GIVING BACK

When ACTRA Montreal member Liz MacRae's mother, Edna, was diagnosed with kidney disease, The Kidney Foundation of Canada was there to support her - whether it was with educational material or even financial contributions to the cost of a driver to take Edna to dialysis treatment three to five days a week. To show her appreciation, Liz decided to give back.



iz submitted her experience to the Kidney Stories of Hope Campaign, designed to help educate Canadians about kidney disease, its modifiable risk factors. and the importance of financial support for programs and services to help improve the quality of life for current and future patients. Her story was chosen to represent the Quebec region and Liz was awarded a \$500 prize - which she generously donated back to The Kidney Foundation.

But Liz's cooperation with The Kidney Foundation did not end there. Her story was also used in a national fundraising letter which raised an astounding \$167, 000. Liz also volunteered at The Foundation's annual Founder's Award Campaign Gala, which celebrated transplant athletes.

We applaud Liz in her earnest efforts to support this important cause. If you are interested in donating to The Kidney Foundation of Canada or finding out how you can lend your support - or if you want more information on Kidney Health Month (March in Canada) please visit their website at kidney.ca.

In addition to her incredible body of voice work in TV and radio commercials, animation, documentary films and corporate videos, Liz MacRae has enjoyed on-camera roles in numerous films, TV series and television commercials.



When my Mom got kidney disease, it had a huge impact on both of us.

My Mom, Edna MacRae, was never a complainer. She went through breast cancer with hardly a word. But kidney disease was a different matter.

Lonly found out Mom was sick when she came to stay with me for a few days. I hadn't been seeing her as much as I would have liked—she lived in a small town and I worked in the big city, as an

But as soon as she arrived, I knew she wasn't her usual energetic self. Mom's kadneys were failing, her body was full of rosms. But nobody knew it the disctors took almost a year to discover what was wrong. Meanwhile, she became extremely ill, tired and weak.

As soon as her doctors diagnosed the problem, they put Mom in the hospital and started her on hemodialysis. Now dialysis became central to her life, three to five days a week.

Mom had worked as a dictican, so she realily inderstood what the renal dicticans told her about limiting foods containing magnesum, potassium and phosphorus, and about climinating saft. The Kidney Foundation provided containing magnesum, potassium and phosphorus, and about climinating saft. The Kidney Foundation provided containing magnesim, potassium, and about climinating saft, the Kidney Foundation provided as some very oscillar dictional materials, and Mom, ever-positive, took it on as a challenge—"How can I make this a do-able thing." And she really tooked forward to having her half a banana once a week!

By now Mom had moved to a retirement home near a dialysis satellite clinic. Unfortunately, it soon became apparent she wouldn't be able to do her dialysis there. Dialysis is a very delicate bilance, and the doctor only strated that clinic once a month. With Mom's extremely low blood pressure, her case was just too difficult to systed that clinic once a month. With Mom's extremely low blood pressure, her case was just too difficult to systed that clinic once a month. With Mom's extremely low blood pressure, her case was just too difficult to systed that clinic once a month. With Mom's extremely low blood pressure, her case was just too difficult to system that the system of the sy

I'm thankful to The Kidney Foundation for helping Mom!

The Kidney Foundation of Catada was a great help at this point. They driver to take Mom to her dialysis appointments. Even that wasn't eno appreciated. It also helped lift our spirits. Mom and I felt that someon I want you to know, donations from caring people like you make a real values, thouses.

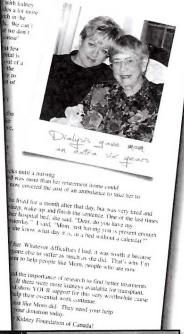
YES, I want to show I care by helping familie Here is my donation of:

J 550 □ Ms cheque, payable to The Kidner Foundation of Canada, is end
□ Please charge my gift to: □ VISA □ MasterCard □ P Card Number: 1 1 1 1 1 1 1 1 1 1 1 1 1 Exp. Date

Receipts are automatically issued for \$1100 or more, or upon reque Charlante Registration No. 10736 1398 RR0001



Starting to worry about mom's health





Liz MacRae (right) with Violet Prevost, a volunteer with The Kidney Foundation of Canada.