



NKC GIVES

MAKING A DIFFERENCE TOGETHER

Today is the last day to sign up for this year's Employee Giving Campaign. Thank you to all staff who participated!

NEED TO KNOW

New printers arriving soon to all clinics

New printers will be deployed across clinics in the coming weeks, with at least one color printer in each location. Guides will be available next to each printer. The old printers will temporarily be moved to the side and the vendor will schedule a pickup at a later date. Access will remain the same with staff needing to use their badge. Installation began on Wednesday, December 11th, and will run through December 23rd. The schedule for each clinic is listed below.

Location	Installation Date
Auburn	12/17/24
Bellevue	12/18/24
Burien	12/11/24
Enumclaw	12/17/24
Everett	12/19/24
Fife	12/16/24
FWE	12/16/24
FWW	12/16/24
Kent	12/16/24
Kirkland	12/18/24
Lake City	12/19/24
Logistics	12/11/24
Panther Lake	12/17/24
Pharmacy	12/12/24
Port Angeles	12/17/24
Rainier Beach	12/23/24
Renton	12/12/24
Scribner	12/19/24
SeaTac	12/23/24
Snoqualmie Ridge	12/18/24
Yesler	12/12/2

Today is the final day to give!

Today, Dec. 13, is the final day to participate in this year's Employee Giving Campaign! To sign-up click [here](#). Both new and current donors are eligible to win prizes. Forms received by December 13 will receive one entry. Staff can also donate PTO. If you donate \$10 per pay period or increase your giving by \$10 you will receive an extra entry.

Prizes include:

- Apple iPad – 9th Generation
- Standup Paddle Board
- Beats Studio Wireless Earbuds
- Personal Massager with Attachments

What your donation supports:

- Helping Hands fund

- Employee Scholarship fund
- Palliative care program
- Emergency transportation for patients
- Chronic kidney disease education and more!

Winners of the prizes will be announced in the next staff update. Thank you for all the ways you support each other and our patients.

Kaiser clinic closure reminder

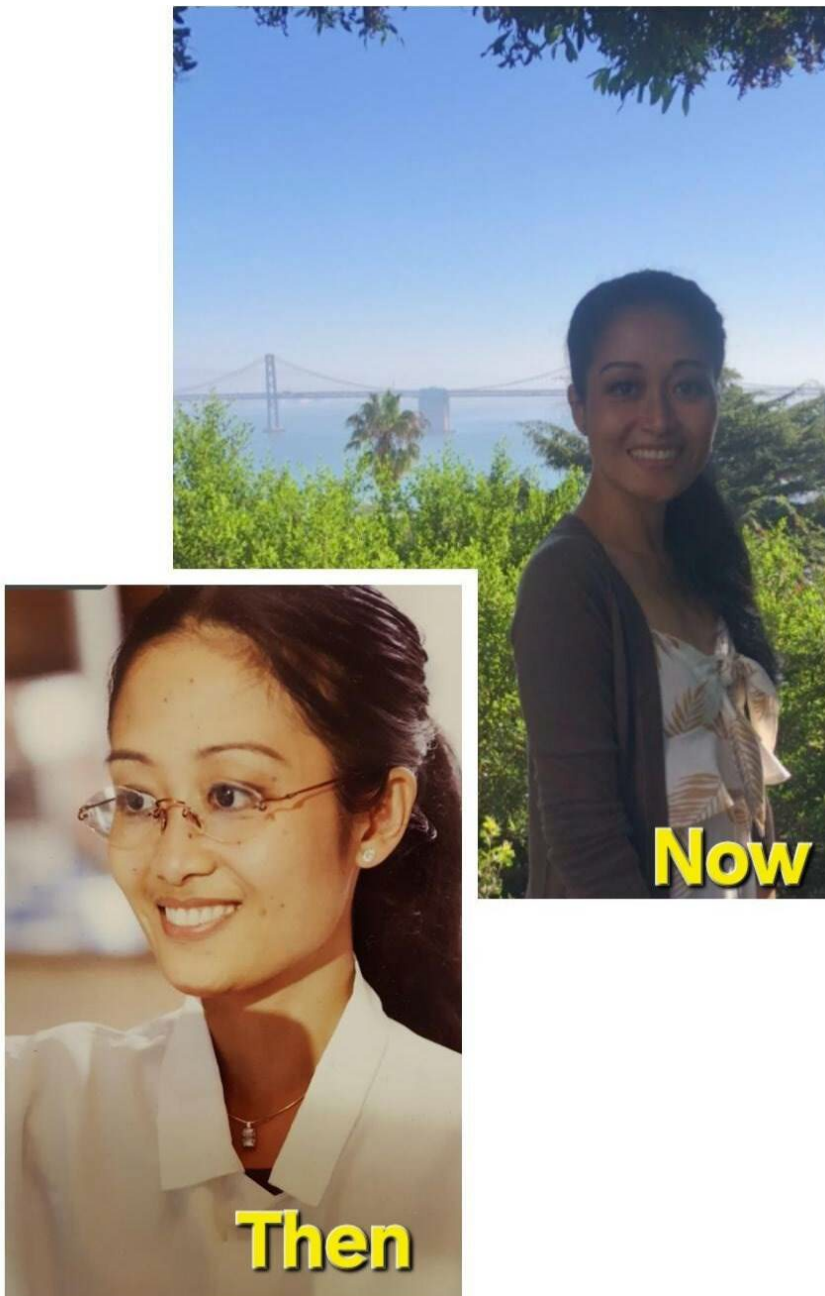
Today three Kaiser locations will be closing. If you are currently seeking medical services at one of the following clinics, you should have received a notice in the mail from Kaiser with a recommendation of the next three closest Kaiser locations to you and the location that your primary care provider will be relocating to.

