



# 50 | Centers *for* Dialysis Care

*Fifty years of quality care and so much more*

WINTER 2024 NEWSLETTER



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*“The staff at CDC has been invigorating over the years. I have formed lasting relationships with so many friends and continue to develop new ones as the years go by.”*

Centers for Dialysis Care celebrates 50 years.

Read more on page 6

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# *Letter from Gary Robinson, President & CEO*



## **Centers for Dialysis Care Community,**

The new year marks an incredible milestone for Centers for Dialysis Care as we celebrate our 50th year of providing quality care to our patients. What started as a wish to be a trusted community partner in the fight against kidney disease, became a reality in 1974.

Centers for Dialysis Care has since grown into the largest and leading kidney care provider in Northeast Ohio. This is a vision that we have embodied for 50 years and will continue to pursue to shape our future.

In this issue, we want to share a little bit of what has made the last 50 years so special – our patients, our staff and as always some of our helpful seasonal tips:

- **Emergency preparedness is key this season;** it is crucial to have a plan to stay warm and healthy in case there is a weather emergency.
- **What is mindful eating?** We share some tips and tricks to fight the winter urges.
- **Calling patient representatives!** Share your input to improve the patient care experience for everyone at Centers for Dialysis Care.

As always, Centers for Dialysis Care remains committed to providing you with a safe and family-focused environment for your care.

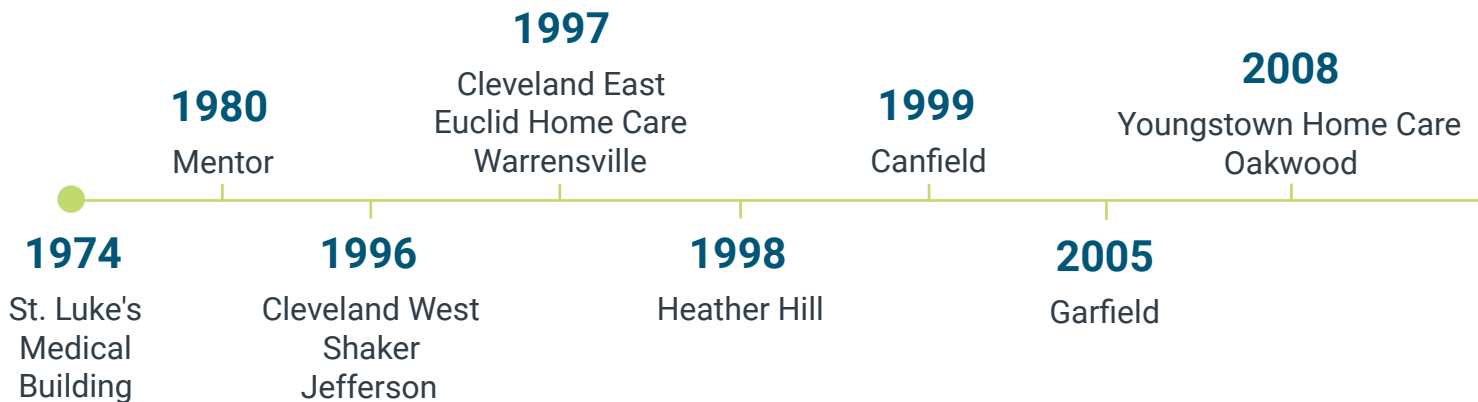
**Stay safe and well,**

A handwritten signature in blue ink that reads "Gary Robinson". The signature is fluid and cursive.

Gary Robinson

# History Highlights

In 1972, Medicare approved dialysis and the age requirement for entitlement for persons with ERSD was waived. Afterward, research and development increased tenfold and free-standing facilities devoted solely to the care of dialysis patients came into being. And thus, began our journey...





