Thank you for the outpouring of support.

Ice Bucket Challenge Donations
Top $100 Million in 30 Days

“The word gratitude doesn’t do enough to express what we are feeling right now,” said Barbara Newhouse, President and CEO. “We recognize a profound sense of urgency and are engaged in discussions about how we’re going to put this money to work in the short term and into the future.”

“These funds will be used to fund cutting-edge research as well as care and support to people living with the disease,” said Newhouse. “Now and in the coming weeks, we will be able to enhance our strategic plan, reformulating and recasting strategies with input from stakeholders, including our donors, our chapters, and most importantly, people living with ALS and their families. We want to move quickly but decisively as our ultimate goal is to use this incredible generosity in a way that has the biggest impact on fighting this disease.”

The ALS Association will continue to be transparent by communicating regularly with all audiences as to how the funds will impact the fight against ALS.

The ALS Association has the highest four-star rating from Charity Navigator, is “Top Rated” on Charity Watch, and is a Better Business Bureau accredited charity as well as a Guidestar Exchange gold participant.

Over the last few weeks, The Association has actively convened key stakeholder groups, including a panel of advisors made up of people living with ALS, to provide input into a comprehensive plan that The Association will release this Winter after approval from the Board of Trustees.

★ See inside under our Research section for more details and exciting announcements.
We send our sympathy and continued support to those families and friends who have lost someone to ALS or are currently living with the disease. We extend thanks to those who have designated our chapter for donations.

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

Elsie Boss
Henry Cardwell
Karen Chinn
Vivian Crapper
Bob Dawson
Russell Dennick
Orville Furber
Bill Gabel
Mabel Goughler
David Hansen
Robert Hawkins
Linda Hogan
Arnold Imbach
Richard Jendritza
Jeannie Jensen
Dennis Kasubuchi
Randy Kyte
Barbara List
Russell Martin
Juanita McCreery
Kerry Montgomery
Fred Noble
Cindi Patterson-Nichols
Dennis Payne
Richard Rawie
David Ring
Rosemary Robertson
Barbara Ruffing
John Simpson
Ken Stone
Douglas Strutz

Contributions received support care services, public and professional education, public policy and research. Upon receipt of the gift, a thank you letter is sent to the donor and an acknowledgement of the gift is sent to the person or family designated.

The ALS Association Oregon and SW Washington Chapter has made every effort to ensure the memorials, tributes, and donations 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.
Welcome Karen!

We are happy to welcome Karen Galloway as our newest staff member. Karen will work out of our chapter headquarters in Portland as our Care Services Director where she will coordinate and direct chapter programs and services, work directly with families living with ALS, facilitate support groups and coordinate ALS Education, Awareness and Public Policy/Advocacy efforts for the chapter.

Karen comes to our chapter with an extensive and committed non-profit health and human services career and most recently from the National MS Society Colorado-Wyoming Chapter as the Senior Programs Manager. During her career with the MS Society, Karen developed and implemented programs to support people living with MS and their families, supervised direct services staff, engaged and sustained collaborative relationships to strengthen services for clients, educated health care professionals, services providers and community organizations and held a variety of leadership roles in the Chapter and the Society.

Karen has always been an active community volunteer, serving in leadership roles on boards of directors, facilitating health and wellness groups and providing education for health related issues that have affected her family.

Karen is a graduate of the University of Nevada at Las Vegas and is a passionate professional, committed to assuring that services, support and access to care are available for all people.

A new Portland resident, Karen and her sweet schnauzer Heidi relocated to be near her family.

In Memory of Our PALS May 26, 2014 – October 3, 2014

Irene Beaupre-Martin
Katherine Bennett
George Byers
Kathryn Cave
William Christensen
Roger Cooper
Brian Damewood
Bob Dawson
Thuoc Duong
Evelyn Fletcher
Johnny Graham
David Harrison
Linda Hogan
Nancy Hollister
Mindy Kallunki-Hill
Kathryn Keeler
Timothy Kiel
Richard Kreger
Catherine Lowery
Corena Madison
Russell Martin
Francis Moritz
Mark Murray
Richard Rawie
Monica Schreiber
Betty Smith
Judy Snyder
Wayne Sovey

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

Please check out and visit our website often

www.alsa-or.org

It is constantly being updated with information on events as well as current care services.
Update from Shana Tognazzini - Regional Assistive Technology Coordinator

Shana continues to work with PALS all across our chapter by working with them in their homes, at the chapter office, by teleconference, or at one of several ALS clinics that she attends.

Shana recently presented at PeaceHealth Hospice SW and Providence Home Health, meeting with local professionals to discuss the Augmentative Alternative Communication and Assistive Technology program and review appropriate interventions for working with people with ALS. She continues to promote awareness and comfort with utilizing AAC/AT interventions for professionals serving PALS in our community.

Shana wants to thank the entire ALS community for welcoming her graduate student intern Becky as they worked together this summer. Becky described her experience to be “unique, amazing, and insightful”- which as we all know are great descriptors of our entire ALS community.

Update from Lance, Karen and Rachelle - Portland / NW Oregon SW Washington

In the Portland Metro and SW Washington area, care services staff Lance Christian, Karen Galloway and Rachelle Preston continue to serve individuals living with ALS and their families through home visits, support groups and multidisciplinary clinic participation at Providence, Kaiser Permanente and the Veterans Administration. They engage in numerous home visits to provide initial support to newly diagnosed families as well as ongoing care to families throughout the progression of the disease.

As always, support groups in Vancouver, NE Portland and Beaverton were well attended. In addition to the opportunities for members of our ALS community to come together to share information, experiences and enjoy support valuable education is offered at the groups. Over the summer, education programs featured Katie Satre, Physical Therapist from Providence, and Kathy Fauria from NuMotion who provided a durable medical equipment demonstration, Doug McClure, Psychologist and Board Member who led an engaging dialogue about navigating the ALS journey, Dr. Phillips, Gastroenterologist, provided an informative feeding tube presentation, our own Mary Rebar taught us about modified clothing, and we had the opportunity to view The Noble Spirit Documentary.

