

## Parent, nurse and one-woman record of dialysis history



CEO Joyce Jackson, left, with Nancy Spaeth at an event for Heritage Society members, those who have included Northwest Kidney Centers in their estate plans. Nancy started on dialysis 50 years ago, when the therapy was newly invented.

This year Northwest Kidney Centers patient and supporter Nancy Spaeth will mark her 50th anniversary on renal replacement therapy. She embodies the history of kidney disease treatment in Seattle.

Nancy was 19 when she started dialysis. Her earliest kidney doctor was Belding Scribner, whose invention at the University of Washington in 1960 allowed the first long-term dialysis. With limited space available, she had to be approved for treatment by a group that Life magazine termed “the Life or Death Committee.”

Now 68, Nancy works as a substitute teacher and nurse in the Mercer Island School District. She serves on Northwest Kidney Centers Foundation Board and volunteers as a tour guide at our dialysis museum. She has been treated with in-center, peritoneal and home hemodialysis in between receiving four kidney transplants. Her current transplanted kidney has worked since 2000.

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May 5, 2016

## BREAKFAST OF HOPE

7:30-8:45 a.m.

The Westin Seattle Hotel

Register at

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

206-720-8585



Nancy at work, 1998

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Nancy has fond memories of dinner invitations to Scribner's houseboat to help entertain potential donors to the fledgling dialysis clinic. The doctor asked her to wear a sleeveless cocktail dress to make the dialysis access in her arm obvious as they made the pitch for support. "It was easier for the guests to feel for a young girl than an old guy," she said.

Over the years, Nancy has continued to share her story in speeches in the United States and abroad. "I've always called myself a healthy person with a kidney problem. You can have a good life with kidney disease. It doesn't destroy your life," she said.

"Northwest Kidney Centers has always been there for me, facilitating my desires for home dialysis and teaching me about my renal diet. To this day, I continue to watch my sodium very carefully. I am very appreciative of them making the patient a key part of the medical team."

Learn more about Nancy's amazing journey with kidney disease at the Breakfast of Hope. We'll feature her in a video during the program.

May 5, 2016

# BREAKFAST OF HOPE

ON STAGE DURING THE PROGRAM



**Ben Ruback**

Ben has lived without working kidneys since the fourth grade. He earned a degree at Harvard while receiving dialysis three times a week in a clinic. That experience is now part of his lesson plan for Boston high school students. Hear how the chemistry teacher mixes cold science with warm life lessons.



**Dr. Andy Brockenbrough**

A nephrologist from Kent with patients at Northwest Kidney Centers, Andy is one of those physicians who brings deep compassion to his work. He understands the burden dialysis places on patients and families; his stories about them are touching and uplifting.



**Jean Enersen**

The ever-popular host from the KING 5 News feature "HealthLink" joins us once again as mistress of ceremonies.

## Support our extensive array of patient-centric services

What distinguishes Northwest Kidney Centers is not just one thing. It is a combination, a unique recipe of ingredients that blend to create a very special place not easily replicated.

The breadth and depth of these services are unmatched anywhere. You can be proud that your gift at the Breakfast of Hope supports these offerings:



A unique mix of beyond-the-call services sets Northwest Kidney Centers apart from other dialysis providers.

**Home dialysis** for twice as many patients as the national average – backed by solid training, convenient locations for checkups, and an electronic portal for patients to communicate with us.

**Evening and Sunday hours** for dialysis clinics.

**Free classes** for kidney patients, on dialysis or not.

**Support for people seeking a kidney transplant**, resulting in a transplant rate 80 percent higher than the national average.

**Unique collaborations:** Access to Dental, YMCA, quality alliance with Puget Sound Kidney Centers, work with the Nonprofit Kidney Care Alliance to foster initiatives across the country.

**Special services for fragile patients** with beds for comfort, a higher level of nursing care, chaplain and palliative care.

**Research** engaging more than half of our patients in active clinical trials or the research registry.

**Community engagement** through the world's only public dialysis museum and archives, outreach events and social media.

**Hub for renal academic education** for nephrologists, nurses, dietitians and others.

**Focus on care transitions** and reducing hospitalizations and emergency department visits by dialysis patients.

**Full-service retail pharmacy** specializing in optimal medication coordination for kidney patients, and free delivery.

**Diabetes services** including monthly foot checks and shoe program.

**Expert insurance counselors.**

**Inpatient dialysis** services in nine hospitals.

**State-of-the-art healing facilities**, including home training and special services at the majority of our dialysis clinics.



## Pat Farr's passion for education lives on

**Alene G. “Pat” Farr** started her career as an Army nurse during World War II. She sailed more than 200,000 miles with troops heading into battle or back home wounded. In the military she met her future husband, Steve, who was in the Army Corps of Engineers. When they returned to civilian life, Pat went to work at Lakewood General Hospital (later St. Clare Hospital) in Lakewood, retiring as a continuing education nurse leader in 1982. Steve became a psychologist in the Tacoma School District. He died in 2009.

Big believers in academic education, the Farris made a generous planned gift via a life insurance annuity beneficiary designation to Northwest

Kidney Centers. We received their \$260,000 gift after Pat’s death at age 93 in December. It created a permanent endowment fund to provide scholarships for employees studying for an undergraduate nursing degree, academic education for patients who want a new career after starting dialysis, and patient care services.

“Pat really had a heart for nurse education and career advancement, continuing education and rehabilitation for patients, and the best possible patient care,” said Jane Pryor, Northwest Kidney Centers vice president for development and public relations. “The Farris’ gift will sustain their interest in our mission for generations to come.”



## Beneficiary designations: an easy way to leave a legacy

Consider naming Northwest Kidney Centers the beneficiary of a retirement plan, life insurance policy or an insurance annuity, as Steve and Pat Farr did. (Story at left.) These assets are not controlled by the terms of your will. Thus the size of your estate is reduced, and estate taxes may be less.

