Tacoma’s T-Town Aces will be musical guests at this year’s Gala, with Dennis Ellis on saxophone. Dennis is a musician, music promoter and Northwest Kidney Centers Fife patient. Photo: Tony Overman/The News Tribune

Discovery Gala goes on(line)!

Join us for a fun-filled evening from anywhere in the world as the Discovery Gala goes livestream. Experience a virtual lab crawl with kidney researchers, be inspired by blues musician Dennis Ellis and the T-Town Aces, and raise funds for kidney research.

- Bid on auction items Oct. 13 - 17 at www.nwkidney.org/gala
- Raise your paddle with other generous donors to make a gift to kidney research
- Check out our exciting “Wow!” live auction items and get ready to bid!

Registration is free (and required to bid) at www.nwkidney.org/gala.

As the pandemic continues, Northwest Kidney Centers has heightened precautions to prevent the spread of infections. Patients and staff wear protective equipment, we screen everyone entering and we limit visitors. These measures have helped keep patients and staff safer at our clinics over these past seven months.
Transforming lives through research

DISCOVERY GALA

Saturday, Oct. 17

www.nwkidney.org/gala

Our annual event goes virtual

Join us for a fast-paced Discovery Gala featuring online and live auctions all in under an hour.

Schedule of events

6:30 p.m.
Happy hour, music, lab crawl

7 p.m. Program begins:
Welcome from CEO Rebecca Fox
Live auction
Inspiration
Raise the paddle!

7:45 p.m.
Blues by T-Town Aces

Thank you for making a difference for people with kidney disease!

Matt Lorch
Q13 anchor Matt Lorch, brother of a transplant recipient and donor, returns as auctioneer.

Michelle Millman
Emmy Award-winning journalist Michelle Millman from KIRO 7 will emcee.

Golf, wine, vacations. What gets your bid?

Online auction

Oct. 13 through Oct. 17
www.nwkidney.org/gala

Mario Andretti experience

Best of Washington wines

Bandon Dunes golf

Cortona, Italy

Last year’s Discovery Gala raised $864,000 for research

Invite your friends along. #NKCGala
Research inspired by patients’ voices

What’s most important to a kidney patient?

Hint: it’s not necessarily better lab test results, which doctors use to measure the success of dialysis. More likely, that patient just wants to feel good.

Scientists understand that at the Kidney Research Institute, a collaboration between Northwest Kidney Centers and UW Medicine.

Investigators Dr. Raj Mehrotra leads a team looking at what patients find most bothersome about both kidney failure and its treatment. Top issues include fatigue, insomnia, depression, anxiety, cramps and frustration.

“This is a different page in how research is being done,” said Dr. Mehrotra. The Kidney Research Institute (KRI) is one of the few places he knows of that regularly seeks input from patients to shape future studies on subjects with practical applications for better quality of life.

- Depression – 25% to 33% percent of dialysis patients have depression, four times more likely than society as a whole. Dr. Mehrotra led a unique, multicenter study that compared cognitive behavioral therapy (CBT) with antidepressant medication. Therapy sessions were conducted by a therapist during dialysis, so no extra appointment was required.

- Insomnia – a five-year, multi-center study led by the KRI with funding from the National Institutes of Health (NIH) comparing outcomes from two treatments for sleeplessness: with sedative medication and with CBT delivered via telehealth.

- Chronic Pain – 33% to 66% of people with kidney disease live with continual pain. This study funded by the NIH compares managing chronic pain with medication versus CBT delivered via telehealth.

“25% – 33% of dialysis patients report depression

33% – 66% of people with kidney disease live with chronic pain

Diabetes and high blood pressure are the top causes of kidney disease.

Get this newsletter by email: www.nwkidney.org/subscribe
We’ve elevated Eastside kidney care in our Bellevue facility

In August we unveiled our fully remodeled kidney resource center located at 112th Avenue NE and NE 15th Street in Bellevue.

We now offer Eastside residents home dialysis training and access to kidney research without a trip to Seattle. The renovation includes a brighter, refreshed treatment area for dialysis patients and space for community health classes.

We are thankful for strong community support of our $3.75 million capital campaign to transform the facility, which has served the Eastside since 1981.

Leave a legacy

It’s easy to make a legacy gift, even during hard times, by including a bequest in your will. Northwest Kidney Centers received several generous bequest gifts this year from Betty J. Proctor, Rosalyn G. Malinoski and Elizabeth B. Ruthford. Regardless of size, every gift supports our patient care, education and research mission. You can find suggested bequest language to send to your attorney at: https://nwkidney.planmygift.org/bequest-language

Do you have questions about gift planning? I’m here to help.

Jane Pryor, CFRE
Vice president of Development and Communications
206-720-8515
Legacy@nwkidney.org

Employee scholarships advance staff careers

Each year generous individuals, foundations and staff contribute to our employee scholarship program. Since 2011, we have awarded $116,400 to 39 staff members pursuing academic degrees. We’re proud to recognize this year’s recipients.

Boeschoten Foundation Scholarship
Evelen Kim, registered nephrology nurse, Lake City
John Parayno, dialysis technician, Auburn
Lonna Ta, registered nephrology nurse, Renton
Sam Wilson, dialysis technician, Auburn

Alene G. “Pat” Farr, RN Scholarship
Kristina Eddy, nurse manager, Everett
Sam Wilson, dialysis technician, Auburn
Brittanie Williams, licensed practical nurse, Renton

Martha Alger Jasper Memorial Scholarship
Kristina Eddy, nurse manager, Everett

Northwest Kidney Centers Employee Scholarship
Amabel Gallardo, registered nephrology nurse, Auburn
John Parayno, dialysis technician, Auburn
Makala Porter, dialysis technician, Kirkland
Maolin Sellers, dialysis technician, Lake City

Protect yourself and your loved ones – get a flu shot

Our values: teamwork, integrity, excellence, respect, stewardship
Our first Snohomish County clinic opened in September. Located at 1010 SE Everett Mall Way, Northwest Kidney Centers Everett has capacity for 54 in-center patients. The clinic will offer free kidney health classes (when in-person gatherings are safe again) and home dialysis training.

Generous grants from the Harry L. & Clare Cayo Wilson Trust helped furnish the home dialysis training suites at both the Everett clinic and newly remodeled Bellevue facility.

Northwest Kidney Centers recently received approval from the Washington State Department of Health to build an 11-station dialysis clinic in Kent’s Panther Lake neighborhood. We look forward to serving the area, near Covington and Maple Valley, starting in 2022.