



Patient Karen Johanson talks with her registered dietitian, Beth Shanaman, in the special care unit at Northwest Kidney Centers Seattle.

Special care, a unique and intensive dialysis service

A unique Northwest Kidney Centers community benefit is special care services for very ill dialysis patients – people who would be hospitalized in almost any other community. At Seattle 15th and Cherry and at Kent, our special care dialysis units serve outpatients whose physical, medical or mental condition is complicated, unstable and fragile. We provide intensive nursing care, personal care assistance, management of medications, beds for treatment, and a high staff-to-patient ratio.

Special care also includes a chaplaincy program, referrals for ethics and palliative care consultation, and care coordination with nursing homes and hospice services.

Our most costly community benefit program, special care incurs an annual unpaid cost of more than \$2 million – Medicare and Medicaid do not reimburse us more for special care than for a regular dialysis treatment.

For more about special care and other community benefit programs made possible by donor support, see pages 2-5.

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Special care patient Patricia Smith keeps smiling

‘Every day is a new adventure’



Our special care program offers a unique and intensive service to very ill dialysis patients.

Patricia Smith has faced a lot of hardships during her lifetime, but she refuses to let them get her down.

Diagnosed with chronic kidney failure in 2009, Patricia began dialysis at Northwest Kidney Centers Elliott Bay. Two years later, a spinal infection sent her to emergency surgery, and she woke up completely immobilized.

In rehabilitation at Harborview Medical Center, she met nephrologist Dr. Michael Kelly, who suggested she eventually go to Northwest Kidney Centers’ Seattle special care unit at 15th and Cherry to receive the intensive dialysis care she needed. “I just love talking to him. He’s a very inspirational man. Very helpful,” she said. But before she could follow his advice, an apartment fire left her homeless. Patricia was finally able to get resettled with housing help from the Red Cross, and she started dialysis at Northwest Kidney Centers’ special care unit.

Besides three dialysis treatments, Patricia also goes to physical therapy twice a week. She has regained a lot of her mobility. She can walk a bit using a walker, but relies on a wheelchair to get around.

“The facility is always clean, and the staff is really one of the best. They know you here. I get taken care of; they make sure of it.”

She appreciates the special care unit staff at Northwest Kidney Centers, and enjoys the individual care they provide. “The facility is always clean, and the staff is really one of the best. They know you here. I get taken care of; they make sure of it.”

Patricia remains positive, thanks to her faith and the support of friends, family and her husband of 34 years. “All these bad things have happened to me, but I’m still here. And I’m glad to be here. I could be gone. I’ve just been blessed,” she said.

Nephrologist and volunteer Dr. Mike Kelly retires

A principal architect of Northwest Kidney Centers' special care program is Dr. Michael R. Kelly, a nephrologist and medical ethicist who has supported our organization for 40 years. July 1 marks the end of an era, as he retires from clinical practice at Harborview Medical Center's Division of Nephrology and from his post as medical director of special care at Northwest Kidney Centers.

Dr. Kelly's list of affiliations with Northwest Kidney Centers is long: 2008 winner of our Haviland Award for Outstanding Achievement in Nephrology, past chief of staff, past president of the Northwest Kidney Foundation, past chair of the Northwest Kidney Centers board of trustees. He has been a beloved conscience and mentor to countless staff members, physicians and patients. We salute him for his many contributions.



Tell Us Your Story



How has Northwest Kidney Centers touched your life? Share your story and read others at

www.facesofnwkidney.org



Dr. Michael Sutters, a nephrologist who practices at Virginia Mason Medical Center, will succeed Dr. Kelly as medical director of special care.

The mission of the special care unit is to provide quality dialysis care in a compassionate environment where we affirm the dignity of each individual by focusing on meeting their spiritual, emotional and social needs as well as physical needs.

As a nonprofit health care provider, Northwest Kidney Centers invests in programs and services that serve the community beyond the walls of our dialysis clinics. Here's a sampling – made possible in part by gifts from generous donors.

New class helps patients learn the ins and outs of transplantation

In June we launched a new, free monthly class called Next Step Transplant. It helps people facing kidney failure or on dialysis understand the transplant process, from evaluation to finding donors, and it teaches them what to expect post-transplant.

Other free classes:

- **Next Step Home Hemodialysis and Next Step PD** (peritoneal dialysis) to help patients understand the benefits and responsibilities of self-dialysis at home, so they can make an informed choice.
- **Eating Well, Living Well**, a nutrition class in which people with chronic kidney disease learn how to manage their diet to stay as healthy as possible.
- **Choices**, to help newly-diagnosed kidney patients understand treatment options, so they enter dialysis with a planned start rather than in crisis.

Your generous donations help us share knowledge to help people prevent kidney disease, slow its progression or find the best treatments for it.

To make a gift to support our community education programs, please contact 206-292-5351 or visit www.nwkidney.org/give.



I found the home classes very helpful. It's great when they explain and give you the options and you can choose, figure out what's right for you. I used to dialyze in-center, but now I do home dialysis."
 –Abdulkadir Muhammad, home hemodialysis patient

Liquid protein supplements improve patients' nutrition

Protein is essential to help the body heal, fight infection and build muscle. Getting enough protein is especially vital to dialysis patients because they lose a little protein during dialysis. Protein deficiencies can increase their risk for hospitalizations and death.

Protein supplements can help make up for protein loss. Northwest Kidney Centers is now piloting a liquid protein supplement program for patients at our special care units and at Scribner at Northgate.

Special shoes help protect diabetic patients' feet

Diabetes is the leading cause of kidney disease, and diabetics are at high risk for amputations due to foot sores, calluses or nerve damage. Northwest Kidney Centers makes it easy for patients to get diabetic shoes if needed. We will arrange for a podiatrist to meet with patients during dialysis to check feet, assess need, and order and fit shoes and inserts. We work with patients' insurance companies to maximize their foot care benefits.



