

The ALS Association Greater New York Chapter

November 2011

# Monthly Update

Serving New York City, Long Island, Westchester County, Hudson Valley and Northern & Central New Jersey  
42 Broadway, Suite 1724 • New York, NY 10004 • (212) 619-1400 • [www.als-ny.org](http://www.als-ny.org)

## November Support Groups

November is Caregivers Month - Patients & caregivers will be sharing their stories. Come with a funny or touching story about your caregiver or caregiving.

### SUFFOLK COUNTY, NY

Tuesday, November 1st - 6 pm to 8 pm  
Stony Brook University, Dept. of Neurology  
179 North Belle Meade Rd, E. Setauket  
Contact: Theresa Imperato, RN, (516) 946-5467

### HUDSON VALLEY

Tuesday, November 1st - 6:30 pm to 8:30 pm  
Ambulatory Surgery Center - Bldg C - 3rd floor  
200 Westage Business Center, Fishkill, NY  
Contact: Helen Mayer, RN, (845) 520-0952

### NASSAU COUNTY, NY

Sunday, November 6th - 2 pm to 4 pm  
North Shore LIJ - Plainview Hospital  
888 Old Country Road, Plainview  
Downstairs meeting room  
Contact: Theresa Imperato, RN, (516) 946-5467  
and Jody Wiesel, PhD (917) 699-9751

### MANHATTAN, NY

Tuesday, November 15th - 6 pm to 8 pm  
Phillips Ambulatory Care Center (Beth Israel)  
10 Union Square East (Bet. 14th & 15th streets)  
2nd Floor- Conference Room #1  
Contact: Jody Wiesel, PhD, (917) 699-9751  
*\*\*Massages for Caregivers will be donated by Max Cohen\*\**

### NEW BRUNSWICK, NJ

Saturday, November 19th - 1 pm to 3 pm  
Robert Wood Johnson University Hospital  
Medical Education Building, Rm. 108A  
180 Somerset Street, Follow signs to meeting  
Contact: Debbie Schlossberg, LMSW and  
Mary Ann Mertz, RN, (732) 710-8832

### TELEPHONE SUPPORT GROUPS

Caregivers: Wednesdays - 11 am to 12 pm  
Patients: Wednesdays - 3 pm to 4 pm  
Adult children of PALS: Fridays - 11 am to 12 pm  
Contact: Sue Zimmerman at (212) 720-3050

For more information about our Support Groups go to the Chapter website: [www.als-ny.org](http://www.als-ny.org), Patient Services section or call (212) 619-1400.

## CONGRATULATIONS to the top five fundraising teams for the Hudson ValleyWalk, which took place on Sunday, October 16.

*Thank you for a wonderfully successful day!*

Travelin for Havelin

Lowell Smith Circle of Courage | Sturgeon General's Army  
Gary's Fighting ALS Team

Notre Dame Club Mid-Hudson Valley Team In Memory of Gus Raspitha

## Go Team ALS!

The ING New York City Marathon is one of the world's great road races, drawing nearly 50,000 runners annually. On Sunday, November 6th, sixteen truly amazing athletes will be "Running 4 A Cure" as members of TEAM ALS in this year's marathon.

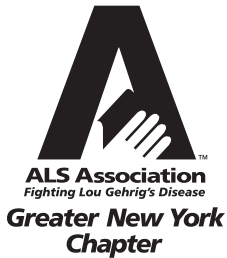
Each member of TEAM ALS has a personal story behind their inspiration to run this year. Here is just one such story. Erin McAssey, 29, is a special-needs teacher from Brooklyn, running in memory of her father, Danny Magee.

Erin's dad was a loving and kind man, who (along with her mother, Anne) raised a family of five children. For years Danny worked as a steamfitter for the NYC Police Department. On September 11th, he rushed to the Twin Towers after the first plane hit, and subsequently spent weeks on the pile, helping with the rescue and recovery efforts. When he retired, he wanted little more than to go fishing and spend time with his wife and children. Unfortunately, this was not meant to be. His health began to rapidly decline until it became difficult for him to walk more than a block. After many doctor visits and countless tests, he was finally diagnosed with ALS in the Fall of 2009. It was a life changing moment, not only for Erin's Dad, but for the entire family. Just two short years later on September 25, 2011, Danny Magee lost his battle with ALS.

**Erin is running for her father Danny. She is running for hope. She is "Running 4 A Cure!"**

TEAM ALS is "Running 4 A Cure" to raise awareness and to help fund research and provide patients and families with vital resources and equipment. To learn more about each of our dedicated runners and to support TEAM ALS, please visit:

<http://web.alsa.org/goto/teamalsnycmarathon>



Greater New York Chapter  
42 Broadway, Suite 1724  
New York, NY 10004  
212-619-1400  
f: 212-619-7409  
www.als-ny.org

## November Celebrates National Family Caregivers Month

Hard to believe it's almost that time of year again—the holidays are fast approaching. While it is a time to celebrate, holidays can also be a source of tension for families. Add in being a caregiver for a loved one, and that tension can increase. This is a good time to evaluate your loved one's needs and share with your family what it has meant to be a caregiver. Talk about your feelings and take this opportunity to ask for help. To achieve the best results try to be specific. Rather than saying “I need help with Alex,” you could say “It would be really helpful if you could take Alex to his next doctor's appointment.” People want to participate and share in the caregiving, but sometimes are not aware of what they can do.

When someone offers to help, accept the offer! By accepting help, you allow yourself time to take care of you! We encourage you to find time for self-care. Remember that when your needs are taken care of, your loved one benefits as well.

Keep in mind your loved one cares about you and appreciates all you do. However, in many cases, patients would like to maintain some form of independence - so be open to ideas that promote that independence.

Being a caregiver is a loving and generous thing to do, but it can also be extremely difficult. Remember there is support for you too. There are telephone support groups specifically designed to focus on you, the caregiver. You can share your experiences with other caregivers and take comfort in knowing you are not alone. To learn more about our groups call the Greater New York Chapter at 212-619-1400.

In honor of all caregivers, we would like to take this time to recognize and thank you all for your efforts, hard work, and dedication to your role and to your loved one.

