

Community Connection

Volume 9, Issue 2 • Spring 2019

Have breakfast with Sonics legend Lenny Wilkens

As one of two people honored in the Naismith Memorial Basketball Hall of Fame as both a player and a coach, Lenny Wilkens is an authority on what goes into making a successful team – mutual respect, commitment to one another and selflessness. He'll share his perspective as keynote speaker for the 17th annual Breakfast of Hope May 9.

Our theme this year is "Kidney disease – it's a family affair." Funds raised at the event will support charity care and services that benefit patients and their families. At Northwest Kidney Centers, we know that every person who does well on dialysis is likely to be surrounded by a team of family members and friends cheering them on and sharing some of the load of kidney treatment and everyday living.

Having watched his widowed mother confront family challenges in the 1940s, Lenny understands the importance of opportunity and access to resources like health care. Lenny, his wife, Marilyn, and their three children have given back by helping hundreds of families in the Pacific Northwest.



Forty years after guiding the Seattle Supersonics to their only NBA championship, Lenny Wilkens will deliver the keynote address at the Breakfast of Hope.

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MOHAI, Seattle
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Collection

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Your gift helps
sustain lives.

Donate to support our mission.

www.nwkidney.org

17th Annual BREAKFAST OF HOPE

Register at www.nwkidney.org/breakfast

Proceeds will fund charity care and support services for patients and their families.

Breakfast of Hope

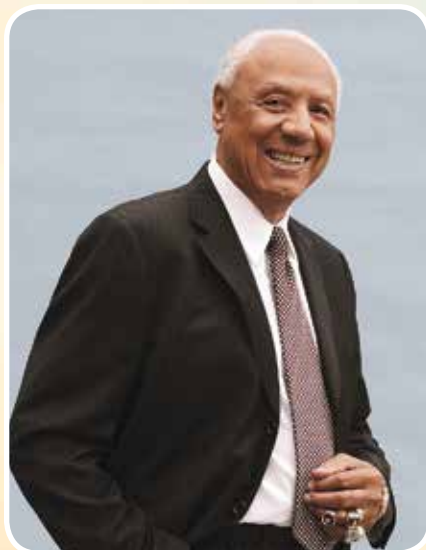
Thursday, May 9, 2019

7:30 - 8:45 a.m.

Westin Seattle

To share the event with your friends as a table captain, please contact: 206-720-8585 or breakfast@nwkidney.org.

more than
\$5.3
million
raised



Keynote: Lenny Wilkens

Lenny Wilkens, superstar basketball player-coach, activist and philanthropist



Emcee: Matt Lorch

Matt Lorch, Q13 News anchor, whose family has been impacted by kidney disease

Breakfast of Hope through the years

More than \$5.3 million has been raised at 16 Breakfasts of Hope.

Notable speakers

Do you remember these? Graham Kerr, Isaac Hayes, Sherman Alexie, Ben Vereen, the Bean Sisters, Steven Cojocaru, Bill Peckham and more.

We're here for patients – and their families

When kidney disease runs in a family, as it often does, everyone is affected. Northwest Kidney Centers offers many services that support family members as well as the person on dialysis.

Your gift at the Breakfast of Hope will go to charity care and services for patients and their families, including:

- Community health education classes about how to deal with chronic kidney disease via lifestyle changes, diet and medication; also free classes on treatment alternatives, such as home dialysis and kidney transplant.
- Nutritional education counseling, grocery store tours, cooking demonstrations and nutrition reference guides.
- Social work support for families who need transportation to dialysis, pharmacy assistance, rehabilitation services and other connections to community resources.
- Patient finance counseling to help families get the financial assistance they need to pay for dialysis.
- Training family members to help patients who choose to do self-dialysis at home.
- Renal supportive care, the nation's first palliative care program by a dialysis provider, focuses on quality of life and advance care planning.

When you give to support essential patient services, you help entire families.



Home dialysis helps families travel.



Next Step classes help people choose the best treatment.



Training empowers family members of home dialysis patients.

Give your estate plan a checkup



A checkup of personal legal documents can ensure that your estate plan still reflects the values, people and causes that you care about. Have a look at:

- Your will
- Powers of attorney
- Beneficiary designation forms for insurance and retirement accounts
- Any health care directives

Review your documents every two to three years, or after significant life events, such as marriage, divorce, birth or death of a loved one; a move to a new state; major illness or disability; retirement; decision to include a gift for a cause that you care about; purchase or sale of a home; changes to federal or state tax laws.

To download a checklist to help, visit www.nwkidney.org/legacy. There you will also find language to include a gift to Northwest Kidney Centers in your plans. We are grateful for all gifts that support our mission of patient care, education and research.



