

## Soaring high in search of discoveries: Gala co-pilots share why kidney research matters

Leading the volunteer team planning this year's Discovery Gala are Bill and Pam Ayer of Bellevue. He's the retired chief executive credited with a dramatic turnaround of Alaska Airlines, and she has a transplanted kidney donated by her sister in 2011.

"When you come to the Gala," Pam promises, "you'll find it informative and you'll walk away feeling better because you were there. It's going to be a great evening with engaging people and informative conversations. Who wouldn't want to come?"

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Pam and Bill Ayer are co-chairs of the 2014 Discovery Gala.

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## DISCOVERY *Gala*

Saturday, Nov. 1, 2014

5:30 – 11 p.m.

Hyatt Regency Bellevue

[www.nwkidney.org/gala](http://www.nwkidney.org/gala)

*More details on pages 2-3.*

# DISCOVERY *Gala*

TRANSFORMING LIVES THROUGH RESEARCH

Saturday, Nov. 1, 2014

5:30 – 11 p.m.

Hyatt Regency Bellevue  
900 Bellevue Way NE, Bellevue

Join us for a very special evening as we celebrate and support innovations in kidney disease research. The evening begins with champagne and cocktails and a gourmet dinner. Bid on a vacation to remember or specially selected prize packages. Enjoy the dueling pianos and groove to the high energy vocals and horn section of Players Club. Know that you're not just having a great time, you're helping to raise funds for kidney research.

**Your gift will be automatically doubled!**

Thanks to an anonymous donor, every dollar donated up to \$100,000 during raise-the-paddle will be matched.



**Tickets: \$250/person**

**Register online:** [www.nwkidney.org/gala](http://www.nwkidney.org/gala)

**Contact:** 206-720-8545 or [gala@nwkidney.org](mailto:gala@nwkidney.org)

Even if you can't attend, please consider making a gift to support kidney research.

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Pam says she has had “a very easy experience with kidney disease” compared to many people because she was able to avoid dialysis. Today, the biggest reminder is the anti-rejection medication she takes twice a day. But she recognizes that other patients follow a much more restrictive routine.

“Let’s keep testing these drugs, find new and better ways of treating people,” she said, “and let’s support the people doing the work to make that happen by raising a lot of money for kidney research at the Gala.”

Bill looks with his business eye at the Kidney Research Institute, a collaboration between Northwest Kidney Centers and UW Medicine. He concludes that it has all the ingredients for success.

“It starts with a culture of teamwork. They have all the disciplines – biochemistry, bioengineering, genetics, pharmacology – the smartest people in the world collaborating and working on a big problem,” he said.

“Seattle, the University of Washington and Northwest Kidney Centers have kept building on what we had when dialysis had its roots here in the ‘60s. They haven’t stopped and they’re sure not resting on their laurels. People care about this disease, and this is the place to invest to get results, to continue the excellence.”

“Maybe we won’t get cures right away,” Pam added. “But improving lives ... that’s happening now.”



## Bid on these auction items at the Discovery Gala:

- A flight for four with retired Alaska Air Group CEO Bill Ayer on his Piper Malibu
- A private champagne brunch for eight hosted by Kidney Research Institute director Dr. Jonathan Himmelfarb and his wife, Deborah
- Two 50-yard-line tickets to the Nov. 7 Seahawks game against the New York Giants
- European Viking River Cruises
- And more!



Not sure how to designate Northwest Kidney Centers to benefit from your workplace giving campaign?

**Contact Dan O'Connor:**

206-618-1926 or  
dan.oconnor@nwkidney.org

Our 5-digit CFC number is **62742**

## Consider giving through your workplace

Workplace giving is a great way to support Northwest Kidney Centers, especially through regular payroll contributions. Even modest deductions add up. A bi-weekly contribution of \$10 per paycheck can mean a total annual gift of \$260.

Last year, Northwest Kidney Centers received more than \$31,000 through outside workplace contributions. You can join in if your employer conducts a United Way campaign or a company giving appeal, if you are a state or county employee, or a federal civilian, postal or military employee. Choose ongoing payroll contributions or a one-time gift. Tell your spouse and others too!

Our own staff sees first-hand the good we do for patients, and they are generous in sharing from their own paychecks to support Northwest Kidney Centers' mission. In addition to gifts made to other organizations, employees contributed more than \$81,000 last year to Northwest Kidney Centers programs.

## Welcome, new trustees

Northwest Kidney Centers governance is overseen by a volunteer board of trustees representing medical, civic and patient leaders. Members serve three-year terms. Newly appointed trustees are:



**Rich Bloch**

A veteran of Microsoft Corporation, today Rich is president of Business Learning Incorporated, providing systems and software engineering services to clients such as Boeing, Teledesic and UW. He is also the incoming chair of Northwest Kidney Centers Foundation Board.



**Andrew Bor**

A partner in the law firm Perkins Coie, Andrew has more than 30 years of experience providing counsel on corporate governance and securities regulation, corporate finance, mergers and acquisitions, and strategic divestitures and spin-offs.



