

Prom night excitement: NKC patient finally gets to attend a prom – Hollywood style



Brittany Fugatt missed her senior prom at Mount Rainier High School in Des Moines when she had surgery to replace her right hip, a complication from the chronic kidney disease she's suffered from since she was 3 months old.

More than five years later, on Jan. 17, Brittany will finally get to wear a glitzy dress, do up her hair, polish her nails, and attend prom. This time she'll be with other CKD patients at a gala affair in southern California sponsored by the Renal Support Network. Northwest Kidney Centers is sending Brittany to the 11th Annual RSN Renal Teen Prom, which is open to people with kidney disease ages 14 to 24 and their guests. Brittany will be joined by her 18-year-old sister Chelsea – and plenty of celebrities too.

“It's like a little vacation away from here, two days not surrounded by the daily ho hum of dialysis and school, dialysis and school,” says Brittany, who is taking social work classes at Highline Community College. She hopes to

work with children with chronic illnesses like the one she has dealt with for most of her life. “It sounds like a good opportunity to meet people in similar situations.”

Brittany, now 23, knows as well as anyone the ups and downs of living with kidney failure. After starting dialysis as a sophomore in high school, she received a kidney from her mother in 2002. The transplant was successful until 2004, when she ended up taking steroids to avoid rejection. That led to problems with her hip joint that ultimately required replacement. Her operation took place in May 2004 – right before prom and her 18th birthday.

“I really wanted to go to my senior prom but it didn't work out,” she says matter-of-factly. Brittany spent much of her senior year undergoing various surgeries. Once her kidney stabilized, she entered Highline Community College and also found a job. But by 2007 her transplanted kidney failed. She went back on dialysis in February 2008 at SeaTac Kidney Center. She's also continuing at Highline.

If this year's event is anything like the past, it will be a very memorable time. Guests will be treated to dancing, dinner, professional glamor photos, limo rides – and of course those Hollywood celebrities. Past guests include Kirsten Dunst, comedian Sinbad, Gary Alan Sinise and Stephen Furst.

“I love this program because as a kidney transplant recipient I know what it means to have CKD, and I am filled with admiration for these beautiful, courageous kids,” said Furst.

Apply now for a Rehabilitation Scholarship to change careers

Have you been thinking about returning to work but thought you needed additional education to enhance your skills? Now is the time to make your move! Northwest Kidney Centers is accepting applications for Rehabilitation Scholarships through March 28.

To apply, you must be a current NKC dialysis patient or a former NKC dialysis patient who has received a kidney transplant in the last five years. Patients who have not started dialysis or have not received a transplant are not eligible. Applicants must be 18 years old or older, live in Washington and must plan to study at an accredited school or training program within Washington state. Applicants should have a clear employment goal and be able to demonstrate financial need. The maximum yearly award is \$3,000. Scholarship winners may apply each year until they have used a total of \$6,000 in scholarship funds.

Applications are only accepted once a year, so don't miss out! Contact Adrian Fomby at 206-292-3090 for an application. The completed application, including the financial aid form and reference forms from your social worker and nephrologist, must be received at NKC by March 28.

More than 290 patients have been awarded scholarships since 1984. Last year, eight people received scholarships to study to become pharmacy technicians, physical trainers, phlebotomists, medical assistants and digital media producers. This year it could be you.

For more information, contact Bill Bowden at 206-292-2771, ext. 2032, Adrian Fomby at 206-292-3090 or your social worker.

Jan. 18, a day to remember Dr. Martin Luther King, Jr.



As we honor Dr. Martin Luther King, Jr. on his birthday, we look back at a few of his many famous quotes.

“When we let freedom ring, when we let it ring from every tenement and every hamlet, from every state and every

city, we will be able to speed up that day when all of God’s children, black men and white men, Jews and Gentiles, Protestants and Catholics, will be able to join hands and sing in the words of the old spiritual, ‘Free at last, free at last. Thank God Almighty, we are free at last.’” – I Have a Dream speech, Aug. 28, 1963

“We must learn to live together as brothers or perish together as fools.” – speech at St. Louis, Missouri, March 22, 1964



Northwest Kidney Centers president and CEO Joyce F. Jackson receives the 2009 State of Washington Warren Featherstone Reid Award for Excellence in Healthcare, presented by state Secretary of Health Mary Selecky on Nov. 20, 2009.

Feel better and stay healthy

By Dr. John Stivelman, Northwest Kidney Centers
chief medical officer



You can help your treatment be more comfortable and improve your overall health. Your caregivers and fellow patients understand the burden you carry with this illness. But, working with your nephrologist,

you are empowered to lighten the load! Just bear in mind a few key principles.

