

pledge

NORTHWEST KIDNEY CENTERS

FALL 2011

Taking life by the horns:

Rehabilitation scholarship recipient Peter Phan

Back-to-school season is here, and this year seven patients from Northwest Kidney Centers will hit the books with scholarships made possible by the generous gifts of donors.

Since the program began in 1984, 308 dialysis patients and transplant recipients have received \$452,400 in scholarships. It has been a key part of our mission to promote quality of life and independence for people with kidney disease.

One of the many inspiring individuals in the 2011 scholarship class is 26-year-old Peter Phan, recipient of the Christopher Blagg, MD Rehabilitation Scholarship. Peter has been on dialysis for 10 years, currently at our Auburn center, but he has not let that slow him down a bit. He studies full time, works full time and is training for the Seattle Marathon in November.

Like many young adults with kidney disease, Peter is drawn to a career in health care. Next year he'll focus on nursing, and plans to enroll in Green River Community College's licensed practical nurse program. Away from school, he's a forklift driver for Car Toys, and he likes his video games. Then there's that marathon.

"I like to run, and I've set a goal for myself to do my first marathon here in Seattle," Peter says. "I really watch my potassium level, and I'm careful to drink a lot of water. So far, I'm doing OK."

Peter's not afraid of hard work, but he's grateful for the scholarship that will make his upcoming school year a little bit easier.

Each recipient's story inspires us. They all have chosen to continue improving their lives and their ability to give back to the community through education. Read about the rest of the rehabilitation scholarship recipients on page 2.

Peter Phan, 2011 rehabilitation scholarship recipient, plans to study nursing this fall at Green River Community College. He is also training for the Seattle Marathon in November.

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Join us!

Kidney Research Institute
Learn@Lunch

"Protect your kidneys,
save your heart"
Sept. 23



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Laurie Gates Anne Henkel Rehabilitation Scholarship

Laurie Gates, 29, who dialyzes at our Scribner center near Northgate, is focused on creating great futures for people she's never even met. She is a biology student at North Seattle Community College and eventually hopes to become a genetics researcher.

“I’d like to see if there is some way to help damaged organs regenerate, so that kidneys and hearts could become healthy again,” she says.

AnaLisa Mitchell James W. Haviland Rehabilitation Scholarship

AnaLisa Mitchell is at Bellevue College not only to pursue a degree in communications and business, but also to set an example for her 17-year-old daughter, De’Ahja Johnson.

“My inspiration is my daughter, and I want her to see that she can do anything,” says AnaLisa, a Northwest Kidney Centers patient since 2009, now on peritoneal dialysis.



David Conyers Vincent Gervais Rehabilitation Scholarship

At an age when most people are thinking about retiring and taking things easier, 62-year-old David Conyers is preparing to embark on a new career. The Seattle resident plans to start classes this fall at Seattle Central Community College with the goal of becoming a chemical dependency counselor. David dialyzes at our Seattle center at 15th and Cherry and was recently approved for the kidney transplant list. He is now waiting to be matched with a donor.

“I’d like to help young people and prevent them from making some of the mistakes I did at their age,” he says.



Thelma Villalobos Anne Henkel Rehabilitation Scholarship

Thelma Villalobos is living a life filled with wonderful possibilities right now. She has been a dialysis patient since 2007, currently at our Elliott Bay center at 600 Broadway. Her health concerns were just one more burden for the now 58-year-old, who often worked two jobs to make ends meet. With her scholarship, Thelma will be able to study for a better-paying and more rewarding job.

“This has given me the opportunity to continue my dream to study,” Thelma says of the scholarship.

Janet Stewart Dominick V. Driano Rehabilitation Scholarship

Janet Stewart, who currently dialyzes at our Mount Rainier center in Renton, plans to use her scholarship to become a paralegal. She’s working to complete a program affiliated with North Seattle Community College.



Clance Lewis Anne Henkel Rehabilitation Scholarship

Clance Lewis is one busy person – juggling dialysis three times a week at our Kent center, working as a housekeeper at Harborview Medical Center, and pursuing a nursing degree at the University of Washington.

“I’ve always been interested in nursing,” said Clance, “because I constantly take care of people.”

