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Medicine Matters.....page 3
Montgomery Office Update.....page 4
Board Spotlight.....page 6
Memorials/Honorariums.....page 7
Year End Gift Giving.....page 7



Fall 2011

Kidney Keynotes

All Kidney Patients in Alabama will Experience Life to the Fullest

"The Gift" ... A Transplant Story



"At the end of even our very worst day, it is in our DNA to take care of our brothers and sisters."
— Desmond Tutu

with a clean bill of health—after extensive testing and evaluation. What a celebration! Then when they called a few weeks later to inform me that I had formally been approved to be Mike's donor, I was overwhelmed with gratitude!"

"The transplant was not difficult; I had never had major surgery before and was anxious about the anesthesia and its effects. I had what I would describe as moderate incisional pain for ten days. I now have a new three inch scar. I look at it as a 'celebration of life' line...a reminder of the miracle of our bodies and the love I was blessed to share. This transplant was as much of a gift for me as for Mike."

One young lady takes this quote very seriously, her name is Angie Hamstead. She is a mother, a fitness enthusiast, an educator and a sister who in March of this year donated a kidney to her brother, Michael.



Angie's brother was born with a kidney defect-reflux nephropathy--his health issue went undiscovered until he was four years old. Michael managed to keep his own kidneys functioning through childhood and most of his adult life. However, a few years ago Michael received the news that his kidney health was declining. Doctors told him to get on the kidney transplant waiting list soon. For Angie, volunteering to get tested to be Michael's kidney donor was not a question, but an obvious choice.

Angie took her good deed one step further this summer as she and her family traveled the country on a 35-destination trip from Knoxville to the west coast and back. She was joined by her husband and two sons, ages 10 and 13. They volunteered with various communities and she shared her transplant story in order to educate as many people as possible about the power of organ donation and encourage them to sign up to become living or deceased organ donors so that others can receive the gift of life.

"I have this desire to celebrate in a public way—not brag about what I did for my brother, but rather to show others that they can do the same. They can save lives, too."

Angie feels she has been given a new appreciation of life and a special purpose of sharing her experience with others, so if you would like to contact her you can do so at hamstead64@comcast.net. She would be happy to talk with you.

You Can Make a Difference!

The following article was written by a local dietitian from Fresenius Medical Care in Huntsville, Alabama about her exceptional dialysis patient, Mr. Samuel Cobb.

Samuel Cobb
By Susan B. Fussell RD

Sounds of jazz, laughter, and aromas from the many restaurants and cafés fill the air. Side streets and courtyard gardens are moist from an afternoon rain while Jackson square with its rich history, hosts artists, fortune tellers, mimes, and dancers young and old vying for attention and coins. These are the pictures that come to mind during my visits with Mr. Samuel Cobb. You'll find him with canvas and brush in hand during his dialysis treatment, depicting with his art

Story continued on Page 2

WHAT'S HAPPENING...

2011-2012

STOCKING STUFFERS

MONTGOMERY — December 1, 2011
Montgomery Regional Office, 6:00-8:00 p.m.

BIRMINGHAM — December 5, 2011
North Shelby County Library, 6:00-8:00 p.m.

TEAM CAPTAIN KICK-OFF LUNCHEONS

January, 2012—Dates to be announced—Check AKF website for updates.
Birmingham—January 17, Homewood Library, Noon
Huntsville—January 19, Noon, Location TBA

2012 Walk-a-Thons

MOBILE	March 17, 2012	UMS-Wright Preparatory School
HUNTSVILLE	April, 2012	TBA
BIRMINGHAM	May, 2012	Homewood High School Waldrop Stadium
MONTGOMERY	August 18, 2012	Baptist Health DeBoer Bldg.

Please consider leading a team of walkers: It's easy! A team is at least 4 walkers who raise a minimum of \$200 total. To learn more attend our Team Captain Kick-off Luncheons or call Lisa Costanzo at 205-960-6670 or lisa@alkidney.org.

In Your Neighborhood



Please contact the offices listed below to learn about Foundation activities in your area.

