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If you would like to volunteer on a quarterly basis to help assemble the *Prairie to Peak*, please contact Cindy Deslaurier at cindy@alsab.ca or call 403-228-3857 extension 106.

We welcome article contributions from the public.

To make a written contribution to *Prairie to Peak*, please submit your articles by e-mail to the Editor, Wayne Steer, at wayne@alsab.ca. If you do not have email access, please contact Wayne Steer at (403) 228-3857 to make alternate arrangements.

Due to limited space articles may not be printed in their entirety. Additional articles may be published online at www.alsab.ca.

ALS Society of Alberta Mission Statement

"The Amyotrophic Lateral Sclerosis Society of Alberta is dedicated to making everyday the best possible day for people with ALS by providing support, facilitating the provision of care, promoting awareness, and helping find a cure."

Elizabeth's Concert of Hope

In the last edition of *Prairie to Peak* it was announced that Calgary will be hosting a benefit concert on behalf of the ALS Society of Alberta. The concert is tribute to the efforts of Elizabeth Grandbois who organized six concerts in Ontario since being diagnosed with ALS eight years ago. Elizabeth's Concert's of Hope have raised nearly \$2 million.

This is a wonderful way for Albertans to show their support of the ALS Society. There are many volunteer positions available and to become involved as a volunteer please contact Cindy Deslaurier, Coordinator of Volunteer Programs, at 228-3857 extension 106. Tickets will be on sale soon and the evening will be a good excuse to break out your formal wear and have a night on the town.

DATE: Sunday September 17, 2006

LOCATION: Jack Singer Concert Hall

Tickets will be on sale soon with premium tickets available for pre-sale to long-time ALS Society supporters. If you want to make sure you are on this pre-sale list contact the ALS Society office at info@alsab.ca or 228-3857, as there are only a limited number of pre-sold tickets.

ELIZABETH'S



CONCERT OF
HOPE

A Gala Benefit for the
ALS
Society of Alberta

ANNUAL GENERAL MEETING

The Annual General Meeting of the ALS Society of Alberta was held on May 27th, 2006 at **The Kahanoff Centre**.

It was a celebration of the ALS Society of Alberta's 20th anniversary and attendees were encouraged to bring their memories and stories to share to build archives for the 25th Anniversary.

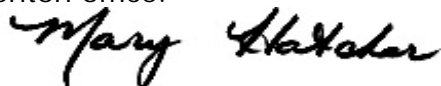
Executive Director's Message

In Alberta, 3 very caring women provide client services. Jane Rivest is the Client Services Coordinator for Southern Alberta, Janice Zoeteman provides Client Services in the Palliser and Chinook Health regions and Patricia Ordynec is the Manager of the North Region.

Working from the Provincial office in Calgary, Jane covers Alberta from Red Deer south. Jane's passion for those with ALS comes from walking the ALS journey with her friend Betty. Jane cherished the knowledge and skills she learned from Betty and when, in early 1998 she was offered the opportunity to work for the ALS Society of Alberta, she did not hesitate to say yes. For over 8 years Jane has lived the ALS AB Mission – "...to make every day the best possible day for people with ALS..."

Janice has a background in palliative care nursing but her skills and knowledge in ALS come from caring for both her mother and father-in law. Working part time with ALS AB since October 2003, Janice provides client support and information to those with ALS and their families as well as working collaboratively with local healthcare providers in the most southern communities in the province.

A seasoned health services professional, Patricia also has a nursing background and over the years has worked with several non-profit health agencies. Patricia believes life is a journey rather than a destination; that individuals are sacred and resilient. Those she serves inspire her, as do those she works with. After fifteen years in career and adult education, a major goal is to be 'a pebble in the pond of information' providing quality support, education and care for persons with ALS – sharing resources for the benefit of all. In addition to client services that she provides to clients in the areas north of Red Deer, Patricia also manages the ALS AB Edmonton office.