Northwest Kidney Centers' quality of care ranks high

Each July the federal Centers for Medicare & Medicaid Services (CMS) reports on quality measures at each dialysis center across the country. We are pleased that the most recent set of reports shows Northwest Kidney Centers' collective performance is again well ahead of the nation. For example:

- **Better survival.** Our mission is to promote survival and quality of life. Northwest Kidney Centers' four-year annual patient mortality for 2007-2010 improved to 18.5 percent (from 18.9 percent), compared to the national average of 19.7 percent. Our adjusted mortality rate is 9 percent better than the national average.
- **More transplants.** We support kidney transplantation as the preferred form of treatment for many patients. Our four-year transplant rate (2007-2010) is 75 percent higher than the national average (up from 66 percent). Still, only 9 percent of our eligible patients were transplanted, compared to the low national average of 5 percent.
- **Less hospitalization.** We strive to provide the most cost-effective care by avoiding unnecessary hospitalization. For 2007-2010: Our patients have 12 percent fewer hospital admissions than the national average.



See our website, www.nwkidney.org/quality, for Dialysis Facility Reports for each Northwest Kidney Centers facility.

You'll find extensive information about the facility's performance compared to the state, Northwest states (the "Network") and United States. We are the only dialysis provider in the nation to proactively post the full reports publicly on our own website. We do this because we are a nonprofit organization, accountable to our community.

Create an endowment, the gift that keeps giving

GIFTS FOR THE FUTURE

High-quality care for patients and special services like our scholarship programs are possible because of generous donors – in particular, those who create endowments. Endowments are a powerful way to give because they deliver a dependable source of funding to support our mission, now and for the future.

Endowments can be general and supply funds where most needed. Or, they can be focused on the particular passion or interest of the donor. For example, your endowment could fund an element of our three-part mission:

- **Patient care.** Including dialysis treatment; emergency grants for food, shelter and warmth; transportation funding; charity care.

- **Education.** Programs such as continuing education, academic scholarships for patients and staff, renal fellowships for nephrologists in training, and classes for patients and families.
- **Research.** Funds kidney-focused clinical research to improve patient care and outcomes and create a better future for the next generation of people living with chronic kidney disease.

It's easy to establish an endowment named for you or a loved one. To get started, contact Jane Pryor, pryorj@nwkidney.org or 206-720-8515. Together, we can structure your gift to provide meaningful support with a powerful impact.

Join us!

Kidney Research Institute Learn@Lunch “Protect your kidneys, save your heart”

Bring your lunch and hear Dr. Jonathan Himmelfarb talk about the vital connection between heart and kidney health. We'll provide dessert!

When: Friday, Sept. 23, Noon to 1 p.m.

Where: Swedish Medical Center,
Issaquah Campus, Room 2022

RSVP: Janice McGee, janice@nwkidney.org
or 206-720-8548

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Northwest Kidney Centers Mission

To promote the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.



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Employee scholarship program launched with donor gifts

July marked the inauguration of Northwest Kidney Centers' employee scholarship program, created to provide resources for employees seeking higher education. Employee scholarships are funded 100 percent from charitable gifts.

Two scholarships totaling \$2,250 were offered this year: the Alene G. "Pat" Farr, RN Scholarship and the Martha Alger Jasper Memorial Scholarship.

Donor Pat Farr is a retired clinical education nurse who experienced kidney problems as a child. Establishing a permanent endowment fund to provide assistance for employees starting their nursing careers made sense to her. Pat's scholarship is funded by annual gifts during her lifetime; her endowment fund will ensure her scholarship continues in perpetuity.

Martha Alger Jasper was a retired nurse who received dialysis at our Lake Washington center in Bellevue. The scholarship offered in her name was funded by memorial gifts. A second scholarship will be offered next year, funded by gifts from her children.

Cindy Black, RN

Martha Alger Jasper Memorial Scholarship



Cindy Black started working as a home dialysis helper after high school and has worked at Northwest Kidney Centers since 1999. Currently the nurse manager at our Lake Washington center, Cindy is pursuing a Bachelor of Science degree in nursing at the University of Phoenix. Already a two-year registered nurse, she hopes additional education will help advance her career.

Joseph Sutton

Alene G. "Pat" Farr, RN Scholarship



Currently a dialysis technician at our Elliott Bay center at 600 Broadway, Joe Sutton has worked in health care since graduating from high school. Now Joe wants to take it to the next level, so he's taking his nursing school prerequisite courses at Seattle Central Community College. He plans to enter the University of Washington to earn his Bachelor of Science degree in nursing.