

pledge

NORTHWEST KIDNEY CENTERS

SUMMER 2011

Clyde Shields Award recipient Gladys Rubinstein makes big impact with transformational gifts



Dialysis allowed Gladys Rubinstein's husband, Sam, to live for 10 years after he was diagnosed with kidney failure – extra time she believes he would not have had without the home dialysis training and care he received at Northwest Kidney Centers. Since Sam's time on dialysis, Gladys has become the most generous benefactor in the history of Northwest Kidney Centers.

Her generosity over the past 13 years has transformed our organization in many areas:

- Revamping our process for monitoring access to patients' blood, helping patients avoid dangerous conditions that can send them to the hospital. Compared to the nation, we have nearly 10 percent fewer hospital admissions, a result of Gladys's support.
- Establishing our state-of-the-art Sam Rubinstein Home Hemodialysis Training Center, which allows us to transform the lives of patients who wish to give themselves dialysis at home.
- Developing LivingWell with Chronic Kidney Disease, our award-winning education and public information program to help people prepare for kidney treatment.
- Providing critical funding for baseline kidney research data through the Seattle Kidney Study, which was adopted by our Kidney Research Institute.

Beyond her financial support, Gladys has advocated for Northwest Kidney Centers and encouraged others to follow her example of selfless commitment to improve the lives of people living with kidney disease.

We recognized Gladys this spring with Northwest Kidney Centers' highest honor – the Clyde Shields Distinguished Service Award. In 1960, Clyde Shields became the world's first long-term dialysis patient, right here in Seattle. With this award, we honor Clyde's contributions to the experimental science that became a lifesaving mainstay for millions.

Our plan for the new year

Kidney Health Fest: Record attendance and health screening at ninth annual Fest

Breakfast of Hope Raises record amount for pharmacy expansion and charity care

Gifts for the future Luncheon recognizes donors who have made legacy gifts

Join Us! Free kidney research talk Sept. 23

Dr. Catherine Yeung, research scientist at the Kidney Research Institute, works on a variety of studies. The Institute adopted the Seattle Kidney Study, for which Gladys provided significant gifts.



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Our plan for the year ahead

By Joyce F. Jackson, president and CEO



For nearly 50 years, Northwest Kidney Centers has risen to meet challenges with creative solutions, including climbing rates of kidney disease and resource shortages. The coming year is no different. As we embark on our 2012 fiscal year, which runs July 1, 2011 to June 30, 2012, we will work toward achieving specific goals.

Improve quality: our top goal

We aim to eliminate hemodialysis catheters. Catheters can lead to infection, hospitalization and death.

Decrease infections, improve patient safety

We plan to reduce infections and improve the safety, health and general well-being of our patients. We will encourage more people to experience the independence home dialysis brings. We are adding a new series of classes, called "Next Step," to help people prepare for dialysis or transplantation.

Grow to meet the need for kidney care

This fall we will open the Renton Kidney Center, our largest treatment facility, which will include a home dialysis hub. Our Kidney Research Institute, a collaboration between Northwest Kidney Centers and UW Medicine, is launching a patient registry to inform interested patients about studies.

Raise our visibility, seek donations for community benefits

The year 2012 will bring a 50th anniversary public awareness initiative with a new look and feel for our communications, an advertising campaign and special events. We are actively seeking donations to support community benefits including charity care, special care units and kidney risk screening.

A busy, exciting year lies ahead. Thank you for being with us on this important journey.

Record attendance and health screenings at ninth annual Fest



Sponsorships helped us fund the ninth annual Kidney Health Fest, where 157 adults were screened for kidney disease risk factors.

A total of 725 people – the most ever – attended the Kidney Health Fest for African American Families on May 7. This year, with lots of volunteer help, we screened a record 157 adults for kidney disease risk factors. Of those screened:

- 81%** were overweight
- 71%** had abnormal blood pressure
- 47%** had elevated cholesterol
- 28%** had albumin in the urine, a sign of kidney disease

Each person screened was counseled by a volunteer doctor or nurse practitioner on steps to better health. This free screening empowers people to take action to prevent kidney disease or to identify and treat it early.

Visit www.facebook.com/northwestkidneycenters to see photos from the Fest.

Three-time kidney transplant recipient Michael Grasso, a top 10 finalist on "America's Got Talent," performed at the Breakfast of Hope.



