

Kidney Centers

2015 ANNUAL REPORT

Staying power

By the numbers

242,455

treatments in centers, hospitals and homes

379

people started dialysis

1,561 dialysis patients in centers and at home

18% on home dialysis

70 kidney transplants

9

received a transplant after volunteer treatment at Access to Dental

26%

patients on transplant waiting list



Our mission

To promote the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.

Resilience inspires us

This year called on us to be flexible and nimble. Health care is rapidly changing as we strive for higher levels of quality and safety, cost containment, and growth to meet the need for dialysis in centers and home. Unexpected events occurred, like the Ebola threat (which ultimately did not affect us) and shortages of home peritoneal dialysis solution just at a time when this valuable home therapy is in higher demand than ever.

On days when we needed inspiration, we found it close by in our dialysis clinics. The chairs there are occupied by some of the most resilient people we can think of, our patients. They take on a demanding schedule of treatment -50 hours a month – and change their lifestyles dramatically to keep going for families, friends and things they are passionate about.

For our organization, the year was a good one. We improved on many measures of quality care, and our outreach classes reached more people than ever. We received a major quality award in recognition of outstanding effort to promote transplantation. We are proud of achieving better health for the people we serve and of our solid financial performance which provides a foundation for future initiatives.

At year-end we are in strong shape, refreshed with new energy and new ideas, and equipped with the resources to continue to carry out our mission.

Thank you for supporting our work and for being a part of our community. We hope you, too, are inspired by the stories we share in these pages.

Joya 7. Jackson Cring r. Soudins

Joyce F. Jackson President and CEO

Our vision To be the model in our field.

Craig Goodrich Chair, Board of Trustees



Joyce F. Jackson President and CEO



Craig Goodrich Chair, Board of Trustees

'I want to see my grandchildren.'

Jamale Thompson's kidneys failed in 2011, a complication of lupus. During a stay in the hospital, she told Jesus that she wanted to see her son Duron graduate. Her wish came true when Duron earned a degree from Seattle University and a spot on the dean's list. "Now I want to see my grandchildren. It's what keeps me fighting." Jamale gets treatments at Northwest Kidney Centers Seattle clinic at 15th and Cherry. "One thing I can say about Northwest Kidney Centers, they have all the resources you need. They have the dietitians, social workers, pharmacists. They have all the support you need."



Excellent care is foremost

Northwest Kidney Centers consistently beats national averages with longer new patient survival, more kidney transplants, fewer hospitalizations, optimal blood access, patients better prepared for dialysis, and a better flu vaccination rate.

With patients from Enumclaw to Port Angeles, we decentralized some services formerly offered only in Seattle. Now, more local clinics provide training in how to do home dialysis and offer more intensive nursing in times of medical challenges.

Our concerted effort to reduce infections

is changing behavior. A big potential source of infections is central line catheters used for hemodialysis access. We have made it a priority to counsel future and current patients about how to avoid the emergencies that require a catheter.

We also encourage them to have catheters removed as soon as possible, substituting a fistula or graft for blood access. As a result, 22 percent fewer patients received dialysis long-term with a catheter.

Transplant is the best treatment for some

patients with chronic kidney failure, and we are happy to help those people avoid or leave dialysis. More than a quarter of our patients have qualified to be on the national transplant waitlist; 70 received a transplant last year. Qualis Health honored our model transplant initiative.

New national kidney transplant allocation policies went into effect in December 2014 and we are watching to see how they affect our patients.

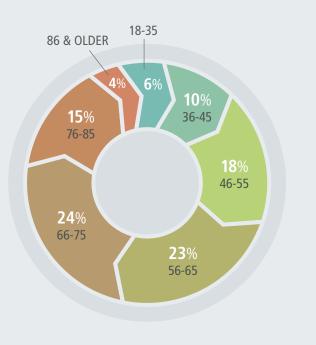
Our hospital services department was recertified by The Joint Commission. We added a new contract to provide in-hospital dialysis, at Swedish-Edmonds.

Our pharmacy delivers 700 packages of medications per month to patients at their dialysis clinics, plus more by mail to transplant recipients and home dialysis patients.



U.S. Rep. Jim McDermott of Seattle, left, received this year's Clyde Shields Distinguished Service Award, our highest honor, for decades of advocacy for kidney patients. Emeritus executive director Dr. Christopher Blagg offers congratulations.





'Go, Seahawks!'

