

Kidney Chronicle

3100 West Central Ave., Suite 250
Toledo, Ohio 43606
419-329-2196
www.kfnwo.org

Kidney Foundation of Northwest Ohio (KFNWO)

Jamie Farr Classic Tickets

KFNWO is proud to bring you the opportunity to purchase tickets to the 26th Annual Jamie Farr Owens Corning Golf Classic presented by Kroger. **100% of each ticket purchased will benefit KFNWO!** The Jamie Farr will be played the week of June 28 – July 4 at Highland Meadows Country Club.

Ticket Types: A Weekly Clubhouse ticket will allow you access to the Clubhouse and grounds Monday - Sunday. The Clubhouse ticket provides you the opportunity to purchase food and beverages. A Weekly Grounds ticket will allow you access to the grounds Monday - Sunday. There will be concession stands located throughout the course for purchase of food and beverages.

Price: Weekly Clubhouse Ticket - \$100.00
Weekly Grounds Ticket - \$50.00

[Ticket order form on page 3](#)

UPCOMING EVENTS

Annual Meeting

Thursday, March 18, 2010~6:00pm
Stone Oak Country Club

Pancake Breakfast

Saturday, March 20, 2010~7am-1pm
Northern Light Masonic Lodge

Kilometers for Kidneys

Sunday, April 18, 2010~1pm-3pm
NEW Lucas County Arena

Kidney Klassic

Thursday, May 20, 2010~12:30pm
Stone Oak Country Club

Spring Symposium

Wednesday, May 26, 2010
University of Toledo Medical Center

MARCH IS NATIONAL KIDNEY MONTH

~ See back for Max & Erma's
March 11th World
Kidney Day Coupon!

33rd Annual Lollipop Sale - the FINAL Hurrah!

The 33rd Annual Lollipop Sale which was held in April of 2009 was our last! THANK YOU to the many volunteers and businesses who made this successful for so many years. Why, you ask? Due to the large decline in the number of stores where we are able to solicit donations, and the intense labor that goes into planning the Lollipop Sale, the decision was made to focus our efforts in a more efficient manor and concentrate on expanding participation of our Walk. **We hope that all past Lollipop Sale volunteers will continue supporting us by participating in this years Walk.**

We NEED your help!!

Read more below . .

Kilometers for Kidneys Walk "In Memory of Ernie Prado"

Come to the new Lucas County Arena and experience the new, improved Kilometers for Kidneys! This non-competitive, fundraising walk focuses on education and prevention of kidney disease. **Join us on Sunday, April 18th for this fun-filled event!** We will be having a patient brunch at 11am, if you are a patient who is interested in joining us, please contact 419.329.2353 for more information.

Registration for the walk will be from 12pm-1pm Following registration 13 ABC fitness expert, Mark Iagulli, will start us off with some stretches. At 1pm we will ask all Kidney patients to lead the start of the walk for us. The trek around the arena is approximately 1/5 of a mile (15 laps for those wishing to complete a full 5K!!) Don't be intimidated though, there will be plenty of fun-filled stops along the way. **There will be health screenings, music, activities, educational booths, food, even a Kids Zone with a clown, face painting, and other fun activities.**

Kilometers for Kidneys presents an opportunity for the public, kidney patients, health care professionals and friends of KFNWO to have fun while raising funds to benefit those with kidney disease. **There is no cost to participate, we encourage everyone to fundraise or make a donation to KFNWO. 100% of the money raised stays in northwest Ohio to help our friends, families, and neighbors suffering from kidney disease.**

For more information on how you can participate call 419.329.2353.

To read more about Ernie Prado see article, "Farewell Dear Friend" on page 5



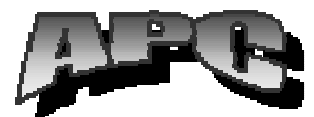
Fresenius Medical Care



THE UNIVERSITY OF TOLEDO
MEDICAL CENTER



Quilts of
Compassion



Have You Been Tested? (Part 3)

Continued from previous issue.



Whether you have kidney disease or not, living a healthy lifestyle will be of great benefit to you.

We don't have to do something major to live a "healthy lifestyle", just a few modifications in the amount we eat, the kind of food we consume, and including some physical activity in our schedule. Eating more vegetables (especially greens), fruits, whole grains; eating less carbohydrates, meat, processed meat, and dairy products; cutting back on pops, sodas, and sweetened beverages will help.

Many of the changes in eating habits are to prevent kidney disease if you have diabetes, high blood pressure or are overweight. But if you have been diagnosed with kidney disease, special considerations should be taken.

