

Friends invite friends to make breakfast succeed



Commercial banker Greg Milner is a senior vice president of Wells Fargo Bank. He works in Bellevue.

It started with an invitation from a long-time customer and resulted in a satisfying volunteer tradition for Greg Milner, who will once again serve as a table captain for Northwest Kidney Centers' Breakfast of Hope.

"Fortunately for me, I don't have anybody close to me affected by kidney disease," Greg said. "But the work at Northwest Kidney Centers is terrific and it's a great cause."

He's missed the event only twice since 2004, and he represents Wells Fargo to support other nonprofits as well.

"I've been to a lot of breakfasts, luncheons and auctions," he said. "Everyone who has attended the Breakfast of Hope with me is always impressed. They like the presentations and the stories. It's very well done." Join Greg in filling seats at our May 14 event. Sign up to be a table captain.

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get transplants



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May 14, 2015

BREAKFAST
OF HOPE

7:30-8:45 a.m.

The Westin Seattle Hotel

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



May 14, 2015

BREAKFAST OF HOPE

A LITTLE HELP FROM MY FRIENDS

Suggested donation: \$150



Northwest Kidney Centers is a community.
We all get by with a little help from our friends.

That's the theme of this year's Breakfast of Hope, which will feature musicians Maura Rogers and Meredith Pangrace, also known as the Bean Sisters because of the kidney they share. Join us for the Breakfast of Hope and kick start your day with inspiring stories and upbeat folk music by the Bean Sisters.

Funds raised at the event will support transplant services and charity care.



The Bean Sisters: Meredith Pangrace and Maura Rogers
Keynote speakers

Musician Maura Rogers placed an online ad to find a bandmate; she got artistic collaboration and a new kidney from Meredith Pangrace. Come enjoy their music and hear their inspiring story.



Jean Enersen
Master of ceremonies

Jean Enersen has been the face of KING 5 News for more than four decades. Since stepping off the anchor desk in 2014, she has focused on reporting for KING 5's HealthLink and supporting numerous Northwest charitable organizations.

Help us fill the room!

Help us reach our fundraising goal so we can help people living with kidney disease live the best life they can. Sign up to be a table captain and bring your friends!

**Visit nwkidney.org/breakfast
or call 206-709-8359 to sign up.**

More Northwest Kidney Centers patients get transplants

Northwest Kidney Centers promotes kidney transplantation for eligible patients because a transplant can provide the best survival and quality of life. For many people with chronic kidney failure, a transplant offers the best chance at the kind of life they enjoyed before diagnosis.

We are steadily improving, and our transplant rate is now 80 percent higher than the national average. Last year, the number of Northwest Kidney Centers patients receiving a kidney transplant increased by a record 14 percent, at the same time the national average decreased by 16 percent.

We are fortunate to have three outstanding transplant centers in Seattle. Since Northwest Kidney Centers serves 4 out of 5 dialysis patients in this region, we work closely with each program to help patients get the best treatment for their individual condition. Our transplant initiative is funded by generous donors.



Boeing manager Stan Iwata did peritoneal dialysis until his kidney transplant in October 2013.

Transplant services include:

- ⊙ Patient education
- ⊙ Public education
- ⊙ Dental clearance
- ⊙ Specialty pharmacy

How we beat the nation at fostering transplants

Free classes

Our Choices class presents treatment options, including transplantation, to pre-dialysis patients.

We offer Next Step Transplant for those interested in learning more about the transplant evaluation process, donors, the waitlist and more.

Access to dental care

Through the Access to Dental program, our collaboration with the Seattle-King County Dental Society, patients who can't pay for dental service are able to get dental clearance for a transplant. In the past five years, 32 patients have received a transplant after getting services through the program.

Northwest Kidney Centers transplantation rate

80% better

than the national average

Post-transplant services

Although dialysis ends when a patient gets a transplant, our support doesn't stop:

- Our free Living Well with a Transplant class gives medication and nutrition pointers.
- We send the Transplant Connection newsletter twice a year with tips for taking care of a transplanted kidney.
- Our kidney specialty pharmacy is available to all transplant patients for prescription refills and expert counseling.

Learn more and help support our transplant services at the Breakfast of Hope on May 14.



Joyce Jackson wins national Pi Beta Phi alumna award

President and CEO Joyce Jackson received a 2014 national alumna award from Pi Beta Phi Fraternity for Women. The Carolyn Helman Lichtenberg Crest Award honors distinguished Pi Beta Phi alumnae for their outstanding professional or community service. Joyce was recognized for achievements as a health care executive and as the leading force behind Northwest Kidney Centers. She is a frequent spokesperson about kidney health and policy.



Carrie McCabe brings new financial leadership

After four months as interim chief financial officer, Carrie McCabe is now the permanent vice president of finance at Northwest Kidney Centers. Carrie has a long career in health care finance, including stints as interim CFO for various agencies. She has a broad exposure to operations, including a five-year commitment in the American Red Cross reserves to direct emergency relief operations.



A visit to the Capitol on behalf of kidney patients

Northwest Kidney Centers delegates, including vice president Austin Ross, transplant recipient Marcia Wold, and CEO Joyce F. Jackson, visited the State Capitol in Olympia Feb. 4 to talk with legislators about important issues relating to kidney care.



Farewell to two dialysis pioneers

Wayne Quinton passed away Jan. 22. An engineer who headed the University of Washington medical instrument shop, in 1960 he brought to life Dr. Belding Scribner's vision for a Teflon and metal shunt that could connect an artery and a vein. The Scribner-Quinton device made it possible to connect a dialysis machine repeatedly to a patient's bloodstream. For the first time, a person with permanent kidney failure could be kept alive indefinitely with dialysis.