Make certain your doctor's instructions are clear to you, and follow them. Your care is a cooperative venture with your doctor. If the doctor's advice is not clear, ask again! Follow directions about taking medicines, getting certain tests or consultations, raising or lowering your dry weight, reinforcing your dietary instructions, increasing your dialysis time, or other issues that concern dialysis physicians to optimize their patients' care.

Minimize your weight gains between dialysis treatments. People feel better both on and off the machine when their weight gains between treatments are lower. Discuss with your nephrologist a reasonable range of gains for you between treatments. Weight gain is directly related to the amount of salt you eat. The fluid comes from salt which makes you thirsty. Minimizing weight gain between treatments will mean less fluid removal from your body per hour of dialysis. It will reduce stress on your circulatory system, improve your blood pressure if it is high, and make you feel better overall. Reducing weight gain may also improve your heart function, decrease or even eliminate the need for blood pressure medicines, and keep you out of the hospital.

Be certain, with your doctor, that the dialysis that you receive is enough to optimize your health. Kt/V and URR, both measures of changes in blood urea levels, have become worldwide standards because experience has shown their usefulness. Those numbers have a relationship to how well patients do, how long they stay out of the hospital, how good their general health is, and how long they live. NKC's target is a Kt/V of at least 1.4. You can reach that standard by coming to treatments regularly, staying for your entire treatment, and having a permanently implanted graft as opposed to a catheter, if at all possible. If you do not meet standards for adequate dialysis, discuss this issue with your nephrologist. If your weight gains are high, or if you have a low Kt/V, your doctor may increase your dialysis time or number of treatments. If that is the case, it is entirely for your benefit to stay longer, even if you don't feel better right away. Many people do see results very soon.

Focus on what you eat. Because you have limited ability to get rid of salt, potassium and phosphorus, be certain that your intake of these substances is careful and safe. If you need further counseling as to what foods contain these elements and what quantities of various foods you can feel comfortable eating, discuss it with your dietitian or your doctor. What you eat has enormous impact on your general health and safety.

Get a functioning fistula or graft. If you are still dialyzing on a catheter even though you are eligible for a fistula or graft, please get a permanent vascular access if your physician instructs you to do so. Continuing to use a catheter, if you are eligible for another kind of access, is a major risk for infectious, inflammatory and vascular complications.

I wish all a healthy and happy new year!

Plans are ready in case the Green River Valley is flooded

Three Northwest Kidney Centers facilities might be affected if the Green River Valley floods downstream from the weakened Howard Hanson Dam. We have plans to temporarily move patients and staff if needed. We will contact every affected patient to confirm where they will go for dialysis. Stay in touch with us by calling your center, listening to recorded messages on NKC's Emergency Hotline at 206-292-3001, or checking our Web site, www.nwkidney.org.

If your home may be flooded or without power, we urge you to make plans to temporarily stay elsewhere. If you do, it is very important that you provide us with your temporary contact information so we can reach you if needed. If we need to close your center and you are registered to use Metro Access or Hopelink transportation, we will make sure they know where your dialysis will be.

Kent Kidney Center, in the middle of the flood control zone, is most at risk. In case of a flood, all Kent Kidney Center patients and staff will be moved to the SeaTac Kidney Center at 17900 International Blvd. in SeaTac, across the street from SeaTac International Airport.

Mount Rainier Kidney Center in Renton is on the edge of the flood zone and is less at risk. However, if the facility loses power or if people can't get to it because major roads are closed, all patients and staff will be moved to Broadway Kidney Center at 700 Broadway in Seattle. To make room for Mount Rainier Kidney Center patients and staff, Broadway Kidney Center patients will be relocated to either Elliott Bay Kidney Center at 600 Broadway in Seattle, or to Seattle Kidney Center at 548 15th Ave.

Auburn Kidney Center is not in the area at risk for flooding, but could also be temporarily

closed because of power outages or closed roads. If this happens, we will ask patients who live on the west side of the Green River Valley to go to the West Seattle Kidney Center at 4045 Delridge Way SW. Patients who live on the east side of the valley will be asked to go to Snoqualmie Ridge Kidney Center at 5131 SE Douglas St. in Snoqualmie.

If you have questions about this plan or want additional information, please talk with your social worker or dialysis staff.

Honoring those who have passed



Patients, family members and NKC staff came together at the Ceremony of Remembrance on Dec. 5 to honor those who have passed. Attendees brought and shared mementos of loved ones.

