

## Cooking to the rescue: Healthy kidney advice served here

Two decades ago Chef Duane Sunwold faced the most significant culinary challenge of his career: create a healthy diet that is both kidney-friendly and tasty enough for a chef to enjoy. With the advice of his medical team, he met the challenge and reversed his trajectory toward kidney failure and dialysis. He lowered his blood pressure, improved his kidney function and went off all medications.

“Everyone should eat a more kidney-friendly diet, and there are simple ways to do that. Start by eating more fruits and vegetables,” said Chef Duane, the keynote speaker for our Breakfast of Hope May 10.

Chef Duane has taught culinary arts at Spokane Community College since the 1980s and has given a TED Talk about his dietary passion.

“Kidney disease has made me a better cook. Not only am I more organized and plan better, I use even more precise cooking techniques, such as roasting vegetables, that can be added to a variety of recipes, to enhance the essence in a dish instead of reaching for seasonings,” he said.

Chef Duane’s recipes are on the National Kidney Foundation and Journal of Renal Nutrition websites. They work for people with chronic kidney disease, diabetes, high blood pressure and heart disease.



Join us at the Breakfast of Hope to hear first-hand about Chef Duane’s personal and culinary transformation.

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## 2018 BREAKFAST OF HOPE

Thursday, May 10

7:30 - 8:45 a.m.

Westin Seattle

[nwkidney.org/breakfast](http://nwkidney.org/breakfast)

# BREAKFAST OF HOPE

Thursday, May 10  
Breakfast of Hope  
7:30 - 8:45 a.m.  
Westin Seattle

Be inspired as you join others passionate about fighting kidney disease. Help raise funds to support nutrition and fitness services and charity care for kidney patients.

## Make an impact for patients who need nutrition and fitness services

Gifts at the Breakfast of Hope will help Northwest Kidney Centers continue to offer nutrition services to people in the community as well as to our dialysis patients. By teaching classes and providing chairside guidance about nutrition and fitness, we help people eat well, live well and maximize their kidney health. Changes to diet and lifestyle can help slow the progression of kidney disease, enabling some people to avoid or delay dialysis.



### **Chef Duane Sunwold** keynote speaker

Duane Sunwold is a culinary arts instructor at the Inland Northwest Culinary Academy at Spokane Community College. Diagnosed with chronic kidney disease in 2000, he stopped the progression of his kidney disease with the guidance of his medical team.



### **Enrique Cerna** master of ceremonies

Emmy award-winning broadcast journalist Enrique Cerna has been a fixture in the Northwest for more than 40 years. He was inducted into the National Academy of Television Arts and Sciences Northwest Chapter's Silver Circle in 2013 for his distinguished work.



# Nutrition education for the wider community as well as for dialysis patients

## Eating Well, Living Well

For people with chronic kidney disease, this free class made possible with philanthropic support addresses how diet affects the way you feel. Participants learn about foods that are good for your heart; tips for shopping, cooking and eating out; hidden sources of salt and low-salt alternatives – tools to create tasty and kidney-friendly meals. More than 270 patients and their family members attended these classes in 2017.

## Medical nutrition therapy

Medical nutrition therapy is available to patients not yet on dialysis and to recipients of a kidney transplant. Participants meet privately with a dietitian to learn specialized dietary skills: to manage diabetes, lower sodium intake, reach weight goals and develop a personal nutrition plan. Last year 248 patients and their family members accessed medical nutrition therapy.



Terese Wallace,  
Registered dietitian

## Regular check-ins with a dietitian

Each patient at Northwest Kidney Centers gets care from a team that includes a registered dietitian who meets with the patient regularly. This ongoing relationship reinforces vital dietary messages and enables dietitians to monitor and respond to individual needs.



Kidney patient Dennis Johnson, right, stays fit by practicing the martial art of Aikido.

## We help patients get in gear to be more fit

Regular exercise improves heart health, increases energy and helps people maintain kidney function. We encourage patients to enjoy activity no matter where they are on the fitness spectrum. Care teams help patients design appropriate exercise plans.

While they dialyze, patients have free access to elastic exercise bands, exercise balls and Pedlar exercise devices. And thanks to our community partnership with the YMCA, initiation fees are waived and monthly fees are based on income.



Our staff of dietitians, led by Katy Wilkens, are creative and determined to find solutions that will work for patients. Here Katy makes a mango salsa during a cooking demo at Haviland Pavilion. She'll share stories of her work at the Breakfast of Hope.

## No dull days for our dietitians

Northwest Kidney Centers registered dietitians customize their services to patient needs. Seriously. For example:

**People eaters?** A patient from the Makah Nation said her favorite protein source was “the little people who live on the rocks.” After some research, our dietitian learned that the patient meant goose barnacles, a crustacean in the intertidal zone of the Washington coast. A little legwork identified the food and its nutritional elements.

**Rules of thumb for portion control.** Helping an Ethiopian patient manage portions, and thereby potassium intake, our dietitian learned that Ethiopian food is often served over a large piece of flatbread called injera, which is torn apart and used to grab the toppings. She helped him figure out how to track the nutrients in his handheld meals.

**Grocery shopping in the Slurpee aisle.** At least one patient on the go buys food only at gas station mini marts. By working closely with the patient, our dietitian was able to help him choose the best of the available options to get the nutrients he needed for his specific condition.



