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Kidney Keynotes

2015 STOCKING STUFFER EVENTS

DOTHAN – NOVEMBER 30, 2015
Flowers Hospital
For more information:
becki@alkidney.org

HUNTSVILLE – DECEMBER 1, 2015
UAH
For more information:
stephanie@alkidney.org

MONTGOMERY – DECEMBER 3, 2015
AUM
For more information:
renae@alkidney.org

BIRMINGHAM – DECEMBER 7, 2015
Homewood Library
For more information:
lacey@alkidney.org

MOBILE – DECEMBER 7, 2015
Fresenius Medical Care –
Azalea City,
2nd Floor Education Room
For more information:
becki@alkidney.org

2016 Kidney Walk Kick-Off Events

*Come pick-up your Team Captain
packets and learn more about the
2016 Kidney Walks!*

MOBILE – NOVEMBER 9, 2015
The Pillars
5:00 – 7:00 p.m.
For more information:
becki@alkidney.org

MONTGOMERY – JANUARY 6, 2016
Sinclair's East
11:30 a.m. – 1:00 p.m.
For more information:
renae@alkidney.org

BIRMINGHAM – JANUARY 12, 2016
Aloft Birmingham Soho Square
11:00 a.m. – 1:00 p.m.
For more information:
lacey@alkidney.org



DOTHAN – JANUARY 14, 2016
TBA
12:00 – 1:00 p.m.
For more information:
becki@alkidney.org

HUNTSVILLE – JANUARY 26, 2016
AKF Huntsville Regional Office
7:00-9:00 a.m. & 11:00 a.m.-1:00 p.m.
For more information:
stephanie@alkidney.org

*See 2016 Kidney Walk
Dates on Back Cover*

WHAT'S HAPPENING...

2016 KIDNEY WALK

MOBILE KIDNEY WALK – MARCH 5, 2016
UMS-Wright Preparatory School
Honorary Walk Chair: Ralph Hargrove, President/CEO
of Hargrove Engineers + Constructors
Honorary Patient Chair: Peter Martin, Willis of Alabama, Inc.
To register online: www.mobilekidneywalk.org

DOTHAN KIDNEY WALK – APRIL 16, 2016
Westgate Park
To register online: www.dothankidneywalk.org

BIRMINGHAM KIDNEY WALK – APRIL 30, 2016
Samford University's Track and Soccer Stadium
Honorary Walk Chair: Jim Cooper, President/CEO of
Cooper Construction
Honorary Patient Chairs: Walker Greenhalgh and Roderick Wilkins,
Captain of the UAB Police Department
To register online: www.birminghamkidneywalk.org

MONTGOMERY KIDNEY WALK – MAY 7, 2016
Baptist Health DeBoer Building
Honorary Walk Chair: Russ Tyner, President/CEO of Baptist Health
Montgomery
To register online: www.montgomerykidneywalk.org

HUNTSVILLE KIDNEY WALK – MAY 14, 2016
Randolph School – Drake Avenue Campus
Honorary Walk Chair: Tony Gann, President/CEO of Southbridge
To register online: www.huntsvillekidneywalk.org

In Your Neighborhood



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

STATE OFFICE

E. W. "Jack" Jackson, III, Executive Director
2012 University Boulevard, Suite 164
Birmingham, AL 35233

Phone: 205-934-2111 • Toll Free: 800-750-3331 • Fax: 205-975-6682

BIRMINGHAM REGIONAL OFFICE

Lacey Updegraff, Regional Director
2012 University Boulevard, Suite 164
Birmingham, AL 35233

Phone 205-382-6080 • Fax: 205-975-6682

MOBILE REGIONAL OFFICE

Becki Connally, Regional Director
1551 Old Shell Road
Mobile, AL 36604

Phone 251-455-2123 • Fax: 866-488-4127

HUNTSVILLE REGIONAL OFFICE

Stephanie Lowe, Regional Director
131 Memorial Parkway • P.O. Box 18593
Huntsville, AL 35804
Phone: 256-975-0000

MONTGOMERY REGIONAL OFFICE

Rena Thompson, Regional Director
441 High Street, Suite B
Montgomery, AL 36104
Phone: 334-241-0003

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 Rebecca Smith, Development and Communications Director

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 Stephanie Lowe, Huntsville Regional Director
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Mission:



Chicken Chili



Portions: 8
 Serving Size:
 1-cup chili plus 1/2-cup rice

Nutrients per Serving:
 Calories: 355
 Protein: 24 g
 Carbohydrates: 38 g
 Fat: 12 g
 Cholesterol: 59 mg
 Sodium: 348 mg
 Potassium: 653 mg
 Phosphorus: 270 mg
 Calcium: 133 mg
 Fiber: 4.7 g

