



2017 Annual Report



Northwest Kidney Centers is the **3rd** largest nonprofit dialysis provider in the U.S. and is among Medicare's highest-rated providers in the nation with **4.6** out of 5 stars. ★ ★ ★ ★ ★

Clinics: 15

Hospitals: 9

Patients: 1,730

Dialysis treatments: 268,000

Dialysis Technician Norma Macebo checks in on David Tomasi during a treatment at the Elliott Bay clinic in Seattle.



Dear friends,

Things have been busy. Northwest Kidney Centers gave 4 percent more treatments in 2017 than in the previous year in our clinics and in local hospitals. That follows a 6 percent increase in 2016. As more people in our region seek dialysis for kidney failure, we are actively looking for ways to become more efficient, maximize all available capacity and expand for the future.

This year the state Department of Health granted Northwest Kidney Centers permission to add three new stations at our Enumclaw clinic. We also received a green light to open a 14-station clinic called Federal Way East and a 7-station clinic called Federal Way West Campus. The Federal Way clinics are scheduled to open in 2018. We purchased property in Rainier Beach and Burien for future expansion.

Improving safety was a priority. Trustees, the executive team and staff members all worked to refine accountability and processes to cope with a variety of hazards. With help from donor gifts, we made significant investments in new equipment to improve staff and patient safety.

We welcomed new executive leaders: Dr. Suzanne Watnick is chief medical officer and Bob Peck is vice president of human resources.

About half of our managers are in new roles, so it's been a time of learning and adjustment. Part of our response is to adopt the continuous improvement methodology called kaizen, a new way of working on our work that empowers front-line staff members.

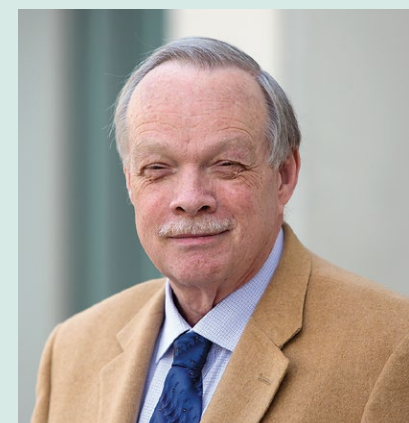
Northwest Kidney Centers has sustained lives for 55 years, longer than any other dialysis provider in the world. Things keep changing as we grow and build. But we remain constant in our dedication to promoting the optimal health, quality of life and independence of people with kidney disease. And we are constantly grateful to you for your support of that mission.

Joyce F. Jackson

Gary Houlahan



Joyce F. Jackson
President and CEO



Gary R. Houlahan
2017 Chair, Board of Trustees



Jimmie Price and granddaughter Cypress Price-Nascimento



“I’ve gotten to know so many people at Northwest Kidney Centers. I know their kids, spouses, vacations. And they know me. It’s like family.”

“I was pretty frightened leading up to my first dialysis appointment,” remembered Jimmie Price, a retired Air Force sergeant. “The anticipation was hard. But afterwards, I went home, ate, went to bed and woke up feeling terrific.” Now Jimmie uses treatment time at Broadway to plan for his work as a high school girls’ golf coach. “I write lesson

plans, put together pictures and graphics on swing movements and grip styles. Using the time I’m on dialysis constructively makes it fly by.” Jimmie and his wife of 56 years are avid travelers, with trips to San Diego and Hawaii in the past few months. He arranges treatment at local dialysis clinics when he’s on the road.

Our vision: to be the dialysis provider of choice

Our quality is tops in the country. In 2016 our clinics averaged 4.3 out of 5 stars in Medicare’s ratings of dialysis quality. We learned that this was the highest in the United States. Our 2017 star rating average is even better, 4.6 out of 5. Among the factors that go into the rating: Mortality among first-year dialysis patients was 15 percent, compared to the national average of 22 percent. Our patients’ transplant rate was 6.6 percent, well above the national average of 4.2 percent.

► **We’re working to improve.** In January 2017 we launched the Northwest Kidney Care Alliance, a demonstration project to achieve better health, better health care and lower costs through coordinated care interventions and data sharing. Officially speaking, it is an End-Stage Renal Disease Seamless Care Organization (ESCO) that participates in Medicare’s Comprehensive End-Stage Renal Disease Care Model (CEC).

► **To care better** for people with mental and behavioral health issues, 99 percent of staff members attended training by our partner organization Navos. The approach, known as trauma-informed care, asks, “What’s happened to you?” not “What’s wrong with you?”

► **We launched** renal supportive care services, piloting the nation’s first mobile palliative care program in a dialysis organization.

► **To help people** seeking a kidney transplant, we renewed our annual sponsorship to Project Access Northwest to support the Access to Dental Program. Since October 2009, 76 patients have received a kidney transplant after receiving dental care, eight of them this year.

