

# ALS Arizona

FOUNDATION OF SERVICES AND SUPPORT



December 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**

### **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



[Click Here to join  
Statewide pALS](#)

[Click Here to join  
Statewide cALS](#)

Support Group - Dec.  
10th @ 6 pm

Support Group - Dec.  
17th @ 1 pm

Prescott Holiday Party - Thursday, December 5th at 4:30 pm @ Olive Garden ([3060 AZ-69, Prescott](#))

Tucson Holiday Party - Saturday, December 14th at 2 pm @ Our Saviour's Lutheran Church ([1200 N Campbell Ave, Tucson](#))

\*\* Transportation provided upon request\*\*

[RSVP here for the  
Holiday Party](#)

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**ADVOCACY**

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*Join Us*  
**ALS HOLIDAY  
Arizona PARTY**

Join us for an afternoon of festive fun! Enjoy the delightful sounds of the **Dickens Carolers**, get creative with cookie decorating, and don't miss a special visit from Santa himself!

**Saturday, December 7th  
3:00 PM - 5:00 PM**

**HORIZON COMMUNITY CENTER  
15444 N 100TH ST,  
SCOTTSDALE, AZ 85260**

**Special Show  
by Dickens  
Carolers! Starts  
at 3:15pm**

If you'd like to join the ornament exchange, please bring a wrapped ornament!







**THANK YOU ALS ADVOCATES!**

**US HOUSE PASSES SENATOR  
ELIZABETH DOLE 21ST CENTURY  
VETERANS HEALTHCARE AND  
BENEFITS IMPROVEMENT ACT**

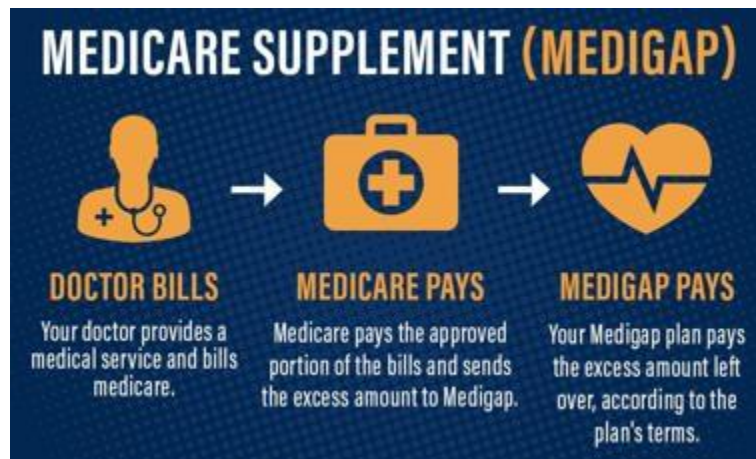
**ALS  
Arizona**  
Member of ALS Unite  
[www.alsaz.org](http://www.alsaz.org)

Your ALS advocacy makes an impact! On Tuesday, November 18th, the US House of Representatives passed the Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act with an overwhelming 399-9 vote.

For the ALS veteran community, this legislation represents a significant step forward in improving access to critical care and support services. The bill addresses several key areas that will directly impact veterans living with ALS:

- Streamlined access to VA healthcare services
- Expanded home care support options
- Enhanced caregiver support programs
- Improvements to long-term care services for disabled veterans
- Modernized VA service delivery systems

This legislation passed because of outreach from passionate advocates from across the country. Your stories make the difference. Join us in advocacy today at [www.alsaz.org](http://www.alsaz.org) to learn more.



Currently, Medicare Supplement Insurance (Medigap) is not available in Arizona to individuals living with ALS under 65. **We want to change this.** We are collecting your stories on how Medigap has benefited you. Or how lack of access to Medigap has affected your access to affordable care.

[Share Your Story Here](#)

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:

### **AI in ALS**

Join NEALS on Dec. 11th for a webinar on AI in ALS. Advanced machine learning methods have paved the way for a new generation of medical and clinical research. New methods and data resources can offer better diagnostics, new therapeutics, and disease management. Conditions like ALS are uniquely suited to benefit from these strategies, but important considerations exist. From the basics of what makes these new technologies special and applicable, to how they are being researched and they may impact life with disease, we will talk about some implementations of these techniques in both multi-center studies to a patient managing their care. Register for the webinar [here!](#)

### **Thriving through the Holidays with ALS**

Join Les Turner Foundation for their December Learning Series with Dr. Suzana K.E. Makowski, medical director of Compassionate Care ALS. Dr. Makowski will discuss where we can find light in the darkness and gratitude as we enter a new season and new year. Register for webinar [here!](#)

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## **UPCOMING EVENTS**



# ALS Arizona

## **FAMILY FIELD DAY** **JANUARY 24TH** **5-8 PM**

**6th Annual baseball game for families!**

ALS Arizona's Youth Program is excited to bring families with children or grandchildren together for this FREE event with games, food, and fun!

Come join us at the Miracle League of Arizona's wheelchair ready baseball field!

**LET US KNOW  
YOU'LL BE  
THERE!**



**DINNER  
PROVIDED!**

**RSVP with participant names and ages  
(adult and youth) to [melissa@alsaz.org](mailto:melissa@alsaz.org)**



For more information or to register email [melissa@alsaz.org](mailto:melissa@alsaz.org)



On *Dec. 3rd* our staff, board members, and community volunteers will be taking time to call our generous donors to let them know we appreciate their profound impact on our ALS community. Without their annual giving, we couldn't provide the FREE PROGRAMS AND SERVICES at ALS Arizona. Our Gratitude Telethon will kick off a series of 6 emails in the month of December. If you have donated in the past, you will be receiving them. We do not expect a donation from our patients and families. We just want to keep you informed on all the avenues that people give. Year-end is a big one as all donations are 100% tax deductible! If you know someone that has donated please help us thank them. It truly means the world to us at ALS Arizona.

# CAREGIVER APPRECIATION *Giving Guide*

-  \$5,000 can provide respite funds for 12 families. This essential support service gives caregivers a much-needed break from the intense, round-the clock responsibilities of caring for someone with ALS
-  \$500 funds our Caregiver's Skills Training Class - a 6-hour class that teaches caregivers how to use equipment, lift and transfer their loved one, do range of motion and much more
-  \$100 provides monthly support groups to patients and caregivers
-  \$2,500 can provide 8 caregivers transportation to get their loved ones to their clinic appointment
-  \$250 sends one of our Respiratory Therapists to a patient's home to set up and educate the caregiver on how the complex machine works and answer many questions
-  \$50 can help with modifying the home into a smart home & provide assisted technology to maintain independence & minimize the caregiver's task per day
-  \$1,000 can provide Equipment that helps with quality of life. Essential medical equipment transforms daily life for ALS patients
-  \$25 can maintain independence in the home & enhance quality of life for this person living with ALS

## In Remembrance

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

*Randall Arias, David Bly, Susan Farris, Anna Jones, Ruth Maguire, Debi Meek, Marissa Morentin, Spencer Thurber, Ambrosio "Butch" Valadez*

[Give Online Here](#)

[Unsubscribe](#)

[ALS Arizona](#)

360 E Coronado Ste 140 Phoenix, AZ 85004