

centers for dialysis car

"I might be a little crazy, but I just needed to help. You've got to look out for people."

Christopher Shannon

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summer newsletter | 2025

Letter from Gary Robinson,

President & CEO



Centers for Dialysis
Care Community,

We hope you have plenty of rest and relaxation planned for the summer, as well as activities to enjoy with family and friends. As always,

remember to stay sun-safe, hydrated, and wear your sunscreen!

In this newsletter, we share:

Tips for Breathing Easy: We offer possible reasons for shortness of breath and what to do if you experience it.

Diabetic Foot Care: How to take care of your feet and prevent potential infections caused by neuropathy symptoms.

Patient Spotlights: Get to know two of your fellow patients: hero Christopher Shannon and artist Bobbie Stafford.

But wait, there's more: View recent artwork from creative arts therapy, enjoy seasonal recipes, learn more about our volunteer program, and more.

We are incredibly grateful to our patients for not only trusting us with your care but also allowing us to share personal stories through our newsletters.

As always, please contact your care team at Centers for Dialysis Care if you need any support to stay healthy and safe in the hot summer months.

Wishing you health and safety,

Gary Robinson

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Christopher Shannon

"A true hero isn't measured by the size of his strength, but by the size of his heart."

In early 2025, Centers for Dialysis Care's West patient, Christopher Shannon, was on the way home from dialysis treatment when he and his Ohio Cares Transportation driver saw smoke coming from a 2-story house on Cleveland's west side and stopped. In a dramatic rescue, Chris and two other good Samaritans helped to save the resident of the home.

The three men worked together to rescue the resident who was outside on the secondstory porch. They begged her to jump and were there to catch her when she did. When Chris was asked by the news crew why he did it, he said, "I might be a little crazy, but I just needed to help. You've got to look out for people."

The team at West celebrated his heroic actions. Mary Addison-Carter, art therapist, made a beautiful piece of artwork, which was presented to Chris at his celebration for his heroic efforts. The quote on the artwork: "A true hero isn't measured by the size of his strength, but by the size of his heart."





Diabetic Foot Care

Tips to keep your feet healthy.

How to take good care of your feet:

- Look at your feet every day. Make sure you don't see anything new or abnormal such as blisters, cuts, cracks, sores, redness or swelling. Pro tip – use a mirror!
- Keep your feet clean and dry. Your feet are often enclosed in socks and shoes, which makes them more vulnerable to developing bacteria and fungus. Wash your feet every day, especially in between the toes.
- Keep toenails short, smooth and trim them straight across. This will help prevent ingrown toenails.
- If you have calluses, corns or warts, do not attempt to remove them yourself.
 Call your medical provider for assistance instead

- Always wear shoes outside. Shoes protect your sensitive feet from stubbing, injuries, sharp penetration and extreme cold or heat.
- Wear diabetic socks and slippers. These should be worn to promote good circulation.
- Wear properly fitting shoes. Diabetic shoes offer the most protection and are designed with advanced features for the diabetic foot.

We recommend seeing your podiatrist at least once a year for a check-up. If you have any immediate questions, your patient care team is here to help!

Breathe Easy

Why am I short of breath? Could be one or more of the following reasons:

Too much fluid: High fluid gains can make it hard for the lungs to work well.

2

Too much salt: Lots of salt causes you to hold onto extra fluid, making it harder to breathe.

3

Not enough dialysis: Cutting your dialysis time or skipping your treatments means you'll be carrying around lots of extra fluid.

4

Weak heart: If the heart can't pump enough blood and oxygen around your body, fluid builds up.

5

Thiamin deficiency: Thiamin helps your heart beat; therefore, low thiamin can cause your heart to slow down and your body to hold onto fluid.

6

Anemia: If you're anemic, your body can't carry oxygen around your body which can make you short of breath.

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Shortness of breath can be serious and lead to a trip to the hospital. So, what can you do to breathe easier?

