



ALS Association
Fighting Lou Gehrig's Disease

**Greater New York
Chapter**

The ALS Association Greater New York Chapter

July 2013

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

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2013 Fall Walks to Defeat ALS: Long Island, NY - September 22 • Hudson Valley, NY - October 20 - www.alswalks.org

JULY SUPPORT GROUPS

SUFFOLK COUNTY, NY

Tuesday, July 2nd - 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
and Cindy Keyser-Posner, LMSW (631) 416-2767
Topic: Open Discussion

HUDSON VALLEY, NY

Tuesday, July 2nd - 6:30 pm to 8:30 pm
Vassar Brothers Medical Mall
Ambulatory Surgery Center - Bldg C - 3rd Floor
200 Westage Business Center, Fishkill, NY
Contact: Helen Mayer, RN, (845) 520-0952
Topic: Hudson Valley Walk
Speaker: Sarah Pattison, Greater NY Chapter

WESTCHESTER, NY / WHITE PLAINS

Tuesday, July 9th - 6 pm to 8 pm
Burke Rehabilitation Center
785 Mamaroneck Avenue
Main Hospital, Bldg 7, 1st Floor
Conference Room G-41, White Plains, NY
Contact: Helen Mayer, RN, (845) 520-0952
Speaker: Elder care attorney, Allen Feller

NASSAU COUNTY, NY

Special Date and Location
Sunday, July 14th - 12 pm
Hempstead Harbour Club
1 Garvie's Point Rd, Glen Cove, NY 11542
Hosted by John and Joan Power
Hot dogs, hamburgers & soft-drinks will be served.
If you would like to bring something, it's welcome!
Please RSVP to John at (516) 851-3441 by July 7th
Directions will be sent via e-mail.

MANHATTAN, NY

Tuesday, July 16th - 6 pm to 8 pm
Phillips Ambulatory Care Center (Beth Israel)
10 Union Square East (b/w 14th & 15th streets)
Neurology Dept- 5th Floor Conference Room
Contact: Jody Wiesel, PhD, (917) 699-9751
Topic: : Open Discussion

NORTHERN NJ / SADDLE BROOK

No meeting this month due to Fourth of July.
Next meeting is August 1st.

Volunteer – Provide Help, Provide Hope

Volunteers are vital to the Chapter's mission. Their work and dedication not only helps, but also inspires. We recently caught up with one of the Chapter's longtime volunteers - Beverly Cotrone, who lost her husband of 37 years to ALS nearly ten years ago. Since then she has helped numerous patients in various volunteer capacities. For one woman Bev assisted, her being there meant the patient's son could take the night off from providing the round-the-clock care his mother needed. With another patient, Bev simply brought dessert and sat and laughed, while his wife was able to get out of the house for a bit. Bev noted, "There's not a lot of laughing going on caring for someone 24/7." Her presence brought some of that laughter back.

Beverly gets her drive to volunteer from her own experience caring for her husband Joseph. She gladly attended to him, but recalls how she often felt "trapped". She would sometimes look out the window and wish she could simply take a walk around the block. She is there so others can do just that and so much more.

Do you want to do more for people with ALS? Do you live in Westchester County or the Hudson Valley region? We need YOU!

We need volunteers to help our patients and their families in the region. Some People with ALS (PALS) are in need of assistance with household tasks, such as food shopping and light cleaning, while some PALS need companionship and someone to share simple life moments that provide entertainment and a sense of normalcy - being read to, crossword puzzles, or simple conversation. Additionally, families and caregivers of our PALS also need assistance, in order to lighten their work load and better enable them to care for their loved one.

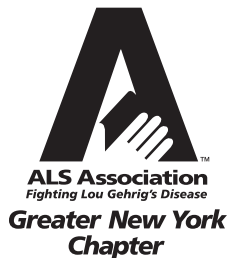
To get involved please call Christine Dunn at (212) 720-3044 or email dunn@als-ny.org.

