



50

Centers *for*
Dialysis Care

Fifty years of quality care and so much more

AUTUMN 2024 NEWSLETTER

Cover artwork by: Mariann Nickens

*“You need to find yourself.
Just because you come to dialysis
and take a lot of medications, you
do not have to lose yourself.”*

Nicole Meadows
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Letter from Gary Robinson, President & CEO



Centers for Dialysis Care Community,

I could not be prouder of the Centers for Dialysis Care team for showing up day in and day out to support individuals with kidney disease. We are honored to have provided the highest quality care for the last 50 years and are celebrating by including **more about you** – the patients who make us who we are. We thank you for entrusting us with your kidney care.

This newsletter brings you articles to help you prepare for and celebrate the fall season, including:

Patient Spotlights: This newsletter features two of our patients, Nicole Meadows and Anthony Matthews. Anthony is a veteran and an avid Wheelchair Games medal winner, and Nicole is a long-time patient with an encouraging message to share with you.

Get Vaccinated: The best defense against flu and COVID-19 is to get vaccinated ahead of the peak season. We hope you and your loved ones stay safe and well during the colder months.

All About Diabetes: November is recognized as American Diabetes Month, and we are here to inform you of the signs and symptoms. In many cases, diabetes is preventable and we encourage you to learn more about it.

Dry Weight Challenge: Join us this fall in the Dry Weight Challenge to improve your health and well-being.

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:

Nicole Meadows

This year marks 50 years of operation for Centers for Dialysis Care and one of our long-standing patients, Nicole Meadows, would like to share her amazing journey.

It was 30 years ago when Nicole Meadows, still a teenager, began her dialysis journey. Nicole had just turned 18 and was cleaning when others noticed she became pale and just did not look well. She went to the hospital where she learned that both of her kidneys had failed and she would have to begin dialysis.

Nicole had Lupus, which ultimately caused her kidneys to stop functioning. She dialyzed her first year at Mount Sinai Hospital and then came to the Centers for Dialysis Care East location.

Nicole remembers the first year of dialysis being very difficult. She was just a teen who got sick so quickly. She began losing weight, had to remember to take several medications, and while all her friends were out partying and having fun, she was forced to grow up quickly, learning to adapt to life on dialysis. Nicole will always be grateful for her first physician, Dr. Knauss, who helped her make this transition. He took the time to understand what she was going through and how difficult this was for her.

Nicole remembers walking into the unit for a tour prior to her start. She was scared because everyone was lying in their chair, much older than she was. Eventually, Nicole became the “young patient,” bringing enthusiasm and excitement to some older patients. Her personality was contagious. She learned so much that she wishes to share with other patients.

“You need to find yourself. Just because you come to dialysis and take a lot of medications, you do not have to lose yourself.”

Right after her first year on dialysis, her first niece was born, giving her a new reason to fight. Nicole received her GED while on dialysis and continued her education in college studying medical billing and coding.

When asked what continues to motivate her after 30 years, Nicole passionately spoke about her mom, who she continues to call when she needs support. She talked about her wonderful husband who takes the burden off her shoulders every day and she could not stop smiling when she talked about all her “babies.” She has several nieces and nephews, who range from one month to 25 years old, and keep her going. She wants to be there for them continuing to share her strength and resiliency.

Nicole has seen some memorable moments for Centers for Dialysis Care over the years, including the “old” East building coming to an end, and the opening of the “new” East location. She talked about her relationship with Jennifer, one of the Creative Art Therapists, who shared many new creative approaches to art. Nicole has always had a crafty side, but she says she learned so much from Jennifer. Nicole has created many pieces of art over the years. She has had her artwork in Cleveland MOTTEP events and donated a dollhouse that she made to the Kidney Foundation of Ohio.

Another fun memory Nicole shared was dressing up as a zombie bride for Halloween. There happened to be a power outage at East that day and she ended up scaring some of the staff and patients!

Nicole also stated that she is very proud that in 30 years she has never missed a treatment. She encourages all patients to “find that reason” to make sure they come to all of their treatments each week.

“In all my 30 years of dialysis, I have never missed a treatment. I encourage all patients to find ‘their reason’ – the reason to make sure you come to all your treatments each week!”

As we continue to celebrate 50 years of Centers for Dialysis Care, we also celebrate Nicole Meadows whose incredible journey is one of inspiration and hope. We celebrate her 30-year milestone and are grateful for all of you who trust us with your kidney care.