In early 2014, the Chapter began the introductory Writing Life Stories class program and in September the first Advanced Writing Class from the program was offered. Five PALS whom had participated in the introductory Writing Life Stories class enrolled. Facilitated by professional writer Judith Pullman, the five participants dedicated themselves to the five week class. This advanced class provided a deeper writing experience and practice. Weekly the writers would present their writing, discuss other memoir works, and offer insightful critique and support to each other. Their goal was to complete two works by the end of the five week workshop. The Writing Life Stories Advance Writing Class will culminate with the writer’s public reading of their beautiful life stories.

We will be holding another introductory Writing Life Stories class late fall and look forward to engaging new writers in this program. Everyone has important stories to share and we are pleased to continue to offer this avenue for expression.

Update from Mary Rebar - Willamette Valley

In October, Mary Rebar participated in round table discussion with Senator Wyden regarding health care issues. She highlighted people living with ALS requiring full access for Speech Generating Devices options and the limiting changes purposed by Medicare.

Education and outreach continue to be a focus in the Willamette Valley. The Neurology Department staff at Peace Health River Bend Hospital, in Springfield, hosted a lunch meeting to become better acquainted with The ALS Association services. Mary also provided an educational presentation with the new Hospice Staff of Providence Benedictine at Mt Angel.

The State Capitol and Willamette Valley Walk to Defeat ALS® events were energizing and demonstrated to PALS the amazing support in the communities. The attendance at each Walk grew measurably. To each walker and Ice Bucket Challenge participants, my gratitude.
**Update from Betsy Paige - Central Oregon**

The next Bend ALS Clinic will be November 14, 2014 at The Center. Dr. Viviane Ugalde from the Center leads a multidisciplinary team of clinicians from both St. Charles and Bend Memorial Clinic in clinic every other month. Welcome to Michelle Broudous, Medical Assistant and the new Clinic Coordinator! Michelle is quickly learning the ropes of coordinating this collaborative clinic and is committed to serving the local ALS community. Please contact Michelle at 541-382-3344 and Dr. Ugalde if interested in participating in an upcoming Clinic.

The monthly ALS Support group continues to meet the second Wednesday of each month from 11:30-12:30p at St. Charles in Bend. Educational speakers are often invited to the meetings. Most recently Lesley Srikantaiah, MSW from Central Oregon Council on Aging joined the group to talk about local caregiver assistance programs. Stacie Grasty, RT/clinical coordinator at Norco also joined us recently to discuss and educate the group on important respiratory equipment and how to use it most effectively. If interested in joining the group, contact facilitator Betsy Paige, LMSW at 541-977-7502 for details.

Local community partners are greatly valued in Central Oregon. Betsy Paige, Regional Coordinator works closely with Norco to manage the local loan closet – thanks David Hamilton and Chris Lathrop for all your help with deliveries and pick up of donated equipment! Betsy also works with other local organizations including local home health and agencies and hospices to provide optimal coordinated care for the ALS community. Betsy was also invited to a roundtable event of local healthcare leaders hosted by Senator Wyden. This was a great opportunity to forge new relationships within the community as well as advocate about current Medicare changes affecting speech generating devices. This event led to a feature article in the Bulletin (thanks Glenn Asbury for demonstrating how important this issue is for people living with ALS).

**Update from Gail Gallaher - Southern Oregon**

Regional Services Coordinator Gail Gallaher continues to serve the ALS community in Southern Oregon through support groups, home visits, education, and medical equipment loans. In October Gail was invited to Senator Wyden’s roundtable discussion on living with chronic illness. She also attends MDA sponsored clinics at Providence Medford Medical Center to support PALS at their appointments.

The Medford support group meets on the third Thursday of each month and has welcomed many new members who share great ideas and warm encouragement. Recent speakers include occupational therapist Ellen Downes, on the use of adaptive devices for activities of daily living, and our own Karen Galloway, on needed services for PALS. Our monthly family caregiver group on the second Tuesday of each month gives caregivers time to explore care strategies for their loved ones, and to discuss ways to care for themselves.

Late summer brought a flurry of activities in support of the Walk to Defeat ALS® which increased awareness brought connections with new PALS. Gail was busy with media outreach through KOBI, KTVL and KDRV television interviews. Extensive radio interviews on KCMM and public radio’s Jefferson Exchange gave Gail and Dr. Lou Libby the opportunity to explain ALS research and the current need to fund services for PALS and their families. Local PALS Colton Allen again graciously consented to be interviewed and filmed at home, sharing the day-to-day adjustments required by ALS. Compassion and awareness about ALS reached a new level in Southern Oregon. The enthusiasm was palpable at the Southern Oregon Walk on September 7th with our largest and most successful Walk ever.

Regional partners and volunteers assist us in providing essential support. Betty Johnson and Rae Eatherton of the Medford Eagles Lodge host a monthly luncheon and an annual fund raiser for local PALS’ out-of-pocket expenses. Betty Lou Lore stores ramp materials, and ramps are constructed by Keith McCoshum and Larry Johnson. The Holverson, Shields and Bowden families efficiently run our Walk day registration booth. Grant Walker assists with media outreach. Laurie Sanderson of NuMotion manages our loan closet operation for Southern Oregon. Kristi Scott, respiratory therapist with N.W. Medical, goes the extra mile, literally, to help PALS with mysteries and emergencies. It takes a village, and we have a great one!

Family caregivers are warmly invited to attend our annual National Family Caregivers Month luncheon on November 4, at 1:00 at Applebee’s in Medford. Contact Gail at 541-292-8775 to RSVP.
Medicare Open Enrollment Period - What You Need to Know

Medicare’s Fall Open Enrollment period occurs each year from October 15th to December 7th. During this time, people with Medicare can make changes to their existing Medicare coverage. Changes you make during this time will take effect on January 1, 2015. To avoid enrollment problems, it’s best to call 800-MEDICARE when making any changes to your Medicare health and/or drug coverage.

During Fall Open Enrollment, people with Medicare can make the following changes:

- Switch from Original Medicare to a Medicare Advantage Plan
- Switch from one Medicare Advantage plan to another Medicare Advantage plan
- Join a Medicare Prescription Drug (Part D plan) for the first time
- Switch from one Medicare prescription drug plan to another Medicare prescription drug plan.

Keep in mind that your Medicare benefits may change from year to year. Before making changes to your Medicare coverage during Fall Open Enrollment, you should review your current health and drug coverage to see whether your benefits and costs will change in 2015.