*Today, Centers for Dialysis Care serves  
1,500 patients in Northeast Ohio in  
25 patient care settings.*

**2010**

Beachwood

**2015**

Eliza Byant

**2017**

Westside Home Care

**2019**

New Cleveland East

**2021**

Fairview

**2011**

Painesville

**2016**

Mentor Home Care

**2018**

Middleburg  
Heights

**2020**

Beachwood Home Care





# Celebrating 50 Years



**Kelly Franchuk**

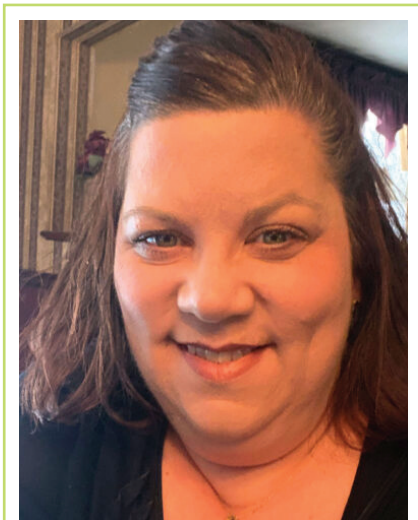
Started at CDC in 1987

*"The staff at CDC has been invigorating over the years. I have formed lasting relationships with so many friends and continue to develop new ones as the years go by. The most satisfying thing about my experience is when a patient or family member, who I'd lost touch with, comes back years later and thanks me for the care I had given them. Sometimes I don't recognize the face, but the name comes back to me. It's staggering that someone would seek me out to tell me that I made an impact on their life and health."*

**Paulette C. Sheeley**

Started at CDC in 1997

*"I have watched the care in nephrology grow since certification was initially required in 2000, and I'm very excited to have been a part of that growth and change. I love nephrology because of the educational aspect...I never stop learning. I understand the critical role of a renal nurse and I enjoy educating patients and assisting them during the often-difficult process of receiving kidney treatment. It is a good feeling to see, adapt and grow into the change in their life."*



**Carrie Nappie**

Started at CDC in 1999

*"I chose to work at CDC for its small size and nonprofit status. The thing that makes me most excited is the patient navigation program which focuses on patients new to dialysis. I'm thankful for the support of my peers as we continuously work together to improve patient outcomes and I'm eager to continue on this path."*



# Patients Showcase Their Artistic Talents

In 2023 patients shared their creativity in a variety of ways, from Cleveland MOTTEP's competition to various art shows. All the artwork is created through the Creative Art Therapies program at Centers for Dialysis Care.

- Zenobia Earls had a one-woman art show at her church, Mt. Zion, where she showcased 14 different pieces of art.
- Various patients showcased their artwork at the Beachwood Public Library for the annual art show, Art is Life.
- Melvinda Tarleton won Cleveland MOTTEP's "Less Worry, More \_\_\_\_." contest where participants were asked why they get vaccinated against COVID-19 and the flu. Melvinda's art will be featured on a new t-shirt design.



Zenobia Earls



Melvinda Tarleton



SPOTLIGHT ON:

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# Patient Representatives

Centers for Dialysis Care is in the process of identifying Patient Representatives at each of our locations. The goal of a Patient Representative is to represent patients at their respective facilities and work closely with the staff and leadership of the facility to improve the patient experience as well as to improve the quality of care.





Centers for Dialysis Care is in the process of identifying Patient Representatives at each of our locations. The goal of a Patient Representative is to represent patients at their respective facilities and work closely with the staff and leadership to improve the patient experience as well as to improve the quality of care. Our Patient Representatives are very valuable to Centers for Dialysis Care, as we believe working closely with our patients is the best way to achieve meaningful improvements for all our patients. The primary responsibility of the Patient Representative is to enable patients to directly influence practices that affect all patient care.

Patient Representatives work to enhance communication between patients and staff, enhance the patient care experience and work collaboratively with the clinic leadership to improve quality of care. We are certain they will make a positive difference for all the patients and staff at Centers for Dialysis Care.

