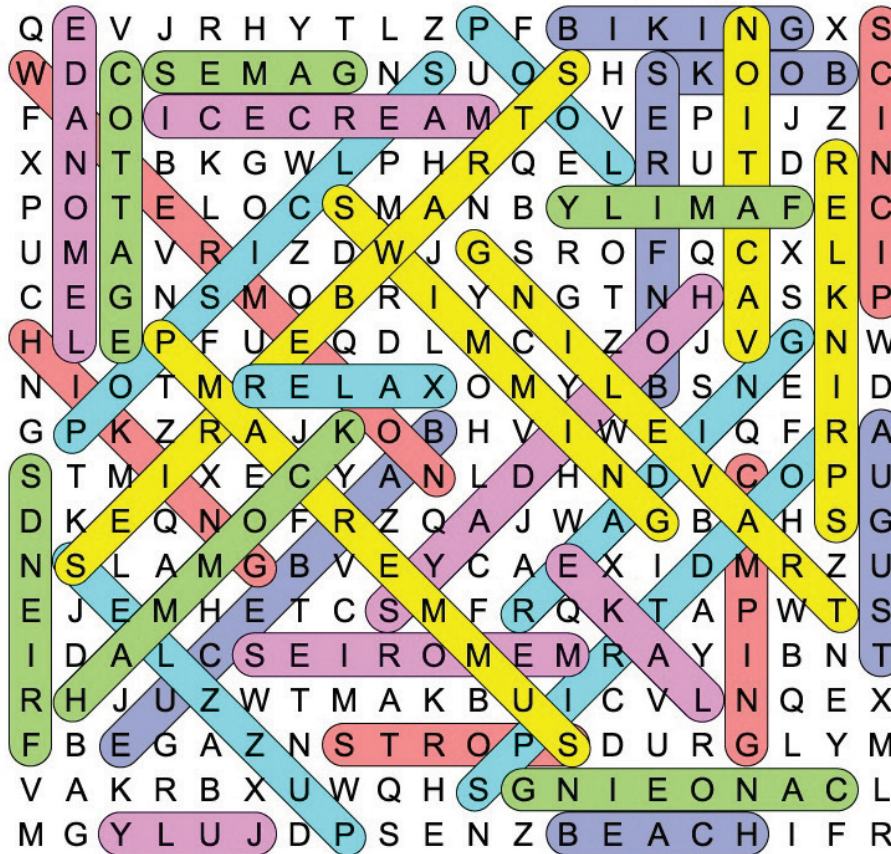
- | | |
|-----------------------|---------------------|
| 13. Painesville | 5. Euclid |
| 14. Shaker Hts. | 10. Mentor |
| 15. Warrensville Hts. | 11. Middleburg Hts. |
| 16. West | 7. Westside |
| | 17. Beachwood |
| | 18. Youngstown |

Connect With Us

-  Website: CDCare.org
-  Facebook: [@centersfordialysisohio](https://www.facebook.com/centersfordialysisohio)
-  LinkedIn: [Centers for Dialysis Care](https://www.linkedin.com/company/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.



50

Centers for
Dialysis Care

Fifty years of quality care and so much more

CDCare.org