Recipe from DaVita

Ingredients:	1 cup low-sodium diced tomatoes
1 tablespoon canola oil	1 cup kidney beans
4 garlic cloves	3/4 cup salsa
1 cup onion	3 tablespoons chili powder
1 cup celery	1 teaspoon ground Mexican oregano
1 cup carrots	1/2 cup grated cheddar cheese
1 cup green pepper	1/2 cup sour cream
1-1/2 pounds chicken, boneless, skinless, cooked	4 cups white rice, cooked
14 ounces low-sodium chicken broth	

Directions:

1. Chop garlic, onion, celery, carrots and green pepper. Dice cooked chicken.
2. Pour oil in a large stock pot.
3. Sauté garlic, onion, celery, carrot and green pepper until soft.
4. Add low-sodium broth and bring to a boil.
5. Drain tomatoes. Drain and rinse kidney beans.
6. Add chicken, beans, tomatoes, salsa, chili powder and oregano to sauted vegetables. Simmer for 1 hour.
7. Serve 1-cup chili over 1/2-cup white rice. Top each serving with 1 tablespoon grated sharp cheddar cheese and 1 tablespoon sour cream.

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.

North Alabama

Pictured at the top are Team Stars with Bars members Carlita and David Edwards and Jan and Blake Dorning holding a \$1,000 check for the Alabama Kidney Foundation. They won the Rocket City Tailgate Challenge that took place at the Von Braun Center in Huntsville and AKF was their charity of choice to receive this donation.

Central Alabama

The Alabama Kidney Foundation was selected to be one of three nonprofits that will receive donations from America's First Federal Credit Union's (AFFCU) year-long fundraising efforts. AFFCU hosted an "All Things Bacon Cook-off" fundraiser to raise money for AKF, The Bell Center for Early Intervention Programs and United Cerebral Palsy of Greater Birmingham. Pictured second from the top are AFFCU staff at the "All Things Bacon Cook-Off." AFFCU recently presented a \$20,000 to AKF at their annual golf tournament!

Middle Alabama

Pictured third from the top are Renae Thompson and FMC's Opelika/Auburn employees for their fundraising efforts for the 2015 Montgomery Kidney Walk! They raised over \$18,000! Pictured are Renae Thompson, Montgomery Regional Director, and FMC - Opelika employees Stephanie Holloway and Deb Morris.

South Alabama

Rouses Supermarkets sold our pin-up cards to support AKF's Lower Alabama Regional Office. Pictured at the bottom are employees from the Rouses in Gulf Shores being thanked by AKF!



North Alabama



Central Alabama



Middle Alabama



South Alabama

AKF in Your Area!

State-Wide Activities!

Beacon of Hope

Through AKF's Beacon of Hope campaign, letters were mailed to places of worship across the state requesting donations to sponsor kidney patients in need. If your place of worship did not receive a letter, but would like more information, please contact Rebecca Smith at rebecca@alkidney.org or (205) 934-0607.

Dental Program

Did you know that people with kidney disease and those on dialysis are more likely to have periodontal disease and other oral health problems than the general population? During the month of August, the AKF launched a Dental Program which distributed almost 8,000 toothbrushes to dialysis centers across the state to give to patients and to promote good oral health.

Patient Education Conferences

AKF's Patient Education Conferences provide the opportunity for kidney patients and their family members and caregivers to gain the knowledge needed to make informed treatment decisions. Hundreds of attendees joined us for Patient Education Conferences that were held in Huntsville, Mobile, Birmingham and Montgomery.

Stocking Stuffer Events

AKF's Stocking Stuffer events will be held in Birmingham, Dothan, Huntsville, Mobile, and Montgomery from November 30th - December 7th. This year the AKF will distribute over 8,000 neck pillows to dialysis patients across the state. More information on a Stocking Stuffer event near you is provided under the "What's Happening" section of the newsletter.



Hannah Maddox, pictured center, above with her family

Hannah Maddox

By Lacey Updegraff,
Birmingham Regional Director

My name is Hannah Maddox. I live in McCalla, Alabama. I am married with four children and four beautiful grandchildren. I have been in nursing for 15 years. I started out as a nursing assistant, and by the grace of God, I now have my Masters of Science in Nursing with a concentration in family nursing practice.

About fifteen years ago, I went to see my primary care physician to have him evaluate the increased swelling in my lower legs. The physician sent me home with a 24-hour urine collection jug and asked me to bring the specimen back to my next appointment. During my follow-up appointment, I received the devastating news that I had 4 grams of protein in my urine. I was told to protect the veins in my arms from needle sticks and blood pressures because I was one day going to have to go on dialysis. All I could think about when I was presented with this devastating news, was “What about my children? How am I going to provide for my babies?” I felt like I had been given a death sentence, but did not know when it was going to occur. It later occurred to me that my mom is on dialysis. How can I help take care of her if I am in the same predicament? I was upset about the situation, but I knew I still had to go on and live for my family.

