

Community Connection

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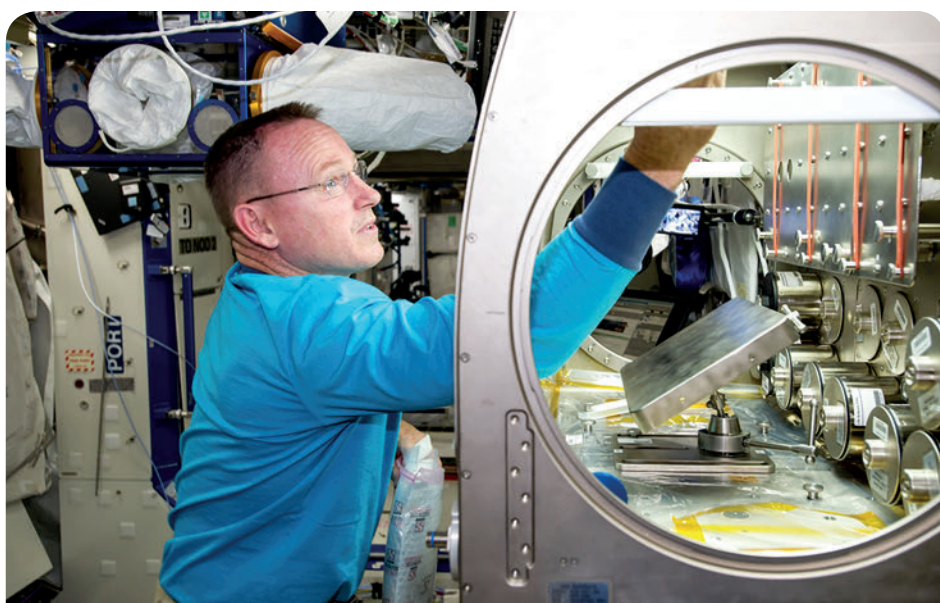
Kidney research goes to space

The kidney-on-a-chip has been cleared for launch to the International Space Station in 2019. It may not get the attention that Neil Armstrong did, but it could lead to giant steps in kidney research.

The chip was developed by the Kidney Research Institute, Northwest Kidney Centers' collaboration with UW Medicine. It's a credit card-sized device used to study how medications impact diseased kidney cells, a safer way than testing on humans or animals. Scientists hope sending the chips to space will provide faster insights.

"Weightlessness is an accelerator," says Ed Kelly, Kidney Research Institute investigator and associate professor of pharmaceuticals at the University of Washington. "In the microgravity environment on the International Space Station, kidney problems are more common. They develop in weeks or months, instead of decades.

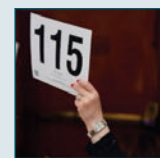
"By studying the kidney-on-a-chip after a few weeks in space, we expect to learn more about how osteoporosis, kidney stones and other kidney conditions develop. This information may lead to breakthroughs in treatment and prevention," said Kelly.



NASA astronaut Butch Wilmore setting up the Microgravity Science Glovebox aboard the International Space Station. Experiments with the kidney-on-a-chip will be done inside the glovebox. (NASA Photo)

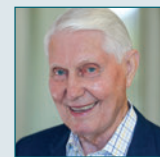
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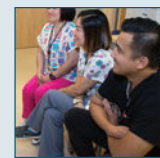
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'If you don't ask,
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New employee
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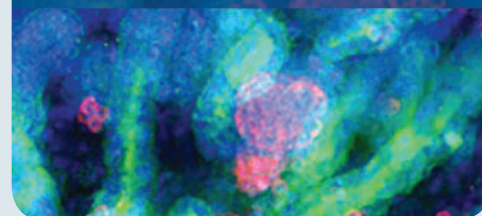
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Our quality ranks
high in the nation



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Learn the latest
about kidney
research at the
Discovery Gala.



A family of volunteers leads the Discovery Gala



Three generations of the Stepp/Grus family stand committed to kidney research. Russ Stepp and daughter Annie Grus are co-chairs of the Discovery Gala. Pictured are Russ Stepp, Yvette Stepp, Annie Grus, John Grus and twins Nathan and Emily.

Annie Stepp Grus agreed right away when her father, Russ Stepp, asked her to join him as co-chair of the Discovery Gala, which raises money for kidney research.

