



This Year's 10 Biggest Advances in ALS Research

In 2016, a significant number of ALS research discoveries, advances in clinical trials, collaborations and strategic initiatives all accelerated the pace of discovery in finding treatments and a cure for ALS.

We've pulled together what we think are **10 of 2016's biggest advances in ALS research** that gave us, and people living with ALS, hope this year! [Click here](#) to see the list.

care corner

Welcome Dr. Gupta!

Dr. Rajesh Gupta is a new neurologist who will provide care to people with ALS in the Comprehensive Treatment Clinic (CTC) at Sanford Health Fargo. He joins Dr. Kara Eickman in serving those with ALS in North Dakota and northwestern Minnesota.

Dr. Gupta has extensive training in various neurological disorders including ALS at various institutions such as Massachusetts General Hospital, Boston Children's Hospital, Lahey Hospital and the medical center and hospitals affiliated with SUNY Buffalo. His commitment to patients is outstanding and he loves to be a partner in patient's care.

The ALS Association, MN/ND/SD Chapter welcomes Dr. Gupta to this excellent clinic team.



hey volunteers

Minnesotans, South Dakotans, and North Dakotans Excel in Giving Back



According to the **Corporation for National and Community Service's data on 2015 volunteerism**, the people of the Midwest are some of the best in giving back to their communities. Minnesota is ranked second in the nation for volunteerism with 35.4% of residents volunteering. South Dakota comes in fourth with 35.3% and North Dakota is 15th with 30.6%. The Minneapolis St. Paul Metropolitan area leads the way of large cities with the greatest percentage of resident volunteering – 37.1%. Fargo, ND and Sioux Falls, SD show up on the mid-size city list at 12th and 18th respectively.

Duluth, MN Area Volunteers Needed the Evening of Saturday, February 4

We need enthusiastic people who are comfortable interacting with others to help during the celebration dinner that ends the **Black Woods Blizzard Tour**. If you're free from 3:30 pm – 11:00 pm and can check guests in and out, sell raffle tickets, or help with our wine wall, we want to hear from you. By volunteering, not only will you support an event that's on track to raise \$1 million dollars for ALS research and the programs and services we provide, you will also receive drinks, snacks, and dinner for your time.



Want to Connect Directly with Someone? Become a Family Assistance Volunteer

Through the Family Assistance Program, trained volunteers are paired with families affected by ALS to help with everyday tasks. With volunteer assistance, families report decreased stress and increased quality time together.

If you have some time to give and want to establish a relationship with someone with ALS, please consider joining this program. A list of our current requests, including location, frequency, and type of help requested, can be found on the [volunteer page of our website](#).



For more information or to express an interest in one of these opportunities, please contact Laura Winterstein, Volunteer Manager, at 888-672-0484 or volunteercoordinator@alsmn.org.

event news

Black Woods Blizzard Tour

The Single Largest Snowmobile Event in the World is about to happen, and YOU can help us reach our **\$1 Million goal!** Participation is full with 225 riders, but you can still make a difference. Your options include making a **silent auction donation**, coming to our **Celebration Dinner** on Saturday, February 4, or making a monetary donation to a specific rider or to the event. Contact **Sandy** or check our [website](#) for all the details!



2017 Walk to Defeat ALS Season is Here!

Welcome to the 2017 Walk to Defeat ALS season! We are looking forward to working with each and every one of you to personalize your event experience and help you become a top fundraiser. Register today for one of our Spring 2017 Walk events!

Mankato – April 29 at Sibley Park

Bismarck – May 6 at Sertoma Park

Rapid City – June 24 at Memorial Park Bandshell



Have questions or want to get a jump-start on your fundraising? Contact your Walk Coordinator:

All Dakota Walks – Chelsea Cronin (chelsea@alsmn.org or 605-274-0230)

All Minnesota Walks – Ashley Yoder (ashley@alsmn.org or 612-455-8330)

ALS SuperHero 5K/10K Dash

Calling all superheroes! We're excited to announce that we have a NEW Spring date for the ALS SuperHero 5K/10K Dash! Grab your cape, assemble your team and prepare to Dash out ALS on Saturday, May 6 at Lake Phalen Regional Park.

Register today using the code NEWYEAR2017 and get \$17 off your registration. Once you're registered be sure to **explore our website** for some great tips and tools to kickstart your fundraising!

Questions? Contact Ashley Yoder at ashley@alsmn.org or 612.455.8330.



research updates

21st Century Cures Act Signed Into Law!

After two years and much negotiation, Congress overwhelmingly passed and President Obama signed the **21st Century Cures Act**. The legislation included many provisions important to the ALS Community, including a delay of a Centers for Medicare and Medicaid Services (CMS) proposal to apply competitive bid programs pricing to Complex Rehab Technology (CRT) accessories. [Read more.](#)