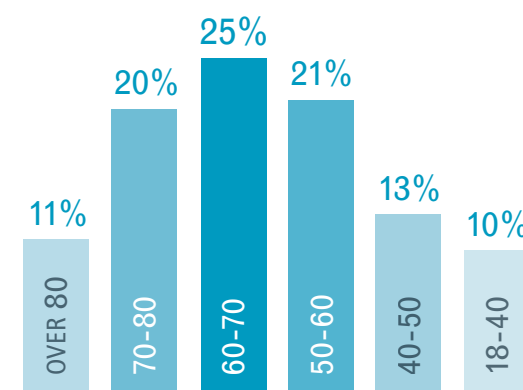
► **We developed** a new Safety Alert System, which improves real-time notification and response to critical issues.



Port Angeles clinic nurse manager Kathy Lilienthal has a chat with Johnny Davis, who received a kidney transplant the next day.



Home dialysis gives Tracy Berry of Federal Way freedom to travel when and where adventure calls him and his family.



PATIENTS' AGES

Pharmacy customers: 1,110

Average patient age: 61

On home dialysis: 16%



“The people at Northwest Kidney Centers are very caring and I enjoy it there. I’ve made friends. You count your blessings. You cherish the time you’re here.”

After her kidneys failed in 1983, Maureen Bahnimtewa moved from Nebraska to the West Coast to increase her odds of receiving a transplant. Shortly afterward, she started dialysis at Northwest Kidney Centers. She spent the next five years cleaning up her lifestyle so she could be placed on the transplant list. “I changed

my diet, cut the salt. That was really hard.” But then her heart gave out and she needed an artificial valve, which disqualified her for a transplant. “I used to resent dialysis. Why me, right? As time went by I realized I have to go to stay alive. I should be thankful. I used to be a real sourpuss. Now my attitude’s different.”

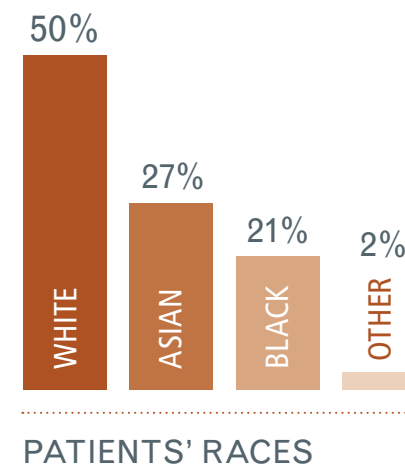
Marking 55 years, we reach out to educate

Someday we aim to be out of the dialysis business because we have eradicated kidney failure. One way to get there is to help people understand how to avoid kidney disease in the first place.

- **We focus on diabetes**, the leading cause of kidney disease. To help raise awareness and resources, we were a presenting sponsor for a second year for the American Diabetes Association Tour de Cure at Chateau Ste. Michelle winery in Woodinville. We centered the program at our Breakfast of Hope on diabetes and kidney disease.
- **We entered a two-year partnership** with African American Reach and Teach Ministry. With financial support from Northwest Kidney Centers, AARTH will offer the Diabetes Self-Management program, a workshop series developed at Stanford Medicine. The focus is South King County, where diabetes and kidney failure are prevalent.
- **Our free Choices class** about treatment options reached 46 percent of our new patients before they needed dialysis. A total of 89 percent of new patients have seen a nephrologist before going on dialysis, another indicator of a deliberate start to renal replacement therapy rather than an unanticipated crisis.

We marked 55 years of service to people with kidney disease. We are proud of our heritage as the world’s first dialysis organization.

- **We videotaped** recollections of people involved with Northwest Kidney Centers over the years and shared their stories on our website and in our dialysis museum at 700 Broadway in Seattle.
- **Dialysis history** also is illuminated in a book published this year, “From Miracle to Mainstream: creating the world’s first dialysis organization” by Northwest Kidney Centers’ emeritus executive director Dr. Christopher R. Blagg.



Patients in poverty (Medicaid qualified): 47%

Patients working or in school: 15%



Our 80-person team was the largest at the American Diabetes Association Tour de Cure bicycle ride and walk in May at Chateau Ste. Michelle winery.



Our free classes help people eat well to optimize kidney health, make informed decisions to cope with kidney failure, and prepare for the treatment of their choice.



Ben Talbert, son Daniel and pet Layla



“I’m a pragmatic person, I don’t spend much time on things I can’t change. I’m grateful for the opportunity to stay alive and to feel this good.”

