



## March Newsletter



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### Applause For Our March Top Five

The ALF office would like to congratulate the following five runners as the Top Five Fundraisers as of March 17. Way to go, runners!

Tom Nealon - \$17,726

Brett Gordon - \$12,772

Phil Lane - \$9,240

Marc Caminetsky - \$7,802.40

Richard Snyder - \$7,328.99

### Memorial and Tribute Gifts Go a Long Way

Help ALF fund research, education and advocacy by honoring a loved one. Not only can you honor a person's memory with a gift, but you can also commemorate a special occasion - birthday, anniversary, and wedding - by making a donation to ALF. For more information on your tax-deductible gift, please contact Faith Belyea at [fbelyea@liverfoundation.org](mailto:fbelyea@liverfoundation.org)

### Run For Research® Team Prepares for 21 Mile Training Run

The Run for Research team is busy logging miles and collecting funds to help make 2009 a successful season for the American Liver Foundation. Seventy local members of the team were honored to hear Dave McGillivray, Race Director of the B.A.A. Boston Marathon® and B.A.A. Half-Marathon®, speak about his experience as a runner and as the organizer of the Marathon. Please visit [www.liverteam.org](http://www.liverteam.org) to see more from the team meeting with Dave.



On Saturday, March 28, both new and veteran team members will practice for the marathon by training on the actual course - from the start line in Hopkinton, through the towns of Ashland, Framingham, Natick and Wellesley and across the hills of Newton - to get a feel for what is in store on April 20. If you would like to volunteer for a water stop on March 28, please contact Laura Dempsey at [ldempsey@liverfoundation.org](mailto:ldempsey@liverfoundation.org).

We are entering an important phase of fundraising and we need your support today. Please consider giving to the Run for Research team in honor of a runner, a patient with liver disease or the entire team. Visit [www.liverteam.org](http://www.liverteam.org) to make a secure donation. RFR is ready to reach our \$1.25 million goal; help us get there as soon as we can.

### Love Your Liver Campaign Hits a Home Run in Massachusetts Schools



The American Liver Foundation has reached over 155 Elementary and Middle School students this year through our Liver Health educational campaign. Over the next few weeks, 16 more programs will be hosted at regional schools including Eliot in the North End of Boston and the Quincy School in the Chinatown section of Boston. "In order to change the behavior in this country, particularly surrounding Fatty Liver disease, we must teach children to eat well, exercise and avoid certain habits that could be harmful to their liver, as well as other important organs," explains Kelly Beckett, Executive Director of ALF New England. "Each time we reach out to a new school in our region, we help increase the chance of creating a healthier community for the future," she says.

Does your child attend an area Elementary or Middle School? If so, please contact Sam Scott at [sscott@liverfoundation.org](mailto:sscott@liverfoundation.org). The program is comprised of a power point presentation which is followed up by interactive activities and relevant giveaways, helping to reinforce the information learned during the seminar.

## ALF Speakers Bureau Presents to Area Rotary Clubs



On Friday, March 13, Sam Scott, Education Coordinator of the New England Chapter, attended the Salem NH/Methuen AM Rotary Club to introduce members to the ALF organization, educate them about liver health and wellness and answer questions. This is the first of many talks that the New England Chapter will offer to social organizations in the area. If you are a member of Rotary, Kiwanis, local Chamber of Commerce or other social organization, please contact Sam Scott at [sscott@liverfoundation.org](mailto:sscott@liverfoundation.org).

We are currently looking for more volunteers to be trained as ALF Speakers and possibly speak to clubs during lunch or in the morning. If you have time and want to help us in the fight against liver disease, please contact

Sam Scott at [sscott@liverfoundation.org](mailto:sscott@liverfoundation.org).

## Living Well with Liver Disease



On Saturday, May 2, people living with liver disease and their families are invited to attend the annual "Living Well with Liver Disease" seminar at the Sheraton in Needham, Massachusetts. Beginning at 8:30 am, professionals from across four states will offer sound medical advice and answer questions regarding liver disease. Some of the topics covered including Fatty Liver, Nutrition and Liver Disease, Living Well with Cirrhosis, Liver Cancer and Transplantation Questions and Answers. To register for this day-long event, please contact Sam Scott at [sscott@liverfoundation.org](mailto:sscott@liverfoundation.org).

## New Flavors of Boston 2009 Event Highlights Well-Known Chefs

ALF is pleased to announce that the following chefs will participate in Flavors of Boston 2009, which will take place on Tuesday, June 9 from 6 pm to 9:30 pm at Artists for Humanity in South Boston. This exclusive event will feature only 12 tables and this is a sell-out event in 20 markets across the country. Come and join us for dinner with:

**Barbara Lynch of No. 9 Park, B&G Oysters, Sportello and Drink**

**Steven Brand of Upstairs on the Square**

**Stephen Brown of Davio's**

**Chris Robins of Gaslight**

**Jim Solomon of The Fireplace**

**Clayton van Hooijdonk of Ritz-Carlton Boston**

**Richard Raymant of the Seaport Hotel**

**Justin Melnick of Tomasso Trattoria**

**Kevin Doherty of TD Banknorth Garden**

**Max Ultimate Food Catering**



This year, Flavors of Boston will be held in lieu of our Annual Gala. Billy Costa, host of NECN's TV Diner and Entertainment Director of Kiss 108 FM, will be the evening's emcee. There will be a live auction, super raffle and opportunities to contribute to the ALF research program. Although the evening is limited to 144 guests, there will be opportunities to purchase tribute advertisements and auction items in advance. Reserve your table today!

For more information on sponsorship opportunities, table sales and the event, please contact Kelly Beckett at [kbeckett@liverfoundation.org](mailto:kbeckett@liverfoundation.org) or Mimi Golub at [mgolub@liverfoundation.org](mailto:mgolub@liverfoundation.org).

## REGISTER TODAY FOR THE LIVER LIFE WALK



Just weeks after registration opened for the 2009 Liver Life Walk, 49 participants and 10 teams have joined to help fight liver disease on Sunday, September 13. The Mighty Ducts, a new team this year, has already raised \$1,855. The early-bird participants have collected over \$2,500! "This monumental start promises to make 2009 a banner year for fundraising and walking along the South Boston waterfront," says Faith Belyea, Special Events Manager. "We have also requested a long range forecast for sun from our friend Matt Noyes, meteorologist of New England Cable News," says Faith.

We are proud to announce that Zachary Rue has been chosen to be this year's LIVEr Champion. You will hear more about Zach and his brave battle with biliary atresia in the coming months.

To register today, please log onto [www.liverfoundation.org/walk](http://www.liverfoundation.org/walk). We look forward to seeing you in September! Don't miss our Walk Rally in late spring. Details to follow in the April newsletter.

## Drive Away Liver Disease



Our "Drive Away Liver Disease" program allows you to make a tax-deductible donation of your used vehicles to ALF. It's a simple and efficient way to get rid of a used vehicle. In addition to the benefit of making a charitable donation to the Foundation, you avoid the hassle of advertising, fixing, and independently selling your vehicle. You can [donate online](#) or call 1-800-456-5517.

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