

50

Centers *for*
Dialysis Care

Fifty years of quality care and so much more



WINTER 2025 NEWSLETTER

“2024 was a memorable year as Centers for Dialysis Care celebrated 50 years of service to the renal community of Northeast Ohio. Throughout the year, we celebrated this milestone with our staff and patients. In 2025, we look forward to the opportunities that this year will bring.”

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Letter from Gary Robinson, President & CEO



Centers for Dialysis Care Community,

In 2024, Centers for Dialysis Care celebrated our 50th year, and we haven't stopped celebrating this milestone since. We are honored to be able to provide quality care to our patients, and we look forward to many more years ahead. This winter newsletter highlights some of our favorite memories from 2024.

This newsletter also brings you articles to help you stay safe this winter and get the most out of your treatment, including:

Tips for Bad Weather Safety: During the winter months, falls related to bad weather increase. We offer tips to stay safe – and upright – this season.

Dialysis Adequacy Education: Getting the most out of your dialysis treatment is our hope for each of our patients. We provide educational information on dialysis adequacy as well as tips for getting the most out of your treatment.

Catheter Care Instructions: Keeping your access site clean and healthy is an essential part of your treatment. We share insights on how to make sure you're safely handling your catheter and access site with your caregivers and treatment team.

Centers for Dialysis Care continues to evolve and improve but the mission remains the same: to be a leader in providing patient-centered care to all individuals with kidney disease. We're here for you to answer any questions and support you in maintaining your health and well-being – this season and every season.

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 "G" and "R" being capitalized and prominent.

Gary Robinson

Anniversary Highlights

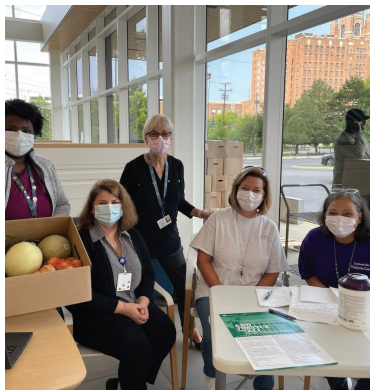
A look back on our 50th year.

Every new year comes with new opportunities. It is a time to not only set new goals and intentions but to also reflect on the accomplishments of the past year. 2024 was a memorable year as Centers for Dialysis Care celebrated 50 years of service to the renal community of Northeast Ohio.

Throughout the year, we celebrated this milestone with our staff and patients. In 2025, we look forward to the opportunities that this year will bring. Our vision is to be the provider of choice as the most trusted community partner for high-quality, patient-centered kidney healthcare. And because of you, year after year, we can provide quality care and so much more. **Thank you.**



Kidney Walk at Great Lakes Science Center



Centers for Dialysis Care East – Food Bank



Patient Artwork Displayed at KFO



Artwork By: Betty Slick



Kidney Walk at Great Lakes Science Center



Pumpkin Painting



The Technical Department



Thankful Fall Lobby Day



Centers for Dialysis Care – Shaker Heights



Centers for Dialysis Care East – Food Bank



Happy to SEA You Lobby Day



Artwork By: Eric Rosado

Walk safe this winter!

No Slips, Trips or Falls

Preventing winter weather-related accidents.

The risk of slipping, tripping and falling increases dramatically during the winter months due to icy and snowy surfaces. Most injuries happen outside, but we must also be wary of weather being tracked inside by footsteps and the floors becoming unsafe for walking. Falls can lead to serious injuries, including severe bruising, broken bones and concussions.

Remember, ice and snow mean “take it slow.” Here are some helpful tips to avoid slips and trips in bad weather:

- Use special care when getting in and out of vehicles and use your vehicle for support.
- Watch for slippery floors when you enter any building or home. Be sure to wipe your feet.
- Try to avoid carrying items or walking with your hands in your pockets. This can reduce your ability to catch yourself if you lose your balance. Instead, carry items in a backpack or bag with handles that can be slung over your shoulder.
- Watch out for black ice.
- Avoid uneven surfaces if possible.
- Avoid steps or curbs with ice on them.



Walk slowly and carefully. Wear boots or other slip-resistant footwear.

Please note, that if you need assistance walking to the scale, lobby or building while receiving dialysis treatment, please ask a staff member for help. Report any untreated surfaces at your facility to a staff member.

