

ALS Arizona

FOUNDATION OF SERVICES AND SUPPORT



March 2025 Newsletter

A big Thank You to everyone who joined us on Feb. 28th for our Pop-Up Research Day event!



TARGET ALS



ALS EDUCATION SERIES

MEDICAL EMERGENCY

Join us for our next ALS Education Session

What to Do When You Need to Visit the ER or Hospital:

Our Director of Education and Family Resources, Janie Dalrymple, and our Respiratory Therapist, Rondo Smith, will provide guidance on how to prepare for a visit to the Emergency Room or Hospital.

Whether you're newly diagnosed or supporting a loved one, this session will offer valuable insights to help you navigate this important but sometimes challenging process.

April 10th from 10 - 12

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

[Register Here Today!](#)

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 Thursday 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 - March
11th @ 6 pm](#)

[Click Here to join
Statewide cALS
Support Group - March
18th @ 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@alsaz.org

[Click Here to join Ask the
Nurse - Mar. 25th @ 10 am](#)

ALS ARIZONA STATE ADVOCACY DAY

May is ALS Awareness Month!
Join us at the Arizona State Capitol
to raise awareness, connect with
others, meet with legislators, and
advocate for individuals living with
ALS in Arizona.

JOIN US



Tuesday
May 13, 2025



Time
09.00 AM - 01.00 PM



Arizona State Capitol -
Wesley Bolin Plaza



Scan QR Code to
RSVP by May 9th

Email deboni@alsaz.org with
questions



**ALS
Arizona**
Member of ALS United

[Click Here to RSVP](#)



ALS Arizona partnered with Arizona Chronic Care Together (ACT) for their Legislative Day at the Capitol on Tuesday, February 25th. A big thank you to Senator Tim Dunn and Senator Wendy Rogers for taking the time to meet with us.

If you'd like to meet with your local representative on our ALS Awareness Day at the Capitol on May 13th, please email deboni@alsaz.org.



Want to learn more about how you can support our state and federal advocacy efforts? Sign up [HERE](#) for more information or email deboni@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:

Stitching Strength: Things I Have Learned About Hope and How I Am Trying to Weave These Into My Practice

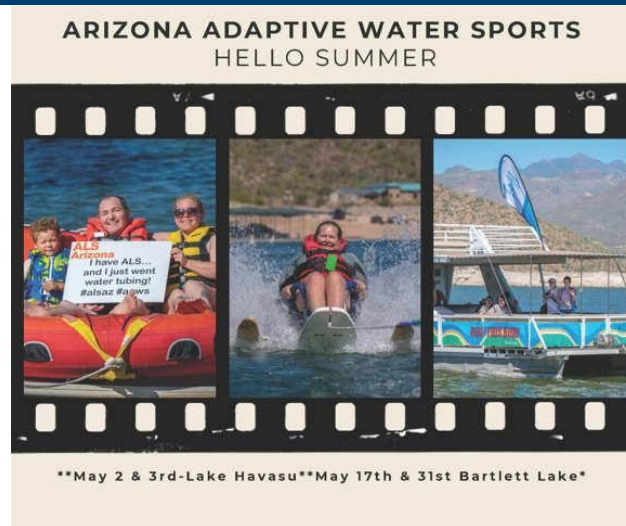
Hope is more than just an idea—it's a powerful force that shapes resilience, fosters connection, and drives meaningful change. In this inspiring webinar, Dr. Richard Bedlack from Duke will share insights on the importance of hope and how it can be actively woven into daily practice, both personally and professionally.

Whether you're a caregiver, researcher, advocate, or someone seeking a renewed perspective, this webinar will provide valuable takeaways on building strength through hope. Register [here](#)

ALS Education Series: Understanding Five Wishes

Last week, our Care Services Team hosted an insightful ALS Education Series presentation on Five Wishes, the nation's only national advance care planning program. For more than 25 years, Five Wishes has helped individuals and families navigate important healthcare decisions with clarity and peace of mind. Watch the Five Wishes presentation [here](#)

UPCOMING EVENTS



Join Arizona Adaptive Water Sports for a day of fun at Barlett Lake Marina!

May 17th or 31st from 9am - 4pm

Contact deboni@alsaz.org to register to attend

****Please note this event is being held by Arizona Adaptive Water Sports. ALS Arizona will not be present the day of the event****

ALS ARIZONA FUN FRIDAYS

Botanical Garden Outing

March 28th, 2024 (10:30am - 12:30pm)

DESERT BOTANICAL GARDEN - PHOENIX
TUCSON BOTANICAL GARDEN - TUCSON

Please join us for a fun few hours out to connect with others! Tickets are limited, RSVP today to secure your spot.

Transportation provided upon request

Please RSVP to deboni@alsaz.org or scan QR code



****Tickets are limited to individuals living with ALS and 1 guest****

[Click Here to RSVP](#)



You asked, and we answered!! Limited edition [#ALSArizona](https://www.instagram.com/ALSArizona) Lou Gehrig Day jerseys are now available. Order yours by May 9 at tinyurl.com/LGJersey

Then wear your new jersey to this year's Lou Gehrig Day, coming up on Monday, June 9, at Chase Field!

In Remembrance

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

David Coleman, Redmon Paul Craig, Kim Dollar, Scott McGowan, Geneva Riley, Jennifer Simpson

[Give Online Here](#)

[Unsubscribe](#)

ALS Arizona

360 E Coronado Ste 140 Phoenix, AZ 85004