Mary Hatcher, Executive Director

Update: Advocacy Project

Since January, there have been two very strong advocacy initiatives undertaken by the Society. In February, Cathy Martin and Patricia Ordynec made a presentation to the Standing Policy Committee on Health and Community Living where they spoke of the importance of accelerating access to Bi-Pap machines for individuals living with ALS. This issue was identified as a priority by input gathered through a survey sent last year to ALS AB clients and ALS Clinic staff in both Edmonton and Calgary. We are very thankful for the open communication that we have with the policy makers in the provincial government, and know that this relationship will continue to enhance the access to services and equipment throughout the province.

We were also able to complete the second half of our physician's awareness campaign, sending out letters with clinic and society contact information to all specialist physicians in Alberta who may have contact with individuals who display the symptoms of ALS. This initiative is aimed at helping speed an accurate diagnosis of ALS so that individuals can receive the specialized care available at the ALS Clinics and by the Society in as timely a fashion as possible.

The Advocacy Initiatives are an integral part of the work of the ALS Society of Alberta. If you are interested in participating on the ALS AB's Advocacy Committee, please call Patricia at 780-487-0754.

Upcoming Fundraisers and Events

This is always an exceptionally busy time of year for ALS AB staff and volunteers. We are looking forward to or have just enjoyed:

May 27: ALS AB's Annual General Meeting

May 28: Calgary Lilac Festival (information booth)

June 10: Walks for ALS in various locations including Edmonton, Red Deer, Manning, Medicine Hat, Lethbridge, County of Mountainview, Cold Lake and Lloydminster

June 11: Betty's Run for ALS in Calgary

June 19: Corporate Calgary Charitee Golf Tournament

Out and About - Around the Province

EDUCATION SESSION Thursday MAY 18, 2006 4pm-6pm

PLACE: ALS Society of Alberta, North Region Office
TOPIC: Research Update: Includes possible causes of ALS, potential treatments and an overview of local research

PRESENTER: Dr. Sanjay Kalra, Neurologist, U of A, ALS Clinic.

Space is limited and **registration required**
E-mail Phyllis@alsab.ca or call 780-487-0754 or toll free 1-866-447-0754

WALK FOR ALS Edmonton Location

DATE: Saturday June 10, 2006

PLACE: Hawrelak Park – Edmonton

Registration is at 8:30 a.m., Walk begins at 10a.m.

E-mail: edmontonwalk@als.ab.ca or call

780-487-0754 for a Team Captain's Package or other information.

For assistance creating your own web-site, e-mail tinaw@shaw.ca or cathy@alsab.ca

ACCESS AWARENESS WEEK May 28 – June 03 2006

Kick-Off Lunch: Monday May 29 at the Dr. Vernon Fanning Centre, Calgary

Agency Displays and Information and Award Nominations forms in 6 categories are available.

For further info and details contact:

Remy de Jong at 403-281-1939

E-mail: aaac@telus.net

Website: <http://members.shaw.ca/caaw>

INFORMATION SESSIONS & SUPPORT GROUP MEETINGS

Dr. Chris White

Dr. White will attend the group meeting on Tuesday, May 30 in Calgary to talk about the latest in ALS Research. A question and answer session will be included at the end of the evening.

You are welcome to bring any family or friends who are interested. Please contact Jane Rivest if you are planning on attending and let her know how many people you are going with. Jane's office number is 228-3857 ext 102, please leave a voicemail message if she is unable to take your call.

Support Group Pot Luck

A support group potluck is tentatively scheduled for July 8th in Red Deer. For more information please contact Jane Rivest at 403-228-3857.

Tuesdays with Morrie

Have you read the book 'Tuesdays with Morrie'? It is a story about a former college professor who is diagnosed with ALS and the journey he shares with one of his former students. This play, which can be performed in a lunch, tea, or dinner-hour format, is performed by two local Calgary actors, who both are amazingly talented. Richard Michelle-Pentelbury and Jay Newman do not want any financial compensation for their efforts. The play is free, although donations are welcome. Contact Jane Rivest at 403-714-8211 for more information about how you can see this play or arrange to have it shown at a venue near you.

