

## New Seattle Kidney Center to open its doors June 1

By Joyce F. Jackson, President and CEO



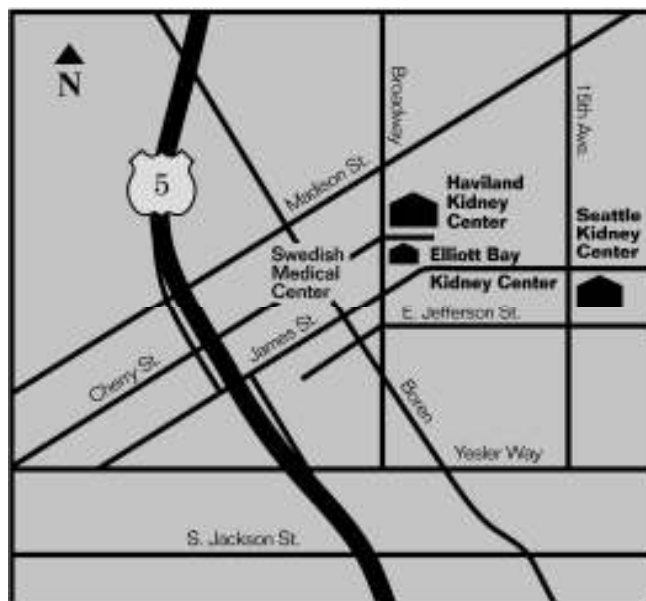
NKC has built a new four-story brick building at 15th and Cherry near Swedish-Cherry Hill Hospital (see map). The building is called the Seattle Kidney Center. We will open the dialysis center June 1. About 150 patients and 75 staff from the Haviland Kidney Center will move to this facility.

I am delighted to tell you about this major project, which will be a great benefit to you if you receive treatment at Haviland or are a home patient.

### Why did we build this unit?

The Haviland building is more than 50 years old. That is why we built a new patient treatment facility to provide dialysis services for the coming decades to those who need them. We especially wanted better space for Special Care.

Special Care and Home Training (PD and Home Hemodialysis) will be housed at the Seattle Kidney Center as well as a 15-station community dialysis facility. This building is for patient care. No other NKC services will be located in it.



The building will be open on Saturdays instead of Sundays. There is a flat, covered drop-off area and entrance, and a parking garage next door. The building has a back-up generator.

The Haviland building will remain open for services such as the Pharmacy. We will operate the dialysis unit on the Broadway level for some dialysis patients currently at Haviland. There are no changes at the Elliott Bay Kidney Center.

continued on page 2

**What's inside:** Seattle Kidney Center sneak peek, 2 • Kent Kidney Center open house, 3 • Dialysis petition, 3 • Home hemodialysis test run, 4 • Fest cookbook, 4 • Coach's Corner, 5 • Kidney Health Fest, 6-7 • Breakfast of Hope, 8

## **New Seattle Kidney Center**

continued from page 1

Current employees at Haviland will staff both the Seattle Kidney Center and the Broadway unit at Haviland—so you will see familiar staff where you dialyze.

### **Why is this better for First Hill and Home patients?**

We will have more space in Special Care, Home Training and the community dialysis center, with great natural light. We will be on a quieter street. We will have flat screen TVs and a conference room in each unit. There are two fast elevators to move people, too! The facility is newer than Haviland in all respects.

### **What is going to happen next?**

On May 9, we will change the Haviland building schedule to open on Saturdays (instead of Sundays). This will help all of us, and transportation services, get used to the new schedule.

We will provide treatments at Haviland on Saturday May 30. The movers will move equipment and supplies Sunday May 31. We will open the new building Monday June 1.

### **If I dialyze at Haviland, what am I supposed to do?**

We know this will be a big move for those patients who are going to the Seattle Kidney Center. I am confident

our patients will like the new space. Your staff will be moving too. This is a big change for many people!

Please ask questions of your unit's manager so we can address your concerns. Give us your feedback. Drive by the building at 15th and Cherry and see what it looks like from the outside.

