

Community Connection

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Palliative care has power to transform lives

Northwest Kidney Centers' history of innovation and emphasis on patient quality of life continues with our Renal Supportive Care program, the nation's first palliative care program operated by a dialysis provider. The team is composed of nephrologist Dr. Daniel Lam, social worker Claire Nassutti and nurse Megan Nolan. Team members meet patients where they are – physically, emotionally and geographically.

The interdisciplinary team shares responsibilities, with team members bringing their professional expertise to help patients cope with anything from pain and depression to insomnia and mobility issues. By helping to manage symptoms that interfere with quality of life, the team treats the whole person in partnership with the dialysis care team.

"This type of care requires working closely with patients to help them find a balance among independence, comfort and longevity," Claire said. The team meets weekly to create a tailored plan for each patient. In addition to their specialties, team members are skilled in discussions about difficult health care decision-making, conversations about goals of care, and advance care planning for the end of life.



The palliative care team and staff at our Elliott Bay clinic helped Scott Fincke reconnect with his passions for music and painting. Today Scott exhibits his artwork with a growing social media following. He meets regularly with the team including Claire Nassutti (left) and Megan Nolan.

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Your gift helps
sustain lives.

Donate to support our mission.

www.nwkidney.org

Early risers give big at Breakfast of Hope

Donors and sponsors contributed more than \$346,000 for charity care, nutrition education and fitness services at the 16th annual Breakfast of Hope. More than 600 people attended the event on May 10. Thank you for your support and generosity!



Guests showed their support for the nutrition and fitness services and charity care that patients receive from Northwest Kidney Centers.



In his keynote address, chef Duane Sunwold told of being diagnosed with kidney disease and changing his diet to save his kidneys.

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It's a tradition for family members to present our highest honor, the Clyde Shields Distinguished Service Award. At this year's ceremony: Jim Shields, 2018 recipient Mary Lewis, Tom Shields and Jeff Shields. Jim and Tom are Clyde Shields' sons. Jeff is his grandson.

Mary Lewis, long-time clinical educator, receives distinguished service award

Mary Lewis, clinical director of staff education at Northwest Kidney Centers, has received the organization's highest honor, the Clyde Shields Distinguished Service Award, for significant contributions to the welfare of kidney patients.

Since the start of her career at Northwest Kidney Centers in 1976, Mary has fostered care for thousands of dialysis patients by training their caregivers. She directs Northwest Kidney Centers Dialysis Academy, which trains nurses and technicians in the principles of kidney care. Her programs have been adopted by the state of Washington as the industry standard.

She also developed partnerships with local schools of nursing and Medic One, ensuring that health care providers in the broader community are attuned to the particular needs of people on dialysis.

"Mary is dedicated to the nephrology community and advancing knowledge and science for all. She demonstrates the courage that Clyde Shields exhibited as the first patient – trying new ideas and being a pioneer," said Joyce F. Jackson, president and CEO of Northwest Kidney Centers.

The legacy of Clyde Shields

Clyde Shields was the world's first long-term survivor of kidney failure. He began dialysis in 1960 at the University of Washington, with Dr. Belding Scribner's shunt implanted in his arm. The shunt made it possible to access the bloodstream repeatedly, and it changed kidney failure from a death sentence to a manageable health condition. Medical knowledge leapt forward thanks to Mr. Shields' willingness to be a research subject. Dialysis gave him 11 more years of life.



See your donation in action

A supporter recently made a significant gift to Northwest Kidney Centers. She had included a bequest to us in her will, but decided to make the gift now instead.

The donor has enough savings to live comfortably and wanted to see the difference her gift would make in the lives of people with kidney disease. She gets satisfaction from that, and she cut her tax bill.

Accelerating your legacy gift has a number of benefits:

- You see the difference your gift makes.
- Northwest Kidney Centers can celebrate your gift and thank you today.
- You become a member of our Heritage Society, which recognizes those who include us in their estate plans.
- You may save on income and estate taxes.

We are grateful for all gifts that support our patient care, education and research mission.

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



Emily McDaniel

Gift Planning Officer

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Remote interpreter services for 100 languages enable patients and care givers to have more meaningful conversations.

Community support allows us to accomplish more

We love to accept donations that speak to the interests and passion of the giver. If you are aware of a need at Northwest Kidney Centers that you'd like to fill, we are glad to help you customize your gift.

