



Spring 2009

LifeTalk

Chronic kidney disease affects one out of every nine adults.



From the
Desk of the
Executive
Director

Dear Friends,

It is finally spring – something I know we have all been waiting for! It has been a busy and productive winter but we are looking forward to the warmer weather and the chance to get out and see all of you at our upcoming events. Just coming off of National Kidney Month and preparing for Donate Life Month, we are reminded how important the work of the NKF is. Not only do we provide vital support programs to patients and family members, but we provide community outreach and education and intervention services that can help people learn early on if they have signs of kidney disease. We know that you will all come out to support us at our upcoming fundraising events this spring and summer – the Kidney Walks both here and in Glens Falls; a Fitness Challenge in Plattsburgh; our Gift of Life Celebration in Albany, and a new family event we are doing this year – Putt for a Purpose.

This year more than ever we need your support. Businesses and individuals alike are reacting to the daily reports of an uncertain economy, but our fight continues. Kidney disease doesn't slow down because of the economy, and we need to end the wait for the 77,000 people in need of a kidney transplant. Your support makes all the difference, and I hope you will plan to join us at some or all of the events described in this newsletter. As we enter National Donate Life month, let me extend sincere gratitude to our healthcare professionals that work so hard every day to save lives. We have the best in the Northeast and we are grateful for the care and compassion you extend every day.

Happy Spring – see you at one of our upcoming events!

Sincerely,

Carol Ann LaFleur

Carol LaFleur
Executive Director

A Newsletter of the National Kidney Foundation of Northeast New York

Marching on the Capital FOR KIDNEY DISEASE

On Tuesday, March 3rd at New York State's Capital, the National Kidney Foundation of NENY once again held its annual advocacy day to inform and educate health policy-makers and the general public about the heavy burden of chronic kidney disease. NKF Offices from across the State, as well as the National office in New York City, joined us for a day of visits with legislators as well as a kidney health screening (KEEP Program) all designed to give a face to kidney disease and help legislators understand how their health policy decisions affect our constituents. The National Kidney Foundation offices in attendance were each presented with proclamations that day recognizing March as National Kidney Month and acknowledging the work the NKF does in prevention and community education.

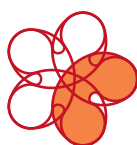


Kathe Lebeau, a patient advocate who was diagnosed with kidney disease in 2004, was just one of the advocates in attendance. She believes that because of our efforts each year, legislators have a much better understanding of how their decisions affect the everyday lives and health of kidney disease patients when face to face with someone personally affected. "It's good for a patient to be part of an advocacy process because we have no agenda and are not being paid; our only agenda is that we are advocating for quality life and health of ourselves and patients. I've never met a legislature who didn't think about that," she said.

Lani Jones, another patient advocate for the National Kidney Foundation of NENY and Assistant Professor of the School of Social Welfare at the University at Albany, also spent the day with legislators on March 3. "I am enthusiastic about taking part in this social action and policy initiative as it aims to create positive changes in individual attitudes and among healthcare systems relaying that kidney disease is common, harmful and treatable." A week later, Jones joined a group of advocates at the World Kidney Day fly in hosted by the National Kidney Foundation in Washington, DC. Hold the date for next year's advocacy day – March 2, 2010.

Interested in becoming a Patient Advocate for the National Kidney Foundation of NENY?

We are currently recruiting advocates that want to share their personal stories with legislators and let them know how kidney disease and organ donation has impacted your lives. No previous advocacy experience necessary – just a willingness to share your story, and a passion to make a difference! Contact Carol LaFleur at 518-533-7880 or by email carol@nknfny.org.



