

ALS Arizona

FOUNDATION OF SERVICES AND SUPPORT



October 2023 - pALS Newsletter

Support Groups



Support groups provide opportunities for group members to share their personal experiences and to learn more about living with ALS. They are designed to share information as well as strategies for preserving the independence and quality of life of both people with ALS and their caregivers, and address the social, emotional, and mental challenges of living with this disease.

Central Arizona

Persons with ALS - Tuesday, October 10th from 1-3 pm

Topic: Communication/Speech

Held at ALS Association Arizona Chapter office
360 E. Coronado Road, Phoenix, AZ 85004

Caregiver Skills Training - Tuesday, October 10th from 1-3

Held at Foundations for Senior Living - Caregiving House
1201 E Thomas Rd, Phoenix, AZ 85014

Caregivers - Tuesday, October 17th from 1-3 pm

Held at ALS Association Arizona Chapter Office
360 E. Coronado Road, Phoenix, AZ 85004

Support groups are in-person, hybrid or virtual as noted. Please join the group that works for you!

If you are unsure which group is best for you, please call the office at 602-297-3800 for assistance.

Southern Arizona

Persons with ALS - Monday, October 23rd from 1-3 pm
Topic: Transportation Resources
Held at Our Saviour's Lutheran Church - Activity Building
1200 N Campbell Ave, Tucson, AZ 85719

Caregivers - Wednesday, October 18th from 1-3 pm
Held at Our Saviour's Lutheran Church - Activity Building
1200 N Campbell Ave, Tucson, AZ 85719

Northern Arizona

Persons with ALS - Monday, September 25th from 1-3 pm
Topic: Transportation Resources
Held at Starting Point Church- lounge area
3106 Gateway Boulevard, Prescott, AZ 86303

Hybrid/Virtual

Caregivers - Tuesday, October 17th from 1-3 pm
Phoenix pALS - Tuesday, October 10th from 1-3 pm
Tucson pALS - Monday, October 23rd from 1-3 pm
Page 2: Survivors - Wednesday, October 18th from 5:30- 7:30pm

Join virtual meetings from your computer, tablet, or smartphone.

<https://global.gotomeeting.com/join/951959885>

You can also dial in using your phone.
United States: **+1 (408) 650-3123**
Access Code: **951-959-885**



ALS Arizona

Member of ALS United

CAREGIVER SKILLS TRAINING

Hoyer Lift, Transfers, Range of Motion, & more!

10.10.23

1PM - 3PM



FOUNDATIONS FOR SENIOR LIVING

1201 E Thomas Rd
Phoenix, 85014

Email Deboni@alsaz to Register Today!

Caregivers are invited to join us to practice the Hoyer Lift, transfer techniques, bathroom equipment, and more.

** Please note this training is at the same time as our pALS Support Group, it is located four minutes from the main office**



Living with ALS Spotlight Kathryn Allen

Kathryn Allen has been living with ALS since 2019. Recently, Kathryn shared some of her life story with "The Moth - Radio Hour" competition, and she won first place!

Watch Kathryn's award-winning presentation!

ALS ASSOCIATION ARIZONA CHAPTER

2023 TUCSON WALK TO DEFEAT ALS

OCTOBER 21 | REID PARK

REGISTRATION OPENS @ 8:00AM
PROGRAM BEGINS @ 9:00AM

Reid Park
900 S. Randolph Way
Tucson, AZ 85716

Get your team registered today!



**Don't have a team?
No problem, register under Iron Horses!!!**

HOW TO MAKE A DONATION
Visit walktodefeatals.com to register or log in

Send checks to:
The ALS Association
Arizona Chapter
Attn: Tucson Walk
360 E Coronado Rd Suite 140
Phoenix, AZ 85004

FOLLOW US TO STAY UP TO DATE!

 
@ALSARIZONA

ALS Arizona QUESTIONS?
lindseyealsaz.org | 602-297-3800

ALS ARIZONA

2023 SCOTTSDALE WALK

NOVEMBER 4 | SALT RIVER FIELDS

REGISTRATION OPENS @ 8:00AM
PROGRAM BEGINS @ 9:00AM

Salt River Fields
7555 N Pima Rd
Scottsdale, AZ 85258

We have a ton of fun activities planned!
Petting Zoo
Drawing
Characters in costumes
Firetruck get soaked
and more!!



HOW TO MAKE A DONATION
Visit secure.alsaz.org/ScottsdaleWalk to register or log in

Send checks to:
The ALS Association
Arizona Chapter
Attn: Scottsdale Walk
360 E Coronado Rd Suite 140
Phoenix, AZ 85004

SNACKS!
Black Rock Coffee, Einstein's Bagels, Pizza, Cotton Candy

FOLLOW US TO STAY UP TO DATE!

 
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Meet our new Support Group Social Worker, Mary!

Hello! My name is Mary Elmore. I am so grateful and excited to join the ALS Association. I am originally from a small town north of Kansas City. GO CHIEFS! I graduated from ASU with my Master In Social Work (many years ago). I also have a Masters in Health Administration. I worked for St. Joseph's Hospital and Medical Center for 28 years as a Medical Social Worker. I recently retired but found I really missed working with families. I am super excited to have this opportunity to continue providing support to families part-time while still enjoying retirement. I look forward to meeting and to getting to know everyone.

Education Corner

There are always chances to learn more about advances in ALS research, ways to increase the quality of life, and to hear from experts in the field! Below are some opportunities for you to explore:

- **ASU Paid Research Opportunity for Volunteers Living with ALS**
 - The Department of Speech and Hearing Science at Arizona State University is studying the effects of speech compression on dysarthric speech. ASU is looking for volunteers living with ALS to participate in this paid study. For more information, email Kelvin.Tran@asu.edu
- **Arizona Caregiver Summit - November 8th**
 - Caregivers, community advocates, and stakeholders are invited to this free in-person event entitled **Caring for the Caregivers** with the theme: **Taking care of you**. This event will provide national, state, and regional perspectives on the needs, resources, and support for the caregiver including a panel presentation by diverse caregivers.

In Remembrance

We extend our deepest sympathy and continued support to the families and friends of:

Jonathan Ashworth, Elaine Boscoe, Melissa Ganas, Shelly Hewlett, Carrie Stone,
Rhoda Madonia, Paul Negri

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