



## It's time again to Walk to support ALS!

Come join us in Walks all across Alberta to raise money and awareness for ALS!

Please contact the ALS Society of Alberta for more details on any of the following Walks, or go to [www.walkforals.ca](http://www.walkforals.ca) to register today!

### 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 and advocating for change."*

#### Contact us:

ALS Society of Alberta  
Provincial Office  
Suite 400, 320 23rd Avenue sw  
Calgary, Alberta T2S 0J2  
Phone: (403) 228-3857  
Fax: (403) 228-7752  
Toll Free: 1 (888) 309-1111  
Email: [info@alsab.ca](mailto:info@alsab.ca)

#### The Edmonton office has moved!

#### Visitors Welcome!

Please call first.

#### Find us now at:

#314 Circle Square,  
11808 St. Albert Trail  
Edmonton, AB T5L 4G4  
Phone: (780) 487-0754  
Fax: (780) 486-3604  
Toll Free: 1 (866) 447-0754

\*new location has free parking, ramp to power assist entrance doors, reliable elevator and accessible washrooms!

#### Spruce Grove

45 Westglen Cres  
June 5, 2010

#### Grande Prairie

Muskoseepi Park  
June 26, 2010

#### Edmonton - 10th Anniversary!

William Hawrelak Park  
June 12, 2010

#### Lloydminster

Bud Miller Park  
September 11, 2010

#### Calgary - Betty's Run

North Glenmore Park  
June 13, 2010

#### Cold Lake

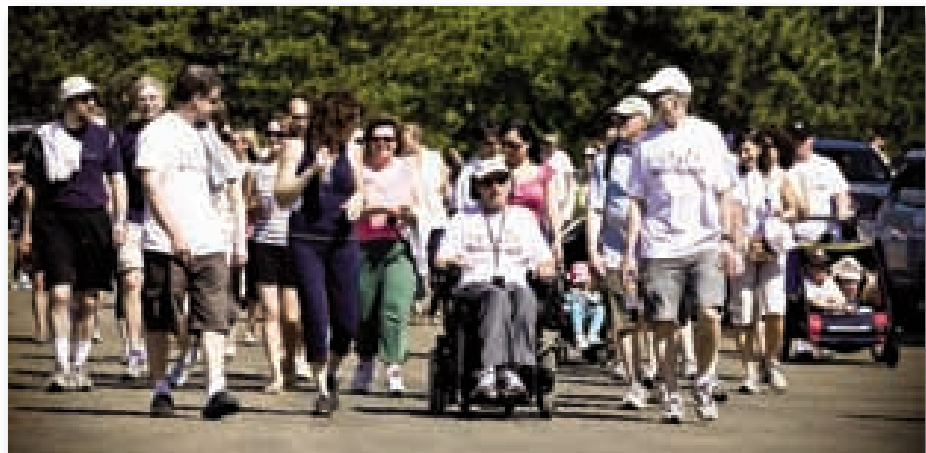
Lakeland Lutheran Church  
June 26, 2010

#### Red Deer

Little Chief Park  
June 19, 2010

#### Camrose

TBA



Walkers at the 2009 Walk for ALS

## Resources

### Student Massage Clinic

The Foothills College of Massage and the ALS Society of Alberta have another student massage clinic planned for July 22 and 29th in Calgary. These clinics provide 2nd year massage therapy students the opportunity to learn how to work with people with neuro-muscular diseases such as ALS and PLS. Therefore, the college is offering free one hour massages in a relaxed and supervised setting. The massages are generally done over the clothes, and depending on your preference can be given on a massage table, or can even be done while you're sitting in a wheelchair.

If you are interested please contact [megan@alsab.ca](mailto:megan@alsab.ca). Spots are limited so please be in touch soon if you would like to participate.



### Lifeline

Living with ALS certainly comes with its challenges, which is why one of our clients, "Ed", looked into a personal response system called Lifeline. Ed wanted the security of being able to call somebody if he found himself in a situation where he may need some help. Lifeline has a variety of switches such as neck pendants, wrist pendants, or as Ed uses, a very sensitive switch which when placed close to him on his chair or bed can be easily activated by his head, elbow, shoulder, or legs. Once this switch is activated, the system automatically calls a Lifeline associate who then communicates with Ed to connect him to help. Ed has given a list of his family and friends' names and phone numbers to Lifeline ahead of time.

While Lifeline cannot connect your phone line to a family member or 911 directly, they will call whoever you need for you, and will then follow up a few minutes later to ensure that your help has arrived. If for some reason Ed does not respond to the associate, they will call 911 immediately. If you have difficulty speaking or hearing, there are even email and text options that can be used with the system.