National Kidney Foundation™

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99 Troy Road, Suite 200, East Greenbush, NY 12061 - 800-999-9697 - www.nknfny.org



Message from the Chairman

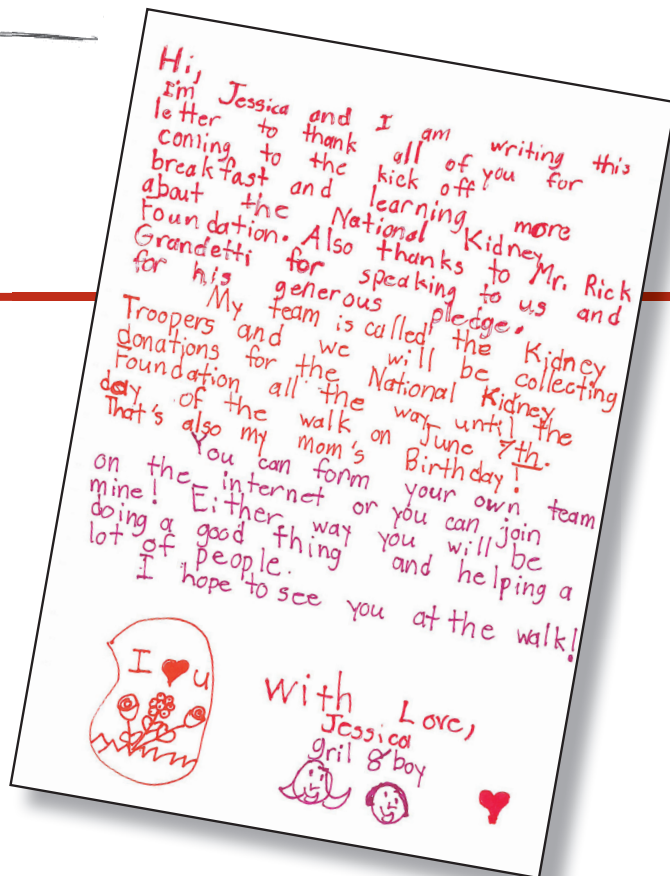


Dear Friends,

As I wind down my term as Chairman, I want to tell you what a privilege it has been to serve you. I have seen the organization grow during my tenure, have gotten to meet many of our volunteers and supporters, and have seen firsthand the great work the NKF does in the community. I want to extend my gratitude for allowing me to serve and to give you my assurance that my support of the NKF will continue. It is a great organization, comprised of dedicated individuals, working to save and improve lives every day. It truly is an honor to be a part of it. I will soon pass the baton to a wonderful leader and friend, Paul Madelone of Millennium Business Communications. Paul will bring great vision and dedication to his term as Chairman and I know you will all support him. We have much to be proud of in the Northeast and I hope to see many of you and thank you personally at our Gift of Life Celebration on May 21, Glens Falls Kidney Walk on April 26, Albany Kidney Walk on June 7, and Putt for a Purpose in late June. Thank you again for your continued support.

Sincerely,

Peter Chynoweth
Chairman



Join us as we Putt for a Purpose... Love your Kidneys.

Dates: Friday, June 26
Times: 10 am- 10 pm
Saturday, June 27
10 am – 10 pm
Sunday, June 28
10 am – 10pm

Location: Pirates Hide-Out Mini Golf Ice Cream & Grill (175 Guideboard Road in Halfmoon)

For more info visit www.pirateshideout.com or www.nkfneny.org. Bring 4 mini golfers for just \$20 and \$10 will be donated to the National Kidney Foundation of Northeast New York. (Advance ticket sales can be purchased at Pirates Hide-Out in person or online at www.pirateshideout.com during March 2009). With each pre-purchased group of 4 tickets – receive 2 free passes to golf anytime during 2009 season. There will be prizes for Hole in One. Free Blood pressure screening and risk assessment for kidney disease.

That's how you Putt for a Purpose!

JOIN THE NKF FAMILY OF SUPPORTERS TODAY!

Yes, I want to become a supporter of the National Kidney Foundation of Northeast New York, Inc., and help in the fight against kidney disease and increase awareness of organ donation.

- \$100
- \$75
- \$50
- OTHER
- Sustaining (\$25 per month charged to your credit card)

Name _____

Address _____

City _____ State _____ Zip _____

Phone: _____ E-mail: _____

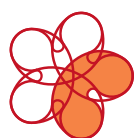
Amount Pledged \$ _____ Check Enclosed

To give your pledge using your credit card, please complete the following:

Visa Mastercard AMEX

Credit Card # _____ Expiration Date _____

Please return to: The National Kidney Foundation of Northeast New York, Inc.; 99 Troy Road, Suite 200; East Greenbush, NY 12061, or call (800) 999-9697 for more information



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Preview of Events for 2009:

As the winter comes to an end and the warmer weather sets in, we have plenty of opportunities for you to come out and have a great time with your friends, family, and colleagues, while supporting the work of the National Kidney Foundation of Northeast New York and the millions of individuals affected by kidney disease.

