



Nurse Joshua Tadina fits Betty Wendt with a mask at Northwest Kidney Centers clinic in Fife.

We fight back against COVID-19 pandemic

Northwest Kidney Centers occupies an important niche in our region's overall health care system. Our strong network of excellent outpatient dialysis facilities frees hospital beds for patients with acute conditions rather than filling them with chronic kidney disease patients.

This has never been more important than in the current coronavirus pandemic. With redoubled focus on preventing virus transmission, we continue to sustain the lives of our patients – including those with virus symptoms or confirmed COVID-19. That means more space is available for sicker patients elsewhere.

Like everyone in health care, we have dealt with uncertainty about staffing, supplies and the characteristics of COVID-19. We have juggled our family and professional responsibilities. We are proud to play a role in quelling coronavirus.

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We have a new CEO

Turn the page to meet Rebecca Fox.



Find regularly updated COVID-19 resources at www.nwkidney.org.

Rebecca Fox is CEO at Northwest Kidney Centers



In March Rebecca Fox became president and chief executive officer of Northwest Kidney Centers

Rebecca Fox is a health care entrepreneur and executive who comes most recently from AristaMD, a startup she built with the goal to be the market leader for e-consults. Prior to that, she held leadership positions including corporate vice president for clinical services at Scripps Health, a \$2.5 billion Fortune 500 company.

“Rebecca’s capacity to learn is preceded only by her deeply analytical questioning,” said Rich Bloch, chair of Northwest Kidney Centers board of trustees. “I’ve found her to be extremely insightful and an excellent communicator.”

She holds a master’s degree in public health with high honors from Roosevelt University in Chicago and is a fellow of the American College of Healthcare Executives.

“I am honored and filled with gratitude for this opportunity to help lead Northwest Kidney Centers into the future.”

Northwest Kidney Centers provided 283,000 dialysis treatments last year.

Getting to know Rebecca Fox

What’s on the mind of our new CEO?
She shares some thoughts here.

First impressions. “Right away I saw true dedication and passion to deliver the best care possible. Northwest Kidney Centers is clearly a special and unique organization that attracts people dedicated to their patients. Nearly everyone I talked with spoke about the privilege and responsibility to continue the legacy of Dr. Belding Scribner.”

In sync with values. “I felt drawn to the organization the more I learned about it. The nonprofit status is important for me – my professional life has been dedicated to health care with a focus on helping the underserved.”

The deciding factor. “The commitment to research, the development of new models of care and the fact that dialysis was invented here are all significant, but it’s the people that sealed the deal – the commitment and dedication among staff.”

Building on our strengths. “I am honored and filled with gratitude for this opportunity to help lead Northwest Kidney Centers into the future. I have deep appreciation for the legacy, history and community that have come together to support this amazing organization and will work tirelessly to advance Northwest Kidney Centers.”



“Right away I saw true dedication and passion to deliver the best care possible. Northwest Kidney Centers is clearly a special and unique organization that attracts people dedicated to their patients.”

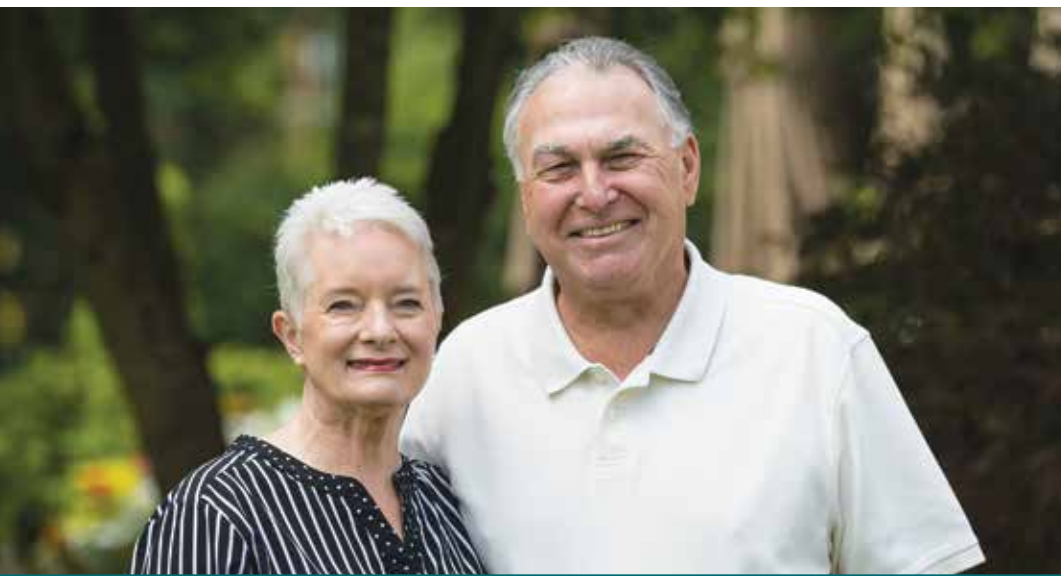
“In these times of great change within the kidney care industry, I’m grateful to have Rebecca on our team and am excited to work with her.”

