

Living long and well - 40 years with a transplanted kidney

For many patients, the best treatment for kidney failure is a transplanted kidney and a lifetime of anti-rejection drugs. Transplanted kidneys often last for 10 or 15 years. Colleen Jancola, a volunteer and financial donor, has been thriving with her transplanted kidney for 40 years. She recently walked the Seattle Half Marathon to commemorate the anniversary.

"I tell people I have just one kidney and I've had it for a period of time. It's not normal, but you can keep it up if you do certain things," she said. She takes immunosuppressant drugs, watches her diet, especially her salt intake, and stays active.

Colleen was 11 years old when she started dialysis. After a year, her mother, Sherry Jancola, donated one of her kidneys to Colleen. Transplants then were not fully covered by health insurance, and Northwest Kidney Centers helped meet the cost.

Colleen gives back by volunteering at community health fairs where she talks about kidney health and encourages listeners to become organ donors. "I appreciate sharing important messages about kidney health and a healthy diet with the community," she said.



Colleen Jancola celebrated the 40th anniversary of her kidney transplant by walking in the Seattle Half Marathon Nov. 26. Nearly a quarter of the people on dialysis at Northwest Kidney Centers are on the transplant list.

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Connie Anderson



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Connie Anderson to retire after 4 decades of shaping dialysis practice

Connie Anderson, a national leader in dialysis nursing, plans to retire this year from her post as vice president of clinical operations after 44 years with Northwest Kidney Centers. She'll remain with us as a consultant on selected projects, and continue her work on the Renal Committee of the National Quality Forum.

Nurses put their stamp on an industry

When Connie Anderson joined Northwest Kidney Centers in 1974, dialysis nursing meant caring for patients from across the region, developing clinical best practices, manually building dialyzers for each treatment and adjusting the machines. She worked alongside physician pioneers such as Belding Scribner, James Haviland and Christopher Blagg.

Connie shared thoughts on the important contributions to the field made by nurses:



Federal quality oversight. Medicare conducts regular quality surveys at dialysis clinics across the country. Medicare's Survey Guidelines introduced in 1974 were based on procedures developed by the nurses at Northwest Kidney Centers. Many of these standards remain in place. Today Northwest Kidney Centers' quality rankings are among the nation's highest: 4.6 out of 5 stars.

Patient care and clinical trials. When the breakthrough anemia drug Epogen was in clinical trials to treat dialysis patients, Northwest Kidney Centers nurses administered the drug and charted patients' reactions. Today, its use is widespread.

Advocacy for patients. The cost of dialysis was prohibitive for many patients in the early years before Medicare, and medical professionals strongly advocated for government assistance to make the treatment more accessible. When doctors lobbied legislators, nurses always accompanied them to explain the specifics of providing treatment.

Connie Anderson talks with a patient in the 1970s. See interviews with our nursing leaders over the years at www.nwkidney.org/oralhistory.

A lasting legacy

Connie Anderson says she is most proud of two particular contributions: creating the care manager approach to patient care and establishing relationships with area nursing schools. She was also instrumental in pioneering the availability of dialysis on weekends.

The care manager approach is a collaborative practice model that enhances patient care by focusing on outcomes, carefully planning and then measuring results. A team produces comprehensive patient assessments and specific care plans and then evaluates. This approach has been adopted broadly among dialysis providers.

Connie began initiating partnerships with local nursing schools 15 years ago because dialysis was unrepresented in nursing education. Today we work closely with 10 schools. By giving nursing students a look at care outside of the hospital, the program promotes dialysis nursing as a specialty and allows nurses outside the field to treat a unique set of patients. These relationships help us recruit staff in a competitive market as kidney disease continues to grow; a shortfall of 7,000 nurses is expected in Washington state by 2025, according to the U.S. Department of Health and Human Services.

Open Sundays

Northwest Kidney Centers is the only outpatient dialysis provider in the country open on Sundays, very handy for some patients' lifestyles. We have Connie Anderson to thank for the convenience. Soon after she became evening shift charge nurse, she was asked which weekend night she'd like to work. At 24 years old, Connie chose Saturdays off and worked Sundays, setting a lasting precedent.



Connie Anderson, at left, watches Dr. Belding Scribner and Dr. James Haviland cut the ribbon to open Northwest Kidney Center's 25th anniversary celebration in 1987.



