



Luke Jackson, patient at Northwest Kidney Centers Lake City, hopes that his involvement in research studies will help other kidney patients.

Looking forward to sunny skies

Luke Jackson was working as an electrician and playing electric bass in a band when his blood pressure skyrocketed and sent him to the hospital. "I knew my blood pressure was high at the time, but I didn't realize what it would do to me. I had been feeling weak for weeks," Luke remembers.

Soon after that hospital visit two years ago, Luke began dialysis. Today, he feels much better. He's exercising again, swimming at the YMCA, lifting weights.

Luke is involved in a study being conducted by the Kidney Research Institute, a collaboration between Northwest Kidney Centers and UW Medicine. The study examines whether the dietary supplement coenzyme Q10 may lead to improved cardiovascular outcomes in kidney disease patients, who are often at high risk for heart complications.

For Luke, this means taking four Q10 tablets a day with his meals and getting his blood drawn each month.

"I'm all about doing whatever I can to help, if this study will help other people on dialysis. The more knowledge there is about kidney disease, the better we'll all be. I'm a very optimistic person and I look on the bright side."

Northwest Kidney Centers is committed to solving the mysteries of kidney disease. To help support our critical research mission, join us at our annual Gala, which raises funds for kidney research. Learn more on pages 2-3.

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Northwest Kidney Centers Gala

Saturday, Nov. 16

5:30 p.m.

Hyatt Regency Bellevue

www.nwkidney.org/gala

More details on pages 2-3.

Be inspired

2013 Gala

Saturday, Nov. 16

5:30 – 11 p.m.

Hyatt Regency Bellevue

900 Bellevue Way NE, Bellevue

Join us **Saturday, Nov. 16** for Northwest Kidney Centers' second annual Gala, celebrating innovations in science and passion in research. The black-tie event will feature cocktails, dinner, a live auction, entertainment and dancing. Proceeds benefit kidney disease research.



The soulful a cappella group 5bit will kick off the Gala with jazz, doo-wop, Motown and classic rock. The evening will close with infectious party hits from the 10-piece dance band Players Club.

Tickets: \$250/person

Register online:

www.nwkidney.org/gala

Questions:

206-720-8545 or gala@nwkidney.org

An evening celebrating the progress
and promise of kidney research



Hank and Dr. Lisa Florence, 2013 Gala co-chairs.

Dr. Lisa Florence, a kidney transplant surgeon at Swedish Medical Center, has been a regular donor at the annual Breakfast of Hope and serves on Northwest Kidney Centers' board of trustees and Foundation board.

Getting involved

"A patient who has been well cared for on dialysis is healthier and stronger when they undergo kidney transplant surgery. For close to 20 years I've seen firsthand that Northwest Kidney Centers pays great attention to detail in patient care every day. A lot of this 'extra' care is not compensated by insurance. Therefore, philanthropy plays an extremely important role. Being involved with the Gala allows me to share the strengths and passion of this organization and to raise funds to support its critical research mission."

Why research is critical

"Around the world, relatively few scientists are working to solve the mystery of kidney disease. How fortunate we are to have world-class researchers doing just that in Seattle! It will be a great day when we have a way to prevent kidney failure and eliminate the need for kidney transplantation altogether."

Excitement for the Gala

"I am really looking forward to showcasing the fantastic research under way at Northwest Kidney Centers. People will see how their support of our initiatives will save lives through discoveries in the cause and prevention of kidney disease. And, of course, I am looking forward to a terrific party!"

You could be the winning bidder on these Gala auction items:



- One-week Maui vacation for two in an ocean view condo
- Luxury Seahawks suite for 20 at the Dec. 22 game against the Arizona Cardinals
- Rare and sought-after wine vintages, formats and verticals
- Sun Valley and Palm Springs getaways
- Golf for four on premium courses
- European Viking River Cruise



Our new Kirkland facility will open spring 2014.

Northwest Kidney Centers expands Eastside presence

Next spring, we will move our Kirkland clinic in the Evergreen Health Professional Center to a new 17,000-square-foot center at 11327 NE 120th St., Kirkland. The new facility will allow us to better serve the Eastside's increasing number of people with kidney failure:

- It will double the usable space for dialysis patients.
- It is on the ground level with convenient parking.
- It will offer 20 dialysis stations compared to the current 15.
- It will include a training area for peritoneal dialysis and home hemodialysis patients. Eastside home hemodialysis patients currently drive to Seattle or Renton for training.

Our history on the Eastside

- Northwest Kidney Centers' presence on the Eastside began in 1981 with the opening of our Lake Washington clinic in Bellevue.
- In 2007, that clinic began training and support for peritoneal dialysis at home.
- Our current Kirkland facility, Northwest Kidney Centers Totem Lake, opened in 1996.
- We opened Northwest Kidney Centers Snoqualmie Ridge in 2003 to serve patients farther afield.
- With the opening of our new Kirkland facility next year, Eastsiders will have a comprehensive home dialysis hub much closer to where they live.

Thank you to longtime supporters PACCAR Inc and the Harry and Clare Cayo Wilson Trust for their generous gifts to help establish our home dialysis training hub for the Eastside.



Home hemodialysis patient Rich Bloch and his wife, Diane, insert dialysis needles. They traveled with his portable dialysis machine to our Lake Washington clinic Aug. 2 to demonstrate to in-center patients the process of home hemodialysis.

