Walking the Talk. Cheers to this year’s TOP 25!

In 2015, the Walk to Defeat ALS® in Oregon and SW Washington had over 300 teams with over 5,000 Walkers in 6 locations across the region.

Collectively, over $658,000 has been raised and counting towards our goal of $783,000.

Drum roll, please....

Here are our TOP 25 TEAMS across the Region:

1. Malcolm’s Milers ($22,515.00) – Portland Metro
2. Mayer’s Minions ($17,035.00) – Portland Metro
3. CullyKins ($16,667.60) – Portland Metro
4. SWIFTSURE ($15,360.00) – Southern Oregon
5. Freddy’s Walkers ($15,173.00) – Portland Metro
6. Steve’s Wobbly Knees ($13,560.00) – Portland Metro
7. Laurie’s Lions ($13,110.00) – State Capitol
8. Ran’s Fans Walking for Mike’s Marauders ($13,088.00) – SW Washington
9. Team Stern ($12,030.00) – Central Oregon
10. Come What May ($10,423.81) – SW Washington
11. Providence ALS PACE Setters ($10,184.20) – Portland Metro
12. Team Jo ($9,362.85) – Willamette Valley
13. Band of Angels ($9,183.00) – Southern Oregon
14. Shannon’s Angels ($8,100.00) – State Capitol
15. Team Leslie ($7,520.00) – SW Washington
16. For the Love of Eric ($7,335.00) – SW Washington
17. Walking Warriors ($7,255.31) – Portland Metro
18. Remembering Jim Koelling ($6,585.00) – Willamette Valley
19. Ted’s Team ($6,250.00) – Central Oregon
20. Stephanie’s Superstars ($5,865.00) – Central Oregon
21. Team Lothrop ($5,855.00) – SW Washington
22. Dawn’s Dynamos ($5,495.00) – Southern Oregon
23. NW Medical’s Walkin’ The Talk ($5,273.00) – Portland Metro
24. The Wet Willies ($5,235.00) – Willamette Valley
25. Hull Hustlers ($5,015.00) – Central Oregon

* Numbers listed above are as of October 1st
FROM THE OFFICE

OUR ESTEEMED BOARD OF DIRECTORS

Joseph P. Gross – President
JGP Wealth Management
Group of Wells Fargo Advisors

Matthew Bassist – Vice President
Langley Investment Properties

Amy Frazey - Treasurer
The Standard

Elisabeth Twist – Secretary
Attorney at Law

Mary Beth Baker
Fred Meyer

Trina Bandelow
Northwest Medical

Amie Bates
Community Volunteer

Barb Deeming
Alpenrose Dairy

Ken Fink
Paralyzed Veterans of America

Dr. Kimberly Goslin
Providence ALS Center

Tom Holt
Cambia Health Solutions

Candace Kramer
Windermere Stellar

Debi Kyte
Community Volunteer

Dr. Louis Libby
The Oregon Clinic, LLC

Doug McClure, PsyD
Independent Practice

Kate Moore
Dunn, Carney, Allen, Higgins, and Tongue, LLP

Michael O’Gara
SecureWorld

Andre Perra
Franklin Control Systems

Suzanne Perra
Franklin Control Systems

Our Dedication

Welcome Kendra & Todd!

Kendra McInturf joins us as our Assistive Technology Services Coordinator. Kendra is a native Northwesterner and attended Portland State University where she earned her Master of Science in Speech Language Pathology. Kendra has a passion for working alongside people with neurodegenerative disorders and their families to discover and explore new ways to facilitate their connection with the people and world around them.

Todd McCallister joins us as our Marketing and Communications Coordinator. Todd earned a degree in Graphic Design from San Diego City College, where he has since applied his creative skills to marketing, social media, web and print media in roles ranging from production coordinator to account manager. Todd is excited to be part of the local ALS community, and help raise awareness.

OUR DEDICATED STAFF MEMBERS

Main Office Staff:

Lance Christian, LMSW
Executive Director, Social Worker
LanceChristian@alsa-or.org

Karen Galloway
Care Services Director
KarenGalloway@alsa-or.org

Aubrey McCauley
Development Director
AubreyMcCauley@alsa-or.org

Rachelle Preston, MSW CSWA
Services Coordinator – Portland Metro and SW Washington
RachellePreston@alsa-or.org

Kendra McInturf, MS, CF - SLP
Assistive Technology Services Coordinator
KendraMcInturf@alsa-or.org

Julia Mayfield
Development Manager
JuliaMayfield@alsa-or.org

Rebecca Pace
Development Manager
RebeccaPace@alsa-or.org

Todd McCallister
Marketing and Communications Coordinator
ToddMcCallister@alsa-or.org

Maggie Pimm
Bookkeeper and Operations Coordinator
MaggiePimm@alsa-or.org

Regional Staff:

Gail Gallaher, M.Ed.
Services Coordinator – Southern Oregon
GailGallaher@alsa-or.org

Mary Rebar
Services Coordinator – Willamette Valley
MaryRebar@alsa-or.org

Betsy Paige, LMSW
Services Coordinator – Central Oregon
BetsyPaige@alsa-or.org

Donations, outside of event contributions, have been made in memory of and in honor of the following people:

