



We hold to high standards for infection prevention during the pandemic to keep patients and staff safe. Dialysis technician Gemy Maninga cares for Randy Breske at the SeaTac clinic.

Hope for tomorrow, vigilance until then

The good news is that COVID-19 vaccines are 90+% effective and vaccine distribution has begun. Still, it will be months before most of us are protected by vaccination.

Stay strong with infection prevention during this homestretch:

- Wear a mask
- Wash hands often
- Practice social distancing
- Avoid gathering with more than five people from outside your household

These safety measures have proven effective. Let's be vigilant with infection prevention as we see light at the end of the tunnel.

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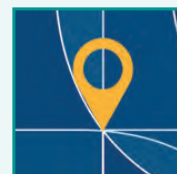
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Why wear a mask after vaccination?

Once vaccinated, you will be protected but could still spread the virus.

mRNA vaccines teach our cells to make a protein that triggers a targeted immune responses. Our bodies then produce antibodies to fight that target, in this case COVID-19. The virus could live on your skin or in your nose briefly after you've been vaccinated and thus be spread, though you would be protected.

Your home for dialysis

Home-based options get another well-deserved look



“When they get proper training and support, most patients do extremely well at home. We really believe that home for dialysis is best.”

— Jayson Hood, RN
Clinical director
Home dialysis program

Convenience and flexibility

Like many local residents starting dialysis, Michael Beaumont traveled three days a week from home in Mill Creek to the nearest Northwest Kidney Centers clinic, Kirkland in his case. He and his wife, Diana, soon decided to try home dialysis instead. It’s been two years since Michael and Diana made the switch.

“We wanted to spend less time on the road, and to be able to do dialysis more often, which is healthier,” Michael said. “Home is comfortable and low-key. We keep a schedule, but it’s convenient that we can start any time if we want to change up the day.”

Recent emphasis on home

The federal Department of Health and Human Services is currently promoting home treatment along with transplant as alternatives to in-center dialysis. This is part of the national Advancing American Kidney Health initiative, to improve health and quality of life for people with kidney disease. Northwest Kidney Centers supports this effort. Home hemodialysis is an excellent option for many patients. Northwest Kidney Centers’ home dialysis program is the longest running in the country and has been the model for many others worldwide. About 14% of our patients dialyze at home. We are ready and willing to accommodate more.



Michael Beaumont giving himself hemodialysis at home. This gives him the flexibility and control that best suits his lifestyle and well-being.

Home options tailored to many lifestyles

Home patients do either peritoneal dialysis, which uses the abdominal lining to filter out wastes, or home hemodialysis, which is similar to dialysis in-center. Northwest Kidney Centers offers free Next Step classes to help patients choose the optimal treatment.

Customized training near you

We have home training facilities and staff throughout the region so training and monthly checkups can be done close to patients’ homes.

“Home is comfortable and low-key. We keep a schedule, but it’s convenient that we can start any time if we want to change up the day,”

— Michael Beaumont

Why people choose to dialyze at home

- Better health and longer life
- Flexibility and independence
- Less restrictive diet
- Fewer hospitalizations
- Improved quality of life
- One-on-one training with a registered nurse
- Home delivery of supplies
- Nurses available 24/7 by phone
- In-home visits, nutrition advice and ongoing support and guidance



Sustaining donor Janet E. Garrow of Whidbey Island and daughter Katie.

Sustaining donors make monthly impact

Make an impact every month! Go to www.nwkidney.org/donate. Choose your giving level and check the monthly gift box under the Recurring Gift tab.

Your donations help provide extra services for our 1,800+ patients and the community, including emergency grants, free nutrition classes, special care and charity care. You can feel good about knowing that your monthly support means so much to so many.

If you'd like help getting started or have questions, please contact:

Dan O'Connor
dan.oconnor@nwkidney.org
206-292-5351



“I am so fortunate to be alive, enjoying life with my daughter, and financially able to support the vital work of Northwest Kidney Centers through a monthly contribution. I encourage you to give generously to help save lives.”

– Janet E. Garrow, sustaining donor

Make your legacy gift

You can help Northwest Kidney Centers sustain patient programs supported by charitable gifts by:

- Including a charitable bequest to Northwest Kidney Centers in your will or living trust.
- Naming Northwest Kidney Centers as the beneficiary of a life insurance policy you no longer need, an individual retirement account or certificate of deposit.