BIRMINGHAM STATE OFFICE
2012 University Boulevard, Suite 164
Birmingham, AL 35233
Phone: 205-934-2111
Toll Free: 800-750-3331
Fax: 205-975-6682

MONTGOMERY REGIONAL OFFICE
Amy Godsoe, Regional Director
441 High Street, Suite B
Montgomery, AL 36104
Phone: 334-241-0003

SHOALS/FLORENCE CHAPTER
Marty Rich
256-766-7577

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Mission:



You Can Make a Difference Continued from Page 1



the colorful lives, scenes, and personalities of the Big Easy. But life isn't always so easy for the native of New Orleans. Mr. Cobb has found his niche in Huntsville at least for his dialysis treatments. But he brings to life a happier carefree time with his paints. I always look forward to our visits and everyone in the clinic enjoys watching the progression of his latest project. His style is unique and pleasing with bold colors and whimsy. He recently returned from a Louisiana art show where his paintings were a sellout! How does someone paint so beautifully while challenged and distracted with kidney disease, requiring dialysis? Having lost one eye, in addition to contending with the many struggles of daily living with a chronic disease, has not limited his creative efforts. Maybe it's those very challenges that lend such depth and emotion to his work. I am very fortunate to have met such a talented artist. He reminds me to look for the beauty in all things. There are good days and not so good days, maybe a crisis with a stay in the hospital, but he continues to draw and paint with a magnificent spirit. "I want to inspire people and help them realize that life is beautiful. Just look, you'll see it." I see it, in the vivid, colorful pictures painted by Mr. Cobb. I would like to thank him for sharing his talent and art and especially for the reminder.... "Life is beautiful!"

Mr. Cobb and his wife live on social security disability insurance and were not able to afford dentures to assist him with his eating. Mr. Cobb's social worker, Jennifer Johnson, applied to the Alabama Kidney Foundation for assistance from our Daily Living Needs Program and the AKF was able to give him \$250 toward a pair of dentures. Now Mr. Cobb's smile is even brighter!

The Alabama Kidney Foundation serves kidney patients by providing financial assistance, education and support services. The Foundation provides public education to promote awareness of organ donation and prevention of kidney disease.

Nutrients per Serving:
 Calories, 262
 Protein, 16 g
 Carbohydrate, 9 g
 Fat, 18 g
 Cholesterol, 42 mg
 Sodium, 93 mg
 Potassium, 308 mg
 Phosphorus, 152 mg
 Calcium, 38 mg
 Fiber, 1.0 g



Yield: 6 portions
Serving Size: 1/2 cup

Ingredients:
 ¼ cup sour cream
 ¼ cup mayonnaise
 2 cups cooked chicken or turkey, diced
 25 red seedless grapes, halved
 25 green seedless grapes, halved
 ½ cup walnuts, coarsely chopped
 Bibb lettuce for garnish

Preparation: In a small bowl, mix sour cream and mayonnaise. In a large bowl, combine poultry, grapes and walnuts. Fold sour cream and mayonnaise into ingredients in large bowl and blend well. Chill for at least one hour. Serve cold on a lettuce leaf with low-sodium crackers or a crisp breadstick.