Medicare ponders bundling

Medicare is sorting through hundreds of citizen comments on its proposed new system for bundling payments to dialysis providers. The two-month period for collecting public input closed Dec. 16. We expect Medicare to issue the final rules next summer. They are scheduled to become effective Jan. 1, 2011. Stay tuned for details as we learn more.

Rule our thoughts

By Sharon Pahlka, kidney patient and life coach

Each of us has a “committee” in our heads that loves to tear us down. It tells us, “You’ll never fall in love and get married” or “You’ll never be happy again” or “You will never be able to eat what you like” or “Life is so depressing” or “You can’t travel any more.” The list is endless. What is your committee telling you?

Internal conversations can direct our behaviors in many ways. Try turning the negative chatter into positive self-talk: “This will work out,” “I know I can do the job,” or “My house looks fine for company.” Visualize what you want to happen or how you want to feel. Then give yourself permission to make it happen and to feel that way. When I tell myself, “This is too hard,” “I will never get this done,” or “They won’t hire me,” I tend to give up before I try. Negative self-talk can even encourage destructive behavior—“I am already 20 pounds overweight, what difference does it make if I eat this pie?” Or, “No one cares, so why not have another drink?”

Our self-talk often reflects behaviors, values and self-esteem we learned as children. As an adult, you can change your response. Negative chatter does not help you; instead, it leads to the negative. Pay attention to (or even write down) how you speak to yourself; then, deliberately change your negative response to a positive one. Practice choosing positive, healthy responses. You will feel happier, more confident and less stressed.

Coaching Tip: Lower stress by changing negative chatter to positive self-talk.

“They can because they think they can.”
— Virgil

“No one can defeat us unless we first defeat ourselves.” — Dwight D. Eisenhower



Check out NKC’s laptops!

By Calvin Cheung,
laptop program assistant

Did you know that you can use a laptop computer while you dialyze? Currently, NKC has 45 laptop computers in 16 dialysis units.

You can use the laptop computers to:

- Watch a DVD
- Listen to a CD
- Use e-mail
- View NKC’s Web site (and many more!)

On every laptop, the home page has been set to NKC’s Web site, www.nwkidney.org. It will be the first page that comes up when you click on the Internet Explorer icon. So, you can always find out what’s happening at NKC.

When you view the NKC Web site, you’ll notice five tabs at the top of the page. Just click on the tabs and you’ll go directly to sites about home dialysis, transplantation, patient support and health education. Also, many other sites have been saved to favorites. You can view those sites by clicking on the “Favorites” center icon at the top left corner of the home page.

If you’d like to use a laptop, ask the staff in your unit. If you have any questions or problems, contact me at 206-292-2771, ext. 5359, or cheungk@nwkidney.org.

Output is published bimonthly for kidney patients and interested persons by Northwest Kidney Centers. It is available on our Web site at www.nwkidney.org.

Output provides general information and is not intended to serve as a treatment guide. Patients must never change their treatment unless directed to do so by their doctor or transplant team.

Values: Service • Excellence • Integrity • Teamwork • Stewardship
President and Chief Executive Officer: Joyce F. Jackson



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Eat well, be healthy and create a winning recipe

Put on your chef's apron and your thinking cap and get ready to win a

prize for your best kidney-healthy recipe. That means low salt, of course, and easy on the sugar. We know you've got some great ideas about how to cook up something tasty that's also good for you.

The winning recipe will be showcased in the cookbook distributed at the Kidney Health Fest for African American families on June 5 at Van Asselt Elementary in Seattle. Authors of the top three recipes will receive gift cards to a kitchen shop.

Feb. 12 is the deadline to send your recipe to NKC dietitian Nikki Gepner at

gepnern@nwkidney.org. You could also send your recipe to 12303 NE 130th Ln, Suite 300, Kirkland, WA 98034.

If you have questions, contact Nikki by e-mail or at 425-821-8785.

Have a personal emergency plan

If an emergency develops, you will need to respond in a hurry. You'll thank yourself then if you've already spent time thinking about a personal contingency plan.

Make alternate arrangements for dependents (children or parents) and make transportation or housing arrangements for snow or flooding.

Please plan ahead when refilling prescriptions through the NKC Pharmacy. Mail may be delayed in the case of snow or flooding.

RECIPE

Hungarian Goulash

By Katy Wilkens, NKC nutritionist

2 - 3 pounds top or bottom round steak

6 medium onions, sliced

4 tablespoons butter or oil

3 - 4 tablespoons flour

1/2 cup Hungarian Paprika

1/4 cup red wine vinegar

3 cloves garlic

2 tablespoons tomato paste

1 tablespoon fresh thyme, or 1 teaspoon dried thyme

2 cups water or low sodium broth

Cut steak in cubes. Flour and pan fry steak in butter or oil with onions until browned. Add flour and stir until lightly browned. Add garlic, tomato paste and thyme. Add all of this, plus broth, to slow cooker. (Note: You can use low sodium chicken broth, low sodium beef broth, vegetable broth or water). Cook for 7 - 7 1/2 hours. When you get home, start water for noodles or use instant boil-in-the-bag rice. Serve over noodles or instant rice.