— Rich Bloch, chair of Northwest Kidney Centers board of trustees



Go to www.nwkidney.org/subscribe or email communications@nwkidney.org

Receive this newsletter by email



Heritage Society members Sally and Dale Walker have provided for Northwest Kidney Centers in their estate plans.

See our website for estate planning tips



If you're thinking about including Northwest Kidney Centers in your estate plan, you'll find a large library of information and tools on our website to help with your planning. For example:

- Thinking of a bequest to us in your will? Work with an attorney to make sure it meets legal requirements and won't cause conflicts for family and friends after you are gone. We offer a guide to making your will and suggested bequest language to give your attorney.
- Find tips about gathering paperwork, how to make tax time easier and getting the most out of your tax return.
- Learn about the Setting Every Community Up for Retirement Enhancement (SECURE) Act, enacted Jan. 1, 2020, which brought the most significant changes to retirement plans since 2006. These changes will impact you and your beneficiaries.

Find these topics and more at <https://nwkidney.planmygift.org/>

Have questions? I'm here to help



Jane Pryor, CFRE
Vice president of Development and Communications

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Legacy@nwkidney.org

Make a monthly gift



We are deeply grateful for regular gifts we can count on month after month. Even a small amount, given regularly, can go a long way for our patients. Contact development director Jacqui Weber at jacqui.weber@nwkidney.org to learn how your gift can make a year-round difference.



Dialysis patient Darryl Fezell (center) talks over his advance directives with Dr. Dan Lam and nurse Meghan Nolan at Northwest Kidney Centers' Seattle clinic.

Advance directives can ease your mind about future care

It's important for all of us to specify our wishes should a time come when we are unable to speak for ourselves – especially with the coronavirus pandemic on our doorsteps. Advance directives include:

Durable power of attorney. Names a person who will decide what medical care you receive.

Living will. Specifies end-of-life care you'll receive when there is no chance you can get better.

Physician Orders for Life-Sustaining Treatment (POLST) form. Tells what to do if your heart or breathing stops – for example, CPR, no life support or comfort care only.

Your health care provider may have these forms or you can find them online through the Washington State Medical Association: https://bit.ly/advance_care_planning



HopeBuilders Luncheon now set for May 21

Due to coronavirus precautions, we have rescheduled the luncheon, which will raise funds for charity care and the transformation of our Bellevue facility into a comprehensive kidney resource center. The time, location and program with Amy Purdy remain the same; only the date has changed. Your support is more important now than ever before. We look forward to seeing you May 21.



Thursday, May 21, 11:30 a.m. - 1 p.m.
Westin Bellevue



We've had a kidney-specialty pharmacy since 1989.

Online : www.nwkidney.org/refill | Phone: 206-343-4870 | Toll-free: 1-800-947-8902



Our community education classes are available to everyone in the community at no cost. Currently we hold individual sessions rather than group meetings.

Education and patient choice are priorities for us

Knowledge is power for people with kidney disease. Understanding their treatment options and the impact of their choices empowers them to make the best decisions about their care.

