

# ALS Arizona

FOUNDATION OF SERVICES AND SUPPORT



February 2024 - ALS Arizona 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.

**Support groups are**

### Central Arizona

**Persons with ALS** - Tuesday, February 13th, 1-3  
Topic: Mindfulness and Mental Health

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

**Caregivers** - Tuesday, February 20th, 1-3 pm

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

### Southern Arizona

**Persons with ALS** - Monday, February 26th, 1-3  
Topic: Mindfulness and Mental Health

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

**Caregivers** - Wednesday, February 21st, 1-3 pm

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

### Northern Arizona

**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.

Scan QR Codes below to join or Statewide Virtual pALS and cALS Support Groups!  
(please note you must download Zoom before scanning the QR codes)



Statewide pALS Support Group



Statewide Caregiver Support Group

**Persons with ALS** - Monday, February 26th, 1-3  
Topic: Mindfulness and Mental Health  
Held at Starting Point Church-  
3106 Gateway Blvd Prescott, AZ 86303

**Virtual**

**Statewide pALS**

Topic: Mindfulness and Mental Health  
Tuesday, February 13th 6:00-7:30pm  
Zoom Meeting ID: 957 2816 7840  
Passcode: 785624

**Statewide cALS**

Tuesday, February 20th 1-3pm  
Zoom Meeting ID: 945 4494 4731  
Passcode: 009354

**Page 2: Survivors**

Wednesday February 21st 5:30-7:30pm  
Zoom Meeting ID: 994 2034 0299  
Passcode: 711937



**Scholarship Opportunities for ALS Families**

If you or someone you know has been touched by Lou Gehrig's disease (ALS) and is a dependent whose family's finances have been impacted due to a parent or guardian (living or who passed in 2019 or after) having been diagnosed with ALS, please invite them to [submit an interest application](#) for an Iron Horse Scholarship. This renewable, four-year scholarship provides up to \$2,130 per semester for up to eight semesters for students pursuing a degree.

The scholarship value, \$2,130, harkens to Lou Gehrig's consecutive games played record and reminds our award recipients of all that Lou stood for in the face of ALS. **The deadline for completed [interest application](#) is Wednesday, February 21, 2024. [click here for more information!](#)**

Click below for more information:

[Iron Horse Scholarships Application Open for 2024 \(livelikelou.org\)](https://livelikelou.org)



**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](mailto:Hannah@alsaz.org) to Register Today!

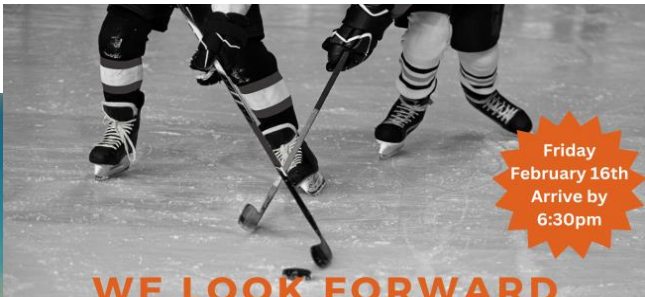
[Register Here!](#)



**Do you have youth or teens in your family?**

We are developing our youth & family opportunities and would love to keep you informed!

Email [Melissa@ALSAZ.org](mailto:Melissa@ALSAZ.org)



Friday  
February 16th  
Arrive by  
6:30pm

**WE LOOK FORWARD  
TO SEEING YOU!**

**ALS AWARENESS NIGHT  
Arizona @TUCSON ROADRUNNERS**



**260 S Church Ave  
Tucson, AZ 85701**

**What to expect:**

- Live interview with ALS Family
- Pregame Zamboni ride for an ALS patient
- A ceremonial puck drop
- Lots of fun, high energy and excitement!
- More detailed information will be emailed out closer to game day!

QUESTIONS OR CONCERNS EMAIL ANGIE OR LINDSEY  
[ANGIE@ALSAZ.ORG](mailto:ANGIE@ALSAZ.ORG) OR [LINDSEY@ALSAZ.ORG](mailto:LINDSEY@ALSAZ.ORG)



**Bill Olivier, MSW  
Guest Speaker for our Statewide  
pALS Support Group**

Bill Olivier, MSW, was diagnosed with ALS in 2021. He has a mindfulness and mental health background. We are honored to have Bill as our guest speaker for the February Statewide Virtual pALS Support Group.

Join us Tuesday, Feb. 13th @ 6 pm via Zoom

[Join 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:

### **Center for Disease Control and Prevention ALS Training**

This training will provide an overview of what is currently known about the Amyotrophic Lateral Sclerosis (ALS) which includes clinical background such as symptoms, diagnosis, treatment, and management. The module also describes the mission and the function of the National ALS Registry as a partner of ALS patients and research community. The launching of the ALS Registry module is needed to educate the health care providers so they can inform their patients on the requirements for registering and participating in the program. To read more about this, click [here!](#)

### **The Crucial Role of Collaborative Pre-Clinical Research Description**

Join this educational webinar for a conversation with Dr. Christine Vande Velde (Robert Packard Center for ALS Research), Erin Fleming (Project ALS), and Dr. Fernando Vieira (ALS Therapy Development Institute) to explore the role of the ALS community in shaping pre-clinical research, and the transformative impact of interdisciplinary collaborations among leading research organizations. Register [here!](#)

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## **In Remembrance**

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

Rudolpho Murillo, Mary Rossi, Kyle Jones, Larry Haines, Theodore 'Ted' Deschamp, Janet Murray, Thomas Gillman, Barbara Heiman, David Nichols, Juan Artiach, Larry Johnson, Elizabeth Caldwell, Kenny Lemmons, Karen Storek, Dennis Hamilton, Michael Mudra, Juliet Niehaus, Cheryl Chamberlin, Ann Ventola

ALS Arizona  
360 E. Coronado Road, Suite 140 Phoenix,  
AZ 85004  
602-297-3800 [www.alsaz.org](http://www.alsaz.org)

[Give Online](#)