With three master's degrees and a PhD, **Alan Yabui** taught intercultural communication at Bellevue College for 22 years. On dialysis at our Kirkland clinic, he has been surprised to run into former students who now work at Northwest Kidney Centers. Teaching was a second career that came after more than two decades in the military. To Alan, three-times-a-week treatments have taken less adjustment than getting used to retirement. He takes cooking classes with his wife, Carolyn, and they recently traveled to his boyhood home in Hawaii, where Alan once worked in a pineapple cannery. Most of all, Alan enjoys the Seahawks; he's a longtime season ticket holder.



We teach ways to live long and well

Kidney disease can silently and relentlessly cause damage for years. Often, kidney failure is an abrupt and unexpected interruption to life as a patient has known it. With an early diagnosis and knowledge of treatment options, people can prepare to meet the physical, mental and emotional challenges of a complex disease.

Northwest Kidney Centers works closely with nephrologists to educate people who are not yet dialysis patients about what to expect and how to optimize life with advanced chronic kidney disease.

We developed many of our educational offerings with the help of gifts from generous donors. We pay it forward by offering classes at no charge to attendees.

• A total of 1,317 people attended 323 classes on preparing for dialysis, eating well, switching to a new form of dialysis, and getting and preserving a kidney transplant.

- This year, 44 percent of new patients the highest ever – completed our Choices class before starting dialysis. Attendees are empowered to begin dialysis with a permanent blood access instead of an infection-prone temporary catheter; they more often choose to do their own dialysis at home rather than come to a dialysis clinic; and they are less likely to start to dialysis under emergency conditions.
- We also educate future colleagues by funding four University of Washington physicians doing advanced study in nephrology, and by exposing students from 10 nursing schools to dialysis care. We hosted a workshop for future dietitians from Washington State and Bastyr universities, University of Washington and Sea Mar Community Health Centers.
- We participated in 61 events, health fairs and speaking engagements, attended by 12,643 people.

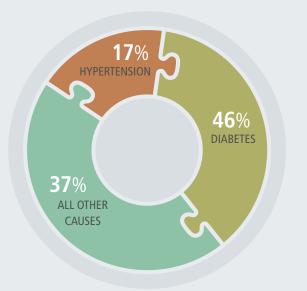
• We completed Eating Well After a Transplant, a collaborative effort with transplant centers Virginia Mason, UW Medicine and Swedish, and another dialysis provider, Puget Sound Kidney Centers. The new text will help kidney transplant recipients maximize their nutrition to stay healthy.



Beth Shanaman is part of our team of registered dietitians, whose expertise is recognized in local and national professional organizations.

PRIMARY CAUSE OF KIDNEY FAILURE

IN NORTHWEST KIDNEY CENTERS PATIENTS



'I want to be here for my kids.'

Patrick Zeigler finds home hemo preferable to in-center dialysis because he can get treatment on his own schedule – helpful with three kids and a dog in the house. His wife, Amy, a physician's assistant, helps him with treatments. Patrick has had two kidney transplants, the first from his mother who lost 80 pounds to be able to make the organ donation. Determined to stay as fit as possible, Patrick walks a couple of miles every day and eats well with advice from his dietitian. "I want to be here for my kids; that's why I'm trying to stay healthy." He and his family enjoy camping, and he builds remote-control cars and helicopters in his free time. He likes being able to consult nurses and dietitians through the patient portal on Northwest Kidney Centers' website.



Research progress surges forward

The Kidney Research Institute is incredibly successful!

People from around the country were eager to participate in the first U.S. human trials of the Wearable Artificial Kidney, conducted in Seattle by our Kidney Research Institute. Since subjects had to be local, Northwest Kidney Centers patients were the first to be considered. Results of the safety and performance trials are now being analyzed in advance of publication.

Other Kidney Research Institute work with our patients this year:

• **PERL** is a multicenter study testing medication therapy for people with type 1 diabetes and earlystage kidney disease. Seattle participants get their medication from Northwest Kidney Centers pharmacy, and they spend hours during the threeyear study in the Kidney Research Institute clinic in our Haviland Pavilion in Seattle. Because our collaboration in PERL is going so well, Northwest Kidney Centers will take on an expanded role in studies with people who have kidney disease but are not dialysis-dependent.

- **PDOPPS** is a large international investigation to identify best treatment practices in peritoneal dialysis.
- **ASCEND** looks at ways to help dialysis patients who are depressed, either through cognitive behavioral therapy during their dialysis sessions or via drug therapy.
- **SPin-D** studies safety and effectiveness of the blood pressure drug Spironolactone in dialysis patients.

