



## Planned Giving Newsletter

### Welcome to this month's Planned Giving Newsletter!

In this edition, we're proud to highlight the meaningful impact of legacy giving through our Legacy Circle, share Gregory B.'s inspiring planned gift story, and offer guidance on simple ways to make a difference—including making a gift through your Will or estate plans. You'll also find helpful information about giving through Donor Advised Funds, important kidney health insights, and a glimpse into my work supporting donors like you. If you're exploring ways to include the NKFM in your Will, I'm happy to provide our brochure, *The Importance of Making a Will*, to help you get started.

### Become a Member of the Legacy Circle

Your legacy can help transform the future of kidney health. By including the NKFM in your Will or estate plans – and letting us know of your decision – you join a devoted group of supporters committed to improving lives throughout Michigan.



### Testimonial/Donor story

"I chose to leave a legacy gift to the NKFM in honor of my late wife, whose strength during her kidney disease continues to inspire me. I know my gift will help other families facing the same challenges."

- Gregory B.

### Giving Through a Donor Advised Fund

Giving through your Donor Advised Fund (DAF) is an easy, flexible way to make a meaningful impact on kidney health in Michigan. By recommending a gift to the NKFM, you help ensure vital programs and services continue reaching the people who need them most. We are happy to provide any information your fund may require.

### Giving Through Your Will

Including the NKFM in your Will is one of the simplest and most meaningful ways to create a legacy on kidney health. A charitable bequest costs nothing today but provides longterm support for the programs and services that change lives across Michigan. If you're considering this type of gift, I would be happy to send you our helpful brochure, *The Importance of Making a Will*, which outlines key steps and answers common questions about getting started.



To learn more, consult your financial advisor or contact **Laura Mazzola at [lmazzola@nkfm.org](mailto:lmazzola@nkfm.org) or 734-222-9800 x1004.**





## Planned Giving Newsletter *cont.*

### Health & Wellness

Many adults with kidney disease are unaware they have it. Early stages often present few or no symptoms, routine doctor visits may be infrequent, and many people are unfamiliar with risk factors or preventive steps.

#### Symptoms and Early Warning Signs of Kidney Disease

Early-stage kidney disease typically has no symptoms. Two simple tests can detect kidney disease. A blood test, known as the estimated glomerular filtration rate (eGFR), checks how well your kidneys are filtering blood. A urine test, Urine Albumin to Creatinine Ratio (uACR), checks for small amounts of protein that can damage kidneys.

As kidney disease progresses, individuals may experience

- Increased urination, especially at night
- Difficult or painful urination
- Puffiness around the eyes
- Swelling in the hands and feet

#### Concerned about Symptoms?

Take our quick kidney risk quiz at <https://www.kidney.org/kidney-quiz/> to learn whether you may be among the 33% of adults at risk for kidney disease and what steps you can take to protect your health.

Take the risk survey here!



The NKFM offers a wide range of programs to support kidney health. Explore them at [www.nkfm.org/programs/](http://www.nkfm.org/programs/).

### Staff Spotlight

Hi, my name is Laura Mazzola. I joined the NKFM in January, 2022 with a strong passion and commitment to supporting individuals affected by kidney disease. As a Donor Relations Officer, I ensure donors feel appreciated and connected to the impact of their generosity. My focus is on creating a positive, seamless giving experience that strengthens their relationship with the NKFM and our mission. I'd love to talk with you or meet with you.

- Laura



**Thank you for your dedication to improving kidney health in Michigan and for considering how your legacy can make a lasting difference.**

Curious how donor support moves our mission forward? Take a look at our Annual Report at <https://nkfm.org/wp-content/uploads/2025/11/FINAL-Annual-Report-July-2024-June-2025-2.pdf>.

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