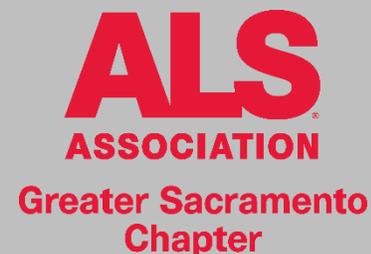


The ALS Association Greater Sacramento Chapter Newsletter

Your Monthly Resource for the ALS Community
in 24 Northern California Counties

December 2017



A Note from the Executive Director

Season's Greetings!

With the new year upon us I want to thank you for your commitment to the ALS community and for all that you do to support local care services in the Greater Sacramento region. As a key stakeholder in the fight against ALS your contributions of time, talent, and dollars make the difference in everything

that we do.

Thanks to your monetary contributions, we've advanced the fight against ALS and introduced the first new drug treatment to be approved in 22 years. As a result, we know our patients will live longer lives, giving them hope that additional treatments will quickly follow. Until then, every dollar you give goes to support the programs and services we offer, from the compassionate staff that help families process and navigate the disease to free loaned durable medical equipment & augmentative speech communication devices, multidisciplinary care, support group meetings, and our newest program PALS 4 Life which offers grants for in-home health, emergency transportation and durable medical equipment.

Just as valuable is the giving of your time, which helps us thrive at a time when our patients need more help than ever. Whether you volunteer at the office, a special event, or serve in a leadership capacity on the board of directors your time is precious, we know it, and we're extraordinarily grateful for your partnership. As we continue to hit major milestones in the fight against ALS, I am comforted knowing you're by our side.

Wishing you and yours much love, laughter and cheer over the holidays!

All my best,

Amy

PS. To make your annual contribution in the fight against ALS, please [click here](#).



Balas Begins Role as President and CEO of ALS Association

Washington, D.C. (December 7, 2017) — The ALS Association today announced that Calaneet Balas has begun her role as President and

CEO. Her appointment marks the culmination of an orderly transition that was announced earlier this year. Balas previously served as the Association’s Executive Vice President for Strategy.

“Calaneet is the perfect person to lead The ALS Association forward in our efforts to find treatments and a cure for ALS, while empowering people with the disease,” said Stephen Winthrop, Board Chair of The ALS Association. “Calaneet brought considerable experience leading organizations with her to The ALS Association and she has since been critical to integrating our core mission areas – research, care services, and advocacy.”

Balas was hired in June 2016 to oversee the integration of the organization’s research, care services, and advocacy missions. She had previously served as CEO of the Ovarian Cancer National Alliance. In this role, she successfully collaborated with a partner organization to create the largest global organization dedicated to ovarian cancer research, advocacy, and patients. Her extensive experience also includes roles at the Arthritis Foundation, where she was Chief Strategy Officer of the Mid-Atlantic Region and President and CEO of the foundation’s Metro DC Chapter.

“It’s a tremendous honor to take on this new role leading our dedicated staff, chapters, and volunteers, who are working tirelessly on behalf of people living with ALS,” Balas said. “I’m grateful for their support and I look forward to continuing to work with them to serve and empower people with ALS.”



Happy Holidays!



ASSISTED

297

ALS FAMILIES

Over 4,500 TIMES

\$27k



IN MONETARY GRANTS

PROVIDED TO

ALS PATIENTS

340

PATIENT VISITS

To The ALS Association Certified

MULTIDISCIPLINARY CLINICS



IN Sacramento to receive medical care and to help manage symptoms

41

HOME VISITS



MADE TO

ALS PATIENTS

219



Wheelchairs, Speech Communication Devices & Aids for Daily Living were loaned to patients in need.