Our specialty renal pharmacy helps keep patients healthier

Our full-service pharmacy at 700 Broadway, Seattle has served the needs of kidney transplant recipients and dialysis patients since 1989 – a longer track record than any other kidney-specialist pharmacy. Besides renal medication, the pharmacy can fill any other prescription as well, helping to reduce the potential for unintended drug interactions. The pharmacy delivers prescriptions free, to patients' homes.



Volunteer nurse Rosa Young checks an attendee's blood pressure at Northwest Kidney Centers' 11th annual Kidney Health Fest for African American Families. About 600 people learned how to protect their kidneys at the free event June 22.

Recognizing 'Aunt Virginia'

Lake City volunteer Virginia Netz is 2013 Volunteer of the Year.



Virginia is one of more than 600 volunteers who donated time to Northwest Kidney Centers in the past year.

If you'd like to volunteer, contact
 Syrenka Slettebak
 206-720-8540
syrenka.slettebak@nwkidney.org.

When Paul Netz began treatment at Northwest Kidney Centers Lake City, his wife, Virginia, came with him to every session. Not liking to sit still, she offered to help out at the clinic while her husband got dialysis.

For four and a half years, Virginia has continued to volunteer at Lake City three times a week, a total of 30 to 40 hours a month.

"It's my way of thanking the staff for what they do. If it weren't for them, Paul wouldn't be alive," explains Virginia.

Now it's Northwest Kidney Centers' turn to thank Virginia. In recognition of her dedication, hard work and cheerful presence, Virginia has been named 2013 Volunteer of the Year.

Virginia lends a hand stocking supplies or helping patients get comfortable. She also provides office support to several administrative departments at the adjoining Blagg Pavilion.

"The best thing about volunteering is the interaction with everybody," Virginia said. "When you help out, it feels good. One patient says it's like having an aunt there to take care of her."

Virginia is one of more than 600 volunteers who donated time to Northwest Kidney Centers in the past year – a total of 8,276 hours in all. About one-third of that total time was related to dialysis operations – work with clinic staff, helping patients use a laptop computer or providing transportation to treatment. Two-thirds of the year's volunteer support came at outreach and fundraising events, speakers bureau, committee meetings and mailing projects.



A total of 842 early risers joined us for the 11th annual Breakfast of Hope May 14 at the Westin Seattle. The event raised \$324,482 – and counting – to support patient nutrition services and charity care.

We are growing to meet the need for dialysis in our area.

Our 15th center brings dialysis closer to residents of Enumclaw, who previously had to drive at least 18 miles to nearby centers. Last year, we added a station at our Kent clinic, for a total of 18 stations. This year, we plan to open an additional five stations at our SeaTac clinic.



At a May 30 community open house in Enumclaw, Northwest Kidney Centers president and CEO Joyce Jackson welcomes guests to our newest dialysis clinic.



Leave a legacy

Consider including us in your will

Making a will is an important way to extend your love, care, generosity and gratitude to family, friends and the charitable causes you care about. A gift in your will, called a bequest, may be the best way to make a meaningful gift. A bequest helps ensure that our mission will continue in the future.

Greg and Ruth Sneed have included Northwest Kidney Centers in their will. Retired after nearly 40 years with Northwest Kidney Centers, Ruth spent decades educating, caring for and supporting patients and their families. “We decided a gift in our will could have a significant impact on the wonderful patients I have had the privilege to serve in my career as a nurse with Northwest Kidney Centers,” explains Ruth.



If you'd like to name Northwest Kidney Centers as a beneficiary in your will or have already done so, please contact:

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

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



Mark your calendar

Aug. 10: Cooking class: The Tasty Picnic

11 a.m., 700 Broadway

Nov. 16: Northwest Kidney Centers Gala

5 p.m., Hyatt Regency Bellevue



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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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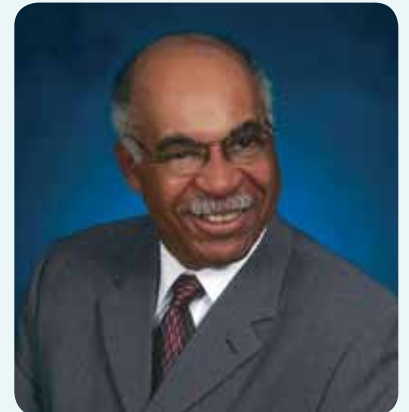
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Clint Randolph receives Northwest Kidney Centers' highest honor

2013 Clyde Shields Distinguished Service Award

Northwest Kidney Centers' highest honor carries the name of the first long-term dialysis patient whose courage made possible great advances in treatment. The Clyde Shields Award honors a person who has made significant contributions to the welfare of kidney patients through advocacy, clinical care or research.

Clint Randolph is the 2013 recipient, in recognition of longstanding service on the Northwest Kidney Centers' board of trustees and on the Foundation Board, which raises friends and funds for the organization. The retired Boeing executive provided volunteer leadership for challenging assignments: helping to found Northwest Kidney Centers' formal regulatory compliance program in 2000; serving as Foundation Board chair during the Foundation's integration with Northwest Kidney Centers; and co-chairing the organization's first capital campaign, which raised \$1.7 million to create a comprehensive kidney resource center at 700 Broadway in Seattle.



"Clint graces us with wisdom, contemplation, integrity, and dedication to vulnerable patients, especially the sickest ones who need special care. Northwest Kidney Centers is unique in the country for the depth of community involvement in our nonprofit's governance. Clint's contributions are a shining example of that valuable commitment."

- Joyce F. Jackson, Northwest Kidney Centers president and CEO