NEWSLETTER

American Liver Foundation
Great Lakes Division
February 2017

In this Issue:

- Great Lakes Team Receives National Recognition
- Save the Date: Liver Life Walks
- Team ALF Runner Highlights
- Upcoming Events
Great Lakes Division Receives National Recognition

In late January the Great Lakes team traveled to New York to meet with all 16 ALF divisions and national leadership to discuss best practices, share ideas, and plan for a successful year. The Great Lakes team also received recognition for several programs that outshined all of the other divisions. Sarah Koltun, Programs Manager, received the "Impact Award" for receiving and implementing the FOCUS grant, which has resulted in testing over 7,000 individuals for Hepatitis C in Chicago. Another award recognized our division for reaching the highest number of people through regional programs including the FOCUS grant, Academic Debates, and Symposia. Executive Director Jackie Dominguez also received recognition for her ten years of service and dedication to the American Liver Foundation.
Wellness Webinar Series

The ALF Great Lakes Division is proud to offer a wide range of webinars for your viewing and learning pleasure! Topics range from an overview of hepatitis C, fatty liver and prevention, and healthy living and nutrition. To view past webinars, click here.

This month, the topic focuses on fitness and exercise and is presented by Dr. Veronica Loy of Loyola University, click here to view. The new format will be offered as a YouTube video, released at the beginning of the month and presented by a medical professional or expert of the topic. Viewers will have the opportunity to comment and ask questions on the video and they will be answered by the expert 2 weeks after the video is released. Other topics of the Wellness Webinars include mental health, disease management, alcohol, and more. Contact Sarah with any questions!

Workplace Wellness Program: Get Fit Successfully Launched

The American Liver Foundation, Great Lakes Division is proud to have launched Get Fit: a workplace wellness program targeting small to mid-sized businesses. The goal of the program is to promote improved wellness and disease prevention – particularly relating to reducing potentially harmful lifestyle diseases. Participating employees will receive information on topics ranging from mindfulness, financial health, and managing a chronic disease.

The Get Fit Campaign is an incredible opportunity to promote positive health choices across a range of general health topics while simultaneously educating participants about liver health.

Are you searching for a Workplace Wellness Solution for your employees? Check out our Introductory Prezi to learn more about how Get Fit can provide your workplace with wellness, employee engagement and retention! For more information email Brandon.

Secure Your Place in the Bank of America Chicago Marathon!

The ALF Great Lakes Division is proud to be selected once again as a charity partner in the Bank of America Chicago Marathon for 2017. This year is the 40th anniversary of the race and a limited number of spots will be available. While the early registration period has already closed, the ALF Great Lakes Division is offering guaranteed entries to the race with a fundraising minimum of only $1,500. All Team ALF runners will have access to incredible benefits and fundraising rewards. Register here or email Tatiana with any questions!
1. Why did you first decide to run with the ALF?
I was diagnosed with Primary Sclerosing Cholangitis in 2001. My prognosis was good, but I expected to eventually suffer symptoms leading to liver failure. I had always wanted to train for and complete a marathon, so in 2004 I joined ALF’s Run for Research team, raising funds and meeting a bunch of great people. After the race in the ALF tent, I remember meeting a woman who had received a liver transplant. This was the first recipient I had ever met. She gave me hope for my future, and I was so glad to be able to help further the ALF’s efforts. Since then, my wife and I have participated in several Liver Life Walk, Flavors of Memphis, and Flavors of Nashville ALF fund raisers. After I received a liver transplant in March of 2012, I signed up to run again for ALF in the October 2012 Chicago marathon. It was a great way to celebrate my recovery, and freedom from liver disease.

2. Why is the ALF an important cause for you to support?
I like the mission, and the foundation’s work hits close to home for me. Medical research and public awareness can save lives and prevent or curtail suffering.

3. What would you tell someone who hasn’t run a race before?
Anyone can finish a marathon safely! All it takes is some motivation, discipline, and a competent training program. So bring your discipline and the ALF program will provide the other two!
Save the Date: Liver Life Walks June 10

Registration is Now Open: Chicago & Northbrook

Registration Coming Soon: Wheaton, IL Palos Hills, IL Ann Arbor, MI Holland, MI

Community Liver Life Walks

On Saturday, June 10, the Great Lakes Division will host Community Liver Life Walks across Illinois and Michigan. We are bringing the classic Liver Life Walk to even more communities with the goal of reaching more individuals who are impacted by liver disease. We wouldn’t be able to reach so many communities without the support and dedication of the Volunteer Walk Coordinators. Each Community Walk will be coordinated by a dedicated volunteer and guided by the Great Lakes Division Staff. These individuals portray the true meaning of “volunteer” and we are extremely thankful for all of their support. We are so excited to bring Community Liver Life Walks to Northbrook, Wheaton, Palos Hills, Illinois, as well as Holland and Ann Arbor, Michigan. If you are interested in hosting a Community Liver Life Walk in your area, it’s not too late! Contact Tatiana via email or at 312/377-9030.

Upcoming Events

- Monthly Webinar Series—1st of every month—February: Fitness & Exercise
- Academic Debates—March 2
- Shamrock Shuffle—April 2
- Liver Symposium—May tbd
- Liver Life Walk—Saturday, June 10 in Chicago, Northbrook, Wheaton, Palos Hills, & Ann Arbor
- Journeys—September 8
- Chicago Marathon—October 8
- Town Hall Meeting—October tbd
Our FAVORITE Reads this Month

1. Nanny Donates Part of Liver to Toddler She Cares For
2. The Organ Donor Two Cubicles Over
3. Even One High-Fat Meal Can Harm Your Liver, Study Finds
4. Utah Man First to Receive Diseased Liver in Transplant
5. Donor Liver Survives Crash En Route to Transplant
6. American Liver Foundation Advocacy Action Alert

Proud Charity Partner

Free Hepatitis C Screenings
Click here for testing sites near you.

Clinical Trials
Click here for clinical trials near you.

HepCCATT
Learn how HepCCATT expands and improves hepatitis C testing and care in Chicago. For more information contact Isa Rodriguez.

FOLLOW US

THANK YOU
Your donation helps us fight liver disease and promote liver health. We appreciate your generous support.

To make a donation, click here.

American Liver Foundation
Great Lakes Division
20 W. Kinzie, 17th Floor
Chicago, IL 60654
P: 312/377-9030
F: 312/377-9035
LIVERFOUNDATION.ORG/GREATLAKES