Glenn Asbury
Glenna Ashley
Robert Bohlman
Bob Brockway
Bernice Buckle
Tom Carey
Dolores Cassinelli
Barbara Collins
Olive Cotton
JoAnne Cummings
Cathy Curths
Walt Derry
Roger Doyle
Mary Flynn
Cynthia Fredrickson
Bill Gabel
Kathy Godfrey
Mat Haug
William James
Frank Johnson
Jon Kimmett
Kathryn Koon
Barbara List
Claudia McNeil
Bonnie Mersereau
Donald Pack
Gene Pederson
Mary Jo Picascia
JoAnne Radeker
Rosi Robertson
Daryl Ross
Ted Schelvan
Mike Shapiro
Colin Slade
Geraldine Smith
Katie Smith
Peggy Smith
Mel Snell
John Solomonson
Kenneth Sprague
Stephen Stevens
Shawn Terry
Elaine Thomas
Lisa Turpel
Bob Weichert

We make every effort to ensure these are properly recognized and correctly spelled. We apologize for any errors and ask you to call us at 1-800-681-9851 ext 103 with corrections so our records can be changed and updated.
Open Positions at Our Chapter

For full job descriptions, please visit our website (www.alsa-or.org) under About Us and click on Careers in the left sidebar.

CARE SERVICES
Part-Time Southern Oregon Regional Care Services Coordinator
Please send resume and cover letter to careservices@alsa-or.org. No phone calls, please.

DEVELOPMENT
Part-Time Regional Development Coordinator - Central and Southern Oregon
Part-Time Regional Development Coordinator - Willamette Valley
Please send resume and cover letter to AubreyMcCauley@alsa-or.org. No phone calls, please.

Remembering Our Loved Ones March 1, 2015 – October 1, 2015
We send our sympathy and support to surviving family members and friends of the following remarkable people whom we have lost to ALS since our last newsletter.

Joan Beach
Fran Bennett
Winston Blanchard
Coleen Bourgeois
Robert Brockway
John Campbell
Tom Carey
Janet Carson
James Chrest
Roger Clark
Sheila Conklin
Richard Dedrick
Leonard Derry
JoAnne Dorsey
Barbara Douglas
Marilyn Fitch
Pamela Foucault
Cynthia Fredrickson
Rick French
Gayle Geiszler
Morilene Gorgol
Lee Hanson
Sherrie Heit
Lillian Henderson
Gordon Hibberds
Dawn Huttl
Diane Johnson
Dean Johnson
Robert Kepic
Jill Krause
Craig Kruse
Sheila Larson
Eileen Lecy
Shane Lewis
Anna Lilley
Susan Lunceford
Silas Martin
Andrew Mason
Terri McDaniel-Anthony
Edward McDonald
Harper McKee
Aubrey Melton
Bonnie Mersereau
Eugene Newcomer
Judith Newman
Jan Olson
Stephen Olson
Dittany Osgood
Ethyh Overman
Melody Paine
Kathy Pardy
JoAnne Radeker
Patricia Rolow
Theodore Schelvan
Philip Schmidt
Kathleen Schumacher
Melba Senn
Michael Shapiro
John Simpson
Thomas Sluznis
Sheldon Smith
Steven Stern
Stephen Stevens
Vicki Stollberg
Ronald Stranvold
Elaine Thomas
Robert Weichert
Bruce West
Ed Zauner
Tatyana Zubanova

(This list is based on chapter notifications; please notify us of any omissions or errors.)

Our Esteemed Advisory Board Members

Marcia Bagnall
Chemeketa Sm. Business Development Center

Jon Buccola
Greenpoint Technologies

Carl Cadonau Jr.
Alpenrose Dairy

Mark Edlen
Gerding Edlen Development

Doug Greenberg
Morgan Stanley

April Hughes-Sanders
Wells Fargo

James Lodell
Portland General Electric

Betsy McCool
The Bend Bulletin

Joy Olson
JoyOlsonGroup

Kristin Quinlan
Certified Languages International

Tobias Read
Oregon State Rep. for House District 27

Lance Steinberg
Steinberg Investment Group

David Underriner
Providence Health & Services

Anne Weaver
Elephants Delicatessen

Kenneth Willett
Liaison Healthcare Informatics

Thank you to our 2015 Year-Round Partners: Alpenrose Dairy, Fred Meyer, Northwest Medical, JGP Wealth Management, Wells Fargo and Numotion
How do you keep track of something so dear when it’s not in front of you every day?

I’m Claire and I am a long-distance caregiver for my Mom, Lisa. I'm 27 and my Mom is 63. ALS joined our lives two and a half years ago.

My Mom and Dad live together in a one-level condo in Portland. My Dad is the main caregiver for my Mom, Lisa. My Mom is 63. ALS joined our lives two and a half years ago.

Team Lisa was a wonderful help when I decided to coordinate a surprise flash mob for her 63rd birthday in late summer. She had mentioned over the holidays last year that seeing or being in a flash mob was on her “bucket list,” so a friend and I figured out the details to make it happen. I mobilized about 50 people from Team Lisa to meet us in a park on her birthday, and despite the pouring rain we still made it happen and she was so surprised, shocked, pleased, and touched. It was the best present I have ever given anyone, ever.