Questions? I'm here to help.

Jane Pryor, CFRE
Vice president of
Development and
Communications

206-720-8515
Legacy@nwkidney.org



A riff on mac and cheese

Cold weather, long nights and a pandemic. Anyone for comfort food? Northwest Kidney Centers patients receive chairside nutrition education from registered dietitians, including help with kidney-friendly meal choices. As always, Northwest Kidney Centers dietitians have a meal for you. This delicious mac and cheese dish is also vegetarian, high protein, low potassium and low sodium.

Ingredients

- 3 cups elbow, small shell or bowtie pasta
- 2 tablespoons flour
- 2 tablespoons unsalted butter
- 2 cups milk
- 1 teaspoon mustard powder
- 1 teaspoon paprika
- 1 tablespoon fresh thyme or tarragon, chopped or 1 teaspoon dry
- 2 cups cheese (Gouda, cheddar or any combo)
- Croutons or chopped almonds to taste

Directions

Heat oven to 350 degrees. Boil pasta until al dente. Measure flour and butter into a medium-sized glass bowl. Microwave 1-2 minutes until golden brown. Slowly stir in milk and continue microwaving until thickened. Stir in spices and herbs. Mix drained noodles, sauce and cheese, then pour into a greased casserole dish. Bake about 20 minutes. Add croutons or chopped almonds on top for the last 5 minutes.

Nutrition Facts (Per serving. Makes 8 servings.)

Calories: 424; Carbohydrates: 36 grams; Protein: 22 grams; Dietary Fiber: 2 grams; Fat: 20 grams; Sodium: 479 milligrams; Potassium: 237 milligrams; Phosphorus: 428 milligrams

Volunteer leaders shift roles

Russ Stepp, former Discovery Gala co-chair and current chair of Northwest Kidney Centers Foundation Board, has been appointed to Northwest Kidney Centers Board of Trustees. Russ was elected to the Foundation Board in 2015 and began a two-year term as its chair in July 2020. He will serve concurrently on both boards.

Dr. Andy Brockenbrough is the Foundation Board’s newest member. Dr. Brockenbrough is a clinical nephrologist at UW Medicine’s Valley Nephrology Clinic, medical director of Northwest Kidney Centers Kent dialysis clinic and past president of Northwest Kidney Centers medical executive committee.

Catherine Bylund recently retired from the Foundation Board after five years of service. Catherine and her husband, Gary, were co-chairs of Northwest Kidney Centers 50th Anniversary Celebration Gala in 2012 and served for many years on the Discovery Gala Committee, helping raise funds for kidney research. Catherine co-chaired the recent Elevating Eastside Kidney Care capital campaign, which has raised \$3.7 million to date to renovate our Bellevue dialysis facility.



Russ Stepp



Dr. Andy Brockenbrough



Catherine Bylund

Virtual Discovery Gala raises funds for kidney research

The 2020 Discovery Gala brought together a lively group of viewers to learn about and celebrate the latest kidney research. Thanks to the 200 guests who joined us on Oct. 17 for the livestream and the 600+ guests who tuned in later, we raised nearly \$370,000 to support kidney research!



Thank you, sponsors!

We all hope that one day kidney disease will be a thing of the past. Until then, Northwest Kidney Centers will continue its mission of patient care, education and research. Community support makes our success possible.

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2020 Discovery Gala Sponsors

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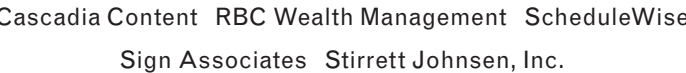
Gold



Silver



Bronze



Join us!
HopeBuilders
Livestream
11:30 a.m. – 1 p.m.
Thursday, May 13, 2021

Our mission: to promote the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.



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Save the date

World Kidney Day

Thursday, March 11

HopeBuilders Livestream

Thursday, May 13



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COVID-19 could make any emergency more challenging this winter. Please be prepared.

An emergency checklist is a good place to start.

Find suggested checklists at:

Washington state:
www.doh.wa.gov/Emergencies

U.S. Government:
www.ready.gov

Find one specific to kidney patients at
www.nwkidney.org/emergency.