

ALS Arizona

FOUNDATION OF SERVICES AND SUPPORT



May 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

Central Arizona

Persons with ALS - Tuesday, May 14th, 1-3

Topic: Travel Tips with ALS

Held at ALS Arizona Office

360 E. Coronado Road, Phoenix, AZ 85004

Caregivers - Tuesday, May 21st, 1-3 pm

Held at ALS Arizona Office

360 E. Coronado Road, Phoenix, AZ 85004

Southern Arizona

Persons with ALS - Monday, May 27th, 1-3

Topic: Travel Tips with ALS

Held at Our Saviour's Lutheran Church - Activity Building

1200 N Campbell Ave, Tucson, AZ 85719

Caregivers - Wednesday, May 15th, 1-3 pm

address the social, emotional, and mental 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.

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

Northern Arizona

Persons with ALS - CANCELLED for May
Held at Starting Point Church-
3106 Gateway Blvd Prescott, AZ 86303

Statewide Caregivers

Tuesday, May 21st 1-3pm
Zoom Meeting ID: 945 4494 4731
Passcode: 009354

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Wednesday April 15th 5:30-7:30pm
Zoom Meeting ID: 994 2034 0299
Passcode: 711937

Virtual

Statewide Persons with ALS

Tuesday, May 14th 6:00-7:30pm
Topic: Travel Tips with ALS
Zoom Meeting ID: 957 2816 7840
Passcode: 785624

[Join Virtual Support Group Here!](#)

**The ALS Association Arizona Chapter is now
ALS Arizona**

Same People, Same Mission, Different Name

MAY
is
ALS
Awareness
month

Find out more by visiting
www.alsaz.org

Join us all month by following
[@alsarizona](https://twitter.com/alsarizona) on all social
media

ALS
Arizona



Need Kate Farms?

We have a large amount of Kate Farms
Nutrition Formula in Phoenix and Tucson

If you would like to connect with us to pick
some up contact David@alsaz.org

Take Us Out to the Ball Game!

The Arizona Diamondbacks are hosting the fourth annual Lou Gehrig Day on Monday, June 3rd.

To join us email Lindsey@alsaz.org



LOU GEHRIG DAY
4-ALS JUNE 2 DAY

LOU GEHRIG DAY

A vs **SF**

MONDAY, JUNE 3RD
FIRST PITCH 6:40PM

DBACKS.COM/LOU



ALS Arizona
10TH ANNIVERSARY
ICE BUCKET
Challenge

JOIN US
Salt River Fields
Centerfield Parking Lot
9 AM

SATURDAY
AUG 3RD
2024

for more information contact angie@alsaz.org

Save the Date for our 10th Anniversary Ice Bucket Challenge!



**Our Equipment Loan Closet needs
rolling walkers**

**Email david@alsaz.org to
return or donate a walker**

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:

- **Access for ALL in ALS Consortium**
 - On May 16th, NEALS (North Amyotrophic Lateral Sclerosis) is offering a webinar to provide more information on the new National Institutes of Health funded "ALL ALS" consortium. Read more about "ALL ALS" and register [here](#).
- **ALS Arizona Caregiver Skills on YouTube**
 - Access caregiver skills training on our ALS Arizona YouTube page! Just go [here](#) to watch videos on using a Hoyer lift, safe transfers, using a gait belt, range of motion exercises and more.

In Remembrance

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

Brenda Bess, Martha Elizalde, William Grotenrath, Lisa Kemplin, Diane Klensin, Delores Kohl, Kevin Kolasa, Oliver Miller, Albert Parker, Eugene Schaefer, Lori Wilson

360 E. Coronado Road, Suite 140
Phoenix, AZ 85004
602-297-3800
www.alsaz.org

[Give Online](#)