

Community Connection

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Research brings hope for the youth of today ... and tomorrow

Ask 18-year-old Jack Frank how kidney disease might have affected his life and he'll shrug off the question with typical teenage nonchalance. Then, ask him again after an eye-opening tour of Northwest Kidney Centers' Seattle center and his response gets more animated.

"Wow, I had no idea," the Shoreline Community College freshman says when he learns about the impact of kidney failure. "That could be me. That could be my life."

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Kidney research participant and transplant recipient Jack Frank will speak at the Discovery Gala Nov. 14.

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DISCOVERY *Gala*

Saturday, Nov. 14

5:30 – 11 p.m.

Hyatt Regency Bellevue

www.nwkidney.org/gala

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DISCOVERY *Gala*

Transforming lives through research

SATURDAY, NOVEMBER 14, 2015

Join us for an evening of exploration and celebration. Learn about and support the latest in kidney disease research.

The evening will feature cocktails, gourmet dinner, live auction, dancing and entertainment by high-energy funk band Eldridge Gravy & the Court Supreme.

5:30 – 11 p.m.

Hyatt Regency Bellevue

900 Bellevue Way NE, Bellevue

Tickets: \$250/person

Black tie optional

Complimentary parking

Register online: www.nwkidney.org/gala

Contact: **206-720-8545** or gala@nwkidney.org



Paula Begoun, founder of skin care company Paula's Choice, has three close friends living with kidney disease. She became involved with Northwest Kidney Centers because of them, and has hosted a table at the Discovery Gala every year.

Auction items *you* could take home



Two tickets to Super Bowl 50 in San Francisco Feb. 7, 2016



One-week Maui vacation for two in an ocean-view condo, airfare included



Two eight-day European Viking River Cruises for two



Opportunity to be a Mariners groundskeeper for a day, plus four box tickets to the game



Private New Year's Eve party for 10 to see "Book of Mormon" at the Paramount Theatre



A trip to New York City, wine, golf, art, travel and more!

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The recipient of a kidney transplant at the age of 14, Jack will share his story with guests at our Discovery Gala on Saturday, Nov. 14. He'll also talk about his hopes for the future – centered on the trailblazing kidney disease research that Discovery Gala participants will be asked to support.

"I have a great new kidney that could last forever," says Jack, whose marathon-running adoptive uncle was a perfect donor match. "But if it doesn't, and I need another transplant or need to go on dialysis, the research going on today is amazing. Each day there's a new discovery, another step forward."

You can fuel research for Jack and tens of thousands of people like him by attending the Discovery Gala.

Learn more at
www.nwkidney.org/gala

We're grateful for our loyal donors

Lots of special people support Northwest Kidney Centers' mission. Among them are more than 300 loyal donors who have made charitable gifts to us for at least seven consecutive years, like Issaquah residents Allen and Janet McNaughton, who have been giving since 1984.



Decades ago, Allen learned that a work colleague's wife had kidney disease.

"We started giving to Northwest Kidney Centers and then kept on giving every month," says Janet. "And then the same thing happened at my work. Someone I worked with, her husband had to go on a kidney machine.

"We actually never met either person with kidney disease, but we saw the impact it had on their spouse — leaving work early to attend appointments, to care for their spouse."

Although Janet and Allen don't know anyone now with kidney disease, they continue to give every month.

"We've been very fortunate. We're healthy, our kids are healthy, their kids are healthy," says Allen. "Why not help others? It makes us feel good."

"We like to help people when we can," adds Janet. "We actually don't think much about it."

"Why not help others? It makes us feel good."

— Allen McNaughton



Gifts from loyal donors come in many forms. What matters most is their support of Northwest Kidney Centers every single year with a gift from the heart.

Please make a gift to Northwest Kidney Centers today: www.nwkidney.org/give.



We honored our major donors, corporate sponsors and those who have named Northwest Kidney Centers in their estate plans at a summer garden party overlooking Lake Washington. Thank you to Kathy Gerlich for inviting us in to enjoy her secret garden. Above, Ted Kibble and Judy Johnson hear about the latest in kidney research from Dr. Jonathan Himmelfarb.

Generous donors help staff members return to school



Donor-funded scholarships will allow staff members to expand their skills and pursue career goals this year. Headed back to school are Adrian Fomby, Yulia Petrenko, Tammera A. Ferguson, Ibrahim Maga and Charlaïne Rabino. (Not pictured: Maria Alfonso and Renin Oliver.)

Consider a year-end gift: plan carefully for the biggest impact

Giving before year-end packs a double punch. First, you'll support our mission to promote the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.

Second, tax incentives may enable you to do more than you realized was possible, thanks to the income tax deduction for charitable gifts. You may even improve your financial position when making your gift.