An assistant school principal in Auburn, doctoral candidate and single father of four, Ben Talbert leads a busy life. He chose home treatment after his kidneys failed in 2015, so he could stay available for his kids. After mixed results on peritoneal dialysis, he switched to home hemodialysis. “It’s fantastic, I love it. The difference in how

I feel is exponentially better,” he said. “You need to allow yourself to have a learning curve, to figure out what works best for you. Northwest Kidney Centers was exceptional right from the beginning. I cannot say enough about my home hemodialysis training. The staff was helpful, friendly and compassionate. They are solid gold.”

Research holds the keys to eliminate kidney disease

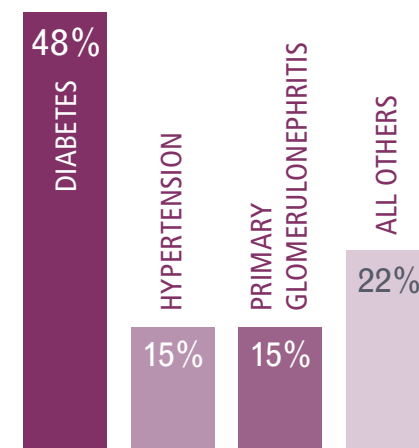
Northwest Kidney Centers was founded as a result of research and innovation. We have marked many scientific milestones over the years, and research remains a pillar of our mission.

CENTER FOR DIALYSIS INNOVATION

We jump-started the Center for Dialysis Innovation with a commitment to grant \$15 million over five years. The new center brings together scientists, engineers and other creative thinkers at the Kidney Research Institute and the University of Washington Department of Biomaterials and Bioengineering. They are working on revolutionary technologies including a low-cost, resource-efficient wearable dialysis system to give people on dialysis more vitality and productivity.

KIDNEY RESEARCH INSTITUTE

The Kidney Research Institute continues its groundbreaking work, seeking innovative solutions to challenging clinical problems facing people with kidney disease. Among studies that involved Northwest Kidney Centers patients this year were ASCEND, which compares ways to help hemodialysis patients with depression, and Bio-PD, exploring links between a patient’s genetic makeup and how well the peritoneal membrane works as a filter for dialysis. The Kidney Research Institute is a collaboration between Northwest Kidney Centers and UW Medicine.



CAUSES OF KIDNEY FAILURE IN OUR PATIENTS



The Kidney Research Institute worked on kidney-on-a-chip 2.0 to test new drugs more effectively, and precision medicine to personalize kidney care.

Since the Kidney Research Institute was established in 2008:

MORE THAN
\$100 million in grant support

MORE THAN
900 peer-reviewed publications

MORE THAN
50 active, funded research studies

On the transplant wait list: 24%

Kidney transplants: 74



“Kidney failure is a lot, it’s a lot more than you think sometimes. But you don’t sit home, that’s not my philosophy. You get up, you get out.”

Four years ago, Max Cossalter learned he had kidney disease when an unexpected health crisis kept him in the hospital for 66 days. That gave him time to think about his upcoming lifestyle of dialysis three times a week at the Broadway clinic. “I knew what to expect. Everyone was very up, very positive. They take care of you,”

he remembered. “I made dialysis my job. It doesn’t impact my life in a negative way.” Max meets regularly for breakfast with a group of close friends. You can also find him showing off his classic cars at local car shows. “Cars are social. I go and sit with my friends, talk about all the cars we used to own. I just look at every day as a good day.”

Past performance creates a solid base for our future

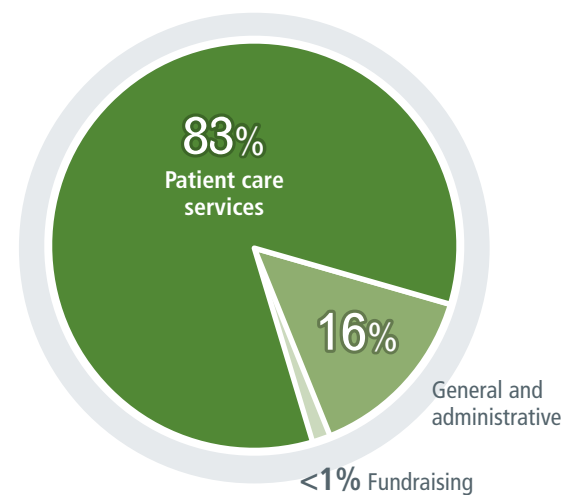
Northwest Kidney Centers is the provider of choice for nearly 4 out of 5 people who need dialysis in our area.

Our annual income comes from payments for dialysis treatments, earnings on investments, and financial donations from the community. Performance was strong in each of those areas, giving us a solid base on which to build for the future.