Help us keep you safe.

MOTTEP Update

The Wellness Warrior event this past January was a tremendous success, bringing together community members to learn, share and take charge of their health. Through engaging discussions, expert insights, and practical wellness strategies, attendees gained valuable knowledge on how to advocate for their well-being and make informed health decisions.

We, Cleveland MOTTEP, extend our heartfelt gratitude to our speakers, volunteers and participants for their dedication and enthusiasm. Your commitment to health empowerment is truly inspiring and we appreciate your support in making this event impactful. Together, we are building a stronger, healthier community!



CLEVELAND MINORITY ORGAN TISSUE TRANSPLANT EDUCATION PROGRAM (MOTTEP)
PRESENTS

COMMUNITY TOWN HALL

FAITH IN VACCINES:

Join us for a conversation with local community leaders on how vaccinations can help us protect one another and stay safe

5:00 PM – 7:00 PM

MARCH 18, 2025

Third Space Action Lab
1464 E 105th St #302 Cleveland



Receive a \$25 gift card and enter to win a raffle basket!

Scan QR code to register or call 216-630-2015



Funding for this webinar was made possible (in part) by NH23IP922652 from the Centers for Disease Control and Prevention. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services, nor does the mention of trade names, commercial practices or organizations imply endorsement by the U.S. Government.



Catheter Care

What Should I Know About My Catheter Dressing Change?

Though fistulas and grafts may be the ideal access options for dialysis treatment, many patients stay healthy using catheters – and it's important to practice proper care.

Here are some tips for safely changing your dressing:

- Both you and your caregiver must wear a mask that covers the mouth and nose.
- Your head should be turned away from the insertion site when the dressing is being changed, and when your treatment is being started or ended.
- Your caregiver should remove their gloves after taking off the old dressing. They should sanitize their hands and put on new gloves before cleaning your catheter insertion site.
- The ointment should be applied to the catheter insertion site before applying the new dressing.
- Your caregiver should mark the date of the dressing change on your new dressing.

Hemodialysis catheters are best used for a short time because they are not the safest access choice. Patients with a catheter are at high risk for complications, and proper care of the catheter is the best defense against infection.

Here are a few tips:

- Keep your catheter access site clean and dry. It is okay to take a bath as long as you do not get the dressing wet (no showers or swimming).
- Tell your nurse if you notice redness, swelling, pain or drainage from the catheter site, or if you have a fever.
- Avoid touching the catheter where it enters the skin.
- Wear clean, loose-fitting clothing around your catheter, and be careful when wearing clothing with zippers.
- Try not to push or pull on the catheter.
- Do not use sharp objects (scissors, knives, razors) near the catheter.
- Do not let pets or children touch the catheter.

In case of emergency, call 911 if your catheter or the catheter cuff comes out of the skin. If you experience any bleeding, put firm pressure on the exit site with a clean gauze or cloth and hold pressure for at least 15 minutes until the bleeding stops or help arrives.



2025 KIDNEY & TRANSPLANT SYMPOSIUM

March 7th, 2025
March 8th, 2025



About Us

The 2025 Kidney & Transplant Symposium will feature regional-specific topics for all disciplines, presented by faculty from across Ohio. Join us for the National Kidney Foundation Serving Ohio's premier educational program!



Register Now



View the Agenda

8+ CME/CE Credits
(pending approval)



Quest Conference Center
9200 Worthington Road
Suite 400
Westerville, Ohio 43082



Friday, March 7, 2025
11:00am - 6:00pm
Saturday, March 8, 2025
7:15am - 12:45pm

Attendees have a chance to win:

- A free registration for NKF's premiere educational event Spring Clinical Meeting in Boston, MA
- One-year paid NKF professional membership
- Two tickets to an NKF Ohio gala in Cleveland, Columbus, or Cincinnati

Are You Achieving Dialysis Adequacy?

How to make the most out of your dialysis treatment.

Dialysis adequacy means getting enough dialysis. Your dialysis technician collects monthly blood samples that are sent to a lab to help us determine if you are receiving enough dialysis and receiving your best possible treatment. You may not always experience symptoms from not getting enough dialysis right away, but it often causes serious complications such as poor mental functioning, heart problems or bone disease and can shorten your life.



What is Kt/V and why is it important?