Jannea Rice, left, gets label reading tips from lead dietitian Beth Shanaman.

Registered dietitians serve up nutritional expertise

Northwest Kidney Centers emphasizes personalized advice about healthy eating because there is no one-size-fits-all diet. Our expert team of registered dietitians makes up our frontline.

Dietitians create nutrition therapy plans for patients who've just learned they have chronic kidney disease, those who are on dialysis and those who may have another chronic condition in addition to kidney disease. They help with therapeutic diets for high blood pressure, gout, kidney disease, cancer and 400 other medical diagnoses.

A dedicated dietitian provides regular counseling to each patient during dialysis sessions. Advice is tailored to the patient's specific nutritional needs as well as food preferences, kitchen facilities and cooking expertise.

For the broader community, we offer Eating Well, Living Well, a free nutrition class for people living with kidney disease, and medical nutrition therapy, one-to-one counseling with a registered dietitian, covered by most insurance providers, for patients not yet on dialysis or patients with a kidney transplant.

"A registered dietitian can translate medical conditions and doctor recommendations into healthy and tasty ideas of what to eat," said our nutrition and fitness manager, Katy Wilkens.

Dietary resources at Northwest Kidney Centers made possible by charitable gifts:

- The Art of Good Eating, an educational reference/cookbook distributed to every patient
- One-to-one nutrition counseling at chairside, while patients dialyze
- Grocery store tours with a dietitian to help people learn how to read food labels and make kidney-friendly choices when grocery shopping
- Tip sheets about kidney-friendly food options
- Cooking demonstrations at Northwest Kidney Centers locations



Latina Brooks trained at Northwest Kidney Centers to make healthy food choices and to do self-hemodialysis.

Is Northwest Kidney Centers close to your heart? Don't keep it a secret

Are you among the donors who have included Northwest Kidney Centers in their estate plans but haven't told us? If you plan a legacy gift to support our mission, please let us in on your secret.

We would love to thank you and ensure that your wishes are met. We will also welcome you to the Heritage Society, which is our way of recognizing your legacy commitment to kidney health.

Naming Northwest Kidney Centers in your will or trust – or as a beneficiary of your 401(k), IRA or insurance policy – ensures that we can sustain our life-saving work for individuals with kidney disease.

To name us in your will or other documents, see our legal designation language at www.nwkidney.org/legacy. We are happy to assist you or your advisors confidentially.



Please share your intentions with us; we'd like to say thank you.

Emily McDaniel
Gift Planning Officer
206-720-8550

Legacy@nwkidney.org



Community initiatives target diabetes-kidney connection

Diabetes is the leading cause of kidney failure – 48 percent of our patients have kidney disease as a result of diabetes. We continue efforts to reach people living with diabetes in hopes of preventing or slowing the progress of kidney disease.

South King County has a high and growing incidence of diabetes, so we have partnered with a local organization, African American Reach & Teach Health, which will launch the Diabetes Self-Management Program there. The program is a 6-week workshop series in which people learn skills and tools to live well with diabetes. Currently AARTH is building capacity by expanding its team of workshop facilitators.

We also partner with the American Diabetes Association, which recently launched ADA Ambassadors, a program in which trained volunteers provide presentations in their communities and connect people to diabetes resources.

Community event:

Workshop on living donations set for March 3

The Big Ask: The Big Give, a free 4-hour workshop, will give people on the transplant wait list the tools to find a living kidney donor, educate family and friends and tell their story through social media.

Sponsor: National Kidney Foundation
Saturday, March 3, 10 a.m. to 2 p.m.

Swedish Medical Center
Glaser Auditorium
747 Broadway
Seattle, WA 98122

If you have questions, please contact
Celine.Koh@kidney.org or 415-543-3303.

Also check out Northwest Kidney Centers' Next Step classes, offered regularly at convenient locations: www.nwkidney.org/classes.

