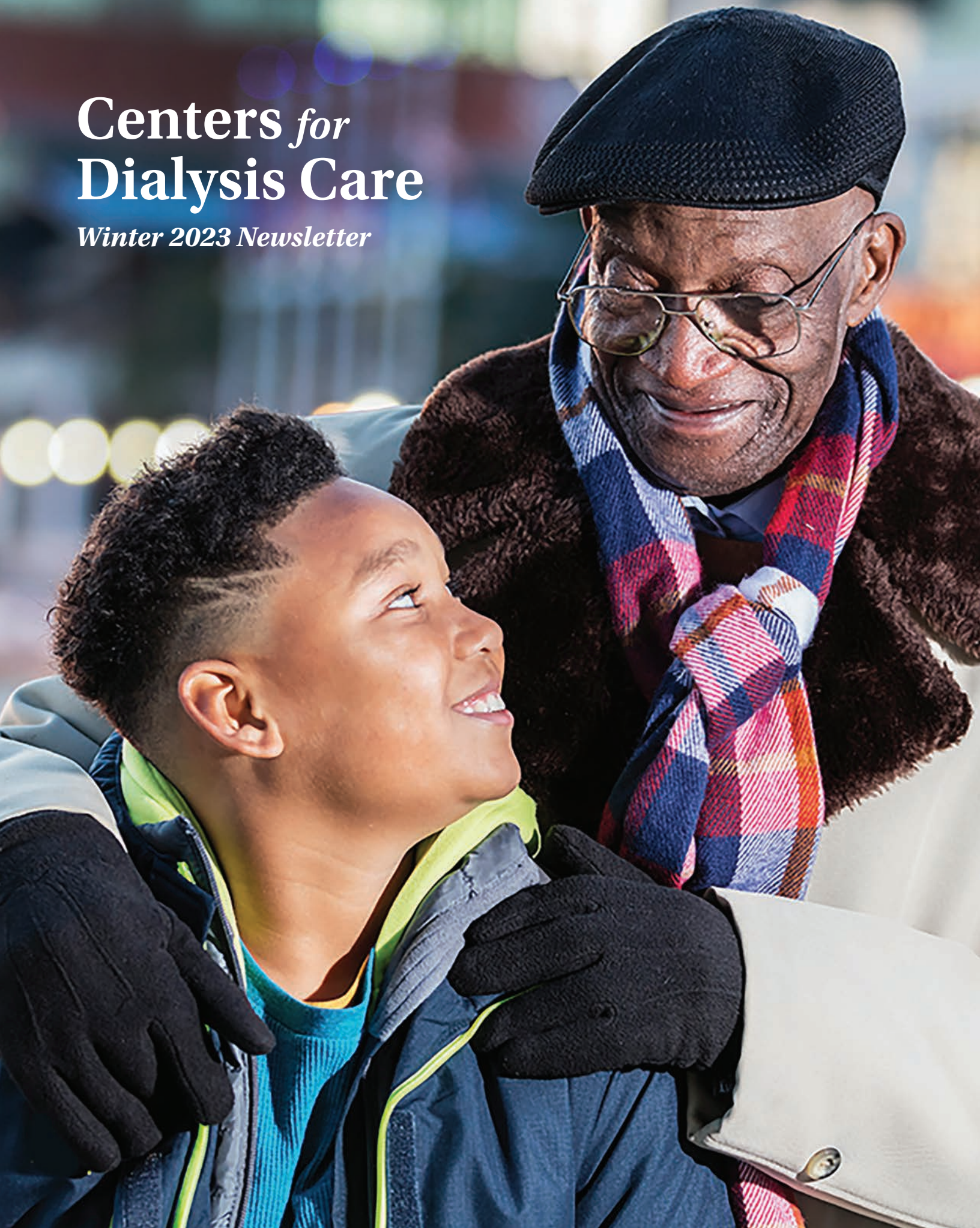


Centers for Dialysis Care

Winter 2023 Newsletter



Diagnosed with chronic kidney disease in 2011, Roy-Allen lives his life “without worry.”