We also use professional caregivers through Homewatch Caregivers that The ALS Association helped my parents set up through their In-Home Caregiving Program. Currently, we have a caregiver come 6 hours/week, though we’re beginning the process of increasing that workload so my Dad has more help more often. My Mom and I share the desire to free him up to do the things that make him himself and to see his own friends.

My advice is to always speak up about your worries or concerns. Chances are, the person with ALS you care about has also had a similar thought, and it’s better to talk about it than wonder individually. For example, over the summer my Mom was still using her walker and hadn’t gotten a power wheelchair yet. Watching her walk very slowly around the house was difficult, and I was worried that she wasn’t stable or strong enough to do that on a regular basis. Turns out that she was feeling the same thing, and so was my Dad. Unfortunately, we found out that we all had that same thought only after she had a fall and compressed a vertebrae. I wish I had brought up my questions sooner, so that it could have freed us all up to have that conversation and figure out our next steps before we were forced to.

One of the first things my Mom said to my husband and me when we learned of the diagnosis was to not change anything in our lives. We were new to our careers and our lives in Seattle, and she didn’t want to be the cause for us to move back to Portland or give up something here. That was so incredibly selfless of her (and my Dad). But I’m thankful that only being 3 hours’ drive makes it possible to see her regularly, and other tools like texting, emailing, FaceTime, and harnessing the power of Team Lisa have been hugely helpful. I wish you well in your fight against ALS. As the sign on my fridge says, “Never Give Up.”
Farewell Gail and Thank you!

It is with mixed emotions that we announce the departure of our Southern Oregon Services Coordinator, Gail Gallaher, from our chapter. Gail started with us in March of 2007 and has been instrumental in the growth of our chapter with her hands-on support growing care services and ALS awareness in Southern Oregon.

As many of you have experienced, Gail brings a positive attitude and a smile to everything she does. She has gone above and beyond in her efforts to ensure our ALS community in Southern Oregon is well supported. Having worked with dozens of families over the last eight years, we constantly hear praise of Gail for her passionate advocacy and the warmth and comfort she brings to each person she meets.

While we are sad to see Gail leave us, the reason for her departure is one we want to celebrate. After a full career, Gail is choosing to retire. We fully support her desire to travel, spend time with her husband Richard, take bird watching trips, read and add other enriching activities into her life. Everyone on our staff and in our community wish her the best.

Gail will continue in her position until the end of this November. We hope to fill this position shortly and have someone work side-by-side with Gail in the coming month, but in the meantime, you can direct any questions, comments, requests, etc... to:
Karen Galloway, Care Services Director, karengalloway@alsa-or.org, 800-681-9851 ext 100.

In their Own Words

An ALS Community of Writers:

Congratulations to Summer Whisman on completing her Memoir. *(Unpublished)*

Cheers to Cynthia Greene in the publication of her and David’s book –
Reaching Deep: Adventures at Sea *(Amazon)*

Our ALS Community bloggers:

BoStern.com - Bo Stern

Meandals.com – Akhil Jhaveri

Alifebeyondmeasure.wordpress.com – Rasjad Lints

Gifhy.com/alsfts – Vashti Ross

Have you written a book?
Have a local blog to follow?
Please share with us:
careservices@alsa-or.org

Celebrating our Veterans living with ALS!

This Veterans Day, November 11th, 2015, we encourage you to take a moment to honor the service of our armed forces Veterans living with ALS. Existing evidence supports the conclusion that people who have served in the military are at a greater risk of developing ALS than those with no history of military service. If you served in the military, regardless of the branch of service, regardless of whether you served in the Persian Gulf War, Vietnam, Korea, or World War II, and regardless of whether you served during a time of peace or a time of war, you are at a greater risk of an ALS diagnosis than if you had not served in the military.

Thanks to the efforts of The ALS Association, key members of Congress, advocates and the Department of Veterans Affairs, ALS has been listed as a disease entitled to presumptive service connection. This means that if a service member is diagnosed with ALS, his or her condition will be presumed to have occurred during or been aggravated by military service and as such be entitled to service connection and full benefits, that range from free VA Medical Care to disability compensation, and more. If you are a veteran living with ALS and have not yet connected to these benefits, please contact your local ALS Association care services coordinator for assistance.

To learn more about our Military Veteran heroes living with ALS, please visit the ALS Veterans Wall of Honor at www.alsa.org/advocacy/veterans
November is National Family Caregivers Month – We Recognize All That You Do.

The ALS Association knows that when one person is diagnosed with ALS, many people are affected. That is why we recognize National Family Caregiver Month and take the time to honor and thank the many caregivers who provide support to their loved ones living with ALS.

Family caregivers, and sometimes even friends, assist with personal care, provide transportation, act as medical advocates, and offer emotional support for those who cannot live independently, and they do this while managing the demands of their personal lives, their jobs, and their families. We recognize all that you do!

If you know an ALS Family Caregiver, help honor and thank them during the month of November by offering a few hours of respite time to the family caregiver; preparing a meal or two, helping the caregiver find educational materials and support; Listening, extending kindness and offering the gift of friendship.

