

Ben Vereen's inspiring message about diabetes and kidneys

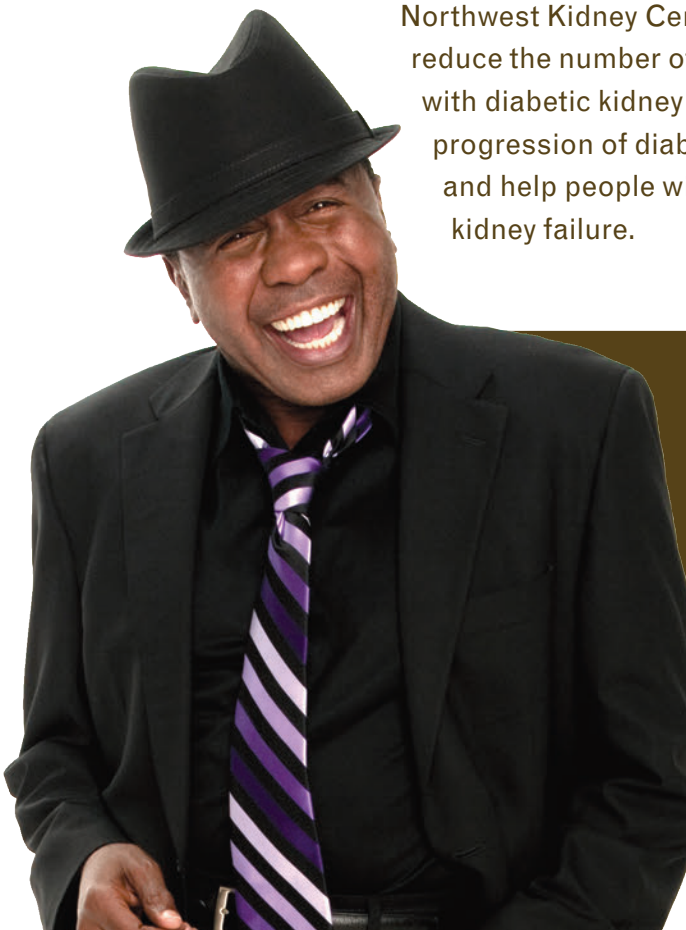
For more than 40 years, Tony Award-winning performer Ben Vereen has shared his gifts with audiences around the world. On Christmas Day 2007, he learned he has Type 2 diabetes.

When he speaks at the Breakfast of Hope on May 16, he will bring an inspiring message to people with diabetes and kidney disease: you can improve your condition by making important lifestyle changes.

"We need to stop seeing diabetes as a challenge or something that we suffer from, but rather it's an opportunity to live a better life by taking better care of ourselves," Vereen says.

Jim Dever of "KING 5 Evening" will emcee the breakfast, and Dr. Suzanne Watnick, our new chief medical officer, will speak about the diabetes-kidney disease connection.

Northwest Kidney Centers aims to reduce the number of new patients with diabetic kidney failure, slow the progression of diabetic kidney disease and help people with diabetes avoid kidney failure.



Since being diagnosed with diabetes, Ben Vereen has been motivating people with diabetes to better manage their condition.

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May 16, 2017

BREAKFAST OF HOPE

7:30 - 8:45 a.m.

Westin Seattle Hotel

Register at

nwkidney.org/breakfast

BREAKFAST OF HOPE

15th annual Breakfast of Hope
May 16, 2017 7:30 – 8:45 a.m.
Westin Seattle

Register at
nwkidney.org/breakfast

Proceeds will support charity care and services targeted at diabetes, the most frequent cause of kidney failure among Northwest Kidney Centers dialysis patients.

If you'd like to share the event with your friends by becoming a table captain, please contact us: **206-720-8585** or **breakfast@nwkidney.org**.

Community diabetes kidney health initiative

This year we continue to raise awareness about the connection between diabetes and kidney disease. Diabetes is the single biggest cause of kidney failure.

“Our goal is to prevent diabetic kidney disease and decrease the number of people getting on dialysis. We believe educating people and providers is an important part of reaching that goal,” said Dr. Anne Pesenson, Northwest Kidney Centers' diabetes medical advisor.