**Charleen Tachibana**

Charleen is senior vice president, hospital administrator and chief nursing officer at Virginia Mason Medical Center. She leads systematic changes to increase the amount of time nurses spend with patients providing direct care.

## Back to school: donor-funded scholarships help as staff advance their skills



Generous donors fund scholarships that allow staff members to expand skills and pursue career goals. Headed for school this fall are Monica Alfonso, Maria Alfonso, Ibrahim Maga, Gerald Ware, Ray Robles and Renin Oliver.

“Adults have different experiences and circumstances which influence how they learn. By pursuing my graduate degree in adult education, I hope to have a better understanding of how best to educate and convey information to patients about the importance of nutrition. Thanks to the Boeschoten Foundation scholarship, I will ultimately be better able to serve my patients, co-workers and the overall Northwest Kidney Centers community.”

*-Renin Oliver, registered dietitian*



Joseph Sutton with Pat Farr, whose scholarship funds helped him pursue a nursing degree.

When Joseph Sutton joined Northwest Kidney Centers in 2006, he was 14 years out of Spanaway High School. He started as a dialysis technician at our Elliott Bay clinic. After a few years learning the ropes, he began to shape a new vision for his career.

Thanks to a series of three scholarships funded by Pat Farr, the family of Martha Jasper, and Northwest Kidney Centers employees, Joseph was able to make his vision a reality. He used the financial support to complete prerequisites for nursing school at Seattle Central College, and then to obtain an associate degree in nursing there.

“Receiving the scholarships held me accountable. I wasn’t the only person that would be let down if I didn’t pass the classes,” he said. “I had failed school over and over again when I was younger, so my confidence wasn’t the best.

“But the scholarships showed that people believed in me, helping me to believe in myself and my ability to pursue my goals.”

Joseph recently passed his state nursing board exam and is now a registered nurse working at Northwest Kidney Centers’ Seattle special care unit.

Since the donor-funded employee scholarship program began in 2011, 13 staff members have been awarded \$30,650 to pursue their educational goals.

**If you’re interested in making a gift to help our staff advance their skills, please contact Tim Heimerle at 206-720-8544.**

# Patient safety is a top priority at Northwest Kidney Centers

Accidents and infections are avoidable, so we keep prevention in mind. That leads to healthier patients, fewer medical complications, fewer hospitalizations and better survival.

## We launched an organization-wide focus on hand hygiene.

It may seem obvious, but it's vitally important. Increased handwashing decreases the spread of infection.



## Show me the hand

We have multiple sanitizing stations throughout our 15 dialysis clinics. Signs remind patients, staff and visitors to clean hands when entering and leaving.

## Training our staff with SureWash

Know anyone who plays video games compulsively? We take advantage of the attraction to train employees on hand hygiene. Our mobile SureWash units demonstrate a step-by-step technique onscreen, then watch with a camera as a staff member washes up. Finally, a computer gives very specific feedback on areas to improve. Those who score low “lather, rinse and repeat” till their technique is consistent and automatic.

It worked so well with employees that we now use SureWash to train home dialysis patients to prevent infections. We purchased an additional machine thanks to a generous grant from the Harry L. & Clare Cayo Wilson Charitable Trust.





Education services clinical director Mary Lewis shows Kirkland visitors how to use the SureWash machine.



John Paul Europa receives a flu shot from fellow home program nurse Virginia Earnshaw.

## Shoo, flu!

People with kidney failure have impaired immune systems. That increases their risk of catching viruses such as the flu. So our flu immunization campaign is serious business each autumn. We expect all staff members, volunteers and physicians to get immunized to protect our patients and community. We offer the flu vaccine to patients as well. Last year, we achieved a 96 percent voluntary vaccination rate among staff, and 84 percent among patients.



## Mark your calendar

### Estate planning seminars

Oct. 14, 2014

4 p.m., Haviland Pavilion,  
Seattle

Oct. 22, 2014

1 p.m., Northwest Kidney  
Centers Kirkland

### Discovery Gala

Nov. 1, 2014

5:30 - 11 p.m., Hyatt Regency  
Bellevue, 900 Bellevue Way NE



[www.nwkidney.org](http://www.nwkidney.org)

[pr@nwkidney.org](mailto: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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## No will or estate plan? Now is the time to create one

Make good decisions now to be sure things go as planned for your family and your assets when you're gone. Join us at one of two free seminars to learn how to make a will that works and benefit from estate planning. Laura E. Hoexter of Hessel Fetterman is an expert on wills, trusts, tax law changes and inheritance planning for heirs and charities. She'll be glad to answer all your questions.

### Tuesday, Oct. 14

4 – 6 p.m.

Northwest Kidney Centers  
Haviland Pavilion

Turner Conference Room

700 Broadway, 4th floor

Seattle, WA 98122

### Wednesday, Oct. 22

1 – 3 p.m.

Northwest Kidney Centers  
Kirkland

Conference Room

11327 NE 120th St.

Kirkland, WA 98034

You will receive a free personal  
estate-planning book.

Free parking and refreshments.

Seating is limited, so RSVP today!

206-720-8550

[legacy@nwkidney.org](mailto:legacy@nwkidney.org)