We are honored to recognize and support our local family caregivers. The following events are for family caregivers only.

**Portland Metro Region**
November 19th 4pm- 6pm
Legacy Meridian Park Hospital Education Center, Tualatin, Oregon
Light refreshments and good company.
RSVP: RachellePreston@alsa-or.org

**Southern Oregon Region**
November 3rd 1pm – 2 pm
Applebee's at 1388 Biddle Rd, Medford, Oregon
Lunch and good company.
RSVP: GailGallaher@alsa-or.org

**Central Oregon Region**
November 4th 12 pm – 1 pm
For location details, please contact Betsy.
Lunch and good company.
RSVP: BetsyPaige@alsa-or.org

**Willamette Valley Region**
November 10th 4 pm - 5:30pm
Broadway Coffee House, Salem, Oregon
Light refreshments and good company.
RSVP: MaryRebar@alsa-or.org

November 11th 3 pm – 4:30 pm
Hilyard Community Center, Eugene, Oregon
Desserts, beverages and good company.
RSVP: MaryRebar@alsa-or.org

COLLABORATION FOR A CURE

Thanks in part to the ALS Ice Bucket Challenge, the first Collaboration for a Cure meeting took place this past Spring. Led by The ALS Association, representatives from 18 ALS organizations gathered to identify key areas where collaboration among their organizations could help drive forward collective efforts to help people living with this disease.

**The three initial areas of focus for this group are:**

- Gaining consensus on the prevalence and incidence of ALS through the National ALS Registry.
- Developing a guidance document for the FDA in an effort to speed up the process for bringing new therapies to market.
- Expanded access and how ALS organizations can better communicate information about treatments in development to the ALS community.
Remembering Our Loved Ones

Since our chapter’s inception, in 2002, we have participated in a third party hosted campaign called March of Faces. This campaign is no longer active for our chapter. In the Spring of 2015, we introduced a new campaign for our chapter called Remembering Our Loved Ones. This is a meaningful way for our community to remember our loved ones we have lost to ALS. Surviving family members can choose to include their loved one in this campaign by submitting a form and a print-quality photograph. These pictures are displayed on banners that are shared at our events such as the Walk to Defeat ALS® and other chapter events.

If you have interest in participation or any questions and comments, please direct them to Karen Galloway, Care Services Director, at careservices@alsa-or.org or 800-681-9851 ext 100.

Medicare Open Enrollment – What You Need to Know!

When’s the Medicare Open Enrollment Period?
Every year, Medicare’s open enrollment period is October 15 - December 7.

What’s the Medicare Open Enrollment Period?
Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

How do people know if they need to change plans?
People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the “Evidence of Coverage” (EOC) and “Annual Notice of Change” (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they’re satisfied that their current plans will meet their needs for next year and it’s still being offered, they don’t need to do anything.

Where can people find Medicare plan information or compare plans?
For hands-on help looking at your Medicare supplement coverage, contact the SHIBA program at 800-772-4134 or www.Oregon.gov/DCBS/SHIBA.
Thank you to our 2015 Year-Round Partners: Alpenrose Dairy, Fred Meyer, Northwest Medical, JGP Wealth Management, Wells Fargo and Numotion.
Honoring 10 year milestone for 3 of our Walk locations.

Thank you to all the supporters in those regions who have showed up as walkers, as volunteers, as sponsors and most importantly, as people who truly care about making a difference. **10 years later, the fight has never been stronger.**

Every walker and every dollar makes a difference – Below are the teams who have walked for 10 years in a row with passion and commitment.

Central Oregon:
- Ted Nyden’s Trooper & Pooper Scoopers in Ted Nyden’s honor
- Ted’s Team in Ted Eberhard’s honor
- Team Glenn in Glenn Asbury’s honor
- We Walk for Kay in Kay Malone’s honor
- The Bob Squad in Bob Anderson’s honor

Willamette Valley:
- Pam’s PALS in Pamela Hansen’s honor

Southern Oregon:
- Willie’s Wonders in Wilma Harper’s honor
- Dave’s Dashers in David Perkins’ honor
- Team Barbara Jean in Barbara Roth’s honor

Many thanks to our 2015 Walk to Defeat ALS® Sponsors and Partners:

Central Oregon:
- Evergreen Homecare
- The Center Orthopedic & Neurosurgical Care & Research
- Bend Radio Group
- Eberhard Dairy
- High Desert Produce
- Justin Lavik
- Majestic Foto
- Norco Medical
- Old Mill District
- Strictly Organic
- Western Communications, Inc. & The Bend Bulletin

Willamette Valley:
- New Horizons In-Home Care
- Oregon Neurology Associates
- Peace Health Medical Group
- Performance Mobility

Southern Oregon:
- Steben & Co
- Mercy Flights
- Rogue River Press
- VIP Entertainment

State Capitol:
- Guggenheim Investments
- New Horizons In-Home Care
- Dynamix Crew

SW Washington:
- American Seating & Mobility
- JP Morgan Asset Management
- Performance Mobility
- NW Mobile DJ
- Power Pep Band

Portland Metro:
- American Seating & Mobility
- Brightstar Care
- Campbell & Company
- Performance Mobility
- Steinberg Investment Group, LLC
- SunAmerica
- Precious Byrd
- Columbia Distributing
- Organically Grown
- Interim Healthcare

Many thanks to our 2015 Walk to Defeat ALS® Sponsors and Partners:
### 2015 Walk to Defeat ALS® Corporate Effort

*Updated as of October 9, 2015*

These local business members collectively raised over **$126,000** for this year’s Walks.