We want to thank all our current Patient Representatives for the impact they have at their facilities:

- Robin Andaya (Euclid)
- Lody Preston (Mentor)
- Brian Carter, Princess Williams and Myrtle Terry Bryant (East)
- Jack Hearn (Shaker Heights)
- Bernard Hicks (Middleburg Heights)
- Deborah Smith (Eliza Bryant)
- Lalea King Stroud (Youngstown Home)

## Patient Representative Voices

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**Lody Preston:** *"I like to listen to people and help them go through this new way of life. I did not have that when I started and I feel it is important to have someone who really understands what you are going through to talk to."*

**Brian Carter:** *"As a patient here at CDC East, I like meeting my co-patients and learning about them. I like helping them feel comfortable about dialysis and their well-being. I like being a helpful conduit to my co-patients along with the other patient representatives here at East."*

**Myrtle Terry Bryant:** *"I enjoy being a patient representative and helping patients. I like answering their questions and helping them to solve problems."*

**Princess Williams:** *"I like to help patients and let them know you can live on dialysis. It is important to be compliant. I love to talk to patients."*



# Mindful Eating

Here are some tips and tricks to fight the winter urges:

- **Listen to your hunger cues.**

Your body will tell you when you need to eat – don't let yourself get too hungry!



- **Choose healthier options.**

As a person on dialysis, making healthy food choices is critical. It can be hard during the winter months, but framing healthy food as a reward to your body can be helpful.



- **Eat with all five senses.**

This is when the mindfulness matters. Take small bites, taste and enjoy your food to the fullest extent – slowly! You're likely to experience more gratitude for your food this way.



- **Observe how food affects your feelings.**

Observe, but you shouldn't let feelings dictate your food choices. On the other hand, notice how your body feels when it is rewarded with healthy food – and how it affects your mood!





# Ginger Cookies



## Ingredients

- 2 ¼ cups all-purpose white flour
- 2 teaspoons ground ginger
- 1 teaspoon baking soda
- ¾ teaspoon ground cinnamon
- ½ teaspoon ground cloves
- ¾ cup butter
- 1 ⅛ cups granulated sugar
- 2 egg whites
- ¼ cup honey

## Nutrition Facts

One Cookie:

138 calories

59mg sodium

1.5g protein

24mg potassium

15mg phosphorus

6g fat

20g carbs

## Directions

1. Preheat oven to 350° F.
2. Combine the flour, ginger, baking soda, cinnamon and cloves in bowl.
3. Cook, stirring constantly, until mixture is bubbly; remove from heat then stir in broth and milk.
4. Set aside.
5. In a large mixing bowl beat butter with an electric mixer on medium speed for 30 seconds.
6. Beat in 1 cup sugar. Add egg whites and honey; beat well.
7. Stir flour mixture into egg mixture.
8. Shape dough into 1-1/2" balls, using about 1 heaping tablespoon of dough for each.
9. Roll balls in the remaining sugar to coat.
10. Place balls about 2- 1/2" apart on an ungreased cookie sheet.
11. Bake for 10 minutes or until light brown and still puffed.

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

# Prepare for Emergencies

1

## Be sure to have enough food and water.

For emergencies, keeping nonperishable food and water stocked is important. Refer to your copy of the three day “disaster diet” for details on what food to have on hand. Have one gallon of clean water a day (per person) for at least three days for drinking and sanitation.

Don’t forget to wear a medical emblem to inform medical staff of your needs. This has vital information about your medical condition and treatment.



3

## Protect your important documents.

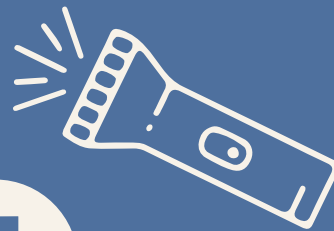
Keep your insurance papers and cards, personal identification, current medication list and any other important papers in one place. Keep them in a waterproof container, fire safe or large sealable plastic bag.

Be sure to update your medication list regularly so that it is always current.

2

## Have a communication plan in place.

Who would you call in case of emergency? Have this person’s information readily available, and make sure your care team has multiple different ways of reaching you. Call your dialysis center for instructions regarding your treatment and make sure your emergency contact is also informed.