How much phosphorus in a serving of goose barnacles? Ask our knowledgeable dietitians.





Here's a recipe from Chef Duane Sunwold chosen by our own talented renal dietitians. Lead dietitian Beth Shanaman recently met up with Chef Duane at the Northwest Renal Dietitians Conference.

## Pineapple Coconut Curry Chicken

### Ingredients

2 8-ounce chicken breasts, skinless and boneless, cut into 1" cubes

3 tablespoons olive oil

1 onion, diced

8 ounces fresh pineapple, cut into small cubes

1 tablespoon curry paste

1 red pepper, diced

1 tablespoon finely minced ginger

3 garlic cloves, thinly sliced

1½ teaspoons coconut extract

2 cups cooked rice

Freshly chopped cilantro

### Directions

In a medium sauce pan, add oil, onion and chicken. Cook over medium heat until the chicken turns white, about 10 minutes. Add pineapple and curry paste, stirring occasionally for 10 minutes. Add red peppers, ginger, garlic and coconut extract for a final 5 to 10 minutes. Serve over rice with fresh cilantro as a garnish.

### Nutritional Information

Calories 394, Sodium: 243 milligrams, Phosphorus: 303 milligrams, Potassium: 612 milligrams, Carbohydrates: 37 grams, Protein: 29 grams

## Planned Giving: donating real estate has advantages at some stages of life



The real estate market is booming in our region. Your home, vacation cottage or investment property could be a great gift to Northwest Kidney Centers. You can give all or a portion of your property, and even continue to use or live in it while realizing tax benefits today. Some gift arrangements provide an income stream that can supplement your retirement savings.

Donating all or part of your property to Northwest Kidney Centers has many benefits:

- You receive an income tax deduction for the fair market value of your gift
- Your ownership responsibilities may be eliminated
- You may reduce or eliminate capital gains taxes
- You create an outstanding gift for our mission

A gift of real estate may be right for you if:

- You are downsizing
- Maintaining your property has become burdensome
- You do not wish to manage the sale of your property
- You are concerned about rising real estate taxes and the impact of capital gains taxes

## State grant will help to install Aquaboss water systems

In January the Washington Legislature approved a capital grant of \$499,000 toward installation of three Aquaboss water purification systems at Northwest Kidney Centers. The grant will fund about 50 percent of the equipment costs at our Kent, Seattle and Bellevue clinics.

When the new systems are installed, nearly half of our dialysis clinics will be using the state-of-the-art systems.

Aquaboss is better for dialysis patients because it uses heat rather than chemicals to disinfect. It also saves nearly 2 million gallons of water per year for an average-sized dialysis clinic.

Special thanks to the legislators who supported our grant request:



Sen. Lisa Wellman  
Mercer Island (sponsor)



Rep. Joan McBride  
Kirkland



Rep. Tina Orwall  
Des Moines



We are happy to help, without obligation and in confidence.

Emily McDaniel

Gift Planning Officer

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Patients at the new Rainier Beach dialysis clinic will look onto green spaces from an open, light-infused treatment area. Clinical staff will have clear sight lines throughout the clinic.

## New Rainier Beach clinic planned; Kent clinic to expand

The state Department of Health has given Northwest Kidney Centers a green light to build a community dialysis clinic at Rainier Beach and expand our Kent clinic by 50 percent. Pending receipt of building permits from the City of Seattle, we plan to open the new 12-station facility in Rainier Beach in 2019.

“We are very excited about plans for this building, which will be built to LEED Silver specifications,” said Northwest Kidney Centers president and CEO Joyce Jackson. “The most interesting feature is its new design concept that will connect patients to nature to create a soothing, healing atmosphere.”

Our patients will experience a dialysis treatment area infused with light and plant life. Rather than looking at other patients or a nurse’s station, patients will look into atriums. The new facility will include rooms for community health education classes and space for patients to participate in kidney research studies.

Later this year we will expand our Kent clinic from 18 to 27 stations, which will increase capacity by more than 3,700 treatments annually.



Architect’s concept for exterior of our new Rainier Beach facility, which will be located at 4401 S. Trenton St.



## Save the dates

### American Diabetes Association Tour de Cure

Chateau Ste. Michelle,  
Woodinville  
May 5, varied morning  
start times

### Breakfast of Hope

Westin Seattle  
May 10, 7:30 a.m.



[www.nwkidney.org](http://www.nwkidney.org)  
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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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## Ride with us in the fight against diabetes

We hope to see you at Chateau Ste. Michelle in Woodinville Saturday, May 5 for the American Diabetes Association's Tour de Cure. As the signature sponsor, Northwest Kidney Centers will be strongly represented by staff and community supporters, raising awareness and funds for diabetes research, education and advocacy.

The course includes biking options ranging from 12 to 100 miles and walking and running routes of 5K and longer.

Northwest Kidney Centers' support is one component of our community diabetes kidney health initiative, aimed at reducing the number of people who come to us with kidney damage resulting from diabetes. Among our patients, diabetes is the leading cause of kidney failure.

Go to [www.nwkidney.org/tour](http://www.nwkidney.org/tour) to find registration details for the Seattle area ride.



Join people of all ages in the fight against diabetes at the American Diabetes Association Tour de Cure May 5, sponsored by Northwest Kidney Centers.