

Community Connection

Volume 7, Issue 3 • Summer 2017

Eagles name Northwest Kidney Centers as charity of choice

State Eagles president Mike O'Conner first became aware of Northwest Kidney Centers when his daughter's kidneys failed at age 21. After 7 1/2 years on dialysis, she received a transplant thanks to new research. Years later, his two grandchildren had kidney failure when they reached age 21; both have transplants now, too. As his great-grandchildren approach their late teens, Mike worries that kidney disease will impact another generation of his family.

Since 1984, Eagles aeries (chapters) and auxiliaries in Washington — including Renton, Auburn, West Seattle and Kent — have donated more than \$155,000 to uncompensated dialysis/charity care and kidney research at Northwest Kidney Centers. We are deeply grateful that they have named us their charity of choice for 2017.

"I'm pleased to educate our members about Northwest Kidney Centers' patient care, education and research mission," says O'Conner.

"Research enabled my daughter and grandchildren to live well and live longer. It's a high priority for me and my wife, Janice, and for our local aerie in Renton."



Janice O'Conner inspects a kidney-on-a-chip, a device that improves drug development by mimicking kidney blood vessels. Western Washington Eagles recently gathered to learn more about kidney research from investigators from the Kidney Research Institute, a collaboration between Northwest Kidney Centers and UW Medicine.

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Another successful event!



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Growth in the South Sound



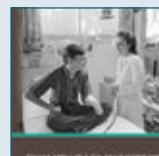
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Our highest award



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An illustrious history



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Your gift helps
sustain lives.

Donate to support our mission.

www.nwkidney.org

Breakfast of Hope focuses on the diabetes-kidney connection

Sincere thanks to sponsors and donors who attended the 15th annual Breakfast of Hope at the Westin Seattle May 16. Your generosity brought in \$378,000 for charity care and services targeted at diabetes. See photos and videos at www.nwkidney.org/breakfast.



Northwest Kidney Centers president and CEO Joyce Jackson with legendary entertainer Ben Vereen, who gave an inspiring talk about facing chronic disease head on based on his own experience with Type 2 diabetes.

Thank you to our sponsors

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Northwest Kidney Centers plans two new clinics in Federal Way

One goal in our strategic plan is to grow bigger, and soon we will do that in south King County, where the need for dialysis has increased in recent years.

In February, we plan to open the Federal Way East clinic at 33820 Weyerhaeuser Way S., Suite 100. This site will have 14 dialysis stations, a three-room suite for training people who dialyze at home, and a classroom for people with chronic kidney disease.

We will open a seven-station dialysis clinic called Federal Way West Campus, in the Fountain Plaza II building at 501 S. 336th Street near Virginia Mason in the heart of the local medical community. This smaller facility will include space for training home dialysis patients.



Federal Way East



Federal Way West Campus



Hand hygiene and infection prevention

Where dialysis is concerned, clean hands count. Infection remains the No. 1 complication for kidney patients, and most infections are spread by touch. Hand hygiene is important for prevention and Northwest Kidney Centers takes it seriously.

This month we kicked off a campaign called Clean Hands Count. Staff members must use sanitizing hand gel before putting on gloves and again after taking them off.

We encourage you to be engaged in your care. Whether at your clinic or doctor's office, don't be afraid to ask caregivers if they've washed their hands. Ask them to wash up if they haven't.



If you have questions or have already included us in your plans, please contact us. We can provide you and your attorney with helpful resources. We'd also love to thank you for your generosity and welcome you to our Heritage Society.

Emily McDaniel

Gift Planning Officer

206-720-8550

Legacy@nwkidney.org

An easy way to leave a legacy



Emily McDaniel

Your attorney can prepare a codicil or amendment that names Northwest Kidney Centers to receive a gift of cash, property, the residue of your estate, or other assets after your lifetime.

Did you know that you can include Northwest Kidney Centers in your will or trust without redoing your entire estate plan? A codicil is an easy way to add us as a beneficiary in your existing will; an amendment serves the same function for a living trust.

Legacy gifts have the power to:

- Support our greatest needs, including patient education and charity care.
- Fund critical kidney research.
- Establish an endowment fund to sustain our work into the future.

AFTERNOON *of* REMEMBRANCE

Afternoon of Remembrance

Thursday, July 20, 2–4 p.m.

Northwest Kidney Centers Scribner Pavilion

2150 N. 107th St., Suite 105

Seattle, WA 98133

Join us on July 20 for a short ceremony to remember those we have loved and lost. Families, friends, physicians, volunteers, patients or staff, all are welcome at this opportunity to unite in reflection.