<table>
<thead>
<tr>
<th>Member Names</th>
<th>Their Company</th>
<th>Current Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mary Beth Baker</td>
<td>Fred Meyer</td>
<td>$20,948</td>
</tr>
<tr>
<td>Dr. Kimberly Goslin</td>
<td>Providence ALS Center</td>
<td>$15,184</td>
</tr>
<tr>
<td>Gregg Johnson</td>
<td>Sunlight Supply, Inc.</td>
<td>$12,210</td>
</tr>
<tr>
<td>Trina Bandelow</td>
<td>Northwest Medical</td>
<td>$10,867</td>
</tr>
<tr>
<td>Amy Frazey and Amanda Seidel</td>
<td>The Standard</td>
<td>$8,516</td>
</tr>
<tr>
<td>WB Mick</td>
<td>Numotion</td>
<td>$6,249</td>
</tr>
<tr>
<td>Lance Steinberg</td>
<td>Steinberg Investment Group</td>
<td>$5,250</td>
</tr>
<tr>
<td>Joseph P. Gross</td>
<td>JGP Wealth Management Group</td>
<td>$4,450</td>
</tr>
<tr>
<td>Kristin Quinlan</td>
<td>Certified Languages International</td>
<td>$4,235</td>
</tr>
<tr>
<td>James Lobdell</td>
<td>Portland General Electric</td>
<td>$3,543</td>
</tr>
<tr>
<td>Ryan Oliver</td>
<td>Oliver Insurance</td>
<td>$3,460</td>
</tr>
<tr>
<td>Wes Carson</td>
<td>Homewatch CareGivers (Portland/Vancouver)</td>
<td>$3,265</td>
</tr>
<tr>
<td>Doug Greenberg</td>
<td>The Greenberg Group at Morgan Stanley</td>
<td>$3,005</td>
</tr>
<tr>
<td>James Beatty</td>
<td>Celilo Wealth Management @ UBS Securities</td>
<td>$3,000</td>
</tr>
<tr>
<td>Stuart VanRiette</td>
<td>Small Parts Manufacturing</td>
<td>$2,950</td>
</tr>
<tr>
<td>Olivia Paulson</td>
<td>Guild Mortgage</td>
<td>$2,536</td>
</tr>
<tr>
<td>Katherine Hart</td>
<td>Moss Adams</td>
<td>$2,531</td>
</tr>
<tr>
<td>Leslie Adams</td>
<td>Performance Mobility</td>
<td>$2,425</td>
</tr>
<tr>
<td>Kathie Bell and Jeff Bandelow</td>
<td>Unified Grocers</td>
<td>$2,371</td>
</tr>
<tr>
<td>Barry Brewis</td>
<td>Brewis Group, Inc.</td>
<td>$2,150</td>
</tr>
<tr>
<td>Matthew Bassist</td>
<td>Langley Investments</td>
<td>$1,725</td>
</tr>
<tr>
<td>Dr. Lou Libby</td>
<td>The Oregon Clinic</td>
<td>$1,705</td>
</tr>
<tr>
<td>Ray Hobizal</td>
<td>Adventist Health</td>
<td>$1,550</td>
</tr>
<tr>
<td>Eric Newell</td>
<td>American Seating &amp; Mobility</td>
<td>$1,250</td>
</tr>
<tr>
<td>Valerie Hurst</td>
<td>KATU News</td>
<td>$1,125</td>
</tr>
</tbody>
</table>

These registered walkers pledged to “Walk the Extra Mile” and raise $1,000 or more as an individual fundraiser by August 28th, 2015. Collectively, the 35 members raised over **$170,000** for this year’s Walk to Defeat ALS® events. Thank you for your tremendous efforts!

Interested in joining the club next year? Contact us at walk@alsa-or.org for more information.
THIS YEAR’S EVENT
BY THE NUMBERS
2,195 donations
450 riders and guests
40 volunteers
23 sponsors
5 scenic routes
1 bounce house
4 kegs of beer
3 traveling trophies
106 VIP jerseys earned
84 Cycling socks awarded
…Countless smiles and hugs!

It all added up to $214,213 towards the goal of defeating ALS!

Congratulations on the following achievements!