**Have questions?
I'm here to help.**

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



Bill Peckham

1963 - 2019

Bill Peckham, the only patient ever to chair Northwest Kidney Centers board of trustees, died Jan. 18 in Seattle. He was known nationwide for his advocacy on behalf of people with kidney disease and for his blog, "From the Sharp End of the Needle." He was one of a handful of supporters to attend every Breakfast of Hope, and he stepped in with just a few days' notice to deliver the keynote address in 2016 when the original speaker became ill. We remember Bill for his advice that "Dialysis should not take over our lives. Dialysis should enable us to live the life we were meant to live."

'Dialysis should enable us to live the life we were meant to live.'



People who dialyze at home most often complete their treatments with the support of a family member. Training empowers family members in their care of a loved one. Harry Stevens' daughter Alexandria provides care for him at their home in Auburn.

Dialysis at home can be a family affair

Many of our patients prefer to give themselves treatment at home with help from a caring family member. Money raised at the Breakfast of Hope can help make it possible for more family members to learn how to support a home dialysis patient.

People on home dialysis often have more energy and sleep better, can eat and drink with fewer restrictions, take less medicine, avoid hospitalizations and live longer. They're able to schedule dialysis treatments around the people and activities they love, and to travel more freely.

We support patients and their care partners, starting with one-to-one training by a registered nurse at a clinic not far from the family's home. Once they're up and running, a nurse is available by phone 24/7, supplies are delivered to their door, and we make home visits, give nutritional support and offer ongoing guidance.

If you know someone who might be interested in giving themselves dialysis at home, check out the free Next Step classes on home hemodialysis or peritoneal dialysis. Find times and places at www.nwkidney.org.

Art Burrill is
Northwest Kidney
Centers volunteer
of the year



Congratulations to longtime supporter Art Burrill, who was named Northwest Kidney Centers 2019 volunteer of the year.

It was a family affair that led Art Burrill to become a volunteer for Northwest Kidney Centers – more specifically, the chance to staff a booth at the Puyallup Fair with his wife, Nancy, starting in 1993. They would share their experience about Nancy's kidney disease, dialysis and transplant.

Art's faithful continuance of that work since Nancy's death led to his selection as Northwest Kidney Centers volunteer of the year.

An avid runner and cyclist, Art has completed the STP (Seattle to Portland bicycle ride) 26 times. It's not unusual for him to bike from his home in West Seattle all the way to Lake Forest Park for a volunteer shift.

"Art is always willing to help, and does pretty much anything we need," said Syrenka Slettebak, manager of community programs and health outreach. "That includes setting up and taking down our booth at community health fairs, raising awareness on World Kidney Day, stuffing envelopes for large mailing projects, helping out at the Breakfast of Hope, even inflating the tires of Northwest Kidney Centers' handcarts with his bicycle pump."

A great reason to ride

Join us for the Seattle leg of the American Diabetes Association's Tour de Cure on Saturday May 4 at Chateau Ste. Michelle Winery. The annual bicycle ride and walk raises awareness and money for diabetes education, research and advocacy.

Northwest Kidney Centers sponsors the event because almost half of our patients experience kidney disease as a result of diabetes. Go to www.nwkidney.org/tour for registration details.



Saturday May 4
www.nwkidney.org/tour



Northwest Kidney Centers staff and supporters came out for the 2018 Tour de Cure. Join us at this year's ride on May 4 at Chateau Ste. Michelle Winery.



Dr. Rags Durvasula

Durvasula named associate chief medical officer

Dr. Rags Durvasula, an associate professor at the University of Washington, has been named associate chief medical officer of Northwest Kidney Centers.

He serves as medical director for our hospital services, provides medical oversight of safety, emergency preparedness and performance improvement endeavors, provides leadership around care model initiatives and electronic medical record adoption, and is a lead contact for local external health care relationships.

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Save the date

American Diabetes

Association Tour de Cure

Saturday, May 4

Chateau Ste. Michelle

Woodinville

Breakfast of Hope

Thursday, May 9

7:30 – 8:45 a.m.

Westin Seattle



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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Northwest Kidney Centers honors Steve Huebner with Clyde Shields Distinguished Service Award

Steve Huebner of Bellevue, a volunteer leader who has supported Northwest Kidney Centers for more than three decades, will receive our highest honor, the 2019 Clyde Shields Award for Distinguished Service.



Steve Huebner

Steve has been chair of the board of trustees, and chair of the finance and audit committee. As a volunteer leader, he led the update of strategic plans several times, helped to recruit key talent to the board and advised on executive team recruitments. He co-chaired Northwest Kidney Centers' first capital campaign, and continues to be a trusted advisor.

"Truly Steve has made a significant difference in advancing our organization's mission of patient care, education and research over the past 30+ years," said Northwest Kidney Centers president and CEO Joyce F. Jackson.

The award is named for machinist Clyde Shields, who in March 1960 was the first person in the world to begin dialysis that would sustain his life long-term.