Read more on p. 4

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Letter from Gary Robinson, President & CEO



Centers for Dialysis Care Community,

Our mission is simple: to provide the best possible kidney education and care to all our patients, at every step of the journey.

In this newsletter, we are sharing more information about the kidney transplant process so you can be educated on the best option for your healthcare needs.

If you are considering a kidney transplant, we encourage you to speak with a member of our staff to start the referral process. Centers for Dialysis Care is here to guide you and answer any questions you or a loved one may have about the transplant process.

In this issue, we are excited to share information from our healthcare and community partners including, LifeBanc, Cleveland MOTTEP, University Hospitals, Cleveland Clinic and the Kidney Foundation of Ohio.

We also share the story of Roy-Allen Bumpers, a Centers for Dialysis Care patient currently on the Ohio kidney transplant waiting list. Roy-Allen, a local resident of Cleveland Heights, is a father of three, husband and lifelong learner. Roy-Allen does not let his CKD diagnosis get in his way of pursuing his passions and continues to live his life “without worry.”

We encourage you to follow up with any questions you have so that we can continue to provide a premier healthcare experience to all in our care.

Stay safe and well,

A handwritten signature in blue ink that reads "Gary Robinson".

Gary Robinson

PATIENT SPOTLIGHT:



Roy-Allen Bumpers

The Journey to a Life Without Dialysis

Roy-Allen Bumpers, a local resident of Cleveland Heights, is a father of three, husband and lifelong learner. Diagnosed with chronic kidney disease in 2011, Roy-Allen lives his life “without worry,” taking advantage of every opportunity to enjoy time with friends and family, entertain his hobbies, serve as an active member of his fraternity, Kappa Alpha Psi, and educate others about chronic kidney disease and organ donation.

Roy-Allen’s kidney health has steadily declined since 2011, resulting in End Stage Renal Disease. Today, he relies on dialysis treatments to keep his kidneys functioning properly while he waits for a transplant.

“Dialysis is not meant to be a lifetime solution and the longer I’m on it, the more at risk I am for other health complications such as diabetes and heart failure,” Bumpers shared.

Roy-Allen is currently on the Ohio kidney transplant waiting list and is patiently waiting for a transplant opportunity while he does his own outreach within his community to educate others and explore organ donation opportunities.

Additionally, Roy-Allen continues to pursue his life’s passions.

At age 9, Roy-Allen received a chess set for Christmas and taught himself the rules and found a passion for the sport that has lasted a lifetime. Roy-Allen was not only a learner but a teacher. He taught the other kids in his neighborhood how to play so he had opponents to play. He now participates in the United States Chess Federation tournaments as a competitor, coach and director.

A man of many talents, Roy-Allen graduated from Jane Addams Business Careers Center in 2002 and received his Bachelor of Science degree in Professional Retail Sales and Management from Bellevue University in 2014, where he was and remains an active member of the Kappa Alpha Psi fraternity.

Additionally, Roy-Allen works to educate the community on the importance of organ donation. He was first introduced to organ donation and Lifebanc while participating in the Stepping For Life show. Roy-Allen and his fraternity brothers have worked hard to help educate college students and their families about the need for more registered organ donors.

His personal experience with chronic kidney failure has been a major part of his advocacy and involvement with Lifebanc.

Lifebanc and Centers for Dialysis Care work together to provide transplant opportunities to wait list members.





A New Year's Resolution You Can Commit To

Become an Organ, Eye and Tissue Donor

Join Cleveland MOTTEP in making 2023 your best year yet!

Consider making a positive choice to become a lifesaver and fulfill a great New Year's resolution by becoming an organ, eye and tissue donor. Your choice to save lives can save and heal more than seventy-five people in your community.



Learn about the importance of organ, eye and tissue donation.

Visit www.clevelandmottep.org, talk to your healthcare provider or connect with any staff at Cleveland MOTTEP. Cleveland MOTTEP will be happy to guide you through the process. The choice to help others through the gift of donation is open to everyone. Your age and your health do not prevent you from saving lives, anyone can become a donor.



Talk with your friends and loved ones about your choice to save lives.

Your commitment to donation is an important one, both to those you can help, and those who care about you. Your friends and family should know that you want to help others through donation when you can no longer be with them. Your donation may even end up helping someone close to you that needs a transplant.