A fall ceremony is scheduled for Nov. 1 in SeaTac. For more information about either event, contact Dianna Cox, Northwest Kidney Centers chaplain, at 206-720-3952 or dianna.cox@nwkidney.org.

New volunteer leadership

A signature strength of Northwest Kidney Centers is the community support that helps us carry out our mission. Dedicated volunteers serve on our Board of Trustees, guiding every phase of operations, and on our Foundation Board, raising funds and building relationships for us in the community. We recently welcomed new members to each.



Dr. Meredith Mathews



Owen Applequist



Lara Macklin



Dr. Raghu "Rags" Durvasula



Christine Odegard



Dr. Sanjit Reddy

Board of Trustees

Dr. Meredith Mathews

Meredith is a nephrologist and senior medical leader with extensive experience in health care, particularly in disease management. He has served as chief medical officer of DaVita VillageHealth, LifeMasters and Premera Blue Cross. The East Madison branch of the YMCA in Seattle is named for his father.

Owen Applequist

Owen is a supply operations analyst at REI and was one of the first kidney transplant recipients to climb Mt. Kilimanjaro. An advocate in Olympia on behalf of Northwest Kidney Centers, he receives dialysis at our Renton clinic.

Lara Macklin

Lara recently joined Seattle Children's Hospital as its campus design manager. She is deeply interested in ways to enhance patient, staff and family experiences in the built environment. She is Seattle chapter volunteer coordinator for the Polycystic Kidney Disease Foundation.

Foundation Board

Dr. Raghu "Rags" Durvasula


Rags is an associate professor of medicine in the Division of Nephrology, associate medical director for inpatient care and the medical director of dialysis services at the University of Washington Medical Center. He works on a variety of process improvement initiatives to enhance the quality of care delivery and patient experience.

Christine Odegard

Christine is vice president and senior trust officer at Northern Trust Bank. She is a graduate of the University of Washington and a past board member of the Washington Planned Giving Council. With a family member who is on dialysis, she is interested in learning more about kidney health.

Dr. Sanjit Reddy

Sanjit is a transplant nephrologist at Swedish Medical Center. Since his residency, he has completed fellowships at California Pacific Medical Center and at the University of Medicine and Dentistry of New Jersey.

A portrait of David Junker, a middle-aged man with glasses, smiling. He is wearing a white button-down shirt. The background is a blurred indoor setting.

David Junker, patient, advocate and research volunteer, receives the 2017 Clyde Shields Award

David Junker recently received the 2017 Clyde Shields Distinguished Service Award from Northwest Kidney Centers, our highest honor. The annual award recognizes significant contributions to the welfare of kidney patients, and Junker is a model for other patients.

“David Junker stands out in patient care, advocacy and research,” said Joyce Jackson, president and CEO of Northwest Kidney Centers. “His example inspires hope in others that they too can live long and well on dialysis.”

Junker has visited a dialysis clinic for treatment three times a week for almost 37 years, since autoimmune problems caused his kidneys to fail before the age of 30. Only one patient now at Northwest Kidney Centers has been on dialysis longer. Junker continues to receive dialysis treatment at our Scribner Center near Northgate through his original vascular access, which is still working after 36 years.

Junker also does his part to advance kidney research. He has enrolled in multiple studies at the Kidney Research Institute and was featured in a video for the new Center for Dialysis Innovation, which aims to use biomaterial and bioengineering technologies to transform dialysis care.

In addition, Junker is a committed advocate for people with kidney disease. He has traveled to Washington, D.C. in support of legislation that benefits kidney patients.

About the Clyde Shields Award

Clyde Shields was the first person in the world to begin dialysis that would sustain his life long-term. He was a patient of the University of Washington’s Dr. Belding Scribner and received the first Scribner shunt. With the shunt and regular dialysis, he survived another 11 years. His courage as a research subject made possible great advances in kidney treatment.

Seattle Walk for Polycystic Kidney Disease (PKD)

Sunday, Oct. 1, 9 a.m.
Green Lake Park, Seattle

Northwest Kidney Centers is sponsoring this year's PKD Walk. The 3-mile walk around Green Lake will raise awareness of PKD, the fourth leading cause of kidney disease, which affects millions worldwide and represents about 5 percent of all kidney failure. It affects both adults and children and often leads to the need for dialysis or a kidney transplant. Visit <https://pkdcure.org/chapter/seattle/> to learn more.