The test used to measure if you are receiving adequate dialysis is Kt/V. This test measures how much urea (waste) is removed during dialysis. Hemodialysis patients should strive for a Kt/V of 1.2 or greater and peritoneal dialysis patients should strive for a Kt/V of 1.7 or greater. Your Kt/V number is part of the lab work the dietitians pass out and review with you monthly.

Symbol:	Stands for:	Means:
K	Clearance	The amount of waste removed
t	Time	The length of time of treatment
V	Volume	The amount of water in your body

What happens when I miss or shorten treatment?

- **Edema:** swelling in hands, feet, face, or heart
- **Uremia:** confusion, dizziness, bad taste in mouth, and vomiting
- **Bone disease:** weakened and brittle bones
- **Volume overload:** difficulty breathing, weight gain, coughing
- **Cardiac problems:** Irregular heartbeat
- **Electrolyte imbalance:** low energy, spasms, numbness

What can I do to make sure I'm getting the most out of dialysis?

Come to all your treatments. If you do have to miss a treatment, you can reschedule by contacting your facility, but make sure you stay on top of it as it is crucial to your health.

Stay your full treatment time. If circumstances are preventing you from staying your full treatment time, reach out to your facility manager or social worker.

Good blood flow is important during treatment and fistulas and grafts are your best access options (versus catheters). Often, with catheters, the advised blood flow cannot be met, making them less effective as fistulas or grafts. Patients with catheters also have a high risk of complications such as severe infection.

Grievance Guide

A Guide for Patients and Families

Do you have a concern about your facility?

Your Network can work with you and your facility to help resolve your concerns. Before filing a grievance with us we encourage you to discuss your concern directly with a staff member at your facility. Ask to speak with someone with whom you feel comfortable sharing your concerns. If you do not wish to identify yourself, ask about how an anonymous grievance can be filed.

If you do not feel comfortable filing a grievance with your facility or you are dissatisfied with the response of facility staff to your concerns, you have the right to file a grievance with your Network and/or your state agency.

Filing a grievance:

You can file a grievance with your Network in one of three ways:

1. Call the Network's toll-free line,
2. Mail us a letter, or
3. Fax us the information.

We also encourage you to check our website, esrd.ipro.org, where you'll find additional information and resources on grievances.

The Network's contact information for all three options is available on the second page of this flyer. To best help you, the Network may request information from you, such as your name, phone number, address, and your date of birth. We will also ask for details about the facility (e.g., name and address). If you do not feel comfortable giving us these details or sharing them with the facility, you have the right to file a grievance confidentially or anonymously.

If you file a confidential grievance, the Network will still collect these details, but we will NOT share them with the facility. If you file an anonymous grievance, we will NOT collect these details at all during your case. If you decide to file a case anonymously and your concern relates directly to your personal care, the Network may be limited in the actions we can take during our investigation. We will respect your choice and protect your anonymity to the best of our ability.

Contact your state agency. Your state agency's contact information should be posted in the lobby of your facility; it is also provided on the second page of this flyer.

What to expect during the grievance process:

A member of the Network's Patient Services Department will listen to your concerns and help you to best organize your thoughts; they will also provide you with feedback and may offer another point of view.

The Network will work with you and the facility staff to reach a resolution by advocating on your behalf based on your rights as a patient.

We may request to review documentation from your facility. This documentation may include treatment logs, social worker notes, or your facility's policies and procedures.

The Network can provide recommendations to build a more positive patient-staff relationship, and encourage participation in care conferences to address issues at the facility level. Patients, family members, and staff are encouraged to be part of this process.

We can provide you with educational materials on kidney disease or contact information for other kidney-support organizations.

When necessary, the Network may work with your state agency for further investigation or refer your case to other governing boards or government agencies for assistance.

The Network will work to resolve your case as quickly as possible. While some cases can be resolved within ten calendar days, others may remain open for up to 60 days.

The Network will keep in contact with you throughout the process via phone and in writing.

What the Network cannot do:

Force a facility to accept a patient.

Close a dialysis facility.

Go on-site to investigate a facility's clinical procedures, witness interactions between staff and patients, or view a videotape of incidents (HIPAA violation).

Add a patient to the transplant list.

Recommend a lawyer and assist with a lawsuit.

Get staff members fired or arrange for staff to have their pay docked.

Force a facility to change its admissions policy regarding catheters.

