

## NKC Remembers Distinguished Physician



This fall Northwest Kidney Centers honors the life of one of its founding fathers, Dr. John McCormack, who passed away on Sept. 8, 2009. Dr. McCormack was one of the original trustees of the

Seattle Artificial Kidney Center, which opened in 1962 and later became Northwest Kidney Centers. This legacy of support helped us through early turbulent decades and formed the foundation of our success today.

A urologist at Swedish Hospital, Dr. McCormack served as the second president of Northwest Kidney Centers board of trustees from 1968 until 1972. He also served on the NKCF Foundation board and was its president in 1983.

In honor of Dr. McCormack's rich history with Northwest Kidney Centers, his family requested that gifts in his memory be directed to NKCF Foundation. We remember Dr. McCormack for his role as a pioneer in the field of dialysis; people with kidney disease continue to benefit from his leadership.

*Output* is published bimonthly for kidney patients and interested persons by Northwest Kidney Centers. It is available on our Web site at [www.nwkidney.org](http://www.nwkidney.org).

*Output* provides general information and is not intended to serve as a treatment guide. Patients must never change their treatment unless directed to do so by their doctor or transplant team.

Values: Service • Excellence • Integrity • Teamwork • Stewardship  
President and Chief Executive Officer: Joyce F. Jackson



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Northwest Kidney Centers is an equal-opportunity employer and service provider.

## Coach's Corner

### Kindness Costs so Little

By Sharon Pahlka, kidney patient and life coach

Yesterday, the woman ahead of me at the checkout counter paid her bill, which came to \$25.01. She didn't have the needed penny so I gave her one. She turned to me as if I had just given her a \$100 bill. Her whole face lit up and she said a heartfelt "thank you." I was startled that such a small act gave so much pleasure, to her and to me. And it only cost a penny. The experience got me to thinking about how small acts of kindness make as big a difference as noble deeds and usually don't cost much time or money. I found examples all around me this week:

- My young grandson was having a difficult day and his older sister wordlessly took his hand.
- My son said, "I am sorry you have to go through that, Mom."
- A lady with a full grocery cart let me go ahead with my small purchase.

Helping others has been shown to bring health benefits as well as feelings of happiness to those with chronic illness.

I am a bargain hunter and am thankful to the gal who showed me what a penny could buy. From now on, I will be shopping for opportunities to make someone's day.

**Coaching Tip:** Make a list of all the small things you have seen in the past couple of weeks that could make someone's day more pleasant.

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The best way to cheer yourself up is to try to cheer someone else up.

— Mark Twain  
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