

ALS Arizona

FOUNDATION OF SERVICES AND SUPPORT



July 2024 Newsletter



SUPPORT GROUPS

Monthly support groups provide opportunities for attendees to share personal experiences and learn strategies for preserving the independence and quality of life for both people with ALS (pALS) and their caregivers.

****Join us in person or online as noted below****

PALS SUPPORT GROUP **ALL ARE WELCOME!**

Statewide - Virtual

2nd Tuesday 6:00-7:30pm
Zoom meeting ID: 957 2816 7840
Passcode: 785624

Central AZ - In Person Only

2nd Tuesday 1:00-3:00pm
BHHS Legacy Conference Room
360 E Coronado Rd Phoenix, 85004

Tucson - In Person Only

4th Monday 1:00-3:00pm
Our Saviour's Lutheran Church
1200 N Campbell Ave Tucson, AZ 85719

Northern AZ - In Person Only

4th Monday 1:00-3:00pm
Starting Point Church
3106 Gateway Blvd Prescott, AZ 86303

CAREGIVER SUPPORT GROUP

Central AZ - HYBRID

3rd Tuesday 1:00-3:00pm
ALS Arizona Conference Room
360 E Coronado Rd Ste 140
Phoenix, 85004

Tucson - In Person Only

3rd Wednesday 1:00-3:00pm
Our Saviour's Lutheran Church
1200 N Campbell Ave Tucson, 85719

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Statewide - Virtual

3rd Wednesday 5:30 -7:30pm
Zoom meeting ID: 994 2034 0299
Passcode: 711937



National Academies of Science - Living with ALS Report

In 2022, Congress directed the National Institutes of Health to commission a National Academies committee of experts to recommend key actions public, private, and nonprofit sectors should take to make ALS a livable disease within the next 10 years. The resulting report, Living with ALS, focuses on an integrated ALS multidisciplinary care and research system to help facilitate earlier diagnosis and connections to specialty care.

This report is an important step in supporting advocacy efforts to improve access to care and gain funding for critical research.

[Read Full Report Here](#)

[Read Report Highlights Here](#)

The poster is for a movie outing titled "Social Connections: movie OUTING TO INSIDE OUT 2". It features a blue film strip graphic on the left side. The background is orange. The text is white and blue. It includes the following information:

- TAKE A BREAK FROM THE HEAT!
- SOCIAL CONNECTIONS
- movie OUTING TO INSIDE OUT 2
- TUCSON AREA
JULY 11TH, 2024
- PHOENIX AREA
JULY 26TH, 2024
- LIMIT 2 TICKETS PER PALS
- TO RSVP SCAN THE QR CODE OR
EMAIL HANNAH@ALSAZ.ORG

At the bottom, there is a QR code and two movie tickets.

Limit 2 Tickets per pALS - RSVP Here!



The poster features a blue geometric background. At the top left, it says "ALS Arizona" in orange and white. In the center, "10TH ANNIVERSARY" is in blue, "ICE BUCKET" is in large orange letters, and "Challenge" is in a blue script font. On the right, there is a cartoon character of a man in a white lab coat with a bucket of water on his head. Below the title is a collage of photos showing people participating in the challenge. At the bottom, it says "JOIN US" in orange, followed by two locations: "Phoenix - Salt River Fields - Centerfield Parking Lot" and "Tucson - Our Savior's Lutheran Church - Back Parking Lot". To the right of the location information, it says "SATURDAY AUG 3RD 9 AM" in orange. At the very bottom, it says "for more information contact angie@alsaz.org".

EDUCATION CORNER

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

Respiratory Care in ALS: Advances in Remote Monitoring in ALS

Watch the first of a four-part NEALS Community Education series on advances in respiratory care in ALS. This series, organized by the NEALS Respiratory Care and Ventilation Committee, will focus on respiratory assessment innovations and clinical implementations. Watch [here!](#)

Home Accessibility and Modification

Watch Alisa Brownlee, assistive technology and home modification specialist at ALS United Mid-Atlantic share her tips and tricks for home modifications. Watch the webinar [here](#).



Joe's Camp & Hike
A CAMP FOR TEEN WHOSE EXPERIENCE BEING TOUGH ON US!
Inspired by the Joe Martin 2011 Foundation

FREE

**SEPT
13-15**
Ages 14-17

SUMMER 2024!

Join us for three days of hiking, camping, and outdoor adventure at Camp Cherokee in Kings Mountain State Park, South Carolina!




Delivered by  **Joe Martin**

What to Expect

- Break barriers, challenge your mind and body at your own pace and build self-confidence to last a lifetime!
- Hike up to eight miles a day in beautiful Kings Mountain State Park.
- Combine critical thinking and problem-solving to address the group's uniqueness.
- Learn how to face and overcome challenges as a group.
- Connect on the trail and around the campfire with others that share your ALS experience.
- All camping gear will be provided.

Register for Free Today!
Out-of-State Campers: Travel sponsorships available, please contact us to learn more:
help@joemartinafoundation.org
or
www.joemartinafoundation.org/joes-camp-and-hike/

Follow us  



Partnering with
ALS United North Carolina 

100 N. Tryon St., STE 3420
Charlotte, N.C. 28202 (704) 332-1929


Save the Date

ALS WALK 2024

TUCSON ALS WALK
October 26th
Reid Park

SCOTTSDALE ALS WALK
November 2nd
Salt River Fields

UNITED WE WALK
AGAINST ALS!



ALS Arizona
Member of ALS United

In Remembrance

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

Suzanne Bertino, Judith Carlisle, Lori Kludt, Bruce "Rick" Gilbert, Talati "Philip" Lemapu, Janine Mailhiot, Debra Olson, Stephen Roach, John Rosso, Arlene Schuh, Sheryl Thomasson, Debra Wendt, Kathryn Zietz

[**Give Online Here**](#)