Kaiser Clinic closures:

- Ballard Medical Center
- Gig Harbor Medical Center
- Poulsbo Medical Center

If you have any questions, please feel free to call Member Services at 1-888-901-4636.

Staff Spotlight - Charisma Quitog, RN



Charisma Quitog, RN at Yesler Terrace Kidney center just hit 24 years at Northwest Kidney Centers. Congratulations Charisma!

What was it like when you started at NKC?

I've been with the Northwest Kidney Centers for 24 years.

Started out as a technician when the old "Special Care Unit" was in the basement of the old Broadway building and at the time when we were still using CCL to log information; when COBE 3 machines were used to dialyze patients.

What is your favorite part of the job?

My favorite part of being a nephrology nurse is getting to know the patients and working with my work family/team.

Do you have a favorite memory/moment working at NKC?

I have many fun and special memories treasured throughout my 24 years working at NKC.

I particularly enjoyed the shared laughter with fellow patients, those quiet shared moments of connection with patients and their loved ones, despite the challenging circumstances. The holiday parties, potlucks, or birthday celebrations organized by center staff fostering a sense of community among patients and among co-workers.

What are your interests outside of work?

I enjoy baking and tweaking the recipes to my satisfaction and having people sample them.

I like to do a little bit of self-care by starting out my days with 50mins of Pilates on the weekdays, or whenever my schedule permits.

Additionally, I enjoy spending time with my girlfriends and exploring different hot springs in the NW to relax, unwind, and therapeutically relieve the aches and pain that comes with aging. 😊

Do you have a fun fact about yourself that few if any of your coworkers know?

I love to binge on great Korean drama series as well as Regency/Victorian historical romance series/movies.

