

ALS Arizona

FOUNDATION OF SERVICES AND SUPPORT



November 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

Central Arizona

Persons with ALS - Tuesday, November 14th, 1-3
Topic: Transportation Resources

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

Caregivers - Tuesday, November 21st, 1-3 pm
Caregiver Appreciation Lunch (details below)

Held at BHHS Legacy Foundation - Courtyard
360 E. Coronado Road, Phoenix, AZ 85004

Southern Arizona

Persons with ALS - Monday, November 27th, 1-3
Topic: Group Discussion

Held at Our Saviour's Lutheran Church - Activity
Building
1200 N Campbell Ave, Tucson, AZ 85719

Caregivers - Wednesday, November 15th, 2-4 pm
Caregiver Skills Training (details below)

Held at Encompass Rehab, 2650 N Wyatt Dr, Tucson
85712

Northern Arizona

challenges of living with this disease.

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.

Persons with ALS - Monday, November 27th from 1-3 pm
Caregiver Appreciation Lunch (details below)
Held at Gurley St. Grill, 230 W Gurley St, Prescott, AZ 86301

Virtual

Caregivers - Cancelled for November
Phoenix pALS - Tuesday, November 14th from 1-3 pm
Tucson pALS - Monday, November 27th from 1-3 pm
Page 2: Survivors - Wednesday, November 15th 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!

11.15.23

2PM - 4PM



ENCOMPASS HEALTH REHAB

2650 N Wyatt Dr

Tucson, 85712

Email Deboni@alsaz.org to Register Today!

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

[Register Here](#)

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

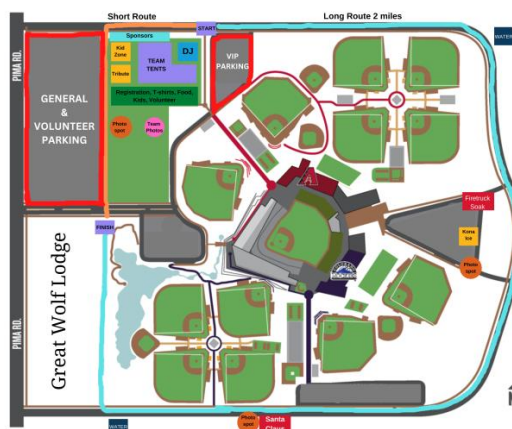
Send checks to:
The ALS Association
Arizona Chapter
Attn: Scottsdale Walk
360 E Coronado Rd Suite 140
Phoenix, AZ 85004

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

FOLLOW US TO STAY UP TO DATE!

 
@ALSARIZONA

ALS Arizona QUESTIONS?
lindsey@alsaz.org | 602-297-3800



Join us for the Scottsdale Walk to Defeat ALS!

Saturday, November 4th @ 8 am

[Register Here](#)



Barrow Receives \$16.7M NIH Award to Help Coordinate New National ALS Research Consortium

Barrow Neurological Institute has received a large award from the National Institutes of Health (NIH) to help create and lead a groundbreaking and transformative national amyotrophic lateral sclerosis (ALS) clinical research consortium.

[Read More Here](#)

Caregiver Appreciation Lunch

As a token of our appreciation for all that you do for your loved one with ALS, you are invited to join us for lunch. Take the afternoon to enjoy good food and the company of others!

Please join us at one of the following locations

BHHS Legacy Foundation Courtyard in Phoenix - Tuesday, Nov. 21st, 1-3 pm
Gurley St. Grill in Prescott - Monday, Nov. 27th, 1-3 pm
Blue Willow in Tucson - Thursday, Nov. 30th, 1-3 pm

Please contact Hannah to RSVP at hannah@alsaz.org or 480-622-4876.

[RSVP Here](#)

ALS Arizona

Tucson Walk
Donation Update!
\$75,000

Still time to donate
<http://secure.alsaz.org/goto/tucsonranhorses23>

The graphic features a group of people in blue shirts posing for a photo, with the ALS Arizona logo repeated in the background.

Thank you to everyone who joined us for the Tucson Walk to Defeat ALS!

Walk donations are accepted through Jan. 31, 2024

[Donate Here](#)

Register ALS Arizona

EL TOUR DE TUCSON
Support the ALS Arizona

NOVEMBER 18, 2023

- Individual - Ride for a non profit - \$145
- Youth Registration - Ride for a non profit - \$40
- Military - Ride for a non profit - \$120

<https://www.bikerage.com/el-tour-de-tucson>

When registering be sure to select ALS Association of Arizona when choosing your fundraising charity!

Then you will be able to select your ride distance:

- 102 Mile/160 Km
- 62 Mile/100 Km
- 32 Mile/50 Km

The graphic includes a QR code, a 'TUCSON' logo, and small images of cyclists.

There is still time to join us for El Tour de Tucson!

[Register Here](#)

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 or go [here](#).
- **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. [Register Here](#)

In Remembrance

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

Raith Adair, Kevin Armstrong, Sandra Brenner, Jeff Campbell, Janet Lange, Christopher Lowe, Carol Lindsey, Bob Miller, Stephen Puca, Gerald West,

ALS Arizona
360 E. Coronado Road, Suite 140
Phoenix, AZ 85004
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www.alsaz.org

[Give Online](#)