State approves new dialysis clinic in Fife

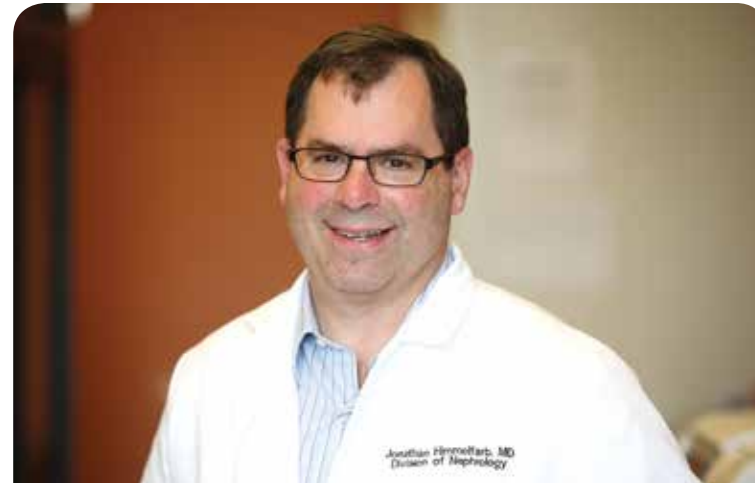
Northwest Kidney Centers has received a Certificate of Need from the state Department of Health to open a 10-station clinic in Fife in 2018. This 11,000-square-foot clinic, on the first floor at 6021 12th St. E., will be our first dialysis clinic in Pierce County.

The new Fife clinic will be in addition to the planned opening in March of Federal Way East, a 14-station dialysis clinic. In mid-2018, we'll open the seven-station Federal Way West Campus clinic.



Get Community Connection by email

Sign up at www.nwkidney.org or send an email request to PR@nwkidney.org.



Dr. Jonathan Himmelfarb

Kidney Research Institute will be key hub in national anatomy atlas project

We talk about chronic kidney disease singular, but in fact it should be plural. New studies at the Kidney Research Institute aim to change that, transforming how we think about diagnoses and treatments.

The Kidney Research Institute was recently chosen for a central role in a five-year project backed by the National Institute of Diabetes and Digestive and Kidney Diseases to produce an online atlas of patients' biopsy samples that will extensively characterize kidney anatomy.

"If we're successful, we will categorize these diseases differently in the future, understand the molecular mechanisms at work in individual patients, and develop diagnostics and therapeutics that target each individual's condition – instead of lumping patients together under a big-bucket diagnosis of 'chronic kidney disease' as we do now," said Dr. Jonathan Himmelfarb, director of the Kidney Research Institute, a collaboration of Northwest Kidney Centers and UW Medicine.

The Kidney Research Institute will collect, coordinate, analyze and visualize the data and samples as well as provide administrative support to the project. Chronic kidney disease affects 30 million Americans, according to the Centers for Disease Control.



Discovery Gala boosts kidney research

Thanks to generous support from people and organizations in the community, we raised \$762,000 for kidney research at the Discovery Gala at the Hyatt Regency Bellevue on Oct. 28. This year's gala raised \$15,000 more than last year's, a new record.

2018 Discovery Gala Saturday, Oct. 20

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Save the dates

Living Donations workshop

Swedish Medical Center, Seattle

March 3

World Kidney Day

March 8

American Diabetes Association Tour de Cure

Chateau Ste. Michelle winery

Morning, May 5

Breakfast of Hope

Westin Seattle

7:30 a.m., May 10



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Pharmacy: 206-343-4870 or 1-800-947-8902

Northwest Kidney Centers promotes the optimal health, quality of life and independence of people with kidney disease through patient care, education and research.



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New England Clam Chowder

This low-sodium version of the popular soup is perfect on cold and rainy days.



Nutrition Facts (per serving)

Calories: 207, Carbohydrates: 8 grams, Protein: 14 grams,
Sodium: 215 milligrams, Potassium: 360 milligrams,
Phosphorus: 188 milligrams

Ingredients

1/2 cup chopped onion

1/2 cup chopped celery

1/4 cup margarine

1 6-1/2 ounce can chopped clams

2 cups raw potatoes, cut in 1/2-inch cubes

3 cups milk

3 tablespoons flour

1/4 teaspoon pepper

Preparation

Soak cubed potatoes in 4 cups cold water for 2 hours. Drain and add to soup as indicated. In a 2-quart saucepan, saute onion and celery in margarine until tender. Add chopped clams with juice, diced potatoes, and 2-3/4 cups milk. Simmer 5-10 minutes. Mix 1/4 cup milk with flour; stir into hot chowder mixture. Add pepper and simmer for 15-20 minutes. Stir frequently. Sprinkle paprika over each serving. Makes 6 servings.