"It's a nice way to get more involved and I think it's important to give time and not just money," she says.

Polycystic kidney disease (PKD) has run in the Stepp family for generations. Fortunately, Annie has no sign of it.

"If I ever got PKD, I know there's a wonderful network of people at Northwest Kidney Centers who are there to help," she said.

As the mother of 6-year-old twins, a boy and girl, she is well-aware that PKD could be part of their future. Nevertheless, she remains optimistic and excited by research breakthroughs on the horizon. "If they were to get it, hopefully by that time there'll be a cure."

About the Discovery Gala, Annie says, "Come prepared to have a fun party with a great band as we raise money for kidney research. There's a lot to celebrate and many great things to bid on."

We'll see you at the Discovery Gala for an elegant evening of dining, dancing and a live auction. All funds raised at the Discovery Gala go to kidney research.

Lend a hand at the Discovery Gala

You can advance kidney research while sporting your fanciest dress or slickest suit as a volunteer at the Discovery Gala.

You could greet arriving guests, provide information or sell raffle tickets and wine upgrades. Or help out beforehand by decorating tables, setting out auction items or organizing name tags and bid cards.

To sign up or for more information, email gala@nwkidney.org or call 206-720-8540.

Discovery Gala

Saturday, Oct. 28

5:30 – 11 p.m.

Hyatt Regency Bellevue

www.nwkidney.org/gala

Transforming lives through research

DISCOVERY GALA

Will one of these auction items go home with you?



'Hamilton: An American Musical'
Need a great Mother's Day gift? How about tickets to the Broadway hit "Hamilton" over Mother's Day weekend in New York City. Includes round trip airfare for two on Alaska Airlines, plus hotel stay.



Tugboat cruise to Alaska for two
Enjoy breathtaking views on a 5-day journey up the inland passage aboard a well-appointed towboat. Depart from Seattle with stops in Ketchikan, Petersburg and Juneau; then jet back to Seattle.



Alaska Airlines MVP Gold Card
Usually available only to Alaska's high mileage customers, the MVP Gold gets you unlimited first class upgrades for you and a companion, four first class guest upgrades per year, and much more!



Go Dawgs!
UW football is back under Chris Petersen. Enjoy four of the best seats in Husky Stadium during the 2018 season (excludes Apple Cup). Use four tickets to one game or two tickets to two games.

See the growing list of auction items at www.nwkidney.org/auction-items



Emily McDaniel

Gift Planning Officer

206-720-8550

Legacy@nwkidney.org

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



Get a jump on year-end giving

It may seem early to think about ringing in the New Year, but now is the best time to make year-end gifts. Why?

- People 70½ and older with an IRA still have time to make a charitable distribution. Ask your plan administrator to send your gift directly to Northwest Kidney Centers. If you haven't yet taken your required minimum distribution, you can gift it. IRA gifts are great for those who don't itemize or can't use a deduction.
- The stock market is going strong. Giving appreciated stocks, bonds or mutual funds owned for more than one year can support our kidney health mission while providing you with tax savings. Your broker or financial advisor can help you select the best stock to give.
- It's smart to review your overall estate and financial plans each year. As you do, consider adding a gift to Northwest Kidney Centers to your will, trust or beneficiary forms.

Bert Lundh, 90 and still volunteering

"I got involved to do good, not because I wanted to join a board," says Bert Lundh, the only person to serve three terms as chair of Northwest Kidney Centers Foundation Board. He became an emeritus member this year, after celebrating his 90th birthday.

Bert is a master at bringing people together—from colleagues from the business community in Magnolia to friends in Seattle's Swedish community. Thanks to him, they all are aware of Northwest Kidney Centers' mission and many have joined him in support of our work.

He also has spread the word about Northwest Kidney Centers among lawmakers in Olympia, helping secure state funding for emergency equipment including the backup generator at our SeaTac clinic.

"You have to ask and be a little lucky," he says. "If you don't ask, you don't get."

"Bert sees and creates opportunities for Northwest Kidney Centers and patients' welfare, and he provides caring, persistent pushes that make the organization and its services better," said the citation when he received the Clyde Shields Award, our highest honor, in 2008.

"I'd do anything for Northwest Kidney Centers. I hope they ask me to do more," he said. "I think kidney failure is the toughest thing there is, and I want to do anything I can to help."