NKC Anniversaries

NKC Anniversaries December 1 - December 13

31 YEARS

Rhoderica Abutin

25 YEARS

Lester Astrero

18 YEARS

Nomatemba Macebo
Michele Winsor

11 YEARS

Joyce San Juan

9 YEARS

Delia Garcia

8 YEARS

Rodalie Vilog
Tiara Wetzel
Charina Villareal
Jayson Hood

5 YEARS

Yu Xia

3 YEARS

Diane Wang

2 YEARS

Cyrus Mortazavi
Jovenne Wagan
Irene Van

2 YEARS

Maria Magdalena McCray
Sharon Holden Joshua
Marianela Cargo

1 YEAR

Angelo Alberio
Sadom Duch

NICE TO KNOW

Pronoun badges are available

If you're interested in receiving a pronoun badge, please fill out the survey [here](#). The following pronoun badges are available: she/her, he/him, and they/them. You can place the new pronoun badge behind your current name badge.

New project management tool available for staff

A new project management tool is now available for staff. The tool, Monday.com, is a work management tool that helps teams organize tasks, and track projects. If you are interested, please reach out to Heidi.lee@nwkidney.com.

Send us your patient stories

The Communications team is always looking for new patient stories! In the past we have featured patients like Aurora (pictured below), who you can learn about in [this video](#). If you have a story idea, please email it over to communications@nwkidney.com.



Nutrition and Fitness Corner

Let holiday cheer ring throughout the season! Nutrition and Fitness Department wishes everyone a joyous, safe holiday. Give yourself the gift of body kindness and double down on healthy eating

during the holidays. **Keep it fresh.** Low salt meats are best. So watch out for hams and turkeys injected with salt water. Use low salt rubs. If using a little salt to tenderize, use it days before cooking. Soup broths low in salt are best, then salt to taste at the table. **Butter up.** Remember to use unsalted butter in holiday recipes. **Cheese it wisely.** Cheeses like Swiss and ricotta and soft cheeses like goat, brie are good alternatives in those cheesy holiday recipes! **Bring on the Veggies.** A solid helping of veggies provides amazing varieties of nutrients. Go back for seconds! Try some of the recipes below from the National Kidney Foundation. Happy holidays!

Apple Cranberry Walnut Salad

Ingredients

- 2 cups red seedless grapes, each grape sliced in half
- 1⅓ cups walnut halves, chopped into small pea-size pieces
- 1¼ cups Pomegranate Infused Ocean Spray Dried Cranberries, 1- 6-ounce package
- 4 stalks of celery, chopped into quarter-inch pieces
- 7 medium-sized gala apples with skin on
- 8 fluid ounce bottle of Maple Grove Farms of Vermont Fat-Free Cranberry Balsamic Dressing

Directions

1. Rinse a cluster of red grapes and separate them from the stem. Use a paring knife and slice each grape in half. Place sliced grapes in the extra-large mixing bowl.
2. Measure walnut halves into a measuring cup. Use a nut chopper to chop nuts into pea-size pieces or put walnuts in a plastic sandwich baggie, seal and use the bottom of the 1 cup measure to press on the walnuts until they break. Add chopped nuts to the extra-large mixing bowl with the sliced red grapes.
3. Add one 6-ounce bag of dried pomegranate-infused cranberries to the grape and walnut mixture.
4. Rinse, clean, and chop the celery into quarter-inch pieces. Add to the grape, walnut, and dried cranberry mixture.
5. Rinse the seven Gala apples, slice them vertically, and core them. Make five apple wedges and then cut the wedges into bite-size pieces. Add chopped apple pieces to the rest of the mixture.

6. Pour the 8-fluid-ounce bottle of cranberry dressing over the entire mixture. Stir the ingredients, ensuring that the sauce is incorporated well. Chill and serve.

Baked Salmon in foil

If eating fish around the winter holidays is a tradition in your home, give this bright lemony salmon dish a try. Every bite packs a flavorful punch that won't leave you feeling stuffed and sleepy.