— Recipe from DaVita

Medicine Matters

Losing Weight when you're on a Renal Diet

By Jennette Morgan, MHA, RD, LD

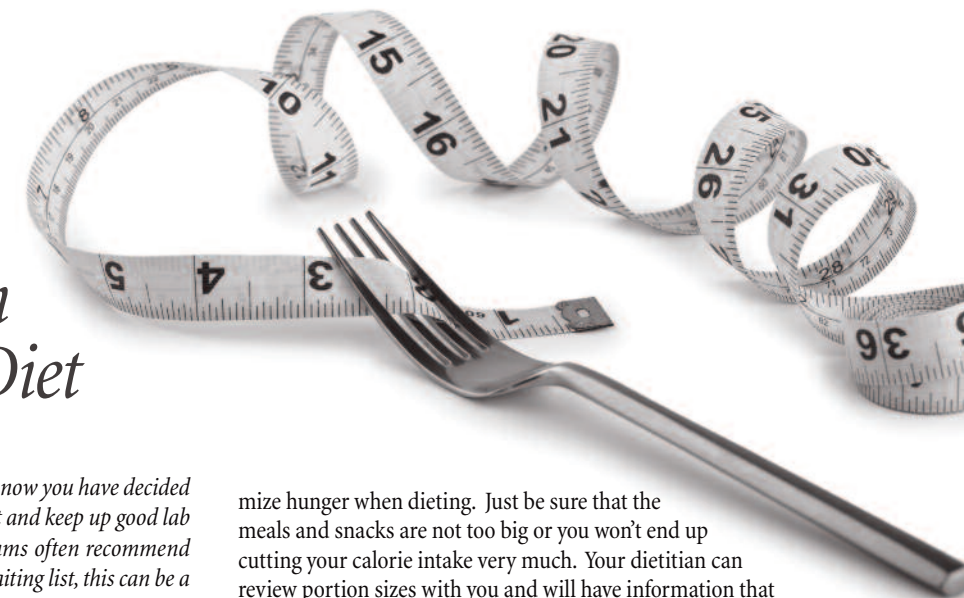
As if following a renal diet wasn't tricky enough already, now you have decided it is time to take off a few pounds. How can you go about it and keep up good lab values at the same time? Since kidney transplant programs often recommend weight loss prior to making you active on the transplant waiting list, this can be a big concern for many dialysis patients. Well, this article is going to review some of the major points to keep in mind as you try to lighten up!

• **Protein.** It is very important as you reduce your calories intake to make sure that you still get enough protein every day. Losing caloric muscle mass and having too little albumin in your blood does not put you in the best condition for transplant surgery, and it also does not help your body fight infections. Plus, high protein foods tend to keep you from becoming hungry for a longer time than foods high in carbohydrates. So, be sure that this is not where you cut the most calories. Include high protein foods such as eggs, chicken, fish, and lean red meat in your diet each day. In addition, if you normally use a protein supplement that is high in calories, such as canned drinks, talk to your dietitian about protein supplements that are lower in calories.

• **Fluid.** Many popular diets encourage you to consume large amounts of fluid (soups, diet drinks, juice, water, etc.) to help reduce hunger as you cut your calories. This is simply not a good idea for dialysis patients. Instead, use gum and sugar free hard candies to help you resist the urge to nibble between meals.

• **Potassium.** Stay away from fad diets that encourage you to eat high potassium fruits or vegetables such as grapefruit, bananas, acia berries, noni juice, tomatoes and vegetable juice. On the other hand, lower potassium fruits and vegetables can fill you up without adding too many calories. Review with your dietitian which fruits and vegetables make good lower potassium and calorie choices.

• **Meal and snack frequency.** Having a small meal or snack every 3 to 4 hours rather than going half of the day without eating can also help you mini-



mize hunger when dieting. Just be sure that the meals and snacks are not too big or you won't end up cutting your calorie intake very much. Your dietitian can review portion sizes with you and will have information that can help you figure out the calorie count in the foods you are eating.

• **Exercise.** Yes, that dreaded word! But it is true, regular workouts can help you lose weight and they will also help you feel better in general. Talk with your doctor and dietitian about what types of exercise would be best for your individual circumstances. As an added bonus, if you are in good shape from regular exercise, you may also recover more quickly from transplant surgery.

• **Weight loss partner.** If there is someone in your life (a friend, significant other, relative or even a coworker) who can begin a weight loss program at the same time as you, it can be a big help in staying motivated.

Losing weight is tough, whether you are on dialysis or not. But with a little determination and dedication, it can be done even on a renal diet! Don't hesitate to ask for support from any of your caregivers at the dialysis clinic. Their words of encouragement may be the extra motivation that you need to reach your weight loss goals.

Published with permission from Dialysis Patient Citizen's Quarterly Publication The Patient Citizen: www.dialysispatients.org

Note from our Medical Editor: Dr. Thomas H. Watson:
Changing Dry Weight: If you are successful losing lean body mass and fat, you must be careful to make sure your dialysis unit slowly decreases your dry weight, or after-dialysis-target-weight, so that the lean body mass you lose is not replaced with fluid weight. Some dialysis units can help you with the use of a Crit-Line device. If you lose lean body mass and fat without adjusting your dry weight, you will be at risk of fluid overload, swelling, and shortness of breath.

