



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.

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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.



Mario Andretti experience



Bandon Dunes golf



Cortona, Italy



Best of Washington wines

Golf, wine, vacations. What gets your bid?

Online auction

Oct. 13 through Oct. 17

www.nwkidney.org/gala

Mario Andretti racing experience for two
Just you and the speedway!

Bandon Dunes golf
Experience golf as it was meant to be

Cortona, Italy
Casa San Marco – renovated 16th century palazzo sleeps 8 (extended 3-year expiration date)

Best of Washington wines
Leonetti, Quilceda Creek, Doubleback, DeLille ... and more!

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

Invite your friends along. #NKCGala

Research inspired by patients' voices



Many Northwest Kidney Centers patients, including Carol Mack, are regular participants in Kidney Research Institute studies.

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.



"This is a different page in how research is being done."
– Dr. Raj Mehrotra

Investigator 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.

- Issues reported most frequently**
- **Fatigue**
 - **Insomnia**
 - **Depression**
 - **Anxiety**
 - **Cramps**
 - **Frustration**



A collaboration between
Northwest Kidney Centers and UW Medicine

25% – 33%
of dialysis patients
report depression

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



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.



Kristina Eddy, left, nurse manager at our new Everett dialysis clinic, with dialysis technician Lily Yung-Li Lapworth. Eddy received scholarships to attend Western Governors University, where she's enrolled in the RN to BSN degree program.

- 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
 - Brittnie 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

Our mission: to promote 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

Discovery Gala

Saturday, Oct. 17

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

7 p.m. – Program
#NKCGala

www.nwkidney.org/gala

HopeBuilders Luncheon

Thursday, May 13, 2021

11:30 a.m. – 12:45 p.m.

Westin Bellevue

Hoping to see you in person!

#NKCHopeBuilders



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20 clinics in 2020, approval for another



The new dialysis clinic in Everett is Northwest Kidney Centers' 20th location.

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.