- **To enhance safety and security**, we installed eco-friendly, heat-sterilizing Aquaboss water treatment systems at Renton, SeaTac and Scribner (Northgate), and emergency backup generators at Enumclaw, Kent and Haviland Pavilion in downtown Seattle. We replaced special care beds throughout Northwest Kidney Centers and bought new dialysis machines for West Seattle and Broadway. We also strengthened information systems and security technology, upgraded building ventilation and replaced aging vehicles.
- **To improve patient care**, we added a home dialysis training suite and a staff education lab at SeaTac.
- **To grow in the future**, we purchased property and planned for new clinics.

Total revenue **\$133 million**

2017 EXPENSES



Audited financial statements are available by request. Northwest Kidney Centers is a 501(c)(3) not-for-profit, community-based health care provider.



Aquaboss water treatment systems are proving to save greatly on labor, electricity and water. They purify water for dialysis with heat instead of chemicals, which is safer for patients.



We use the new skills lab at SeaTac to train our own staff as well as hosting nursing students from local colleges, Medic One responders and other health care professionals.

Employees: 683

Average tenure: 9.8 years

Volunteers: 603

Hours donated: 8,774



Above left: Legendary entertainer Ben Vereen captivated the Breakfast of Hope audience.
Above right: Jack Healy and Kristen O'Loughlin were among the 750 breakfast attendees.



Above: Sarah Cave, left, chaired the Discovery Gala in October 2016. Her mother, Maggie Taylor, was an honorary co-chair.

Right: The Discovery Gala is an evening of fun and fundraising for kidney research.

Thank you for your part in the year's successes. We deeply appreciate your support for our mission of patient care, education and research.



Your support makes all the difference

Your financial support of our mission set records this year, helping us raise \$3.3 million.

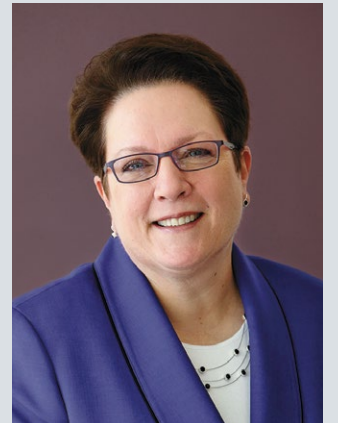
We welcomed hundreds of guests at the 2016 Discovery Gala and 2017 Breakfast of Hope, our major fundraising events. Gifts from attendees and sponsors totaled \$1.1 million.

We pay your generosity forward in community benefits to improve health in our region. For example:

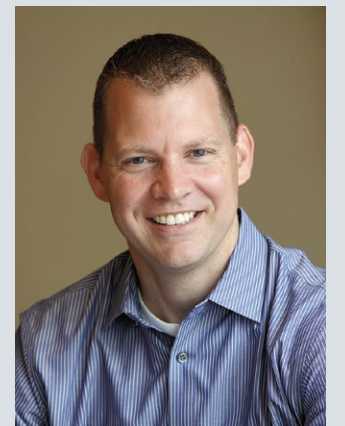
- Charity care.
- Community health outreach and partnerships to fight diabetes.
- Funding advanced training of kidney specialist physicians at the University of Washington.
- Supporting kidney research studies.

Thank you for your generous gifts.

\$3.3 million
in charitable gifts this year

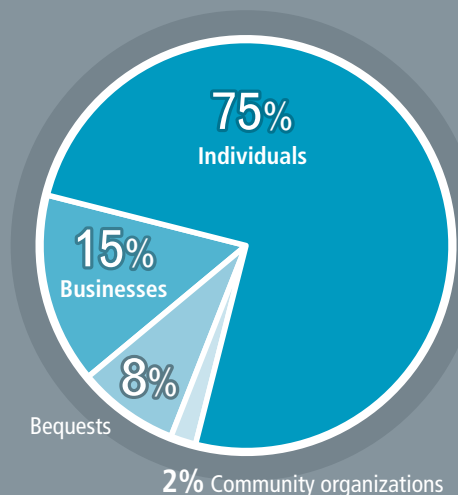


Jane Pryor, Vice President of Development and Public Relations

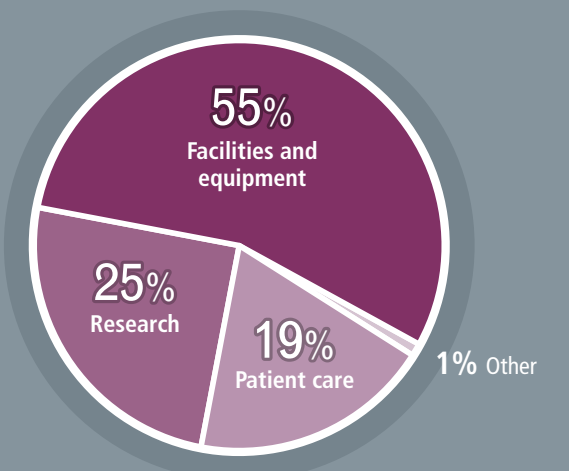


Brian Forcum
2017 Chair, Foundation Board

GIFT SOURCES



HOW WE USED YOUR GIFTS





DALE AND SALLY WALKER

“At the time my father was diagnosed with kidney disease, I knew nothing about dialysis. I learned what a great resource Northwest Kidney Centers is. They really made us feel comfortable that there were choices. They took away a lot of the anxiety that the family was feeling.”