We will offer the opportunity to visit the new building before June 1 so you will know where to go. If you are staying at Broadway, you will remain in a familiar place.

We will hold an open house later this year so all NKC patients can visit our newest and largest facility, the 14th dialysis unit in our organization.

### **Home dialysis patients: get a sneak peek at Seattle Kidney Center**

All hemodialysis and peritoneal dialysis patients will be invited to sneak a peek at the new Home Training unit in May. The official open house for everyone will be in October.

The Home Training unit is on the fourth floor of the new Seattle Kidney Center. The beautiful colors and finishes, the gentle curves in the architecture, and the bright windows make this unit a comfortable space.

Watch your mail for the invitation.

## Kent Kidney Center open house June 24

On Wednesday June 24, Kent Kidney Center will celebrate its debut with an open house. The center is at 25316 74th Ave. S. in Kent.

The event, from 11:30 a.m. to 1:30 p.m., will include kidney-healthy food and tours of the building.

The 17-station Kent center, open Mondays, Wednesdays and Fridays, is the 13th dialysis unit Northwest Kidney Centers has developed to serve the region's many dialysis patients.

In December, 15 patients from the Auburn and Mount Rainier Kidney Centers were transferred to Kent Kidney Center, and new patients were admitted from the Kent area.

As of February, with the opening of a seven-bed special care unit at Kent Kidney Center, all of Northwest Kidney Centers' specialized services are available in South King County. These include isolation (SeaTac), home hemodialysis (SeaTac), peritoneal dialysis (multiple sites), and special care (Kent).

Before Kent Kidney Center opened, special care patients were treated only at Haviland Kidney Center on First Hill in Seattle. Now south King County patients requiring special care can be treated closer to home.

Please come learn more about the new Kent center and kidney disease prevention as you help us celebrate the opening!

## Petition for dialysis every other day



By William Peckham,  
Chairman, NKC  
Board of Trustees

In the United States today, Medicare pays for three dialysis treatments a week

for patients with Stage 5 kidney disease. This adds up to 156 treatments a year. The current payment policy leaves patients with a long weekend. During this long weekend, patients have a greater build-up of waste products in the blood and become more uremic. Sudden death has been linked with the longer weekend time between treatments.

The Every-Other-Day-Dialysis Petition to the Congressional Kidney Caucus seeks to increase Medicare's payment policy to allow for dialysis every other day. A total of 183 treatments a year would be paid for. With just 27 more treatments each year, patients can dialyze every other day, which will result in a better quality of life and fewer health problems.

"Studies show that those who dialyze more often feel better and live longer," says Northwest Kidney Centers President and CEO Joyce F. Jackson. "We believe those with kidney failure should be able to lead the most productive and healthy lives possible; therefore, we support this petition." To sign the petition, visit [www.petitiononline.com/eodD0903/petition.html](http://www.petitiononline.com/eodD0903/petition.html).

## Test run daily home hemodialysis in your center

You wouldn't buy a car without taking it for a test drive. The same holds true for home dialysis: if you haven't tried it, you might not feel comfortable committing to it. The routine is different, the equipment is different and your level of involvement in the process is different.

What is the main benefit of dialyzing five days a week? You will feel much better. That's why the Home Hemodialysis department at Northwest Kidney Centers would like to give you a chance to take home hemodialysis for a "test drive." Starting in May in NKC's Eastside centers, daily hemodialysis is available on a trial basis, with no strings attached.

You can receive daily hemodialysis treatment for two weeks to see if it's right for you—and to see if you feel better with more dialysis runs. At the end of your trial period, you and your doctor will evaluate the daily routine to see how you feel about the treatment and the health benefits of dialyzing five times a week.

If you decide you do want to go on home hemodialysis, we will make arrangements for training when you are ready. If you still want to receive your treatments in-center after the trial period, you will do so at your regular time and station. For more information, please contact Gerry Morrison at 206-292-2771, ext. 6810, or [gerry@nwkidney.org](mailto:gerry@nwkidney.org).

## Pick up 'Food for the Soul' at the Kidney Health Fest

How do you learn to take back control of your food and begin cooking healthy meals for yourself and your loved ones? One way is to try a new healthy recipe each week.