It's easy to set up such a gift. It requires only an updated beneficiary form (available from the plan or policy holder) that names us as beneficiary.

If you have questions about naming Northwest Kidney Centers as beneficiary of any of your policies and plans, please contact:

**Larry Richards**  
gift planning officer

**206-720-8550**

**[Legacy@nwkidney.org](mailto:Legacy@nwkidney.org)**

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

## Not just patients, not just staff, we're a community of caring

Northwest Kidney Centers is deeply rooted in the local community. Every day dozens of people volunteer in support of our mission, or make philanthropic gifts. There are as many reasons as there are supporters.



**Bill Bowden** had a front-row seat to observe Northwest Kidney Centers at work with patients. He retired last year as social services manager after 32 years on staff. While working, he made a total of 312 donations by payroll deduction.

Retirement hasn't stopped support from Bill and his wife, Ann, and many of their gifts are earmarked for emergency help for patients. "If we can help people meet basic needs," Bill said, "that frees them up emotionally and mentally to focus on taking care of their health."

**Gloria Lomax** of Normandy Park gives to Northwest Kidney Centers in memory of her husband, Ted. He died at age 84, after a broken hip and other health problems. He had lived well on life-giving home hemodialysis for 10 years. "The home training unit was fabulous," Gloria said. "We felt so loved and cared for.



"That's one of the good things about being on dialysis, the whole kidney community connection. I missed this when my husband was gone."

## New members join Foundation Board

We welcome two new members to Northwest Kidney Centers' Foundation Board, which raises funds and helps build connections in the community.



**Catherine Bylund** was a driving force behind establishment of Northwest Kidney Centers' annual Discovery Gala and the President's Society, which recognizes significant donors. She co-chaired Northwest Kidney Centers' 50th Anniversary Celebration Gala in 2012 with her husband, Gary, and she participated on the gala planning committee in 2013 and 2015. She spent her professional career as a funeral home director.



**Dr. Lisa Nakamoto** is a clinical nephrologist practicing at The Polyclinic. Earlier, she was UNOS medical director, kidney/pancreas transplant, and a transplant nephrologist at Swedish Medical Center for five years. Dr. Nakamoto earned her medical degree from Oregon Health Sciences University in Portland. She completed a residency in internal medicine and a fellowship in general nephrology and transplant nephrology at Northwestern University, Chicago.

give  
BIG



## Give Big

The Seattle Foundation's Give Big day of fundraising for nonprofits throughout the region is May 3, the same week as the Breakfast of Hope. Northwest Kidney Centers will gratefully accept gifts made via either event.

## For the person who has everything ...

A gift to Northwest Kidney Centers is a meaningful way to honor someone

In spring we often mark milestones like graduations and weddings. Mothers' Day and Fathers' Day will soon be here as well. This cheerful season may be a good time to honor a special someone with a tribute gift to Northwest Kidney Centers. Perhaps it's a doctor or nurse who helped you feel better, or a friend or family member with something to celebrate.

If you'd like to make a gift in gratitude for a special person or in memory of someone you miss, contact

**Dan O'Connor at 206-720-8514**  
or visit [nwkidney.org/give](http://nwkidney.org/give).



Rebecca Yedlin  
of South Seattle  
College is our  
volunteer of the year

Volunteers are invaluable to Northwest Kidney Centers mission to provide optimal health, quality of life and independence for people with kidney disease. Rebecca Yedlin and South Seattle College keep us well supplied with a stream of volunteer interns.

**This is the season when we recognize Northwest Kidney Centers' volunteer of the year. In 2016, we honor both an individual and an institution. They provide a steady stream of helpers who donate hundreds of hours in service to our mission.**

Rebecca Yedlin and South Seattle College are this year's honorees.

For the past three years, Northwest Kidney Centers has mentored students in South Seattle College's internship program for future medical office professionals. So far, nine interns have devoted 1,500 total hours of work to Northwest Kidney Centers' patient finance and billing departments. Each intern typically volunteers for 167 hours over 7 weeks. Interns perform online research, office support tasks and special projects.

"Northwest Kidney Centers has greatly benefited from the time the interns have devoted to us," said patient finance supervisor Mary Grennan. "The interns are always eager to learn, and they leave with a better understanding of insurance needs for people with a chronic medical condition."



## Mark your calendar

### Breakfast of Hope

May 5  
7:30-8:45 a.m.  
Westin Seattle  
1900 Fifth Ave.  
Seattle

### Discovery Gala

Oct. 29  
5:30-11 p.m.  
Hyatt Regency Bellevue  
900 Bellevue Way NE  
Bellevue



[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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# New archives preserves lessons from the past



Elizabeth Faye is Northwest Kidney Centers' first archivist. We welcome offers to donate documents or artifacts of historic significance to be safeguarded and shared.

We are proud of our legacy as the first organization in the world founded to sustain people's lives with kidney dialysis. Being first gave Northwest Kidney Centers the opportunity to shape the field, tackling important questions: ethical allocation of scarce treatments, an expanded role for nurses in managing a new therapy, creation of a Medicare entitlement for all dialysis patients, clinical trials of a revolutionary anti-anemia drug.

We recently expanded our historic preservation efforts by establishing historical archives. The archives' mission is to preserve, organize and share information about developments in kidney patient care, education and research by our organization and others with whom we work.

A gift from the late Gladys Rubinstein helped us build the archives' climate-controlled space adjacent to Northwest Kidney Centers dialysis museum at 700 Broadway, Seattle. There we are gathering records that will help scholars and historians understand the bigger issues in our niche of medical care. The archives' phone number is **206-720-3713**.