



Monthly Update

ALS Association
Fighting Lou Gehrig's Disease

Greater New York Chapter

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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JANUARY SUPPORT GROUPS

NORTHERN NJ/SADDLE BROOK

Thursday, January 2nd - 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 February 6th.

NASSAU COUNTY, NY

Sunday, January 5th - 2 pm 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: New Year's Resolutions
Next month's support group meets February 2nd.

SUFFOLK COUNTY, NY

Tuesday, January 7th - 6 to 8 pm
Stony Brook University, Dept. of Neurology
179 N. Belle Meade Road
East Setauket, NY
Contact: Theresa Imperato, RN, (516) 946-5467
& Cindy Keyser-Posner, LMSW (631) 416-2767
Topic: New Year's Resolutions
Next month's support group meets February 4th.

HUDSON VALLEY/FISH KILL, NY

Tuesday, January 7th - 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 February 4th.

WESTCHESTER, NY/WHITE PLAINS

Tuesday, January 14th - 6 to 8 pm
Burke Rehabilitation Center
785 Mamaroneck Avenue
Main Hospital, Building 7
1st Floor, Conference Room G-41
White Plains, NY
Contact: Helen Mayer, RN, (845) 520-0952
Guest speaker: Gioia Ciani, PhD,
Occupational Therapist
Next month's support group meets February 11th.

CENTRAL NJ/NEW BRUNSWICK

Saturday, January 18th - 1 to 3pm
Rutgers Robert Wood Johnson Medical School
Medical Education Building
Room 108A, 180 Somerset Street
Follow signs to meeting
Contact: Debbie Schlossberg, LMSW and
Mary Ann Mertz, RN (732) 710-8832
Guest speaker: Steve Fasulo, Wilpage Medical
Topic: Power Wheelchairs basics
Next month's support group meets February 15th.

MANHATTAN, NY

Tuesday, January 21st - 6 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
Next month's support group meets February 18th.

TELEPHONE SUPPORT GROUPS

For caregivers and patients.

Caregivers group - every Friday from 4pm to 5pm.

Patient group - every Friday from 3pm to 4pm.

Contact: Sue Zimmerman, LCSW at (212) 720-3050

Upcoming Events

1/12 – Join us for the first community fundraiser of the year! Fire for Life, a CrossFit event with members of the FDNY, will be held at Reebok CrossFit in Manhattan. For more information, contact Kristen Cocoman at cocoman@als-ny.org or (212) 720-3048 for more information.

1/15 – Monthly YPG meeting. For information, contact Loren Domilici at (212) 720-3060 or ldomilici@als-ny.org.

2/1 – Mark your calendars! Registration for the 2014 Walk to Defeat ALS season is OPEN! Visit www.ALSWalks.org to register for a Walk near you this year!

24th International Symposium on ALS/MND

The 24th International Symposium on ALS/MND was held in Milan, Italy from December 6th to 8th. Over 900 delegates attended the conference, which brought together experts in the latest clinical and scientific research from around the world.

The ALS Association Greater New York Chapter was represented by Director of Patient Services Adele Marano and Nurse Coordinator Theresa Imperato.

Adele and Theresa also participated in the International Alliance of ALS/MND Associations' Allied Professionals Forum on December 5th. Highlights from the symposium will be posted soon to the Chapter's website.



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12 New Year's Resolutions to Help Fight ALS!

The New Year is a time of reflection, renewal, and of course, resolutions. As we celebrate the dawn of 2014, we look forward to the day when there is a cure for ALS. Until then, we can all do our part in the fight. Here are 12 resolutions you can do (one per month) to help fight ALS all year round:

Donate – Make a gift to The ALS Association Greater New York Chapter and remember to check if your company offers matching gifts.

Volunteer – Help people living with ALS and their caregivers with simple tasks to improve their lives. You can also volunteer at one of the several events the Chapter holds each year, including the Walk to Defeat ALS. Contact Chris Dunn at dunn@als-ny.org.

Advocate – Join us in Washington, DC in May and advocate for ALS related issues to your Senators and Member of Congress. If you can't make it to Washington, sign a letter to your representatives showing your support for more ALS government support. For more information, contact Daryl Cochrane at (212) 720-3051 or dcochrane@als-ny.org.

Participate – Take part in the ALS Association's signature fundraising event – the Walk to Defeat ALS -- www.ALSWalks.org. There are seven Walks throughout the region. Find one near you. Take strides to defeat ALS. Contact Sarah Pattison at spattison@als-ny.org or 212-720-3042 for more info.

Join -- Be a part of Team ALS Running 4 A Cure and connect with dozens of runners throughout the region who participate in a variety of runs -- 5K, 10K, half marathon, and in the New York City Marathon. If you're just getting started or are an experienced runner, you can be part of Team ALS and raise funds and awareness. Contact Kristen Cocoman at cocoman@als-ny.org or 212-720-3048 for more information.

Write a Letter – Write a Letter to the Editor of your local newspaper and raise awareness about ALS in your community. Or you could even blog your story. Share it with us and we could post it on the Chapter blog as well. Tell your story from the heart and get it published. Contact Manager of Communications, Daryl Cochrane at 212-720-3051 or dcochrane@als-ny.org to help find your local newspaper. Speak out.

Get Connected – If you're on social media, join one of the numerous platforms the Chapter provides and stay informed between Monthly

Updates. Be a part of our 7,000+ member community on Facebook, Twitter, and LinkedIn throughout the region.

Organize an Event – Plan an event in your community to raise funds and awareness for the ALS Association. Whether it is a bake sale at a school, a rummage sale at your church, a poker night at your home, or a happy hour at a bar or restaurant, you can organize an event in your community that best suits you. We have a team of people here to support you. Contact Ally Davis at adavis@als-ny.org or 212-720-3049 for more information.

To see the other New Year's resolution ideas, visit our website at www.als-ny.org.

And there's one more thing that you can do that is the most basic way to raise awareness about ALS...

Talk about it – Whether you're living with ALS or know someone who is or has, tell your story to your friends and colleagues and make your ALS story heard. The more people know about ALS, the more understanding we can generate and the more hope we can provide. It can be very painful to talk about, but your voice is needed to help spread the word.

If you do all the resolutions, or even just one, you will make a difference. If you need any help along the way, the staff of the ALS Association Greater New York Chapter is here to assist you and get you started. Call us at (212) 619-1400 or email als@als-ny.org and we'd be happy to discuss ways for you to get involved in the fight against ALS. From the Chapter Board & Staff -- Happy New Year!

TEAM ALS The New York City Half Marathon

2014 is just beginning, but Team ALS is already up and...running. Be a part of the team and take strides to strike out ALS. For information on securing a spot with Team ALS for the 2014 NYC Half Marathon and other races throughout the year, please contact Kristen Cocoman at cocoman@als-ny.org or (212) 720-3048.