Top 3 Teams
1. **Team VBC** riding for Brian Epp, Sam Beekman, Taz Roberts, Bob Allen, Janet Emetaz, Arlene Sabatino, and Fred Noble with **$22,794**
2. **Ken’s Kismet** riding for Ken Feldhaus with **$21,242**
3. **Drafters** riding for Donnie Graham with **$10,120**

Top 3 Fundraisers
1. **Ken Feldhaus** from Ken’s Kismet with **$9,845**
2. **Julie Nelligan** from Fred’s Friends with **$6,598**
3. **Alan Teo** from Betsey’s Bikers with **$5,650**

Many thanks to our sponsors and partners:
- Alpenrose Dairy
- NuMotion
- Les Schwab
- Providence Brain & Spine Institute
- BMC
- Wells Fargo
- JGP Wealth Management Group of Wells Fargo Advisors
- Columbia Distributing
- Riders and Sliders
- Fall Line Sports
- Karis Tsolomitis
- Majestic Photography
- Western Bikeworks
- Gorge Delights - Just Fruit
- United Salad Co.
- Wooden Nickel Catering
- Food Should Taste Good Brand
- Nossa Familia
- Seven Brides Brewing
- Kind Snacks
- Clif Bar
- Franz Bakery

Save the Date for Saturday, July 9, 2016 as we continue to ride to defeat ALS!

Hit the slopes with us in 2016!

Mark your calendar for **Saturday, April 9, 2016**.

Join fellow skiers and snowboarders to hit the slopes with one goal in mind – defeating ALS.

Here’s all you need to know:

- Registration fees are $75 for non-season pass holders and $25 for current season pass holders.
- Each registered participant (ages 11 or older) must fundraise $150 or more to help us reach our goal.
  - Don’t worry – the fundraising is the easy part!
- People can participate on a team or as an individual. The more, the merrier.
- Registration fees cover lift tickets, all meals, drinks and entertainment for the day.
- Travelling trophies will be awarded for most vertical feet, and top fundraising effort.
- People living with ALS can participate thanks to our partnership with OAS – Oregon Adaptive Sports.
  - Limited spots available so share your interest with Julia as soon as possible.

Visit **www.SkitoDefeatALS.org** on December 1, 2015 to register.

Wanna know more? Just contact **Julia Mayfield, Development Manager**, at **ski@alsa-or.org** or **800-681-9851 ext 107** - she can sign you up, answer any questions, or help brainstorm ways to engage your community.
The Legacy Society was established to recognize all those who have generously included The Association in their long-term financial or philanthropic plans through a bequest, life-income gift, or other planned gift arrangement. There is no minimum commitment required for membership in The Legacy Society, nor is proof of a commitment necessary. Members of The Legacy Society may remain anonymous; all information will be kept strictly confidential.

If you have already included The ALS Association with a gift in your will or other planned gift, we hope you will let us know. Your willingness to be listed as a member of The Legacy Society with the following supporters encourages others to follow your example.

Anonymous
Angelle Adler
Mary Beth Baker – In memory of my husband, Gary.
Jeff & Trina Bandelow
Anita & Dana Cadonau-Huseby
Lance Christian
Leonard Davis*
Barbara C. Deeming
Dr. Kimberly Goslin
Cynthia A. Greene
Joseph P. Gross – In loving memory of my mother, Helen Gross.
Alexis Halmy
Matson Haug & Julie Isaacson
Randy* & Debi Kyte

Michael S. Lamont*
Al Lee
Lou & Jocelyn Libby
Brian & Aubrey McCauley
Doug & Claudia McClure
Ralph & Susan Nicholson
Fred Noble*
Steve* & Teri Sall
John & Barbara Seibert
Nancy E. Shire
Laurie Speight*
Elisabeth Twist

*italics denotes those no longer with us.

If you have not yet included The ALS Association in your plans and would like to explore the best options for you and your family, please feel free to contact us. We would be glad to assist you confidentially and with no obligation.

Please contact: Lance Christian, Executive Director
Phone: 800-681-9851 ext 101
Email: LanceChristian@alsa-or.org.

Volunteer Spotlight: Julie Anderson

When Julie Anderson learned of her husband Gary’s ALS diagnosis in February of 2014, her life dramatically changed. In July 2015, the additional diagnosis of Frontotemporal Degeneration shook their world even more. In Julie’s infinite search for more information and knowledge of what was in store, she started attending the Beaverton Support Group and Caregivers Group. She received a wealth of knowledge from attending these meetings, and by doing so was armed with information she could use to make her way through the ALS maze with Gary.

With the amazing assistance of Gary’s employer, Dr. HVAC, they have been able to remodel their home to accommodate their ever-changing needs. Their help made it all the worse when Gary had to retire in November 2014 from a job he absolutely loved. He gives back by continuing to go to work to mentor his replacements. Much as his employer gave, Gary gives freely of himself.

Julie has found she can give freely of herself as well while navigating this journey. She does so by giving back to The ALS Association as a volunteer. When asked why, “the simple answer is – because I can. At this point in time, I don’t have the financial means to contribute to the Association. But I have (a little) time. Without the help of volunteers, The ALS Association would not be able to put on the great events they do. They have been such a tremendous amount of help to me, I want to help them. I’m often seen with my 12 year old grandson, Corbin. What a guy! He loves to help. He is willing to do most anything. If you ask him why he does it, he replies ‘Because my grandpa has ALS. I want them to find a cure for it.’”

We are so grateful to Julie and her amazing sidekick, Corbin, for their time, talents, willingness to do anything needed, and most of all – their hearts.