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Raising diabetes awareness at the Tour de Cure

On May 21, more than 700 people participated in the American Diabetes Association's annual bicycle ride and walk at Chateau Ste. Michelle winery in Woodinville. Northwest Kidney Centers was the presenting sponsor of the event. The team from Northwest Kidney Centers was 80 members strong. Joyce Jackson, Northwest Kidney Centers president and CEO, was on hand to encourage participants at the start line.

The event sponsorship is part of our initiative to raise awareness of the connection between diabetes and kidney disease. Diabetes is a leading cause of kidney failure.



Shrimp salad with cucumber mint

Our dietitians developed this kidney-friendly recipe. Cool and savory, it's full of fresh and clean flavors, but low in potassium and phosphorus.

Ingredients

2 pounds medium shrimp, cleaned, fresh or canned
1 cup fresh mint leaves
2 tablespoons lemon juice
3 tablespoons olive oil
1/2 English cucumber, seeded, diced
Peel from 1 lemon, zested or finely grated

Preparation

Cook shrimp in boiling water for 3 minutes, drain and cool in refrigerator. Put mint and lemon juice in food processor or blender and pulse to coarsely chop the mint. Drizzle olive oil into processor while pureeing until mint is finely chopped. In a serving bowl, toss shrimp, cucumber, mint mixture, zest, and pepper to combine. Makes 6 servings.

Nutritional Information

Calories: 229; Carbohydrates: 3 grams; Protein: 31 grams, Dietary Fiber: 10 grams; Sodium: 226 milligrams; Potassium: 357 milligrams, Phosphorus: 320 milligrams



Save the dates

Afternoon of Remembrance

July 20, 2017, 2-4 p.m.

Scribner Pavilion

Seattle Walk for PKD

Oct. 1, 2017, 9 a.m.

Green Lake Park

Discovery Gala

Oct. 28, 2017, 5:30-11 p.m.

Hyatt Regency Bellevue



www.nwkidney.org

pr@nwkidney.org

206-292-2771



Join us on Facebook and Twitter.
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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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Kidney Centers

700 Broadway • Seattle WA 98122

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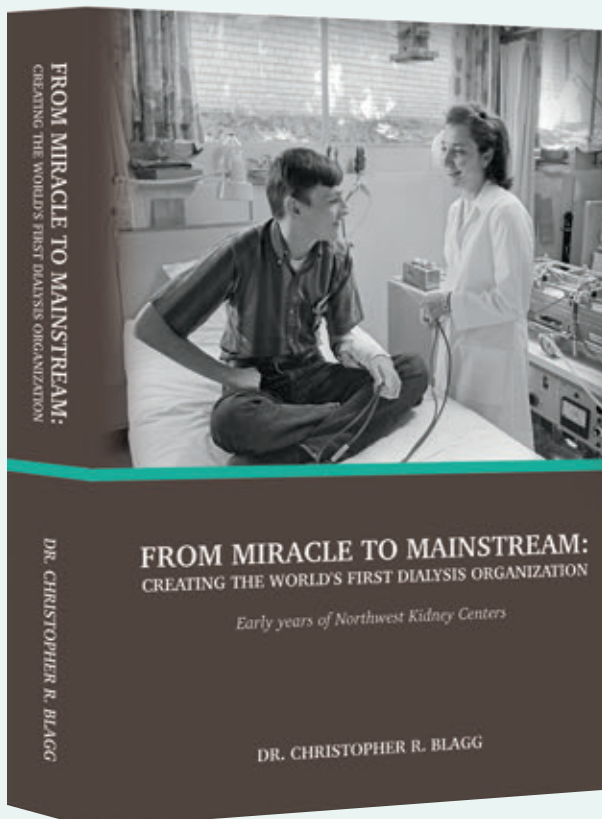
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The early days of dialysis and Northwest Kidney Centers

As we celebrate 55 years of bringing life-sustaining dialysis treatment to the world, we are happy to announce the publication of “From Miracle to Mainstream: Creating the World’s First Dialysis Organization.” The author is Dr. Christopher Blagg, executive director of Northwest Kidney Centers for 28 years—more than half our history.

Dr. Blagg shares his first-hand experience of the early days of dialysis and stories about the pioneers who made it possible. You can purchase a paperback or Kindle version of the book from Amazon.com.

Support Northwest Kidney Centers by starting your book purchase at smile.amazon.com and designating us to receive .5 percent of your purchase to support our mission.