Recent efforts in support of the initiative include:

- Sponsoring the American Diabetes Association's (ADA) annual Tour de Cure, set for May 21 at Chateau Ste. Michelle in Woodinville. Join our Team NKC as a bicyclist or walker.
- Continuing outreach activities in south King County, where rates of diabetes and kidney disease are highest. In April we will sponsor Type 2 & You, a free, four-part workshop in Kent for people living with diabetes. The workshop is part of our partnership with the ADA.
- Promoting diabetes awareness messages on Facebook and Twitter and on our electronic message boards in Lake City and Enumclaw.

1 out
of 4

people do not know
they have diabetes

? ? ? ?

Source: Centers for Disease Control



Dr. Astier Alem performs a foot exam on dialysis patient Nelle Short at Northwest Kidney Centers' Kirkland clinic.

43% of the patients we treat have experienced kidney failure due to diabetes

Diabetic patient care

What do we do for people with diabetes who are on dialysis?

Nutrition counseling

Because the optimal diet for a person with diabetes and kidney failure is more complex than for a typical dialysis patient, we offer intensive counseling to help patients control their blood sugar. We refer them to diabetic educators as needed.

Foot checks

Our nurse care managers perform regular filament tests on diabetic patients' feet to check on sensitivity to touch. If potential problems are found, patients are referred for additional care.

Footwear/orthotics

Nurse care managers arrange for foot exams at dialysis stations by a pedorthist, a health care professional trained in diabetic footwear. When special shoes or inserts are needed, the pedorthist helps patients with fitting and ordering.

Preventing kidney disease for people with diabetes

- Eating a healthy and balanced diet
- Getting regular exercise
- Controlling blood pressure
- Eating less salt
- Taking blood pressure medications as prescribed
- Avoiding the overuse of NSAIDs, over-the-counter anti-inflammatory pain relievers such as ibuprofen and naproxen



1 out of 3
Adults with diabetes also have chronic kidney disease

Source: Centers for Disease Control

Make an impact: leave a legacy



You can support causes you care about, even after your lifetime, through a legacy gift – also called a planned gift. There are a variety of ways to do this. Two of the simplest are a bequest in your will or a beneficiary designation.

During the past two years, legacy gifts have:

- Established endowment funds in support of kidney research, employee education, charity care, patient care, vascular access and organ donation.
- Supported our greatest needs and charity care.
- Helped us install an emergency backup generator at our Enumclaw clinic.

When you make a legacy gift to Northwest Kidney Centers, you automatically become a member of our Heritage Society. If you've already included Northwest Kidney Centers in your plans, please let us know; we'd love to thank you!



To learn more about how to leave a legacy, contact:

Emily McDaniel

Gift Planning Officer

206-720-8550

Legacy@nwkidney.org

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

Find out more about leaving a legacy gift or becoming a Heritage Society member on our website:

www.nwkidney.org/plannedgiving



Introducing our new gift planning officer

Emily McDaniel joined Northwest Kidney Centers in March as gift planning officer. Visit with Emily about making a legacy gift to Northwest Kidney Centers. Contact her at 206-720-8550 or Legacy@nwkidney.org.

Northwest Kidney Centers participates in the Comprehensive ESRD Care Initiative (CEC)

Northwest Kidney Centers and other community health care providers have joined in a demonstration project to improve patients' health, provide them a better experience of health care and reduce its total cost. The collaboration is called Northwest Kidney Care Alliance, and it is officially termed an ESRD (End Stage Renal Disease) Seamless Care Organization, or ESCO. ESCOs across the country have engaged with CMS in the CEC Initiative Model in order to improve outcomes and reduce costs for beneficiaries with ESRD.

Through the CEC Model, CMS will partner with health care providers and suppliers to test the effectiveness of a new payment and service delivery model in providing beneficiaries with person-centered, high-quality care.

This model and partnership with CMS will allow us access to total cost information for Medicare patients at six of our dialysis clinics—not just for dialysis, but for doctor visits, hospitalizations, surgeries, medications and any other care. This way we can monitor which treatments make the most difference to total cost as well as for patients' health. As an ESCO, we directly communicate with CMS about what works. The ESCO beneficiary retains his or her full Medicare benefits and freedom to choose providers.

Northwest Kidney Care Alliance is one of only two ESCOs in the Northwest.

To learn more: www.nwkidneycarealliance.org
206-292-2771
1-800-MEDICARE



Transplant recipient Steve Smith and staff members Mary Grennan, Louise Kato, Michelle Rizzo and Connie Anderson were among those who visited the state capitol for Northwest Kidney Centers' Day in Olympia to speak with lawmakers.