If you get your Medicare benefits through the Original Medicare program run directly by the federal government, you should take a look at the 2015 Medicare & You handbook. In mid to late September, this handbook is mailed to everyone who has Medicare and includes a summary of Original Medicare benefits and costs in 2015. If you have not received the Medicare & You handbook, you can download the handbook online at www.medicare.gov or call 800-MEDICARE and ask that a copy be mailed to you.

If you have a Medicare Advantage Plan or a Part D Plan, you should receive a notice in the mail called an Annual Notice of Change or Evidence of Coverage. Plans are required to send these notices to plan members by September 30 of each year. Take a look at these notices to see if there will be any changes made to your Medicare coverage in 2015. Remember, it’s best to make sure that the health care services you need, the healthcare providers you want to use, and the drugs you take will be covered by your plan in the upcoming year.

If there aren’t any changes and you’re satisfied with your Medicare coverage, you don’t need to make any changes during this time. However, if there will be changes to your health and drug coverage in 2015, or if you’re unsatisfied with your current coverage, you have the right to make changes during Fall Open Enrollment.

For hands on help looking at your Medicare supplement coverage contact the SHIBA program (Senior Health Benefits Assistance) at 800-772-4134 or www.oregon.gov/DCBS/SHIBA.

10 Tips for Family Caregivers

1. Seek support from other caregivers. You are not alone!
2. Take care of your own health so that you can be strong enough to take care of your loved one.
3. Accept offers of help and suggest specific things people can do to help you.
4. Learn how to communicate effectively with doctors.
5. Care giving is hard work so take respite breaks often.
6. Watch out for signs of depression and don’t delay in getting professional help when you need it.
7. Be open to new technologies that can help you care for your loved one.
8. Organize medical information so it’s up to date and easy to find.
9. Make sure legal documents are in order.
10. Give yourself credit for doing the best you can in one of the toughest jobs there is!
We are excited to announce together, we surpassed our fundraising goals for all six of our SW Washington and Oregon Walk to Defeat ALS® events! With more participants, teams and fundraising dollars we are able to contribute even more to cutting-edge research, essential care and support for people living with the disease.

Your efforts allow our chapter to provide local care services to individuals living with ALS and their families. Through the success of our Walks, we are able to continue to grow many of our programs and services including our In-Home Caregiving program, one-on-one consultations, monthly support groups, our Medical Equipment Loan Program, and many more services.

We were excited to introduce a new program this year, our Extra Mile Club. This club consists of participants who pledged to “Walk the Extra Mile” and raise $1,000 or more as an individual fundraiser by August 29th.

In 2014, the 60 members of the Extra Mile Club raised over $210,000.

Congratulations to the following Extra Mile Club members:

- Colton Allen
- Etta Allen
- Tiffany Allen
- Tim Allen
- Arlene Anderson
- Linda Batty
- Tia Rose Behrens
- Marianne Brigham
- Kelly Briseno
- Samantha Candilora
- Mike Carnahan
- Cindy Carnahan
- Kathryn Cave
- Barb Deeming
- Carole Diller
- Will Donnelly
- Amy Frazey
- David Fylan
- Lindsay Gray
- Cynthia Greene
- Jack Griffith
- Nicole Harvey
- Micah Hilario
- Steve Hosie
- Jamie Hussey
- Dawn Huttl
- David Inman
- Cheryl Inman
- Betty Jenkerson
- Laura Jhaveri
- John Koelling
- Art Lothrop Jr.
- Art Lothrop III
- Shelley Lowenstein
- Joshua Lunceford
- Cameron Marijosius
- Carol Marquez
- Stacie Matthews
- Russell Medley
- Kurt Mohs
- Judith Newman
- Paul Newman
- Jerry Nudelman
- Michael Parker
- Brian Peschka
- Ken Pickle
- Adrienne Rappleyea
- Jeanean Rauch
- Barbara Roth
- Teri Sall
- Lani Schreiber
- Amanda Seidel
- Katie Speck
- Joe Speck
- Joseph Speight
- Gidu Sriram
- Bo Stern
- Jodi Templeton
- Erica Thana
- Ruth Werts
- Heather Yaros

Thank you for your tremendous efforts this Walk season! If you are interested in joining the club next year, contact walk@alsa-or.org for more information.

Thank you to everyone who made this year’s Walk to Defeat ALS® one of our most successful Walk seasons, ever!
The Numbers Don’t Lie!
2014 was an epic year!

Here are our Walks in numbers*:
*as of Monday, October 20, 2014

Over $900,000 has been raised by over 8,000 Walkers!

Remember: Fundraising continues through the end of the year, so if you’re still holding onto donations you’ve collected, mail them in! And, don’t forget to ask your employer if they have a matching gift program - it’s an easy way to double your donation! Wouldn’t it be amazing if we reached $1 million?!

Thank you to the incredible support of our Team Captains, Walkers, Volunteers, Sponsors, and Vendors for making our joining together in our fight against ALS!

Our Regional Sponsors

Central Oregon Walk to Defeat ALS®

Funds Raised: $115,730
Number of Participants: 850
Number of Teams: 45
Number of Donations: 1,286
Dedicated and Incredibly Helpful Volunteers: 32
Cups of Eberhard Dairy Ice Cream: 800

Congratulations to our Top Fundraising Teams!
1. Team Stern ($28,717)
2. Stephanie’s Superstars ($9,575)
3. Ted’s Team ($8,701)
4. Mikes Spirit Walkers ($6,696)
5. The Specktators ($6,315)

Congratulations to our Top Individual Fundraisers!
1. Kim Eberhard ($8,701)
2. Bo Stern ($7,599)
3. Stacie Matthews ($7,490)
4. David & Cheryl Inman ($6,700)
5. Pam Hawkins ($5,965)

Thank You Central Oregon Sponsors and Partners!
Bend Radio Group
Hill-Rom
Evergreen In-Home Care Services
Eberhard Dairy
Majestic Photography
Norco Medical
Old Mill District
Western Communications, Inc. & The Bend Bulletin
Precious Byrd

Our Exclusive Volunteer Sponsor

Our Regional Sponsors
Southern Oregon Walk to Defeat ALS®

Funds Raised: $56,997
Number of Participants: 350
Number of Teams: 23
Number of Donations: 506
Dedicated and Incredibly Helpful Volunteers: 20
Tie-Dyed Team T-Shirts: 102