Ingredients

- ½ cup olive oil
- 2 ½ tablespoons lemon juice, or more to taste
- 5 cloves garlic, minced or pressed through a garlic press
- 1 tablespoon brown sugar
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- freshly ground black pepper to taste
- aluminum foil
- 1 teaspoon olive oil
- 1 (2-pound) salmon filet
- ¼ cup chopped fresh parsley
- 1 lemon, sliced

Directions

1. Preheat the oven to 375°F (190°C).
2. Combine 1/2 cup olive oil, lemon juice, garlic, brown sugar, oregano, thyme, and pepper in a bowl.
3. Place aluminum foil on a baking sheet and brush with olive oil. Place salmon in the middle of the foil, skin-side down. Drizzle with the olive oil mixture. Fold up the edges of the foil over the salmon to create a packet, making sure to seal the edges.
4. Bake in the preheated oven until the fish flakes easily with a fork, 20 to 25 minutes, until the internal temperature is 145°F. If your salmon filet is very thick, it can take longer. Garnish with fresh parsley and lemon slices.

Cauliflower, no-mash potatoes

Even if you aren't counting carbs, this cauliflower no-mash potato recipe will become a new family favorite. It has a similar creamy texture and tastes just as good as potatoes!

Ingredients

- 1 head of garlic
- 2 tbsp. olive oil
- 1 head cauliflower
- 1 to 2 tsp. prepared horseradish
- ¼ cup Greek yogurt
- 3 tablespoons chives, finely chopped
- ¼ tsp. black pepper

Directions

1. Heat oven to 375 degrees Fahrenheit.
2. Cut the top off the garlic head so the insides of the bulb are exposed.
3. Place both garlic halves in a small piece of foil.
4. Drizzle the top of the exposed bulb with one tablespoon of olive oil, wrap tightly, place on a sheet pan or in an ovenproof dish, and set the garlic in the oven to roast for 45 minutes.
5. Meanwhile, cut the cauliflower florets off the stem (should yield about 4 cups) and set aside.
6. Place a steamer basket in a medium size pot and fill it with water just below the basket. Then place the florets on top of the steamer basket, bring the water to a boil, cover the pot, and lower the heat to medium-low. Steam for 10 minutes or until the cauliflower is soft. Carefully remove the cauliflower from another bowl and drain the pot.
7. Using a cloth, dry the inside of the pot and set it aside. We'll get back to it in a moment.
8. Use your fingers to remove the roasted bulbs from their husk when the garlic is tender and cool. Or, on a cutting board, place the flat side of a knife over an individual bulb, and push down using the palm of your hand. Set aside.

9. In your pot, heat the remaining tablespoon of olive oil. When hot, add in the garlic and stir. Add the steamed cauliflower and horseradish. Cook for five more minutes, stirring, and then take it off the heat.
10. Use a potato masher or an immersion blender to transform the cauliflower from chunky to creamy.
11. Add the yogurt, black pepper, and chives when it looks like mashed potatoes.
12. Gently stir until combined and serve immediately or cover and keep cool in the refrigerator, reheating quickly before eating.

Apple Spice Cake

Visions of sugar plum fairies will be dancing in your head after a few bites of this heavenly spiced apple cake.

Ingredients

- 3 Granny Smith Apples, peeled, cored & sliced
- 1 yellow sugar-free cake mix
- 3 egg whites
- ½ cup water
- ⅓ cup oil
- 1 teaspoon ground nutmeg
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- ½ teaspoon ground cloves
- 3 tablespoons maple sugar

Directions

1. Microwave apple slices for about 5 minutes on high or until tender.
2. Preheat the oven to 350.
3. Let the apple cool while you mix the cake batter.
4. Add the cake mix, spices, egg whites, water, and oil in a mixing bowl or follow the mixing direction on the box.

5. Mix in the apples.
 6. Pour the batter into a non-stick 9x13 cake pan.
 7. Bake for 35 to 45 minutes or until the cake is finished. Remember, this batter has very little sugar, so the cake doesn't brown.
 8. Let cool to room temperature.
 9. Sprinkle the top of the cake with maple sugar.
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Job of the week

We're hiring a Nurse Supervisor for Scribner & Lake City.

<https://www.nwkidney.org/careers/?p=job%2Fogrmufwh>

Missed an issue or would like to view previous issues of Staff Update? View all past issues on K-NET [here](#).