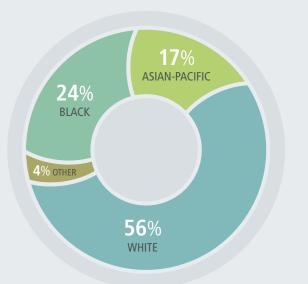
The Kidney Research Institute is a collaboration between Northwest Kidney Centers and UW Medicine focused on developing early detection, prevention and treatment of kidney disease and its complications. It continues to exceed expectations, bringing in \$26 million in grants last year. In seven years, the Kidney Research Institute has received more than \$75 million in grants and published nearly 700 papers. It has more than 50 studies underway.

Thanks to donor gifts and our strong financial position, Northwest Kidney Centers set aside \$2 million this fiscal year to support the Kidney Research Institute.



Vice President Jane Pryor, Foundation Board member Russ Stepp and Dr. Jonathan Himmelfarb at a Kidney Research Institute President's Society event.

PATIENTS' RACE



'They make me feel well.'

It was a complicated journey that brought **Huda Ata** to the Kent home where she lives with her mother and younger brother, and to dialysis treatments at Northwest Kidney Centers Kent clinic. Huda was born in Iraq, but war forced the family to flee to Syria, where Huda started dialysis. Caught in another war there, they returned to Iraq. Huda's doctor urged her to leave again because her home country lacked the health support she needed. So the family traveled to Lebanon, applied for refugee status and were granted asylum to the U.S. "I like it here. I like Seattle because it's so green. They have very, very good treatments here. The nurses are good. I love them. I pray for the nurses here. May my God protect them because they make me feel well; they treat me well."



Your support makes us what we are

The founders of Northwest Kidney Centers, the first dialysis organization in the world, strongly believed that dialysis should be offered without financial benefit to individuals, and that volunteer leadership from the community would keep the organization on course.

We have never veered from that commitment made more than 50 years ago. Northwest Kidney Centers remains a nonprofit that uses charitable gifts to increase benefits to the community. We continue to be led by a volunteer board of trustees and by a Foundation Board that helps raise money and make connections.

The Discovery Gala raised \$704,400 for kidney research. A total of 372 people attended the event, chaired by Bill and Pam Ayer.

The Breakfast of Hope attracted 770 people and raised \$383,000 for charity care and transplant support.

We established an endowment for kidney research. Within the first month, we received \$120,000 in donations.

Anonymous donors gave \$100,000 to honor vice president Connie Anderson, RN, and celebrate her 40th anniversary as a Northwest Kidney Centers employee. A conference room at Haviland Pavilion in Seattle is now named for her. The funds have been used to establish a permanent endowment fund for kidney research and to expand teleconferencing among our facilities.

Thanks to a state grant, sponsored in the legislature by Rep. Brady Walkinshaw and others, we will get a new emergency power generator for our Haviland Pavilion and Broadway dialysis clinic. PACCAR Inc, Puget Sound Energy Foundation and the John Moffitt Foundation also contributed. **We purchased a teaching station** for hand hygiene for home dialysis patients with a gift from the Harry and Clare Cayo Wilson Trust. Other gifts helped expand our teaching on kidney transplants.

Seven people joined the Heritage Society this year by letting us know they have included Northwest Kidney Centers in their estate plans.



Great donated items inspired lively bidding competition at the third annual Discovery Gala.

2015 DONOR DESIGNATIONS



'I try to appreciate everything.'

After a long workday in 2011, **Juan Nava** came home with swollen legs. One month later, he was on dialysis. A diabetic, Juan also experienced temporary blindness caused by his illness. He had to leave his position as a restaurant dishwasher and food preparer. "My family used to lead me around by the hand; I couldn't see anything." Surgery later helped him recover his eyesight. "Now I try to appreciate everything. I try to do what I used to do, but better." Juan is back at work, but with reduced hours to fit in dialysis three times a week at Northwest Kidney Centers SeaTac clinic. He also relaxes with his family and tries to work out at the YMCA five days a week. "For dialysis, it's all mental. You have to set it up in your mind and ask what you need to do, what will you do."



Strong financial control helps improve care

We served 78 percent of King County patients on dialysis this year, a rate that's held steady for more than five years.

We flexed staffing to meet demand, a key to cost containment. We continued to encourage eligible patients to get a kidney transplant or to move to home dialysis, and both modalities grew quickly last year. More patients chose cost-effective peritoneal dialysis than ever before.

Due to our solid financial position and gift support, we were able to provide new treatment chairs, dialysis machines and flat screen TVs at many clinics, along with access to a wider variety of TV channels for patients to choose from during their four-hour-long treatments, three times a week. It's important to have comfort in a contemporary healing environment for patients who spend 50 hours a month at Northwest Kidney Centers. We also completed the first phase remodel at our Bellevue clinic, expanded with five new dialysis stations at our Lake City clinic, acquired chair-beds to expand special services care for fragile individuals to three additional dialysis clinics, and completed a home dialysis training suite and community education classroom at our Kent clinic.