I continued to work and keep my checkups as ordered and I continued to take care of my mom. Six years after the diagnosis of protein in my urine, my kidneys started to shut down. It only took about a month before I had to go on dialysis. My mom and I were dialyzing together in order to live. I was told about my options concerning treatment of this disease and I decided that kidney transplantation was the best option for me and my family. I was morbidly obese and was told this disqualified me from being a candidate. I knew I needed to lose over 150 pounds, but didn't know how I would lose this much weight on my own. Seven months after starting dialysis, I had a gastric bypass. I lost 250 pounds and was approved for the transplant list! I received my kidney transplant on August 30, 2013.

When I was in need of help financially, the AKF was there for me. The AKF provided me with the assistance I needed in order to keep the lights on. They also provided my mom with invaluable services such as assisting with her light and gas bill, and helping with her transportation needs. I made a promise that I was going to give back and help the organization in every way I could. Not only am I a volunteer for life, so is my family! All of my family members are organ donors now because of this experience. My life and my circumstances have improved because I had kidney disease.

Well, it's football season again in Alabama, and everyone knows what that means: it's time to get your flu shot. “An ounce of prevention is worth a pound of cure.” In most cases, that old adage rings absolutely true.



Medicine Matters

Vaccines for Patients with Kidney Disease

By Dr. Thomas H. Watson

Disease prevention requires some more complex considerations for dialysis and pre-dialysis chronic kidney disease patients than for the general public, and the following is a discussion of the major vaccinations that should be considered for such patients. As always, this column is written with general recommendations. You should discuss your individual situation with your doctor.



1. Influenza — The CDC recommends yearly influenza vaccination for ALL PEOPLE over the age of 6 months— if you are reading this, that means you (unless you are reading at an extremely early age). Additionally, it is even more important for patients with advanced chronic kidney disease and those on dialysis.

Previous events and scares have made many individuals afraid to take the flu shot, but most people don't realize that an actual influenza infection can be deadly. I can't count the number of people who have said to me, “the flu shot will give me the flu – why would I want to take it?” For those of you who feel that way, allow me to answer that as best I can: the vast majority of patients have absolutely no reaction to the flu shot except for a little arm soreness at the sight of the injection. There is a small percentage of patients who will develop flu-like symptoms after taking the flu shot – it is not the actual flu infection. Those reactions, while leaving you feeling a little down for a couple of days, are not dangerous. Patients with chronic kidney disease, and especially dialysis patients have a significant risk of death from the actual influenza infection. The risk is not theoretical; it isn't just something in a textbook – I have personally been involved in cases of previously healthy young people who have died of influenza despite the best efforts of their physicians.

So, talk to your doctor about it, but unless you have a true egg allergy or a history of something called Guillain-Barre Syndrome, I urge you to consider the flu shot.

Both vaccines will reduce your risk of death from the most common bacteria to cause pneumonia.

3. Shingles — While this vaccine does not really have any benefit in terms of its likelihood of preventing death, it can certainly reduce your chances of having shingles and the possible longterm consequences and complications of shingles. It is recommended for all individuals over the age of 50, whether you had chickenpox or not. Certain people can't take it including pregnant women, patients on strong immune system suppressants or cancer chemotherapy, patients with advanced HIV infection, and transplant recipients. These are not available in dialysis clinics, so talk to your primary doctor.

4. Hepatitis B — The risk of contracting hepatitis B at the dialysis unit is exceedingly low – that said, the risk is not zero. That is why the dialysis clinics pay very close attention to your hepatitis status. Every month, a dialysis patient is checked for hepatitis B to make sure there isn't anyone in the unit with that infection (and if someone has it, he or she has to be dialyzed in a separate room/area). More importantly, however, your risk of contracting it can be reduced effectively to zero if you are vaccinated. The dialysis clinic will evaluate your immunity with a blood test, and if you are not immune, you need to be vaccinated. The vaccination process for Hep B requires a series of shots over 6 months; and every once in a while, patients have to go through the series twice to make sure they are immune to the virus. Hepatitis B vaccination is strongly recommended.



Dorothy Webster-White
pictured with her daughter,
LaVandia

Dorothy Webster-White

By Renae Thompson,
Montgomery Regional Director

If you have attended the Montgomery Kidney Walk, then you probably have seen Mrs. Dorothy Webster-White's enthusiastic face and the bouquet of roses she brings every year to the walk. Dorothy has proudly served as AKF's Team Captain for Hyundai Motor Manufacturing since 2009. When she started her team, she had 30 people and raised \$2,000.00. This year, she had 50 people and raised \$10,282.00. Her team consists of co-workers from Hyundai Motor Manufacturing as well as church and family members.

