

# ALS Arizona

FOUNDATION OF SERVICES AND SUPPORT



September 2024 Newsletter

Please note that our Ask the Experts event on Sat. September 14th has been canceled due to low expected attendance.

Email [hannah@alsaz.org](mailto:hannah@alsaz.org) with feedback on what type of educational events would better serve you in the future.



## 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

### Statewide - Virtual

3rd Tuesday 1:00-3:00pm  
Zoom meeting ID: 945 4494 4731  
Passcode: 009354

### Tucson - In Person Only

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

Join Virtual meetings  
from your computer, tablet, or smartphone  
by scanning the QR code below.

Statewide pALS  
Support Group



Statewide Caregiver  
Support Group



Meet our Caregiver Support Group Facilitator

Dawn Johnson!



Dawn was born in North Dakota, but spent most of her life in Minnesota. She was a flight attendant for Northwest Airlines for six years until she had the first of three sons. She married her second husband, Craig, in 1993 and he brought three sons into the marriage. Dawn also was an educational assistant for special needs kids in elementary school and also worked in the office at a dental practice until she and Craig moved to AZ in July of 2009.

Once in AZ, Dawn volunteered for 11 years at Rein of Faith horse ministry teaching kids how to care for horses as well as ride. In 2016, while she and Craig were jogging, his left foot started flopping halfway through their jog and he

needed to walk the rest of the way. This was his first symptom, and he was 70 years old. He was finally diagnosed in 2018. In 2020, Dawn ended all her volunteering to become Craig's fulltime caregiver. Craig and Dawn celebrated 30 years of marriage 5 weeks before he passed away on June 1, 2023. Dawn has now moved to the Seattle area to live with her youngest son and daughter-in-law. Their six boys are in five different states, so Dawn has been traveling quite a bit. She has 9 grandchildren and 2 great grandchildren

[Click Here to join the Caregiver Support Group - Sept. 17th @ 1pm](#)

**ASK THE NURSE**

**JANIE DALRYMPLE**

BRING YOUR **ALS QUESTIONS** AND JOIN US VIA ZOOM EVERY 4TH TUESDAY @ 10 AM

MEETING ID: 943 3205 4281  
PASSCODE: 554993

**ALS Arizona**

Email questions to [deboni@alsaz.org](mailto:deboni@alsaz.org)

*Janie Dalrymple, ALS RN, is a smiling woman with blonde hair and glasses, wearing a grey off-the-shoulder top.*

[Click Here to Join Ask the Nurse - Sept. 24th @ 10 am](#)

We are excited to announce the launch of **Live Ask the Nurse!** Join us every 4th Tuesday from 10-11 am to connect with our ALS RN, she will offer guidance, answer questions and provide valuable insight into managing ALS symptoms.



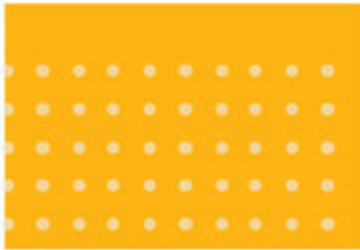
**ALS**  
**Arizona**  
Member of ALS United

## CAREGIVER SKILLS TRAINING

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

10.10.24

10AM - 2PM



### ENCOMPASS REHAB

2650 N Wyatt Dr, Tucson  
85712

Email [Deboni@alsaz.org](mailto:Deboni@alsaz.org) to Register Today!

[Register Here for  
Tucson Caregiver  
Skills Day](#)

## ADVOCACY

To better understand the needs and priorities of our community, we invite you to participate in a brief ALS in Action Survey.

Your insights and experiences are invaluable in shaping our advocacy efforts. By taking this survey, you will help us:

- **Identify Key Issues:** Understand the most pressing challenges facing individuals living with ALS and their families.
- **Prioritize Actions:** Focus our advocacy on the area that will have the greatest impact.

- **Strengthen Our Voice:** Amplify our collective voice in discussions with policymakers and healthcare providers.
- **Enhance Support Services:** Improve the resources and support we provide to the ALS community.

