

Man on the move

Tracy Berry is constantly traveling. As a district manager for the video game retailer GameStop, he travels often to conduct inventory at the 12 retail locations he manages, or to visit corporate offices in Dallas and Las Vegas. And as a father of active teens, he travels with the family for his children's soccer tournaments and wrestling matches.

You would never guess it from his active, busy lifestyle, but Tracy's kidneys failed more than a decade ago, and he fits in regular dialysis treatments at home, and on the go, in order to stay alive.

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Tracy Berry (gray T-shirt) gives himself home hemodialysis treatments on the road when traveling with his family in their RV camper.

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Tracy Berry gets help from his wife, Sherry, in preparing for his hemodialysis treatment in their RV camper.

“I feel pretty fortunate. The constant communication with my home team at Northwest Kidney Centers is the biggest support. They’re like family: they help me figure out what I need and when I need it. Sometimes when I travel, they call up to check on me. And it’s a comfort to know I can call them if something happens.”

— Tracy Berry

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When diabetes took his kidneys, Tracy quickly realized the only treatment option for him was home dialysis. “I had young kids, and with my work schedule and that of my wife, there was no way I could sit for hours in a center for dialysis. I also wanted to have control over my treatments.”

After a brief trial with peritoneal dialysis, Tracy decided it wasn’t for him and switched to home hemodialysis. “I do extended dialysis overnight, which for me, is absolutely critical to getting enough dialysis so I can feel better. Plus, I can do extended runs during the day, if necessary, or if my work schedule changes.”

Tracy relishes feeling much healthier on home hemodialysis, and enjoys the flexibility it gives him, including the ability to work a demanding job and spend time with his family. They love taking their RV camper to Ocean Shores, Wash., and recently took a trip to Canada to watch the Women’s World Cup.

“When I first started out, I absolutely dreaded traveling,” he said. “I had terrible experiences with airlines not accepting my equipment, not taking boxes, etc. But after a while, I learned the routine: who to connect with at the airport, the right people to talk to if something happens. Now I have no trepidation about traveling. I know what to do, and ordering the supplies is very simple; I either call my home nurse or NxStage directly.”

Generous donations help fund our home program. Your gifts enable us to support patients like Tracy so they can experience optimal health, quality of life and independence.

Going home means the world opens up

Northwest Kidney Centers actively promotes home dialysis for many people with kidney failure. For those who are able and wish to, self-dialysis has many benefits, including better overall health, control over treatments and a more flexible schedule that is conducive to traveling. With portable equipment, it's possible for home patients to dialyze wherever they go.

To help patients prepare for travel, Northwest Kidney Centers provides:

- Planning guidelines and a checklist for traveling on dialysis; for example, what supplies to pack and how to schedule supply delivery to a temporary destination
- Travel cases on loan to transport dialysis machines
- Help to set up in-center treatments at the destination
- Medications from Northwest Kidney Centers pharmacy

17%
HOME DIALYSIS

No place like home

Seventeen percent of our patients are on home dialysis, compared to 8.5 percent nationally. For many, this means living well longer with more flexibility and easier travel.

Stay cool and be smart about salt this summer



by Katy Wilkens, MS, RD

Northwest Kidney Centers nutrition manager

Nothing says summer like a barbecue, but stay cool and be smart about your food choices. Many summertime snacks and seasonings contain lots of sodium, which can raise your blood pressure and strain your kidneys.

When you select meats for grilling, beware that many choices in your supermarket are brined, or soaked in salt water. Avoid those that are “enhanced” or “plumped.” An unplumped chicken breast has about 41 milligrams of sodium, while an enhanced chicken breast can have more than 350 milligrams. Check for package statements like “up to 15 percent water and salt added,” or look at the nutrition label.

Store-bought marinades and sauces also contain loads of added salt. Enjoy a barbecued meal that is healthy and delicious by making your own seasonings, sauces and rubs, or by buying low-salt ones.

Ferocious barbecue rub



2 tablespoons paprika

3 tablespoons granulated sugar

2 tablespoons brown sugar

1 tablespoon ground cumin

2 teaspoons chili powder

1 tablespoon ground black pepper

1/2 teaspoon cayenne pepper

1 tablespoon onion powder

1 tablespoon garlic powder

1 tablespoon celery seed

1 teaspoon oregano, crushed

Combine all ingredients in a bowl and mix well. Rinse meat and pat dry. Rub seasoning into the meat and/or under the skin before cooking. Refrigerate for at least 30 minutes before cooking, to allow flavors to sink in. This makes about 3/4 cup, which you can use for several meals.