In general, someone with kidney disease should be watchful about her/his protein (meat and dairy products), sodium (salt, processed food, restaurant food, and fast food), and phosphorus (dairy products, dried beans, nuts, and cocoa or cola based beverages) intake. Usually patients with kidney disease are referred to a dietitian who specializes in kidney disease to work with them to plan their special diet.

Sometimes when the disease is caught in its early stages, lifestyle changes can help to halt or slow the disease progression, but unfortunately this is not always the case and medications are needed. Whatever the case, **be sure to follow your doctor's orders faithfully** to be able to enjoy your life!

Edited for the Kidney Chronicle by Suzy Alfahham, MPH, MD.

From the Tufts Univ. Health & Nutrition Letter: March 2004

Professional Symposium

May 26th is the date of the Spring Professional Symposium sponsored by KFNWO. This half-day event, held at The University of Toledo Medical Center (UTMC), HE-105, features great speakers delivering powerful presentations.

Who: nurses, social workers, dietitians and dialysis techs

What: A half-day Professional Symposium (contact hours pending)

When: Wednesday, May 26, 2010,
Registration: 7:30a.m.
Symposium: 8:00a.m.

Where: University of Toledo Health Science Campus, HE-105

Featuring Presentations on:

"Water Quality in Dialysis"

"Geriatric Nephrology"

"The Patient as Captain of His Team"

"Nursing Law"

**To Register Call:
419-329-2196**



Findlay Car Tunes on Main

Barry Ostroski standing next to the auto that won the award for Kidney Foundation of Northwest Ohio. It is a locally owned 1965 Pontiac GTO. Mr. Ostroski, a volunteer, car enthusiast and dialysis patient was happy to combine his interest in cars with volunteering to represent the Kidney Foundation of Northwest Ohio and the many patients in Hancock County with kidney failure at the Car Tunes on Main in Findlay last August. Seeing Barry wearing a short sleeved shirt outside reminds us that warm weather does happen in northwest Ohio!



A Donate Life Organization

Education Recap

Our High school education program is geared toward influencing young people to be pro-active in choosing healthy lifestyles.

Northwest Ohio is one of the hardest hit areas of the country in terms of type II diabetes, hypertension and kidney disease. **Kidney disease is often a result of uncontrolled hypertension and type II diabetes.** KFNWO visits area high schools teaching students that in many instances, type II diabetes and hypertension are preventable with diet and exercise.

Instilling knowledge of a well-rounded diet and adequate exercise go against the norm in northwest Ohio. We are awash in poor health. **In many cases, the poor health that we're seeing is a result of lifestyle choices.** The "normal" lifestyle that many kids see modeled is that of eating high-fat, high sodium foods, drinking pop or energy drinks, and watching TV or using the computer. Physical activity is absent.

In our visits to area high schools, students are encouraged to incorporate regular activity and exercise into their lives and to continue to lead a healthy lifestyle as they age.

Children learn what they live – so set a good example!

KFNWO hosted its 18th Annual Wine Affair

Held at the Hilton Garden Inn at Levis Commons on Friday, November 20, 2009. Over 500 guests were present at the posh event which featured Chrys Peterson as Master of Ceremonies and Robert W. LaClair, President & CEO of Fifth Third Bank (Northwestern Ohio) as Honorary Event Chairman.

Many thanks to those who attended and helped make the Wine Affair once again KFNWO's biggest fundraising event. Beth Rose conducted an amazing Live Auction, bringing in over \$30,000. With the help of our guests and our wonderful sponsors, this fall fundraiser brought in nearly \$90,000 to cap off the end of the year!

A special thank you to area wine distributors and restaurants for their participation, they were instrumental in making this a successful evening, be sure to stop in and thank them for their support:

55 Degrees, Bowling Green Beverage, DJP Selections, European Wine Imports, Hammer, Natural State Wines, Private Reserve, Vanguard, W. Berman/Heidelberg Distributing Co., Wines LLC, Wine Trends, and Mancy's BlueWater Grille, Kotobuki Japanese Restaurant, LaScola Italian Grill, Poco Piatti/Beirut/Byblos, The Melting Pot, and Wixey Bakery

**Thank you to our 2009
Major Wine Affair Sponsors!**

Presenting Sponsor

Fifth Third Bank

Major Wine Sponsors

Allen Flickinger, M.D., Ph.D.

Collectible Wine Sponsors

**Fresenius Medical Care
Lamar Advertising**

Major In-Kind Donors

**Beth Rose Auction Company
Black & White Sedan
Helios Productions
Hilton Garden Inn
Larrow Photographics
Gayle McClellan, Pianist
Robert Schira, Artist**

The committee & volunteers were led by Event Chairpersons, Tim Dudderar and Tonya Robinson. These individuals dedicated countless hours to this event ~Thank you!