For some great ideas, come to the Kidney Health Fest from 9 a.m. to 2 p.m. May 2 at the African American Academy, 8311 Beacon Ave. S. in Seattle. While you're there, pick up the free kidney-healthy cookbook, "Food for the Soul."

Below is a 2007 award-winning recipe from the Fest cookbook.

### **BBQ rub for pork or chicken**

By Ronald Weightman

Makes 4 servings

Ready in 5 minutes

#### **Ingredients**

1 tablespoon brown sugar  
1 teaspoon smoked paprika  
1 teaspoon chili powder  
1 teaspoon granulated garlic  
1 teaspoon onion powder  
1 teaspoon cumin  
1/4 teaspoon dry mustard powder  
1/8 teaspoon allspice  
1/8 teaspoon ground red pepper  
(optional)

#### **Directions**

1. In a bowl, blend all ingredients together very well.
2. Rub on pork or chicken before cooking.

## Coach's Corner

### Sleep in a tree house

By Sharon Pahlka



Last summer, I had the great idea of spending the night in a tree house with my eight grandchildren.

I would be a cool grandmother, and I really wanted to do this. After all, I told myself, I am tough and could be a kid again.

But I am getting older, and whenever this sort of “opportunity” appears, my old body begins nagging me with little questions about my comfort. I ignored these questions and climbed into the tree house in my pajamas with some tall tales to tell the kids.

We had a great time together until it came time to sleep. They slept. I didn't. The granddaughter next to me snored. I wasn't used to the constant cool breeze. I drank too much water and had to climb down the long, precarious ladder several times in the dark with my bad knee.

At 4:30 a.m. I was still wide awake to catch the dawn Tabernacle Bird Choir. Any hope of “tree house sleeping” was gone, of course, so I sneaked off to the house to grab a nap before breakfast, hoping the gang would not notice my absence. But, hey—I survived. And I would do it again.

I learned that I am used to being comfortable, and I rather like safety. Of course, you can't be a kid again. But that doesn't mean we should be too attached to comfort. It is in the uncomfortable moments that we learn, grow and appreciate the world and others in a different and more meaningful way.

Some things are more important than comfort, such as special moments with those we love. We don't have to climb Mount Everest. We can abandon comfort for growth in smaller ways.

Why not start now? Put on your thinking cap and think about what would be uncomfortable, what would be an adventure, and what would make you a cool person.

**Coaching Question:** What will be your first step in moving out of your comfort zone?

**Coaching Tip:** Seek out small adventures and build up to larger ones.

**Homework:** Make a list of three things you could try that are not comfortable for you—then put them on your calendar and do them.

*There is no security on earth.*

*Only opportunity.*

– Gen. Douglas MacArthur

*To be on the alert is to live;*

*to be lulled into security is to die.*

– Oscar Wilde

## **Don't miss the Kidney Health Fest for African American Families (and everyone else!)**

Come and enjoy! Saturday May 2 is the big day for the 7th annual Kidney Health Fest for African American Families. The event features free health screenings, health information, entertainment and healthy food samples made by local celebrity chefs.

The free event runs from 9 a.m. to 2 p.m. at the African American Academy, 8311 Beacon Ave. S. in Seattle. Jesse Jones of KING 5 television will emcee the morning programs and facilitate a panel discussion on kidney health and healthy living on a shoestring. The day includes music, exhibits, a fitness demonstration and obstacle course for all ages, an interactive Kids' Korner, and the chance to win prizes such as iPods or an Xbox 360.

### **Are you one in seven?**

One in seven American adults has kidney disease. For African Americans, the risk of kidney failure is four times higher than for whites. African Americans make up 12 percent of the U.S. population, but 32 percent of people with kidney failure are African American.

In addition, African-American men are 10 to 14 times more likely to develop kidney failure due to high blood pressure than Caucasian men in the same age group.

Rev. Carey G. Anderson, senior pastor at First AME Church, will give the invocation in the morning, and Rev. Aaron Williams, senior pastor at Mt. Zion Baptist Church, will offer a blessing before food is served at noon.