Nutrition information (per teaspoon):

Calories: 8, Carbohydrates: 2 grams, Protein: 0 grams,

Potassium: 6 milligrams, Sodium: 65 milligrams

For more recipes, visit www.nwkidney.org.

Qualis Health recognizes our success at promoting kidney transplants

Northwest Kidney Centers has made it a priority since 2009 to actively help interested patients along the path to a kidney transplant. As a result, our transplant rate last year was 80 percent better than the national average.

In recognition of that success, Qualis Health, a national population health management organization, presented us the 2015 Washington Award of Excellence in Healthcare Quality for Outpatient Services.

The award recognized our work to:

- Address patients' needs before, during and after transplant
- Educate patients about transplantation
- Track patients' transplant status
- Remove barriers to transplantation and collaborate with local hospital transplant programs

We are pleased to note that 14 percent more of our dialysis patients received a transplant in 2014 compared to 2013, while the national average declined by 16 percent. We were able to develop our transplant initiative, which includes patient education programs, thanks to gifts from donors.



We work to help our patients remove barriers to transplantation. Through the Access to Dental program, our collaboration with Seattle-King County Dental Society, patients like Qi Zhang (right) get dental care and clearance for a transplant. He received his new kidney in May 2014 and is now able to enjoy more time with his family.



Joyce Jackson (right) with the Vanderbilt Department of Hearing and Speech Sciences chair, Anne Marie Tharpe.

Joyce Jackson receives distinguished alumnus award at Vanderbilt University

President and CEO Joyce Jackson was presented a distinguished alumnus award by her alma mater, the Vanderbilt University Department of Hearing and Speech Sciences, on May 7 in Nashville.

Prior to her career in health care administration, Joyce provided care to patients as an audiologist, experience she draws on in her administrative role today. Vanderbilt's Judith S. Gravel Distinguished Alumnus Award is given to recognize career excellence.

"The experiences I had as an audiologist left an indelible imprint on me – to put the patient at the center of care, to value the skills of front line staff, and to strive for the very best outcomes, as our patients deserve no less," Joyce said in her acceptance speech.

U.S. Rep. Jim McDermott (center) on a tour of the Seattle 15th and Cherry clinic in 2009 with several Northwest Kidney Centers administrators and volunteer leaders.



“There is no more long-term, vocal, loyal and patient-centered Congressional supporter of kidney patients than Rep. Jim McDermott. He truly meets the criteria for our highest honor.”

– Joyce Jackson, Northwest Kidney Centers CEO



U.S. Rep. Jim McDermott will receive Northwest Kidney Centers' highest honor, the Clyde Shields Award

Since 1990, Northwest Kidney Centers has given the Clyde Shields Distinguished Service Award, named for the first long-term dialysis patient, to someone who has made significant contributions to the welfare of kidney patients through advocacy, clinical care or research.

This year, U.S. Rep. Jim McDermott of Seattle will receive the award, in recognition of decades of service and support to kidney patients. The presentation will take place at a reception in Seattle during the Congressional Labor Day recess.

In 2002, McDermott co-founded the bipartisan Congressional Kidney Caucus, which aims to educate members of Congress and the public about kidney disease and the federal government's role in providing access to life-sustaining treatment. He still co-chairs the caucus.

McDermott has authored many letters of support to Congressional colleagues, co-sponsored kidney legislation and reached out to Medicare, the Food and Drug Administration and others to advocate for programs that support patients, especially those on home dialysis. He has visited Northwest Kidney Centers and has spoken often to kidney patient groups in Seattle.

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We exceeded our goal. Thanks to 771 guests, our 13th annual Breakfast of Hope on May 14 raised \$373,520 and counting for transplant services and charity care, exceeding our fundraising goals this year and topping last year's gifts. Thank you!



Former Northwest Kidney Centers patient Mike Smith has completed the 204-mile Seattle-to-Portland bicycle ride three times since his kidney transplant in 2008.

