



NEWSFLASH

A publication of the ALS Society of Alberta—North Region, 410-11456 Jasper Ave., Edmonton, AB T5K 0M1 September 2003



WALK TO D'FEET ALS

Saturday September 27, 2003

Registration - 9:00 AM Walk - 10:00 AM

EDMONTON: Hawrelak Park - Email: edmontonwalk@alsab.ca

LLOYDMNSTER: Bud Miller Park - Email:lloydwalk@alsab.ca

COLD LAKE: Email: coldlakewalk@alsab.ca

Help research cause & cure and support the Society's work.

For more information:

Visit: www.alsab.ca

Phone: 780-487-0754

Come and join the fun!

A FAMILY TEAM'S STORY

Last year was the first year that my family and I participated in the Edmonton Walk to D'Feet ALS. It also marked the one year anniversary of my mother's – Alice Martin – death from ALS. Alice loved her family, cherished her friendships, and was always doing something to help others. Participating in the walk seemed like the perfect way to celebrate Mom's life, and honour her memory.

We honestly didn't have a priority of fund raising last year. We knew we were emotionally involved in what the day meant for us, and that was what we focused on. That being said, we raised more money than we expected. Once our family and friends knew we were walking, they were very generous, and were thankful for the opportunity to support us in this most important cause. It didn't take much effort to surpass our fund raising goal.

I certainly had mixed feelings on the day of the walk. I was happy to be surrounded by family and friends, felt proud of our fund raising and was eager to be part of something so positive. I also missed Mom. As we lined

up to submit our pledges, donned our T-Shirts, had our photo taken, and walked the two laps around the park, sadness was replaced with comfort and emptiness was replaced with hope. It was comforting to see and feel the support that abounded as 700 people connected with one another in Hawrelak park. Hope came from knowing that we were all doing our part to make life better for those who are and will be living with ALS.

This year, The Martin Family and Friends Team has expanded, and we are looking forward to walking again in this well organized and rewarding event. Although our fund raising goal is higher than last year, we will once again gather to remember our Mom. We will show love for our family, gratitude for our cherished friends, and delight in participating in an event that supports so many people in such meaningful ways. Mom would like that.

Cathy Martin
2003 Walk to D'Feet ALS Family Team Chair—Edmonton
On Behalf of the Martin Family and Friends Team



Team Captains

Please take your teams pledges to any branch of the Bank of Montreal.

Account Name: ALS Edmonton Walk to D'Feet

Account #: 8258-091

Branch transit #: 00149.

Please keep and turn in your deposit receipts with your pledge sheets. This will speed up Registration on Walk Day and give your more time to spend visiting with your team members and other participants.

Note: Team Photos will be taken on walk day. Look for the "Team Photos Here" sign and don't leave without having a photo! Thank You for your cooperation.



ALS Society of Alberta - N. Region

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Toll Free: 1-866-447-0754
Email:
Patricia - patricia@alsab.ca
Karen - karen@alsab.ca

Transportation Options ... ETS Buses

Most ETS routes now have the Low Floor buses. This type of bus allows people with scooters and wheelchairs to access the bus. The LRT is also accessible. To find out more:

Edmonton Transit System

Customer Service Information: **496-1611**

BusLink: **496-1600**

Mobility Choices (travel training): **496-3000**

Online

DATS e-mail: dats@edmonton.ca

ETS e-mail: etransit@edmonton.ca

www.takeETS.com

Parking

A new 5 minute loading zone has been installed in front of the office. We hope that this will make it easier for wheelchair bound clients to visit the office.

On the lighter side ...

A minister parked his car in a no-parking zone in a large city because he was short on time and couldn't find a space with a meter. So he put a note under the windshield wiper that read: "I have circled the block 10 times. If I don't park here, I'll miss my appointment. **Forgive us our trespasses.**"

When he returned, he found a citation from a police officer along with this note: "I've circled this block for 10 years. If I don't give you a ticket, I'll lose my job.

Lead us not into temptation."

From Edmonton Senior, Aug. 2003

Seniors receiving Alberta Senior Benefit who are living in long-term care centres are eligible for financial aid of up to \$370 to help offset the 40% rise in centre accommodation fees. This will be automatic and residents do not need to apply. However seniors' department officials point out it is important that they have the most up-to-date information. So if you are receiving Alberta Seniors Benefit and have moved into a long-term care centre, make sure you are informed of the facts. Call 427-7876 for further information.

From Amanda

With summer coming to an end so is my time here at the ALS Society of Alberta. I worked on a variety of projects at the North Region Office. I met and talked with staff in the South Region, as well as Board Members and volunteers, through the Walk to D'Feet Kick-Off and planning sessions for the Advocacy Day at the Legislature.

While the Walk to D'Feet Kick-Off kept me busy in July, August was spent sending out as many Team Captain Packages as possible. The Legislative Planning sessions involved helping to develop and distribute the questionnaire/inventory that is now being mailed out. These events will keep me involved in the office voluntarily throughout the year, as I will be attending the Walk and keeping informed as the Society moves towards Advocacy Day at the Legislature. I will be in touch with the Society to inquire about the progress of further fundraisers and volunteer opportunities.

It has been a wonderful experience to work in the North Region office. I have witnessed much passion, commitment and dedication while working with the ALS Society of Alberta. The society staff truly live by the mission to make "every day the best day possible for people with ALS."

Amanda Ballas – Summer Student

Advocacy Day at the Legislature Have you replied?

Plans are underway for an Advocacy Day at the Legislature. This is a provincial project that is being based in the N. Region office. The plan will be to meet with MLAs at the Legislature in Spring 2004. More information will be available closer to the date.

Questionnaires have gone out to assess what your concerns and issues are. Please complete and return this and as soon as possible. If other members of your family would also like to fill one in they can be found on the website www.alsab.ca or, call the office and we will send one to you.

Workshops Available

'Hope' focused workshops available in the fall at reasonable costs. These include:

- Magnifying Hope, Shrinking Hopelessness
- Stress Sense
- Dare to Hope

For a complete listing contact:

Canadian Mental Health Assoc.

PH: (780) 414-6300

Web: www.cmha-edmonton.ab.ca

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