

Classes help patient find kidney treatments that fit



Peritoneal dialysis patient Alan Hoshino and his wife, Cheryl, attended classes to help prepare for dialysis.

When Alan Hoshino's kidneys started declining rapidly a year ago, his nephrologist connected him with Northwest Kidney Centers' chronic kidney disease education program so he could prepare for dialysis. Alan and his wife, Cheryl, enrolled in the popular Choices class.

"At that point, we knew next to nothing, so Choices gave us a good comprehensive overview of the various things that would be involved," he said. Thanks to the free class, Alan was able to quickly zero in on his preferred treatment – peritoneal dialysis (PD).

With that decision made, Alan enrolled in the Next Step PD class for a preview of his future, giving himself treatments at home.

When Alan's doctor determined that it was time to start dialysis, Alan trained for a week. He has been doing peritoneal dialysis treatments at home for several months now and is getting settled into a routine. "Once I get more comfortable with doing treatments, I'm looking forward to being able to golf more often and travel with my wife," he said.

To learn more about Alan's classes and others that we offer, see pages 6-7.

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Northwest
Kidney Centers
is 10th largest
dialysis
organization

in the United States, says a new survey by Nephrology News & Issues magazine.

See www.nephrologynews.com

Non-cash giving: creative ways to make a difference

Northwest Kidney Centers receives gifts in many shapes and forms, from cash to bequests, from volunteer hours to non-cash donations. Each one helps us promote the optimal health, quality of life and independence of people with kidney disease.

Non-cash gifts include a wonderful array of products and services, such as blankets to keep patients warm and computers to pass the time during dialysis, auction items, discounted vendor services, and more. Here's a look at a few unique, generous non-cash donations we've received this year.

Mural brightens tunnel under Seattle's Broadway



Thanks to emeritus trustee Bill Peckham's vision and hard work, we now enjoy a colorful, 78-foot-long, floor-to-ceiling mural illustrating Northwest Kidney Centers' mission. The graphic was installed in the tunnel that connects our Haviland Pavilion at 700 Broadway to Swedish Medical Center across the street. Bill's employer, Triumph Expo & Events, donated the mural materials and production, and Bill recruited a volunteer installation crew. Triumph also donates signs and banners for many Northwest Kidney Centers events.

Board of trustees chair emeritus Bill Peckham is a home patient and volunteer.



Longtime supporter Kick Spark Creative designed the tunnel artwork at a discounted nonprofit rate, providing Northwest Kidney Centers a significant savings.

Meghan Crandall and Mike Zehnder of Kick Spark Creative frequently donate design services.

The screenshot displays the Northwest Kidney Centers website interface. At the top, the logo and tagline 'Live. Learn. Hope.' are visible, along with contact information (206-292-2771) and social media links. A navigation menu includes 'Healthy Living', 'Kidney Information', 'Dialysis', 'For Physicians and Staff', 'About Us', 'Make a Gift', and 'Employment'. The main content area features a 'Living Well With Dialysis' section with a 'Recipes' filter. The selected recipe is '40-Second Omelet', which is categorized as 'Dialysis: hemodialysis or peritoneal dialysis'. The recipe includes a photo of the omelet, a list of ingredients (Eggs, Water, Parmesan, Filling), a 'Preparation' section, and a 'Nutrition Facts' table. A 'Did you know?' box on the left states that the kidney transplant rate is 73% higher than the national average. A disclaimer at the bottom notes that users should consult a registered dietitian if they have questions.

Development firm Smooth Fusion enhances Northwest Kidney Centers website as a contest prize

Texas-based Smooth Fusion wrapped up months of donated work this spring to help website visitors find and use our recipe collection more easily. The firm's programming skills allowed us to illustrate each recipe with a photo and to make recipes easily sortable by diet considerations. Smooth Fusion also improved listings for our free kidney-education classes, making them sortable by location and date.

How did we meet up with a Texas donor? GA Creative of Bellevue, architect of Northwest Kidney Centers' branding, won a contest run by Smooth Fusion. GA Creative designated Northwest Kidney Centers to receive the donated services. See the web improvements for yourself at www.nwkidney.org.



More in-kind gifts Northwest Kidney Centers received during the past year

- ➔ **Auction items for the gala** – 83 donations from 52 donors
- ➔ **Lani Savage-Leuchs** – 63 fleece shawls for Northwest Kidney Centers Broadway patients



Sam and Gladys Rubinstein were generous supporters of Northwest Kidney Centers.

