

Community Connection

Volume 3, Issue 1 · Winter 2014

Robin Franzi is happy with her choice to do home hemodialysis.



For one independent patient, home dialysis was the right fit

Robin Franzi was tired all the time. For good reason, she thought – she was a single mom, juggling several jobs and taking classes in the evening. A doctor's visit, however, revealed a deeper cause of her exhaustion: a rare kidney disease.

After a year and a half of preparing for the eventual reality of dialysis, she started treatments at our Lake Washington center in 2012. It was a tough adjustment, including initial problems with her fistula.

Robin wanted control over her treatment and decided to pursue home hemodialysis. After training at Seattle's Sam Rubinstein Home Hemodialysis Training Center, she began home treatments in April 2013.

"The training was excellent; they prepared me very well to handle dialysis on my own at home. The support is great – they are very responsive, very knowledgeable."

Robin is much happier with the flexibility home dialysis allows her, and is grateful for the option to move her treatments around to accommodate medical and personal appointments. "My state of mind has improved so much being at home. It just works for my personality type," Robin says.

These days, Robin is working on managing her health and serving as a patient ambassador with Dialysis Patient Citizens, working to improve kidney patient care.

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for our patients



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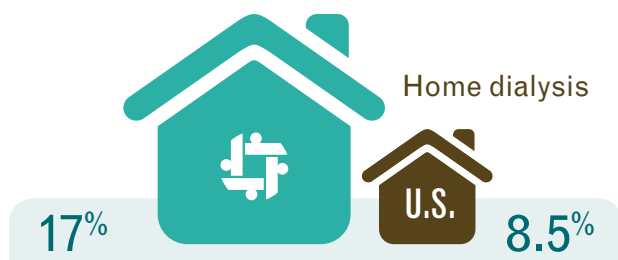


Chronic kidney disease program manager Laura Brock leads the monthly Next Step Transplant classes.

Home dialysis and transplantation numbers here are well above national averages

Northwest Kidney Centers staff members understand that going regularly to a treatment center for dialysis may not be for everyone. We promote home dialysis and kidney transplantation as preferred treatments for many people with kidney failure, to help them achieve optimal health, quality of life and independence.

To help patients consider their treatment options in full detail, we offer free classes made possible by charitable gifts: for people with chronic kidney disease, Choices and Eating Well, Living Well; for those with chronic kidney failure, Next Step Home Hemodialysis, Next Step Peritoneal Dialysis and Next Step Transplant. For patients living with a donated kidney, we offer Living Well with a Transplant. For those choosing to start home dialysis, we provide individualized training.



Seventeen percent of Northwest Kidney Centers patients are on home dialysis, compared to 8.5 percent nationally. For many, this means living more spontaneously and feeling better.

Our kidney transplant rate is 73 percent higher than the national average because we reach out to educate patients and collaborate closely with hospitals and surgeons.

Transplants:
73% more
than the national average

Give and receive

Gift annuities are a win-win for retirees

If you'd like to receive steady payments during your retirement years, a charitable gift annuity may be right for you. Through a simple contract, you agree to make a donation of cash, stock or other assets to Northwest Kidney Centers. In return, we agree to pay you (and someone else, if you choose) a fixed amount each year for the rest of your life. Generally, the older you are at the start of your annuity, the higher your payments.

Benefits:

- > Fixed payments for life
- > A portion of the income is tax-free
- > Immediate income tax deduction
- > Reduced capital gains tax liability



To get information on charitable gift annuities and your personal illustration, contact:

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

Age	Rate	Age	Rate	Age	Rate	Age	Rate	Age	Rate
65	4.7	71	5.3	77	6.2	83	7.4	89	8.7
66	4.8	72	5.4	78	6.4	84	7.6	90	9.0
67	4.8	73	5.5	79	6.6	85	7.8	91	9.0
68	4.9	74	5.7	80	6.8	86	8.0	92	9.0
69	5.0	75	5.8	81	7.0	87	8.2	93	9.0
70	5.1	76	6.0	82	7.2	88	8.4	94	9.0

Two-life rates available. Rates subject to change.

New executive leadership in strategic planning



Austin T. Ross

Palmer Pollock

Austin T. Ross has been named vice president of planning at Northwest Kidney Centers. He is responsible for strategic planning, facilities development, state of Washington Certificate of Need management and capital projects. Ross worked at Virginia Mason Medical Center in Seattle for 21 years, most recently as vice president of the Virginia Mason LLC Health Resources Services, a group purchasing organization. He succeeds Palmer Pollock, who retired after 33 years with Northwest Kidney Centers. Pollock's first assignment was as a dialysis technician.



Training the kidney care workforce of the future

Charito Click is a dialysis technician at our Renton clinic. Like all new clinical employees, she attended Northwest Kidney Centers' 12-week internal training program, the Dialysis Academy.

Northwest Kidney Centers fosters future health care leaders to ensure there will continue to be enough professionals to care for people with kidney disease.

We help prepare doctors, nurses and dietitians for work in the renal community. These programs are all made possible by generous gifts from donors.

Renal fellow grants

We fund training for five UW Medicine nephrology fellows, including a dialysis fellow and a transplant fellow. These are physicians who have completed internal medicine training and wish to become kidney specialists. Under the mentorship of our chief medical officer, Dr. Suhail Ahmad, the fellows receive lectures from Northwest Kidney Centers experts and spend clinical time with dialysis patients.