For more information you can contact Lifeline at 1-866-784-1992, or check out their website at [www.lifeline.ca](http://www.lifeline.ca)

A big thanks to Ed for sharing his experience with this system with everyone!

### Equipment Note

If you have any equipment you are currently not using and feel others could benefit from, please call the office to arrange for pick up. Thank you!

### ALS Support and Information for Youths!

The ALS Society of Canada has developed a support and education resource program for youth affected by ALS called als411. To date they have published hard copy and on-line booklets, and developed web sites for children and teens/young adults affected by ALS in their family (in particular a parent with ALS). Part of the mission of als411 is also to facilitate peer networking/support across the country in addition to providing education and support resources.

Check out [www.als411.ca](http://www.als411.ca) for information, stories and support networks.

## Upcoming Events!

### Red Deer Walk Kick Off (Red Deer)

Tuesday May 25, 6pm

Schnell Gallery - Red Deer Public Library

Come watch the critically acclaimed movie "Tuesdays with Morrie" and enjoy refreshments and a silent auction!

### Book and Bake Sale (Okotoks)

Saturday May 29, 11am - 5pm

Linda's Meeting Place - across from Post office

Enjoy a book and bake sale as well as entertainment, a BBQ and a giant raffle!

### Chili Cook Off (Calgary)

Saturday May 29 - Sunday May 30, 9am - 2pm

Crossroads Market

Come sample incredible chili from the Country's best chili cooks!

### Carnival for ALS (Airdrie)

Saturday May 29, 1pm - 8pm

George McDougall High School

Come out for an afternoon of games and treats at this fun outdoor carnival!

### Bo's Gourmet Dinner (Red Deer)

Saturday May 29, 7pm

Bo's Bar and Grill

Enjoy a fantastic 5 course meal paired with wine and support ALS! Call 403-309-2200 for tickets!

### Lilac Festival (Calgary)

Sunday May 30, 10am - 6pm

4th St SW

Come find the ALS booth at the festival and drop by and say hi!

### Edson IGA Fundraiser (Edson)

Saturday June 12, all day

Edson IGA

Enjoy a great day of games, a BBQ and kid's play area!

### Charitee Golf Tournament (Calgary)

Monday June 21, 12pm

Pinebrook Golf and Country Club

Come out and swing your club to support ALS!

### Shootout for ALS (Calgary)

Saturday June 26 - Saturday June 27

Centennial Arena

Come play or watch 24 hours of hockey in support of ALS!



## ALS Society of Alberta Board of Directors

In 2008, the board led the development of a five year strategic plan from 2009-2013. Since the approval of the plan, the plan has been fully implemented and operationalized.

On February 20, 2010, the Board and Staff Members of the Society of Alberta participated in a one-day Strategic Planning Workshop. The purpose of the planning session was to celebrate accomplishments and successes of the past two years and affirm the direction of the Society, as outlined in the 2009-2013 Strategic Plan.

The participants identified and celebrated the significant accomplishments that the Society has made in the past two years including among many successes, the connection by the Board and staff to the vision of the Society in all they do, supportive and empowering leadership, the strong sense of teamwork, the passion and high quality work of the staff and board members and the volunteers, and the ability to thrive during the time of poor economy.

## Thank you to our third party fundraisers!

### Calgary Concert

James Bundy and friends organize small concerts at Wm. Aberhart High School to raise money for different charities. On April 13, local Calgary artist Michael Bernard Fitzgerald and his band performed and raised over \$500 for the ALS Society. Go to [ilovembf.com](http://ilovembf.com) to download a free MP3.

### Science Fair

13 year old Taha Chehade, whose grandfather Ali Sheronick passed away from ALS, is a junior high school student at the Calgary Islamic School. We want to congratulate him on his gold medal win at the Calgary Youth Science Fair for his project on 'The Disease of Exclusion – ALS'.

### Lloydminster Dinner

On April 24 Colleen Christie held the annual Lloydminster Fundraising Dinner, and once again it was a huge success! Friends, family and supporters came from all over Alberta to raise awareness and funds for this great night, which included great entertainment and a fantastic silent and live auction!

### Vehicles and Violins

This year the ALS Society of Alberta was chosen as one of the 2 recipient charities of funds raised at this Annual Gala organized by the Calgary Motor Dealers Association. The night, which is a preview of the Calgary Auto and Truck Show, and included a live and silent auction, was a great success! Thank you to Jim Gillespie of the Calgary Motor Dealers and event planner Jeff Eichler for such a wonderful event!

### Bowling for a cause

On January 1st, friends came together in Red Deer to honour Darby Chrest by having a fundraising bowlathon. The Darby Chrest Memorial Bowlathon raised over \$3,000 for the ALS Society!