Sally's father, Stan Schafer, was on dialysis for more than three years at Northwest Kidney Centers in Kirkland. She and her husband, Dale, are members of our Heritage Society for donors who have included us in their estate plans.

HERITAGE SOCIETY

Members have included Northwest Kidney Centers in their estate plans by making a bequest in their will, a charitable trust or annuity, or by naming us a beneficiary for life insurance or individual retirement account.

Current members

Anonymous (16)
Lee and Connie Anderson, RN
James E. Bauman
Dr. Christopher R. Blagg
Richard and Diane Bloch
Evelyn Clark
Carol A. Cramer
Cyrus Cryst, MD and Ann Merryfield

John* and Jean Derrig
MaryAnn Eschbach
Irwin* and Brenda Etter
Pat Woodruff Gaillard
Amanda Goll
Gary and Parul Houlahan
Joyce F. Jackson
Dorothy Kewley
Florence N. Kirrage

Louise D. Legaz
Gloria Lomax
Bert and Jarene* Lundh
James and Jeanne Manning
Dawn Marsh
Arnie Mayer
Tom and Karen Mitchell
Ruellene Morganti
Judith and Bill Moritz

Sharon M. Pahlka
William Parkinson
Bill Peckham
Daniel and Jane Pryor
Peter and Christie Raffa
Larry and Tricia Richards
Colleen Swift Schafer
Annette K. Siversen
Greg and Ruth Sneed, RN

Nancy H. Spaeth, RN
John C. Stivelman, MD
Luth M. Tenorio, PhD, RN
Dale and Sally Walker
New estate gifts
Albert Leslie Babb, PhD
Ed and Katherine Boersma
Hazel L. Horowitz
James W. Smith

CASCADES SOCIETY

People and organizations who have made cumulative gifts that significantly advance our mission. Totals as of June 30, 2017.

Gifts of \$1,000,000 +

Pam and Bill Ayer
John J. Nelson*
Gladys Rubinstein*
State of Washington
Harry L. and Clare Cayo Wilson Trust

Gifts of \$500,000 - \$999,999

Anonymous
Catherine G. Chism*
Shirley M. McDonald Trust
John Moffitt Foundation
John and Susie Morganti*
PACCAR Inc
Gladys and Sam Rubinstein
Foundation

Gifts of \$250,000 - \$499,999

Anonymous
Aldrich + Associates, Inc.
Amgen, Inc.
Jacqueline D. Barnard*
Philip G. and Inez J. Bowman*
Employees Community Fund
of Boeing Puget Sound
Stephen A. and Alene G. “Pat” Farr, RN*
Cyrus K. Gates*
Gary and Parul Houlahan
Italian Club of Seattle
Joyce F. and Craig Jackson, MD
Elizabeth N. Johnson*
Irving A. Lassen Foundation
Juanita R. Leggett*

Elizabeth B. Ruthford
Seattle Foundation
UW Medicine
Irene Wockner*

Gifts of \$100,000 - \$249,999

Anonymous (3)
Aksys, Ltd.
Alaska Kidney Foundation
Anderson Foundation
Paul M. Anderson Foundation
B. Braun Medical Inc.
Boeschoten Foundation
Jon and Bobbe Bridge
Mary Brill*
Gary and Catherine Bylund

Davis Wright Tremaine LLP
Bertha Barrett Feaster*
First Choice Health
Fraternal Order of Eagles,
Washington State Aerie
Fresenius Medical Care
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Steve and Elizabeth Huebner
Harold E. and Gladys L. Jackson*
Joan* and Michael Kelly, MD
Kidney Research Institute
Bert and Jarene* Lundh
Winifred Meier*
Rose Napoleon*
Norcliffe Foundation
Mark Pigott

Lucy Ransdell Auxiliary
George Rosenberg*
Willow Rosetti*
Robert D. Sigley, MD
Dorothy A. Stauffer*
Sue J. Stubbers*
Swedish Medical Center
Ethel H. Taylor*
TEW Foundation
Triumph Expo & Events
Arthur Tuttle*
David and Nayda Utterberg
Virginia Mason Medical Center
Maurice J. Weber*
T. Evans* and Ann P. Wyckoff

ENDOWMENTS

Funds we hold permanently and invest so that the interest provides continual support.