4

## Stock supplies and care items.

Make sure you have a “disaster kit” that includes: weather radio, flashlight, batteries, basic tools, whistle (to signal for help, manual can opener, phone chargers (regular and auto), first aid kit, 5-7 days’ worth of regular medications, moist towelettes, and cash. Dialysis items specific to your care also need to be kept in the kit. Other care items include blankets for warmth and extra clothing.

**For more information consult the emergency/disaster packet provided to you by Centers for Dialysis Care.**





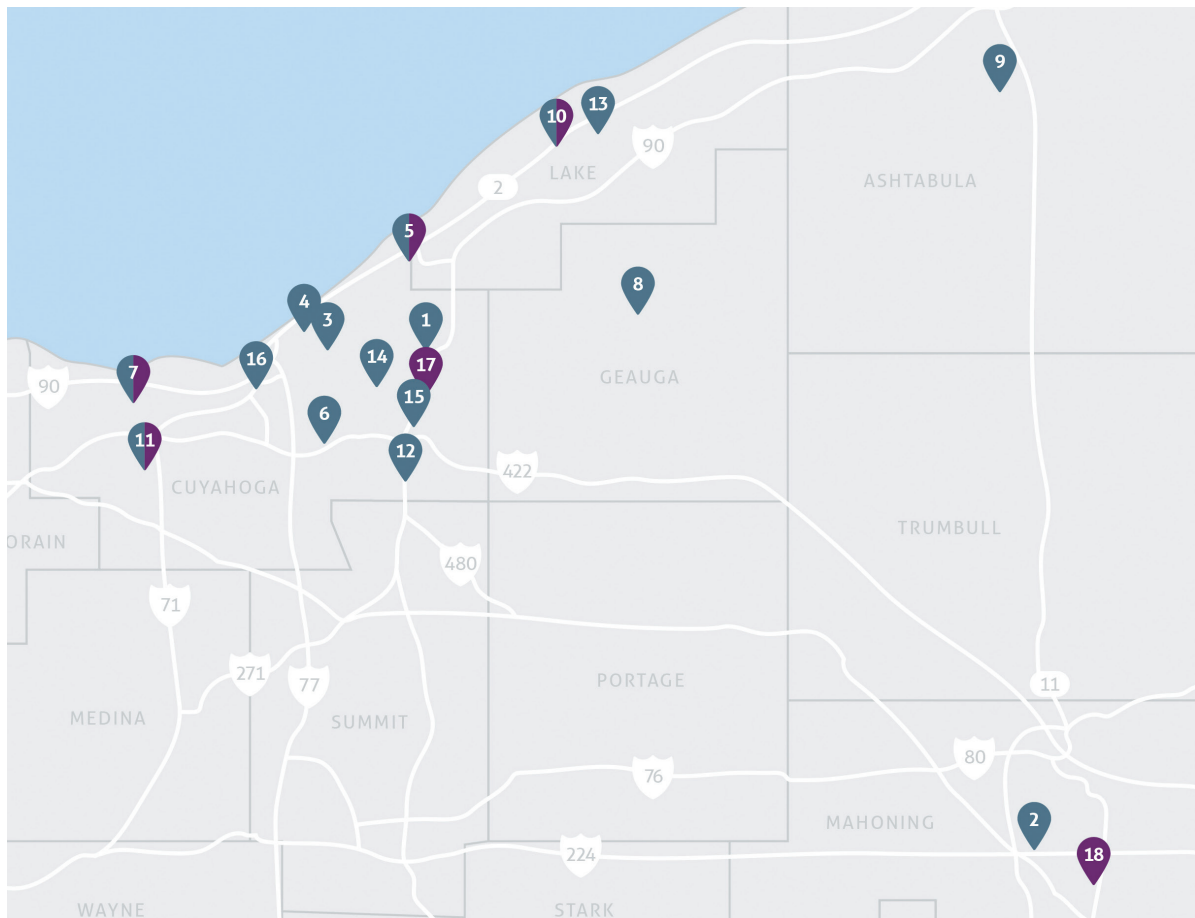
# Winter Word Search

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

BOOTS	IGLOO	SNOW ANGELS
FLURRIES	MITTENS	SNOWBALL
FROZEN	PENGUIN	SNOWBOARD
GLOVES	SCARF	SNOWMAN
HOCKEY	SHOVEL	SNOWSUIT
HOLIDAYS	SKATES	SWEATER
HOT CHOCOLATE	SKIING	TOBOGGAN
ICICLE	SLEDDING	WINTER



