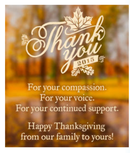
November 2015

ALS Association Minnesota North Dakota South Dakota Chapter

the Source
ALS news and engagement opportunities

November is National Family Caregivers Month!

The ALS Association again salutes those special people who serve as family caregivers during National Family Caregivers Month. The theme for this year's campaign is "care comes home." People living with ALS depend on the support of caregivers, many of whom are spouses, children, parents, friends and other loved ones, who put forth time, energy and effort to help meet patient needs.

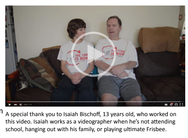


The Caregiver Action Network (CAN), formally the National Family Caregivers Association, began honoring family caregivers in 1994 during Thanksgiving week, which eventually led to the month of November becoming National Family Caregivers Month. According to NFCA, the value of the services family caregivers provide for "free," when caring for older adults, is estimated to be $375 billion a year, which is twice the amount spent on home care and nursing home services.

Caregivers of people with ALS face particular challenges due to the progressive nature of the disease. Caregiving is often willingly undertaken out of love and devotion, but over time it exacts an emotional toll and can adversely affect the caregiver's physical and psychological health. This month and every month, The ALS Association wants to say "thank you" to the thousands of people who take care of family members and loved ones with ALS, and empower them with resources to take care of themselves. These resources include **caregiving tips and hints**, **information on coping with burnout**, **respite care**, and more.

care corner

Each November we honor caregivers during National Family Caregiver Month. This year, we want to take a moment to recognize young caregivers. There are many young people across our chapter who are helping to care for their parents and grandparents. Meet Kieran, age 12, and see how he helps to care for his father who was diagnosed with ALS in 2012. Thank you to Kieran and all the young caregivers who are helping to care for a loved one!



A special thank you to Isaiah Bischoff, 13 years old, who worked on this video. Isaiah works as a videographer when he's not attending school, hanging out with his family, or playing ultimate Frisbee.

The University of Wisconsin- Milwaukee is doing a study on young caregivers and their families. Their goal is to learn how to improve support and services to young caregivers and their families dealing with ALS. To learn more or to participate in the study, **click here.**

Resources for Military Veterans, Families and Survivors

The ALS Association, MN/ND/SD Chapter is working every day to support people with ALS and their families, including those who have served in the military and are twice as likely to develop ALS as those who have not served.

Veterans are encouraged go to **our website** to learn about the benefits available, how to apply for benefits, and receive answers to frequently asked questions. If you are a veteran with ALS or the survivor of a veteran with ALS, you are encouraged to visit the **Wall of Honor** and share your story.

Now Online! Care Connection: A Way to Help Your Family Caregivers

So often, we want to help families dealing with ALS, but we don't always know the best way to do that. Can we make a meal? Help with household chores? Run errands? Care Connection is a program designed to match caregivers' needs with friends and family who want to lend a hand.

Recently, the program was upgraded to an online format to make it easier to access and keep track of! **Click here** to find out how you can get started today!

event news

Black Woods Blizzard Tour

The Black Woods Blizzard Tour "kicks-off" at two Kick-Off Parties this month. Join us at the Embassy Suites in Brooklyn Center on Thursday, November 12th or at Black Woods Banquet Center in Proctor on Thursday, November 19th. Both nights festivities start at 6pm. We'll have information about the full ride (380 miles) and half ride (230 miles), as well as have registration capabilities. To be safe, secure your spot by **registering online** today! Be a part of the Single Largest Snowmobile Event in the World! Contact **Sandy** for more information or check out our **website.**

2015 Walk to Defeat ALS Recap

We would like to offer our sincere thanks to everyone who attended and supported our Walk to Defeat ALS events in 2015. Our Chapter hosted 5,500 people at our Walks in 10 cities, in addition to one Walk to Defeat ALS Community Event in Dickinson, ND. **Check out** all the great Walk photos from across the chapter! Thanks to our wonderful supporters, over $845,000 was raised!

Please know that the time to support these events has not passed – we continue to work to raise money and meet our overall Walk goal of $954,000. Meeting this goal is vital to our programs and services, and we appreciate every dollar that supports the events. Additional donations are being accepted online, or you can mail your donations to our office.

We would like to extend a special thank you to our 2015 Platinum and Gold Walk to Defeat ALS Sponsors:
Platinum – Avera, Duhamel Radio, and Midcontinent Communications.
Gold – American Family Insurance, Rasmussen College, Regional Health, Spartan Nash, and Walser Foundation.

ALS SuperHero Dash

A SuperHero sized THANK YOU to all of the runners, walkers, volunteers and supporters of the 4th Annual ALS SuperHero Dash! The race held at Lake Phalen in St. Paul, Saturday, October 10th raised $62,000 and counting with over 600 participants. The SuperHero spirit was evident in the brilliant costumes, cheerful spirit of the Kids Dashers, and generous donations.

A special thank you to our Shazam! Sponsors:

FOX NORTH iHeart

Northwestern Mutual The Obvious Choice

TitleSmart, Inc.

Also thank you to our Zap! Sponsors: American Family Insurance, DIVI Up, and Wells Fargo

Be sure to **check out** the great SuperHero costumes and photos from the day!

hey volunteers

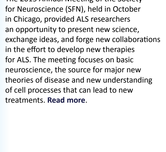
Directly Help a Family Affected by ALS

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 this opportunity, please contact Laura Winterstein, volunteer coordinator, at 888-672-0484 or volunteercoordinator@alsmn.org.

research updates



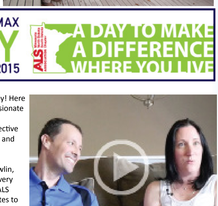
ALS Research Highlights from the Society for Neuroscience

The 2015 Annual Meeting of the Society for Neuroscience (SFN), held in October in Chicago, provided ALS researchers an opportunity to present new science, exchange ideas, and forge new collaborations in the effort to develop new therapies for ALS. The meeting focuses on basic neuroscience, the source for major new theories of disease and new understanding of cell processes that can lead to new treatments. **Read more.**

Rapid Therapy Development was the Focus of Recent Research Meeting

The ALS Association's singular focus on development of new treatments for ALS took center stage at the recent three-day research conference, held at the Banbury Center at Cold Spring Harbor Laboratory in Huntington, New York and generously sponsored by The Greater New York Chapter of The ALS Association. The meeting brought together the leaders in research development in three of the most promising therapeutic areas: antisense oligonucleotides, gene therapy, and stem cell therapy, as well as leading researchers in the related fields of trial development, model systems, and biomarker discovery.

Read more about the conference's highlights and discussions **here.**



give TO THE MAX DAY NOV 12, 2015

A DAY TO MAKE A DIFFERENCE WHERE YOU LIVE

Give to The Max Day 2015 is only a few days away! Here at the Chapter, our focus is on providing compassionate care and support to those living with ALS, while funding groundbreaking research efforts into effective treatments for the disease. We hope you join us and **Give to the Max** this Thursday.

This video tells the story of Carl and Mauren Nowlin, a young couple from St. Anthony who struggle every day to overcome the reality presented by Carl's ALS diagnosis. We encourage you to take a few minutes to learn about their journey, and consider families like theirs when you decide to make a difference in your community on November 12.

connect with us