PATIENT SPOTLIGHT:

Anthony Matthews



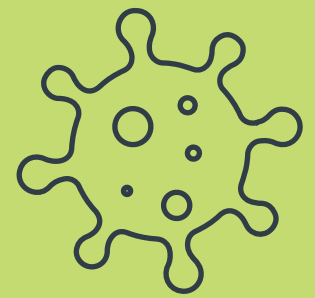
Anthony Matthews has been a dialysis patient since 2007 and recently became a patient at our Oakwood facility in August 2023.

Anthony joined the United States Marine Corps at the age of 17 years old where he served in Vietnam and was on active duty for 5 years. After serving in Vietnam, he transitioned to the Department of Defense where he worked for 35 years. Anthony is proud to be a veteran and to have served our country – in service and after.

In 1985, Anthony married Dorothy, his middle school sweetheart – they've been together since they were 12 years old and share two daughters.

This past April, Anthony participated in the Paralyzed Veterans of America (PVA) Buckeye Chapter Wheelchair Games. PVA strives to improve the quality of life of honorably discharged veterans who have spinal cord injury, dysfunction or illness through advocacy, medical research, sports and recreation, education and communication. At the Wheelchair Games, Anthony won 4 medals!

Flu, COVID-19 and Pneumonia Vaccines



The time to be on high alert for flu-like symptoms is here. It's important to note that COVID-19 and flu have similar symptoms and vary in degrees of severity.

Here are a few symptoms to watch out for:

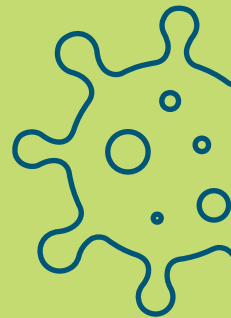
- Fever or feeling feverish/having chills (not everyone with flu will have a fever)
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Vomiting
- Diarrhea (more frequent in children with flu, but can occur in any age with COVID-19)
- Change in or loss of taste or smell, although this is more frequent with COVID-19



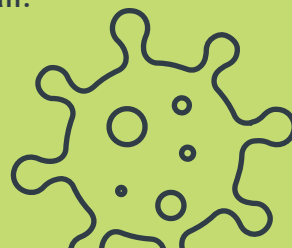
In some patients, COVID-19 tends to be more severe than the flu and may take longer to present symptoms. A person with COVID-19 may be contagious for longer than someone with the flu.

Some ways to stop the illness before it starts:

- Take care of your immune system (eat a healthy diet and exercise regularly)
- Get enough rest and sleep
- Wash your hands frequently (for at least 20 seconds) or use hand sanitizer
- Wear a mask while on dialysis
- Stay up to date on your vaccinations



The best way to prevent illness is to get vaccinated. Centers for Dialysis Care offers the flu vaccine for patients, as well as pneumonia, which also tends to spike in cases in the colder months. Be sure to talk with your care team about how to get the latest COVID-19 vaccine to protect yourself and your loved ones in the upcoming fall.



American Diabetes Month

Diabetes is a chronic condition that causes blood sugar levels to rise abnormally high. Our bodies break down the food we eat into glucose – or sugar – so it can be used for energy. A hormone called insulin helps get that glucose into our cells for energy. When our body's ability to make or use insulin is compromised, too much blood sugar remains in the bloodstream. This can lead to serious complications, including heart and kidney disease, vision loss, hearing loss, nerve damage and stroke.

More than 34 million people in the U.S. – or one in 10 – have diabetes. And one in five of those are unaware that they have it. In honor of American Diabetes Month this November, here are some of the facts...



There are three main types of diabetes:

- **Gestational diabetes** – only occurs in females and results from pregnancy affecting the body’s ability to produce enough insulin. It typically goes away after giving birth, but it can increase your and your child’s risk for Type 2 diabetes later in life.
- **Type 1** – usually diagnosed in children, teenagers and young adults, and results when the immune system destroys the cells in the pancreas that produce insulin. Symptoms develop quickly, and those with this type must take insulin every day. There is currently no known way to prevent this type.
- **Type 2** – occurs when your body has difficulty maintaining normal blood sugar levels due to an inability to use insulin properly. 90% of people with diabetes have Type 2. Risk factors include: prediabetes, being overweight, being 45 and older, having an immediate family history of Type 2, a lack of regular physical activity, having gestational diabetes in your medical history, having given birth to a baby weighing more than nine pounds, and being African-American, Hispanic/Latino American, American Indian or Alaska Native (some

Symptoms of diabetes include:

- Frequent urination, often at night
- Being very thirsty and/or hungry
- Losing weight without trying
- Blurry vision
- Numb or tingling hands or feet
- Fatigue
- Very dry skin
- Sores that are slow to heal
- More infections than usual
- Nausea, vomiting and stomach pains (Type 1)

Symptoms present at different times, depending on the type of diabetes. Because of their tricky nature, **it’s important to discuss your risk factors with a healthcare provider and ask if getting tested is right for you.**

A simple blood sugar test can determine whether you have diabetes. Your provider can work with you to create a treatment plan and suggest positive lifestyle changes to help protect your long-term health.