Breakfast of Hope raises record amount for pharmacy expansion and charity care

Our ninth annual Breakfast of Hope on May 19 raised a total of **\$384,313** – the most ever! These gifts will allow us to expand our kidney pharmacy and provide charity care and services to our most vulnerable patients. Financial contributions truly make a difference to our organization, allowing us to provide services to patients and the community that other dialysis organizations do not.

The **859** breakfast guests were treated to a performance by "America's Got Talent" illusionist Michael Grasso before hearing him talk about his personal experience living with dialysis and three kidney transplants.

Visit www.nwkidney.org/breakfast to see photos and videos from the event.

Generous couple ensures our mission continues

GIFTS FOR THE FUTURE

Northwest Kidney Centers recently received a \$500,000 bequest gift from John and Susie Morganti. John and Susie both grew up in the early 1900s in Black Diamond, Wash. They were married for 73 years and lived in Beacon Hill for 66 of those years. Their love for their family and community was apparent throughout their lives – both gave generously of their time and talents to local charities including Northwest Kidney Centers.

The majority of the Morgantis' gift will go toward a 50th anniversary capital project: renovation of our headquarters and community dialysis center at 700 Broadway in Seattle. This single building houses all three elements of our mission:

- Offering state-of-the-art patient care in a bright new Broadway Kidney Center and expanded pharmacy.
- Furthering education about nutrition and healthy lifestyle in new classrooms and a demonstration kitchen.
- Supporting research with dedicated space for Kidney Research Institute scientists to work with patients.

Gary Bylund, the Morgantis' nephew, a local business leader and enthusiastic supporter of Northwest Kidney Centers, looks forward to seeing the impact of their generous gift on people with chronic kidney disease.

"My aunt and uncle would be pleased to know how their generosity will benefit hundreds of patients and their families and help find better ways to detect kidney disease, slow its progression and create optimal treatments," said Bylund.

The Morgantis join the 125 members of the Heritage Society, which includes those who have generously donated an estate gift or notified us that Northwest Kidney Centers is included in their will or other estate plans.

Luncheon recognizes donors who have made legacy gifts

We honored our Heritage Society members with a luncheon June 14 at Daniel's Broiler in Bellevue. The 44 attendees heard about a new type of dialysis called hemodiafiltration now being researched by guest speaker Dr. Suhail Ahmad, Northwest Kidney Centers' chief medical officer.

The Heritage Society is a special group of donors who have informed us that they have made legacy gifts to Northwest Kidney Centers. For example, they have made a bequest in their will, named Northwest Kidney Centers as beneficiary of a life insurance policy or individual retirement account, or made any other planned gift. Donors become members of the Heritage Society simply by informing Northwest Kidney Centers that they have included us in their estate plans.

If you would like information about how to include Northwest Kidney Centers in your will, please contact Larry Richards at 206-720-8550 or richardsl@nwkidney.org.



Top: Back row: Dave Denhart, Pat Farr, Barbara Moore, Dr. Leanna Tyshler, Ann Boeschoten, Jane Pryor. Front row: Doug Seto, Matthew Seto.

Bottom left: Annie Tu, Dr. Suhail Ahmad, Gail Simmons.

Bottom right: Annette Siversen, Joyce Jackson.

Join us!

Free kidney research talk Sept. 23

Learn about kidney research at a lunchtime seminar on Friday, Sept. 23. Dr. Jonathan Himmelfarb, director of the Kidney Research Institute, will speak about the vital connection between heart health and the kidneys, and the research projects he is most excited about. Bring your lunch and your questions. 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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David Wilde named Volunteer of the Year

Northwest Kidney Centers honored David Wilde, Volunteer of the Year, at a luncheon June 15. David is the longtime chair of our Southeast Regional Council. As chair, he has:

- Recruited new members.
- Provided tours of dialysis centers to public officials.
- Served as a table captain at our Breakfast of Hope.
- Encouraged volunteers to attend our advocacy day in Olympia.

David was chosen for this special award because of his dedication, advocacy, collaborative spirit, passion, years of commitment and leadership in establishing the Asian Pacific Islander Kidney Health Fair in South King County. David also serves as vice chair of our Board of Trustees and chair of our External Affairs committee, among other volunteer roles.

Visit www.nwkidney.org/volunteer to learn more about volunteer opportunities.