For more information on volunteering with us, please contact: Rebecca Pace at 800-681-9851 ext 106 or volunteer@alsa-or.org.
The Ice Bucket Challenge results is helping to advance global ALS research, ensuring the most promising projects are funded to accelerate the search for treatments and a cure.

Funding four collaborative global research initiatives:

- **Project MinE** — global sequencing effort to identify new genes linked to sporadic and familial ALS
- **The Neuro Collaborative** — Three research labs working together to find effective treatments
- **The New York Genome Center** — repository for ALS genome sequencing data that increases number of genetic samples scientists can study
- **ALS ACT** — joint project aimed at expediting clinical trials and searching for biomarkers as indicators of disease

Increasing annual funding through various award opportunities, including:

- Investigator-initiated awards where scientists offer the best and brightest ideas for research they want to conduct; for innovative projects that are often high-risk, high-reward
- Milton Safenowitz Post-Doctoral Fellowships to support young scientists and encourage them to pursue a career in ALS research;
- Phase II clinical trial development awards for studies with promising biomarker candidates to test treatment approaches in people with ALS;
- Drug development contracts to advance treatments to clinical trials and to build academic-industry partnerships;
- Clinical development awards to support ALS clinicians focused on research involving people living with ALS;
- Clinical management grants to fund research for improving symptom management and quality of life for people with ALS;
- ALS Association-initiated awards for research in the five strategic areas and collaborative studies; and
- Assistive Technology Grant Challenge Awards to enhance technologies for people living with ALS today

**With your continued help, The ALS Association is focusing on five key areas of ALS research:**

- Biomarker discovery
- Gene discovery
- Disease model development
- Clinical studies
- Drug Development

Join The ALS Association’s webinar series to learn about the latest advances in clinical research.

Visit www.alsa-or.org, click on Our Research and find Research Webinars.

They are free to participate in and will keep you up-to-date on latest research and hot topics. Need help finding this information? Want to receive research publications in the mail? Contact us at info@alsa-or.org.
The ALS Association and CReATe Consortium Announce Biomarker Discovery and Validation Projects

The ALS Association and the CReATe Consortium are pleased to announce the selection for funding of two new projects that will advance the discovery and validation of biomarkers relevant to ALS therapy development.

The goal of the first project is to develop a single molecule detection assay for the dipeptide repeat proteins (DPRs) generated by the ALS- and frontotemporal degeneration (FTD)-causing repeat expansion in C9orf72. Researchers will employ a methodology that is capable of single molecule detection and has sensitivity up to 1000-fold higher than current enzyme-linked immunosorbent assay (ELISA) approaches. Using this approach, they hope to detect these DPRs in the blood of patients with C9orf72 ALS/FTD. Successful completion of this project would represent a major advance, as a simple blood test could then be used to inform how well a drug is working and greatly simplify the assessment of new therapies for ALS or FTD caused by mutations in the C9orf72 gene.

The second project will build on researchers’ prior observation that populations of innate lymphoid cells are increased in the blood of ALS patients. The researchers hope to better define the role of these cells in ALS by tracking specific innate lymphoid cell populations in individual patients over the course of a year and determining whether these cells express higher levels of pro-inflammatory signals, which may exacerbate disease. Demonstrating that innate lymphoid cells are associated with disease progression will allow investigators to use these cells to both track and predict disease progression. This research may permit alteration of innate lymphoid cell function using novel or existing therapeutics to extend the lifespan of patients with ALS.

“The ALS Association is extremely excited to partner with the CReATe Consortium in supporting these efforts to develop biomarkers that will be so essential to our collective efforts to identify effective therapies for this group of disorders” said ALS Association Chief Scientist Lucie Bruijn, Ph.D., M.B.A.

The first study will be led by Dr. Adrian Isaacs, a Reader (Associate Professor) in the Department of Neurodegenerative Disease at University College London. The second will be led by Dr. Benjamin Murdock, a Research Investigator in the Department of Neurology at the University of Michigan.

National ALS Registry

If you are living with ALS, YOU can help find answers to critical questions!

Every person currently living with ALS in the United States can self-enroll in the National ALS Registry! The National ALS Registry may be the single largest ALS research project ever created and is designed to identify ALS cases from throughout the entire United States. Most important, the Registry is collecting critical information about the disease that will improve care for people with ALS and help us learn what causes the disease, how it can be treated and even prevented. The ALS Association led the fight to establish the National ALS Registry by working with Congress to enact the ALS Registry Act and securing federal funding to design, build and implement the National ALS Registry at the Centers for Disease Control and Prevention/Agency for Toxic Substances and Disease Registry (CDC/ATSDR).

People living with ALS can play a valuable role in helping researchers learn more about the disease by making more information available to them. During the enrollment process, people living with ALS can choose to be notified about clinical trials and epidemiological studies. Registry enrollees will receive emails about new research studies and clinical trials that are recruiting participants.

We encourage everyone living with ALS to participate. We have a dedicated volunteer, John Deeming, who can help you through the process and our care services staff is available to help as well.

