

Living Well

...with Chronic Kidney Disease



The Road Back to Life mentors, Don C., Ben P., Carol H., Bob C., and MaryBeth W.

The Road Back to Life

Isn't it amazing how much one persons' gesture of kindness and compassion can change another's life? This concept is clear to The Road Back to Life members as they wholeheartedly devote themselves to providing hope, help and mentoring for kidney patients.

The Road Back to Life began as an idea of former Puget Sound Kidney Centers patient Don Chriscaden. Don learned at a young age that he had polycystic kidney disease, just like his father. Don eventually lost kidney function, went on dialysis and, although he understood the treatment from having watched his father go through it, Don faced the same fears and challenges many dialysis patients experience. He knew he was not alone in feeling this way and imagined how valuable it would be to have the support of other patients who had already endured it.

After receiving a kidney transplant, Don and a few other patients formed The Road Back to Life, primarily to assist dialysis patients and their families. What makes this group unique is that all the mentors are either former dialysis patients or transplant recipients, so they understand exactly what patients are going through. In partnership with Puget Sound Kidney Centers, The Road Back to Life provides patient mentoring in groups and one-on-one as well as helps provide kidney health education in the community.

PSKC Everett Remodel

Progress on the PSKC Everett remodel is moving along well and is on schedule. Our Everett patients will soon enjoy a beautifully updated center which will feature a new patient lounge complete with new furnishings. The renovated building will have state of the art upgrades that include a new gas, heating, and cooling system and a new water system. The patient treatment area updates include beautiful new heated chairs and flat screen televisions for each station. The first phase of construction is expected to be complete by April 2017 when patient will move into the newly renovated treatment area.



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Founding member Bob Crabtree, who helped start the organization, now serves as Executive Director. Bob also had polycystic kidneys and was told at the age of 12 that he wouldn't live to see 50. That prediction shaped his life, allowing him to hold a deep appreciation for each day. He didn't put things off for fear time would run out. Bob built a wonderful life with his wife, Robbie, and together they raised a family — all while preparing for the potential of kidney failure.

Inevitably, Bob's kidneys failed. The hardest part for Bob was starting dialysis. He vividly recalls his first day and, in particular, the kind woman sitting next to him. "She answered my questions and told me what to expect." Bob dialyzed and built friendships at Puget Sound Kidney Centers before receiving a kidney transplant two years later.

Bob continues to work tirelessly on behalf of kidney patients. He and his fellow mentors offer mentoring, support groups and educational classes and hope to expand their services even further. When asked why he works so hard, Bob's answer is simple. "I am happy to have the opportunity to pay forward the



Bob C., transplant recipient, Executive Director, Road Back to Life gifts of kindness that have been given to me."

If you would like to attend a support group, meet with a mentor or be a volunteer with The Road Back to Life, please contact your Puget Sound Kidney Center social worker. Learn more about the organization at: kidneysupportgroup.com.



Dr. Alem and her husband, Sagel, at the Gift of Life

Funds raised at the Gift of Life support essential patient programs

On September 17, 2016, more than 250 guests gathered at our annual Gift of Life dinner and auction, an event that supports our work to enhance the lives of people living with kidney disease. The event raised a record \$193,000 in support of patient care at PSKC.

A great time at the PSKC patient picnic

On September 25th, PSKC patients and their families attended the annual PSKC patient picnic held at Floral Hall in Everett. The lunch, prepared by Chef Dane, was loved by all and featured grilled salmon and chicken. Adults and children alike enjoyed, face painting, a clown performance, bingo, and lots of prizes, all donated by local businesses in the region.



Picnic volunteers, Bryce C. and Dan B. call out bingo numbers