Rubinsteins' legacy will continue at Northwest Kidney Centers

A close friend and generous donor to Northwest Kidney Centers, Gladys Rubinstein died Jan. 26. Her husband, Sam, received home dialysis supervised by Northwest Kidney Centers for eight years before his death in 2007. We are honored to receive a legacy gift from the Rubinstein estate of \$1 million, which we will place in a permanent, named endowment fund. Each year in perpetuity the endowment will generate \$45,000 in earnings to help fund our most critical programs and projects to support kidney patients and their families.

Over 15 years, the Rubinsteins donated nearly \$3 million to support our mission. Their generosity helped establish our state-of-the-art Sam Rubinstein Home Hemodialysis Training Center in Seattle; launch our free comprehensive nutrition and pre-dialysis education for people approaching kidney failure; open the doors of the Kidney Research Institute; and preserve Northwest Kidney Centers' history as the world's first dialysis organization.

"I was deeply touched to learn that Gladys generously made provision for Northwest Kidney Centers in her estate planning. We are honored and grateful for this incredible legacy gift which will allow us to continue to sustain life and bring hope to those impacted by kidney disease for generations to come. Gladys will forever be missed but her legacy will continue."

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



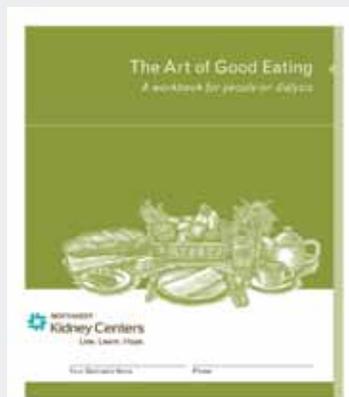
Thanks to event sponsors and 872 early risers, the 12th annual Breakfast of Hope held May 8 raised \$310,100 for home dialysis services and charity care.

Your gifts help us teach patients how to eat well

Thanks to your gifts at last year's Breakfast of Hope, we revised our classic nutrition workbook for patients, "The Art of Good Eating." The book provides nutrition guidance to dialysis patients, and helps them develop skills to plan meals and live well. All current and new patients will receive a copy.

This is the fourth edition of the workbook, first published 32 years ago. A 1987 book is on display in our dialysis museum at 700 Broadway.

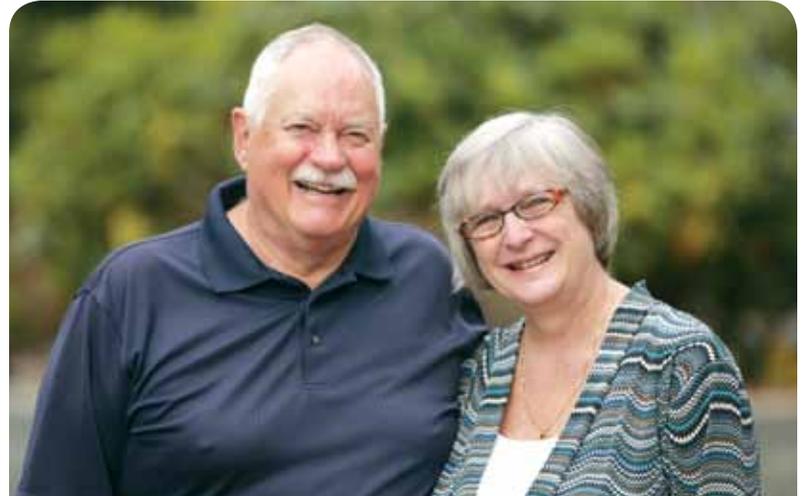
The new edition is in full color, organized by nutritional topic, and includes photographs of patients. Donations funded the artwork, photography, graphic design and printing.



Join the Heritage Society today!

We are grateful to our Heritage Society members who have made a bequest in their will, established a life income charitable trust or annuity, named Northwest Kidney Centers as a beneficiary of a life insurance policy or individual retirement account, or made another planned gift.

Donors become members of the Heritage Society simply by informing Northwest Kidney Centers that they have included us in their will or other estate plans.



