



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
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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

The Edmonton office has moved!

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

Walks for ALS Celebrate Many Milestones!

Edmonton Walk Celebrates 10th Year!

The Edmonton Walk had a big birthday this year! 10! The Walk has been hugely successful over the past 10 years and that is thanks to the fantastic volunteers who help run the event and our dedicated participants who come out to raise money, participate and visit with friends and family. This year's Walk was no exception. The weather was perfect and the crowd was the largest the Walk has ever seen! Over 1200 people came out to support the ALS Society of Alberta. The day raised a record \$236,000. Congratulations to Susan Wright and the Walk committee!



First Ever Walk in Spruce Grove is Great Success!

Yvonne Cadwell and her team of volunteers organized the first ever Spruce Grove Walk this year and created a pretty perfect day! Over 70 people showed up to support the Society, and together they raised over \$14,000!

"June 5th was a very warm day, both with the weather, and the spirit that flooded the yard at Yvonne Cadwell's place in Spruce Grove. About 70 people walked through the streets of Spruce Grove, raising awareness of ALS and over \$14,500 for services and research. Yvonne's energy and dedication to ensuring that people living with and affected by ALS have the support they need now, and hope for the future made this first ever Spruce Grove walk a terrific success." - Cathy Martin, Board Director

**A big thank you
to our
volunteers
across
Alberta who
tirelessly
support what
we do.**

2010 Walk Totals

Location	# of Walkers	Amount Raised to Date
Calgary	1500	\$410,000
Camrose	September 12, 2010	
Cold Lake	40	\$9,400
Edmonton	1250	\$236,000
Grande Prairie	120	\$35,000
Lethbridge	September 18, 2010	
Lloydminster	September 11, 2010	
Red Deer	250	\$98,000
Spruce Grove	70	\$14,500

The Walk is back in Lethbridge!

The Kinettes Club of Lethbridge has stepped up to organize the Walk for ALS in Lethbridge. To kick off the event, the club hosted a barbecue recently. Come out and join us on September 18th at Henderson Lake Park for the walk. For more information go to www.walkforals.ca.



14th Annual Betty's Run for ALS

The 2010 Betty's Run was a huge success. On June 14th, 1500 participants walked and ran through Glenmore Park in Calgary and raised over \$410,000. This brings the grand total to more than \$3.9 million dollars raised for equipment, client services support and research. Congratulations to Betty's Run Committee for another fantastic year!

Do you have any equipment from the ALS Society?

While on loan to you, if you have any problems or concerns regarding any equipment please contact Jeremy Wojtkiw, Equipment Program Coordinator at Toll Free: 1-888-309-1111 ext 104 or by email at jeremy@alsab.ca This will help the Society to pass on delivery and repair requests to our third party vendors in a timely manner. If you have submitted any requests for either a new piece of equipment or modifications to a piece of equipment currently on loan to you and have not heard either from us, or a third party vendor within a few days, please contact Jeremy and let him know. This way, we can verify your request is being processed and we get the equipment out to you as soon as possible.

Resources

Wheel Chair Accessible Vans

We are receiving more calls all of the time about wheel chair accessible vans and where to find them. Occasionally we have people contact us who have vans to sell and we forward this information on to our clients (have we got your e-mail address?).

Other places you might want to try are:

- Most vendors such as Eco-Medical, Medichair etc. will put ads on their bulletin board in their shop for people who are selling vans. Give your closest vendor a call.
- Shoppers Home Health often have used vans for sale.
- www.canparaplegic.org and click on Swap and Shop
- www.danielmaclellan.com

There are some important considerations when looking into purchasing a van. If your ALS is progressing in the direction where mobility issues are or might be an issue, it is VERY important to purchase a van for now but also consider of what your future needs might be. If you are going to be in a wheel chair or power chair while the van is being driven, the height inside the van must be such that it can accommodate you in that sort of a device. There needs to be straps in the van to attach your chair to the van floor and seat belts to hold you in place if you stop suddenly.

We have clients who have purchased or acquired movable passenger seats which replace the existing passenger seat and have the ability to raise/lower a person in/out of the vehicle and then it is easier to transfer to a wheelchair once outside of the vehicle. These can be helpful, but usually only for a period of time.

Lifts that can lift a scooter or power chair into the back of a vehicle can also be helpful - as long as it is easy enough for you to get into the passenger seat from the scooter, and then someone can help put your scooter or chair into the van. These can also have a limited use.

And don't forget – you can always consult with an Occupational Therapist if you have questions about van access with or without a power wheelchair.

Edmonton Open House!

June 22 - 35 people attended the Open House and Research Update presented by Dr. Sanjay Kalra and colleagues, Kelvin Jones and Rick Osborne. Thanks to all involved!

Interested in expressing yourself artistically?

The following link will take you to an inspirational story about how people within the art and ALS communities have come together to create the "EyeWriter Project". This is an ongoing research project which incorporates technology that allows people with ALS to draw with their eyes. Check out the link and watch the short documentary of how a young man with ALS is using the empowering technology of the "Eye Writer" to not only express himself in the form of graffiti art, but to create awareness about ALS too <http://www.eyewriter.org/>

Helpful Hints!

Phone calls:

Are you finding it difficult to keep up with phone calls and messages from concerned family members and friends? If so, you might like to try leaving a message on your answering machine or voicemail that simply updates concerned loved ones. For example, your answering machine message might sound something like this "We're sorry we can not come to the phone right now. We'd like everyone to know that Joe is doing very well after his stay in hospital and appreciates your concern and well wishes". This way concerned family and friends are kept up to date and you do not have to worry about spending so much time returning phone calls.