Kroger Community Rewards

Designate the Kidney Foundation of Northwest Ohio (KFNWO) to receive funds! It is as easy as taking this scan bar (below) and your existing Kroger Plus Card to the service counter at your neighborhood Kroger Store. **Funds will automatically be designated to KFNWO, at no cost to you!** You may also visit www.krogercommunityrewards.com to sign up online. (please note you will first need to register your plus card with this website) For a complete list of online instructions or for more information please contact the Kidney Foundation at 419.329.2353 or email sevans@kfnwo.org.

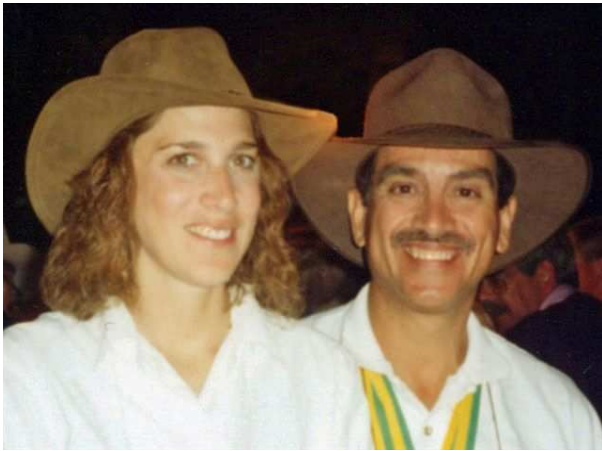


Farewell, Dear Friend

A wonderful friend and volunteer of KFNWO, Ernie Prado, passed away on October 3, 2009. What a life he lived! He was a two-time kidney transplant recipient, athlete, tri-athlete, husband, father, grandfather, volunteer and life enthusiast! He will be missed by the many people whose lives he touched. More than that though, his energy and zest for life remain through his wife, brother, daughter, grandkids, friends and acquaintances.

Ernie's first kidney transplant came in 1985, when Dr. Steve Selman performed the transplant that lasted him 19 years. When that kidney became diseased and needed to be removed, he was on dialysis for a time. A friend, Doug Boston, stepped forward and donated a kidney to him in 2005. Ernie was an avid participant in his own health and loved to talk to those on dialysis and inspire them to take control of their health. He is survived by wife Lisa, daughter Marlow, four grandchildren, and brother, Phil.

For many years he participated in KFNWO's Wine Affair, Lollipop Sale and Kilometers for Kidneys Walk. **This year's walk is dedicated to his memory – 8th Annual Kilometers for Kidneys "In Memory of Ernie Prado"**. It will be held Sunday April 18, 2010, from 1 p.m. – 3 p.m. at The Lucas County Arena.



A lifelong exercise enthusiast, Ernie participated in his first triathlon in 1984. Although he was not first to cross the finish line, he considered himself a winner because he **did** cross the finish line. Bicycling was one of the favorite forms of exercise he enjoyed with wife, Lisa. Three times they traveled to Austin, Texas for the Lance Armstrong Ride for the Roses. One year they met Lance Armstrong and famous cyclist Miguel Indurain, five-time Tour de France winner.

He traveled to Vienna, Singapore, Budapest and Australia for the World Transplant Games – the Olympics for transplant recipients, winning 10 swimming medals. Ernie participated in the U.S. Transplant Games in Ohio, Indiana, Pennsylvania, Minnesota, California and Florida. He brought home 23 medals, most in swimming and cycling.

In his earlier years, Ernie was an engineer for the Merchant Marines, traveling worldwide, and serving his country in Vietnam in 1969-71. Later, kidney disease limited his ability to travel long distances, so he was confined to serving with the Merchant Marines in the Great Lakes. Although scheduled to be on the Edmund Fitzgerald that fateful night in 1975, a last minute schedule change meant he would live to be an inspiration to so many with kidney disease.

Ernie Prado was a wonder and inspiration to all he contacted. He is sorely missed and will always be admired.

Farewell, Dear Friend.

Patient & Family Education Class

For those who have been told that dialysis is in their future, an information-filled class prepares patients and family members for the changes that accompany dialysis.

The class, presented by Innovative Dialysis Systems, is open to patients and family members likely to be affected by End Stage Renal Disease. There is no charge for the class which enables the patient and family to meet with and ask questions of a nurse, social worker and dietitian, all knowledgeable in dialysis.