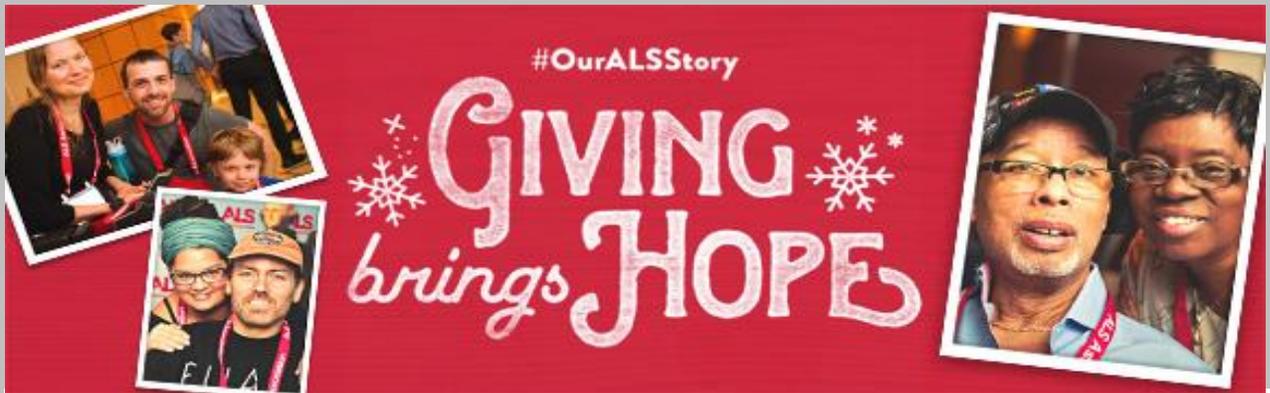
28

SUPPORT GROUP MEETINGS HELD



SERVING 335 PATIENTS & CAREGIVERS

THANKS FOR MAKING IT ALL POSSIBLE!



You have the Power to Create a World Without ALS



Your support is to the fight against ALS. I hope you'll consider making a tax-deductible gift today to help ensure continued support for patient care, innovative research, and policy efforts all aimed at treating and curing ALS as quickly as possible.

Thank you for making ALS a priority. Please consider a special year-end gift to reach the ultimate goal: treatments and a cure for ALS. [Tax Deductible Donations Made Here.](#)



**'Super
Positive' ALS
Advocate
Inspires
Those
Around Him**



Doug Clough is a fearless ALS advocate from Gilbert, Ariz., who has made it his mission to make a huge impact on people living with ALS. Despite his ALS diagnosis in April 2014, he keeps going. He is involved in ALS advocacy in every way possible, from participating in The ALS Association National Advocacy Day to serving on the National ALS Registry task force to becoming a Northeast ALS Consortium (NEALS) Research Ambassador to participating in an ALS clinical trial, and this year being awarded the Iron Horse Award.

Today, we are pleased to be joined by Doug who shares his story how he uses his endless energy to live life to its maximum potential. Doug has always been active, but having ALS gave him a new life purpose.

“I will do anything to help spread awareness for ALS and what it means for those of us diagnosed with it,” he says. “ALS has sharpened my life focus, which has resulted in a HUGE IMPACT in my life, and I hope in others as well.”

When asked what makes him unique, he quickly responded, “I am super positive. I have always approached life with a positive attitude and ALS has not changed that. If anything, it has improved it!” Doug is also very competitive, which stems from his mother’s impressive work ethic. He says, “Competitors do not like to lose, but they will lose some time during their life. How they respond is very telling.”

Help the thousands of ALS advocates like Doug across the country get access to the care they need to live with ALS and not just have ALS. [Donate now!](#)



We Need Your Help:
Volunteer Opportunities Available!

If you’re interested in volunteering for one of our upcoming special events, or in our office, we need your help! Please contact Trish Ellis with any questions or to volunteer for an event 916.979.9265 or tellis@alssac.org.

RUN FOR A CURE 1/6/17



[Click Here to Start a TEAM Today!](#)

Make your New Year's Resolution to Strike out ALS while getting in shape! Join us on Saturday, January 6, 2017 at Sculpture Park in Roseville for a run through the pristine wetlands of Roseville.

The course trails are for beginners and athletes in training. Professionally timed 5K and 10K options are available, as is a free Kid's Fun Run starting at 8:30 am. For more info please call Wendy Ehlen @ at 916-300-3758.

[To Register Please Click Here.](#)



pALS, cALS, Family, and Friends

**Please join us for the
Annual Holiday Luncheon**

Saturday, December 16 2017

11am-1pm

Capital Christian Center—The Parlor Room

9470 Micron Ave, Sacramento

RSVP by December 13th

919-979-9265 or nwakefield@alssac.org

⇒ *Please bring a favorite dish to share
and an ornament for the ornament exchange*

⇒ *Special performance by Desiree Inocencio,
singing her new inspirational song,
Attack Life Smiling (as seen on YouTube)*



one dollar
DIFFERENCE

Interested in Hosting a Special Event?

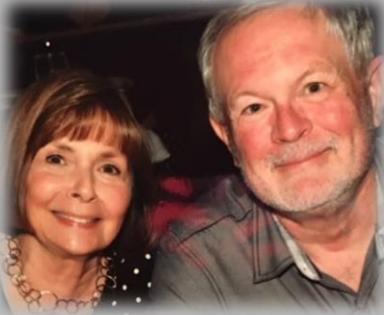
You too can bring ALS awareness to your community! You can host an event or create a One Dollar Difference Campaign. The sky is the limit as to what you can do to raise awareness! [Click here](#) to get started today or call us at 916-979-9265.