AKE

Those who "Made a Difference"

2011 Walk-a-Thon

The Alabama Kidney Foundation hosted its 24th annual "Make a Difference... One Step at a Time" Montgomery Walk-a-Thon Saturday, August 20, 2011 at Baptist Health's DeBoer Building. Over 300 participants attended this year's event, helping the Foundation to raise over \$85,000 for Alabama's kidney patients in need!

Congratulations to all individual and team walkers, team captains, Board of Managers and committee members, volunteers and everyone else who worked so hard to make this year's Walk a success! Every journey starts with a single step and you have truly helped "Make a Difference... One Step at a Time"!

Top Online Fundraiser:

- Rodney Zeigler, Omega Psi Phi - \$2,303.00

Top Walk Teams:

- FMC, Margaret Murdock- \$8,315.72
- Omega Psi Phi, Rodney Zeigler- \$6,901.23
- Jackson Thornton, Laura Gourley- \$5,531.05
- Alabama Power, Jamie Melton- \$5,193.00
- Team Jesus, Angela Underwood and Ruth Crenshaw- \$4,209.00
- Team Sankey, Denise Sankey- \$3,062.90
- DCI, Liz Jordan- \$3,108.40
- Hyundai, Dorothy Webster- \$2,204.00
- Life Changers, Vickie Jones- \$1,931.51
- 187th Fighter Wing, Norma Dove and Betty Findley- \$1,511.16

Top Overall Producers:

- Ed Sauls, Jackson Thornton- \$4,040.53
- Denise Sankey, Team Sankey- \$3,062.90
- Rodney Zeigler, Omega Psi Phi- \$2,478.00
- Angela Underwood, Team Jesus- \$2,382.00
- Margaret Murdock, FMC- \$1,573.00
- Betty Woolfolk, Waugh Community- \$1,260.00
- Vickie Jones, Life Changers- \$1,158.09
- Alley Buttram, Caprise Buttram- \$1,004.39
- Meg Pattillo, DCI- \$1,001.00
- Roberta Collins, Team Collins- \$780.00

Corporate Sponsors (\$10,000+)

Representative Greg Wren

Corporate Friends (\$2,500)

Renal Associates of Montgomery
Hyundai Motor Manufacturing of Alabama
Fresenius Medical Care



Special Thanks to our 2011 Prize Sponsors:

Ace Bowling; Ms. Amy Sheffield; Alabama Shake-speare Festival; Alabama State University; Auburn University; Bama Lanes; Barking Lot; Biscuits Baseball; Boardwalk Burgers; Brunswick Woodmere Lanes; Capital City Club; Carrabba's Italian Grill; Doug's 2 Salon & Spa; Down the Street Café; Dreamland BBQ; Eastside Grill; Fairfield Inn & Suites; Fit-4-Christ; Firehouse Subs; Ms. Ginger Chandler; Governor's Mansion; Ms. Gwen Pollard; Hamburger King; La Jolla; Mamma Nem's; Ms. Maggie Ross; Marriott Inn & Suites; Metro Fitness; Midas Muffler; PepperTree Steaks & Wine; Piccadilly; Rave Motion Pictures; Sinclair's; Subway; Super Suppers; Tallapoosa Golf Course; University of Alabama; WindCreek Casion & Hotel; Wintzell's

Special Thanks to our Food and Beverage Sponsors:

Publix Supermarkets; Blue Bell Ice Cream; Golden Flake; Segall Produce; Wright's Produce; Blue Ridge Mountain Water; Hardees; Costco; Krispy Kreme Doughnuts; Pentec; Starbucks; PepperTree Steaks & Wine

A Special Thank You to the following for their support of the event:

DJ @ Large; Fit-4-Christ; Montgomery Sheriff's Department; Chick-fil-A; "Gizzy the Clown"; Ms. Harriett Craig; Ms. Amy Sheffield; Ms. Phyllis Gleason; Jackson Thornton; Costco; Amedysis; Mr. Charles Jinright; Welding Supply & Equipment Company; Dynamite Magic & Balloons; The Space Walker; Booster, Inc.; CARE Ambulance; Haynes Ambulance; Nancy's Italian Ice; Rev. Charles Thomas; Alabama Peanut Producers; Hyundai Motor Manufacturing of Alabama; Virginia College Therapy Massage Program; Walgreens; FMC; Alabama Organ Center; Chi Eta Phi Sorority; Omega Psi Phi Fraternity; DCI, Wells Fargo; The Continentals; Kohl's Department Store; Huntingdon College; Gamma Sigma Sorority; Delta Sigma Theta Sorority; Eastmont Baptist Church

