

# Community Connection

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 NORTHWEST  
Kidney Centers



A new kidney resource center in downtown Seattle will open in 2024, serving patients living in and near downtown.

## A new home in downtown Seattle on the horizon

Northwest Kidney Centers announced plans to open a new, state-of-the-art facility in downtown Seattle in 2024. The new kidney resource center will be located adjacent to Harborview Medical Center and near the Kidney Research Institute, our research collaboration with UW Medicine.

“This move is a great opportunity, from both a care and operational perspective,” said Rebecca Fox, President and CEO. “It also demonstrates our commitment to caring for people with kidney disease living in and near downtown Seattle, many of whom are underserved, and to downtown itself.”

The new facility will house a dialysis clinic, our home dialysis and patient education programs as well as dedicated space for patients to participate in current kidney research. Patients from three existing clinics, all within a half-mile, will relocate to the new location.

### Inside this issue



Kidney  
transplants  
[Page 2 »](#)



Lifetime  
achievement  
award  
[Page 4 »](#)



Medal of  
Excellence  
[Page 6 »](#)



Rainier Beach  
award  
[Page 7 »](#)

## DISCOVERY GALA

Save the date!  
**Saturday, October 9**  
[nwkidney.org/gala](http://nwkidney.org/gala)

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# Kidney transplant:

## the best treatment for many patients

People experiencing kidney failure have just two treatment options: dialysis or a transplanted kidney. In addition to being a leader among dialysis providers, Northwest Kidney Centers strongly supports kidney transplants as a treatment.

Patients who receive a transplanted kidney often live longer and have better health and a better quality of life than those on dialysis, and our commitment to people with kidney disease extends past a specific form of treatment.

- Our patients receive kidney transplants at a rate 60% higher than the rest of the nation.
- Last year, 86 of our patients received transplanted kidneys.
- About 18% of our patients are currently on the waitlist.

Northwest Kidney Centers continues its support of the 2018 Advancing American Kidney Health initiative which promotes transplants along with home treatment as alternatives to in-center dialysis.

### Learn more in a Next Step class

Our Next Step Transplant classes are open to patients who want to learn about the transplant process, preparing for a transplant, living and deceased donors, the wait list and more.



Gloria Leonard was one of the 86 Northwest Kidney Centers patients who received a transplant last year.

**Next Step classes: [www.nwkidney.org/classes](http://www.nwkidney.org/classes)**



Today Jose Acosta of Renton is one of the patients at Northwest Kidney Centers waiting for a transplant. Jose is on the waitlist. He looks forward to road trips and other traveling like he did before he began dialysis.

## A disparity of need

**84%** of the national transplant waiting list are people waiting for a kidney.

It can take up to **5 years** to receive a donated kidney in Washington.

About **90,000 people** in the U.S. are waiting for a kidney transplant.

## Transplant donors

Two-thirds of transplanted kidneys come from deceased donors and one-third from living donors. On average, deceased donor transplants last 8 to 12 years and a living donor transplant lasts 12 to 20 years.

## Become a living donor

While more complicated than checking a box, anyone over 18 years old who is healthy and not at risk for kidney disease can donate a kidney. If you or someone you know is interested in becoming an organ donor, visit United Network for Organ Sharing (UNOS) at <https://unos.org>.



Save the date!

**Saturday, October 9, 2021**

# DISCOVERY GALA

Join the virtual event at [www.nwkidney.org/gala](http://www.nwkidney.org/gala)

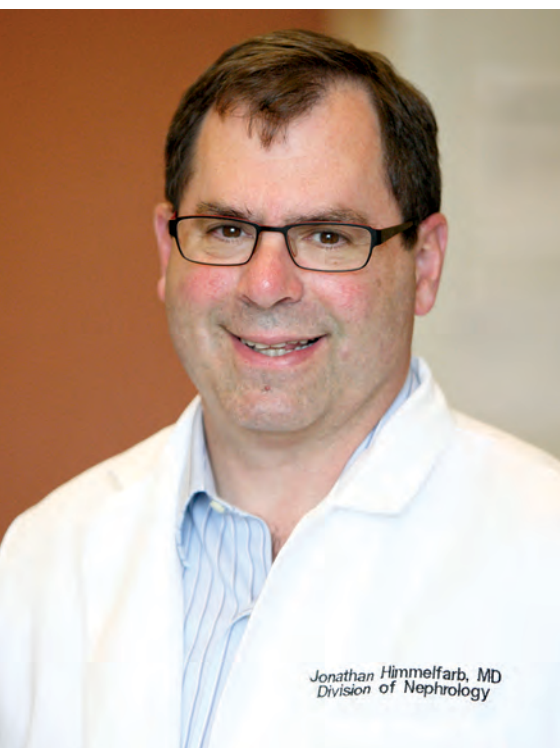
## Transforming lives through research

Join this year's online-only gala as we come together to support and celebrate innovation!

**October 9, 5:30 p.m.**

**[www.nwkidney.org/gala](http://www.nwkidney.org/gala)**

All proceeds go directly to kidney research.