Congratulations to our Top Fundraising Teams!
1. SWIFTSURE ($17,000)
2. Dawn’s Dynamos ($9,145)
3. Jan’s Fans ($4,435)
4. TEAM BARBARA JEAN ($3,435)
5. Team Kathy ($3,390)

Congratulations to our Top Individual Fundraisers!
1. Colton Allen ($6,225)
2. Dawn Huttl ($4,895)
3. Barbara Roth ($3,210)
4. Etta Allen ($2,570)
5. Tia Rose Behrens ($2,190)

Thank You Southern Oregon Sponsors and Partners!
Consonus Healthcare
Hill-Rom
R&J Mobility
Right at Home
Tucker Sno-Cat Corp
Mercy Flights
VIP Entertainment
Papa John’s Pizza

State Capitol Walk to Defeat ALS®

Funds Raised: $53,130
Number of Participants: 450
Number of Teams: 41
Number of Donations: 573
Dedicated and Incredibly Helpful Volunteers: 44
Willamette University Phi Delta Theta Members: 20

Congratulations to our Top Fundraising Teams!
1. Laurie’s Lions ($10,110)
2. Chuckie’s Entourage ($4,314)
3. Shannon’s Angels ($3,729)
4. Michael’s Tome Trekkers ($3,593)
5. Nikki’s Warriors ($2,995)

Congratulations to our Top Individual Fundraisers!
1. Joseph Speight ($6,110)
2. Kelly Briseno ($3,600)
3. John Helms ($2,570)
4. Michael Eichman ($2,077)
5. Russell Medley ($2,025)

Thank You to our State Capitol Sponsors and Partners!
Hill-Rom
Salem Health
R&J Mobility
Papa John’s Pizza

Thank you to our 2014 Year-Round Partners: Alpenrose Dairy, Fred Meyer, Northwest Medical, JGP Wealth Management, Wells Fargo and Numotion
Willamette Valley Walk to Defeat ALS®

Funds Raised: $47,026
Number of Participants: 400
Number of Teams: 35
Number of Donations: 513
Dedicated and Incredibly Helpful Volunteers: 21
University of Oregon Duck Mascot Photo Bombs: 15

Congratulations to our Top Fundraising Teams!
1. Remembering Jim Koelling ($7,534)
2. Team Jo ($6,471)
3. Team Momma Jean ($4,860)
4. Team Judy-licious ($2,582)
5. The Collier Clan Walking Toward a Cure ($2,375)

Congratulations to our Top Individual Fundraisers!
1. John Koelling ($7,264)
2. Marianne Brigham ($2,895)
3. Carole Diller ($2,212)
4. Deanna Belcher ($1,924)
5. David Collier ($1,505)

Thank You to our Willamette Valley Sponsors and Partners!
Steben & Co
Oregon Neurology Associates
Hill-Rom
Performance Mobility
Peace Health
New Horizons In-Home Care
Dynamix Crew
Olive Garden

SW Washington Walk to Defeat ALS®

Funds Raised: $133,420
Number of Participants: 1,000
Number of Teams: 52
Number of Donations: 1,384
Dedicated and Incredibly Helpful Volunteers: 19
Number of Orange Mustaches: 39

Congratulations to our Top Fundraising Teams!
1. Ran’s Fans Walking for Mike’s Marauders ($13,235)
2. Team Lothrop ($12,038)
3. For the Love of Eric ($8,975)
4. Team Micah ($8,346)
5. Brian’s Pillars of Support ($7,987)

Congratulations to our Top Individual Fundraisers!
1. Art Lothrop ($8,460)
2. Ruth Werts ($8,090)
3. Brian Epp ($6,572)
4. Annamarie Lahti ($5,546)
5. Micah Hilario ($5,246)

Thank You to our SW Washington Sponsors and Partners!
Hill-Rom
Performance Mobility
American Seating & Mobility
NW Mobile DJ Service
Papa John’s Pizza
Portland Metro Walk to Defeat ALS®

**Funds Raised:** $503,057  
Number of Participants: 5,000  
Number of Teams: 193  
Number of Donations: 4,752  
Dedicated and Incredibly Helpful Volunteers: 73  
People Dancing to The Fresh Prince of Bel Air  
Theme Song, Performed by Precious Byrd: 323

**Funds Raised: $503,057**
**Number of Participants: 5,000**
**Number of Teams: 193**
**Number of Donations: 4,752**
**Dedicated and Incredibly Helpful Volunteers: 73**
**People Dancing to The Fresh Prince of Bel Air**
**Theme Song, Performed by Precious Byrd: 323**

**Congratulations to our Top Fundraising Teams!**
1. CullyKins ($27,474)
2. Mayer’s Minions ($24,860)
3. Arne’s Warriors ($21,299)
4. Malcolm’s Milers ($17,955)
5. Steve’s Wobbly Knees ($17,763)
6. Freddy’s Walkers ($17,641)
7. Stella’s Stampede ($11,325)
8. Team Crawford ($10,951)
9. Gang Greene ($10,848)
10. Red Wigs ($9,945)

**Congratulations to our Top Individual Fundraisers!**
1. Lindsay Gray ($20,129)
2. Mary Beth Baker ($12,903)
3. Mayer Schwartz ($12,048)
4. Claudia McNeil ($12,125)
5. Melanie Heald ($11,050)
6. Coleen Bourgeois ($9,600)
7. Cynthia Greene ($9,018)
8. Betty Jenkerson ($6,134)
9. Michael O’Gara ($5,575)
10. Teri Sall ($5,592)

**Our Corporate Effort**
Many thanks to the following local business members who worked together to raise over **$112,000** towards our 2014 Walk to Defeat ALS®

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<td>Sarah Jewett</td>
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<td>Heidi Wilcox and Luke Fowler</td>
<td>Comcast Spotlight</td>
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To learn more and participate in this effort in 2015, please contact Aubrey McCauley at AubreyMcCauley@alsa-or.org or 800.681.9851 ext 105.
The 2014 Ride to Defeat ALS presented by Alpenrose Dairy brought together over 400 riders, volunteers, guests and sponsors to further our mission of creating a world without ALS.

