



Save the Date! The 11th annual Breakfast of Hope takes place May 14, 2013. Proceeds will support patient nutrition education to help kidney patients live well.

Rise and shine at the Breakfast of Hope May 14

On Tuesday, May 14, friends and supporters of Northwest Kidney Centers will gather at the 11th annual Breakfast of Hope to celebrate, learn and advance our mission to promote the optimal health, quality of life and independence of people with kidney disease through patient care, education and research. Best-selling author and popular New York Times food columnist Mark Bittman will be our keynote speaker, and KING 5 News consumer reporter Jesse Jones will emcee (*see page 2*).

The breakfast program will focus on nutrition, an important topic because a healthy diet is crucial to kidney patients and healthy people who want to stay that way. Funds raised at the event will support patient nutrition education, charity care and other mission-focused services.

Read more on pages 2-5.

INSIDE THIS ISSUE:

Nine years and counting:
Greg Garnese gathers
people to the Breakfast
table



PAGE 3 »

**Healthy living: patient
nutrition education**



PAGE 4 »

**Tribute gift to honor
mom's second family**



PAGE 6 »

**Kidney disease and
African Americans**



PAGE 8 »

Breakfast of Hope

**May 14, 2013
7:30-8:45 a.m.
The Westin,
Seattle**



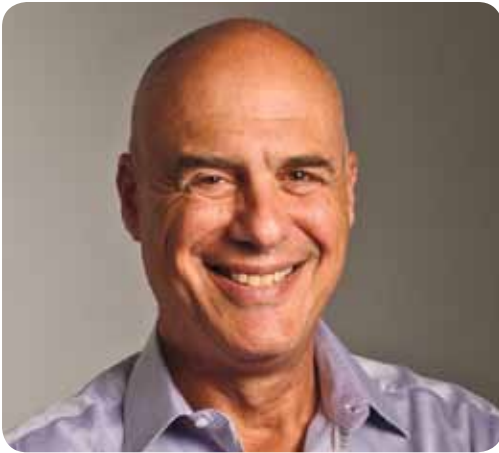
Register at
nwkidney.org/breakfast
206-720-8585

11th annual Breakfast of Hope

May 14, 2013

7:30 - 8:45 a.m.

The Westin, Seattle
Grand Ballroom



Digest some lessons from Mark Bittman over breakfast 2012 keynote speaker

Mark Bittman is not a chef and never has been. And though he's worked with some of the best-known chefs in the world, he's never had formal training and he's never worked in a restaurant. None of which has gotten in the way of his mission to get people cooking simply, comfortably and well. His first book, *How to Cook Everything*, is a mainstay in many American kitchens. His new book, *VB6: Eat Vegan Before 6:00*, shows how a part-time vegan diet can offer all the benefits of a more stringent diet with none of the deprivation.



We've got Jesse!

Our emcee is award-winning journalist Jesse Jones, member of the KING 5 Investigators team, known for his "Get Jesse" consumer reports.

Join us at the Breakfast of Hope
to learn about eating well to stay healthy,
and support our nutrition education programs,
vital to dialysis patients.

Suggested minimum donation: \$150

Register at nwkidney.org/breakfast or 206-720-8585



Bringing the Northwest Kidney Centers family to the table in support of patients



Greg Carnese manages the Leroux Fine Apparel store in Magnolia.

Join Greg and host a table at this year's Breakfast of Hope. Please contact:

Wendy Stauff, event manager
breakfast@nwkidney.org
206-720-8585

If you are unable to attend but would still like to donate to Northwest Kidney Centers, please contact:

giving@nwkidney.org
206-292-5351

Or mail your gift to:

Northwest Kidney Centers
P.O. Box 3035
Seattle, WA 98114

Greg Carnese learned from his parents about giving back to the community, a value he embraces dearly. “My parents were children of the Great Depression,” he says. “That was a time when family and the community supported each other.”

Northwest Kidney Centers relies on its family of supporters to provide exceptional patient care to its 1,500 patients who need dialysis to stay alive. That translated to nearly 234,000 treatments last year.

