

ALS Arizona

FOUNDATION OF SERVICES AND SUPPORT



RESEARCH



CARE SERVICES



EDUCATION



ADVOCACY

January 2025 Newsletter



6TH ANNUAL FAMILY FIELD DAY

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!



05.00-8.00 PM

JANUARY 24TH

MIRACLE LEAGUE OF ARIZONA

11130 E CHOLLA ST., SCOTTSDALE

**ALS
Arizona**

TRANSPORTATION PROVIDED UPON REQUEST
EMAIL MELISSA@ALSAZ.ORG FOR DETAILS

[Register Here](#)



ALS EDUCATION SERIES

FIVE WISHES

Join us for Our First ALS Education Session of the Year:

End-of-Life Planning with Five Wishes

Our Director of Education and Family Resources, Janie Dalrymple, will guide you through Five Wishes, an important tool for planning for your care and communicating your wishes clearly to loved ones.

What to Expect:

- **Understanding Five Wishes:** Learn how this simple yet comprehensive document can empower you to decide about your care, comfort, and dignity.
- **Benefits of Early Planning:** Discover how proactive planning can relieve stress for you and your family and ensure your wishes are respected.

Whether you're newly diagnosed or supporting a loved one, this session will provide valuable knowledge to help guide you through an often difficult but essential process.

Feb. 6th from 10 - 12

BHHS Legacy Conference Room, 360 E. Coronado Rd, PHX 85004



[Register Here Today!](#)



**ALS
Arizona**
Member of ALS United

**CAREGIVER SKILLS
TRAINING**
Hoyer Lift, Transfers, Range of Motion, & more!

02.14.25
9:30AM -
3:00PM



ENCOMPASS REHAB
13460 N 67th Ave, Phoenix 85304
Lunch Provided

Scan QR Code or email deboni@alsaz.org to Register Today!

Caregiver Training Day: Empowering You with Knowledge and Skills

Whether you're a primary caregiver or a support person for a loved one with ALS, this training day is an invaluable opportunity to gain practical knowledge and skills.

What You'll Learn:

- **Safe Transfers:** Learn how to use equipment like Hoyer lifts to perform safe and comfortable transfers for your loved one.

- **Range of Motion Exercises:** Discover techniques to maintain mobility and improve quality of life through simple, effective exercises.
- **Communication Options:** Explore alternative communication tools and strategies to stay connected with your loved one as their needs evolve.
- **And Much More!:** We'll cover additional essential caregiving topics for providing high-quality, compassionate care.

Lunch Provided

Please Note: This training session is designed specifically for caregivers only.

[Click Here to Register](#)

ALS ARIZONA 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

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

CAREGIVER
SUPPORT GROUP

Statewide - Virtual

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

Central AZ - In Person Only

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

Tucson - In Person Only

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

Statewide pALS
Support Group



Statewide Caregiver
Support Group



[Click Here to join
Statewide pALS
Support Group - Jan.
14th @ 6 pm](#)

[Click Here to join
Statewide cALS
Support Group - Jan.
21st @ 1 pm](#)



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

A graphic for 'Ask the Nurse' featuring a woman, Janie Dalrymple, with blonde hair and glasses, wearing a grey off-the-shoulder top. The background is light grey with white plus signs and a grid of dots. The text is in blue and green. A red-bordered box contains Zoom meeting information.

[Click Here to join Ask the Nurse - Jan. 28th @ 10 am](#)

ADVOCACY



ALS Arizona
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SAVE THE DATE

ALS ARIZONA STATE ADVOCACY DAY
FRIDAY, MAY 9TH

A graphic for 'Save the Date' for ALS Arizona State Advocacy Day. It features a circular image of a classical building with columns. The background is dark blue with an orange horizontal band. The text is in white and yellow. The ALS Arizona logo is in the top right corner.

Email Deboni@alsaz.org for more information!

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:

ALS and Constipation

Join Dr. Ghazala Hayat, MD, FAAN, FANA, FAANEM, as she delves into the prevalence and challenges of constipation in People Living with ALS. Using new research and survey findings, Dr. Hayat will discuss how constipation might be connected to autonomic system problems in those with ALS. Watch Dr. Hayat's webinar [here](#).

National ALS Registry: Learn How You Can Join the Fight Against ALS

The National ALS Registry is a multi-faceted research platform. Launched in 2010, the Registry evaluates the public health burden of ALS by determining who has ALS in the United States as well as investigating the causes and risk factors for this disease. The Registry also connects persons with ALS with clinical trials and epidemiological studies, funds research domestically and globally, and has a biorepository (i.e., National ALS Biorepository) where persons with ALS can donate their blood and saliva for research. This webinar will inform and educate persons with ALS and caregivers the importance of joining and being counted. Persons with ALS are the heart of the National ALS Registry, and their data allows researchers to gain insight and advance research on genetics, biomarkers, and environmental exposures. Click [here](#) to learn more.

UPCOMING EVENTS

SAVE THE DATE!

2025 Annual Caregiver Summit



CAREGIVER COMPASS

Practical Tips for Navigating Caregiving

WEDNESDAY, FEBRUARY 19, 2025, 9AM-3:45PM

DESERT WILLOW CONFERENCE CENTER, PHOENIX, AZ

Bringing together caregivers, healthcare professionals, and community leaders to provide invaluable resources, support, and education to those who dedicate their lives to caring for others.

Free event!
Registration
Info Coming
Soon

Hosted by:



*For family caregivers that may wish to utilize onsite services for their loved ones - limited space will be available on a pre-registration basis in an **Activity Room** featuring complementary activities provided by Arizona State University.*



ALS AWARENESS NIGHT @TUCSON ROADRUNNERS



RSVP today!

TO RESERVE YOUR TICKETS EMAIL DEBONI OR LINDSEY

DEBONI@ALSAZ.ORG OR LINDSEY@ALSAZ.ORG

[RSVP Here for ALS Awareness Night!](#)



BITE NITE
April 12, 2025 *Arizona Sands Club*

**Tickets & Sponsorship Opportunities
available now. Scan for more info...**

benefitting **ALS
Arizona**



ALS
Arizona

THE RESULTS ARE IN!

Your support helps fund vital programs and services for
ALS patients and their families right here in Arizona.
Thank you for being part of this incredible journey!

Tucson Walk ALS

Total Raised

\$101,743

Scottsdale Walk ALS

Total Raised

\$564,740

STILL HAVE DONATIONS?

SEND THEM IN BY JANUARY
31ST 2025

United we Walk Against ALS!

In Remembrance

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

Kim Alf, John Botkin, Harold "Bub" Bullis, Mark Meredith, Patricia Lucci, Paula Ralston, Ralph Schmidtke

[Give Online Here](#)

[Unsubscribe](#)

[ALS Arizona](#)

360 E Coronado Ste 140 Phoenix, AZ 85004