NUTRITION FACTS:

1 serving is 1 cup, over rice

Calories	340
Carbohydrates.....	30 g
Protein	28 g
Fat	18 g
Sodium	200 mg

Leave a legacy through your will

During this “Great Recession,” perhaps you’ve thought about making a gift to Northwest Kidney Centers but just aren’t comfortable doing so right now. If so, you might consider making a gift in your will (called a bequest) which is made from your estate after you have passed away.

Types of bequests

There are several types of bequest gifts. For example, you could make your bequest as an unrestricted gift. This allows NKC to use your bequest where it is needed most. You could also direct your bequest to support a specific service, program or facility. For example, you could earmark a gift for NKC’s LivingWell with CKD™ program. A third type of bequest is a combination of the first two.

Methods for making bequests

Once you’ve decided on the kind of bequest, you need to determine how the bequest will be identified. You have at least three options.

First, you can specify a specific amount or item. For example, you could make a gift of a vacation home, a portion of your individual retirement account, certain securities or a specific gift amount. Second, you could name NKC to receive a percentage of the residue of your estate – what’s left after bills and specific gifts to loved ones have been made. Finally, you could name NKC as a contingent beneficiary. This means that NKC receives a gift from your will only after all other bequests have been made, or in the event that someone predeceases you. For example, a will can indicate that all of your assets go to your spouse unless your spouse passes away before you do – in which case the assets, or part of them, could go to NKC.

Communicate your intentions

As you think through your estate plans, you may want to talk with Jane Pryor, NKC’s vice president of development and public relations. She has worked with many people and bequest plans, and can help explain giving options. In addition, Jane can give you suggested wording for the bequest types and methods mentioned above. This information will help your lawyer when you meet with him or her to discuss and finalize (or amend) your will.

Consider informing NKC of any bequests, so that we may thank and recognize you in advance, and include you in NKC’s Heritage Society, a special recognition society for bequest and planned gift donors. If you’d like a copy of NKC’s free will brochure, or would like to arrange a visit with Jane, send in the form below, or call Jane at 206-292-2771, ext. 5354.

Please complete and return this form to:
Jane Pryor, CFRE

Northwest Kidney Centers
700 Broadway, Seattle, WA 98122

Dear Friends at Northwest Kidney Centers:

- Please send me your free will brochure.
- Please contact me about a personal visit. The best time to call me is: _____.
- I have provided for Northwest Kidney Centers in my will or estate plans.
- Please send me information about Northwest Kidney Centers’ Heritage Society.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

NKC Day in Olympia Jan. 27

Northwest Kidney Centers staff and volunteers will visit the State Capitol in Olympia on Wednesday, Jan. 27. We will let lawmakers know what's new at NKC and what we hope for in the way of legislation. You are welcome to be a part of the team of spokespeople.

We'll thank legislators for the state appropriation that helped build Seattle and SeaTac Kidney Centers, let them know that the Kidney Research Institute is off to a great start, and tell about emergency planning for a flood in the Kent Valley or a flu pandemic. We also will talk about how the cuts proposed in the Governor's mid-biennium budget would affect the people NKC serves.

If you are interested in these issues and would like to participate in the event, get details from NKC community outreach coordinator Janice McGee at 206-292-2771, ext. 1120 or janice@nwkidney.org.



Follow NKC on Twitter!

Sign up to get Northwest Kidney Centers headlines, or "tweets," on Twitter. We post short messages a few times a week on the social networking site. You'll be the first to know when NKC is up to something new. Go to www.twitter.com/nwkidney.



Northwest Kidney Centers Foundation

Join us as a table captain at 2010 fundraising event

The Breakfast of Hope, Northwest Kidney Centers Foundation's major fundraising event, will be held Wednesday, May 12 at the Westin Hotel in downtown Seattle. If you would like to be a table captain, or can suggest a company we could approach for corporate sponsorship (perhaps where you, your spouse, or a friend works), please contact our event coordinator, Karly Leyde, at 206-292-2771, ext.1107 or breakfast@nwkidney.org. Sponsorships start at \$250 and we would love to include new sponsors this year.

The Breakfast of Hope will raise funds to support the life-sustaining dialysis care and patient-focused support services at Northwest Kidney Centers.