



Jane Shighihara receives her vaccination from nurse manager Katrina Collins at the Bellevue clinic.

Some eligible patients already vaccinated



Northwest Kidney Centers received a 500-dose allotment of vaccine from Public Health-Seattle & King County and vaccinated many King County patients eligible in Phase 1b-tier 1:

- All people 65 years and older.
- People 50 years of age and older in multi-generational households: people being cared for by a relative, an in home-caregiver or someone who works outside the home, and people living with and taking care of kin.

Vaccines coming to clinics

Northwest Kidney Centers has been approved by Washington state to provide our patients the COVID-19 vaccine, which means that when you are eligible, you can get vaccinated at your regular clinic visit.

We will contact patients as they become eligible once we receive our allotment of vaccine. We will follow the guidelines and phases outlined by the state of Washington and anticipate the phases moving forward some time in April.

Please tell your care team if you have already received COVID-19 vaccine so we can update your immunization records.

March is National Kidney Month

March 11 is World Kidney Day, and the theme this year is “Living Well with Kidney Disease.” We’ll feature stories of patients doing just that throughout March at www.nwkidney.org.

April is National Donate Life Month

Our patients receive kidney transplants at a rate 60% higher than the rest of the nation. Learn more at one of our free Next Step Transplant classes.

Thank you for responding to the last patient survey. Your feedback matters to us. It helps us improve care and the overall experience for our patients.



Please don't wait for a survey to give your feedback. Share your thoughts any time with your care team or your unit coordinator, like Maria Arciaga at the Renton clinic.

Talk with us about changes to your insurance

We have knowledgeable staff that can help you figure out changes in your insurance. Check with our Patient Finance team for help navigating insurance changes and optimizing your benefits if:

- you are losing or choosing insurance; for example, you are retiring or losing group coverage
- you have a Medicare Advantage Plan
- you are new to Medicare and within six (6) months of the effective date

Call the Patient Finance team: **206-292-2771**.

In case you missed it

Check out the recent story by This American Life, a National Public Radio (NPR) program, about the Seattle Artificial Kidney Center, known today as Northwest Kidney Centers, at:

<https://bit.ly/389XXTQ>

The segment touches on one of modern medicine's first bioethics dilemmas and the story of the first home dialysis patient.

What's your next step?



Wondering about home dialysis? Thinking about a transplant? Northwest Kidney Centers offers free Next Step classes so patients can explore treatment options. See upcoming class dates and locations at www.nwkidney.org/classes.



Hand washing is the best prevention

Whether you're concerned about coronavirus, the flu or the common cold, the best way to avoid spreading infections is to wash your hands frequently with soap and water.

Free Next Step classes at www.nwkidney.org/classes

What to do with unwanted medicines

Recently Washington state launched the MED-Project to help people dispose of unwanted or expired medications safely and conveniently. An interactive map on the website allows you to find drop boxes, take-back events and prepaid mail options in your zip code.

MED-Project website:

<https://med-project.org/locations/washington/>



Rather than flush or throw out old or unused medicines, find safer options from the MED-Project. Lake City patient Anu Sharma with his regimen.

April 16 is National Healthcare Decisions Day

Consider the value of advance care planning, which is a way to make sure your future wishes are carried out. You fill out forms that detail what you would like to happen, especially if you should reach a point where you can't speak for yourself. Ask your social worker about advance care resources.



Healthy Mediterranean pizza in minutes

Save time and money and reduce salt with a custom-made pizza that is low in phosphorus, potassium and protein.

Check out other ideas for healthy, homemade pizzas at www.nwkidney.org/recipes

Ingredients

- 1 pizza crust, ready-made dough or large pita
- 1 tablespoon olive oil
- 2 garlic cloves, sliced thinly
- 1 roma tomato, sliced
- 10 basil leaves, thinly sliced
- 3 ounces goat cheese or ricotta

Preparation

Preheat oven to 450 degrees. Coat pizza crust with olive oil. Arrange garlic slices evenly across the crust. Cover garlic with tomato slices. Sprinkle basil evenly over pizza, top with goat cheese. Bake in oven for 10-15 minutes or as otherwise directed by crust package instructions. Makes 12 servings.

Nutrition Facts (per serving)

Calories: 176, Carbohydrates: 18 grams, Protein: 7 grams, Sodium: 240 milligrams, Potassium: 86 grams, Phosphorus: 90 grams

Learn more about transplants at a Next Step Transplant class

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

Home hemodialysis: 206-292-2558 or 1-877-216-2558

Peritoneal dialysis: 206-292-2285 or 1-877-292-2285

Specialized pharmacy



Have your prescriptions delivered to you at home or at your clinic at no cost and get expert advice from our pharmacists.

Order

- online at www.nwkidney.org
- by phone at 206-343-4870
- toll-free 1-800-947-8902



NORTHWEST

Kidney Centers

700 Broadway • Seattle WA 98122

RETURN SERVICE REQUESTED

NON PROFIT ORG
U.S. POSTAGE
PAID
SEATTLE WA
PERMIT NO 3768



Ralph Norbom with his headphones on at the SeaTac clinic with dialysis technician Xerxes Lopez.

Podcasts for patients

Connect online to a wide range of dialysis-related topics, personal stories and discussions with patients, caregivers and doctors.

Examples of available content:

- Home dialysis focused podcasts -
<https://esrdncc.org/en/patients/podcasts/>
- Renal Support Network podcasts -
<https://www.rsnhope.org/kidneytalk-podcast-show-kidney-disease/>
- American Journal of kidney disease -
<https://www.ajkd.org/content/podcast>
- The road back to life -
<https://www.kidneysupportgroup.org/podcasts/>