Make it official.

Register as an organ, eye or tissue donor by contacting Cleveland MOTTEP for a donor form, in person at the Bureau of Motor Vehicles, or visit donatelife.net. Remember that the need is increasing, and you can help. More than 100,000 men, women and children are in need of transplants, and only those who volunteer can help.



Congratulate yourself!

Making a New Year's Resolution to become a donor is a great way to motivate yourself to do something for your neighbors that you can feel good about. You are also strengthening your community and providing a kindness that money cannot buy. Your commitment is greatly appreciated.



Get others involved!

If you have decided to give the gift of life as a last act of generosity, then you know the kind of happiness that comes with selfless charity. Please spread the message of organ, eye and tissue donation to others. With your help, Cleveland MOTTEP can continue its mission to save lives and spread awareness.

To learn more about Cleveland MOTTEP visit www.clevelandmottep.org. If you wish to become an organ, eye and tissue donor, you can call Linda D. Kimble at 216-658-0716.

What is a Kidney Transplant?

University Hospitals

Kidney disease is a common problem in the United States. In adults, the most common causes of chronic kidney disease are diabetes mellitus, hypertension, glomerulonephritis and cystic kidney disease.

Kidney transplantation offers a distinct survival advantage over dialysis in the management of patients with ESRD.

Transplantation has become the treatment choice for patients who do not have concomitant medical problems that preclude successful transplant surgery or compliance issues that would interfere with the regimen of immunosuppressant medications that are required to prevent rejections of the transplanted kidney following the transplant operation.

For people with end-stage kidney failure, a transplant can be a treatment option that leads to a better quality and longer life. Kidney transplants are performed using either living donors or deceased donors.

Did you know?

- **Almost 400,000 people in the United States have end-stage renal disease (ESRD) requiring renal replacement therapy with some form of dialysis.**
- **That number continues to increase by approximately 5 percent each year.**
- **It has been estimated that as many as 5 million people in the United States have earlier forms of chronic kidney disease that ultimately may progress to ESRD.**

Although the number of deceased donors has been increasing slowly over the past several decades, the number of patients waiting for a kidney transplant is growing much faster, thereby further increasing the waiting time for transplantation, extending over five years of many patients.

In general, the long-term outcomes of kidney transplantation are better in recipients of living donor kidney transplants rather than in those of deceased donor transplants. Living donors can include either family members or unrelated individuals such as a spouse, friend or associate.

**For more information, please call 216-844-3689 or visit:
www.uhhospitals.org/services/transplant-services**

Message from Richard Spech, M.D

Chief Medical Officer



We invite you to watch the excellent three-part video developed by the Kidney Foundation of Ohio about kidney transplantation. Thinking about a kidney transplant can be overwhelming

and these videos do a nice job of helping people understand the process.

In this newsletter, we are sharing more information about the kidney transplant process so you can be educated on the best option for your healthcare needs. If you are considering a kidney transplant, we encourage you to speak with a member of our staff to start the referral process. Centers for Dialysis Care is here to guide you and answer any questions you or a loved one may have about the transplant process.

In my years as a nephrologist, I have recommended kidney transplantation to many who have not “taken the leap” to kidney transplantation. Please let me share a few points that may help you decide if you are undecided:

1. While there are no guarantees in life, the typical person with kidney failure will live both a longer and healthier life with a kidney transplant than with dialysis.

2. If you can't decide whether to pursue a transplant, the best path is to schedule an evaluation at the transplant center and come with your questions or concerns prepared ahead of time.

3. Please don't make the mistake of delaying a transplant because you are currently doing well with your dialysis. The longer you live on dialysis before a transplant, the worse your results will be. If you think you might want a transplant, begin the process now—it will take months to finish the evaluation and possibly years before you receive a kidney.

4. Remember that there are more people interested in getting a transplant than there are kidney donors. Therefore, transplant teams do not want to give that precious donated kidney to people who won't take care of it. So, part of your evaluation will include how well you do taking your medicines and attending dialysis. If you skip or shorten dialysis treatments, it will count against you.