Vice president of clinical operations Connie Anderson, RN and her husband, Lee, have included Northwest Kidney Centers in their will. "It is important to us to leave a legacy gift to support this life-sustaining work and bring hope to those impacted by kidney disease," said Connie, who recently celebrated 40 years of service with Northwest Kidney Centers.

To learn more about becoming a member, how to include Northwest Kidney Centers in your will, or other planned giving options, please contact:

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

Free classes help people live well



Laura Brock, manager, leads a chronic kidney disease class at SeaTac.

Donations help us share knowledge to help prevent chronic kidney disease, slow its progression or find the best treatments.

A core component of our mission is education. We teach not only our dialysis patients but the general community as well.

Since 2008 Northwest Kidney Centers has offered free classes at various locations in the community. We address concerns of chronic kidney disease patients, current dialysis patients, and people with kidney transplants. These classes are great opportunities for patients and their families to learn more about kidney disease, nutrition and treatment options.

Richard Lechner, who started dialysis at SeaTac in March, attended four classes with his wife prior to kidney failure. "I don't like surprises. Knowledge is power. The more information you have, the more comfortable you feel. That was our goal. Each time I left class, I was more informed than when I walked in. The instruction at all the classes I took was excellent. They couldn't have gone any more in-depth. I kept everything that was given to me, whole binders of information I still refer to."

Northwest Kidney Centers classes for community members

Eating Well, Living Well: Helps people with chronic kidney disease learn how to manage their diet to stay as healthy as possible.

Choices: Helps those diagnosed with chronic kidney disease understand their treatment options, including dialysis and transplant, and how to plan and prepare for treatment.

Next Step Home Hemodialysis and Next Step Peritoneal Dialysis: The benefits and responsibilities of self-dialysis, so patients can make an informed decision about their treatment.

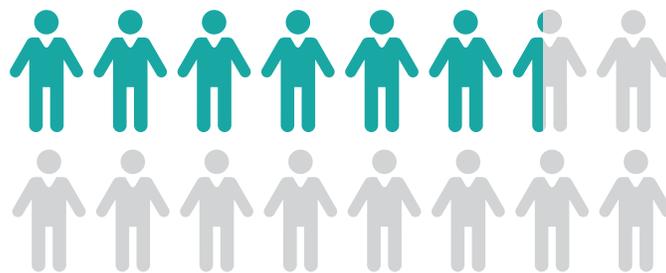
Next Step Transplant: The transplant process, from evaluation to finding a donor, the waitlist and life after transplant.

Living Well with a Transplant: Tips and skills to live long and live well with a kidney transplant.

Medical Nutrition Therapy: In-depth, individual counseling with a registered dietitian for patients referred by a physician. Available to pre-dialysis patients and transplant recipients.



Though Duane Walker had already decided to go on peritoneal dialysis, he took the Choices class to better understand what he was getting into. "The instructor was great; she broke the information down and made it easy to consume. Very informative. I do plan on taking other classes once I am done with my PD training, most likely the nutrition class."



40%

Last year, 40% of all new patients starting dialysis had completed a Choices class, compared to 33% in 2012. This means they had enough knowledge to make thoughtful choices about the most appropriate treatment for their condition and lifestyle.

NEW HEMODIALYSIS PATIENTS WITH PERMANENT ACCESS IN USE

61.5%

Took Choices class before they started dialysis

17.6%

No Choices class before they started dialysis

A permanent blood access like a fistula or graft is safer than temporary methods. Choices class explains the benefits.



Mark your calendar

Kirkland open house

Thursday, Aug. 7, 2014
4-6 p.m., 11327 NE 120th St.,
Kirkland

Discovery Gala

Saturday, Nov. 1, 2014
5:30 p.m., Hyatt Regency
Bellevue



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Hear the latest news as it happens!

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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Kidney Centers

700 Broadway • Seattle WA 98122

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Come celebrate our new location in Kirkland

Northwest Kidney Centers Kirkland
405 Corporate Park, Building W
11327 NE 120th St., Kirkland

Open house

Thursday, Aug. 7

4 – 6 p.m.

Short program at 5 p.m. with U.S. Rep.
Suzan DelBene of Washington District 1



Our 17,000-square-foot, state-of-the-art facility includes a community dialysis center, a comprehensive home dialysis support hub and a comfortable classroom. Please join us and enjoy tours and refreshments.