Prediabetes:

While not a specific type of diabetes, prediabetes occurs when blood sugar levels are too high, but not high enough to classify as Type 2. **According to the Centers for Disease Control, more than one in three American adults have prediabetes, and 90% don’t know they have it.** A blood sugar test can determine whether you have prediabetes.

Changing your lifestyle to incorporate regular physical activity, healthy eating and weight loss (if you are overweight) can help prevent prediabetes from turning into Type 2.

If you have questions, meet with a Centers for Dialysis Care registered dietician trained in diabetes. To learn more about diabetes online, visit www.cdc.gov/diabetes and www.diabetes.org.



Take the Dry Weight Challenge

At Centers for Dialysis Care, we have developed a tool to safely and efficiently remove excess fluid weight, and we call it: The Dry Weight Challenge.

Dry weight is your body weight minus extra fluid carried in your tissues and cells. Too much fluid in your body causes swelling, increases in blood pressure, shortness of breath and other health risks.

Your nephrologist and patient care team use the Dry Weight Challenge to assist you in determining your dry weight. At the beginning of your treatment, specific guidelines are used to determine the fluid removal. Simple interactions are used such as chair positioning and the use of oxygen therapy to assure optimal and safe fluid removal.

Improving blood pressure and fluid balance improves patient health and well-being. Benefits of a new dry weight include:

- Improved blood pressure control
- Often less need for blood pressure medication
- Little to no symptoms, such as swelling and shortness of breath



Garden Veggie Omelet

Ingredients

- Nonstick cooking spray or vegetable oil
- ¼ cup fresh or frozen whole-kernel corn, thawed
- ⅓ cup chopped zucchini
- 3 tablespoons chopped green onion (may substitute yellow or white onion)
- ¼ teaspoon freshly ground pepper or Extra Spicy Mrs. Dash®
- 2 tablespoons half-and-half or nondairy creamer
- 2 large egg whites
- 1 whole large egg
- 1 ounce shredded sharp cheddar cheese

Directions

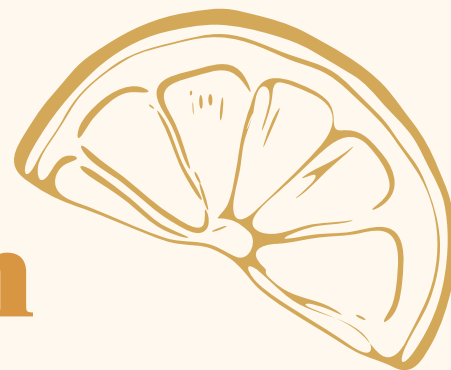
1. Heat a 10" skillet over medium-high heat. Coat pan with cooking spray or drizzle with vegetable oil. Add corn, zucchini, and onions; sauté 4 minutes or until vegetables are crisp but tender. Remove vegetables to a bowl and cover to keep warm.
2. Combine egg whites, egg, and seasoning in a bowl, whisking together lightly. Pour mixture into the pan; cook until edges begin to set, about 2 minutes. Gently lift the edges of the omelet with a spatula, tilting the pan to allow the uncooked egg mixture to come in contact with the pan.
3. Spoon vegetables onto half the omelet, sprinkle cheese over the vegetables. Loosen the omelet with a spatula and fold it in half. Carefully slide the omelet onto a plate and serve.

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





Baked Salmon



Ingredients

- 16 ounces of skin-on salmon filet, cut into 4 portions
- ½ tsp garlic (fresh or dried)
- ½ tsp onion powder
- ½ tsp dill weed (fresh or dried) or basil (fresh or dried)
- ½ tsp black pepper
- 2 washed lemons

Delicious sides:

Roasted asparagus and wild rice

Benefits: Salmon has healthy fats (omega 3) to help reduce inflammation and protect against heart disease. It is an excellent source of protein containing all essential amino acids.

