



Understanding the Impact of the Ice Bucket Challenge on The ALS Association's Finances

The ALS Association has always been committed to transparency, including providing complete and accurate financial information on our [website](#). We continue to receive the highest ratings from charity watchdog groups tasked with reviewing our spending, fundraising, and management.

The Ice Bucket Challenge generated \$115 million for the national office of The ALS Association in 2014. Since that time, the Association has devoted a page on our website to provide a list of how those funds are being spent. You can always find that information by clicking on the "Ice Bucket Challenge Progress" button on our homepage, or you can view those investments [here](#).

After the Ice Bucket Challenge in 2014, The ALS Association's Board of Trustees determined that the best use of these proceeds was to immediately put them to work by increasing funding in our core mission areas. As a result, we doubled our operating budget, with most of the increase allocated to research and care service initiatives.

[Continue Reading](#)



Watch the 2019 Advocacy Conference on Facebook Live

Don't miss the 2019 ALS Advocacy Conference! Be sure to tune in Monday, June 10, starting at 9:00AM (ET) to the National ALS Association [Facebook page](#). There will be a live stream of select sessions from the conference covering ALS advocacy and research.

Midweek Meditation Updates



Join us and others in the ALS community for Midweek Meditation! Beginning in July the call-in information will change, see the details below for all the new info.

Every Wednesday at 11:00 AM
10 Minute Guided Meditation
Call: 1-720-707-2699
Enter Meeting ID: 333 644 478

[Click here](#) for the June call-in information.

If you would like to receive a text reminder that morning, send your phone number and carrier to anne@alsmn.org.

ALS Care Connection Helps Organize Community of Help for Families Impacted by ALS

The impact of an ALS diagnosis is profound and not just for the person living with the disease.

Daily activities, like making meals, doing laundry, mowing the lawn, and walking the dog, take a back seat when providing care for a family member with ALS.

Caregivers can feel defeated by the growing list of tasks they are no longer able to manage. Yet, it can be hard to know when and how to ask family members, friends, and neighbors for help. [Continue reading](#).



Upcoming Care Services Programs

June 13	Family Caregiver Support Group (Eagan)	June 19	Family Caregiver Support Group (St. Paul)
June 18	St. Cloud Area Support Group	June 25	Mankato Area Support Group
June 18	Young Adult Hangout (Online)		

Midweek Meditation - Wednesdays at 11:00 AM (CST)



Clean and Do Laundry for a Couple in the Brainerd Lakes Area

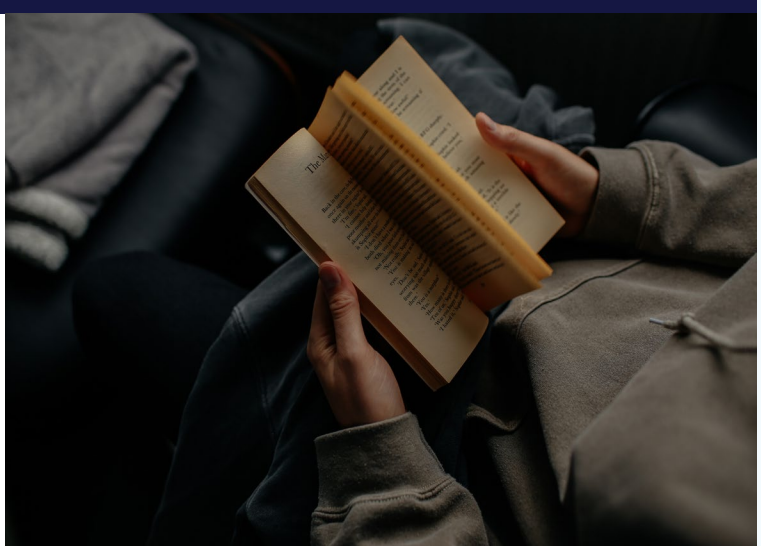
A 67 year old woman living with ALS and her 71 year old husband, who live in Emily, are looking for someone to clean their one-level home and do laundry. The wife's ALS leaves her physically unable to do these tasks and the husband's knee replacements and rotator cuff surgeries make it difficult for him. They expect it would take someone four hours every other week. They would prefer a female volunteer but would consider a man.

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 these opportunities, please contact Laura Winterstein, volunteer engagement manager, at 888-672-0484 or volunteercoordinator@alsmn.org.



Swing for a Cause at the Larry Sing Memorial ALS Golf Classic

In 1995, the agriculture community throughout North Dakota and western Minnesota came together in support of Larry Sing in his fight against ALS. Since that time, they have been honoring Larry while supporting other individuals and families facing the challenges of ALS through the **Larry Sing Memorial ALS Golf Classic**. This year marks the 25th anniversary of the event, since its inception, this event has raised over \$1.8 million for the fight against ALS and is a great opportunity to join the agriculture community in their incredible commitment to helping others. [Continue reading](#) to learn more about the event and hear from Jordan Sing - President of the Chapter's Board of Directors, and son of Larry Sing.



Upcoming Special Events

 June 15	Rapid City Walk	 August 10	Fargo/Moorhead Walk	 August 24	Rochester Walk
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