



**Greater New York Chapter**

1994 · 20th Anniversary · 2014

The ALS Association Greater New York Chapter

June 2014

# 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

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## Save the Dates – 2014 Walks to Defeat ALS

- Saddle Brook, NJ: Sunday, June 8 • Westchester, NY: Saturday, June 14 • Somerset, NJ: Saturday, June 21
- Long Island, NY: Saturday, Sept. 20 • Hudson Valley, NY: Sunday, Oct. 19

## JUNE SUPPORT GROUPS

### NASSAU COUNTY, NY

Sunday, June 1st – 2 to 4 pm  
North Shore LIJ - Plainview Hospital  
888 Old Country Rd., Plainview - Downstairs  
Contact: Theresa Imperato, RN, (516) 946-5467  
& Cindy Keyser-Posner, LMSW, (631) 416-2767  
Topic: Open discussion  
*No meeting scheduled for July, due to Independence Day.*

### SUFFOLK COUNTY, NY

Tuesday, June 3rd - 6 to 8 pm  
Stony Brook University, Dept. of Neurology  
179 N. Belle Meade Rd., E. Setauket, NY  
Contact: Theresa Imperato, RN, (516) 946-5467  
& Cindy Keyser-Posner, LMSW (631) 416-2767  
Topic: Open discussion  
*Next month's support group meets: July 1st.*

### HUDSON VALLEY/FISHKILL, NY

Tuesday, June 3rd - 6:30 to 8:30 pm  
Ambulatory Surgery Center  
Building C, 3rd Floor  
200 Westage Business Center, Fishkill, NY  
Contact: Helen Mayer, RN  
(845) 520-0952  
Topic: Open discussion  
*Next month's support group meets: July 1st.*

### NORTHERN NJ/SADDLE BROOK

Thursday, June 5th - 7 to 8:30 pm  
Kessler Institute for Rehabilitation  
300 Market Street, Saddle Brook, NJ  
Contact: Debbie Schlossberg, LMSW  
and Mary Ann Mertz, RN, (732) 710-8832  
Topic: Open discussion  
*Next month's support group meets: July 10th.*

### WESTCHESTER, NY/WHITE PLAINS

Tuesday, June 10th - 6 to 8 pm  
Burke Rehabilitation Center  
785 Mamaroneck Avenue, Bldg. 7  
(Patient Dining Room), White Plains, NY  
Contact: Helen Mayer, RN, (845) 520-0952  
Topic: Open discussion  
*Next month's support group meets: July 8th.*

### MANHATTAN, NY

Tuesday, June 17th - 6 to 8 pm  
Phillips Ambulatory Care Center (Beth Israel)  
10 Union Square East (b/w 14th & 15th Sts.)  
Neurology Dept., 5th Floor Conf. Room  
Contact: Jody Wiesel, PhD, (917) 699-9751  
Guest Speaker: Ben Lieman, GNY Chapter  
Topic: Assistive technology; an asset for PALS.  
*Next month's support group meets: July 15th.*

### CENTRAL NJ/NEW BRUNSWICK

**Please note change of date and time.**  
**(For newly diagnosed patients only, patients diagnosed within the last year, for more info please contact Debbie or Mary Ann.)**  
Thursday, June 26 - 7pm  
Rutgers Robert Wood Johnson Medical School  
Medical Education Building  
Room 108A  
180 Somerset Street  
Contact: Debbie Schlossberg, LMSW and  
Mary Ann Mertz, RN (732) 710-8832  
Topic: Newly diagnosed patients  
*Next month's support group meets: July 19th.*

## TELEPHONE SUPPORT GROUPS

### Patient group:

Every other Friday from  
3 to 4 pm starting May 9th  
(through the summer.)

### Caregivers group:

Currently on a brief hiatus.  
For more information please contact  
Sue Zimmerman, LCSW at (212) 720-3050

## Upcoming Events

**June 8th – Saddle Brook Walk to Defeat ALS, Saddle River County Park, Saddle Brook, NJ.** Visit [www.alswalks.org](http://www.alswalks.org) to register or call Sarah Pattison at (212) 720-3042 for more info.

**June 11th – YPG Happy Hour Networking Night** at Brinkley's in SoHo. 6pm – 9pm. Free admission. For more info, contact Ally Davis at [adavis@als-ny.org](mailto:adavis@als-ny.org) or (212) 720-3049.