And a Special Thank You to:

Baptist Health and Mr. Ed Sauls, 2011 Honorary Walk Chair
MAX Federal Credit Union, Zeta Phi Beta Sorority Inc., Alpha Rho Zeta Chapter, City Drug



Scholarship

The Montgomery Regional Office offers a yearly scholarship to provide financial assistance for post secondary education to students who are a kidney dialysis or transplant patient or have a parent who meets this criteria.

The scholarship amount is \$1,000 per school year and can be applied toward tuition and textbooks only.

We would like to congratulate Mr. Angel Ramirez for being selected as the 2011-2012 scholarship recipient. The Alabama Kidney Foundation wishes you the best of luck this school year!



2011 Stocking Stuffers

MARK YOUR CALENDAR!! The 2011 Montgomery Stocking Stuffer Project will take place Thursday, December 1, 2011.

Alabama Kidney Foundation volunteers will gather to stuff over 1,000 holiday bags with useful and fun goodies and deliver them to dialysis patients around the River Region. Due to the financial devastation kidney disease causes, for some patients, this may be the only holiday gift they will receive. Please help touch the lives of these special people in need by making a monetary donation or volunteering your time. For more information contact Amy at 334-241-0003 or amy@alkidney.org.



Support Services

On Sunday, August 28, 2011 River Region dialysis patients were treated to a baseball game at the Biscuit's Baseball Stadium in Montgomery. The Montgomery Biscuits are a "AA" affiliate of the Tampa Bay Rays. Each year local corporate ticket holders donate tickets back to the team to be given to non-profit charitable organizations through their donations program. Because of this donation, the Alabama Kidney Foundation Montgomery Regional Office was able to give away 30 tickets to area dialysis patients. Thank you to our donors and the Montgomery Biscuits. We hope all of the patients who attended enjoyed their day to the fullest!

"Thank You!"

Board Spotlight

Jacquese M. Hill, Board Member
 Vice President - Treasury Management Sales Consultant
 Wells Fargo Bank



Jacquese is a native of Birmingham, Alabama and received her degree in Industrial Distribution from the University of Alabama at Birmingham in 1996. After completing her degree she relocated to Atlanta, GA for 12 years to pursue her career in Industrial Sales with the Torrington Company. In 1998, Jacquese started her banking career and has been privileged to work for Wells Fargo Bank for 12 years. She is currently a successful Treasury Management Sales Consultant covering the commercial market for the State of Alabama which has included a variety of clients such as commercial, government and non-profit organizations. Jacquese enjoys working with her clients and establishing partnerships that meet the goals of their organizations.

In addition to building a successful career in the Birmingham market, Jacquese earned her MBA with a specialization in Marketing from Capella University in 2010.

Jacquese joined the Alabama Kidney Foundation Board in January of this year with an enthusiastic spirit. She wants to bring awareness to the community of the impact kidney disease has across the world and specifically on citizens in the state of Alabama. The Wells Fargo Volunteer Team

was pivotal in helping Jacquese establish a platform to bring awareness to its team members. Her family and friends are in full support of her enthusiasm to be a part of the AKF.

Jacquese had the opportunity to personally experience the impact of kidney disease with her mother-in-law's struggle and successful kidney transplant until she passed away in 2010. Because of this direct impact in her life, she felt it was her responsibility to bring a broader awareness of kidney disease to the State of Alabama and be an advocate for the AKF.

In her first year on the Board, Jacquese established a team with Wells Fargo to participate in the AKF's Annual Birmingham Walk-a-Thon on May 1st. The team raised \$3,112.00, making a strong start to her participation in the AKF Walk. Jacquese is a member of the Program and Outreach Committee and enjoys working to establish programs and concepts that can help the continued growth of the Alabama Kidney Foundation. She said: "The most rewarding part of being a board member is to hear the stories of the patients the AKF has touched and to meet people that inspire me to keep working harder, regardless of the obstacles I face. The patients do not

realize how their endurance, in their challenging times, impacts me to work harder to spread the goal of the organization."