Christopher Blagg Scholarship Endowment
Ed and Katherine Boersma Family Endowment Fund
Anna Briglio Driano Endowment
Stephen A. and Alene G. “Pat” Farr, RN Endowment Fund
Julee Renee Fernandez Research Endowment
Vincent A. Gervais Scholarship Endowment

James W. Haviland Scholarship Endowment
Gladys L. Jackson Charity Care Endowment
Michael R. Kelly, MD Endowment —
Special Care and Ethics
Victor F. Knutzen Patient Emergency Endowment
Hilja Alt Mangold Research Endowment

Northwest Kidney Centers Fund for Excellence
Elmer Nordstrom Emergency Transportation
Endowment
Dorothy Phillips Emergency Grant Endowment
Damian Potts Scholarship Endowment

Kidney Research Endowment Fund
Kiyoko A. Seto Research Endowment
The Sigley Family Endowment Fund
Elenora Wydick Research Endowment
Haruko Yamada Research Endowment

Italic = gifts we learned of this year | *Deceased

A big thank you
to those who generously
supported Northwest
Kidney Centers mission

July 1, 2016 - June 30, 2017

Gifts of \$100,000 and more

Pam and Bill Ayer
Anonymous
Gary and Parul Houlahan
Joyce F. and Craig **Jackson, MD**
John Moffitt Foundation
Robert D. Sigley, MD
Harry L. and Clare Cayo
Wilson Trust

Gifts of \$50,000 - \$99,999

Aldrich + Associates, Inc.
Ellen and David Barker
Kidney Research Institute
UW Medicine

Gifts of \$25,000 - \$49,999

Anonymous
Estate of Katherine Boersma
Fresenius Medical Care
Bert Lundh

Gifts of \$10,000 - \$24,999

Anonymous (4)
AHT Insurance
Amgen, Inc.
Paul M. Anderson Foundation
Paulen Barstad
Mark and Nancy Boersma
Jon and Bobbe Bridge
Gary and Catherine Bylund
Estate of Catherine G. Chism
Community Foundation of
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Peggy Corbett
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Tom and Elizabeth Hunter
Edward B. Kibble and
Judy Johnson
Nickie and Karl Lee
Fu-Kuen Lin, PhD
Carrie McCabe

Betsy Mickel
Tom and Stacy **Montemayor**
Carol-Ann O’Mack and
John Deininger
Bill Peckham
Daniel and **Jane Pryor**
Puget Sound Kidney Centers
Renton Community Foundation
Sabey Corporation
Estate of James W. Smith
Swedish Medical Center
Maggie Taylor and Bob Elliott
Kent and Debbie Treen
US Bank
Viking River Cruises
Virginia Mason Medical Center

Gifts of \$5,000 - \$9,999

Anonymous (2)
Melida and Mostafa Ahanchi
Alaska Airlines
Lee and **Connie Anderson, RN**
Baxter Healthcare Corporation
Paula Begoun
Ru-Chien and Andrew
Brockenbrough, MD
Arthur S. Burrill
Business Learning Incorporated
Jody and Larry Clovis
Cyrus Cryst, MD and
Ann Merryfield
Muriel and Samuel Dachs, MD
Peter and Sharlee Eising
Hank and Lisa Florence, MD
Joseph T. Flynn, MD
Brian and Julie Forcum
Foster Pepper PLLC
Fraternal Order of Eagles,
Auburn
Fresenius USA Manufacturing
Darren and Tamara Hall
Gary and Mary Kay Hamilton
Heritage Bank
Deborah and Jonathan
Himmelfarb, MD

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Kathy Lilienthal, RN
Todd and Cheryl Marangon
Richard and Kathryn Miyauchi
Judy and Bill Moritz
Judy G. Poll
RBC Wealth Management
Austin T. Ross
Salus Architecture
Seattle Children’s
Al and Joan Shott
USI Kibble & Prentice
Western Towboat Company
Diane Wood and Brian Lawson

Gifts of \$2,500 - \$4,999

AbbVie US LLC
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Nancy Bennett-Evans
Tim and Brenda Berg
Carrie Bowman
James and Colleen Brink
Sharon and George Broom
Canlis
Rebecca Cheung
CliftonLarsonAllen LLP
Dennis and **Denise Cobb, RN**
Commerce Bank of
Washington, N.A.
Damon and Anna Danieli, DDS
David Denhart
Annemarie C. Dooley, MD
Rags Durvasula, MD
The Eschbach Family
Fraternal Order of Eagles,
Renton Ladies’ Auxiliary #1722
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Bill & Melinda Gates Foundation
Richard and Jeannine Greaves
Greene Wealth Management, LLC
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Helsell Fetterman LLP
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John Houserman
Lauren Hudspeth and
Steven Singer
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Lucky Seven Foundation
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Microsoft Corporation
Mulvaney G2 Architecture
Tom and Carol Olson
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Robert and Aase Walerius
Robert M. Winrow, MD
Wanda Wong and
Mark Masterson
Antonia Youngwirth
Risa Yuki and Dean Kemnitz