## Centers for Dialysis Care Locations






### In-Center Care

- |                  |                     |                       |
|------------------|---------------------|-----------------------|
| 1. Beachwood     | 7. Fairview Park    | 13. Painesville       |
| 2. Canfield      | 8. Heather Hill     | 14. Shaker Hts.       |
| 3. East          | 9. Jefferson        | 15. Warrensville Hts. |
| 4. Eliza Bryant  | 10. Mentor          | 16. West              |
| 5. Euclid        | 11. Middleburg Hts. |                       |
| 6. Garfield Hts. | 12. Oakwood         |                       |

### Home Care

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

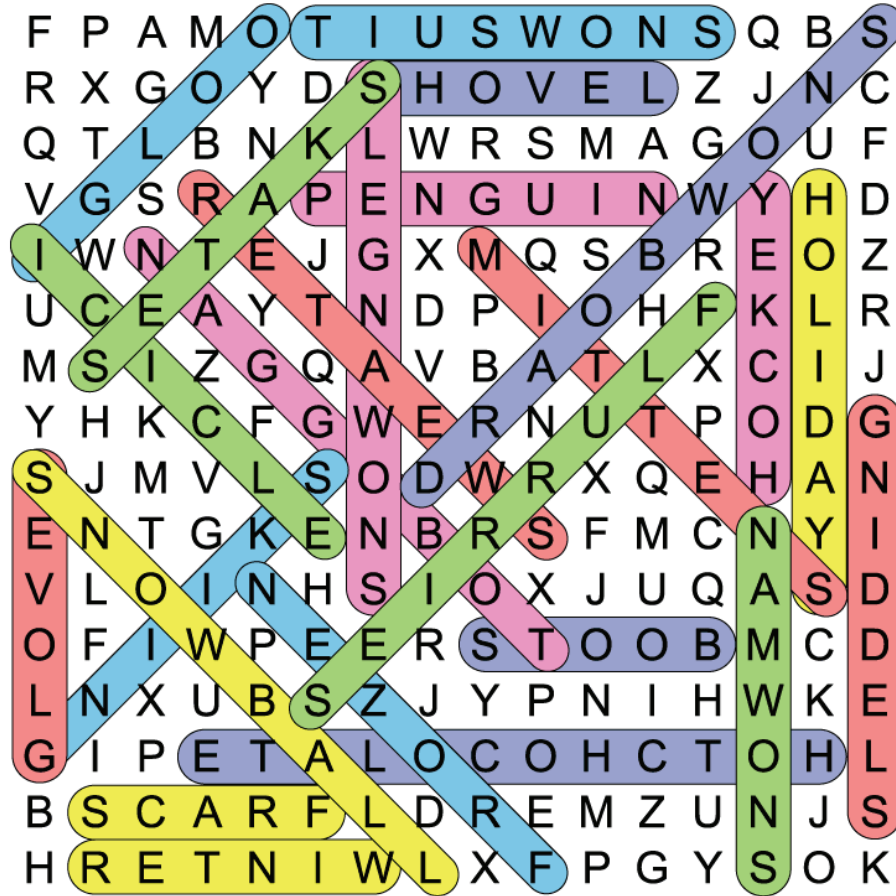
### Connect With Us

- |   |           |                           |
|---|-----------|---------------------------|
|  | 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.