*Salmon is very versatile and can be made in a skillet, on the grill or in the oven.

Directions

1. Preheat the oven to 350 degrees.
2. Place the salmon skin side down on a foil-lined baking sheet.
3. Sprinkle the salmon with the desired seasonings.
4. Slice the lemon and layer on top of the salmon.
5. Bake for 15 - 20 minutes until flakey or salmon reaches desired temperature (145 degrees minimum). Time may vary due to different thickness of fish.
6. Gently remove the salmon from the skin by running a fork in between the salmon and the skin.

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





MOTTEP Update

This past summer, Cleveland MOTTEP held its first Wellness Warrior Workshop at Centers for Dialysis Care's East location. During the workshop, speakers shared what it means to maintain your health and the importance of organ donation and transplantation. As a bonus, attendees watched a cooking demonstration of how to prepare a healthy and nutritious meal.

Cleveland MOTTEP would like to thank the patients who came to support and participate in the event, as well as the Centers for Dialysis Care staff who helped make the event a success.

Together, we share knowledge to keep our community healthy.

SEPT
23

EAT SMART, LIVE WELL: THE ART OF CREATING DELICIOUS SMOOTHIES

This session will cover understanding essential micronutrients, hydration, vitamins, and minerals, and how to identify nutrient-rich foods. Plus a demonstration on making nutritious smoothies

Kinsman Branch Cleveland Public Library-14000 Kinsman Rd
2:00 PM-3:00 PM

OCT
5

MEET THE AUTHOR: CHANTE THOMAS

Join us for a read-along with Cleveland author Chante Thomas as she reads her book "Sean and the Book Cures", a touching story about two cousins and the impact of organ donation.

Free books available to all families and children in attendance

East Cleveland Public Library- 14101 Euclid Ave
1:00 PM-2:30 PM

Autumn Word Search

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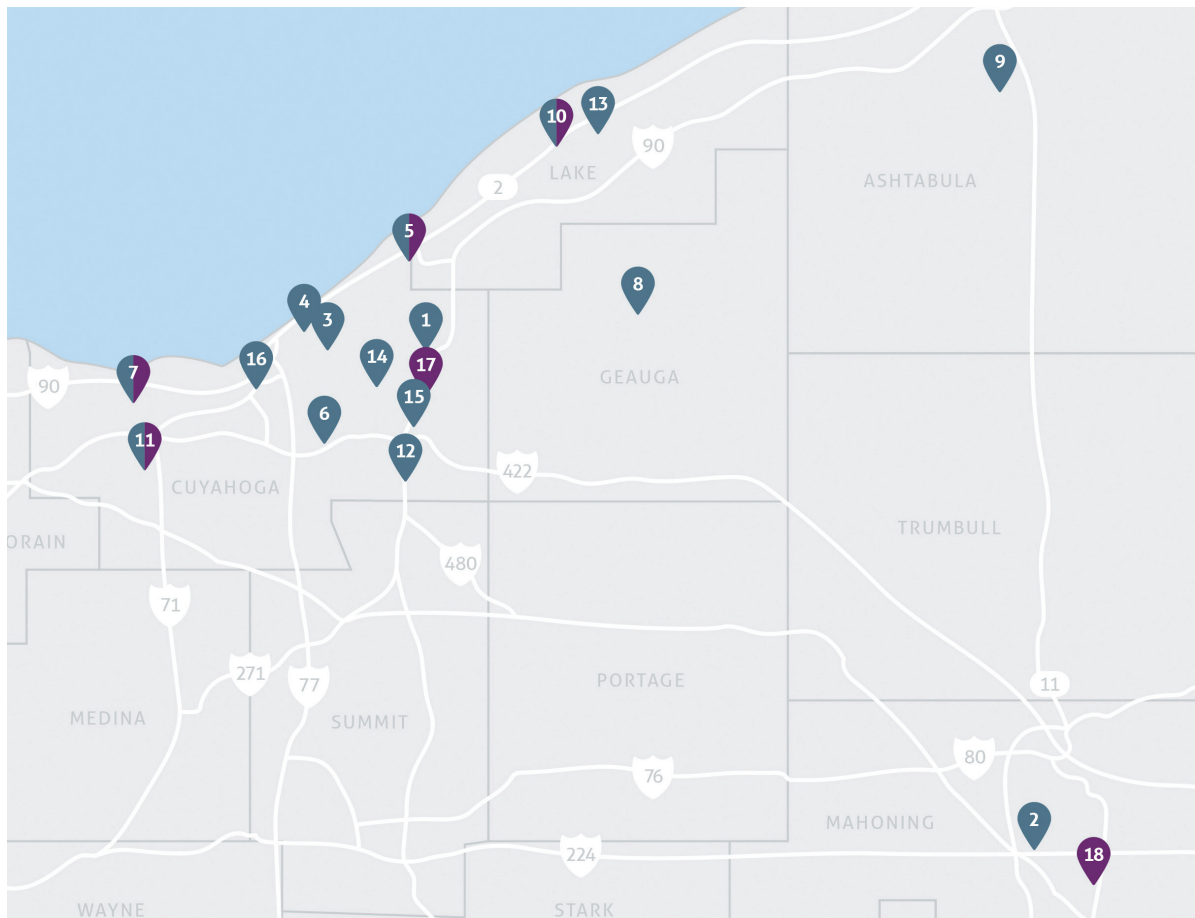
ACORN
APPLES
AUTUMN
BIRDS
BONFIRE
CHANGING

