



## Heartland Division Newsletter

**Happy Spring!** This time of year is always an exciting one for us, as we head into the warmer months and some of our outdoor events for the Division take place.

We also want to update you on a staff change in the Division. We'd like to thank Catherine Thompson for her 5+ years of service to the American Liver Foundation. Catherine retired in March, and she will be missed. We welcome Pamela Zangara to the team, as our part-time Administrative and Development Assistant!

### **PAWS for a Cause**

Our brand new event in Brecksville, Ohio on **Saturday, April 25th** is nearing, and we hope that you'll join us with your pet for a walk through the Brecksville Reservation, vendor exhibits, demonstrations from Sit Means Sit, entertainment, raffle, local food trucks Touch Supper Club and Stone Pelican, and more. \$20 registration fee, or \$30 for a family. Vendor booths are still available.

Please visit [www.liverfoundation.org/pawscleveland](http://www.liverfoundation.org/pawscleveland) for more information, and to register online.

### **Advocacy and Education**

Our Division has two representatives that have been named to the **National Patient Advisory Committee**. We'd like to thank our patient volunteers, **Navin Vij, MD** and **Donald Davis**, for participating in these efforts by receiving media training and attending meetings to begin working on our national advocacy and education initiatives. Navin recently visited Washington, D.C. with ALF national staff to advocate for more research on Hepatitis C. Visit our [national website](#) for more information on ALF advocacy efforts.

### **Liver Life Walk**

Please join us for our largest community event, the **Liver Life Walk**, in 2015! We are hosting two walks in Ohio, and we will be bringing back the Indianapolis walk this year.

[Liver Life Walk Cleveland](#)- Sunday, May 31st  
[Liver Life Walk Cincinnati](#)- Saturday, June 20th  
[Liver Life Walk Indianapolis](#)- Saturday, August 15th

Visit our specific event websites for more information.

### **Hepatitis Awareness Month**

May is national [Hepatitis Awareness Month](#). Because HCV infection usually produces no symptoms or very mild symptoms during

the early stages, many people don't know they have it until liver damage shows up - sometimes decades later - during routine medical tests. The other common Hepatitis viruses are A and B, which differ somewhat from HCV in the way they are spread and treated. Nearly 4 million people in the United States are currently living with Hepatitis C. Stay tuned next month for Hep C facts, patient stories, and ways to raise awareness. You can also visit our national online resource: [HepC123](#).

### **Save the Date!**

Our 11th annual **Flavors of Northeast Ohio** event is scheduled for **Monday, September 28th** at the Holiday Inn in Independence, Ohio.

Please visit our [event website](#) for more information about the 2015 Flavors of Northeast Ohio.

### **Stay in Touch**

For more information, please visit [www.liverfoundation.org/chapters/heartland](http://www.liverfoundation.org/chapters/heartland). Stay updated on Heartland Division news and events by following us on [Facebook](#), Instagram (ALF\_Heartland), and [Twitter](#)!

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