Verify Medicare coverage or give out Medicare cards.

Hide a patient's involuntary discharge (IVD) history.

Contact information for filing a grievance with your state survey agency:

Ohio | Ohio Department of Health Complaint Unit
246 North High Street, Columbus, OH 43215
Phone: (800) 342-0553
Email: HCComplaints@odh.ohio.gov

Minestrone Soup

Ingredients

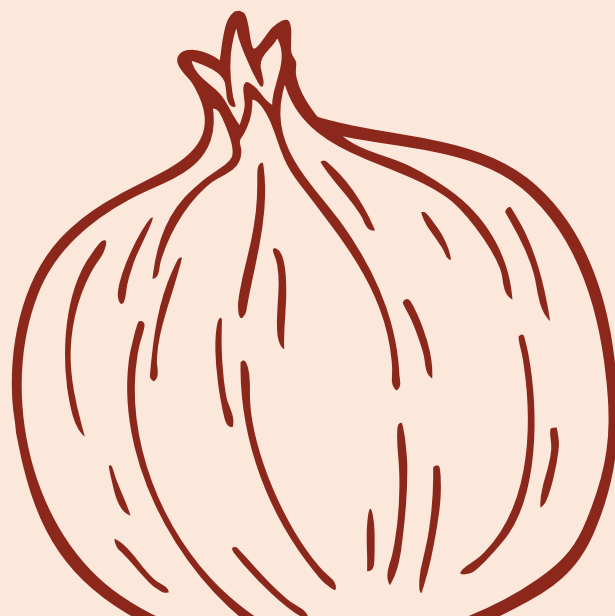
- 14 oz diced tomato, no salt added
- 1½ cup elbow-shaped macaroni, dry
- 4 cups chicken broth, low fat/sodium
- 1 tsp ground black pepper
- 1 tsp dried oregano
- 1 tsp dried basil
- ½ cup chopped zucchini
- 1 large carrot
- 2 large celery sticks
- 2 cloves garlic
- ½ large onion
- 2 tablespoons olive oil
- 1 can green snap beans, no salt added

Directions

1. Dice onion, garlic, and zucchini. Shred the carrot. Rinse the canned green beans or use 1 ½ cups of fresh beans cut into 1/2-inch pieces.
2. Heat olive oil in a large pot or dutch oven on medium heat. Add onions and cook for 2-3 minutes or until translucent.
3. Add garlic, celery, carrot, and zucchini. Add green beans, only if using fresh. Cook for about 5 minutes until the vegetables soften.
4. Add canned green beans, basil, oregano, and black pepper.
5. Add 1 can of diced, unsalted tomatoes and chicken broth.
6. Bring to a boil then reduce to simmer. Simmer for 10 minutes.
7. Add pasta and cook for 8-10 minutes or according to package directions.
8. Garnish with a sprig of fresh basil. Ladle into a bowl and enjoy!

Nutrition Facts

Calories 144	Saturated Fat 0.7 g
Carbohydrates 21.9 g	Sodium 55.1 mg
Dietary Fiber 2.8 g	Potassium 355.2 mg
Protein 5.9 g	Calcium 51.3 mg
Fat 4.3 g	Phosphorus 97.8 mg





Chicken Tortilla Casserole

Ingredients

- 13-ounce condensed cream of chicken soup, reduced fat, reduced sodium
- 8-ounce plain soy yogurt
- 1½ teaspoon chili powder
- ½ teaspoon cumin
- 1 large, cooked chicken breast
- 8 tortillas, small 4-inch corn tortillas, no salt added
- ⅓ small red bell pepper
- ⅓ small yellow bell pepper
- ⅓ small orange bell pepper
- 3 tablespoons fresh cilantro
- 1 cup sweet yellow corn
- 13-ounce canned red tomatoes with green chiles
- ½ cup Mexican cheese blend, reduced fat
- ¼ cup rice milk, unsweetened

Directions

1. Preheat oven to 350 degrees F. Spray a 13x9-inch baking dish with nonstick cooking spray.
2. Chop peppers. Tear tortillas into small pieces. Shred chicken. Chop cilantro.
3. In a large bowl, mix soup, tomatoes, non-dairy yogurt, rice milk, chili powder, cumin, chicken, tortillas, bell peppers, and corn.
4. Put mixture into baking dish.
5. Cover with foil and bake for 40 minutes.
6. Uncover and sprinkle ½ cup cheese over the casserole.
7. Bake uncovered 5-10 minutes longer until cheese is melted.
8. Let stand for 5 minutes, sprinkle with cilantro, and serve. 12. Cool – and enjoy!

