

The ALS Association Greater New York Chapter

December 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

December Support Groups

SUFFOLK COUNTY, NY

Tuesday, December 6th - 6 pm to 8 pm
Stony Brook University, Dept. of Neurology
179 North Belle Meade Rd, E. Setauket
Topic: Holiday Potluck Party!
Contact: Theresa Imperato, RN, (516) 946-5467

HUDSON VALLEY

Tuesday, December 6th - 6:30 pm to 8:30 pm
Ambulatory Surgery Center - Bldg C - 3rd floor
200 Westage Business Center, Fishkill, NY
Topic: Managing Respiratory Issues and
Holiday Potluck Party!
Speaker: August Smith, Millennium Respiratory
Contact: Helen Mayer, RN, (845) 520-0952
Massages will be donated by Max Cohen

NEW BRUNSWICK, NJ

Saturday, December 10th - 1 pm to 3 pm
NOTE: This is a date change
Robert Wood Johnson University Hospital
Medical Education Building, Rm. 108A
180 Somerset Street, Follow signs to meeting
Topic: Holiday Party!
Contact: Debbie Schlossberg, LMSW and
Mary Ann Mertz, RN, (732) 710-8832

NASSAU COUNTY, NY

Sunday, December 11th - 2 pm to 4 pm
North Shore LIJ - Plainview Hospital
888 Old Country Road, Plainview
Downstairs meeting room
Topic: Holiday Potluck Party!
Contact: Theresa Imperato, RN, (516) 946-5467
and Jody Wiesel, PhD (917) 699-9751

MANHATTAN, NY

Tuesday, December 20th - 6 pm to 8 pm
Phillips Ambulatory Care Center (Beth Israel)
10 Union Square East (Bet. 14th & 15th streets)
2nd Floor- Conference Room #1
Topic: Holiday Party!
Contact: Jody Wiesel, PhD, (917) 699-9751

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

Message from the President & CEO

The holiday season is upon us again and we take this time to give thanks and to reflect back on the past year. 2011 has been a remarkable year for our Chapter and we have much to be thankful for.

Around the globe, we supported a number of important advances in ALS research, which continue to provide hope that an effective treatment is on the horizon. And here at home, our Chapter expanded its programs to underserved areas in the Hudson Valley region.

In these continued hard economic times, we are fortunate to have supporters like you who have risen to the occasion. Our Chapter's seven Walks to Defeat ALS this year brought record turnout and an outpouring of generosity. For the NYC Marathon, Team ALS gave an outstanding performance both on & off the race route.

The Chapter went to Washington & descended on Capitol Hill for National ALS Advocacy Day, reaching out to an unprecedented number of lawmakers. The 17th Annual Lou Gehrig Sports Awards Benefit was a huge success and we are so grateful to our honorees for the awareness they bring to our cause. And the Young Professionals Group continues to bring vitality and renewed vigor to all of our Chapter's efforts.

Thanksgiving is now passed, but it's never too late to express our gratitude to all of our volunteers, walkers, runners, donors, advocates, caregivers, and most of all - our PALS. You are the heart & soul of this organization and it is a privilege to fight ALS alongside of you.

On behalf of the entire Board and Staff of The ALS Association Greater New York Chapter, I wish you the Happiest of Holidays & a peaceful New Year.

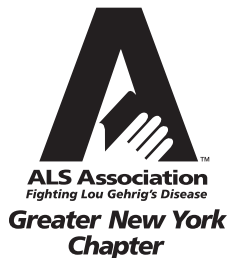
Warm Regards,
Dorine Gordon

Team ALS: Running 4 A Cure

On November 6th, after many months of tough training and lots of fundraising, the 15 members of TEAM ALS: Running 4 A Cure set out to complete the NYC Marathon. CONGRATS to all!!! Special kudos to our top 4 fundraisers - Jeffrey Hill, Dorothy Halsey, Nicole Cammaert & John Mondoro.

17th Annual Lou Gehrig Sports Awards Benefit

Congratulations to all of our honorees at the 17th Annual Lou Gehrig Sports Awards Benefit - Ross Greenburg, Bob Hurley, Christopher Pendergast, Mike Richter, Joe Torre & David Wright. November 8th was a spectacular evening to remember, with 500 guests and amazing, heart-warming speeches and video. Special thanks to our Presenter and Master of Ceremonies, Bob Costas & Jeremy Schaap.



Greater New York Chapter
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Tips for the Holiday Season



Holidays can often be a stressful time. We know shopping, visiting, and other holiday activities may not be so easy for those with ALS & their loved ones.

Try keeping it simple. If you like to have decorations, rather than putting up a lot of little things -why not just place a nice large wreath on the door. Whatever holiday you celebrate, think of one significant item you would enjoy (for example, if you are celebrating Christmas or Chanukah, how about a nice simple tree or menorah?)

If you have always traveled for the holidays but don't feel up to it this year, ask your family and friends to come see you instead. Have a holiday pot-luck meal rather than a formal sit-down dinner. Use paper goods, rather than china. Remember the holidays are about spending time with the people you love, not about the plates you use.

If you can't get out to shop for gifts, buy gifts online or tell friends and family you would like to do a grab-bag style gift exchange this year. You can have everyone bring a gift card (determine an amount beforehand) when you get together everyone gets to choose a card!

If food is a challenge try some of these easy to manage foods: custards, applesauce, sherbets, puddings, yogurt, French toast, soft fruit, eggs, casseroles, milk shakes, mashed potatoes, gelatins, thick soups, pasta with sauce.

For more information about nutrition or to get more recipes, please call us at (212) 619-1400.

Sample Holiday Menu For PALS

Breakfast: French Toast - Yield: 5 servings

Ingredients: 4 eggs, lightly beaten; 1/2 cup whole milk; 1/8 tsp cinnamon; 10 1-inch thick slices of French bread; garnish; butter, maple syrup, powdered sugar.

Directions: 1) In a shallow bowl beat together eggs, milk, and cinnamon, 2) Dip bread into egg mixture; coating both sides; (soak for 30 seconds on each side), 3) In a skillet melt 1 tbs butter & cook the bread on both sides over medium heat for 2-3 minutes on each side or until golden, 4) Serve with butter, syrup, powdered sugar.

Lunch: Creamy Tomato Soup - Yield: 2 servings

Ingredients: 1 cup whole milk or cream; 1 can (10-3/4 oz.) condensed tomato soup; 1/4 cup water.

Directions: 1) Combine all ingredients in a saucepan, 2) Heat until warm, 3) Pour into bowls & serve, 4) Top with grated cheddar or mozzarella cheese.

Dinner: Comfort Meatloaf - Yield: 4 servings

Ingredients: 1 pound ground beef; 3/4 - 1 cup plain fine bread-crumbs; 3 tbs dried onion flakes, 1 tsp salt; 1 heaping tsp dried parsley; 1/4 tsp black pepper; 1/8 tsp Bell's poultry seasoning; 1/8 cup ketchup; 1 egg; milk.

Directions: 1) Mix ground beef & bread-crumbs in large bowl, 2) Mix seasonings, ketchup & egg into beef & crumb mixture, 3) Add enough milk to bind it all together & mix until homogeneous consistency, 4) Spray loaf pan with cooking spray, 5) Put meat mixture in loaf pan, 6) Bake at 350 degrees for about 45 minutes or until cooked through.

Dessert: Vanilla Pudding Parfait - Yield: 4 servings

Ingredients: 1 tub of vanilla pudding (preferably use products without preservatives); 2 tbsp of strawberry preserves; cream or whipped topping

Directions: Layer into dessert cups alternating pudding, preserves, and cream. Top with cream or whipped topping.