



Amy Purdy will share insights and inspiration at the HopeBuilders Luncheon March 18 in Bellevue.

HopeBuilders Luncheon coming to Bellevue

Champion athlete, author, dancer, actress and inspirational speaker Amy Purdy will deliver the keynote address at Northwest Kidney Centers' HopeBuilders Luncheon at the Westin Bellevue March 18.

Amy is a medal-winning Paralympic snowboarder. You may also know her from TED Talks, "The Amazing Race," "Dancing with the Stars" or her tour with Oprah Winfrey.

Amy lost both legs to amputation below the knee at age 19 as a result of meningococcal meningitis. She received a kidney from her father when she was 21 years old.

The HopeBuilders Luncheon will raise funds for charity care and to help renovate Northwest Kidney Centers' dialysis facility in Bellevue into a one-stop Eastside resource center for kidney patient care, education and research. Construction on the expanded center will be completed this summer.

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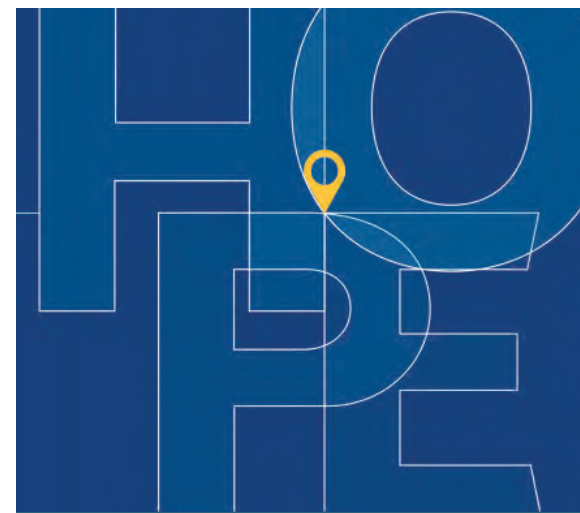
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HopeBuilders Luncheon

March 18

www.nwkidney.org/lunch



Board chair Rich Bloch swings a sledgehammer to mark the beginning of construction in Bellevue.

Elevated Eastside Kidney Care will arrive this summer

We're making great progress transforming Northwest Kidney Centers Bellevue dialysis clinic into a community hub for kidney health. It was our second clinic when it opened in 1981 at 1474 112th NE in the Pacific Office Park. Now it's one among 19.

Once renovated, the building will feature an updated dialysis clinic and new water purification system, space for community education, home dialysis training and kidney research. Many of these services will be available for the first time on the Eastside.

Patients continue to receive dialysis as we remodel the building in phases. The fully rejuvenated facility will open this summer. Generous community support for our Elevating Eastside Kidney Care campaign has raised nearly \$3.6 million of our \$4 million goal to help fund the remodel.

Luncheon gifts support the campaign

Your gift at the HopeBuilders Luncheon will help support the Elevating Eastside Kidney Care campaign and provide charity care for patients who can't pay for dialysis.

See a virtual tour of the completed kidney resource center at www.nwkidney.org/eastside

Give to the Elevating Eastside Kidney Care campaign

Call 206-292-5351 or email eastside@nwkidney.org

Bringing dialysis where the need is acute

Most of the 282,000+ dialysis treatments we provide each year are in a clinic or patient home. But about 1 in 20 treatments is given at local hospitals by Northwest Kidney Centers staff.

Hospital-based dialysis is usually acute and urgent in nature. The patient may have been in an accident or had surgery that caused temporary kidney failure. Sometimes a sudden bout of severe illness is a patient's first clue about chronic kidney failure. Or a patient may regularly get dialysis in a Northwest Kidney Centers clinic but need to be hospitalized for another condition.

It's all in a day's work for Northwest Kidney Centers hospital services nurses. They don't always know where they will be needed or how many treatments they'll deliver in a given day. By contracting with Northwest Kidney Centers, a hospital can smooth out its own workflow and reduce internal need for specialized treatment expertise.

Hospitals we serve:

- Evergreen Healthcare
- Harborview Medical Center
- Northwest Hospital and Medical Center
- Overlake Medical Center
- Swedish Medical Center - Cherry Hill
- Swedish Medical Center - Edmonds
- Swedish Medical Center - Issaquah
- Valley Medical Center



Northwest Kidney Centers hospital services team leaders are Dr. Rags Durvasula and registered nurse Tracy Wellington.



Dialysis technician Jonalyn Carpio moves through Harborview Medical Center with a dialysis machine, water filtration system and medical supplies.



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Life changes and so should your estate plan



When you create an estate plan, you take important steps to ensure the future you've pictured. That means devising a plan that protects your loved ones first but also supports the nonprofits you are passionate about, like Northwest Kidney Centers.

Even after you've created your will and named your beneficiaries on your life insurance and retirement plan assets, life can change. It's important to make sure your estate plan changes, too.