On the other hand, most donors designate their gifts to address "the greatest need." What does that mean at Northwest Kidney Centers?

- Remote interpreter services available to all patients for 100 languages.
- Charity care for those who can't afford dialysis.
- Equipment for new clinics as we expand.
- Transportation to dialysis because missing even one treatment can jeopardize a patient's health.
- Fighting diabetes – the leading cause of kidney failure – via community health outreach and partnerships with other organizations.
- Research to transform the lives of those living with kidney disease through innovation and discovery.

Fighting diabetes with education

Our commitment to community health education includes financial support for the Diabetes Self-Management Program taught by African Americans Reach and Teach Ministry (AARTH). In the 6-week class, trained peer educators teach people diagnosed with diabetes how to control their condition – so they can avoid kidney disease and dialysis.



Israel Francois of Kent works out every day since participating in AARTH's Diabetes Self-Management Program.

What did you learn that surprised you?

That label reading and menu planning help you make healthier choices about what to eat.

— Janet Davis

Learning how important exercise is in avoiding diabetes.

— Israel Francois

Have you made lifestyle changes since taking the class?

I've started reading labels and planning more for meals. We're eating more veggies and salads and baking more fish and chicken.

— Janet Davis

I've started doing 30 minutes a day on my elliptical machine. Still working on making healthier food choices. I did switch from drinking soda pop to soda water.

— Israel Francois

Would you recommend the class to others?

Definitely. The class covers vital information in a comfortable setting, a relaxed atmosphere where people are more open and sharing. We hear health advice throughout our lives but brush it off. I'm happy to apply this knowledge.

—Garnell Davis

I recommend it to everyone, especially African Americans. You get a lot of great information, and it was good to hear about it from someone I can relate to, someone outside of a doctor's office.

— Israel Francois

For more information or to enroll in the Diabetes Self-Management Program, contact:

Sanura Dean

sanurad.aarth@gmail.com

206-850-2070

Workshops are held at churches, community centers, senior centers, clinics and housing complexes across King County.



Northwest Kidney Centers recently unveiled plans to build a Burien campus to open in 2019. The site will include a community dialysis clinic and an office pavilion to house staff currently spread out across King County. A new state-of-the-art logistics center will also be on the campus.

New Burien campus planned for 2019 opening

Northwest Kidney Centers will build a campus on the border of Burien and SeaTac that will open in 2019. It will include a community dialysis clinic, a logistics center and an office pavilion where 150 staff members will work.

Staff and patients from our West Seattle dialysis clinic will move to the new clinic at 12901 20th Ave. S., SeaTac. The 17,800-square-foot, 20-station clinic will share space with home training, community education and research areas.

The 15,800-square-foot logistics center will replace the current distribution center on Martin Luther King Jr. Way. It will include a warehouse and biomedical technical services lab. The warehouse will feature a state-of-the-art racking system and an electronic receiving station for scanning and tracking supplies as well as safety features like bumpers and guards to protect staff, equipment and supplies.

The 29,400-square-foot office pavilion will bring under one roof staff members who now work at facilities around the region, so we look forward to less travel, more efficiency and easier collaborations. Meanwhile, we'll free up space that can be converted for expansion of dialysis services.