Things to do:

Even when families affected by ALS have many concerned friends and family members who want to help, it can be hard for them to know what is helpful. Similarly, when families are coping with ALS they find that their list of things to do just keeps getting longer, but they are not comfortable asking others to pitch in. Some families have found it helpful to keep their "to do list" somewhere handy like the refrigerator door where well-meaning loved ones can find it and choose items off of the list that they are capable of doing even if it's little things that can add up like cleaning the kitchen floor or picking up the dry-cleaning.

Upcoming Support Groups and Information Sessions

2010 ALS Support Groups - Calgary

Saturday September 11, October 2, November 13,
December 4, 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 ALS Support Groups - Red Deer

September 18, November 20

Please contact Jane if you would like to attend and for more
information - (403) 714-8211

2010 Red Deer Spousal Group

September 13 - Please contact Jane for more information
- (403) 714-8211

2010 PLS Support Groups - Calgary

If you or someone you know is living with PLS, please feel free
to join us. We meet every second month to share information,
resources and support one another. If you would like more
information please call Megan at 403-921-7101

Spousal Group - Calgary

This is a brand new group which has been created to
provide support specifically for the partners of people
living with ALS. This group will be co-facilitated by
Karen Calverly (BSW, RSW) and Megan Blomfield
(RSW). If you are interested in meeting and sharing
your experiences with other spouses who are also
affected by ALS, please call Megan at 403-921-7101 for
more information.

2010 ALS Support Groups - Edmonton

September 21, October 19, November 16, 1:30 - 3:00
p.m. at the Edmonton ALS Office, #314 Circle Square,
11808 St. Albert Trail. Please contact Patricia for more
information - (780) 487-0754

Condolences

Our sincerest condolences go out to the families and friends who have lost a loved one. Thank you 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.

Thank you to our third party fundraisers!

Vehicles and Violins

The ALS Society of Alberta was thrilled to be a part of the Annual Vehicles and Violins Gala organized by the Calgary Motor Dealers Association. The event was a great success and the Calgary Motor Dealers Association recently presented the ALS Society of Alberta with a cheque for \$80,000! Barry Varga who spoke at the event, and his family, were thrilled to accept the cheque on the Society's behalf.



Barry and his family accepting the cheque from Jim Gillespie, Executive Director of the Calgary Motor Dealers Association

Chili Cook off!

Teams came together to compete for the Provincial title of Best Chili and Best Salsa. Although the day was cold, it was perfect for a warm bowl of chili! Thanks to Randy Bilozir for organizing a great event!

Book and Bake Sale

Paige Boychuk organized a great event in Okotoks at Linda's Meeting Place. She sold books and baked goods to raise awareness and funds for the Society!

Carnival for ALS

Mackenzie Godlien had a unique idea to hold a carnival at her school to raise funds and awareness for the Society! The day was a great success with tons of attractions and games for all ages. There was a great concert to top of the day which thrilled the large number of attendees!

Bo's Gourmet Dinner

Once again, Bo thrilled diners with a fantastic gourmet meal in Red Deer. The proceeds from the dinner came to the Society - thanks Bo! If you are interested in attending one of Bo's fantastic 5 course gourmet meals, please contact the Society.

Korea Veterans Association Unit #54

Thank you to the Korea Veterans Association Unit #54 for their generous donation. We have received more than \$13 000 in donations since 2007.



Butch MacFarlane of the Korean Veterans Association Unit #54

Lilac Festival

The ALS Society participated once again in the 4th Street Lilac Festival. Hundreds of people showed up to attend the street festival and lots could be seen wearing the ALS cornflower pin!

Edson IGA Fundraiser

The team at the IGA in Edson came together again to organize a simply fantastic event. The fundraiser was held on a sunny day in June with a petting zoo, BBQ, garage sale and silent auction. An ALS cookbook was also created with recipes from many in the community. The day was a huge success and was attended by many. Congratulations to everyone involved on a great day!

Deal for Denny Poker Tournament

Once again Lisa Coles organized the fantastic Deal for Denny Poker Tournament. This annual poker tournament is a crowd favorite.



Deal for Denny Poker Tournament

Shoot out for ALS

Greg McCallum set out to create a one of a kind fundraiser, and it was a great success! Hockey players from all over Calgary joined together to play 12 straight hours of hockey. The event was very well attended and everyone had a wonderful, (but tiring!) time!



Shootout for ALS

Doug Oakley Bikes across Canada

Doug Oakley is a 47-year old mortgage broker who is biking to raise money for those living with ALS. Eighteen months ago, Doug was diagnosed with ALS. It was at that moment that he knew he could no longer put off his dreams of riding the 4 Corners Tour - an epic Harley trip to the four corners of the US and a brief tour through Canada.

His last trip spurred his desire to ride to ride across Canada. However, since that trip, Doug has lost the use of his right hand and has to compensate by modifying the clutch on his bike. With that done, he completed his ride from Vancouver, BC to Mount Pearl, NF. One of the highlights of the trip was receiving the White Hat in Calgary.



Doug Oakley receiving the White Hat in Calgary.

Alberta Caregivers Association

The Alberta Caregivers Association (ACGA) is leading an independent consultation to develop Canada's first provincial caregiver strategy. The first step in the consultation process is to identify the challenges that Alberta's caregivers face. The ACGA is conducting a survey of family caregivers throughout Alberta to capture their real experiences so we can better understand the various challenges, barriers, and problems that exist from their points of view. Other interested people (e.g. professionals) are also welcome to contribute their insights. To participate in the survey or for more information, go to the ACGA website (www.AlbertaCaregivers.org) or call 1-877-453-5088. Thanks for your support!

Top Chef - "ALS Style" (ALS Clinic in Edmonton)

Coming this fall...compete in teams to learn how to modify foods while still making them taste great! Watch for details on our fun and engaging workshop offered in Edmonton. Please RVSP to (780) 487-0754 for details.