What a day we had! Cyclists were greeted by a sunny morning on moderately challenging but beautiful routes of 25, 50, 62 and 100 miles through the scenic landscapes surrounding Mt. Angel. The Family Fun Ride took our youngest supporters on a 3-mile loop through the town of Mt. Angel with fun activities throughout and ending with a Glockenspiel song and dance – as well as tasty ice cream provided by Alpenrose Dairy.

Our finish-line celebration was the perfect ending to an exciting day, with great performances by The Jim and Alan Show, a bounce house and fun kids’ activities, delicious food compliments of The Wooden Nickel, and beverages from Seven Brides Brewing and Seufert Winery.

Your participation helped create much needed awareness and helped blow our $125,000 goal out of the water.

We raised over $178,000 for the fight.

Congratulations on the following achievements!

**Top 5 Fundraising Teams**
1. TEAM LIMEBERRY-VBC ($20,247)
2. Fred’s Friends ($16,940)
3. Ken’s Kismet ($14,999)
4. Flying Mavericks ($5,339)
5. Team Thrive ($5,740)

**Top 5 Individual Fundraisers**
1. Julie Nelligan ($13,750)
2. Ken Feldhaus ($7,310)
3. Dale Luoma ($4,640)
4. Devin Bowen ($4,205)
5. Laura Reilein ($3,240)

Many thanks to our sponsors:

Seven Brides Brewing, Nossa Familia, Franz Bakery, Voodoo Doughnuts, Western Bikeworks, Fall Line Sports, United Salad Co., Riders and Sliders, Seufert Winery, and Wooden Nickel Catering.

Interested in participating in 2015? Let us know at ride@alsa-or.org.

Save the Date for July 18, 2015 at the Mt. Angel Festhalle as we continue to ride to defeat ALS!
Hit the slopes with us in 2015!

The chill in the air alludes to one thing...snow season is approaching! Dust off your skis or snowboard and mark your calendar for **Saturday, April 11, 2015 at Mt. Hood Meadows**. The Ski to Defeat ALS, in its fourth year, promises to be an event not to be missed.

With fundraising challenges, vertical feet challenges, and an overall great time, join us as hundreds of skiers and snowboarders will hit the slopes with one goal in mind – defeating ALS.

**Here’s all you need to know:**

- **Registration** will open in January. If you are interested, you can let us know today by calling 800.681.9851 x107 or emailing us at ski@alsa-or.org. We will make sure you are one of the first to sign up!
- **NEW this year!** Register before February 1st, 2015 and your registration fee is only $50 for non-season pass holders and $15 for season pass holders. Register between March 1st, 2015 and April 3rd, 2015, your registration fee is $75 for non-season pass holders and $25 for season pass holders. Day of registration is based on availability and will be $100 for non-season pass holders and $35 for season pass holders.
- **Also NEW this year!** Only registered participants ages 11 and older will need to meet the required $150 fundraising minimum. Children 10 and younger are encouraged to fundraise, but not required.
- You can form a team and then invite your friends and family to join you! Or you can just come by yourself! No matter what, you will have a fun time!
- At the event, you can expect three tasty meals, an awards celebration complete with alcoholic and non-alcoholic beverages (two alcoholic drinks per adult participant are part of your package), entertainment and so much more!
- We’ll also be tracking your vertical feet, so get as many runs in as you can and take home a travelling trophy! We have separate categories for men, women, and an overall team trophy.

**Fred Noble**

**Ski to Defeat ALS Honorary Chair, 2012 – 2014**

Fred’s spirit continues to embrace our community as we work feverishly to defeat ALS! In his remembrance, we will award “The Noble Spirit Award” at each Ski to Defeat ALS as a tribute to his dedication and zest for life. Those to be considered for this honor will work tirelessly, in Fred fashion, to raise awareness, encourage participation and with enthusiasm and determination, successfully support The ALS Association.

“Make the world a better place for others, and you make the world a better place for yourself.”

~Fred Noble, 1937-2014
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
Angelene Adler
Mary Beth Baker
Jeff & Trina Bandelow
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 & Julie Haug
Randy* & Debi Kyte
Michael S. Lamont*
Al Lee
Lou & Jocelyn Libby
Brian & Aubrey McCauley
Douglas & Claudia McClure
Ralph & Susan Nicholson
Fred Noble*
Steve* & Teri Sall
John & Barbara Seibert
Corliss Sherry
Nancy E. Shire
Laurie Speight*
Elisabeth Twist

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

Congrats Michele & Charlie!

Congratulations and our sincere gratitude to Michele and Charlie Stevens who completed the Portland Marathon on a HIGH note! They signed up to run in honor of their husband and father, Dick, who is living with ALS. With the help of their friends and family, they also raised over $34,000 in the fight against ALS!
Volunteer Spotlight - Tony Halford!

When Tony Halford learned about our Ride to Defeat ALS in 2012, he immediately jumped on board. A chance to tie his passion for cycling with his passion for ALS research, it was the perfect opportunity to do something he loved while honoring the memory of his mother, Judy Halford. The Ride opened up a world of opportunities for Tony, and he chose to get on board full force not only by participating in our events, but by volunteering to help make them happen.

You may find Tony at our office helping to load a van for the auction, or sharing his ideas at a Ride committee meeting, or taking photographs at our Walk to Defeat ALS®. He may be found at a local fair hosting a booth as an ALS representative, or stuffing envelopes. Tony is a caring, passionate, ALS supporter and truly a wonderful volunteer to have on our team. We are excited to feature his story this Fall.

“When my Mom was diagnosed with ALS, I was told that nothing can be done about this disease. I thought, “The hell there isn’t!” Volunteering is what I can do to help defeat ALS! The ALS Association of Oregon and SW Washington does such an incredible job helping families with ALS, that they inspired me to get more involved.

As a cyclist and photographer I’ve found many ways to use my skills to fight, and create more awareness for this disease. Now with this summer’s Ice Bucket Challenge, I find it easier to rally for help because there is a broader understanding of ALS. I see much more empathy for our cause, and people are more willing to help out.

I know there will be a cure. I also know that volunteering will be a huge factor in getting there. I want other family members and friends of ALS victims to get involved. In this way they will know that they were a part of the cure too.”

Getting involved is a truly impactful way to enhance the lives of those living with ALS, and helping us create a world without it. Every task Tony does, no matter the size, truly make a difference.

We thank you, Tony, and know your mother would be so proud.