While we are happy that you have chosen us to be your dialysis provider, we want what is best for your overall health and for many that is a kidney transplant. Please speak with the nurse or social worker in your unit if you need information about how to arrange an evaluation.

Richard Spech, M.D.

Roadmap for Kidney Transplantation

Are you or a loved one interested in learning more about kidney transplantation, but don't know where to start?

The Kidney Foundation of Ohio shares a three-part video series to educate patients, as well as your friends and families on the benefits associated with joining the wait list for a kidney transplant.

Part 1 - Transplantation 101

This first step in the transplantation process is education. Getting a kidney transplant is a journey that includes many stops along the way. Once you start the process, your team of dedicated healthcare professionals is there every step of the way to help.

Part 2 - Living Donation

A living donor transplant is when a kidney from a living donor is removed and placed into a recipient whose kidneys no longer function properly. The benefits of living donation include:

- Considerably shorter wait times
- Better overall outcomes for short- and long-term survival rates
- Shorter recovery time
- Potential avoidance of dialysis
- Planned surgery

This video features a living donor who shares her perspective on how donating a kidney impacted her life, and the life of the recipient.



To watch the video series, please visit: kfohio.org/transplanteducation.html or simply scan the QR code with your smartphone.

Part 3 - Recipient Testimonials

For people with end-stage kidney failure, a transplant can be a treatment option that leads to a better quality and longer life. Part 3 features testimonials from four transplant recipients.

The process of receiving a transplant can be overwhelming and intimidating, but for others the benefits outweigh the risks. That's why we're here with you every step of the way.

Turkey Vegetable Chili

Looking to warm up during the winter months? Enjoy a delicious bowl of turkey vegetable chili, packed with flavors that will leave you and your loved ones coming back for more.

Servings: 6

Ingredients

1 tablespoon olive oil
1 pound lean ground turkey
½ cup chopped onions
2 garlic cloves
2 cups zucchini
14 ounces canned stewed tomatoes
2 tablespoons chili powder
1 ½ tablespoons ground cumin
1 ½ tablespoons ground paprika
¼ teaspoon black pepper
nonstick cooking spray

Preparation

1. Chop up onions and zucchini and mince the garlic cloves.
2. Take out a pan and spray the surface with cooking spray and then add the olive oil.
3. Then saute the ground turkey, onions, garlic, and zucchini until the squash is tender.
4. Drain excess fluid.
5. Add stewed tomatoes and spices to the pan.
6. Then put lid over the pan and simmer for thirty minutes.

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



Sunburst Lemon Bars

Seeking a little sunshine this winter? Look no further than our sunburst lemon bar recipes, a sweet treat designed with your renal health in mind.

Servings: 24

Ingredients

Crust

2 cups all-purpose flour
½ cup powdered sugar
1 cup butter (2 sticks),
unsalted, room temp.

Filling

4 eggs
1 ½ cups sugar
¼ cup all-purpose flour
½ teaspoon cream of tartar
¼ teaspoon baking soda
¼ cup lemon juice

Glaze

1 cup powdered sugar, sifted
2 tablespoons lemon juice

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

Preparation

Crust

1. Preheat oven to 350 degrees Fahrenheit
2. In a large bowl, combine the flour, powdered sugar and 1 cup of softened butter. Mix until crumbly. Press the mixture into the bottom of 9" x 13" baking pan.
3. Bake until lightly browned, about 15-20 minutes.

Filling

1. In a medium-sized bowl, whisk the eggs slightly.
2. In another bowl, combine the sugar, flour, cream of tartar and baking soda. Add the dry mixture to the eggs. Add the lemon juice to the egg mixture and whisk until slightly thickened.
3. Pour over the warm crust and bake for another 20 minutes or until filling is set.
4. Remove from the oven and cool.

Glaze

1. In a small bowl, gradually stir the lemon juice into the sifted powdered sugar until spreadable. Add more or less lemon juice as needed.
2. Spread over the cooled filling. Let the glaze set and then cut into 24 bars. Store extra lemon bars in the refrigerator.