Greg was invited to the Breakfast of Hope for the first time in 2004 by his friend, Foundation Board member and Magnolia business owner Bert Lundh. Right away, Greg was hooked. When Bert invited Greg to host his own table at the Breakfast the following year, he agreed, and he has done so every year since.

“It’s an honor and a way to change out your day,” he says. “And it’s easy to do. I invite six or seven people to join me and my wife. If folks aren’t able to make it, they say ‘This is a cause I believe in; be sure to invite me next year — and here’s my check, even though I can’t be there this year.’”

A seasoned retailer and general manager at Leroux Fine Apparel, Greg enjoys helping raise funds and make new friends for Northwest Kidney Centers. “Seattle is a very generous city,” he adds. “I’ve been blessed with very good friends who love this organization.”

Eating well is vital to feeling well

This year, a portion of Breakfast of Hope proceeds will support Northwest Kidney Centers' nutrition education programs, which help patients find the appropriate diet to feel better while living with kidney disease, whether pre-dialysis, during dialysis or post-transplant.

Eating well is so important to people on dialysis that each of our patients has a personal dietitian who visits regularly to review lab results and offer suggestions for food choices that will support the patient's health.

With damaged kidneys, mineral balance in the body is disrupted. Eating the right proportion of protein, saturated fats, phosphorus, potassium and sodium can go a long way toward helping patients feel better. Our patient nutrition education offers customized advice to help people live long and well.

Donations help us share knowledge to help people live well with kidney disease.



Iris Clay, left, a patient at our Scribner clinic at Northgate, checks a food label at Albertsons. Her Northwest Kidney Centers dietitian, Kimberly Langdon, offers tips. Thanks to Albertsons' donation of \$1,000 in gift cards, patients can try new foods that support their diets.

Thanks to donor support, we provide nutrition education to people who are living with kidney disease, as well as those who want to keep their kidneys healthy.

We offer:

- The free Eating Well, Living Well class to help people with mid-stage kidney disease learn about eating choices that might help slow or halt kidney damage.
- Tasty, easy-to-prepare recipes on our website, catalogued by suitability for people whose kidney disease is being treated with various types of dialysis or with a transplant.
- Nutrition information in our Transplant Connection newsletter, for people who once were on dialysis at Northwest Kidney Centers, to help them preserve their new kidneys.
- Cooking classes on seasonal topics open to our patients and the public for a nominal fee.
- Medical nutrition therapy, in-depth, individual counseling with one of our registered dietitians for patients referred by a physician. This service is available to pre-dialysis patients and transplant recipients.
- Print materials that cover dietary issues faced by people living with chronic kidney disease.
- Bulletin boards at every clinic containing nutrition information and recipes.
- One-on-one grocery store tours for patients with their dietitians to learn how to read food labels and make healthy eating choices.



Ronald Thomas and his significant other, Tina Rinker, shop for groceries together.

“It’s not easy cutting salt and eating healthy, but if I know I’ve eaten properly, then I know my dialysis runs should be fine. It’s great working with my dietitian, Darlene [Nacalaban]. She never makes it difficult for me to ask anything. She always points me in the right direction.” - Ronald Thomas, a patient at our Lake City clinic.

Join us at the Breakfast of Hope and help provide vital nutrition education services to our patients.

Tribute gifts are a wonderful way to honor moms and dads

Mother's Day is coming up soon and Father's Day isn't far behind. For a unique and lasting way to honor your loved one, consider a tribute gift to Northwest Kidney Centers.

Martha Jasper's four daughters and now late husband honored her with such a gift after she passed away in 2007. Martha had formed deep bonds with staff and patients at our Lake Washington dialysis clinic in Bellevue. After more than a decade of three-times-a-week treatments, she considered the staff a second family, and often brought them gifts and treats.

The perfect remembrance was a scholarship fund that would benefit nurses like the ones Martha was so attached to, while recognizing Martha's career as a nurse herself. Since the Martha Alger Jasper Memorial Fund was established in 2009, her daughters contribute in a way that makes sense for each of them: one makes periodic donations each year, while others give through their workplace giving campaigns.