Walk With Us!

Glens Falls Walk – April 26, 2009

The 2009 Glens Falls Walk will be held on Sunday, April 26, at The Great Escape & Splashwater Kingdom in Lake George.

How you can help: Form a walk team, join our committee, become a donor or sponsor, or consider hosting a pre-walk event or fundraiser. We are also looking for locations to promote the walk and sell kidney cutouts.

Albany Walk – June 7, 2009

The Albany Walk will be happening on June 7th, 2009 at a new location this year, the University at Albany. Learn more about the Walk and forming a team at the Kick-Off Breakfast on March 12 at the Desmond Hotel and Conference Center, featuring guest speaker Rick Grandinetti, Founder and CEO of Vision Planning Inc.

How you can help: Form a walk team, join our committee, become a donor or sponsor, or consider hosting a pre-walk event or fundraiser. We are also looking for locations to promote the walk and sell kidney cutouts.

Run and Bike With Us at the North Country Fitne\$\$ Challenge Biathlon

Sunday, May 3

Location: SUNY Plattsburgh

Time: TBA

Contact: Rebecca Conklin, Community Outreach Coordinator, (518)533-7883
Arcangela Mele, Communications Manager, (518) 533-7884

The North Country Fitne\$\$ Challenge is an outdoor 5k run and 20K biking event that will take place at SUNY Plattsburgh's outdoor campus along the Saranac River.

There will be a competitive portion for those looking for an athletic challenge as well as a non competitive portion. This is a fundraising event and participants will be encouraged to gain sponsors and raise money either as a team or individually. Prizes will be awarded in various categories including the best run and bike times for the competitive portion, as well as the teams and individuals who raise the most money.

How You Can Help: Participate in the North Country Fitne\$\$ Challenge, join our committee (meetings in Plattsburgh) become a donor or sponsor, help with the marketing of the event or volunteer at the event by assisting with registration, calculating times, etc.

Celebrate With Us!

The Gift of Life Celebration Gala This Year's Theme: Motown Memories

Thursday, May 21, 2009

Location: Wolfert's Roost

Time: 6:30 welcome, cocktails,
carving stations & networking
7:30 - 9:30 auctions &
award presentations.

Ticket Prices: \$150 individual \$400 honorary committee and sponsor packages

Contacts: Carol LaFleur, Executive Director,
518-533-7880, carol@nkfny.org
Alicia Jacobs, Director of
Special Events, 533-7881
Alicia@nkfny.org

The Gift of Life Celebration gala is a unique business casual networking event with an awards ceremony, auction, cocktails, and carving stations. Additionally, sponsors at the \$2,500 level or higher play 9 holes of golf before the event.

Join us in celebrating our successes and those of our partners during the previous year. We will honor some of the outstanding members of our community who work tirelessly toward preventing kidney disease, improving patient outcomes and their quality of life, promoting organ donation, educating the public about kidney disease, prevention and early intervention, and ultimately finding a cure for diseases of the kidney and urinary tract.

How you can help: Become a sponsor, Attend the event, Become an Honorary Committee member, Donate an auction item or become a committee member.

We are also looking for a Title Sponsor for 2009.

Golf with Us!

September 14, 2009

Location: Saratoga National Golf Club

Contacts: Carol LaFleur, Executive Director,
518-533-7880, carol@nkfny.org
Alicia Jacobs, Director of
Special Events, 533-7881
Alicia@nkfny.org

The National Kidney Foundation Golf Classic is the nation's premier amateur golf event for charity. Each year thousands of golfers from across the country participate - for the exciting competition, valuable gifts, and the chance to win great prizes - all to benefit a worthy cause.

In addition, the two top teams from each tournament are invited to play in the National Championship, a four-day tournament conducted over the famed Pebble Beach Golf Links, The Links at Spanish Bay, Poppy Hills and Del Monte. This is a scramble format.

