

Community Connection

Volume 8, Issue 4 • Fall 2018

Precision medicine may suggest individualized kidney treatments



The Discovery Gala on Oct. 20 in Bellevue will explore the leading edge of research in a video about the Kidney Precision Medicine Project.

Our Kidney Research Institute has a central role in a large-scale, National Institutes of Health (NIH) funded research project that aims to redefine how physicians treat kidney disease.

Across the country, investigators on the Kidney Precision Medicine Project will collect and evaluate kidney biopsies from people with chronic kidney disease or acute kidney injury. Biopsy data will be analyzed and used to create a kidney tissue atlas, a map of the kidney. Researchers hope the atlas can change future treatment by allowing physicians to compare data from the biopsies of new patients to the atlas and see how to best treat them.

“We often group kidney diseases into a few broad categories,” says the Kidney Research Institute’s Ashveena Dighe, a project manager on the Kidney Precision Medicine Project. “In fact there are many different types.” The atlas will show important cells, regions and pathways within the kidney that may suggest personalized treatment.

In its role as the hub, the Kidney Research Institute will organize the immense project and facilitate communication to 160+ stakeholders.

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Thumbs up for research



Gala committee members Nick and Jamie Ringstad (left) with co-chairs Jon and Annie Grus look over the wine selections for this year's event.

Ties that bind – family and personal connections bring Gala committee together

It takes a lot of commitment to serve on the Discovery Gala committee. Members spend hours in after-work planning meetings, pursuing and obtaining auction items, deciding on décor and selecting the menu and entertainment.

Many committee members have relatives or close friends with kidney disease. Others live with the knowledge that kidney disease runs in their family, or have devoted their professional careers to researching kidney disease.

All of these associations have brought the committee closer and increased their resolve to raise funds to further kidney research.

"This is the largest committee since we began the annual gala in 2012," said Jane Pryor, vice president of development at Northwest Kidney Centers. "It's a very committed and engaged group, and we have a lot of fun when we get together."

The committee's hard work has paid off. The event "will be a great celebration of research and giving back," said Annie Grus, gala co-chair. "I'm excited about the new travel and golf experiences and looking forward to giving attendees a chance to bid on some real bucket list experiences! We also have a great band lined up. People should be prepared to dance, laugh and have a great time!"

Transforming lives through research

DISCOVERY GALA

Saturday, Oct. 20, 5:30 - 11 p.m.
Hyatt Regency Bellevue
www.nwkidney.org/gala

Don't go home alone –
take one of these auction items with you



4-day trip to the Masters Tournament

Head for Augusta, Georgia next April and find out why it's called a tradition unlike any other.



Glassybaby cocktail party

Blow your own glass item and enjoy fine wine at a catered party for you and 15 guests.



Elegant earrings

Enjoy the timeless style of 18 KWG quartz crystal and diamond earrings from Alvin Goldfarb Jeweler.



Viking Ocean Cruise

Embark on a 15-day trip from Stockholm to Bergen (or reverse) into the heart of Scandinavia and the Baltic.

You'll find more auction items at www.nwkidney.org/auction-items

Be tax-smart and generous; give from a donor-advised fund



Your year-end gift to Northwest Kidney Centers can be a win-win this year – tax-wise and generous – when you give from a donor-advised fund. A donor-advised fund is like a charitable savings account: you contribute cash or other assets to the fund and receive a tax deduction when it's best for you. Then, over time, you recommend gifts to charities like Northwest Kidney Centers. A donor-advised fund is easy to establish and it's a great way for a family to give together.

Art Burrill recently made a gift to Northwest Kidney Centers from his donor-advised fund in memory of his wife, Nancy. She lived for 23 years with a transplanted kidney and she often volunteered with us at community health fairs, a tradition Art continues.



Art Burrill



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

Emily McDaniel
Gift Planning Officer
206-720-8550
legacy@nwkidney.org



Diane Penttila and Jack Martin

What's it like to take part in a research study?

"I love the opportunity to learn new things," says Diane Penttila, a former medical technologist at the University of Oregon Health Sciences Center.

Both Diane and her husband, Jack Martin, believe strongly in supporting medical research. Jack retired from Virginia Mason Medical Center where he was a rehabilitation counselor. Jack has been in 10 studies, four through the Kidney Research Institute. Diane has completed three kidney studies.

"There's a satisfaction in completing a study, in knowing they got all the data they needed. That's why I participate," says Diane. "There's a great need."

As healthy controls in kidney studies, Diane and Jack have had blood drawn, urine collected, completed questionnaires and journaled the food they eat.

"There are never any surprises. There's a number to call if you have more questions and you always have the option to opt out at any time," Diane says.