Nutrition Facts

Calories 152	Saturated Fat 1.6 g
Carbohydrates 18.9 g	Sodium 462.4 mg
Dietary Fiber 2.1 g	Potassium 364 mg
Protein 10.6 g	Calcium 160.7 mg
Fat 4.5 g	Phosphorus 175.9 mg



Calling All Volunteers!

Centers for Dialysis Care is looking to start a Volunteer Program.

Patient BINGO

Several patients have voiced interest in playing BINGO while on dialysis and we are looking at ways to be able to provide this opportunity. We are looking for volunteers who would be interested in calling out BINGO and facilitating that activity.

Cleveland Food Bank

We are also 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



Winter Word Search

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

HOT CHOCOLATE

BLIZZARD

JACKET

HAT

SNOW DAY

SKIS

SNOWFLAKE

PENGUIN

SLED

FROST

ICICLE

COLD

POLAR BEAR

SCARF

EARMUFFS

SWEATER

MITTENS

WINTER

Centers for Dialysis Care Locations






In-Center Care

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

Home Care

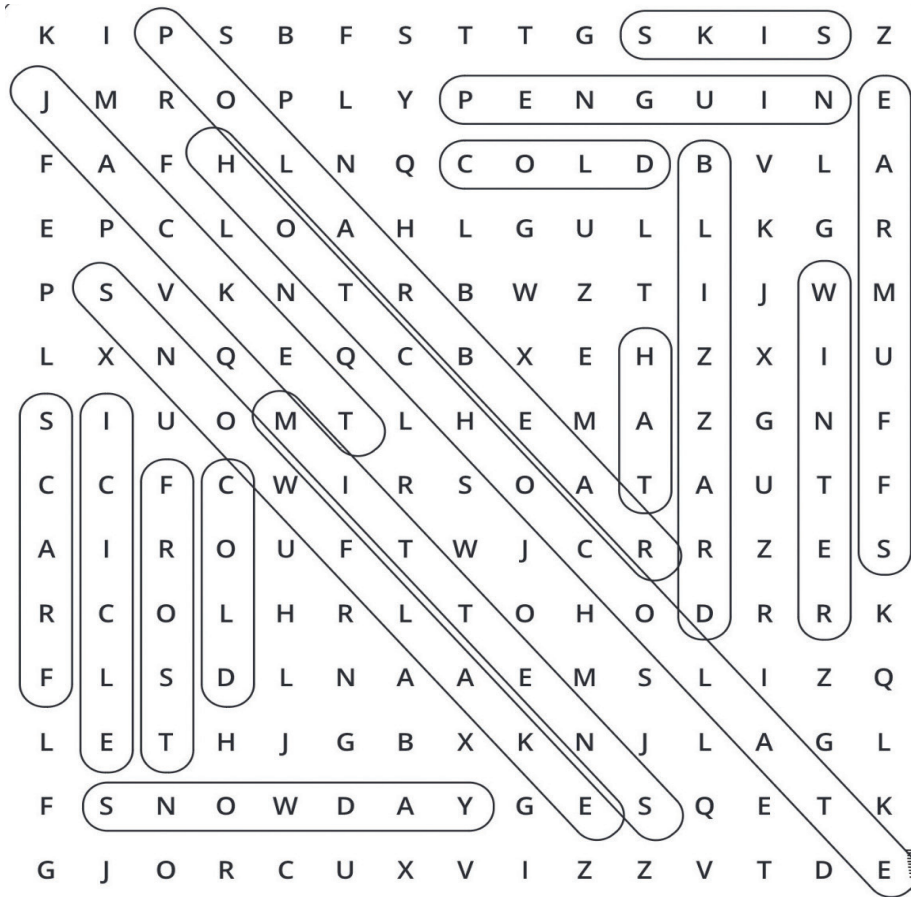
- | | |
|-----------------------|---------------------|
| 13. Shaker Hts. | 4. Euclid |
| 14. Warrensville Hts. | 9. Mentor |
| 15. West | 10. Middleburg Hts. |
| | 5. Westside |
| | 17. Beachwood |
| | 16. Youngstown |