Celebrating Our Veterans!

This Veterans Day, November 11th, 2014 we urge 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 and dying from the disease 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 dying from ALS 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 full 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 http://www.alsa.org/advocacy/veterans/

We urge all veterans living with ALS to visit this site, upload your photo and share your story!
Ice Bucket Challenge at Work

The ALS Association has funded significant research milestones in the fight against ALS, including:

- The groundbreaking discovery of a genetic abnormality that is, to date, the most common cause known of ALS and FTD.
- The recent exciting finding involved in familial ALS shows how two proteins work together to buttress the survival of motor neurons.
- Discovery of the ALS gene, SOD1, responsible for 20 percent of all inherited ALS cases.
- Discovery of ALS6 in 2009, a new gene responsible for about 5% of all inherited ALS cases.
- The first clinical trial of ISIS-SOD1, a new drug that specifically targets the SOD1 gene.

Many thanks to the Ice Bucket Challenge, here are additional commitments to ALS research as of October 2, 2014:

The Neuro Collective

The ALS Association announced its financial commitment of $5 million to The Neuro Collaborative in an effort to develop and expedite therapeutic approaches for ALS. The Neuro Collaborative will combine the efforts of three leading California laboratories focused on ALS: The Svendsen lab at Cedars-Sinai in Los Angeles, the Cleveland lab at the University of California San Diego, and the Finkbeiner lab at the Gladstone Institutes, which is affiliated with UCSF.

The goal of the Neuro Collaborative is to discover and develop potential new therapies for ALS, which can be delivered to pharmaceutical companies for further development in clinical trials. Early development of potential therapeutics is a major bottleneck in ALS therapy development and represents a significant opportunity for accelerating new treatments.

Project MinE

The ALS Association announced its financial commitment of $1 million to Project MinE, an international effort to sequence the genomes of at least 15,000 people with ALS. The funding will be used to bring this effort to the United States, under the direction of researchers at University of Massachusetts Medical School in Worcester, Mass., and Emory University in Atlanta, Ga.

Project MinE is based on the fact that genes are thought to contribute, directly or indirectly, to most cases of ALS. Several important genes have been identified, but researchers suspect that many more, much rarer, variants that affect the risk for ALS are awaiting discovery. Conventional gene discovery techniques are limited to genes that can cause ALS all by themselves and display a familial inheritance pattern. Rare variants that contribute to ALS risk require new gene discovery techniques. Sequencing the entire genome of many people with ALS will allow these rare risk variants to be found much more readily. Once these are in hand, they can become the basis for new understandings of the disease and new therapeutic strategies.

Recognizing the key role that large-scale whole-genome sequencing has to play in finding new treatments for ALS, The ALS Association will fund Project MinE in the United States with the goal of eventually sequencing the genomes of 1,000 Americans with ALS. The project will be under the direction of John Landers, Ph.D., at UMass Medical School, and Jonathan Glass, M.D., at Emory University.

Sequenced genomes will become part of an international ALS genome database and made available to ALS researchers for investigations into the causes of ALS. In addition, Project MinE researchers will collect tissue samples that can be used for development of stem cell lines, a key tool in ALS research.

ALS Accelerated Therapeutics (ALS ACT)

The ALS Association announced its financial commitment of $10 million to ALS Accelerated Therapeutics (ALS ACT), a new collaborative project that will accelerate development of new treatments for amyotrophic lateral sclerosis. The ALS Association's funds are being matched by an additional $10 million from The ALS Finding a Cure Foundation.

The ALS Finding a Cure Foundation is led by Peter N. Foss, Lee Rizzuto and Denis Rizzuto. The foundation was created in April of 2014 and is a tribute to Christie Rizzuto, who was diagnosed with ALS five years ago at age 41. Christie is the wife of Denis Rizzuto. This foundation is a part of the Leandro P. Rizzuto Foundation, a private foundation created and funded by Mr. Rizzuto, owner of Conair and Cuisinart.

ALS ACT is a novel academic-foundation-industry partnership to accelerate treatments for people living with ALS. In partnership with the recently formed The ALS Finding a Cure Team, composed of researchers from General Electric (GE) Healthcare and four academic Northeast ALS Consortium (NEALS) sites, ALS ACT will enact a multi-pronged approach to expediting clinical trials in ALS. Merit Cudkowicz, Co-Chair of NEALS and Chief of Neurology and the ALS Program at Massachusetts General Hospital (MGH), notes that these efforts will accelerate diagnosis, speed development of new treatments for people with ALS, and break down road blocks to finding cures for people with ALS. Efforts will include the following:

- Development of neuroimaging tools as potential biomarkers for ALS progression, a key unmet need in trials. This initiative will leverage key contributions from GE in imaging technology and researcher expertise in developing new approaches to tracking neurodegeneration in the brain.
- Acceleration of the development of new therapeutic approaches for ALS. Initial strategies will focus on decreasing the production of misfolded proteins within motor neurons and reversing neuroinflammation within the central nervous system, two major contributors to the disease process.
- Overcoming key roadblocks in the search for therapies through a challenge grant program.
- Support for new phase IIA pilot clinical trials using biomarkers and the NEALS consortium infrastructure. Biomarkers have the potential to speed clinical trials, and depending on the marker, may provide unambiguous evidence for a treatment’s ability to slow disease progression or confirm that the therapy reached its intended target in the nervous system.
To accelerate research, data and resources from ALS ACT-supported studies will be openly shared with other ALS researchers.

**New York Genome Center’s Consortium for Genomics of Neurodegenerative Disease (NYGC CGND)**

The ALS Association announced its financial commitment of $2.5 million to support the New York Genome Center’s Consortium for Genomics of Neurodegenerative Disease (NYGC CGND). The ALS Association’s funds will match a $2.5 million gift from The Tow Foundation in support of this initiative.

The New York Genome Center, a state-of-the-art consortium, possesses the capability of generating and analyzing thousands of ALS patient DNA sequences. NYGC brings a wealth of knowledge combining the latest technology with esteemed Institutional Founding Members, Associate Members, a Founding Technology Member and internal faculty with joint appointments at the member institutions. The mission of the NYGC-CGND is to harness state-of-the-art genetic, genomic and bioinformatics tools to gain insights into motor neuron disease mechanisms and to use this knowledge to identify new diagnostic and therapeutic approaches to these devastating diseases. Funding by The ALS Association will further the work of the Center as it combines the expertise of the scientists at the NYGC founding institutions as well as scientists at Harvard/MGH, and the University of Pennsylvania Medical School, dedicated to discovering the genetic underpinnings of ALS. The Consortium will use its state-of-the-art whole-genome sequencing facility to discover new genomic contributors to ALS, discoveries that can then serve as the starting point for development of novel therapies.