CHARITABLE GIFTS RECEIVED





Home dialysis is a family affair for Amy and Patrick Zeigler. Compared with the U.S., a high proportion of our patients opt for the health and lifestyle benefits of home treatments.

Sources and uses of revenue from operations Fiscal year ending June 30, 2015

REVENUES AND SUPPORT

Total	\$112,465,000
Investment income	
Contributions	
Patient services	\$110,062,000

USES OF REVENUE

Supplies, services and facilities Retained for renovation, new facilities,	
new equipment and new programs	

We received one-time reimbursements for past government insurance underpayments. Audited financial statements are available by request. Northwest Kidney Centers is a 501(c)(3) not-for-profit, community-based health care provider.



"Thank you, thank you, thank you to the donors, volunteers, families and friends who support our Northwest Kidney Centers community. Your generosity inspires our patients, physicians and staff."

Jane Pryor, CFRE Vice president, development and public relations

CASCADES SOCIETY, LIFETIME DONORS OF \$100,000+

These donors have earned our gratitude for cumulative gifts that significantly advanced our mission. Totals as of June 30, 2015.

Gifts of \$1,000,000 + John J. Nelson* Gladvs Rubinstein* State of Washington

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These donors have included Northwest Kidney Centers in their estate plans with a bequest in their will, a charitable trust or annuity, or beneficiary designation for life insurance or individual retirement account.

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Endowment

Endowment

Estate gifts received Estate of Catherine G. Chism Estate of Tom Mitsuru Iwata Estate of Nancy Jung Estate of John Moffitt Estate of Faye Lavonne Raiter

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Funds held permanently and invested so that the interest provides continual support.

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AMANDA GOLL

"What I can do is donate my time... and if something were to happen to me, I would be happy knowing that my limited money would go to Northwest Kidney Centers. I trust Northwest Kidney Centers to use that money in the right way."

Past member of the Discovery Gala planning committee, a volunteer since she was in high school, and member of the Heritage Society

Carrie McCabe

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DR. ARTHUR ANDERSON

"You don't feel symptoms from kidney disease until your kidney function is guite poor. When one finds out about it, it's like any other illness – denial, anger, surprise, shock. Then, once trust is developed with the health care team, you develop a bond and can do your best to manage the cards you've been dealt."

Desiree M. Baker

Medical director at the West Seattle clinic, who has worked with Northwest Kidney Centers for 10 years

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"I donate to research mostly – I really think it will make a difference, I do. I've seen a lot of progress in my life; I've seen research developments that started at University of Washington that we then implement with our patients."

A registered nurse on staff since 1989, gives to Northwest Kidney Centers through payroll deduction

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"With the large amount of people with kidney disease in our community, it's important to support the work of Northwest Kidney Centers."

President and CEO of First Choice Health, a long-time sponsor of the Breakfast of Hope

ASHLEY AND JOHN NONATO

"You can't change your lifestyle in a day, but you can slowly reduce salt or start increasing your exercise here and there. Progress is progress."

- Ashley Nonato, who volunteers with her brother John at Northwest Kidney Centers community outreach events

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DIANE LONGMOOR, RYAN SCHROEDER AND MATT DENTE "We got to spend time with patients, walk through dialysis facilities and really understand what people are going through. That made our decision to donate extra services easy. It's the least we can do."

— Matt Dente, principal of digital creative agency Fell Swoop, which spent six months producing the new website and continues to provide technical support

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BONNIE BRYNDZA

"There's something about a quilt that's comforting. It's just a little compensation for having to deal with such a difficult disease."

Member of Enumclaw Crystal Quilters, who have created 40 lap quilts for local dialysis patients, as well as a large quilt to be auctioned to benefit Northwest Kidney Centers

Administration

Joyce F. Jackson, president and chief executive officer Bonnie Collins, MD, interim chief medical officer



Could I have kidney disease?