Each team must have a USGA Handicap index of at least 42.0 and only one player per team may have USGA Handicap index of 8.0 or less.

How you can help: Sponsor, enter a foursome, donate an auction item or become a committee member - meetings once a month from January until September.

Help Us Vote for Who Has the Best Local Chili!

2009 Chili Challenge Event November 15, 2009

Location: Troy Atrium

Time: 12 noon - 5 pm

Contacts: Alicia Jacobs, Director of
Special Events, 533-7881 or
Alicia@nkfny.org
Carol LaFleur, Executive Director,
533-7880 or carol@nkfny.org.

Restaurants from all over the Capital Region will share their best chili recipes with attendees for a chance to win the title of Best Local chili at the 2nd annual Chili Challenge Event. Attendees will vote as well as a panel of local celebrity judges.

How You Can Help: Become a restaurant vendor, join the Chili Challenge committee, become a sponsor or donate an auction item.

How to **BECOME AN ORGAN DONOR,** and Make it a Commitment

April is Donate Life Month, a time to recognize the generous individuals who have decided to become organ, tissue and eye donors, and celebrate the success of donor recipients who are leading happier and healthier lives.

The lack of organs for transplantation is a major health problem in the U.S. To date, there are over 100,000 people waiting for a transplant on the national transplant waiting list, with nearly 75 percent waiting for a kidney. Every year, over 3,000 people die while waiting for a kidney transplant, and thousands of other will die waiting for a lung, liver, heart or pancreas as well.

When one person agrees to donate their organs upon their death, they have the potential to save up to eight lives. A tissue donor (corneas, bone, skin, heart valves, tendons, veins, etc.) can improve 12 or more lives by restoring eyesight, helping fight infections in patients and preventing the loss of mobility and disability.

Therefore, becoming an organ, tissue or eye donor is a powerful way to change someone's life. If you are thinking of becoming one, below is some information to help you make a decision and get started.

WHAT DOES BECOMING AN ORGAN, TISSUE, AND EYE DONOR MEAN?

When you choose to enroll as a donor in New York State, you are giving legal consent for the recovery of your organs, tissues and eyes for the purposes of transplantation and research at the time of your death. Therefore, if you are serious about donation, you should discuss your wishes with your family to make sure they are carried out when you're not there to do so.

HOW DO I BECOME A DONOR?

Follow through and make it a commitment! A national report card prepared by Donate Life America shows a 10 percent increase in donor designations over the last 18 months, bringing the number to 70 million. However, only 35 percent of licensed drivers and ID card holders have registered to be donors through their state registry or motor vehicle, thus committing themselves to donation. So if you are serious about donation, you will need to:

Enroll through the New York State Donate Life Registry. You can do that by visiting www.donatelife.net or www.organdonor.org,

clicking on New York State, and following the instructions.

Designate your decision on your driver's license. Do this when you obtain or renew your license.

Sign a donor card now. Carry the donor card with you until you can designate your donation decision on your driver's license or join a donor registry.

Additionally, Governor Paterson recently signed a law that is now in effect allowing New Yorkers to enroll in the New York Life Donate Registry on statewide forms for voter registration, creating an additional way to become a designated donor.

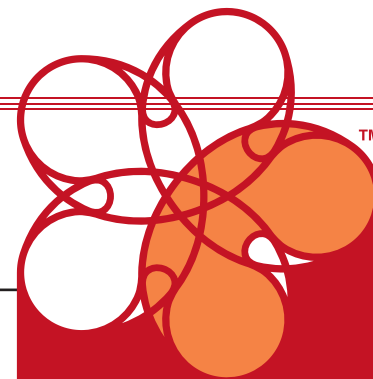
WHAT ABOUT LIVE DONATION?

You may also have the option of becoming a living donor, which would offer someone waiting for a deceased donor on the national transplant waiting list a chance to receive an organ almost immediately. The current average waiting time for a kidney is 1, 121 days. About 14,000 kidney transplants are performed each year, and little over one third of transplanted kidneys are from living donors.

However, not everyone is qualified to be a live donor, and they are chosen carefully. Individuals considered for living donation are usually between 18-60 years of age, must show a genuine willingness to donate, be physically fit and in good health; free from high blood pressure, diabetes, cancer, kidney disease and heart disease. Your individual circumstances will be discussed privately and tested to determine compatibility.