Gifts of \$1,000 - \$2,499

Anonymous (6)
AAA Printing
Advanced Renal Technologies
Carol A. Ager
Alvin Goldfarb Jeweler
Osama Amro, MD
Arthur Eric Anderson, MD and
Linda Anderson, MD
Estate of Albert Leslie Babb, PhD



DR. RAGS DURVASULA

“I was here during the inception of the Kidney Research Institute, a pretty incredible collaboration between Northwest Kidney Centers and UW Medicine, truly the research juggernaut at the forefront of kidney research.”

Rags is a Northwest Kidney Centers Foundation Board member, associate professor of medicine in the Division of Nephrology, associate medical director for inpatient care and the medical director of dialysis services at University of Washington Medical Center.

Kathleena and John Barnes
Richard and Diane Bloch
Shirley J. and
 Albert P. Bloss, DDS
Dianne Boatsman
Andrew and Brenda Bor
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Virginia C. Broudy, MD and
 David Broudy, MD
Alice Byers
Kathleen M. Cannon
The Capital Grille
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 Adrienne Cox
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 Susan Isaacson, DDS
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 Kumasaka
Lake Union Drydock Company
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Stella Lorenzo
Sandra and Charles Lee
Jeff Lehmann and
 Katrina Russell, RN
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Seattle Spine and
 Sports Medicine
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Tammy Truong

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Robert Bumpus
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Wallace and Deanna Chinn
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Melissa and Tyler Croshaw
Anthony Dash, MD
Jan Davis and Marcy Kutok
Rep. Suzan DelBene
Tammara Dempsey and
 Laura Long
Dominick and Aurora Driano
El Gaucho - Mackay Restaurants

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 Bonnie Berk
Steve and Sarah Kingma
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Nicolae Leca, MD
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Kathleen and Thomas
 Lendvay, MD
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Skagit Gardens Inc.
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Eric Stefanik
John C. Stivelman, MD
Patricia and Barry Straube, MD
Davin R. Sturdivant
Suncadia Resort
Michael Sutters, MD and
 Yasmina Mobarek
Aggie and Chick Sweeney
Sally Thomson
Under Nines Golf Association
Andrew Voorhies
Shirley A. Vormsberg
Cameron and Estrella Weaver
Tatyana Weil

Deborah Best
Judith and Steve Beto
Paul F. Beyer
Scott D. Bieber, DO
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Doug Seto
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DR. ANNEMARIE DOOLEY

“As a nephrologist, you really get to know the patients. It’s a close relationship. I had one patient who made me pies, green pies, for St. Patrick’s Day.”

A native of Ireland, Annemarie trained as a computer engineer before her second career in nephrology. She is medical director at Northwest Kidney Centers' clinic in Bellevue and a financial donor.

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BOB CONDAS

“When I volunteered before my transplant, I remember meeting people who had a transplant and I thought, I want to look and feel like that. So now when I volunteer, I try to be that inspiration for people. When I tell them I've had my transplant for 22 years, I hope it gives them hope.”

Bob and his wife, Araseli, have donated time and money to Northwest Kidney Centers for more than 20 years.

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CAROL PETTES, LPN

"The mission statement posted in the special care unit is one of the reasons why I have spent most of my tenure at Northwest Kidney Centers. I am a strong advocate of 'quality dialysis care that values a patient's dignity and fosters their physical, emotional, social and spiritual needs.'"

Carol has worked at Northwest Kidney Centers for nearly 30 years – at multiple dialysis units, as an on-call nurse and now in home dialysis training. She donates via payroll deduction and has captained Northwest Kidney Centers' teams in fundraising events.



Carol Mack on dialysis at Kirkland.

Anyone can get kidney disease

You can get kidney disease when you are old or young, rich or poor, no matter what your race. Sometimes it's inherited, but not always. Any of the following risk factors should trigger you and your doctor to check up on your kidneys:

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

Testing is easy and relatively inexpensive – lab evaluations of blood and urine samples, plus a blood pressure measurement. The results will help you and your doctor plan for you to live long and well.