As part of its mission to bring this type of “big data” approach to ALS discovery, the Center will serve as a repository for all published and unpublished DNA and RNA sequencing data that pertains to ALS and provide tools to the larger ALS community to analyze, curate, and query the data.

### The National ALS Registry

**Learn How You Can Help Researchers Find Answers to Critical Questions**

The National ALS Registry is a nationwide research project created to identify cases of ALS throughout the United States and collect vital information leading to the cause, treatment and cure of this fatal neurodegenerative disease. Recently, the first report generated from the National ALS Registry was published by the Centers for Disease Control (CDC) and identified 12,187 people living with ALS in the United States, which means about 4 people out of every 100,000 live with ALS. Further the data reveals the disease was more common among males, whites, non-Hispanics, and people aged 60 - 69; White men and women are about twice as likely to develop the disease as black men and women; and the disease is more common in men than women, with a ratio of men to women of 1.56.

The report represents the first ever population based estimate of the number of people living with ALS in the United States and included information collected during the ALS Registry’s first year of operation, from 2010 - 2011. This is the first step in what is a long term research project that not only can tell us how many people have ALS, but more importantly why they have it. However, further enrollment of people living with ALS is critical to the success of the Registry.

Anyone with ALS can sign-up and all you need is a computer with internet connection and an email address. If you need help a caregiver or others can help you in person or even over the phone. The survey will collect basic demographic information (age, sex, height, and weight), military history, physical activity and family history. Importantly, your information is private. Only the approved registry scientists can see it, NOT employers, insurers and you CANNOT be looked up by name in the Registry. Every six months, your information will be updated and you will be reminded via email.

PALS from our chapter have registered with the National ALS Registry as Michael Eichman, one of our Chapter’s PALS and ALS Advocate reflects: “I believe that given my circumstances having ALS I find meaning and purpose in living to help find cures for this disease. The National Registry is an easy and almost effortless way to contribute to research. It’s hard to find ways to give back in the circumstances living with ALS and this is a wonderful opportunity to pay it forward and help those who follow us. Please consider joining the effort and contributing something we all have to give”.

For more information and to register with the National ALS Registry, visit [www.alsa.org/registry](http://www.alsa.org/registry) or call our office for assistance.

### Statement on Embryonic Stem Cells

The ALS Association primarily funds adult stem cell research. Currently, The Association is funding one study using embryonic stem cells (ESC), and the stem cell line was established many years ago under ethical guidelines set by the National Institute of Neurological Disorders and Stroke (NINDS); this research is funded by one specific donor, who is committed to this area of research. In fact, donors may stipulate that their funds not be invested in this study or any particular type of research.

Many labs have replaced ESCs with induced pluripotent stem cells (iPS cells). These iPS cells begin as adult human skin cells but are then reprogrammed to become stem cells, which are then ready to become other cells types.

### Statement on Animal Testing

Significant advances have been made in ALS and other neurological disorders such as Alzheimer’s Disease and Parkinson’s Disease using model systems such as rodents, flies and worms to better understand disease mechanisms and to develop therapies. With advances in technology made possible through research funding from The ALS Association, different approaches to minimize the use of these model systems are being developed. Similar to organizations globally, The ALS Association supports laboratories and scientists that strictly adhere to the guidelines provided by the National Institutes of Health. The Association is committed to honoring donor intent. If a donor is not comfortable with a specific type of research, he or she can stipulate that their dollars not be invested in that particular area.
Caregivers Voice: Denise Allen

My partner Mary DeWitt and I met in the fall of 1996 in an AOL chat room, where we quickly became friends. We chatted off and on via email and the phone, then lost contact for several years. In 2003, Mary tracked me down, we started talking again, and finally realized that our paths were meant to be intertwined in a deeper way. She moved to Long Beach, California where I was living, and my three nearly-grown kids soon adopted her as “SuperMom”. In November of 2007 a job opportunity opened up for me in the Portland area and we made the move. Mary was thrilled to be back in the Pacific Northwest where she had been raised, and we both loved living close to a nature center, where we could walk together in the woods. In July 2012, we were able to find a rural home on two acres and started to work on our plans to turn it into our dream place when things came to a screeching halt.

Mary had been diagnosed with fibromyalgia in 1997, and with rheumatoid arthritis in 2005. When she started developing more fatigue, muscle weakness and joint pain, we attributed the symptoms to those diseases. Then other symptoms started to crop up that didn’t fit with either of those diagnoses: increased memory fog, shortness of breath, muscle spasms, and large numb patches on her back. Her brother had just been diagnosed with MS, and since she had always thought her mother had died from MS complications (in 1969), she was referred to a neurologist for testing. It was nearly a year before MS was ruled out, and by then her headaches, weight loss, shortness of breath and leg/arm weakness were much more pronounced. She was diagnosed with Motor Neuron Disease/ALS in December 2013. Even though we both had known that was a possibility, the diagnosis was devastating. We tried to keep a positive outlook, and admittedly Mary has done a much better job of that than I have. In the last ten months, Mary has gone from walking with a cane to being unable to bear any weight on her legs. She uses an AVAPS 24/7, spends her days in a power wheelchair, and gets the majority of her nutritional needs met via a feeding tube; now we are looking at communication options as she begins to lose strength in her voice.

Having no family or friends nearby has been challenging; everyone is in another state. We have been fortunate that family members and some friends have been able to come and visit over the last six months, helping out where they can and providing emotional support and comic relief.

For Mary, these last 10 months have meant an incredible amount of change, forcing her to develop trust in the midst of vulnerability, of literally putting her life in the hands of agency caregivers every day so that I can continue to work and keep our home. For me, it has been a constant fight to keep myself together while I go head to head with bureaucrats, ignorance and arrogance to get her the services and support she needs. We have been through quite a few caregivers and home health nurses who could not keep up with the changes or who thought they knew what was best without listening to Mary and observing her changing needs.