- 1
- **Track fluids:** You can do this by using a water bottle with time stamps, manually tracking your fluid intake on paper or using fluid intake apps.
- 2
- **Find sneaky sodium in what you eat:** Check the labels when you are buying groceries! Some examples include: monosodium glutamate (MSG), sodium nitrate, sodium bicarbonate and more.
- 3
- **Get enough dialysis:** Come to all of your dialysis treatments, and if you have to miss your designated time, be sure to reschedule.
- 4
- **Take a renal multivitamin:** Vitamins help keep you healthy and provide nutrients you may not be getting from your food.
- **(5)**
- **Get your heart checked:** Regular check-ups can spot an issue early on, before it becomes a bigger problem.
- 6
- Ask your medical team about anemia: Find out if you are at risk of being low on iron often this comes down to blood type and iron intake ratio.

Bobbie "Picasso" Stafford

"Renal failure took me by surprise, and I wasn't ready for it. But God finds a way and shows you what you need to do."

Bobbie "Picasso" Stafford's dialysis journey began 2 years ago. She remembers her first treatment in the hospital, where she felt overwhelmed and was in tears. Renal failure took her by surprise, and she felt she wasn't ready for everything it entailed. She felt she was too young for something like this to happen. Dr. Lautman helped her feel more at ease when he saw her at the hospital and told her that if she does her treatments, she will be alright. Bobbie believes that "God finds a way to show you what you need to do," and does all her treatments so that she can live a regular life. She currently dialyzes at the Mentor facility.

Bobbie has spent the past 30 years as part of Eastern Star. She has spent endless hours participating in charity work, including feeding the hungry, visiting nursing homes and domestic violence shelters for women, and helping with annual events such as the Annual Bunny Hop and Toys for Tots.

In addition to Bobbie's heartfelt charitable work, she has a very creative side, which is why many know her as Bobbie "Picasso." She has always enjoyed crafts and the arts, even before engaging in art therapy through dialysis. She often made crafts for family members as gifts and recently worked on a project with her 10-year-old grandson. Working with Dawn Knez, Creative Art Therapist at Centers for Dialysis Care, has exposed Bobbie to new media and techniques.





Bobbie enjoys working on artwork while she is at dialysis. Her favorite media to use are Puff Paint and watercolor. She's created multiple pieces of art, but her favorite piece is called "Black Girls Rock," featuring a variety of mixed media and different textures. She has a very special talent and has truly earned her nickname, Bobbie "Picasso."





MOTTEP Updates

A "Behind the Scenes" with Cleveland MOTTEP on TV!

Executive Director of Cleveland MOTTEP, Linda Kimble, was joined by her passionate board members for the filming of Cleveland Health with TV20. From powerful conversations to heartfelt moments, the episode highlights our mission to improve health outcomes and save lives in our community.



Scan the QR code to watch the episode!

MOTTEP Hosts Town Hall on Importance of Vaccines

In spring 2025, the Cleveland Minority Organ & Tissue Transplant Education Program (MOTTEP) hosted its first-ever community town hall, "Faith in Vaccines."

With 25+ attendees, MOTTEP welcomed panelists from the Cuyahoga County Board of Health, the Cleveland Department of Public Health, and local faith organizations. Together, they engaged in a meaningful discussion on the importance of vaccination, addressing common myths and combating misinformation.

MOTTEP appreciates the panelists, community members, and the students at Case Western Reserve University for their outstanding efforts and support.



Save the Date!

Save the date for the Amazing AKA Run/Walk benefiting MOTTEP on Sunday, September 28, 2025. Each year, race participants enjoy running and walking through the beautiful University Circle arts and culture district, as well as viewing displays and collections courtesy of the event's host partner, the Western Reserve Historical Society.





Volunteer Update

April 20–26 was National Volunteer Week. Centers for Dialysis Care thanks two of our volunteers for their continued dedication and service over the years: **Sally Bunnell and Janet Hetman.**