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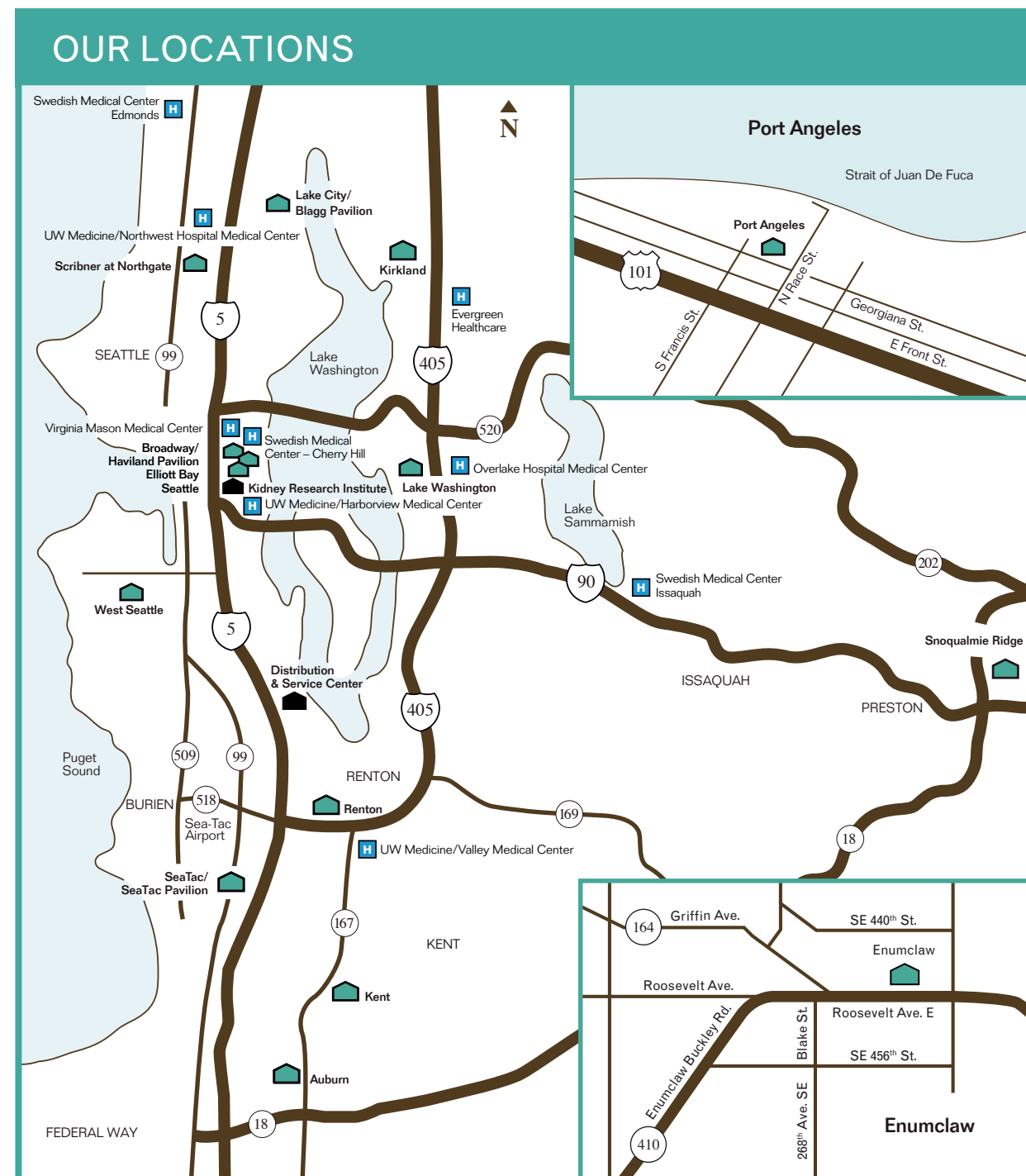
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Northwest Kidney Centers is a regional, not-for-profit provider of kidney dialysis, public health education, and research into the causes and treatments of chronic kidney disease. Founded in Seattle in 1962, it was the world's first dialysis organization. Now ranked as the 8th largest dialysis provider in the United States, it is known for high quality services, deep community connections and generous donor support.



Our vision

To be the provider of choice.

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



Amber Loft

On the front cover and to the left

A rare autoimmune condition caused Amber to have weak bones and joint pain. Yet she was always active and full of energy. In her teens she got addicted to heroin. At age 27, her hip bone punctured her pelvis, confining her to a wheelchair for five years. Still, she and her partner, Jerry, worked hard to get clean and sober together. Four years later, her kidneys failed. She sees a silver lining in the timing. "Getting sick was the best thing that happened to me. If I hadn't been sick, I'd either be dead or in prison." Now happily married, six years sober and walking again, she gets dialysis at our Seattle clinic at 15th and Cherry and is working hard to get a kidney transplant. "Everything that I thought was unsalvageable has been salvaged," she said. "I don't want to squander this second opportunity I've been given."