[Take ALS in Action  
Survey Here](#)

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## 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:

### **The Role of Biomarkers in ALS**

Join NEALS NICE Working Group Webinar on "The Role of Biomarkers in ALS" with James Berry, MD, MPH, and Bob Bowser, PhD, both principal investigators from the Access for All in ALS (ALL ALS) Consortium. They will discuss the evolving role of biomarkers in ALS. Biomarkers are biological markers, often genes and proteins, that can be found in blood, spinal fluid, and other tissues. These biomarkers may assist in diagnosing and monitoring the progression of disease, as well as help assess treatment efficacy. Register for the webinar [here](#).

### **Feeding Tube Webinar**

Join NEALS webinar, "Feeding Tubes for People Living with ALS: What You Need to Know Before Getting One." Presenter Molly Spitz, RD, an ALS-focused registered dietitian from Barnes Jewish Hospital in St. Louis, MO, will share essential information and insights about feeding tubes. Don't miss this opportunity to learn and ask questions during this webinar, moderated by Stephanie Dobak MS, RD, LDN, CNSC and hosted by the NEALS Nutrition Committee. Register for the webinar [here](#).

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## UPCOMING EVENTS

# TUCSON WALK ALS KICK-OFF

Relics and Their Humans  
at University of Arizona  
Centennial Hall Theater -  
September 19th  
7PM

ALS  
Arizona

RSVP TO  
LINDSEY@ALSAZ.ORG

We're thrilled to invite you to the Tucson Walk ALS 2024 Kickoff Event! As we gear up for another impactful year, we want to bring our community together for an inspiring evening.

Event Details: Date: Thursday, September 19th

Time: 7:00 PM

Location: Centennial Hall Theater, University of Arizona

Feature: A special showing of Relics and Their Humans

How to Reserve Your Spot: Please reserve your tickets by emailing Lindsey at [lindsey@alsaz.org](mailto:lindsey@alsaz.org). Tickets are free, but seating is limited, so don't wait!

We hope you can join us for this special evening. Let's come together to kick off the Tucson Walk ALS with purpose, passion, and community.

Looking forward to seeing you there!

[Click Here for Tickets](#)

**WALK ALS**

*Get Registered Today!*

**ALS  
Arizona**

**Walk ALS Tucson**



[secure.alsaz.org/ALS  
TucsonWalk2024](https://secure.alsaz.org/ALS/TucsonWalk2024)

**Walk ALS Scottsdale**



[secure.alsaz.org/ALS  
ScottsdaleWalk2024](https://secure.alsaz.org/ALS/ScottsdaleWalk2024)

Questions? email [angie@alsaz.org](mailto:angie@alsaz.org) or [lindsey@alsaz.org](mailto:lindsey@alsaz.org)

Tucson Walk, October 26th - Register [Here](#)

Scottsdale Walk, November 2nd - Register [Here](#)

# TUCSON WALK ALS

*Location Change*



The Tucson Walk  
ALS location has  
been moved to  
**Hi Corbett Field**

700 S Randolph  
Way, Tucson, AZ  
85716

Registration 8am  
Start 9am



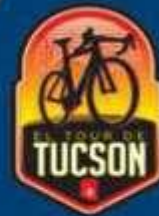
**HI CORBETT FIELD**

## EL TOUR DE TUCSON



*Team Ride for Research*

November 23rd, 2024



**ALS  
Arizona**

Email [lindsey@alsaz.org](mailto:lindsey@alsaz.org) with questions and to join the team!



Our loan closet is in need of Hoyer Lifts. If you have one you are no longer using please contact [hannah@alsaz.org](mailto:hannah@alsaz.org) to arrange for pick up.



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### In Remembrance

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

*Thomas Bakker, Paula Bolin, Laura Henze, Dawn Kalman, Robert Dee Macha, Carol Law, Michael White*

[Give Online Here](#)

[Unsubscribe](#)

[ALS Arizona](#)

360 E Coronado Ste 140 Phoenix, AZ 85004