COLORS
FALL
FOOTBALL
FROST
HARVEST
JACKET

LEAVES
MUSHROOMS
ORANGE
PUMPKINS
RAKING
RED

SCARECROW
SPIDERS
SQUIRRELS
TREES
VEGETABLES
YELLOW

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

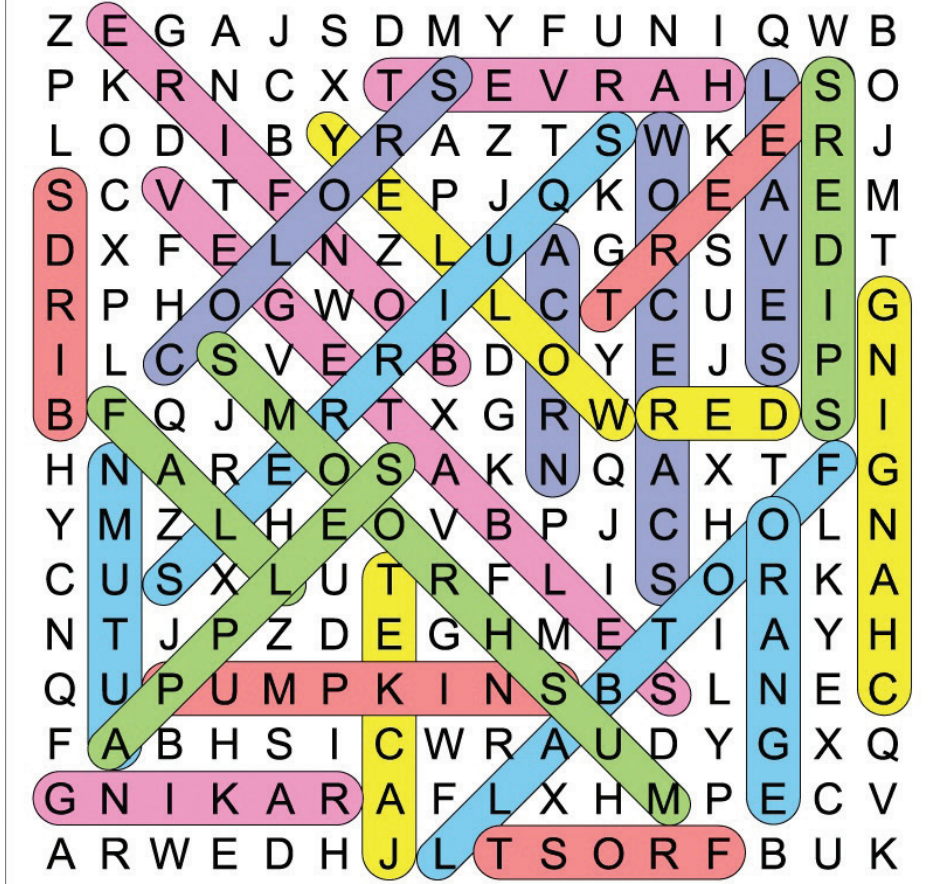
- | |
|---------------------|
| 5. Euclid |
| 10. Mentor |
| 11. Middleburg Hts. |
| 7. Westside |
| 17. Beachwood |
| 18. Youngstown |

Connect With Us

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|  | 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.



50

Centers *for*
Dialysis Care

Fifty years of quality care and so much more

CDCare.org

J. Earle
11-22