WHAT'S THE RISK?

Due to the advancement of immunosuppressant drugs, transplantation is highly successful. Although complications for the donor and recipient can arise, most donors go on to live healthy and normal lives after surgery. If you are a living kidney donor, your remaining kidney will enlarge to do the work of two kidneys. For liver donors, the liver will regenerate and regain full function. Lungs and pancreas do not regenerate, but donors usually have no problems with reduced function. You can find more in depth information about live donation by visiting www.donatelife.net or www.organdonor.gov.



National Kidney Foundation

I am interested in becoming a Live Donor. How do I get started?

The first step to becoming a live donor is to talk with your physician, who will help you assess your medical history and other circumstances that should be considered. Then, you would contact a local transplant center and make an appointment to be evaluated. Keep in mind that if you genuinely want to become a live donor, you will need to be assertive and persistent in your efforts to make that happen. Good Luck!

Celebrate Donate Life Month

On April 19, The National Kidney Foundation of Northeast New York will honor those that have saved lives by becoming an organ, tissue, marrow, and blood donor. On April 19, we invite our local transplant recipients, living donors, and donor families to join us in a celebratory ceremony at the Desmond Hotel and Conference Center in Albany. Final details are underway, but those interested in attending the event can contact Carol LaFleur, Executive Director, at 518-533-7880.



You Can Help Spill the Beans on Kidney Disease!

The following local businesses are participating in “Spilling the Beans on Kidney Disease” a new public education campaign designed to create awareness while raising funds for the National Kidney Foundation of Northeast New York. Visit any of these businesses to show your support for the NKF!

Spilling the Beans on Kidney Disease Partners

The Muddy Cup

1038 Madison Ave., Albany, NY 12208
518-458-6120

Melville's Mug

5 Clinton Square, Albany, NY 12207
518-694-9991

Stage Coach Coffee

90 State St., Albany, NY 12207
518-436-7233

Ridge Street Café

1 Ridge Street, Glens Falls, NY 12801
518-792-3711

Halfmoon Salad and Sandwich

1615 Route 9, Clifton Park, NY 12065
518-371-2902

Professor Java's Coffe Sanctuary

217 Wolf Road, Albany, NY 12205
518-435-0843

Mug Shots

54 James Street, Albany, NY 12207
518-514-2649

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Manuel Santos
Capital Region's CW

Thomas Schumacher, MD
Capital District
Renal Physicians

David Wehner
NYS Insurance Fund

Whether you are a business or individual, you can help spread awareness about chronic kidney disease and help raise funds to support the cause.

Here's how:

- Eat and Educate: Host a lunch, dinner, afternoon tea, or another party at your home or business to educate your friends, family, colleagues, or customers about the burden and risk factors of chronic kidney disease.
- Register for a Spilling the Beans Fundraiser: Share a portion of the proceeds from a home /outdoor party to benefit the NKF. Some ideas are a garage sale, used book/ CD sale, Jewelry party, bake sale, movie night, comedy show, BBQ, pasta night, or create your own party!
- Become a Spilling the Beans Supporter: Do you belong to a group like a fraternity, sorority, Elks or Rotary Club, Sports Team, Boys or Girls Club, or a Professional Organization? Invite one of our speakers to attend your meeting or event and share information on kidney disease.

Spilling the Beans Campaign provides participants with the chance to host an awareness/fundraising event or activity, support the Foundation's mission, and showcase their business at the same time. Easy to implement and flexible, a Spilling the Beans event can be anything from an informal gathering to learn about kidney disease, or a special promotion tied to a business. For more information, contact Arcangela Mele at 518-533-7884 or email Arcangela@nkfney.org.

Dialysis Treatment Clears The Blood, But Does It Cloud The Vision?

Magnifying glasses may soon join the dialysis machine as essential equipment in dialysis centers around the country.

A new study, published in the December issue of *American Journal of Kidney Diseases*, the official journal of the National Kidney Foundation, suggests that elderly dialysis patients suffer high rates of visual impairment.