Condolences

Our sincerest condolences go out to the families of the following people who have recently passed away:

Balla, David
Engel, Douglas
He, Qi
Kobluk, Stanley
MacDonald, Leona
Nussbaum, Jakob
Scott, David

Braun, Gerald (Jerry)
Fox, Irene
Hildebrandt, Bruno
LeBlanc, Mark
McKay, Cheryl
Patnaiknai, Syamalamba
Sutton, Sandy

Clavelle, Noreen
Greidanus, Norman
Huxley, George
Lovell, Ross
Middleton, John
Reykdal, Dave
Yawari, Farid

A special thanks goes out to all those who kindly sent donations to the ALS Society of Alberta in memory of friends and loved ones affected by ALS. Your thoughtfulness is greatly appreciated.

The ALS Society of Alberta Contact Information

Provincial Office:

Suite 400, 320-23 Avenue SW,
Calgary Alberta, T2S 0J2
Telephone: 403-228-3857 or
Toll Free: 1-888-309-1111
Fax: 403-228-7752

Website: www.alsab.ca

Mary Hatcher – Executive Director
mary@alsab.ca Extension 103

Lauren Milburn – Equipment Program Coordinator
lauren@alsab.ca Extension 105

Jane Rivest – Client Services
jane@alsab.ca Extension 102

Wayne Steer – Manager, Resource Development
wayne@alsab.ca Extension 108

Cindy Deslaurier - Coordinator, Volunteer Programs
cindy@alsab.ca Extension 106

Yulia Eskin – Interim Office Coordinator
yulia@alsab.ca Extension 101

General e-mail inquiries can be sent to info@alsab.ca and will be directed to the appropriate person by the Office Coordinator.

Suite 410, 11456 Jasper Avenue
Edmonton Alberta, T5K 0M1
Telephone: 780-487-0754 or
Toll Free: 1-866-447-0754
Fax: 780-486-3604

Patricia Ordyneec - Manager, North Region & Client Services
patricia@alsab.ca

Phyllis Javorsky – Volunteer Services and Administration
phyllis@alsab.ca

Lindsay Cashin – Administrative Assistant
lindsay@alsab.ca

General e-mail inquires for the North Region office can be sent to societynorth@alsab.ca and will be directed to the appropriate person.

**HELPFUL HINTS:
Tips to help “make each day
the best possible day...”:**

Light weight utensils such as cups, tumblers, crockery, adapted cutlery, are recommended when upper limbs are affected. Your Occupational Therapist and Speech Language Pathologist can be of assistance. Some helpful items also may be available from the ALS Society of Alberta.

Cheque Writing: Consider having a signature stamp made by a local rubber stamp company as this preserves independent money management.

Power Pudding: This popular recipe, along with adequate fluid intake, helps maintain regular bowel habits and prevent related problems for people with ALS.

Mix together equal parts prunes, prune juice, applesauce and bran. Take two tablespoons with each meal and at bedtime. Other softened dried fruits can be substituted.

Holiday equipment needs?

If vacationing in the US or UK, e-mail the national or area ALS or MND (ALS is known as Motor Neuron Disease in many European countries) organizations to enquire about the availability of loan equipment. Some charges for the use of such equipment may apply. The ALS Society of Alberta is able to provide contact details for travel to various countries.

Advance planning is highly recommended for airlines and hotels. Most modern power wheelchairs can be transported and your airline will provide the contact information for Special Services, such as this, upon request.

ALS Society of Alberta Privacy Policy

The ALS Society of Alberta (ALS AB) currently has a policy not to sell, trade or rent the names of people who communicate with or donate to the Society either directly or indirectly through events that are conducted to benefit the ALS Society of Alberta and the people we serve. From time to time ALS AB may undertake to communicate directly with those people on our database in order to thank, inform and/or communicate a specific need for volunteer, financial or other resources.

Anyone who prefers to be contacted by e-mail, please contact us by e-mailing a note to info@alsab.ca with the heading “**Contact by E-mail**” on the subject line along with your full name in the body of the note.

Anyone wishing not to be included on that list may be removed from that list by either contacting the ALS AB offices at (403) 228-3857 (or toll free at 888-309-1111) or by e-mail at info@alsab.ca with the word “**Remove**” on the subject line. Please be sure and provide your name and address so that we may comply with your wishes.