**June 14th – Westchester Walk to Defeat ALS.** Manhattanville College, Purchase, NY. Visit [www.alswalks.org](http://www.alswalks.org) to register or call Sarah Pattison at (212) 720-3042 for more info.

**June 20th – Milton Safenowitz Postdoctoral Fellowship for ALS Research Scientific Workshop and Awards Presentation Luncheon at the Harmonie Club in Manhattan. Keynote Speaker - Bryan Traynor, MD from the National Institute on Aging.** Contact Kim Peters at [kpeters@als-ny.org](mailto:kpeters@als-ny.org) or (212) 720-3054 for info.

**June 21st – Somerset Walk to Defeat ALS, TD Bank Ballpark, Bridgewater, NJ.** Visit [www.alswalks.org](http://www.alswalks.org) to register or call Sarah Pattison at (212) 720-3042 for more info.

**Coming up in July - Long Island Walkers! Mark your calendars!**

**The 2014 Kick-Off for the Long Island Walk to Defeat ALS will be held on Tuesday, July 22nd.**

For more info, please contact: Kristen Cocoman at [Cocoman@als-ny.org](mailto:Cocoman@als-ny.org) or (212) 720-3048.



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## Help Honor the 75th Anniversary of Lou Gehrig's Farewell Speech by Supporting ALS Research!

The speech that Lou Gehrig gave at Yankee Stadium on July 4, 1939, two weeks after he was diagnosed with amyotrophic lateral sclerosis (ALS), has become one of the most famous and beloved moments in sports history where he described himself as the "luckiest man on the face of the earth."

Less than two years later, Gehrig died from ALS, leaving a legacy behind of dignity and strength in the face of adversity and a streak of playing 2,130 games that held for five decades. Since that time we've made some great strides in research toward a cure for ALS but we still have more work to do.

That's why in this 75th anniversary year of that summer day, we are launching an effort to honor Lou Gehrig's legacy by helping to further the work of scientists seeking to find a cure for what has become known to many as Lou Gehrig's Disease. We're committed to raising \$75,000 to fund ALS research and you can help.

• For a donation of \$75 or more we are offering a commemorative 75th Anniversary Lou Gehrig bobblehead as our thank you gift.

• We hope you will join us at Yankee Stadium on the afternoon of July 2nd for a special game with a tribute to Lou Gehrig by both the Yankees and Major League Baseball. We have secured access to two air conditioned luxury suites and have tickets available at the \$275 and \$475 levels.

Seventy-five years later, we'd like to make a farewell speech to Lou Gehrig's Disease!

**For more information about tickets, visit our website at [www.als-nyc.org](http://www.als-nyc.org) or contact Joni at [gehrig75@als-nyc.org](mailto:gehrig75@als-nyc.org) or 973-783-5588. Both levels of tickets are in limited supply!**

## @sk Ben...

**I cannot walk or talk, but I use my computer a lot with scanning and a switch placed under my right pointer finger. Is there anything that will help me type faster?**

*- Mike, New Jersey*

(Mike uses an alphabetical keyboard because it helps him know where each letter is. Alphabetical keyboards list the letters in alphabetical order, while a QWERTY keyboard layout, the letters are in no apparent order and requires greater observational skills to anticipate the location of each letter.)

Ultimately, the only way to tell which way is best, is to put them to the test. Pick a sentence from a song, or a famous quote. Spell it out five times using a QWERTY keyboard. How long did each time take? Was there improvement? Now try an Alphabetical Keyboard. How long did it take? Was there improvement?

Mike found the alphabetical keyboard was faster for him. But there's a third keyboard, very underutilized, called Frequency of Use. The location of the letters on the screen, is dependent on the use of that letter in general. Vowels are more common than a Q or Z, T is more common than a W, etc.

Standard row/column scanning, highlights each row going down, and then each column going from left to right. A Frequency of Use keyboard places the most common letters (A, E, O, T) in the upper left area of the keyboard. This reduces the time needed to spell your word when scanning. Even for partner assisted communication where someone else is pointing to the letters, a Frequency of Use layout can reduce the time it takes to communicate.

**- Ben**

*Ben Lieman, ATP, MSW is the Assistive Technology Specialist with the Greater New York Chapter. To ask Ben a question, email [blieman@als-nyc.org](mailto:blieman@als-nyc.org) or call (212) 720-3057. Ben will answer all questions directly as usual but not all questions will appear in the Monthly Update.*