CENTRAL NJ / NEW BRUNSWICK

Saturday, July 20th - 1pm to 3pm
Robert Wood Johnson University Hospital
Medical Education Building, Room 108A
180 Somerset Street, follow signs to meeting
Contact: Debbie Schlossberg, LMSW and
Mary Ann Mertz, RN (732) 710-8832
Topic: Open Discussion

TELEPHONE SUPPORT GROUPS

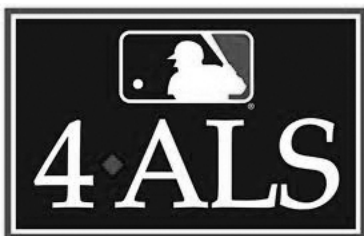
For caregivers and patients. Summer schedule: will be held on a bi-weekly basis: 6/28, 7/26, 8/9, 8/23, 9/6, 9/20
Contact: Sue Zimmerman at (212) 720-3050



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HELP STRIKE OUT ALS ON LOU GEHRIG APPRECIATION DAY

Each July 4th we celebrate our nation's Independence Day. But for baseball historians and fans alike, this day is also known for another event - the day that Lou Gehrig bid farewell to baseball and made what has come to be known as the "Luckiest Man" speech.



Some may have chosen to take the onset of this disease with bitterness or anger or to not face it altogether. That was not Gehrig. He faced it head on and talked about it and summoned a character that inspired many in 1939 and continues to inspire many today, all these decades later. Here is some of Gehrig's famous speech, from July 4, 1939:

"Fans, for the past two weeks you have been reading about the bad break I got. Yet today I consider myself the luckiest man on the face of the earth. I have been in ballparks for seventeen years and have never received anything but kindness and encouragement from you fans...When the New York Giants, a team you would give your right arm to beat, and vice versa, sends you a gift - that's something. When everybody down to the groundskeepers and those boys in white coats remember you with trophies - that's something. When you have a wonderful mother-in-law who takes sides with you in squabbles with her own daughter - that's something. When you have a father and a mother who work all their lives so that you can have an education and build your body - it's a blessing. When you have a wife who has been a tower of strength and shown more courage than you dreamed existed - that's the finest I know. So I close in saying that I might have been given a bad break, but I've got an awful lot to live for. Thank you."

Since Gehrig's day, Major League Baseball had played a vital role in the fight against ALS. The ALS Association is once again teaming up with MLB teams from across the country for

the 4ALS Awareness initiative, a League-wide effort to raise awareness and support for the fight against Lou Gehrig's Disease. Throughout the 2013 season, we are partnering with Major League Baseball to raise awareness for ALS and rally support in our region.

Donations made through the Covering All the Bases campaign will directly support critical caregiving programs, groundbreaking ALS research, and public policy efforts. Will you hit a single, double, triple, or a home run out of the park? Don't miss out on this opportunity to double your gift by participating in the Covering All the Bases Hitting Challenge. Hundreds of baseball fans and dedicated supporters have already stepped up to the plate. Get in the game! To donate, please contact Loren Domilici at (212) 720-3060 or ldomilici@als-ny.org.

Together, we can strike out ALS!

Upcoming Events

7/16 - Young Professionals Group (YPG) Summer Happy Hour -- Location TBA. For info contact Loren Domilici at ldomilici@als-ny.org or (212) 720-3060.

7/19 - ALS Awareness Day with Minor League Baseball's Brooklyn Cyclones - Join us in Coney Island for the Annual ALS Awareness Day. For details contact Kristen Cocoman at cocoman@als-ny.org or (212) 720-3048.

8/7 - The YPG monthly meeting will not be held in July. The next meeting will be August 7th.

8/11 - ALS Awareness Day for Children & Teens with Minor League Baseball's Staten Island Yankees. For info or to RSVP, please contact Loren Domilici at ldomilici@als-ny.org or (212) 720-3060.