The benefits possible with a year-end gift include:

- ✓ Saving on this year's income tax
- ✓ Bypassing capital gains
- ✓ Saving on future estate tax
- ✓ Increasing support of Northwest Kidney Centers

Your gift changes lives. From supporting patient education to kidney research to charity care, which help patients with special needs and those who struggle to make ends meet, your gift is a vital part of our work.

Explore year-end giving opportunities at www.nwkidney.org/give.

Questions? Contact:



Larry Richards, gift planning officer

206-720-8550

legacy@nwkidney.org

Make a gift to Northwest Kidney Centers today:
www.nwkidney.org/give.

Support our mission at work

Workplace giving is a great way to support Northwest Kidney Centers, especially through regular payroll contributions. Even a modest bi-weekly payroll deduction adds up. A twice-monthly contribution of \$20 per paycheck — about two lattes per week — can result in a total annual gift of \$520.

Last year, Northwest Kidney Centers received more than \$35,000 through workplace contributions and corporate matching gifts. If your employer conducts a United Way campaign or you are a federal employee, you can designate an ongoing payroll contribution or one-time gift to Northwest Kidney Centers during your campaign. Spread the word to your spouse and others too — and remember to ask your employer for a match every time you make a gift to Northwest Kidney Centers.

Our employees also support our organization through our own workplace giving campaign. Last year, 128 employees contributed more than \$66,000 to Northwest Kidney Centers.

To learn more, contact:

Dan O'Connor, annual fund coordinator

206-720-8514

dan.oconnor@nwkidney.org

Our 5-digit Combined Fund Campaign (CFC) number: 62742



Jim Shields, right, son of the first long-term dialysis patient, Clyde Shields, congratulates U.S. Rep. Jim McDermott on receiving Northwest Kidney Centers' highest honor, the Clyde Shields Distinguished Service Award. Rep. McDermott was honored at a reception Sept. 3 in Seattle for decades of advocacy for kidney patients. He co-founded the bipartisan Congressional Kidney Caucus in 2002 and continues to lead it.

Northwest Kidney Centers is committed to preventing infection

Infection is the second-leading cause of death in U.S. dialysis patients, and it's avoidable. We focus on prevention to keep patients healthier and out of the hospital.

Handwashing decreases the spread of infection. If you visit one of our clinics, plan to wash up.



We place signs in clinics and staff members wear badges to remind patients to double-check that caregivers wash their hands appropriately.



“Live the life you were meant to live.” — Bill Peckham

It's been 25 years since Bill Peckham started dialysis. Since then, he's become a nationally recognized dialysis advocate, blogger, dedicated volunteer leader with Northwest Kidney Centers, and a key force in establishing the Kidney Research Institute.

He volunteered as a trustee of Northwest Kidney Centers for 12 years, serving as board chair from 2007 to 2009. During this time he worked full-time as a sign maker and set an example for other dialysis patients on how to live life to the fullest. He's traveled to 32 countries and managed to give himself hemodialysis treatments in such diverse locations as a raft on the banks of the Colorado River in the Grand Canyon, the Vatican, Russia and South Africa.

To commemorate Bill's 25th dialysis anniversary, donors including Dialysis Clinic, Inc. (DCI) of Nashville, Tenn. have made generous gifts to benefit kidney research and named a conference room in his honor at Northwest Kidney Centers' Seattle dialysis clinic at 15th and Cherry.

And NxStage is donating his well-traveled dialysis machine to Northwest Kidney Centers' dialysis museum at 700 Broadway in Seattle.

“Bill is one of the most incredible people that I know,” said Dr. Doug Johnson, vice chair of DCI, who was on the Grand Canyon raft trip. “He also happens to need dialysis treatments. Bill inspires me to be a better person and a better leader. He reminds me that life should not be a float trip. In life as in the river rapids, we need to create our own momentum, face our challenges and work together.”



Mark your calendar

Discovery Gala

Benefiting kidney research
Nov. 14, 2015
5:30 – 11 p.m., Hyatt Regency
Bellevue
900 Bellevue Way NE

Giving Tuesday

Dec. 1, 2015
www.nwkidney.org/give

Breakfast of Hope

May 5, 2016
7:30 a.m., Westin Seattle
1900 Fifth Ave.



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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Emeritus chief medical officer Dr. John Stivelman retires

Dr. John Stivelman will retire in October as emeritus chief medical officer. He was recruited in 1999 from Emory University in Atlanta to be Northwest Kidney Centers' first chief medical officer.

He led physicians and clinical staff through rapid growth and changes, represented Northwest Kidney Centers on the national scene, and ensured that we delivered innovative, high quality care. He helped envision the Kidney Research Institute and bring it to life. In 2011, Dr. Stivelman became senior physician educator, helping train new kidney doctors and our clinical staff.

**To make a gift to benefit kidney research in
honor of Dr. Stivelman, visit
www.nwkidney.org/give.**



Dr. John Stivelman doing what he does best – teaching others about the kidneys – at the Kidney Health Fest for African American Families in 2009.