Patients get a close look at home hemodialysis

Self-dialysis at home offers patients many benefits, including better overall health, control over treatments and a more flexible schedule. Northwest Kidney Centers actively promotes home dialysis. Home patient Rich Bloch is visiting each of our clinics to demonstrate how to set up the portable NxStage dialysis machine, get connected and do a hemodialysis treatment. Visit with Rich, ask him questions and find out what the experience is like.

17.2 percent of our patients are on home dialysis, compared to 8.5 percent nationally.

Demonstrations are coming to a clinic near you.

Get details for the next demonstration by calling our home unit:

206-292-2558



Remembering Dr. James Burnell

The Seattle health care community lost a compassionate physician leader with the death of Dr. James Burnell Sept. 8. One of the world's first kidney specialists, Dr. Burnell helped develop many of the hemodialysis advances that emerged from Seattle in the 1960s. A researcher and private nephrologist for more than 45 years, he was a member of the King County Medical Society that established Northwest Kidney Centers in 1962, known then as the Seattle Artificial Kidney Center. He served on the Northwest Kidney Centers board of trustees for more than three decades, and his compassion for patients and devotion to the community, even in retirement, will be missed.

To make a gift in memory of Dr. Burnell: www.nwkidney.org/burnell



Our staff members expand their skills and pursue career goals with scholarships funded by generous donors. Headed back to school this year are Joseph Sutton, Adrian Fomby, Tammera Ferguson and Ray Robles (not pictured).

Leading the way in bioethics

Northwest Kidney Centers is a trusted expert in the field

When Northwest Kidney Centers was founded in 1962, the eyes of the world were on Seattle as a lay committee wrestled with how to allocate the new, expensive and scarce resource of life-sustaining dialysis. Since then Seattle has been a world center for bioethics, and Northwest Kidney Centers remains a leader in the field as new ethics questions emerge surrounding dialysis care.



Dr. Michael R. Kelly, retired medical director of special care and former chair of Northwest Kidney Centers ethics committee, is an expert on ethical dilemmas involved in caring for dialysis patients.



This summer 20 medical students and professors from Japan's Hyogo College of Medicine visited Northwest Kidney Centers, in an exchange that's gone on for at least 7 years. CEO Joyce F. Jackson and retired special care medical director Dr. Michael R. Kelly explained U.S. kidney care practices and how they fit into our larger health care system.

Support special care patients and build on our history as the birthplace of bioethics

The Michael R. Kelly, MD Endowment Fund for Special Care and Ethics provides funds in perpetuity to enhance the comfort and well-being of Northwest Kidney Centers' most medically fragile patients, those treated in our special care units where Dr. Kelly was medical director for 14 years. In honor of Dr. Kelly's retirement this summer, we have expanded the endowment to carry on his leadership and passion for bioethics. Gifts will help special care patients as well as allow us to offer ethics education for nephrologists and the public.

Each donation will be a special tribute to Dr. Kelly's three decades of exceptional service, compassionate care and commitment to the highest ethical standards.

To make a gift, please contact:

Larry Richards, gift planning officer

207-720-8550

larry.richards@nwkidney.org

Giving thanks at year-end

In the holiday season, support Northwest Kidney Centers in a new way

Donate stock

Stock that has increased in value is one of the most popular assets used for charitable giving. After it has been held for more than one year, the total value of the stock can be donated to charity. Making a gift of securities to Northwest Kidney Centers offers you the chance to use this tax advantage to help our patients and their families.



"It is a simple way to donate and the tax savings are significant."

Drs. David and Ginny Broudy make the majority of their donations to Northwest Kidney Centers using stock. Ginny, a Northwest Kidney Centers trustee, explains, "It is a simple way to donate and the tax savings are significant. This method enables us to contribute more."

Contribute from your IRA

If you're 70½ or older, you can now make charitable gifts to Northwest Kidney Centers using funds from your individual retirement accounts (IRAs) without undesirable tax effects.



To get information on stock, IRA, life insurance or other special gifts, contact:

Larry Richards, gift planning officer

206-720-8550

legacy@nwkidney.org

Tell Us Your Story



How has Northwest Kidney Centers touched your life? Share your story and be inspired by others at

www.facesofnwkidney.org



Mark your calendar

Oct. 10: Estate planning seminar
3 p.m., Northwest Kidney
Centers Renton

Oct. 16: Estate planning seminar
4 p.m., Haviland Pavilion, Seattle

**Nov. 16: Northwest Kidney
Centers Gala**
5:30 p.m., Hyatt Regency
Bellevue



www.nwkidney.org
pr@nwkidney.org
206-292-2771



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



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Need to set up a will?

Learn how to create one at a free seminar

Northwest Kidney Centers will host two free seminars for you to learn how to make a better will and benefit from estate planning. Presenters will address frequently asked questions regarding wills, trusts, tax law changes and inheritance planning for family members and charities. Get all your questions answered and receive a free personal estate planning book. We'll provide free parking and refreshments.

RSVP

Seating is limited so reserve your spot today:

206-720-8550

legacy@nwkidney.org

Please indicate which workshop you plan to attend.

Thursday, Oct. 10

3-5 p.m., Teresa Rattazzi, MD
Conference Room

Northwest Kidney Centers Renton

602 Oakesdale Ave. SW, Renton



Presenter: Beth A. McDaniel, Law
Offices of Beth A. McDaniel, PLLC

Wednesday, Oct. 16

4-6 p.m., Turner Conference Center
Haviland Pavilion

700 Broadway, Seattle



Presenter: Laura Hoexter,
Helsell Fetterman LLP