Learn more. Contact:

Dan O'Connor, annual fund coordinator

206-720-8514

dan.oconnor@nwkidney.org

Raise money for Northwest Kidney Centers this summer

Are you participating in an organized run, walk or ride this summer? Or perhaps your activities lean toward more individual efforts, such as climbing a mountain, hiking the Pacific Crest Trail, or taking a long-distance bike ride. These and many other activities provide great opportunities to fundraise on behalf of Northwest Kidney Centers and the patients we serve.

If you'd like to use your event or activity as a platform to raise money for Northwest Kidney Centers, we'll create a personal fundraising page on our website, complete with your photo and a description of why you are fundraising. You can share the link to your page with friends, family, and business associates to solicit donations.

We'll provide you with a package of tips to get you started and help you meet your fundraising goal. Check out our sample fundraising page at www.nwkidney.org/peer-to-peer.

Become part of our heritage with a legacy gift

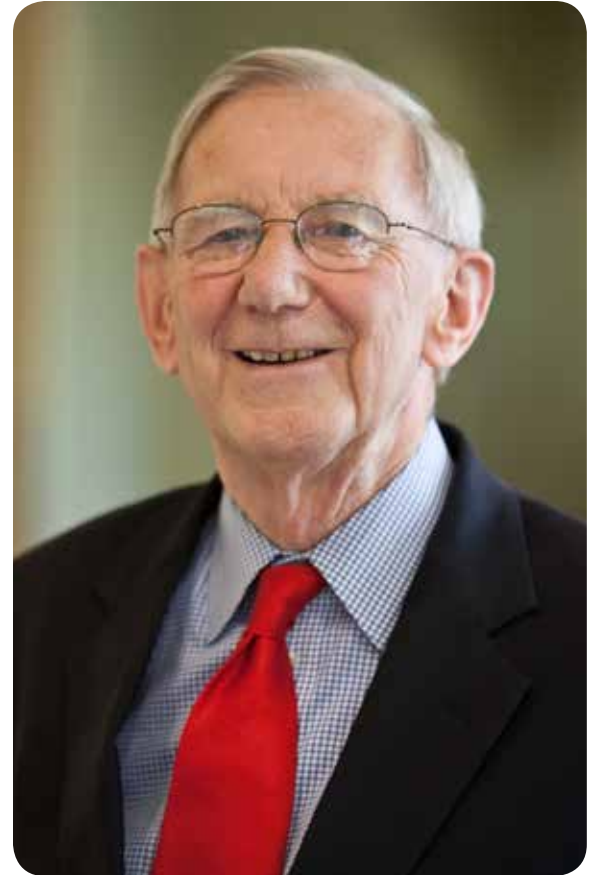
Northwest Kidney Centers gives special recognition to people who have made a legacy gift – for example, a bequest in their will, a life income charitable trust or annuity, or a beneficiary designation on a life insurance policy or individual retirement account.

We call this group the Heritage Society. It currently includes 39 individuals, in addition to 124 members in memoriam and 16 anonymous estate gift donors. Just this year, five donors let us know they intend to include us in their estate plans. One of them is Dr. Christopher Blagg, our executive director emeritus.

“Making the gift was quite simple. I encourage others to consider joining the Heritage Society today,” he said.

Join Dr. Blagg and join the Heritage Society.

Explore estate planning at
www.nwkidney.org/plannedgiving



Dr. Chris Blagg

“Northwest Kidney Centers has been a significant part of my life and I want to give back by leaving a legacy gift to sustain life and bring hope to those impacted by kidney disease for generations.”

Questions? Contact:



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



Mark your calendar

Discovery Gala

Benefiting kidney research

Nov. 14, 2015

5:30 – 11 p.m.

Hyatt Regency Bellevue

900 Bellevue Way NE



www.nwkidney.org

pr@nwkidney.org

206-292-2771



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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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Transforming lives through research

Join us for a special evening Nov. 14 at the 4th annual Discovery Gala to celebrate and support kidney disease research. Enjoy a gourmet dinner and lively entertainment, and bid on fabulous items like domestic and foreign travel, exceptional golfing, exquisite wines, and exclusive, once-in-a-lifetime experiences.

Watch for updates at
www.nwkidney.org/gala



Debbie and Kent Treen are co-chairs of the 2015 Discovery Gala. Debbie, a member of our Foundation Board, is a kidney donor.