Dorothy was born and raised in Montgomery, Alabama and graduated from Carver High School in 1980. She is a faithful member of Free Will Baptist Church. She has worked for Hyundai Motor Manufacturing for 11 years now as a Group Leader in the Paint Department and she has been a faithful AKF Volunteer since 2009.

Dorothy has this amazing smile and a deep-rooted passion for kidney patients. Her passion stems from her daughter, LaVandia Thomas. LaVandia was first diagnosed with high blood pressure and renal failure

Volunteer Spotlight



at the age of 20. She immediately started dialysis, but didn't have to stay on it for long because Dorothy donated one of her kidneys to her. LaVandia was able to live dialysis free for 5 years before the transplant rejected. The second time LaVandia was placed on home dialysis, she became a huge advocate of kidney disease awareness. LaVandia passed away 2 weeks before her 33rd birthday. Dorothy still remembers how much LaVandia loved to sing, bake amazing cakes and serve as an "advisor of life" to so many around her.

Dorothy continues LaVandia's legacy by actively promoting kidney disease awareness in her community and raising funds to benefit the Alabama Kidney Foundation. Her goal is to help as many people and raise as much awareness as she can. When I asked her what it takes to be successful in fundraising, Dorothy said, "When it comes to fundraising, if someone says no to giving a donation, just smile and go on to the next person because you know it is all for a good cause." Wise words from an amazing woman.

Ask the Experts

Ask the Experts is part of AKF's Education Program, which is designed to answer any questions you may have about kidney disease. Each month, an expert will answer one question that has been submitted. Whether it's a question about the process in receiving a kidney transplant or a question pertaining to the different dialysis options - any question relating to kidney disease is welcomed! The answer to the question selected for that month will be posted on our website the last day of the month. To submit your question, go to www.alkidney.org and click on "Ask the Experts" under Programs/Services.



HONORARIUMS & MEMORIALS

Below is a listing of the generous individuals and foundations that made memorial and honorarium gifts to the Alabama Kidney Foundation from May 27, 2015 – September 4, 2015. Their donations make it possible for the Foundation to continue to make a difference for thousands of Alabamian's living with kidney disease.

IN HONOR OF

- Alan Baty**
Mr. and Mrs. Robert Baty
- Amy Adams**
Mr. and Mrs. Joseph Geddie
- Andrew Austin**
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Ms. Lelia Reid
- Patricia Powell**
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- Reba Snoddy**
Mr. and Mrs. Jimmy L. Roberson

IN MEMORY OF

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Mr. Richard K. Capps
- Betty Jim Lott**
Ms. Sheila Austin Pavlovec
- Burton Rivers Green**
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- Robbie Slaughter**
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Mr. and Mrs. Randy Rooks

- Ted Juett**
Mr. and Mrs. Ira Thomas Lucas, Jr.



PLEASE REMEMBER...
The Alabama Kidney Foundation in your will or planned gifts. For more information, please call Rebecca – (205) 934-0607 or (205) 934-2111 or (800) 750-3331 or rebecca@alkidney.org

Alabama Kidney Foundation

Legacy Society

"Planned giving is an easy way to support the Alabama Kidney Foundation. All you have to do is add a single sentence to your will and you can donate cash or stock or even property. To protect your heirs, you can even condition the bequest based on the size of your estate after expenses. Help support this great cause."

– Gary Tauss, Huntsville, AL
Legacy society Member

The **AKF's Legacy Society** honors the charitable individuals who will leave a lasting impact on Alabama's kidney patients through a gift from their estate. Each year, thousands of kidney patients in need turn to the AKF for financial assistance, education, and support services. As a member of the Legacy Society, you will become part of a group of individuals and families who care about the continuity of critical services the AKF provides to kidney patients in the state.

A planned gift can be a simple bequest in your will or a more complex arrangement involving a charitable remainder trust or charitable lead trust. You can use charitable assets that range from cash and stock to real estate or a life insurance policy.

HOW TO JOIN OUR LEGACY SOCIETY

Becoming a Legacy Society member is simple. Include the Alabama Kidney Foundation as a beneficiary of a gift from your estate and notify us that you have done so. We can help you or your professional advisor with recommended language to fulfill your charitable intent. Types of gifts include bequests in a will or trust, charitable gift annuities, charitable remainder trusts or gifts of life insurance.

BENEFITS OF MEMBERSHIP

One of the greatest benefits you will receive from becoming a Legacy Society member is knowing that your legacy will continue to help Alabama's kidney patients for years to come.

Other benefits include:

- Access to our expert staff to help you fulfill your personal philanthropic goals.
- Lapel pin that identifies you as a Legacy Society member and a supporter of the AKF's mission.
- Invitations to special events throughout the year.
- Recognition in our Legacy Society membership roster (with your permission) as published in various newsletters and publications. Anonymity is also available, either during your lifetime only or beyond, as you wish.