

ALS Arizona

FOUNDATION OF SERVICES AND SUPPORT



May 2025 Newsletter

MAY IS ALS AWARENESS MONTH

Behind every diagnosis of **ALS** is a story of resilience, remembrance, and hope. Share your story to raise awareness, advocate for a cure, and support those living with ALS. **Together, we can make a difference!**



Your story will be printed and displayed at our ALS Awareness Day Lawn Display at the State Capitol on May 13th!

[Share Your Story Here](#)

Early Birds Needed!

We need 3–5 volunteers to help set up our **ALS Awareness Day Lawn Display** at the **State Capitol** on **May 13!**

Available from **6–9 AM**? Email deboni@alsaz.org to help out

ALS EDUCATION SERIES

CAREGIVING OPTIONS

Join us for next ALS Education Session:

In-home and Assisted Living Caregiving Options

Join our Director of Education and Family Resources, Janie Dalrymple, along with Certified Placement and Referral Specialists, Julia Moon and Ramie Quiroz, as they share valuable insights and guidance on caregiving options for individuals living with ALS.

What to Expect:

- An overview of in-home care options, including costs, services, and how to find the right provider
- Insights into assisted living facilities and what to consider when exploring these options
- Guidance on transitioning between care levels as ALS progresses

June 5th from 10 - 12

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



**ALS
Arizona**

[Register Here!](#)

SUPPORT GROUPS

ALS affects the entire family with changes that can be challenging, stressful, and, at times, frightening. Connecting with others can help.

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

ALS Arizona



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

CAREGIVER SUPPORT GROUP

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

****Please Note:** There will be no virtual or in-person pALS or Caregiver Support Group for Phoenix in May. Instead, we will be at the State Capitol on **May 13th** for **ALS Awareness Day**. We hope to see you there as we come together to raise awareness and advocate for the ALS community.**

ADVOCACY



A huge thank you to [Senator Mark Kelly](#), as well as the offices of [Senator Ruben Gallego](#), [Congressman Juan Ciscomani](#), [Congressman Andy Biggs](#),

[Congressman Eli Crane](#), and [Congressman Greg Stanton](#), for taking the time to meet with ALS Arizona in Washington, D.C. this week!

We truly appreciate your support for continued funding of ALS research, expanded access to telehealth through the [CONNECT for Health Act](#), caregiving assistance with the [Credit for Caring Act](#), and [Justice for ALS Veterans Act](#)

Your Voice Matters in the Fight for ALS Treatments

ALS Arizona AND ALS United are working to reauthorize [ACT for ALS](#), and we need powerful stories from our community.

If you're in a clinical trial, have taken Qalsody, or are living with a familial form of ALS like SOD1—your experience can help drive change.



Share your story: deboni@alsaz.org

**ALS
Arizona**
Member of ALS United

Learn more about [Accelerating Access to Critical Therapies for ALS Act \(ACT for ALS\)](#) and email your story to 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:

Light Therapy for Veterans at No Cost

[InLight Therapy](#) is now an official vendor of the Phoenix VA, they are able to provide these light therapy systems *at no cost* to Veterans who go to the Phoenix VA. Light therapy is FDA approved to increase circulation and reduce pain. Light therapy can be incredibly assistive for individuals living with ALS. It helps promote circulation and ease symptoms like muscle stiffness, tightness, and soreness—things that can greatly affect quality of life. In addition, red and near-infrared light therapy has been shown to offer significant support for brain health and can be beneficial for slowing the effects of neurodegeneration. Read more about the science behind light therapy [here](#).

ALS Education Series: Planning for a Hospital Visit

Earlier this month, Janie Dalrymple, Director of Education and Family Resources, and Rondo Smith, Respiratory Therapist, shared valuable insights on how to prepare for an unexpected visit to the hospital or ER. You can watch their presentation here: [What to do when you visit the hospital with ALS](#)

UPCOMING EVENTS

ARIZONA ADAPTIVE WATER SPORTS HELLO SUMMER



****May 2 & 3rd-Lake Havasu** May 17th & 31st Bartlett Lake***

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****

Now Accepting Donations for

BITE NITE

Benefitting

**ALS
Arizona**



Support ALS Arizona
by contributing items
to our Silent Auction &
Mystery Boxes for Bite
Nite - June 7th!



All Donations are tax-
deductible



Acknowledgement letter
will be sent after the event



Contact to donate!

Thank you for helping make Bite Nite unforgettable.
Let's do some good together!



You asked, and we answered!! Limited edition [#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:

Meliton Avalos, Dawn Baxter, Walter E. Bloom, Kimberly Bowers, David Bunting, Scott W. Deering, Alice Doughy, Cheryl Flick, Howard "Howie" Holmes, Kirsty MacCalman, Sarah Matz, Ruth Orem, Darren Runyon, Eric Weinbrenner



Thank you to our sponsor: [New Day Lifestyles](#)

Ramie and Julia, the founders of New Day Lifestyles, embarked on their journey in December 2023. Having worked together in the Senior Industry for numerous years, they recognized a pressing need for a compassionate and dedicated approach to assist individuals during their vulnerable moments in life. With their exceptional Servant Leadership skills and extensive knowledge of the Senior Living Industry, this dynamic duo has positively impacted the lives of countless individuals.

Contact Ramie and Julia at support@newdaylifestyles.com

[Give Online Here](#)