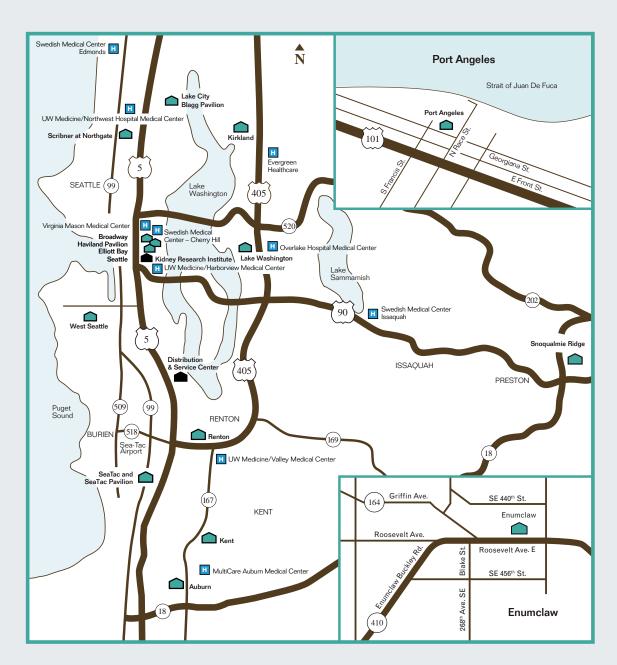
More than one in 10 American adults do. Most don't know it because the disease has no symptoms until kidney damage is severe and irreversible. Early diagnosis and intervention can slow down the damage and keep it from resulting in kidney failure.

Get tested if you have one of these risk factors:

- Diabetes
- High blood pressure
- Kidney disease among your relatives
- African American, Native American, Hispanic, Asian or Pacific Islander heritage
- Obesity
- Age over 60

Your doctor will test your blood pressure and samples of urine and blood, and help you create an action plan to live well.

Northwest Kidney Centers is a not-for-profit, locally managed provider of kidney dialysis, public health education and research into the causes and treatments of chronic kidney disease. Founded in Seattle in 1962, it was the world's first dialysis organization. Among the 10 largest dialysis providers in the country, it is an influential model because of its high quality services, deep community connections and generous donor support.



- Community dialysis clinics
- Other Northwest Kidney Centers facilities

Peritoneal dialysis support Auburn, Enumclaw, Kent, Kirkland, Lake City, Lake Washington, Port Angeles, Renton, SeaTac, Seattle Hospitals where Northwest Kidney Centers provides dialysis

Home hemodialysis support Enumclaw, Kent, Kirkland, Lake City, Port Angeles, Renton, SeaTac, Seattle Special services Auburn, Kent, Kirkland, Lake City, Renton, Seattle



By the numbers

80%

improved likelihood of a transplant here versus rest of U.S.

32%

patients working

42%

patients in poverty, eligible for Medicaid

1,317

people attended 323 class sessions

1,809

unique kidney patients served by pharmacy

595

staff members

12.5%

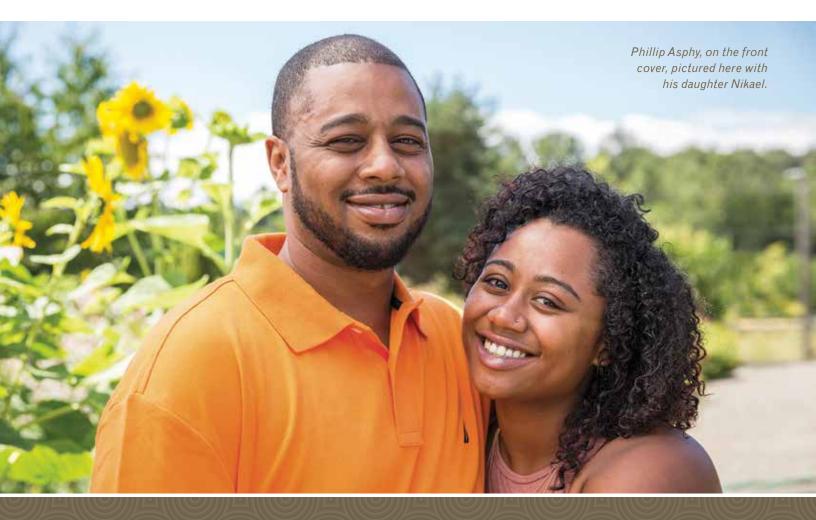
staff turnover

Martina Lekwauwa receives dialysis at our Kent clinic, where we added a community education room this year.



700 Broadway Seattle, WA 98122





'My girls keep me going.'

Phillip Asphy was 26 when he discovered his kidneys were failing. "It started with high blood pressure. Then I got headaches and nausea. Then they found out I had protein in the urine." He explored in-center dialysis and home dialysis before getting a transplant, which lasted two years. Now Phillip is back on dialysis at Northwest Kidney Centers in West Seattle. "It's hard, the things I want do and accomplish in life. My future has to be reevaluated. My girls keep me going. I've got three little ones I've got to live for – Ne'Lyna, Leala, Nikael. My hope is to make life better for them, leave something for them."