NEWSLETTER

American Liver Foundation
Great Lakes Division
January 2017

The Great Lakes Team Wishes you a Happy New Year!

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In 2017, the Great Lakes Division will be Celebrating the Journey of those impacted by liver disease or interested in liver health, from our first 40 years to our next. We’re especially excited about our monthly Wellness Webinars, Journeys, which will be open to the public for the first time, and Liver Love Notes.

Journeys (formerly Flavors) is coming September 8, 2017 and will take you on your own journey throughout the evening, allowing guests to create their own culinary extravaganza from four different menus created by 10 chefs. The culinary delights will be accompanied by grazing tables, dessert, and coffee, beer, vodka, and wine tastings. This memorable evening will include music, interactive activities, and an Abstract Competition showcasing some of the best and brightest young investigators in the liver community. This evening will Celebrate the Journey of those who pave the road to liver health; the Patient/ Community Honoree, who walks the journey, the Medical Professional Honoree, who guides the journey, and the Corporate Honoree, who supports the journey. For the first time, this event will be open to the public and tickets will go on sale very soon! To learn more about Journeys visit our website, here, or email Brandon.

Congratulations to Dr. Mary Rinella of Northwestern University, who has been selected as the Medical Honoree at Journeys (formerly Flavors). Dr. Rinella presided over the Great Lakes Division MAC for many years, continues to be an active MAC member, and has provided her culinary expertise as a Chef at Flavors for the past few years. Thank you Dr. Rinella for guiding the Journey for so many patients and their families. We look forward to honoring you at Journeys in September 2017!
Save the Date: Chicago Liver Life Walk

Save the date! The Chicago Liver Life Walk is on Saturday, **June 10, 2017** at the new location of Diversey Harbor! We are excited to continue the tradition of bringing together individuals impacted by liver disease and raising funds to end liver disease. We hope you will join us and make this year the best yet! To join or volunteer, email Brandon.

![Liverman](image1.png)

(left) A volunteer captures the fun participants have interacting and posing with Liverman. (Right) Past LIVER Champion, Tommy Reilly, checks out the Chicago skyline during the Chicago Liver Life Walk in 2016.

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 what it means to be a volunteer and we are extremely thankful for all of their support. We are so excited to bring Community Liver Life Walks to Northbrook and DuPage County, 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.

Limited Spots Still Available for the 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!
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.

The 2017 webinar series is here! This month, the topic is focused on mindfulness and is presented by Dr. Pranab Barman of Northwestern Hospital. 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 fitness, mental health, disease management, alcohol, and more. Email Sarah with any questions!

Great Lakes Division Launches Workplace Wellness Program: Get Fit

The American Liver Foundation, Great Lakes Division is proud to be launching 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.

Liver Love Notes

Show your Liver Love with the American Liver Foundation's Liver Love Notes - the perfect way to show your support of your doctor, nurse, favorite aunt or uncle, a walker, runner or partner. Liver Love Notes will be included as an option for all of our existing events and donation forms, but you can send a message any time - it can just be a simple "I care."

To submit a Liver Love Note, please follow these steps:

1. Submit a donation to ALF.
2. Complete this online form.
3. Please allow 10 full business days for your Liver Love Note to be posted on Social Media.
The American Liver Foundation Great Lakes Division is proud to host the 14th annual Academic Debates, a CME accredited educational program for the medical community of the Great Lakes region. The purpose of this program is to address controversial issues pertaining to liver disease treatment, current and best practices, and new research in hepatology. The Academic Debates are attended annually by more than 200 medical professionals.

Pairs of fellows representing six of the Great Lakes region’s premier Liver Centers are selected by a highly-regarded Mentor from each of their respective institutions. During the program fellows debate their position and are judged by members of the ALF Great Lakes Division’s Medical Advisory Committee. This year fellows will be representing Loyola University, Northshore Health Systems, Rush University, University of Chicago, University of Illinois, and a travelling team from outside the Great Lakes Region.

Topics and learning objectives are developed by the ALF Great Lakes Division’s Medical Advisory Committee, which is comprised of hepatologists, liver transplant surgeons and gastroenterologists from Chicago’s University Liver Centers and surrounding community medical centers. This ensures a comprehensive and in-depth discussion for current and future research and treatments options for patients with liver diseases. The topics of Debate this year will include hepatitis C, transplantation, and the role of alcohol in NASH.

The Academic Debates will take place on Thursday, March 2nd from 5:30-9:30pm at Maggiano’s in River North. Medical professionals can register for this event, here, but act fast as space is limited and this event sells out every year. Email Sarah with any questions.

(Top) A fellow debates his opponent. (Lower) Jackie Dominguez, ALF GLD Executive Director, presents the Liver Cup Trophy to Dr. Sheila Eswaran, Rush University, for winning the team fundraising competition.

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**Upcoming Events**

- **Monthly Webinar Series** – 1st of every month – January: Mindfulness
- **Academic Debates** – March 2
- **Shamrock Shuffle** – April 2
- **Liver Symposium** – May tbd
- **Liver Life Walk** – June 10 Chicago, Northbrook, DuPage County, Ann Arbor
- **Journeys** – September 8
- **Chicago Marathon** – October 8
- **Town Hall Meeting** – October tbd
Our FAVORITE Reads this Month

1. This Month’s Get Fit Focus: Bring Mindfulness to your Health Routine
2. Several ALF Great Lakes MAC Members Voted Best Cancer Doctors by their Peers
3. Other Ways You are Harming Your Liver—Besides Alcohol
4. Bulls Sign 17 year-old Fan who Suffered from Liver Failure
5. 5 Ways to Make a Healthy Change in the New Year

THANK YOU

Your donation helps us fight liver disease. We appreciate your generous support.

To make a donation, click here.

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

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