

Memorial fund helps patients get to dialysis appointments



Colleen Schafer set up the Stanley A. Schafer Memorial Fund so patients always have a way to get to dialysis.

Missing even one appointment can be a big problem for a dialysis patient. Body chemistry quickly goes out of balance, and a special emergency diet is needed. Missing more treatments could be fatal.

But what do you do when the roads are too icy or your ride doesn't show up? Colleen Schafer knew the dilemma from her husband Stan's three years on dialysis at Northwest Kidney Centers in Kirkland.

"I always took Stan to dialysis and picked him up," said Colleen, who still lives in the same hilltop home they shared. "When the weather was bad, it was very stressful. I wouldn't drive then and it was always a challenge to find the means to get him there.

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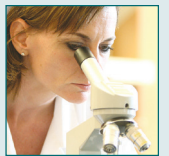
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Your gift helps
sustain lives.

Donate to support our mission.

www.nwkidney.org

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“The main thing is that people don’t miss their appointments,” Colleen believes. So to honor Stan and help others, she created a fund in Stan’s memory to address this concern.

“The fund is strictly a transportation fund for those in need. I felt that was one of the greatest tributes I could do – help others in Stan’s same situation.”

When Colleen’s birthday, the holidays or other important dates roll around, her family members make gifts to Stan’s fund instead of giving her presents, and that’s just the way she likes it. “We’d like others to know about this memorial fund. It’s a great way to leave a legacy in memory of a loved one.”

To contribute to the Stanley A. Schafer Memorial Fund, or to learn how to set up an endowment to honor a loved one, contact:

Dan O’Connor,
annual giving coordinator
206-720-8514
dan.oconnor@nwkidney.org

“The main thing is that people don’t miss their appointments.”

— Colleen Schafer

An ounce of prevention

Tools. Plan. Practice.



Monica Gutierrez talks with one of her caregivers at our SeaTac clinic. Each patient’s care team teaches them how to be prepared in case of an emergency.

Chronic kidney failure is serious in itself. No need to complicate things further by finding ourselves unprepared to carry on with dialysis treatments in bad weather or a disaster. Here are a few ways we prepare:



Emergency generators keep our dialysis machines running

With help from our generous community, we have invested in emergency power generators at seven of our clinics that keep the lights on and dialysis machines running when the power fails. Thanks to a state grant and gifts from PACCAR Inc., Puget Sound Energy Foundation and the John Moffitt Foundation, we soon will install a new emergency power generator for our Haviland Pavilion and Broadway dialysis clinic in Seattle. Fundraising is underway for a generator at our Enumclaw clinic.



Internal plans in place

We have emergency communications systems in place, supplies stockpiled at all our locations and text messaging to alert staff members. Our emergency operations center is ready to open at any time to check on our patients and make sure they receive their dialysis treatments.



We practice our emergency response

We hold annual disaster drills for staff and patients, as Medicare requires. Each patient's care team is ready with individual coaching: care managers and nurses encourage patients to create emergency supply kits at home, dietitians explain the emergency survival diet, and social workers help patients rearrange transportation if needed. We teach each patient how to clamp and cut tubing to get off the dialysis machine without staff help in a disaster. Newsletters mailed to patients reinforce these topics.

We share knowledge – with our patients, staff and community

A core component of Northwest Kidney Centers' mission is education. We teach dialysis patients, of course. But thanks to the help of generous donors, we do much more.

Free community education classes for patients and their families

Since 2008 Northwest Kidney Centers has offered free classes to help people avoid or delay the need for dialysis, eat well at any stage of kidney disease, select and prepare for treatment of kidney failure, and keep a transplanted kidney healthy and functioning.



Find out more at
www.nwkidney.org/classes

We invest in our staff

Northwest Kidney Centers continually builds the skills of our staff to ensure high quality, patient-focused care:

- All dialysis facility patient care nurses and technicians attend our Dialysis Academy, a comprehensive 8-week orientation to dialysis care. Additional specialized training prepares patient care staff working in home hemodialysis, peritoneal dialysis and hospital services. Support staff receive specialized orientation that prepares them for specific roles in reception, nutrition, social work, transporting patients and maintaining water systems.
- We are approved providers of continuing nursing education.
- All staff members complete annual online training on safety, infection control, and more.
- We send staff members to regional and national conferences to learn about new industry innovations and best practices while networking with other kidney care professionals.
- We support staff members pursuing higher education, offering tuition reimbursement and scholarships.



Receiving the 2011 and 2012 Martha Alger Jasper memorial employee scholarship helped Cindy Black go back to school to obtain her four-year registered nursing degree and expand her leadership skills. She is now clinical director responsible for our Bellevue, Kirkland, Lake City, Port Angeles, Northgate and West Seattle clinics.



Training health leaders to care for kidney patients

Northwest Kidney Centers helps prepare doctors, nurses, dietitians and emergency responders to meet the needs of people with kidney failure.

Dr. Robert Winrow's training as a dialysis fellow helped prepare him to be a clinical nephrologist and medical director of our home hemodialysis program.



Advanced study for physicians

We fund specialized training for five UW Medicine nephrology fellows, including focus on dialysis or transplant. They receive lectures from Northwest Kidney Centers experts and spend clinical time with dialysis patients. Some of the physicians who have completed this program are now leaders in local renal care.