Connect With Us

- | | | |
|---|-----------|---------------------------|
|  | Website: | CDCare.org |
|  | Facebook: | @centersfordialysisohio |
|  | LinkedIn: | Centers for Dialysis Care |

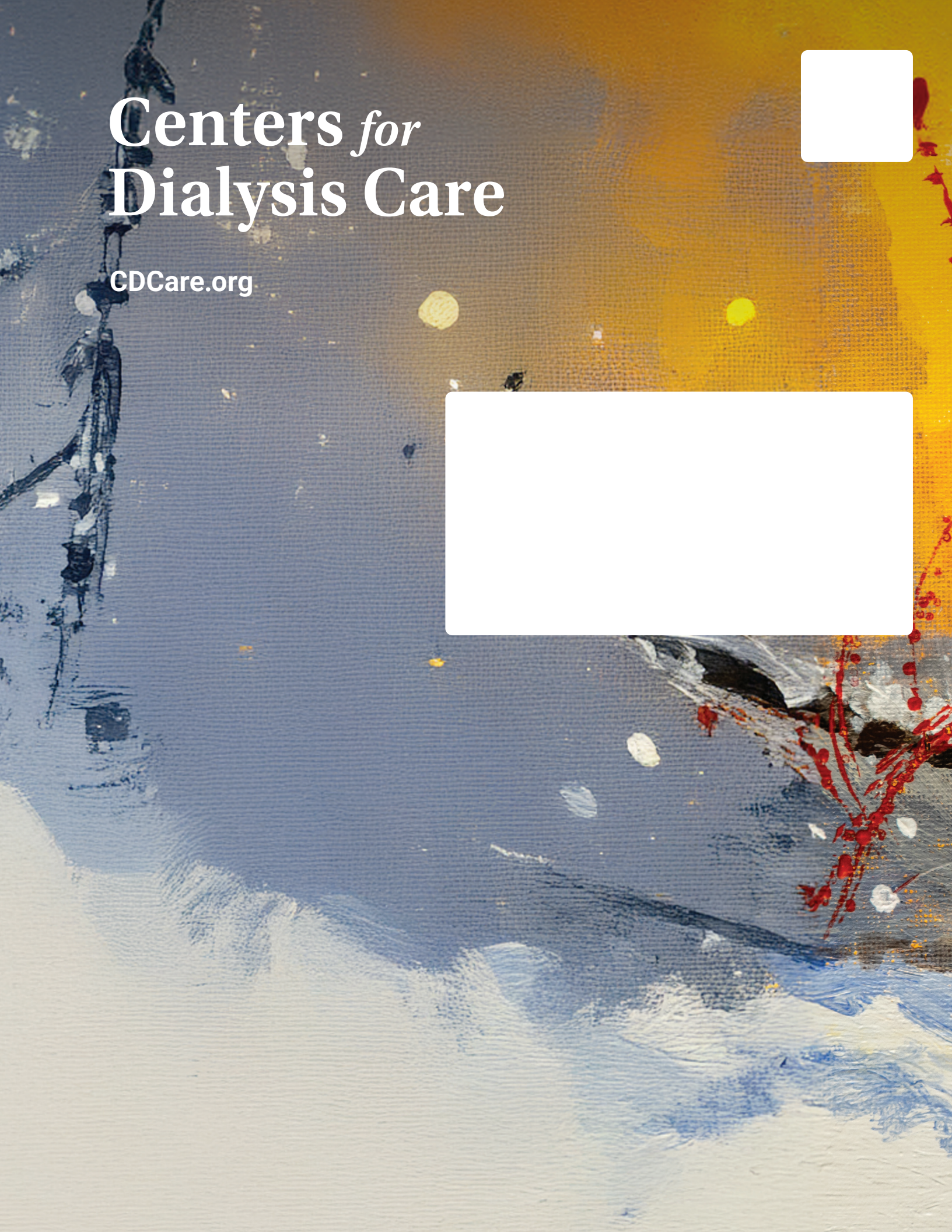
Have an idea for the newsletter?
 Contact Heidi Ross at
 hross@cdcare.org or
 (216) 229-1100 ext. 298.

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.



Centers *for* Dialysis Care

CDCare.org

