NEWSLETTER

American Liver Foundation
Great Lakes Division
November 2016

In this Issue:
- In Review: October Liver Symposium & Marathon
- 2017 Chicago Marathon Registration Now Open
- Volunteer & Corporate Spotlight
- Liver Love Notes
- New Mailing Address
IN REVIEW: LIVER SYMPOSIUM

On Thursday, October 27, at NorthShore HealthSystems in Skokie, the ALF GLD Medical Advisory Committee hosted our biannual Liver Symposium took place. This event featured keynote speaker, Dr. Dhiren Shah from NorthShore Healthsystem and breakout sessions for both healthcare professionals and patients/ general public. Topics for healthcare professionals included hepatitis C, liver cancer, and fatty liver. Topics for the general public and patients included hepatitis C, healthy living, and a live healthy cooking demonstration by Chef Judson Todd Allen. Dr. Ken O’Riordan from Lutheran General led a PBC support group discussion which received extremely positive feedback. A special thank you to all the sponsors who made this event possible, all presenters, and everyone who attended. We are already looking forward to next year!

Chef Judson Todd Allen (right) spoke about the importance of a healthy diet and gave a cooking demonstration of one of his signature meals.

IN REVIEW: CHICAGO MARATHON

Congratulations to our 2016 Bank of America Chicago Marathon Team! All in all, Team ALF Great Lakes had 34 runners complete the 26.2 mile race. Each runner trained and fundraised to show their dedication to the American Liver Foundation. Congratulations to the entire team!

Registration for the 2017 Bank of America Chicago Marathon is now open! This year is the 40th anniversary of the Marathon and to celebrate, Bank of America is only offering 40,000 slots. Registration will close November 29th and will only reopen for those running with a charity partner. Seize this opportunity to secure your spot with Team ALF. Email Tatiana or click here to register.
CORPORATE SPOTLIGHT: GBU Financial

The American Liver Foundation, Great Lakes Division is honored to be a select charity of GBU Financial. Our commitment as leaders in the liver community is stronger because of GBU’s support. Our mission is to facilitate, advocate and promote education, support and research for the prevention, treatment and cure of liver disease and we achieve this through a number of ways:

**Research** – The American Liver Foundation funds research to promote tomorrow’s next leaders in liver health through our young investigators grants.

**Get Fit** – Our newest campaign provides Workplace Wellness programming to small and mid-sized businesses. Focusing on topics from mindfulness to disease management, nutrition to mental health – our broad focus on general wellness is designed to educate and promote healthy behaviors. Workplaces see improvement with employee retention, engagement and reduced absenteeism, lower healthcare costs and more.

**Programming** – The Great Lakes Division are also leaders in education for both medical professionals and the public, hosting over 50 educational programs, Hepatitis C screenings, or community gatherings every year.

VOLUNTEER SPOTLIGHT: Jeff & Marie Peevey

Jeff and Marie Peevy first connected with the American Liver Foundation in 2016 because of their personal connection to liver disease. Jeff and Marie have volunteered at symposiums, walks, and Flavors and are dedicated to educating others about liver disease. In early October, Jeff and Marie were inducted to the Great Lakes Division Board of Directors bringing their experience of participating on past Boards and Chairs of events. Jeff and Marie are committed to expanding the reach of the Great Lakes Division and we are very excited to have them join us!

GET FIT: A Workplace Wellness Initiative

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. For more information email Brandon.
If marathons are not your thing, we have plenty of other Team ALF athletic options! ALF, Great Lakes Division also offers fundraising opportunities with no minimum for almost every major athletic event in Illinois and Michigan—check out fundraising incentives on our website.

Email Tatiana to register or suggest another race not listed.

Below is a list of opportunities:

- Bank of America Shamrock Shuffle 8K Run | April 2, 2017
- Bank of America Shamrock Shuffle 2 Mile Walk | April 2, 2017
- Humana Rock & Roll 5k | July 15, 2017
- Humana Rock & Roll 10k | July 16, 2017
- Humana Rock & Roll Half Marathon | July 16, 2017
- TransAmerica Chicago Triathlon | August 27, 2017
- Chicago Lifetime 5k | September 24, 2017
- Chicago Half Marathon | September 24, 2017
- **Bank of America Chicago Marathon** | October 8, 2017
- Detroit Free Press/Talmer Bank 5k | October 2017
- Detroit Free Press/Talmer Bank Half-Marathon | October 2017
- Detroit Free Press/Talmer Bank Marathon | October 2017
- Chicago Hot Chocolate 5k | October 2017
- Chicago Hot Chocolate 15k | October 2017

**Megan Sullivan** (*upper, left*) ran the Yosemite Half-Marathon in early October in honor of her mother who was recently diagnosed with liver disease and raised over $1,500!

**Matthew Pracko** (*bottom, left*) ran the Chicago Half-Marathon in late September. At the age of five, Matthew was diagnosed with a genetic liver condition called Alpha-1 Anti-trypsin Deficiency, this year Matthew raised over $1,700 and has been the LIVER Champion at past Liver Life Walks. Way to go, Megan and Matthew!
Learn how HepCCATT expands and improves hepatitis C testing and care in Chicago. For more information contact Isa Rodriguez.
#GivingTuesday

Celebrated on the Tuesday following Thanksgiving (in the U.S.) and the widely recognized shopping events Black Friday and Cyber Monday, #GivingTuesday kicks off the charitable season, when many focus on their holiday and end-of-year giving. Celebrate Giving Tuesday on Tuesday, **November 29th**, by giving to the American Liver Foundation.

You can make a donation [here](http://example.com).

---

**OUR FAVORITE READS THIS MONTH:**

- Man Raises Funds for American Liver Foundation by Swimming English Channel
- World Health Organization: Over 1 Million People in Low Income Countries Treated for Hepatitis C
- Northwestern Medicine: How to Make Your Coffee Shop Order Healthier
- Recipe of the Month: A Healthier Pasta Bowl
- Rush: Tis the Season-For the Flu

---

**THANK YOU**

Your donation helps us fight liver disease.

We appreciate your generous support.

To make a donation, click [here](http://example.com).

---

**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](http://liverfoundation.org/greatlakes)