Jonathan Himmelfarb, MD  
Division of Nephrology

## Kidney Research Institute (KRI) chief receives lifetime achievement award

A key figure in both near and longer-term kidney research breakthroughs, Dr. Jonathan Himmelfarb has been awarded a lifetime achievement award from the American Society of Nephrology. Himmelfarb directs the KRI and co-directs the Center for Dialysis Innovation (CDI), our research collaborations with UW Medicine.

The author of more than 320 highly cited scientific publications, Dr. Himmelfarb is internationally recognized for a diverse body of research – from vascular access to the treatment of acute kidney injuries – that has propelled major advances in kidney research and care.

The annual Discovery Gala, on October 9 this year, raises money for kidney research and features recent research.



A collaboration between  
Northwest Kidney Centers and UW Medicine

**Join us at this year's Discovery Gala: [www.nwkidney.org/gala](http://www.nwkidney.org/gala)**

## What will be your legacy?

Support from our community helps make possible vital Northwest Kidney Centers programs like charity care, patient education and kidney research. Many people make a gift each year to keep these programs going strong.

Whether you want to remember loved ones, minimize tax obligations for heirs, or simply leave a legacy with a lasting impact to Northwest Kidney Centers, there are a variety of ways to give.

With a little planning today, you can direct gifts to Northwest Kidney Centers after your lifetime from your:

- Will or trust
- Retirement plan – IRA, 401(k), 403(b) or similar
- Life insurance
- Charitable giving or donor-advised fund

Find language for your will or other documents at [www.nwkidney.org/legacy](http://www.nwkidney.org/legacy). We are happy to give confidential assistance to you or your advisors.

## Make a monthly sustaining gift



Your monthly support provides vital funding for programs and services our patients count on every day. For more information, or to enroll, contact:

**Jacquie Weber**  
**206-720-8544**  
**[Jacqui.Weber@nwkidney.org](mailto:Jacqui.Weber@nwkidney.org)**

**Thank you** to our corporate sponsors and supporters. With your gifts, we raised \$229,015 for our kidney palliative care and charity care programs.

These programs are 100% funded by charitable gifts. To support these and other vital patient programs and services, visit [www.nwkidney.org/give](http://www.nwkidney.org/give)



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Katy Wilkens in the Northwest Kidney Centers demonstration kitchen. Katy and her team have collected hundreds of kidney-friendly recipes at [www.nwkidney.org/recipes](http://www.nwkidney.org/recipes).

## Nutrition Manager Katy Wilkens wins Medal of Excellence

Nutrition Manager Katy Wilkens RD has been awarded a Medal of Excellence in kidney nutrition by the country's largest independent, patient-led kidney advocacy organization, the American Association of Kidney Patients.

A pioneer in renal nutrition, Katy leads a team of registered dietitians that meet monthly with patients to give nutritional advice and support. Her team teaches our free Eating Well, Living Well nutrition classes.

### Eating Well, Living Well classes

Offered at locations around Puget Sound, our free Eating Well, Living Well classes teach people how to eat healthier to slow the progression of kidney disease and postpone dialysis. Learn more at [www.nwkidney.org/classes](http://www.nwkidney.org/classes).

## A long line of strong community support

Dedicated volunteers advance our mission by serving on our board of trustees, which guides every phase of operations, and on our Foundation Board, which raises funds and builds relationships in the community.

We extend our deep thanks to these board members, who are ending their terms or changing roles, for their commitment.



Rich Bloch



Cyrus Cryst, MD



Lisa Florence, MD



Brian Forcum



Jim Liming



Charleen Tachibana,  
DNP, MN, RN, FAAN

**Learn about Eating Well, Living Well classes at [www.nwkidney.org/classes](http://www.nwkidney.org/classes).**

# Rainier Beach clinic wins design award

In addition to being LEED certified at the Silver level, our Rainier Beach clinic has been named a 2021 top ten winner by the American Institute of Architects' Committee on the Environment for innovative design excellence with environmental performance.

The clinic was designed with several garden spaces to give patients exposure to greenery and natural light. Recent research indicates that building design can directly impact health and well-being and that exposure to natural settings is beneficial to both patients and caregivers.

With each new clinic and facility we build, we learn more about how our built environments can support our holistic approach to patient care. Learn more about the award at [www.nwkidney.org/news](http://www.nwkidney.org/news).



"I get a feeling of tranquility looking at the different beds of plants, a state of calmness," said Alfredo Sican.

"For me it's like looking at the Garden of Eden," said David Paul.



Check out our Youtube channel: [youtube.com/user/nwkidney](https://youtube.com/user/nwkidney)



**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](http://www.nwkidney.org)  
[communications@nwkidney.org](mailto:communications@nwkidney.org)

**Northwest Kidney Centers:** 206-292-2771

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NORTHWEST

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## We're going digital!

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Architectural rendering of the new facility in Port Angeles, slated to open in late 2022.

## Port Angeles groundbreaking this summer

Construction will begin later this year on the new Port Angeles dialysis clinic with an anticipated opening in late 2022. Located at 707 S. Chase St., the 8,500 square foot center will deliver outpatient dialysis, feature dedicated training space for home patients and offer free community health classes.

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