How the Donor Process Works

A 9-Step Timeline of the Donor Process from Lifebanc

Becoming a donor is easier than you may think and is an important part of our mission to ensure that your loved ones in need of transplants can receive them. Lifebanc has provided a 9-Step Sample Donation Recovery Timeline to give you and your loved ones a better idea of how the process works:

1. A potential donor is referred by a hospital to its local organ procurement organization (OPO).
2. The OPO evaluates to determine if donation is possible.
3. If donation is possible, the OPO check the applicable donor registry to determine if the potential donor is registered.
4. The OPO then meets with the donor's family to discuss and confirm donation plans and review medical and social history.
5. The search for transplant recipients' beings. The donor's organs are matched by blood type, weight, age, severity of patient illness and time on the waiting list.
6. Matches are found and organ recovery begins.
7. After organ donation is complete, if the individual is also a tissue donor, tissue recovery will then take place.
8. Many unexpected deaths are Medical Examiner cases. Medical Examiner investigations take place after the donation process is complete. Donation does not adversely impact the Medical Examiner investigation.
9. Funeral arrangements proceed as planned.

Becoming a donor is a decision that you should feel educated and supported on every step of the way. For more information, visit [Lifebanc.com](https://www.lifebanc.com).

Winter Word Search

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

SLED

MITTENS

HAT

FEBRUARY

BOOTS

SNOWSTORM

SHOVEL

ICY

FROSTY

COCOA

BLANKET

SLIPPERY

PLOW

HEATER

FIREPLACE

CABINFEVER

SNOWSUIT

SKATING

JANUARY

FROZEN

COLD

BLIZZARD

SNOW

SCARF

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SKIING

JACKFROST

GLOVES

EARMUFFS

BLUSTERY

SNOWMAN

SHIVER

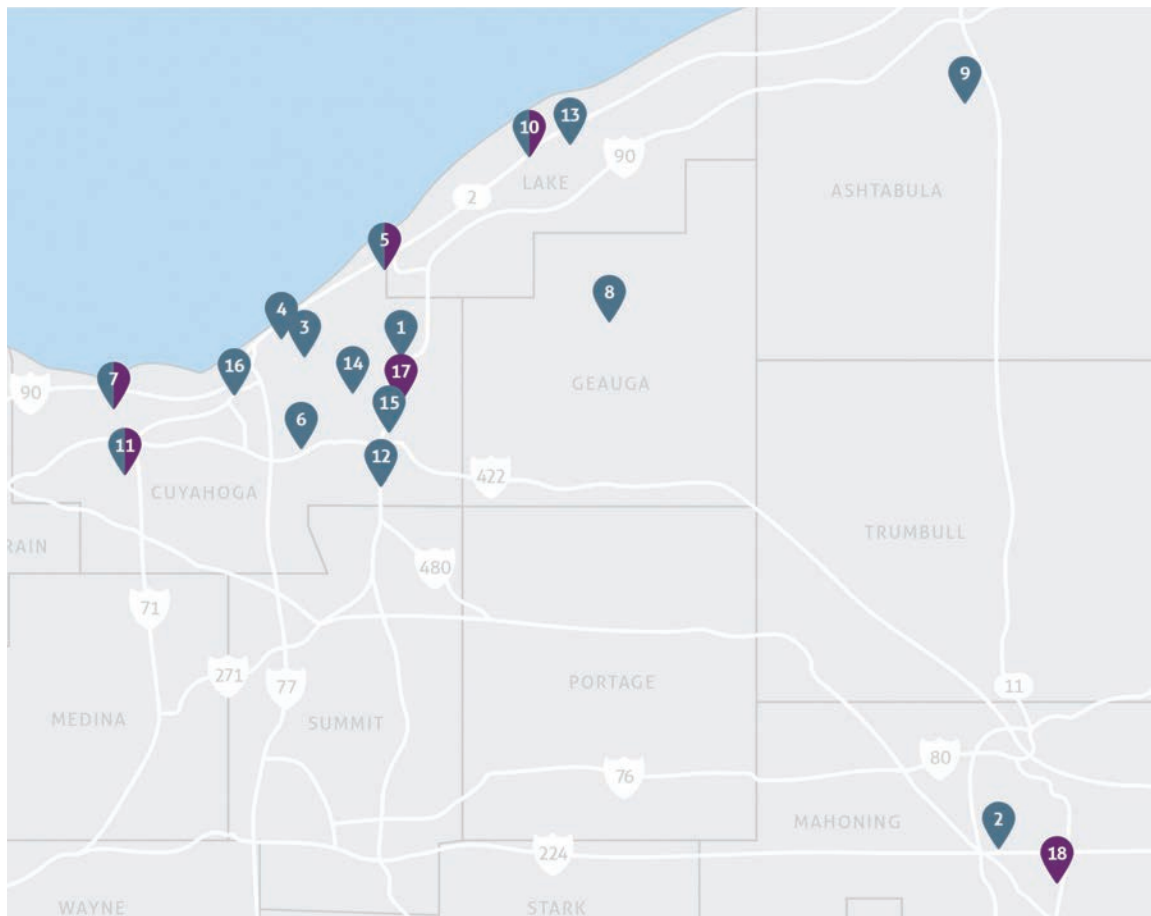
ICICLE

FROSTY

COAT

WINTER

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

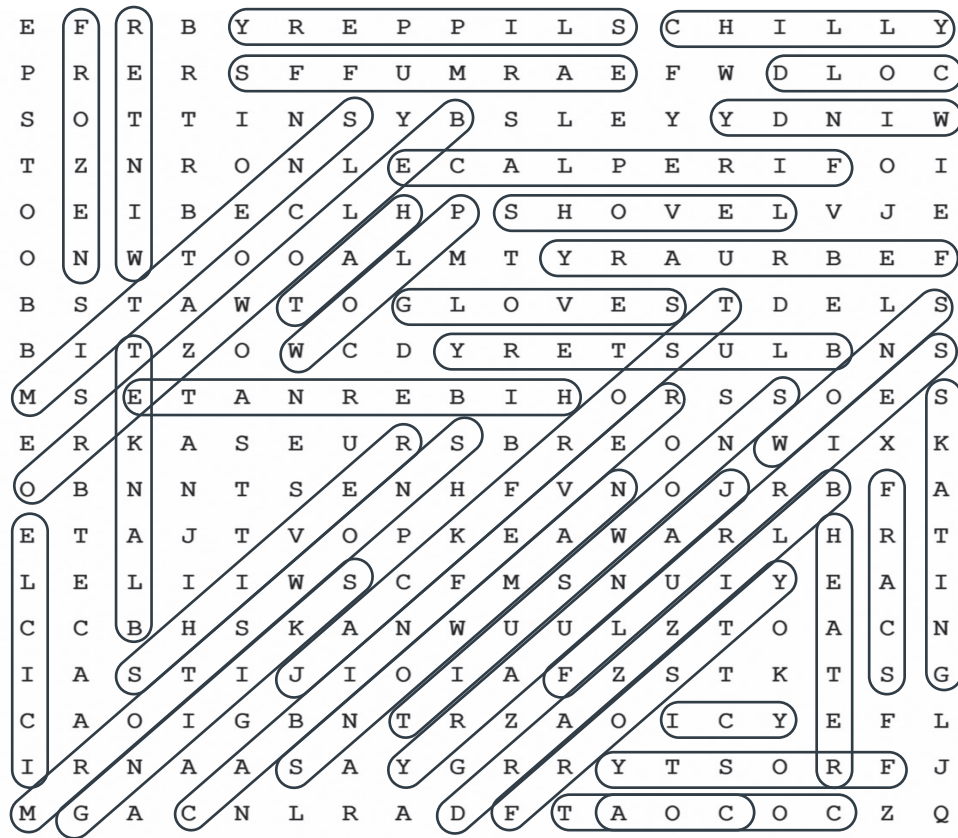
- | |
|---------------------|
| 17. Beachwood |
| 5. Euclid |
| 10. Mentor |
| 11. Middleburg Hts. |
| 7. Westside |
| 18. Youngstown |

Connect With Us

- | | | |
|-------------------------------------------------------------------------------------|-----------|---------------------------|
|  | Website: | CDCare.org |
|  | Facebook: | @centersfordialysisohio |
|  | LinkedIn: | 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

CDCare.org