Special guests include King County Councilman Larry Gossett and Dr. Sandra Walker, psychiatrist at Seattle Children's, who will speak on the topic of stress. A panel discussion on health and wellness will include Dr. Rayburn Lewis, executive director and medical director of Swedish/Ballard; Dr. Ben Danielson, medical director at Odessa Brown Children's Clinic; dialysis patient Forrest Woodley; and Dr. Bessie Young, medical director of Northwest Kidney Centers' home hemodialysis program, Veterans Administration nephrologist, and chair of the Fest planning committee.

Entertainment will include a visit from Seattle Seahawks mascot Blitz, the Northside Drill Team and music by Goody Bagg and Mt. Zion Baptist's JAM musical ensemble. VPC (Vicious Puppy Crew) break dancers will perform, KUBE radio personality Supa Sam will DJ, and KRIZ radio personalities will also be broadcasting live from the event!

The Fest is a wonderful chance to receive important screenings for kidney disease and to talk privately with a doctor about the results—all free and on site. Northwest Kidney Centers will do three simple tests to check for kidney disease risk: a blood pressure check, a test for protein in



*The 2008 Kidney Health Fest drew more than 700 attendees.  
Photograph by John Currie.*

Also, the family of the late Nora Adams, one of the first female African-American principals in the Seattle School District, will accept a Community Service Award on her behalf. Adams retired in 1989 but returned to her school as a volunteer tutor between treatments at Northwest Kidney Centers.

the urine and a blood test for creatinine level.

Seattle Children's Hospital will provide glucose and blood pressure screenings for teens ages 12 to 17, and Swedish Cancer Institute's Mobile Mammography will be on site for mammograms scheduled ahead of time.

A Community Service Award will be presented to William Peckham, chairman of the Northwest Kidney Centers board of trustees, for his generous support over the years of the Kidney Health Fest.

Attendees will learn how to improve their lives and avoid kidney disease by:

- Treating high blood pressure and diabetes.
- Quitting smoking.
- Eating a low-salt, low-fat diet.
- Exercising at least 30 minutes a day, five days a week.
- Avoiding the overuse of pain relievers such as ibuprofen and naproxen, which can damage kidneys.

### **Screening is important for family members of those with kidney disease**

Did you know that one of the risk factors for developing chronic kidney disease (CKD) is having a family member with the disease?

If someone in your family has been diagnosed with chronic kidney disease, you should be screened as well. The Kidney Health Fest for African American Families is the perfect place to get your free kidney health screening. Make sure you stop by the CKD screening station at the Fest.

## Join us for the Breakfast of Hope with featured speaker Joe Piscatella

Did you know that heart health and kidney health are directly related?

If your heart is strong, you are less likely to develop kidney disease. And if you develop kidney disease, you are much more likely to also develop heart problems.

Northwest Kidney Centers Foundation invites you to join us for the 7<sup>th</sup> annual Breakfast of Hope featuring nationally recognized healthy lifestyle expert Joe Piscatella, author of “Don’t Eat Your Heart Out” and nine other bestsellers.

In his talk, Joe will focus on the connection between heart health and kidney health. When he was just 32 years old, Joe had a heart attack that required open-heart surgery. He was told he would not see his 40<sup>th</sup> birthday.

Determined to do everything he could for his health, Joe began a diet and



Northwest Kidney Centers Foundation

exercise program that saved his life and reshaped his career. This year marks the 32<sup>nd</sup> anniversary of that surgery.

Please join us for the Breakfast of Hope Thursday, May 21, from 7:30 to 8:45 a.m. at the Seattle Westin Hotel, Grand Ballroom. The suggested donation is \$150. The event will raise funds to support the life-sustaining dialysis care and patient-focused support services at Northwest Kidney Centers.

For more information, such as how to receive an invitation or become a table captain, please call 206-292-2771, ext. 1107, e-mail [breakfast@nwkidney.org](mailto:breakfast@nwkidney.org) or visit [www.nwkidney.org](http://www.nwkidney.org).