

ALS Arizona

FOUNDATION OF SERVICES AND SUPPORT



December 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, December 12th, 1-3

Topic: Navigating Holiday Traditions

Held at ALS Arizona Office

360 E. Coronado Road, Phoenix, AZ 85004

Caregivers - Tuesday, December 19th, 1-3 pm

Held at ALS Arizona Office

360 E. Coronado Road, Phoenix, AZ 85004

Southern Arizona

Persons with ALS - **Virtual Only for December**

Tuesday, Dec 12th, 1-3 pm

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

Caregivers - Wednesday, December 20th, 1-3 pm

Held at Our Saviour's Lutheran Church - Activity Building

1200 N Campbell Ave, Tucson, AZ 85719

Northern Arizona

Persons with ALS - **Virtual Only for December**

Tuesday, Dec 12th, 1-3 pm

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

**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.

Virtual

Phoenix pALS - Tuesday, Dec 12th, 1-3 pm

Tucson pALS - Tuesday, Dec 12th, 1-3 pm

Phoenix cALS - Tuesday, Dec 19th, 1-3 pm

Page 2: Survivors - Wednesday, December 20th,
5:30 - 7:30 pm

**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**



As the year wraps up, we want to express our heartfelt thanks for your incredible support. Your dedication has fueled our success, and we're grateful for our shared journey. In this season of gratitude, we reflect on the positive energy you've brought to our community. Your hard work and creativity have defined our success. Wishing you a joyful heart and looking forward to more shared successes in the coming year.



ALS Arizona

Member of ALS United

CAREGIVER SKILLS TRAINING

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

02.13.24

1PM - 3PM



FOUNDATION FOR SENIOR LIVING

1201 E Thomas Rd Phoenix,
85014

Email Hannah@alsaz.org to Register Today!

[Register Here!](#)



ALS AWARENESS NIGHT @TUCSON ROADRUNNERS



**We have 200 tickets
to giveaway!**

What to expect:

- Live interview with ALS Family
- Pregame Zamboni ride for an ALS patient
- A ceremonial puck drop

TO RESERVE YOUR TICKETS EMAIL ANGIE OR LINDSEY

ANGIE@ALSAZ.ORG OR LINDSEY@ALSAZ.ORG

ALS AWARENESS NIGHT

Mark your calendars! On February 16th at 7pm, we're hosting ALS Awareness Night at the Tucson Roadrunners hockey game. It's a fantastic opportunity to raise awareness and support for ALS.

Guess what? We have free tickets available! Join us for a night of fun and purpose as we unite against ALS. To reserve your free tickets, contact angie@alsaz.org or lindsey@alsaz.org

Let's pack the stands and make a difference together!

'Tis the season of giving, and we have an exciting opportunity for you to make an even more significant impact with your generosity. Did you know that you can maximize your support through tax credit donations?

Boost your support and potentially reduce your taxes by making a tax credit donation to ALS Arizona! Your generosity can make a lasting impact on our initiatives and community. Donations made up to April 15th, 2024, can be claimed as an Arizona Credit on your 2023 tax returns.

ALS Arizona is a qualified charitable organization for the Arizona State Tax Credit. Help us continue to provide crucial and free services to ALS patients and their families.

Our QCO Code is 20994

A maximum of \$400 can be deducted per individual tax return, and \$800 for couples filing jointly in the state of Arizona.

To donate, please visit www.alsaz.org, give us a call at 602-297-3800, or mail a check to
360 E Coronado Rd Suite 140
Phoenix, AZ 85004

Donations can be made up to April 15, 2024 and still be claimed as an Arizona Credit on your 2023 tax return.

Your tax dollars can help us provide support and hope to families living with ALS

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:

- **Centers for Disease Control and Prevention (CDC) ALS Registry**
- The CDC ALS Registry is a program to collect, manage, and analyze data about persons with ALS. It includes data from existing national databases and information provided by persons with ALS who choose to participate. Researchers can use Registry data to look for disease pattern changes over time and try to identify whether there are common risk factors among people with ALS. Additionally, the Registry provides updated links for participant resources like ALS clinical trials. Read more [here](#).
- **Palliative Care and ALS**
- In this webinar, Ambereen K. Mehta, MD, MPH, FAAHPM, Johns Hopkins University, will review what palliative care is and how it can support the quality of life for people living with ALS. Watch Dr. Mehta's webinar [here](#).

In Remembrance

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

Judy Kaplan, David Milhoan, Marvin Voorhees, Danny Dahlkoetter, Kathleen Falls, Sheri Brown, Richard McMillan, Laura Lear, Terry Raftery, Cathy Shilosky, Patricia Downs

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[Give Online](#)