Taha Chehade and his award winning science project!



Greg LeBlanc, Beth LeBlanc and Shelby Chrest at the Darby Chrest Memorial Bowlathon!



## Casino

Thank you so much to all our volunteers who helped out at the Calgary Casino this winter! We couldn't have done it without you!

## Rosebud Run

This February the annual Sled Dog Race held in Didsbury selected the ALS Society of Alberta as their charity of choice and raised funds for the Society. The event was unique and wonderful to watch! Thank you to Bill Windsor for organizing the great event!

## A night with a Bachelor!

In February, Jodi Morel and the Calgary Women's Show hosted a showing of the Bachelor "Women Tell All" and a "Secrets of the Bachelor Night" with Kipton Locke at Spur Gastropub in Calgary. The night raised awareness and funds for the ALS Society of Alberta and provided a great night of Bachelor fun!

## Leave a Legacy

The ALS Society of Alberta hosted a table at the Canadian Association of Gift Planners' "Leave a Legacy" Seminar at Mount Royal University. The Seminar informed audiences about wills and estate planning. The seminar had a fantastic turnout – thanks to everyone who was there!



Dogsledding at the Rosebud Run!

## Brett Yerex Advocacy Award

On May 1, 2010, Dave Williams received the Brett Yerex Advocacy Award from ALS Canada. The Brett Yerex Exceptional Advocacy Award recognizes an exceptional advocacy initiative that sought to improve the quality of life for people living with ALS during 2009. Dave was honoured for his tireless work with the ALS Society of Alberta.



## Changes to the Board!

Olga Maciejewski will be stepping down from the board. We would like to thank her for all her hard work and dedication to the Society and her great work on our new strategic plan. Thank you Olga! We welcome Jim McLaughlin to the board. Jim has been a long time volunteer and held positions on the Board of Directors. Welcome back Jim.



## Helpful Hints!

### William Watson Lodge in Kananaskis Country

Provides “year-round, outdoor recreation opportunities and accessible accommodation” for Albertans with disabilities and senior citizens.

Phone 403-591-7227 - Reservation hours Monday to Friday 8:30 am to 4 pm.

Website [www.parks.gov.ab.ca/kanaskis](http://www.parks.gov.ab.ca/kanaskis)

### Entertainment Card and Travel Card

Through Easter Seals, the Access 2 Entertainment card allows a caregiver free admission to movie theatres. The Disability Travel Card also offers reduced rates for companions travelling with someone with a disability.

Please check out the following links:

[http://www.access2.ca/english\\_default.html](http://www.access2.ca/english_default.html)

<http://easterseals.ca/english/category/programs/the-disability-travel-card>

### Legion Members

Did you know that if you are a legion member or become a legion member, you can receive a pass for free parking at all hospital locations? The family who offered this suggestion also mentioned that the reasonable priced lunches offer a great place for a Saturday date as well!

## Upcoming Support Groups and Information Sessions

### 2010 ALS Support Groups - Calgary

Saturday June 5 - Potluck lunch, September 5

1:00 - 3:00 p.m.

ALS Society of Alberta office, Suite 400, 320 - 23 Avenue SW

Please contact Jane for more information - (403) 714-8211

### 2010 PLS Support Groups - Calgary

Will resume in the fall

Renaissance at North Hill Mall Condominium Complex

1718 - 14th Avenue NW

Please contact Jane for more information - (403) 714-8211

### 2010 ALS Support Groups - Red Deer

Will resume in the fall

Please contact Jane if you would like to attend and for more

information - (403) 714-8211

### 2010 ALS Support Groups & Information Sessions - Edmonton

Dates TBA .

Edmonton ALS Office, #314 Circle Square, 11808 St.

Albert Trail. Please contact Patricia for more

information - (780) 487-0754

### 2010 Red Deer Spousal Group

Monday May 31 - Please contact Jane for more

information - (403)714-8211

## Condolences

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

December 14, 2009 to May 12, 2010

**Noshaba Anwar**

**Heather Baum**

**Linda Boychuk**

**Henry Braul**

**Ray Burroughs**

**David Chalmers**

**Rita Coulombe**

**Lorna Courtepatte**

**Rema Dumont**

**Brian Eaglesham**

**Catherine Erickson**

**Antione (Tony) Kaiser**

**Doreen Kemp**

**Linda McCluskey**

**George Nesom**

**Mary Nicols**

**Bertha O’How**

**Ernest Price**

**John Reid**

**Beverley Schuh**

**Ruby Scutt**

**Khadija Siad**

**Wayne Walker**

**Mary Warren**

**Dan Williams**

**Dave Wipf**

**Leokadia Zielasko**

A special thanks goes out to 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.