Jacquese has been married to Kerry Hill for 10 years and has one son Colin (7). They are all excited to support her in her efforts to support the AKF for years to come. Jacquese has been a member of the Wells Fargo Volunteer Team for the past ten years and has had opportunities to participate in a plethora of worthy causes across the southeast. Jacquese has been a supporter of the United Way of Alabama as a volunteer for the Allocation Team, Habitat for Humanity, Reading First Program and volunteer efforts with the homeless in Birmingham and Atlanta. Jacquese is a mentor for Wells Fargo and uses her life lessons to guide new team members to a successful career with the company. Her family has been a member of the Worship Center Christian Church since her return to Birmingham in 2009. She enjoys traveling, reading and spending time with family and friends.

She is excited about the future of the Alabama Kidney Foundation and thankful for the members of the board and staff for their hard work.

HONORARIUMS & MEMORIALS

Below is a listing of the generous individuals and foundations that made memorial and honorarium gifts to the Alabama Kidney Foundation from August 1, 2011 - October 31, 2011. Their donations make it possible for the Foundation to continue to make a difference for thousands of Alabamians living with kidney disease.

IN HONOR OF
 All Opelika Dialysis Patients
 Mary Ritchie

Andrew Austin
 Sheila Pavlovec

Lone Jr. Barnett
 Don and Lynn Payton

James Lon Blanks
 Betty Walker

Melissa Beukelman
 Kathleen Hart

Bradley Oliver Crow
 William and Augusta Forbes

Dialysis Patients
 Betty Walk

Charles Douglas & Patsy Harvey
 Charles and Dianne Gross

Tom Duke
 Barbara Hutcheson

Blake Jennings
 Anita Davis

Lynne Keiser
 Dianne Teague

Ayauna Ligon
 Betty Ligon

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 Linda Lofton

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Bill Oliver
 William and Augusta Forbes

O'Neal Family
 Mary McGinty

Marty Rich
 Ann Holden

Faye Rogers
 Barbara Chapman

Edwin A. Rutsky
 Boykin and Frances Smith

Ed Sauls
 Linda Champion

Michael Sams
 Gayle Davidson

Doris Smith
 Boykin and Frances Smith

Margaret Tresler
 Mike and Jeanie Steele

Bob Wilson
 Theodore Lipman

IN MEMORY OF
 William L. Austin
 Scotty Dorrough

Lee D. Caldwell
 Robin and Georgia Emerson
 Julian King
 Peggy Miller
 Sandra Small

Darlene Steber

Lorraine Caldwell
 Benny and Mary Lou Flynn

JoAnn Carnley
 Lewis Carnley

David Champion
 Linda Champion

Lonnie Chapman
 Barbara Chapman

Rosa Chapman
 Barbara Chapman

James Royal Comstock
 Gary and Jean Cooper

Willie and Gloria Cook
 Dorothy Webb

Mary S. Crenshaw
 Robert and Debra Adams

James D. Edson
 Robert and Kathryn Byers
 First Baptist Church

Brenda Floyd
 J. Raulerson

Velma Lucille Grimes
 Gary Gowens
 James and Cindy Stowe

Mrs. Carl Harvella
 Mary Smith

Anna B. Ingram
 Anna Beall

Bryan Jeffers
 J. Wray Pearce

Winnie Jeter
 William Jeter

Bertha Rice Jones
 Walter and Gayle Jones

Betty Kleinhans
 William and Ginny Street

Gary Kunkel
 Kimberly Kunkel

Alice Elizabeth Milstead
 John and Ora Hill

Cynthia Watson McDowell
 Kyle and Carolyn Watson

Danny Nunnelley
 Betty Alby

John Hugh Odom
 Laura Weaver

Wayne F. Orlowski
 Margaret Orlowski

Annie Robinson
 Brenda Robinson

Edna Robinson
 Brenda Robinson

Henry Ruffin
 Mary Mitchell

Frances Scott
 J. Raulerson

Charlotte Slocum
 Edwin Rutsky

Linda Joyce Stubbs
 Sharon Yeldwell

Andre Tetreault
 Andrea Hopkey

Junior Thigpen
 Joe and Jackie Fowler
 Jacky and Pamela Michael

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James Wren
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Special Thanks

To:



The **Caring Foundation of Blue Cross and Blue Shield of Alabama** for their \$10,000 contribution in support of the patient services programs of the Alabama Kidney Foundation.