About half of Northwest Kidney Centers' patients have registered to participate in studies.

To learn about being a research subject, contact: **206-616-8574** or info@kri.washington.edu



Scholarships enable staff members to sharpen their skills

Since 2011, Northwest Kidney Centers has awarded annual scholarships to staff members, funded by gifts from individuals, foundations and businesses. So far more than 50 staff members have continued their professional education and enhanced their skills, thanks to our donors.

2018 scholarship donors and recipients:

Boeschoten Foundation scholarship

Lina Choe, registered nephrology nurse
Shawna Ferguson-Hill, unit coordinator

Salal Credit Union scholarship

Alpha Jane Lirio, dialysis technician
Amanda Son, dialysis technician
Angela Thayer, nurse supervisor

Why would a credit union support this program? Sheryl Kirchmeier, senior vice president and chief marketing officer at Salal, says it makes perfect sense.

"Salal Credit Union was started by health care workers in 1948 as Group Health Credit Union. One of the areas we focus on is making a positive impact in the lives of health care workers. That includes supporting career development for nurses and others who make a difference in the lives of so many individuals," Sheryl said.



2018 employee scholarship recipients: from left, Alpha Jane Lirio, Lina Choe, Amanda Son and Angela Thayer. Not pictured, Shawna Ferguson-Hill.



When the Eagles fly

Washington State Eagles are longtime supporters of people with kidney disease. This year the fraternal organization designated Northwest Kidney Centers its statewide charity of choice. True to the Eagles motto, "People helping people," aeries and auxiliaries across Washington made significant contributions to kidney research this year. Outgoing state president Mike O'Conner presented us with a check for \$25,306 at the Washington State Eagles convention in June.



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Northwest Kidney Centers quality rates high

Each year the Centers for Medicare and Medicaid Services evaluates each U.S. dialysis clinic in key quality areas. Every one of our 15 clinics received a 5- or 4- star rating – “much above average” or “above average.” These ratings place our care among the best in the nation. The average is 4.46 on a 5-star scale.

Higher quality care means better health, independence and quality of life for our patients. Our three-year mortality rate for first-year dialysis patients beats the national average by 13 percent; our patients had 10 percent fewer hospitalizations than the national average. Our kidney transplant rate is 60 percent higher than the nation’s.

Our patients also give us high marks, reporting a level of satisfaction that beats the national average. For 2017, the most recent report showed every clinic rated received 4 or 5 stars for overall patient experience of care.

According to Nephrology News & Issues magazine, Northwest Kidney Centers is the eighth-largest dialysis provider in the United States, and the third-largest among nonprofits.

Welcome, new board members

Northwest Kidney Centers has added members to its board of trustees and to the Foundation Board, which raises funds and helps build connections in the community.



Sarah Cave, trustee



Chris Seel, trustee



Daintry Price, Foundation Board member

Sarah Cave, trustee. Associate director and senior lecturer with the University of Washington’s Master in Health Administration program, Sarah also consults with regional health care providers on governance, strategic planning and growth initiatives.

Chris Seel, trustee. A partner in PricewaterhouseCoopers’ audit practice, Chris is a certified public accountant with 21 years of experience in accounting, auditing and reporting.

Daintry Price, Foundation Board member. A certified financial planner with Conover Capital Management, Daintry’s experience in financial planning spans 30 years.

Meeting needs in Federal Way

Northwest Kidney Centers has become part of the Federal Way community with the opening of two new clinics to provide life-saving dialysis treatment to south Sound residents.



Registered dietitian Nicole Inglesby discusses nutrition with Ron Robillard at Northwest Kidney Centers new Federal Way East clinic.



Federal Way East

Federal Way East
33820 Weyerhaeuser Way S.
Capacity: 84 patients

Federal Way West Campus
501 S. 336th St.
Capacity: 42 patients



Committed to research

In the 10 years of the Kidney Research Institute's existence, Northwest Kidney Centers has invested \$10 million in kidney research.



www.nwkidney.org
pr@nwkidney.org
206-292-2771

Pharmacy:
206-343-4870
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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In his oral history video, Scott Hansen, technical services director, talks about the earlier times in dialysis. He began at Northwest Kidney Centers as a dialysis technician in 1979 and shares his memories of visiting early home dialysis patients and the evolution of dialysis machines. He's pictured above checking a reverse osmosis water purification system.

Preserving a rich history

As the world's first dialysis organization, founded in 1962, Northwest Kidney Centers has a keen sense of the history of kidney treatment.

One way we preserve our heritage is to occasionally capture stories from people who remember the early days. Check out our website for new videos featuring longtime staff members Scott Hansen and Mary Lewis, as well as others in the collection:

www.nwkidney.org/oralhistory