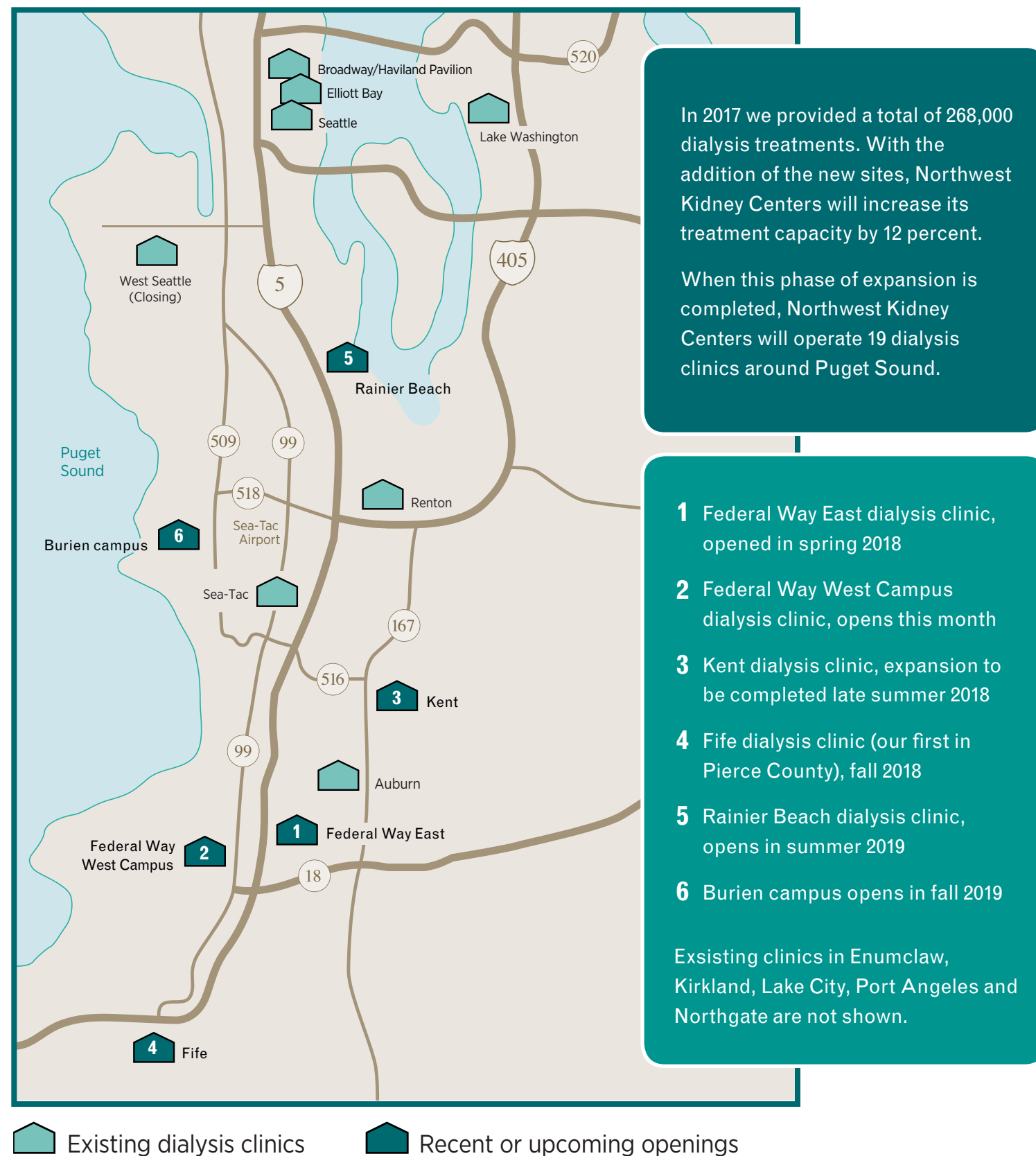
The campus is adjacent to North SeaTac Park so staff members and visitors will have calming outdoor views. Access is from S. 128th St. or 20th Ave. S.



The community dialysis clinic on the new Burien campus will be relocated from West Seattle.

A snapshot of our growth

Our five-year strategic plan includes the goals to Grow Bigger and Care Better. Adding new clinics helps us meet those goals. Demand for our services has grown 15 percent over the past three years, and the rate is even faster in south King County, where many of our new treatment stations will be.





Save the date

Discovery Gala

Fundraising event to support
kidney research

Oct. 20, 5:30-11 p.m.

Hyatt Regency Bellevue



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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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Introducing Liz McNamara, new chief nurse



Liz McNamara

In June Liz McNamara joined Northwest Kidney Centers as vice president of patient care services and chief nursing officer.

Her most recent position was assistant administrator for patient care services at Harborview Medical Center in Seattle. In addition to her patient care experience, Liz has a strong background in education and research. She has been a nurse educator and completed her master's degree in nursing at the University of Washington.

"Liz has a passion for serving vulnerable people living with the challenges of chronic illness, deep experience in infection control and has worked closely on a day-to-day basis with nephrologists," said Joyce F. Jackson, president and CEO.

Liz succeeds Connie Anderson, who retired after 44 years with Northwest Kidney Centers. Connie will continue to consult on national quality collaborations and special projects.