Thank You Bergelectric!

We want to thank Bergelectric in Rancho Cordova for choosing the ALS Association Greater Sacramento Chapter as the beneficiary of their Annual Cornhole Tournament! They raised \$7,300 through their Charitable Foundation to benefit programs that support the ALS Community!



Mission Moment:



Our December Mission Moment features, Linda Hays, volunteer extraordinaire! Linda exemplifies what it means to serve the mission of The ALS Association with her unwavering commitment to the patient and caregiving community.

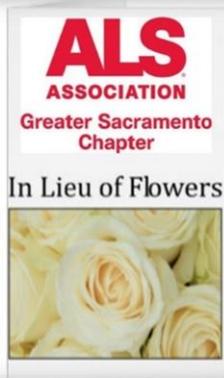


Her warrior spirit came to us when her brother Joe was diagnosed with ALS at the age of 39. Her conviction to help her brother was never a question in her mind, Linda had spent their lifetime acting as Joe's mother because their biological mom passed away when Joe was 2 years old. They spent his final days together in Linda's home, with her wonderful husband Dave, and her two children helping to care for Joe. The experience left them grateful for the significant gifts that they all received as a result of caring for Joe, and she wholeheartedly believes the experience contributed to her children becoming the fine adults they are today.



After Joe's passing Linda continued to attend support group meetings and organically shifted her role to one of was receiving support to one of giving to others who were experiencing the losses of ALS daily. Our goal of finding a cure for ALS is only possible when we partner with the community, and individuals like Linda Hays and her family step up to help.

Linda's spirit is contagious and with a heart so BIG we have to honor her over the holidays with the Mission Moment. Thank you Linda, for always being that bright light that shines at every Sacramento Support Group Meeting. It means the world to all of us at the Chapter, but more importantly to the families currently living with ALS.



In Lieu of Flowers

We would like to thank all the families who support The ALS Association, Greater Sacramento Chapter as a charity beneficiary in lieu of flowers. Gifts made in memory of your loved ones allow us to continue to offer local programs and services to the ALS community.

Please note: All gifts must identify the ALS Association, Greater Sacramento Chapter as the beneficiary and include the address: 2717 Cottage Way, Suite 17, Sacramento, CA 95825. You can also direct

donors to our website at: www.alssac.org



Start a Caregiving Community of Your Own!

The ALS Association's "Care Connection" program is designed to match caregivers' needs with friends and family who want to lend a hand.

Care Connection helps identify a "family point-person," someone other than the caregiver, who will take the lead in coordinating friends and family

to help. After speaking with the caregiver, the family point-person will use the Care Connection's private, online calendar to list the family's needs. Only those invited to help will be able to access the calendar online, and when they do, they can sign up for particular tasks. **To take advantage of this helpful resource, please contact our chapter for information at 916-979-9265.**



Shop Till You Drop and Support The ALS Association Greater Sacramento Chapter

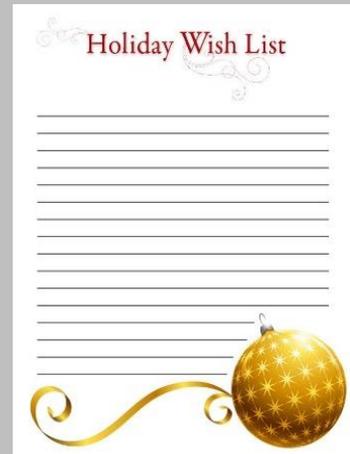
Through the Amazon Smile program, Amazon donates a portion of your order purchase price to your favorite charitable organization. To shop at AmazonSmile, simply go to smile.amazon.com. Your account is exactly the same on Amazon.com and AmazonSmile so your login and password, shopping

cart, Wish List, wedding or baby registry, and other account settings are the same. On your first visit to AmazonSmile, select ALS Association, Greater Sacramento Chapter as the charitable organization. Every eligible purchase you make at AmazonSmile will result in a donation to the Sacramento ALS Association. Additional information about AmazonSmile can be found at <http://smile.amazon.com/gp/chpf/about>.

Chapter Holiday Wish List

Do you want to make an in-kind donation to our Chapter to help keep overhead costs down, but you don't know what we need? Here is a list of items we are looking for:

- Postage Stamps
- Office Supplies, paper, pens, highlighters
- Gift Cards (Target, Office Max ,etc)
- Starbucks/Doughnut sponsors for support group meetings
- Bottled Water for support group meetings



Please contact Trish Ellis at tellis@alssac.org or 916-979-9265 if you have any questions about items we accept.

Stay up to date on Chapter activities & events through social media! Look for us on Twitter, Facebook, and Instagram or simply click on the following links to join the movement.