Bert Lundh



Northwest Kidney Centers President and CEO Joyce Jackson leads a museum tour for medical students from Japan.

Our unique dialysis museum is worth a visit

Since Northwest Kidney Centers opened its doors 55 years ago, kidney dialysis has spread from Seattle around the world. Kidney failure is no longer a death sentence.

This entire history of dialysis—the humanity and the technology—is showcased at Northwest Kidney Centers' dialysis museum at 700 Broadway in Seattle. The museum features photos, artifacts and dialysis machines from old to new. This summer we updated exhibits to explain some of the newest technology we use: the AMIA peritoneal dialysis machine that enables the care team to monitor a patient's treatment remotely, and the Aquaboss water treatment system, which sterilizes itself with steam instead of chemicals, improving safety and significantly conserving water and electricity.

The museum features a noteworthy collection of dialysis machines, showing the evolution of dialysis treatment since Northwest Kidney Centers became the world's first outpatient treatment center for people with kidney failure in 1962.



Tours are free and the museum is open year-round. Call 206-720-3713 to set up an appointment.



Clinical educator Ray Robles, RN explains the inner workings of a dialysis machine to dialysis technicians Josephine Fabroquez and Benelisa Mallari at the new skills lab at the SeaTac Pavilion.

Education hub at SeaTac Pavilion gets enhancements

We have increased our capacity for education and training at SeaTac Pavilion, which opened 10 years ago. The remodel includes a new skills lab, new home hemodialysis training suite, and refreshed staff lounge.

Each year 60 to 90 new Northwest Kidney Centers nurses and technicians go through our Dialysis Academy, an intensive, 8-week training in the skills lab. In addition, nursing students from four nearby colleges visit to learn about specialized dialysis care. Staff members from Harborview Medical Center's Medic One program come to learn about handling emergency situations with dialysis patients. Even evaluators from the Centers for Medicare and Medicaid Services occasionally train here.

We also renovated space to allow training at SeaTac for patients who wish to give themselves dialysis at home. We equipped the skills lab and home training suite with support from the Community Foundation of South Puget Sound's Irving A. Lassen Fund, and the Harry L. & Clare Cayo Wilson Charitable Trust, both longtime, generous donors. The Wilson Trust's grant also allowed us to buy a new vehicle for staff to visit home patients.

Scholarships enable staff members to increase their skills

Each year since 2011, Northwest Kidney Centers has awarded scholarships to help employees advance their careers through higher education. With financial assistance provided by donors, almost 50 staff members have continued their education and improved their professional skills.

This year's scholarship recipients are:



Eun Choe, nurse manager
Martha Alger Jasper Memorial
Scholarship
Northwest Kidney Centers
Employee Scholarship



Helen Faderani, dialysis technician
Salal Credit Union
Scholarship



Tamera Ferguson, patient accounts representative
Northwest Kidney Centers
Employee Scholarship



Adrian Fomby, admitting & patient services supervisor
Northwest Kidney Centers
Employee Scholarship



Alpha Jane Lirio, dialysis technician
Alene G. "Pat" Farr, RN
Scholarship



Colleen Pollock, dialysis technician
Alene G. "Pat" Farr, RN
Scholarship



Save the dates

Discovery Gala

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

Bellevue Hyatt Regency

Afternoon of Remembrance

Nov. 1, 2 - 3 p.m.

Northwest Kidney Centers

SeaTac Pavilion



www.nwkidney.org

pr@nwkidney.org

206-292-2771



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Hear the latest news as it happens!

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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Northwest Kidney Centers quality is tops

4.6
out of 5



Superlative star ratings. Each year the Centers for Medicare and Medicaid Services evaluates dialysis providers in seven key quality areas. Our clinics earned an average of 4.6 on a 5-star scale. Ten of our 15 clinics received 5 stars, and 93 percent are rated 4 or 5 stars.

High patient satisfaction. Our patients report satisfaction that beats the nation on every key measure, including their overall rating of clinical staff (8 percent above the national average) and rating of our treatment facilities (11 percent above the national average).

Better outcomes. Federal Dialysis Facility Reports show, for example: our mortality rate for first-year dialysis patients is 15 percent better than the national average; our patients were hospitalized 10 percent less often, and our kidney transplant rate is 62 percent higher.



Carol Carlson in Renton.