Dr. Albert "Les" Babb, a UW colleague of Scribner and Quinton, was a nuclear engineer who moonlighted as a consultant to the dialysis development team. His recommendations produced a new dialysate dispensing device and cut the cost per treatment in half. Later he led a team to beat the clock for a dying teenager too young to be treated at the new dialysis organization in town. They completed the first home dialysis machine in time to save the patient's life. Dr. Babb was honored with Northwest Kidney Centers' Clyde Shields Award in 1992. He died Oct. 22, 2014.

CEREMONY *of* REMEMBRANCE

Saturday, April 25, 2015, 10 – 11 a.m.



The Ceremony of Remembrance unites family, friends, patients, staff, physicians and volunteers in a morning of reflection.

Everyone is welcome to attend.

If you wish, bring a small memento of your loved one to place on the memory table during the service.

RSVP: Contact Dianna Cox
Northwest Kidney Centers chaplain
206-720-3952 • dianna.cox@nwkidney.org



Dr. Linda Gromko helped her husband, Steve, with home dialysis after his kidneys failed in 2007. Since his death in 2011, Linda has attended the Ceremony of Remembrance three times. "It's a simple, meaningful event. There are sons and daughters, other wives, husbands, mothers and fathers, and even tearful staff and volunteers of Northwest Kidney Centers. The event means something unique to each of us: everyone in that room has a deep and different understanding of the impact of kidney disease. And we don't have to say a word."

What's new in kidney research?

The Kidney Research Institute, a collaboration between Northwest Kidney Centers and UW Medicine, has studies underway with patients worldwide. Here are several that involve local Northwest Kidney Centers patients:

LUCID, Longitudinal U.S./Canada Incident Dialysis Study

Looking at risk factors and outcomes from an ethnically diverse population of dialysis patients.

Wearable Artificial Kidney

The first U.S. trial to test safety and effectiveness of the device in delivering dialysis therapy.

PINTA

Studying how the investigational drug PINTA 745 controls muscle growth and inflammation in patients with kidney failure.

Healthy Kidney Study

Examining how kidney disease affects heart disease, infections and bone disease.

Native American Transplant Study

An education program about kidney transplantation and living donation for American Indians and Alaska Natives.



For further details on these studies and dozens more, visit www.kri.washington.edu.

Make a gift in tribute to a loved one

Tribute gifts to Northwest Kidney Centers are a great way to honor someone special while supporting a cause important to one or both of you. These donations are a significant source of funding for research, charity care, classes and other services Northwest Kidney Centers provides at no cost to patients and their families.

Tribute gifts are a fitting way to commemorate birthdays, weddings, transplant anniversaries, Mother's Day, Father's Day and graduations.

To learn more and view existing tribute pages, visit www.nwkidney.org/give or contact:

Dan O'Connor, 206-720-8514

Dan.OConnor@nwkidney.org



Since Lake City patient Susan Huang died in 2013, friends and family have made gifts to Northwest Kidney Centers in her honor.



Pat Gaillard, MaryAnn Eschbach, Nancy Spaeth and Jane Pryor are members of the Heritage Society, in recognition of their planned gifts.

An easy way to support our mission: leave a legacy gift

Our 1 percent legacy campaign encourages donors to designate 1 percent or more of their estates to support Northwest Kidney Centers' life-sustaining work.

If you want to participate but don't know where to begin, a bequest in your will is a great place to start. It allows you to make contributions — similar to annual donations — after you've passed.

Giving through your will won't affect your current income. By putting aside a percentage of the assets in your will or trust — from 1 to 100 percent — you can leave a legacy for Northwest Kidney Centers (becoming part of the Heritage Society), while making sure your family's future is secure. Your gift will ensure we can continue to sustain lives, fund research to improve care, and bring hope to those impacted by kidney disease now and in the future.

Leave a legacy. Contact:



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



GiveBIG 2015 is May 5

GiveBIG is The Seattle Foundation's one-day, online charitable giving event. GiveBIG to Northwest Kidney Centers on Tuesday, May 5 and watch your gift grow! Your donation that day will receive a partial match from The Seattle Foundation's stretch pool, and it will support our mission of patient care, education and research.

Get social with us

Connect with us on social media to get the latest news as it happens.



facebook.com/northwestkidneycenters



twitter.com/nwkidney



Mark your calendar

Ceremony of Remembrance

Annual memorial service

April 25, 2015

10 a.m., SeaTac Pavilion

17900 International Blvd. S.

Breakfast of Hope

May 14, 2015

7:30 a.m., Westin Seattle

1900 Fifth Ave.

Discovery Gala

Nov. 14, 2015

5:30 p.m., Hyatt Regency Bellevue

900 Bellevue Way NE



www.nwkidney.org

pr@nwkidney.org

206-292-2771



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

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

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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Marlene McKiness is 2015 Volunteer of the Year

Kidney transplant recipient Marlene McKiness has volunteered for Northwest Kidney Centers for a remarkable 25 years. She has contributed her skills and time in a number of ways, including meeting with legislators in Washington, D.C. and Olympia to advocate for kidney patients; volunteering for fundraising and special events; and representing Northwest Kidney Centers at countless community outreach events and speaking engagements over the years.

Marlene was one of the first presenters of the pioneering Together for Life education program that engaged faith-based audiences in heartfelt discussions about organ donation. More recently, she has been an active member of Northwest Kidney Centers' ad hoc task force on community health outreach.

In recognition of Marlene's ongoing commitment, dedication and stellar service, she has been named Northwest Kidney Centers' 2015 Volunteer of the Year.



Marlene McKiness has a lot to celebrate this year, including 28 years with her kidney transplant and her Volunteer of the Year award.