Day in Olympia

In February, a group of staff and volunteers traveled to Olympia to weigh in on proposals related to the state Kidney Disease Program and expanded Medicaid. We also requested a community grant to partially fund installation of three more Aquaboss water purification systems at facilities in Seattle, Bellevue and Kent—to follow the successful installations at our Lake City and Renton clinics. In the first five months at Lake City, Aquaboss used 38 percent less water and 10 percent less electricity than the previous system. And it's safer for patients because it uses heat instead of chemicals for disinfection.

Northwest Kidney Centers grant will jumpstart Center for Dialysis Innovation

Northwest Kidney Centers has announced its intention to make a five-year, \$15 million grant to the newly formed Center for Dialysis Innovation, a multi-disciplinary collaboration between the Kidney Research Institute and the University of Washington's Engineered Biomaterials program. The center foresees a revolutionary transformation in the treatment of kidney failure: dialysis that is complication-free and restores kidney health.



Co-directors Buddy Ratner (director of UW Biomaterials/Bioengineering) and Dr. Jonathan Himmelfarb (director of the Kidney Research Institute) at the open house for the Center for Dialysis Innovation.

“ Their aim is to develop revolutionary dialysis technologies, including a wearable dialysis system that is low-cost, and energy- and water-efficient. This would not only sustain users' lives, but give them more vitality and productivity. This work is desperately needed. ”

— Joyce Jackson, Northwest Kidney Centers president and CEO



We're powered up for emergencies

This winter we installed emergency generators at our Kent and Enumclaw clinics. In case of power outages, these new backup power units will keep the lights on and dialysis machines running. Northwest Kidney Centers now has generators at 10 of its 15 clinics. The Enumclaw generator was made possible by grants from the Employees Community Fund of Boeing Puget Sound, John Moffitt Foundation and Moccasin Lake Foundation.

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Bob Peck

New vice president for human resources

Bob Peck has been named vice president of Human Resources at Northwest Kidney Centers. Since 2012, he has served as director of human resources at UW Medicine Neighborhood Clinics. Previously Peck spent more than a decade as director of human resources for PeaceHealth.

After 16 years as vice president of human resources for Northwest Kidney Centers, Betsy Mickel retired in February.



Betsy Mickel



Texas-style chili

This delicious dish will warm you up from those April showers. Making your own seasoning blend allows you to drastically cut down on the sodium compared to canned chili or chili mixes.

Ingredients

1 pound lean ground beef	2 tablespoons chili powder
1 large onion	1 tablespoon garlic powder
1 (8 ounce) can tomato sauce	$\frac{1}{4}$ teaspoon ground cumin
2 cups water	$\frac{1}{2}$ teaspoon dried oregano
1 (4 ounce) can green chili pepper, chopped	$\frac{1}{2}$ teaspoon dried thyme
1 orange or red pepper, chopped	1 teaspoon dried basil
	$\frac{1}{4}$ teaspoon Cajun seasoning

Preparation

In a large pot, cook beef over medium heat until browned. Stir in onion and cook until soft. Stir in tomato sauce, 3 cups water, green chilis, bell pepper and spices. Bring to a boil, then reduce heat to medium-low and simmer for at least one hour. Makes 6 servings.

Nutritional Information

Calories: 170, Carbohydrates: 9 grams, Protein: 17 grams, Sodium: 158 milligrams, Potassium: 546 milligrams, Phosphorus: 153 milligrams



Mark your calendar

Northwest Kidney Centers Breakfast of Hope

Tuesday, May 16
Westin Seattle

American Diabetes Association Tour de Cure

Sunday, May 21
Chateau Ste. Michelle
Woodinville



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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Always ready to lend a hand, Collette Bullis joined in awareness building at a Seattle Sounders match.

We honor Collette Bullis as volunteer of the year

Our deep thanks to Collette Bullis, Northwest Kidney Centers' volunteer of the year for 2017. She began donating her time 10 years ago after she retired.

Collette's husband, Ed, had diabetes-related kidney failure and received hemodialysis at our Elliott Bay clinic in 1994. He had a kidney transplant after five months, and survived until 2004.

Collette has helped out behind the scenes and spoken to the public about kidney disease at events throughout the city. She also is a stalwart mailing volunteer.

"Collette is a positive, vibrant, generous person who encourages and inspires others," said Syrenka Slettebak, community relations manager. "She is a shining example of the generosity of the 500 volunteers who donated 8,500 hours to support our mission last year."