



Blizzard Tour Raises \$1 Million in Fight Against ALS!

The Black Woods Blizzard Tour celebrated its 18th year in grand fashion, setting a new record by raising more than one million dollars for The ALS Association, Minnesota, North Dakota, South Dakota Chapter. The three day snowmobile ride concluded Saturday, February 4, at a banquet dinner held at Cirrus Aircraft in Duluth, where event organizers unveiled a check with an astonishing total of \$1,133,900. Twins legends Terry Steinbach and Kent Hrbek, longtime participants in the event, were among the crowd of 550 that showed up at Cirrus to help put the Blizzard Tour over the million dollar mark.



"We're simply floored by the generosity and determination of this group," said The ALS Association's Executive Director, Jen Hjelle. "These 225 riders fundraise year-round, our sponsors and volunteers make it all possible, and then everyone comes together to show what this community is capable of. It's inspiring, and it goes a very long way in helping individuals and families who are living with ALS in our region."

For more information on the Black Woods Blizzard Tour and a full recap of this year's event [click here](#).

care corner

ALS Association Advocacy Day and Public Policy Conference

The ALS Association will be hosting our annual **ALS Advocacy Day and Public Policy Conference** May 14-16, 2017 in Washington DC. ALS advocates from across the country will join together to hold meetings with members of Congress and their staff to advocate on important issues facing those living with ALS.



In 2016, advocates helped secure the passage of the 21st Century Cures Act. The new law will provide billions of dollars to help accelerate the discovery, development, and delivery of promising new treatments by funding research and streamlining the drug review process; including, \$4.8 billion in new funding for critical research at the National Institutes of Health, the largest source of funding for ALS research; \$1.5 billion for the president's Precision Medicine Initiative; and \$500 million to the Food and Drug Administration to accelerate drug approvals. Importantly, the bill also will help preserve access to complex rehab technologies (CRT) power wheelchair accessories. It is a patient-focused, comprehensive bill that will advance the discovery and development of treatment for ALS.

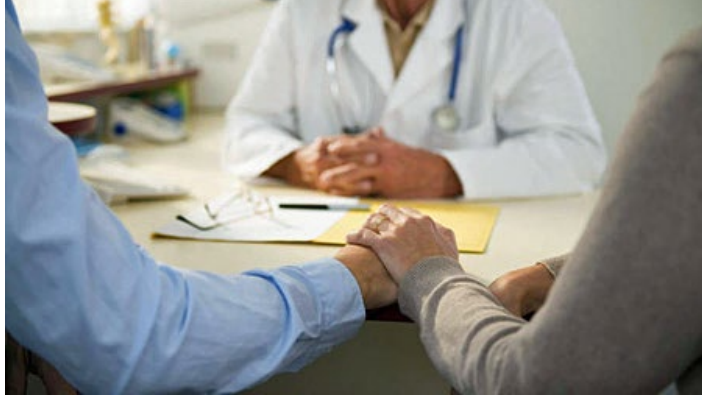


The ALS Advocacy Day and Public Policy Conference is open to everyone. If you have an interest in attending and sharing your story, please reach out to Jen Hjelle, Executive Director or Marianne Keuhn, VP of Care Services by email at info@alsmn.org or phone at 612-672-0484.

ALS Advocates lead the fight to defeat ALS on the frontlines. You can help bring us closer to a world without ALS by joining the dedicated network of ALS advocates nationwide. As an ALS advocate, you can help change the laws and policies that affect thousands of people living with ALS and their families.

You Matter Most - Complete a POLST

Many people have heard of advance directives, but have you heard of a POLST form? POLST, which stands for Provider Orders for Life Sustaining Treatment is a portable medical order that offers the ability to limit medical interventions such as CPR in the setting of a medical emergency. A POLST form can be completed along with your provider to reflect your health care goals in the event of an emergency. To learn more about these forms and what steps you can take to obtain your own POLST form, [click here](#).



hey volunteers

Female Volunteer Needed in Spicer, MN

A 59 year old woman living with ALS is looking for a female volunteer to help her in her apartment every other week for an hour or two. She would like the volunteer to clean, prepare freezer meals, and occasionally pick up groceries (volunteer will be reimbursed).

If you live in the area and want to make this woman's life easier, please get in touch! We would love to hear from you.

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 all 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

ALS SuperHero 5K/10K Dash

Superheroes assemble! Grab your super-sidekick and get geared up for the 2017 ALS SuperHero 5k/10k Dash at Lake Phalen Regional Park! Join your fellow crime-fighters and support individuals and families affected by ALS in your community.

Form a dynamic duo, register with your friend, and you both get \$10 off your registration! Just use the code SIDEKICK when you register online. [Click here](#) to get registered and kickstart your fundraising!

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



NEW
SPRING DATE
5.6.17

Kolar Toyota Walleye Tournament

The 22nd Annual Kolar Toyota ALS Walleye Tournament will be held on Saturday, June 3, 2017, on Island Lake, in Duluth, MN. Registration for teams of two is a minimum of \$400. Incentive prizes are available for individual anglers based on total donations raised. Incentive prizes start when anglers raise at least \$400 as an individual. Find out how you could win fabulous items for participating - including CASH PRIZES and prizes for our top Bass Challenge teams! Check out all the details on our website at www.kolartoyotawalleye.com. If you need more information or have questions, contact Sandy at 888- 672-0484, 612-455-8322 or sandy@alsmn.org.



Strike Out ALS



With baseball season right around the corner, now is the time to start thinking about making a pledge to **Strike Out ALS**! Carrier and the Minnesota Twins will generously be matching the first \$10,000 of pledges for every home game strikeout. Join our team and help make a difference in the lives of those living with ALS and their families. Together, let's strike out ALS! [Click here](#) to make your pledge, or find out more.

research updates

Upper Motor Neurons Contribute to ALS in Human Brain Tissue

ALS is characterized by the progressive loss of motor neurons both upper motor neurons (UMNs) and lower motor neurons (LMNs). Within the ALS scientific community there has been a debate how UMNs and LMNs contribute to disease. Dr. Ozdinler and team from Northwestern University's Feinberg School of Medicine in Chicago recently published a paper in Scientific Reports, a high impact journal published by *Nature*, further solidifying the important contribution of UMNs to disease specifically in people living with ALS. The ALS Association is pleased to support Dr. Ozdinler's studies that contributed to this important paper. Learn more [here](#).