According to the National Kidney Foundation, the elderly represent well over half of the U.S. dialysis population – a number that recently reached 355,000.

Researchers at the University of Toronto studied 159 hemodialysis patients, all of whom were over the age of 65. The patients were asked to participate in a series of tests to assess their vision, including a visual acuity test, a contrast sensitivity test and a depth perception test. The visual acuity test measured the patients' overall vision functioning, while the contrast sensitivity and depth perception tests focused on the patients' ability to distinguish between objects of different shades of color and the ability to determine relative distances between and within objects.

A surprising 39% of study participants were found to have significant visual impairment, compared to 28% of healthy people over 70 who experience irreparable visual damage. Specifically, 96% had visual acuity levels less

than age-expected values, 37% had poor contrast sensitivity and 31% failed the depth perception test.

Co-investigator Vanita Jassal, MD, expected that dialysis patients would have a high rate of visual impairment due to the large percentage of this population that suffers from diabetes and hypertension, two conditions that are strongly associated with visual loss. However, Jassal did not anticipate the exceedingly high number with severe depth perception issues.

Jassal does not believe that dialysis itself causes retinal damage but says the study's findings underscore the high burden of vascular and other diseases born by dialysis patients.

"As clinicians, we don't necessarily appreciate what loss of vision means to our patients," says Jassal. "If we're explaining monthly lab results by pointing to a chart and they can't see what we're referring to, they are missing out on key information that they need in order to stay on top of their own health care."

Impaired vision is strongly associated with accidental falls which are in turn related to death, hospitalization and long term institutional care, costing the U.S. an average of \$5 billion.

"The degree to which the study participants suffer from vision damage, particularly

depth perception problems, can have a major impact on their lives. Depth perception is necessary for basic activities, such as climbing stairs and avoiding obstacles when walking. Especially important for dialysis patients, loss of depth perception affects their ability to follow critical medication regimens," continued Jassal.

Small Steps Can Make A Big Difference

Simple measures may help ease the burden of vision impairment, according to the National Kidney Foundation. Improved lighting in dialysis units, large magnifiers, and modified educational materials with large type and high contrasts can be inexpensive and effective ways to improve patient functioning.

The National Kidney Foundation is dedicated to preventing and treating kidney and urinary tract diseases, improving the health and well being of individuals and families affected by these diseases and increasing availability of all organs for transplantation.

To learn more about kidney failure and treatment options, including various types of dialysis, contact the National Kidney Foundation at www.nkfn.org or (518) 458-9697.

Get Screened for Kidney Disease

Do you have diabetes or high blood pressure? A parent, brother or sister with diabetes, high blood pressure or kidney disease? Are you over the age of 18? If so, you may be at risk for developing chronic kidney disease. To find out, you can attend a Kidney Early Evaluation Program (KEEP) screening in your area.

KEEP is a free health screening program offered by the National Kidney Foundation for individuals at increased risk of developing kidney disease. Blood and urine tests are administered and participants receive a private consultation with a physician. In addition, the Foundation will calculate the glomerular filtration rate (GFR), the best measure of kidney function and something that is not always reported during routine physicals.

KEEP Screenings Happening in Northeast New York:

April 18	Malone, location TBA
May 16	Troy, Rainbow Center
June 20	Albany, Salvation Army
July 18	Latham, Chinese Community Center
August 29	Oneonta /Cooperstown, location, TBA
September 20	Schenectady, State Street Presbyterian Church
October 17	Hudson, Golden Gates Health Fair
November 18	Schenectady, GE Wellness Center, Niskayuna

For more information about KEEP in your area, please contact Rebecca Conklin at 533-7883 or Rebecca@nkfn.org.



Organ Shortage Needs Multi-Faceted Approach

National Kidney Foundation Issues Call to Action and Unveils Comprehensive Plan to **END THE WAIT!**

The National Kidney Foundation's (NKF) Board of Directors announced today a comprehensive action plan to address the urgent need to increase the number of organs available for transplantation in the U.S.

The END THE WAIT! initiative is a virtual call-to-arms designed to put in place tested and proven actions relating to education, financial and medical practice. In collaboration with other major organizations in the kidney care and transplant communities, the NKF will lead this initiative that will begin immediately and end the wait for kidney transplants within 10 years.