I have found the monthly Caregivers’ Support Group to be an incredible source of strength and knowledge for me. It was hard to walk in the first time, but I was immediately welcomed and learned so much that I attend as often as possible. All of our PALs progress at different rates and patterns, and have different needs; sometimes you are asking questions, and sometimes you find you are the one with the answers. If you are a caregiver, and you haven’t yet been able to attend a Caregivers’ Support Group meeting, I strongly encourage you to attend at least two or three times before deciding if it is the right place for you. On a more daily basis, I have found my support in a Facebook group for caregivers where we ask questions, vent frustrations, gain tools to advocate for our PALs and share the joys.

The staff of the ALS Association of Oregon and Southwest Washington have been amazing to us as well. The emotional support and advocacy available by email and phone are incredibly helpful, and the equipment loan closet has been critical as Mary’s equipment requests make their way through weeks or months of bureaucracy. And we can’t say enough...
(Caregivers Voice continued)

about the staff at the Providence ALS Center who are guiding us through this journey and supporting whatever needs arise. Our families and friends took on the Ice Bucket Challenge and made their donations to the Oregon/SW Washington chapter, knowing that they were helping us and others in our community even though they can’t be physically here to support us as we all wish they could.

I am trying to walk this journey one day at a time, and although I am not always successful, I continue to strive for what balance I can find. I am trying to find ways to take care of myself in the midst of constant change. I am trying to trust that something bigger than myself is supporting me, and will continue to support me as we walk this journey together.

National Family Caregivers Month
We Recognize All That You Do.

November is National Family Caregivers Month and is an opportunity to bring awareness to family caregivers, educate others of the value and responsibilities of caregivers and empower caregivers with knowledge, support and recognition.

Coping with ALS
Just as ALS onset and progression vary with each person, each family is unique in their response to caregiving and seeking support and education. By virtue of the progressive nature of ALS, people living with ALS and families must continually find effective ways to cope with the symptoms of the disease and to the caregiving required. For many just coming to terms with the need for receiving help from others – the need for a caregiver can be something most people are very slow to accept. It is emotionally difficult to receive intimate care from one’s spouse, children, or parents. Even the start of personal care by a professional nurse or aide requires time, patience and understanding. However, the challenges associated with caregiving are not limited to the person with ALS; the caregiver, especially the family caregiver – spouse, partner, adult child, parent, brother, sister — needs acknowledgement and support in the process of starting and maintaining the care-providing relationship. Unlike most formal service providers, family caregivers provide care day and night, over weekends and on demand. Caregiving can include personal care, assistance with mobility in the home, transportation, housework, and grocery shopping, along with looking after other family members’ needs. Caregivers are often employed outside the home and may be the primary source of household income which adds even more demands, responsibilities and stress.

Care for the Caregiver
Over time, caregiving exacts an enormous emotional toll, and can adversely affect the caregiver’s physical and psychological health, threatening their ability to continue providing care. Concern for the ALS loved one often causes the caregiver to overlook her/his own needs – eating properly, getting enough rest and taking time to pursue one’s own interests. Emotional needs are sometimes more difficult to spot and address. Caregivers may experience sadness at their loved one’s deterioration, guilt for not being perfect, anger at the burden of responsibility, frustration, depression, and dismay at the endless round of daily chores, even uneasiness and disappointment in their perceived change of relationship with their spouse or parent. Feeling isolated and alone adds additional stresses, so seeking out someone to talk to who is already familiar with ALS and its impact can have tremendous benefit in receiving support and being heard. For many a trusted friend, a faith community, or Caregiver support group can be the answer. Additionally, connections with a social worker, nurse or counselor can also help to sort out feelings and help provide education about resources in the community.

Caregiving often is willingly undertaken out of love and devotion to a family member or spouse and can be a source of great personal satisfaction. As Georgia Solomonson, a member of our Portland Support Groups shares, “John was diagnosed in 2007 and fortunately I was eligible to retire that same year. For about the last four years John has required full time care such as hygiene, dressing and feeding. So, when friends and family see him he is dressed and ready to roll which is kind of deceiving realistically compared to what it takes everyday to get him there.” “And yet” she reflects “You can’t put a value on what is given to another person that you love - it overflows and never empties.”
Bringing you the latest news on fighting Lou Gehrig's Disease in Oregon and SW Washington.

MONTHLY SUPPORT GROUP SCHEDULE

SOUTHWEST WASHINGTON REGION
Second Wednesday of every month
4:00pm - 5:30 pm
Southwest Washington Medical Center Memorial Campus
Fir/Willow Conference Room, Basement Level
(Enter building through Urgent Care entrance. Take elevator to Basement, Conference room is to the left.)
100 E. 33rd St. (Just off Main St.)
Vancouver, Washington
For more information and directions contact:
Rachelle Preston, MSW at 800-681-9851 ext 110.

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, LMSW at 800-681-9851 ext. 101
or Clare Cross RN at 503-215-8580.

Westside Group
Third Wednesday of every month
3:00pm - 4:30 pm
Beaverton City Library
Cathy Stanton Conference Room
12375 SW 5th St
Beaverton, OR 97005
For more information and directions contact:
Rachelle Preston, MSW at 800-681-9851 ext. 110.

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 - 5:30 pm
Legacy Meridian Park Hospital
Health Education Center Room 106
19300 SW 65th Ave.
Tualatin, Oregon 97062
For more information and directions contact:
Lance Christian, LMSW at 800-681-9851 ext. 101

STATE CAPITAL REGION
Third Wednesday of every month
3:00pm - 4:30pm
Salem Hospital Community Health Education Center (CHEC)
930 Oak Street E, Salem, OR 97301
1st Floor, Building D, Room CHEC 1
Salem, Oregon
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.

WILLAMETTE VALLEY REGION
Second Wednesday of every month
3:00 pm - 4:30 pm
Hilyard Community Center
2580 Hilyard Street
Eugene, Oregon
For more information and directions contact:
Mary Rebar at 541-990-1246.

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

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:
Gail Gallaher at 541-292-8776.

Do you receive two or more copies of this Newsletter?
If so, please let us know. Help us save valuable resources in both printing and postage costs.
Contact Maggie at 800.681.9851 ext 103 or info@alsa-or.org.

Thank you for helping us update our databases.