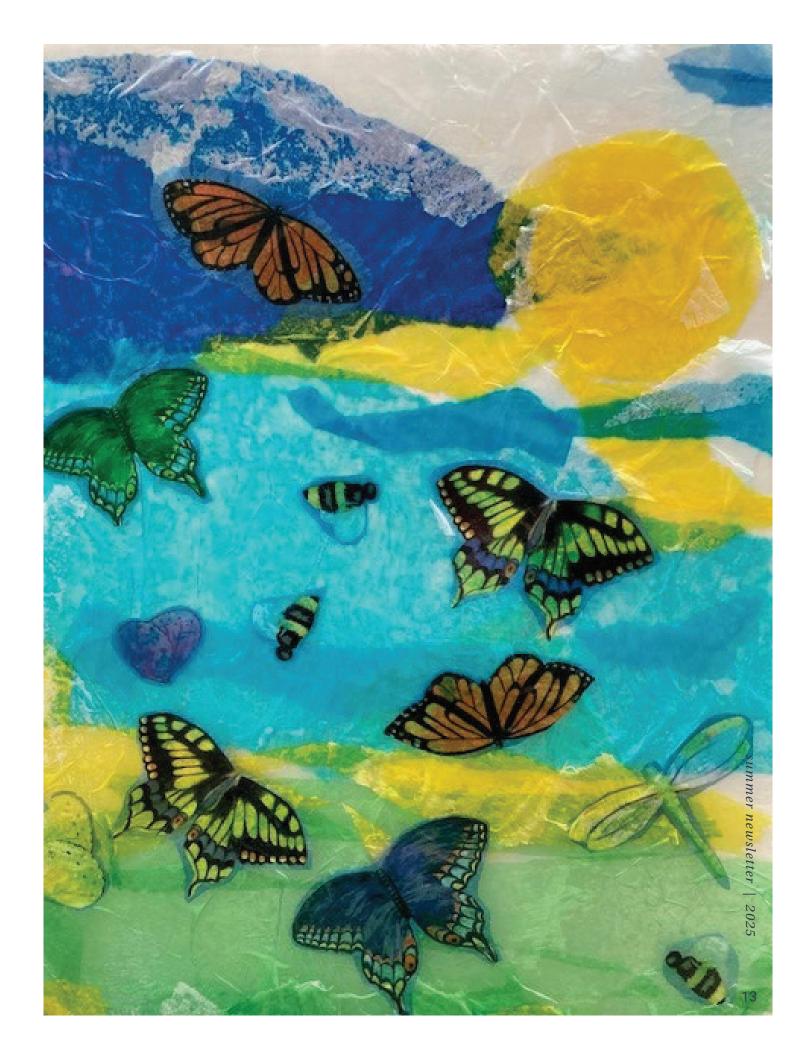


Cleveland Food Bank

We are looking for volunteers who would be interested in helping on days that the Cleveland Food Bank delivers produce at the units. As this program is expanding, we need some helping hands. If any family members drop off their loved ones for dialysis and wait in the lobby for them, these could be great opportunities to get involved! For more information or if interested, please reach out to Marianne Klasch at mklasch@cdcare.org or 216-536-8097.

Patient Artwork Spotlight

Brad Kooyman, a patient at our Painesville facility, created the art on the right called "Butterflies and Bees Collage."



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Fruit & Chicken Salad

Ingredients

- · 4 cups cooked chicken, diced
- · 2 cups pineapple, diced
- 12-ounce can mandarin oranges, drained
- ½ cup celery, chopped
- ½ cup green pepper, chopped
- · 2 tablespoons onion, diced
- 1 cup mayonnaise or salad dressing
- 1 tablespoon mustard

Delicious Sides

Roll, rice, or bread (to make a sandwich).

Benefits

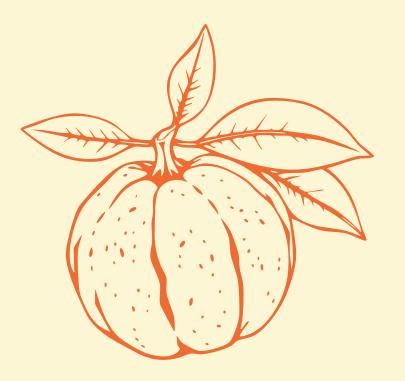
Chicken is a lean protein containing all essential amino acids, which help build muscle and support body cells. Fruits and vegetables are heart-healthy, providing a good source of fiber as well as vitamins and minerals.

How to cook/prepare chicken

Chicken can be cooked in a pan on the stove, in the oven, or on the grill. You can substitute fresh, pre-cut veggies to save time.