The **Cahaba Valley Elks Lodge #1738** for hosting the 9th Annual Second Chance Prom and Silent Auction at "The Club" on April 9th, it was a huge success. The Elks presented the AKF with a check for \$10,000.

The **Wal-Mart Foundation** for their contributions to our Birmingham and Montgomery Stocking Stuffer Programs. This holiday season we will distribute over 3,000 holiday gift bags to dialysis patients in the Birmingham and Montgomery areas.

The generous sponsors of the 2011 Patient Education Conferences:
 NOVARTIS • PFIZER • GENENTECH • GENZYME

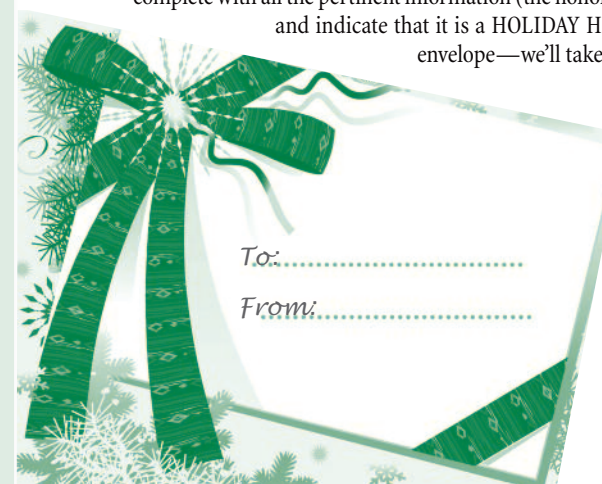
The conferences were held in Mobile (September 11) and Birmingham (November 6) this year. Each conference had a little over 100 patients and caregivers in attendance. These conferences provide excellent opportunities for kidney patients to learn and ask questions about areas of interest that are important to them. Nephrologists, transplant surgeons and medical professionals were the guest speakers; the patients received answers to important questions about their care and the newest technologies and innovative breakthroughs. The patients were also able to network with peers for support in handling their daily challenges of dealing with kidney disease.

THIS HOLIDAY SEASON DECIDE TO MAKE A DIFFERENCE!

Honor Your Loved Ones with the Spirit of the Season!

Can't figure out what to buy friends and family this holiday? How about a unique and meaningful gift that will help kidney patients in need! Honor your loved ones this holiday with a gift in their name to the Alabama Kidney Foundation. The gift recipient will receive a lovely holiday note card announcing your donation to the Foundation in their honor! Announcements will be sent within three-business days.

Simply use the enclosed envelope to send your tax-deductible donation, complete with all the pertinent information (the honoree's name & address), and indicate that it is a HOLIDAY HONORARIUM on the envelope—we'll take care of the rest.



MAKE A YEAR-END GIFT

For many of us, this time of year is a happy one. As the holidays approach, we look forward to celebrating with family and friends, planning the gifts we will share with loved ones, and enjoying the excitement of the season.

For more than 7,000 Alabamians living with kidney disease, however, this season can bring increased hardships. The cold weather that accompanies the holidays can mean higher heating bills and the need for warm clothing and other necessities that some just can't afford. We know that winter brings hard choices for the elderly, the sick, and the poor; choices as tragic as whether to turn on the heat or buy something to eat.

Please consider making a year-end gift to the Alabama Kidney Foundation. Your support can make a difference for patients across our state this holiday season. Simply use the enclosed envelope to send your tax-deductible donation.

Please Remember...

The Alabama Kidney Foundation in your will or planned gifts. For more information, please contact Lisa Costanzo at lisa@alkidney.org or call 205-960-6670.