That's why we offer free classes to the public covering lifestyle changes that can slow kidney disease, preparations for dialysis and which kind of dialysis is the right fit. We also are longtime promoters of home dialysis – hemodialysis or peritoneal dialysis performed by a trained patient and helper in consultation with Northwest Kidney Centers nurses.

These longstanding programs at Northwest Kidney Centers are in keeping with the federal Advancing American Kidney Health Initiative underway since last year.

Corporate support expands programs that empower patients

Recent corporate gifts will help us expand chronic kidney disease education and home dialysis.

Baxter Healthcare donated \$25,000 to expand our chronic kidney disease classes in south King County, where the prevalence of kidney disease is high. The additional classes will be held at Northwest Kidney Centers clinics in Burien, Federal Way and Kent.

Premera Blue Cross made a three-year, \$5 million grant commitment to both Northwest Kidney Centers and Puget Sound Kidney Centers (nonprofit dialysis provider based in Everett).

We are now planning how we will use Premera's generous grant to help patients slow the progression of kidney disease and delay the start of dialysis, and to consider a transplant or home dialysis to improve their health and quality of life.

People who take our classes are more likely to adopt behaviors that slow kidney disease and make informed care decisions.



Joyce Jackson visits with Tom Shields at the family home where Clyde Shields lived during his days on dialysis, and where his son Tom grew up.

Joyce Jackson honored with Clyde Shields award

Northwest Kidney Centers has conferred its highest honor, the Clyde Shields Distinguished Service Award, on Joyce F. Jackson, emeritus president and CEO.

"She pushed the organization to excellence in every aspect of its mission: patient care, education and research," said Rich Bloch, board of trustees chair.

Named for machinist Clyde Shields, the first person in the world to begin dialysis that would sustain his life long-term, the annual award recognizes those who have significantly contributed to the welfare of people with kidney disease.

Dennis Johnson is Northwest Kidney Centers volunteer of the year

Dennis Johnson is Northwest Kidney Centers volunteer of the year for 2020. A kidney transplant recipient as well as an aikido student and instructor, Dennis has steadily volunteered for seven years at our educational and fundraising events.

He avoided kidney failure for 36 years after being diagnosed with kidney disease, thanks to diet and exercise changes. Meanwhile, he had a successful career as an organizational psychologist and executive coach.

"Dennis is committed to educating the community about kidney health, kidney disease, dialysis, organ donation and transplantation," said Syrenka Slettebak, who oversees volunteers at Northwest Kidney Centers. "We are grateful for his support and dedication."



Dennis Johnson (left) chats with an attendee at the Rainier Beach clinic open house in January.

**Join us Oct. 17 for the Discovery Gala
Hyatt Regency Seattle**

**Join us May 21 for the HopeBuilders Luncheon
Westin Bellevue**

Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.



www.nwkidney.org
communications@nwkidney.org

Northwest Kidney Centers: 206-292-2771

Pharmacy: 206-343-4870 or 1-800-947-8902

Save the date

NEW
DATE!

HopeBuilders Luncheon

Thursday, May 21

11:30 a.m.

Westin Bellevue

Discovery Gala

Saturday, October 17

5:30 p.m.

Hyatt Regency Seattle



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Kidney Centers

700 Broadway • Seattle WA 98122

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Your fundraiser might be an athletic event. Here's transplant recipient Colleen Jancola at the Seattle Marathon.

Create a personal fundraiser for kidney patients

Make an impact for people with kidney disease and put your own personal stamp on it. Now you can create a unique page at www.myfundraiser.nwkidney.org and support Northwest Kidney Centers mission of patient care, education and research. It's easy and satisfying to build a page and reach out to your friends and family for gifts. We take care of gift processing and send each donor a thank you and receipt.

Your fundraiser can celebrate your birthday, a wedding or anniversary, a graduation, a walk/run/bike ride/ triathlon/tough mudder, Mother's Day or Father's Day or the memory of a loved one. What feels special to you? Turn it into a fundraising event to help people with kidney disease.