Directions

- 1. Combine chicken, pineapple, mandarin oranges, celery, green pepper, and onion.
- 2. Mix mayonnaise and mustard.
- 3. Toss gently over chicken mixture.
- 4. Cover and chill several hours or overnight.



Corn Salad

Ingredients

- · 11-ounce can unsalted corn
- 1 red pepper, chopped
- ½ sweet onion, diced
- 3 tablespoons vegetable oil
- · 2 tablespoons vinegar
- 2 teaspoons sugar

Directions

- 1. Drain corn, place in mixing bowl.
- 2. In skillet, combine red pepper and onion. Add oil and cook until tender/crisp, stirring frequently, about 7 minutes.
- 3. Pour hot mixture over corn.
- 4. Add vinegar and sugar.
- 5. Toss and serve hot or chill several hours and serve cold.

Delicious Sides

Pairs well as a side with salmon or pork chop.

Benefits

Corn is a source of insoluble fiber, which can help with digestion. Corn is also a source of vitamins and minerals.

How to cook/prepare chicken

Use fresh corn on the cob instead of canned corn. Prepare corn on the cob by boiling, grilling, or roasting then cut off the cob.



Summer Summer Word Search



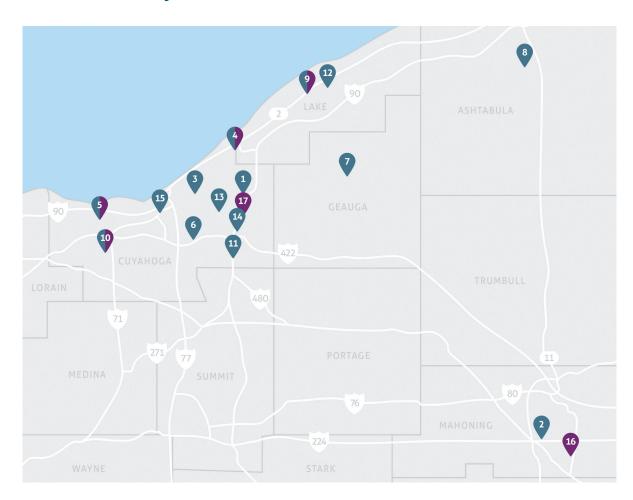
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SUNSCREEN
UMBRELLA
WAVES
SWIMSUIT
FRISBEE
SANDALS
SURFBOARD

TOWEL
SHOVEL
SUNGLASSES
LIFEGUARD
DECKCHAIR
BUCKET
BEACHBALL

SEASHELL SWIMMING CASTLE SPLASH FLOAT OCEAN

Centers for Dialysis Care Locations



13. Shaker Hts.

15. West

14. Warrensville Hts.

In-Center Care

- 1. Beachwood
- 2. Canfield
- 3. East
- 4. Euclid

- 6. Garfield Hts. 12. Painesville
- 7. Heather Hill
- 8. Jefferson
- 9. Mentor
- 10. Middleburg Hts.
- 5. Fairview Park 11. Oakwood

Home Care

- 4. Euclid
- 9. Mentor
- 10. Middleburg Hts.
- 5. Westside
- 17. Beachwood
- 16. Youngstown

Connect With Us

CDCare.org Website:

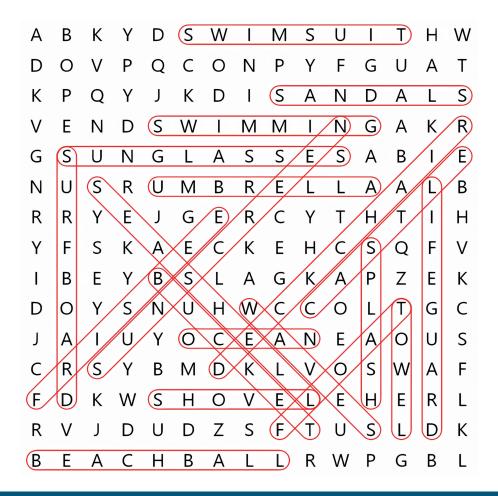
@centersfordialysisohio Facebook:

Centers for Dialysis Care (in)LinkedIn:

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.