Use this simple checklist to keep your plans up-to-date:

- Review your will.** To make a change, your attorney can update the document using a codicil.
- Update guardians for children.** Make sure you are still comfortable with the guardian named in your will for those under your care. If your dependents are now grown, a guardian may no longer be needed.
- Confirm your personal representative.** Make sure the person you named is still the person you want to manage your estate.
- Review your beneficiaries.** Your retirement plan assets and life insurance are not dictated by your will. Make sure the beneficiaries you've designated are still who you want to receive the benefit.
- Check your power of attorney.** Make sure your durable powers of attorney for financial and health care matters are current. Provide a copy of your financial power of attorney to the named person. Your named person and health care provider should both get copies of your health care power of attorney.

Have estate planning questions? I'll be glad to help.



Jane Pryor, CFRE

Vice president of Development and Communications

206-720-8515

Legacy@nwkidney.org

Make a monthly sustaining gift



We are deeply grateful for regular gifts we can count on, no matter what the amount. What may seem like a small amount of monthly support goes a long way for our patients. Contact Jacqui Weber at jacqui.weber@nwkidney.org to learn how your sustaining gift can make a year-round difference.



Take advantage of our specialized pharmacy

Championing a dialysis chair



Diana and Michael Beaumont at home in Mill Creek.

One afternoon last fall Michael Beaumont was looking through the mail while he dialyzed at his home in Mill Creek. Diana, his caregiver and wife of 44 years, was in the next room as usual.

When Diana came in to check his blood pressure, Michael held up a Community Connection newsletter, specifically a story about the campaign to upgrade the dialysis chairs in all clinics and patient homes.

“We looked at each other and both knew that it was something we wanted to do,” said Diana.

That same day Michael called Northwest Kidney Centers to say that he and Diana wanted to support the campaign by covering the cost of one new chair. “We were in a position where we were able to help and we’re glad to do it,” said Michael.

Michael was one of more than 200 patients whose feedback helped select the new chair. He had been uncomfortably cold during some in-center treatments, so he was enthusiastic about the new chairs being heated.

“We’re a team. We came up with the idea together,” said Diana. “It felt like the right thing to do.”

To help fund a new chair and increase the comfort of patients like Michael, please contact:

Jacqui Weber, development director
206-720-8544

jacqui.weber@nwkidney.org



Nayda and David Utterberg

Home dialysis program receives \$1 million gift

Northwest Kidney Centers received a generous \$1 million gift in support of our home dialysis program in September from Nayda and David S. Utterberg. A few weeks later, David passed away.

A prolific, talented inventor and manufacturer, David founded Medisystems Corporation in 1981. His pioneering work led to more than 100 patents related to blood treatment and safety medical devices that have significantly impacted the lives of patients globally.

In recognition of their gift, the peritoneal dialysis center at Northwest Kidney Centers 15th and Cherry clinic in Seattle has been named for the Utterbergs.

Our newest clinic opens in Seattle's Rainier Beach

Jan. 13 is opening day for Northwest Kidney Centers' 19th dialysis clinic, at 4401 S. Trenton St. in the Rainier Beach neighborhood of Seattle. The clinic will be open Sunday through Friday, providing more than 11,000 treatments each year.

The new clinic has garden courtyards to create a healing environment for patients during their three-times-a-week, four-hour treatments. It also includes rooms for free community health education classes and for home dialysis training.

The 12,000-square-foot building meets LEED Silver standards for environmental friendliness, energy efficiency and sustainability.



Rainier Beach patients look out to landscaped courtyards.

2020 desk calendars are available

Email communications@nwkidney.org if you'd like one.

Transforming lives through research DISCOVERY GALA

October 26

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Thanks to all who helped raise \$864,000 for research



Gala guests could chat with Kidney Research Institute scientists about promising studies.



Coming together to support kidney research adds to the fun and excitement of the evening.

Join us Oct. 17, 2020 for the Discovery Gala at a new location:
Hyatt Regency Seattle

Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.



www.nwkidney.org
communications@nwkidney.org

Northwest Kidney Centers: 206-292-2771

Pharmacy: 206-343-4870 or 1-800-947-8902

Save the date

World Kidney Day

Thursday, March 12

HopeBuilders Luncheon

Wednesday, March 18

11:30 a.m.

Westin Bellevue

Discovery Gala

Saturday, October 17

5:30 p.m.

Hyatt Regency Seattle



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Nicolas Wirz, great-grandson of dialysis pioneer Dr. Belding Scribner, contemplates an image of his inventive ancestor on a family visit to Northwest Kidney Centers' dialysis museum at 700 Broadway in Seattle.

Looking at a legacy

In 1960 Dr. Belding Scribner and colleagues at the University of Washington developed the Scribner shunt, a device that made long-term dialysis possible for the first time. Chronic kidney disease was no longer a death sentence but a treatable health condition. Scribner became a founder of Northwest Kidney Centers, the first organization in the world dedicated to providing ongoing kidney dialysis. It opened Jan. 8, 1962.