We can help you tailor a gift in honor or in memory of your loved one, and make it work with your budget and timing. Tribute gifts can commemorate special occasions, such as birthdays and transplant anniversaries, for a living loved one or someone who has passed away.

In addition, many families choose to set up memorial pages on the Northwest Kidney Centers website at www.nwkidney.org/donate, giving friends, extended family and co-workers an opportunity to honor the deceased and to support other kidney patients.



The Jasper sisters created a scholarship fund to honor their mother, Martha Jasper. Pictured: Susan Jasper; scholarship recipient Cindy Black, nurse manager at our Lake Washington clinic in Bellevue; Judy Hayes; Kathryn Rector. Not pictured: Kim Darby.

Support us with recurring gifts

Would you like to support Northwest Kidney Centers' patients on an ongoing basis? Set up a recurring donation. Have the gift charged to your credit card or debited from your bank account on a monthly or quarterly basis, with no need to renew. Choose the amount and the payment schedule that works best for you, with the option to stop the payments at any time.

To set up a tribute or recurring gift, please contact

Dan O'Connor,
dan.oconnor@nwkidney.org or
 206-720-8514.



It's spring but our minds are on back-to-school season

It's scholarship season at Northwest Kidney Centers. Staff members who want to sharpen their skills or complete a degree are preparing applications now for the fall school term. Their continuing education is made possible by generous donors who support our employee scholarship program.

Application deadline is April 19.

To contribute toward a scholarship, or to apply for one, please contact Jane Pryor, jane.pryor@nwkidney.org or 206-720-8515.



New Foundation Board member Russell Stepp

Northwest Kidney Centers Foundation Board welcomes Russell Stepp as its newest member. Russell is principal of his own firm, Stepp Consulting Inc. He retired as CEO of R.W. Beck, Inc. (now SAIC Energy, Environment & Infrastructure, LLC), an energy and water management company.



Beneficiary designations An easy way to leave a legacy

Consider naming Northwest Kidney Centers the beneficiary of a retirement plan, life insurance policy, insurance annuity or certificate of deposit. These assets are not controlled by the terms of your will, and require only an updated beneficiary form (available from the plan or policy holder) that names us as beneficiary.



Donor, volunteer and Heritage Society member Louise Legaz named Northwest Kidney Centers as the beneficiary of her retirement account. Being very interested in kidney research, "I felt this was the best way for me to make a meaningful donation in memory of my sister, Mary Ann Brusich," explains Louise.

If you'd like to name Northwest Kidney Centers as beneficiary of any of your policies or plans, or have questions about this estate planning strategy, please contact:

Larry Richards, gift planning officer
legacy@nwkidney.org
206-720-8550

We are happy to help, without obligation and in confidence.



Mark your calendar

May 14: Breakfast of Hope

7:30 a.m., Westin Seattle

May 30: Enumclaw open house

4 p.m., 857 Roosevelt Ave. E,
Enumclaw

June 22: Kidney Health Fest for African American Families

9 a.m., Van Asselt Elementary
School

Nov. 16: Northwest Kidney Centers Gala

5 p.m., Hyatt Regency Bellevue



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



Join us on Facebook and Twitter.
Hear the latest news as it happens!

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



NORTHWEST

Kidney Centers

700 Broadway • Seattle WA 98122

RETURN SERVICE REQUESTED

NON PROFIT ORG
U.S. POSTAGE
PAID
SEATTLE WA
PERMIT NO 3768

Kidney Health Fest for African American Families

June 22, 2013

9 a.m. – 2 p.m.

Van Asselt Elementary School

8311 Beacon Ave. S., Seattle

Join us at the 11th annual Kidney Health Fest. This free community event features complimentary health screenings and consultations with volunteer health care professionals, healthy food, an educational program, exhibits, music and entertainment.

One in eight American adults has chronic kidney disease and many don't know it. The risk is four times as high for African Americans. While the Fest focuses on reaching this high-risk population, kidney disease affects people of all races and walks of life. Everyone is welcome to attend this fun and free community event.



A 2012 Fest attendee has his blood pressure checked to test for a common kidney disease risk factor.