Dietetic internships

Northwest Kidney Centers mentors dietetics students to introduce them to renal nutrition. Students work directly with our registered dietitians and our patients on nutritional care and renal diet counseling in three- and seven-week rotations. Each year we host about 20 students from University of Washington, Washington State University, Bastyr University and Sea Mar Community Health Centers.



Kidney training for nurses

Started with donor gifts in 2003, Northwest Kidney Centers' external nursing education program provides orientation and clinical rotations to expose students to the renal field. We work with nursing students from University of Washington, Seattle University, Lake Washington Institute of Technology, Lower Columbia College, Northwest University and Highline College. We also work with experienced nurses who are completing Washington State University refresher nursing courses.



Educating Medic One responders

We lead a one-day workshop each year for firefighters going through King County Medic One training. Our teaching about the special needs of patients with kidney failure prepares them to help when they are called to our clinics and patients' homes.



New research endowment provides hope for the future

Denise Rock is a research scientist at the Kidney Research Institute, which currently has 50 active, funded research studies.

Research has fueled our work since 1962, after Dr. Belding Scriber's shunt made long-term dialysis possible. We collaborate with UW Medicine in the Kidney Research Institute. Recent advances include completion of the first clinical trial of a Wearable Artificial Kidney (see right), new applications for the kidney-on-a-chip (including kidney cancer) and exciting new stem cell research with the promise of generating kidney cells. Funding is critical to continue to advance the detection, treatment, understanding and cure of chronic kidney disease.

Consider making a planned gift to support kidney disease research

You can help researchers make strides.

We are raising funds to create a substantial, permanent endowment fund to support research projects to improve kidney disease treatment. Each year, earnings from the endowment will be distributed to support innovation and discovery.

Contact us to discuss ways to make a planned gift to help. Consider a bequest in your will, establish a life income charitable trust or annuity, name Northwest Kidney Centers as a beneficiary of a life insurance policy or individual retirement account, or make another planned gift.



To learn more, please contact:

Larry Richards, gift planning officer

206-720-8550

legacy@nwkidney.org

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



Wearable artificial kidney trials prove concept is workable

Jamale Thompson was the first woman and one of seven people to participate in the Kidney Research Institute's wearable artificial kidney trials last year. Under hospital observation, patients wore the tool-belt-like device to cleanse their blood for 24 hours. The trial proved the concept for the device, which would be the first truly portable hemodialysis machine. Components now are being redesigned for further testing. "It was awesome," Jamale says, "You could eat whatever you want, and I didn't have to take binders."

Discovery Gala raises \$663,000 for research

Attendance at the Nov. 14 Discovery Gala hit a new high: 407 supporters of Northwest Kidney Centers gathered at the Hyatt Regency Bellevue to raise \$663,000 for kidney research. Forty-five percent of all funds we raise for kidney research come from the Discovery Gala. Thank you for your support! Please mark your calendar for the 2016 Discovery Gala on Saturday, Oct. 29.



Kent Treen bids on an auction item.

45% of our research funds are raised at the **Discovery Gala**



Mark your calendar

Ceremony of Remembrance

April 2
10-11 a.m.
Northwest Kidney Centers
SeaTac Pavilion
17900 International Blvd. S.
SeaTac

Breakfast of Hope

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



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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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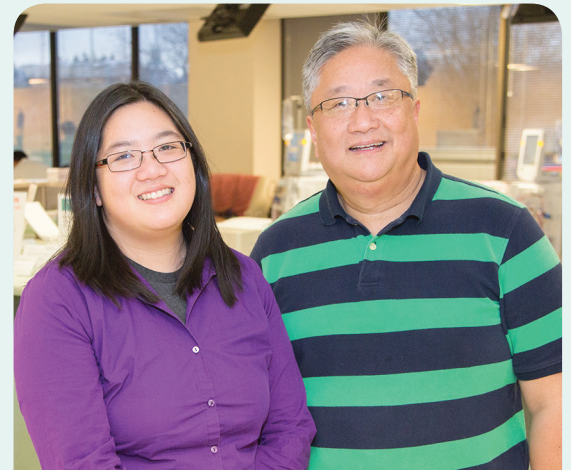
It's all in the family: inspired by her father, Joe, Rebecca Woo pursues a career in renal nursing

“My dad has been working at Northwest Kidney Centers since I was born,” Rebecca Woo says, “and I started off volunteering with him at health expos when I was in junior high.” Now Rebecca is a second-year nursing student at Seattle Pacific University and she has been a part-time employee at Northwest Kidney Centers since finishing her first college degree in 2013.

“My dad is a very caring person who loves to help people out,” Rebecca says of her father, Joseph, a nurse care manager at the Scribner clinic at Northgate. “I grew up seeing his passion and observing how health care has been changing over the years, and I want to be a part of that.”

Rebecca’s job as a laptop program assistant takes her to Northwest Kidney Centers clinics to provide tech support to patients using laptop computers donated by the Bill & Melinda Gates Foundation.

“I enjoy being able to work with the same patients again and again,” Rebecca says, “and ultimately I want to stay in the renal field.”



Following in the footsteps of her father, Joseph Woo, who is a nurse care manager, Northwest Kidney Centers patient laptop assistant Rebecca Woo would like to pursue renal nursing after completing her nursing degree.