Rather than seek small changes or single-issue amendments to existing laws, the foundation plans to work with Congress to craft legislation that will address all the barriers to donation. The END THE WAIT! initiative will complement, not amend, the National Organ Transplant Act (NOTA) that bans the sale of organs and the Uniform Anatomical Gift Acts (UAGA) that enables potential donors to legally indicate their wishes on their driver's licenses.

"The national transplant waiting list hit 100,000 this year for the first time," says John Davis, NKF CEO, "Most of the people on this list will wait too long for an organ and too many will die while waiting. We've decided to meet this core challenge head on and lead a broad-based initiative that will eliminate barriers to donation, institute best practices across the country, cover the cost of donation and increase the pool of living and deceased donors."

"Instead of debating the merits of untested strategies that may or may not motivate people to donate, we're unveiling a national plan that combines the 'best of the best' tactics that have worked in some regions of the country to increase donation. We are committed to making the disincentives to donation go away," continues Davis.

The END THE WAIT! recommendations focus on four key areas, including:

- Improving outcomes of first transplants, therefore reducing the need for second transplants through measures such as covering the cost of needed immunosuppressive drugs for life;
- Increasing deceased donation through training of hospital personnel about the optimal care for potential donor families and by recovering and utilizing organs from Extended Criteria Donors

(such as donors who were older or sick) and from donors who have experienced cardiac death in addition to those who were brain dead;

- Increasing the number of living donors by ensuring that they are reimbursed for all expenses involved in the donation, including lost wages, by providing access to health care and life insurance coverage and by offering them state-of-the-art medical care that ensures the quickest post-surgical recovery time;
- Improving the system of donation and transplantation throughout the U.S. by eliminating regional variations in access to transplantation and follow-up care and racial disparities in donating, getting on the waiting list and receiving a transplant.

This initiative was developed in consultation with national experts in the field and NKF's constituents, including kidney patients, potential donors, living donors and family members of deceased donors.

According to Tom Falsey, who donated a kidney to a stranger in need, "I have seen what the miracle of transplantation can mean. My teenage recipient no longer needs to be hooked up to a dialysis machine three days a week. His mother can once again see his freckles that were invisible during his illness. That is all the reward I need. But I also feel that you shouldn't have to take money out of your pocket to save someone else's life. I live in Kansas and my recipient was in Nebraska so I covered all the costs of travel back and forth to the transplant center in order to be a donor. This is common practice now, but we need to do a better job of covering the costs so that people will not be turned off from the whole process."

The National Kidney Foundation, Inc. (NKF) is the major voluntary health organization dedicated to preventing kidney disease, improving the health and well-being of individuals and families affected by kidney disease and increasing the availability of all organs for transplantation.





National Kidney Foundation

of NORTHEAST NEW YORK

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Calendar of Events

Attention! Patients and family members!

A new support group is forming. Join us on April 5, 2009 at the NKF office in East Greenbush. For more information, contact Carol LaFleur at 518-533-7880 or email carol@nkfny.org

How would you like to go to the US Open?

How would you like to do it for \$50? You'll have a one in 200 chance by purchasing a raffle ticket! Contact us between now and May 20 to obtain your ticket(s) and you could be attending the 2009 US Open at Bethpage! For more information, contact Alicia Jacobs at 533-7881 or email Alicia@nkfny.org

April 19	Team Northeast NY Celebration/Organ Donation Education Day
April 26	Glens Falls Area Kidney Walk
May 3	North Country Fitne\$\$ Challenge
May 21	Gift of Life Celebration
June 7	Albany Kidney Walk
June 26 - 28	Putt for a Purpose
September 15	NKF Golf Classic
October 31	Oneonta Kidney Walk

WASH THAT SALT RIGHT OFF OF YOUR CAR!

Winter + snow, sleet and rain = one big mess for your car! But no worries, because we have got a solution! Purchase your Hoffman's Car Wash tickets from the NKF, clean you car and benefit patient programs at the same time! You can purchase regular or full service tickets from the NKF, and 50% of the proceeds will benefit patient programs. Contact Ellen Shupe Bell at 518-533-7873 or email ellen@nkfny.org