For more information, please visit www.alsa.org/registry or call our office at 800-681-9851 ext 100.
MONTHLY SUPPORT GROUP SCHEDULE  Brought to you by our friends at

PORTLAND METRO REGION
Eastside Group
First Wednesday of every month
3:00pm - 4:30 pm
Providence Portland Medical Center
Social Room, First Floor
4805 NE Glisan St
Portland, Oregon 97213

For more information and directions contact: Lance Christian at 800-681-9851 ext 101.

Family Caregivers Group
(Note: this group is for family caregivers only. People with ALS do not attend this group).
Second Thursday of every month
3:00pm - 4:30pm
(NEW TIME in 2016 1:30pm - 3:00pm)
Providence Portland Medical Center
Conference Room 1 - Level B
4805 NE Glisan St
Portland, Oregon 97213

For more information and directions contact: Karen Galloway at 800-681-9851 ext 100.

STATE CAPITAL REGION
Third Wednesday of every month
3:00pm - 4:30pm
Salem Hospital Community Health Education Center
939 Oak Street E, Salem, OR 97301
1st Floor, Building D, Room CHEC 1
Salem, Oregon 97301
Drop off area at the front of the building, covered hospital parking off Capitol Street NE.

For more information and directions contact: Mary Rebar at 541-990-1246.

Family Caregivers Group
(Note: this group is for family caregivers only. People with ALS do not attend this group).
Second Tuesday of every month
4:00pm - 5:30pm
Broadway Coffee House
Second Floor Conference Room
1300 Broadway St NE
Salem, Oregon 97301

For more information and directions contact: Mary Rebar at 541-990-1246.

WILLAMETTE VALLEY REGION
Second Wednesday of every month
3:00pm - 4:30pm
Hilyard Community Center
2580 Hilyard Street
Eugene, Oregon 97405

For more information and directions contact: Mary Rebar at 541-990-1246.

CENTRAL OREGON REGION
Second Wednesday of every month
11:30am - 12:30pm
St. Charles Medical Center
2500 NE Neff Road
Bend, Oregon

For more information and directions contact: Betsy Paige at 541-977-7502.

SOUTHERN OREGON REGION
Third Thursday of every month
2:00pm - 3:30pm
Smullin Center
2825 E Barnett Rd
Medford, Oregon 97504

For more information and directions contact: Karen Galloway at 800-681-9851 ext 100.

Family Caregivers Group
(Note: this group is for family caregivers only. People with ALS do not attend this group).
Second Tuesday of every month
1:00pm - 2:30pm
Smullin Center
2825 E Barnett Rd
Medford, Oregon 97504

For more information and directions contact: Karen Galloway at 800-681-9851 ext 100.

SOUTHWEST WASHINGTON REGION
Second Wednesday of every month
3:00pm - 4:30 pm
St. Luke’s Episcopal Church
426 E Fourth Plain Blvd.
Vancouver, Washington 98663

For more information and directions contact: Karen Galloway at 800-681-9851 ext 100.

Want to request a topic for discussion or presentation?
Get in touch with your local regional services coordinator or contact Karen Galloway, Care Services Director, at 800-681-9851 ext 100 or KarenGalloway@alsa-or.org.

ALS and Frontal Temporal Dementia Caregivers Group
Second Tuesday of Every Month
5:00pm - 6:30pm
Providence Portland Plaza
5050 NE Hoyt St, Suite 318, Portland, OR 97213
(Call-In Option: 855-747-5962 Conf. ID 7188494)

For more information and directions contact: Nancy Hoke RN at 503-215-8580.

STATE CAPITOL REGION
Third Thursday of every month
4:00pm - 5:30pm
Legacy Meridian Park Hospital
Health Education Center Room 106
19300 SW 65th Ave.
Tualatin, Oregon 97062

For more information and directions contact: Rachelle Preston at 800-681-9851 ext 110.

WILLAMETTE VALLEY REGION
Second Wednesday of every month
11:30am - 12:30pm
St. Charles Medical Center
2500 NE Neff Road
Bend, Oregon

For more information and directions contact: Betsy Paige at 541-977-7502.

Want to request a topic for discussion or presentation?
Get in touch with your local regional services coordinator or contact Karen Galloway, Care Services Director, at 800-681-9851 ext 100 or KarenGalloway@alsa-or.org.

ALS and Frontal Temporal Dementia Caregivers Group
Second Tuesday of Every Month
5:00pm - 6:30pm
Providence Portland Plaza
5050 NE Hoyt St, Suite 318, Portland, OR 97213
(Call-In Option: 855-747-5962 Conf. ID 7188494)

For more information and directions contact: Nancy Hoke RN at 503-215-8580.

STATE CAPITOL REGION
Third Wednesday of every month
3:00pm - 4:30 pm
Salem Hospital Community Health Education Center
939 Oak Street E, Salem, OR 97301
1st Floor, Building D, Room CHEC 1
Salem, Oregon 97301
Drop off area at the front of the building, covered hospital parking off Capitol Street NE.

For more information and directions contact: Mary Rebar at 541-990-1246.

Family Caregivers Group
(Note: this group is for family caregivers only. People with ALS do not attend this group).
Third Thursday of every month
4:00pm - 5:30pm
Broadway Coffee House
Second Floor Conference Room
1300 Broadway St NE
Salem, Oregon 97301

For more information and directions contact: Mary Rebar at 541-990-1246.