Although there is no charge, reservations are required.
Call: 419- 475-3000 or 419-473-9900 to get class times and reserve your spot!

Vital Statistics About Kidney Disease:

- 26 million American adults have chronic kidney disease
- More than 355,000 Americans rely on dialysis for survival
- Over 83,000 are waiting for a kidney transplant today
- In the United States 28.3 billion dollars per year is spent on kidney disease

Put this in perspective:

A billion seconds ago it was 1959
A billion hours ago our ancestors were living in the stone age
A billion days ago no one walked on the earth on two feet

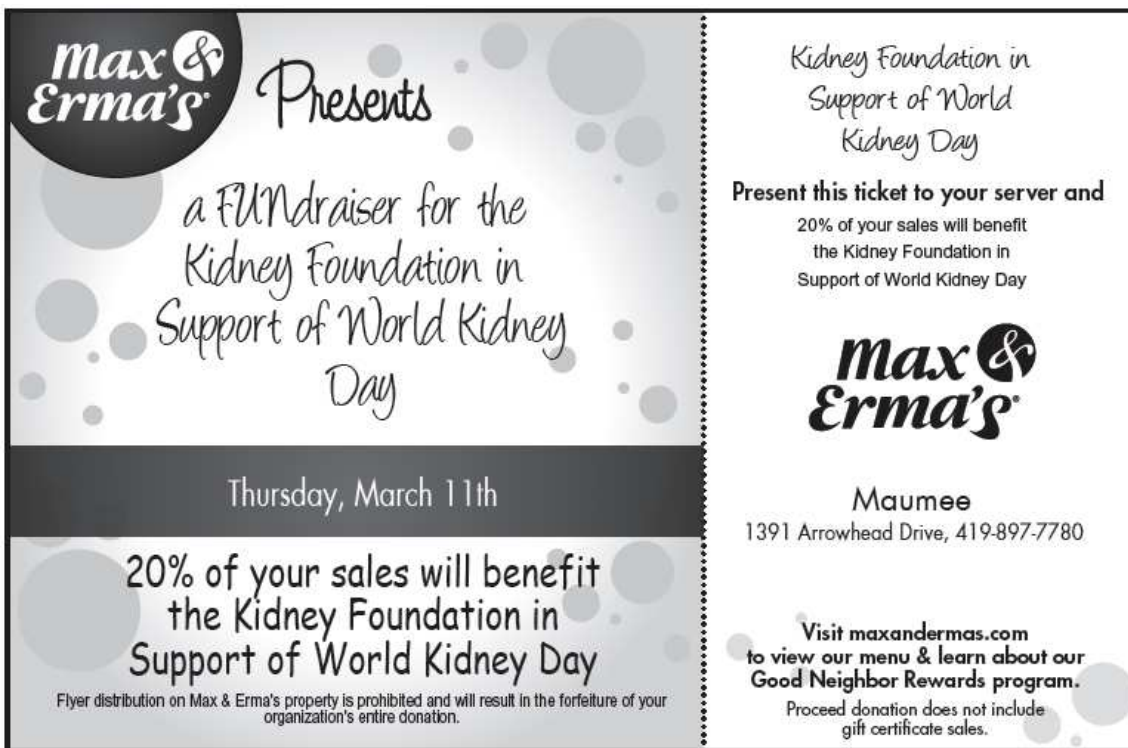


Quarterly Social Worker & Dietitian Meeting

Social Workers
Wednesday, April 28, 2010

Dietitians
Thursday, May 27, 2010

9:00 A.M. - 10:00 A.M., KFNWO Offices
Free of Charge, Includes CEU & Breakfast



Max & Erma's Presents
a FUNdraiser for the
Kidney Foundation in
Support of World Kidney
Day

Thursday, March 11th

20% of your sales will benefit
the Kidney Foundation in
Support of World Kidney Day

Flyer distribution on Max & Erma's property is prohibited and will result in the forfeiture of your organization's entire donation.

Kidney Foundation in
Support of World
Kidney Day

Present this ticket to your server and
20% of your sales will benefit
the Kidney Foundation in
Support of World Kidney Day

Max & Erma's

Maumee
1391 Arrowhead Drive, 419-897-7780

Visit maxandermas.com
to view our menu & learn about our
Good Neighbor Rewards program.

Proceed donation does not include
gift certificate sales.



Everybody Needs to Eat!

Enjoy a meal or snack from Max & Erma's and benefit KFNWO by using this coupon! It can be used with eat-in or carry-out! Good at the Arrowhead Drive (Maumee) location only. Make copies and pass out to your friends, or request an electronic version by emailing sevans@kfnwo.org

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