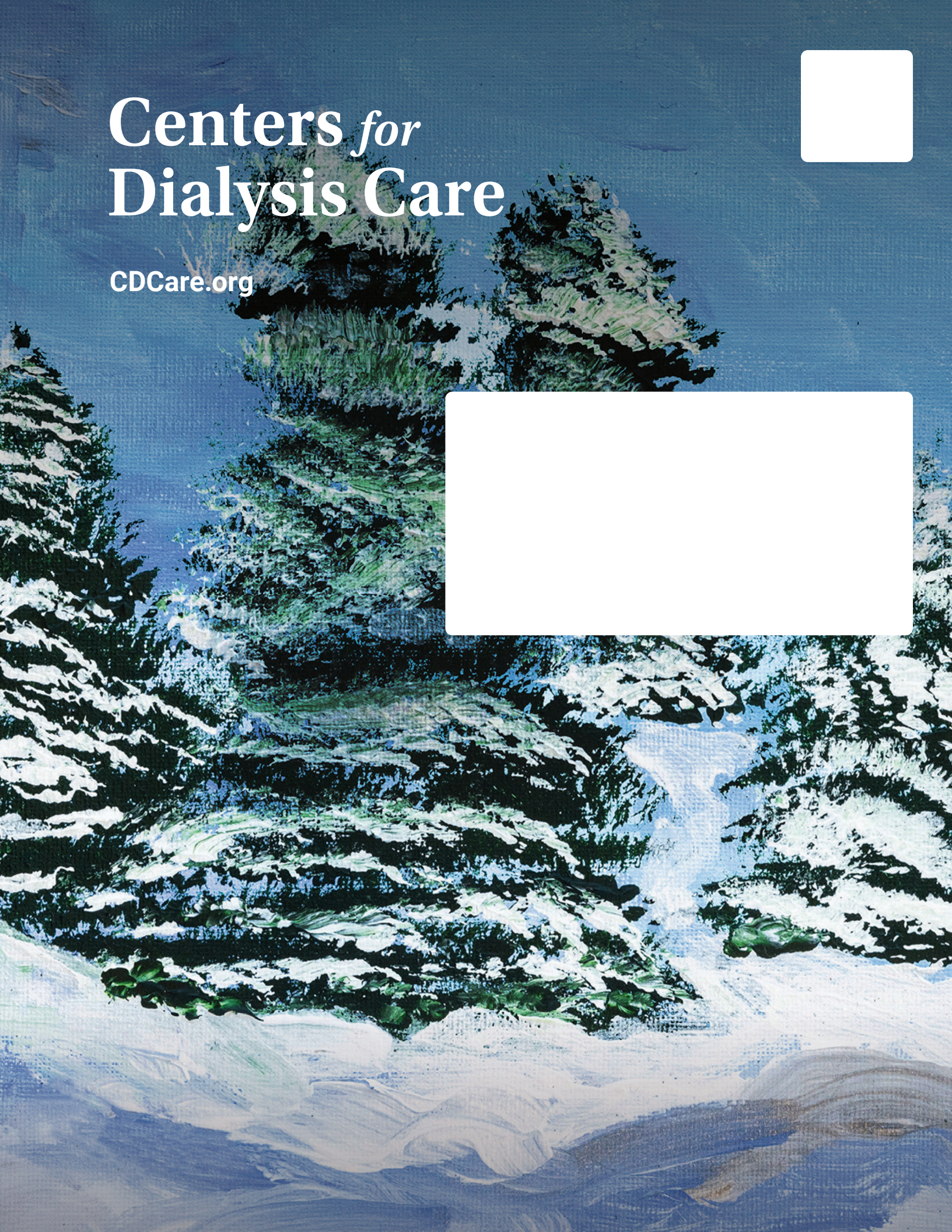
## Word Search Puzzle Answers



## *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.



An impressionistic painting of a forest scene. The background is a dense forest of tall, dark green trees. A path or stream winds through the center of the forest, leading towards a bright, white, rectangular area that appears to be a clearing or a body of water. The foreground is dominated by a large, white, rectangular area that is slightly tilted, creating a sense of depth and perspective. The overall style is painterly and atmospheric, with visible brushstrokes and a rich color palette of greens, blues, and whites.

# Centers *for* Dialysis Care

CDCare.org