Theresa Perguson is a licensed practical nurse at Northwest Kidney Centers Renton.

Nurse training program

Launched with donor gifts in 2003, Northwest Kidney Centers' external nursing education program delves into nephrology, a topic not normally covered in nursing school. The program has expanded from an initial partnership with the University of Washington School of Nursing to include Bellevue College, Excelsior College, Harborview Medic 1, Highline Community College, Northwest University, Renton Technical College, Seattle Children's, Seattle University and Washington State University. Lectures and rotations at Northwest Kidney Centers clinics aim to attract new nurses to work in the renal field.

Dietetic internships

Northwest Kidney Centers mentors dietetics students for three- and seven-week rotations each year to introduce them to the world of renal nutrition. Last year, we hosted a total of 25 interns from University of Washington, Washington State University, Bastyr University, Sea Mar Community Health Centers, and distance learning interns from Utah, Vermont and Washington, D.C. They work with staff dietitians and directly with patients on nutritional care and renal diet counseling.



Registered dietitian Renin Oliver leads a workshop for dietetic interns.

Teaming up with Puget Sound Kidney Centers to improve patient care in our region

Northwest Kidney Centers and Everett-based Puget Sound Kidney Centers have established a quality alliance to provide enhanced patient care, safety and engagement within both organizations, and increased collaboration among medical staff and medical leadership.

A premier community-based, nonprofit dialysis provider, Puget Sound Kidney Centers serves Snohomish, Island and (in 2014) Skagit counties.

The alliance is not a merger and does not change the governance, management, purchasing, contracting or financial independence of either organization.

Corporate/foundation giving creates a big impact

Philanthropic donors help us advance Northwest Kidney Centers' mission of patient care, education and research. Here's a look at corporate and foundation sponsors who helped us reach new heights last year.

40%
CORPORATE/
FOUNDATION
GIVING

Corporate/foundation giving accounted for 40 percent of all contributions made in the last fiscal year.

Boeing employees help Northwest Kidney Centers soar



The Employees Community Fund of Boeing Puget Sound is a long-standing, generous donor to Northwest Kidney Centers. Since 2000, Boeing employees have funded more than \$200,000 in direct grants, most recently \$40,000 toward the cost of replacing four dialysis machines at Kent. Previously, the fund donated to support laptops for patient use during dialysis, purchase special care unit beds, and modernize the elevator at 700 Broadway in Seattle.

The Employees Community Fund is a unique employee-owned charitable foundation. Since 1951, generous Boeing employees have contributed more than \$500 million to Puget Sound region nonprofits.



New dialysis machines will be purchased at Northwest Kidney Centers Kent thanks to a recent grant from the Employees Community Fund of Boeing Puget Sound.



Alaska Airlines supports the take-off of kidney research

"It's important to us to support the communities we serve," says Barb Johnson, manager of community relations and corporate giving at Alaska Airlines. "We're happy to be able to support local organizations like Northwest Kidney Centers as they work to further our understanding of diseases through research." Alaska Airlines was a sponsor of Northwest Kidney Centers' 2012 and 2013 gala and auction.



Supporters of Northwest Kidney Centers gathered for our second annual gala, Nov. 16, 2013 at the Hyatt Regency Bellevue. Gifts from event sponsors and 334 attendees totaled \$484,000 for kidney research.

Gates Foundation donations give patients Internet access

The Bill & Melinda Gates Foundation has made generous and ongoing in-kind donations of used laptop computers. The equipment makes it possible for patients to use the Internet during their 15-or-so hours of dialysis each week. The Gates machines are available to patients in all of our dialysis clinics. A recent gift of 27 used laptop computers and power cords from the foundation will keep the collection in top shape.



Curtistine Bowens uses a donated laptop during dialysis at Northwest Kidney Centers Seattle.



Mark your calendar

Ceremony of Remembrance

April 5, 2014

10 a.m., SeaTac Pavilion

17900 International Blvd. S.

Breakfast of Hope

May 8, 2014

7:30 a.m., Westin Seattle

1900 Fifth Ave.

2014 Gala

Nov 1, 2014

5:30 p.m., Hyatt Regency

Bellevue

900 Bellevue Way NE



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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A new kidney, a new life

When Stephen Kringle and his wife, Karen, got the call last August offering him a donated kidney, they felt a mix of emotions. "Going in for a transplant felt like a gamble. What if it didn't work out?" says Karen. "Stephen was doing so well on home hemodialysis."

A computer technician, Stephen had been doing home treatments for 17 months after his kidneys shut down. With Karen helping, he was managing his dialysis very well while continuing to work full-time.

When a donor kidney became available, they were cautious, knowing there was no guarantee the phone call would end in a transplant. When it did, Stephen's new kidney reopened doors for the couple, married for 33 years.

"Now that our time isn't tied up with doing dialysis, we have more time to do the things we love, like hiking, bird watching and spending time with our daughters and two grandsons," Karen says. Six weeks after Stephen's surgery, they joined University of Washington Medical Center's training program, Team Transplant; they plan to walk with the team in the Seattle Rock 'n' Roll Half Marathon in June.



Transplant patient Stephen Kringle and his wife, Karen, enjoy taking walks together.