



Greater New York Chapter

1994 · 20th Anniversary · 2014

The ALS Association Greater New York Chapter

December 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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DECEMBER SUPPORT GROUPS

SUFFOLK COUNTY, NY

Tuesday, December 2nd - 6 to 8 pm

Stony Brook University
Department of Neurology

179 N. Belle Meade Rd., East Setauket, NY

Contact: Theresa Imperato, RN, (516) 946-5467

& Cindy Keyser-Posner, LMSW, (631) 416-2767

Topic: Holiday Party

Next month's support group meets: January 6th.

HUDSON VALLEY/FISHKILL, NY

Tuesday, December 2nd - 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 & Introduction

to Patient Service Coordinator,

Nancy Brenner, LCSW.

Next month's support group meets: January 6th

NORTHERN NJ/SADDLE BROOK

Thursday, December 4th - 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: Holiday Celebration

Next month's support group meets: January 8th.

NASSAU COUNTY, NY

Sunday, December 7th - 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: Holiday Party

Please note: January meeting is cancelled. Support group will resume on Sunday, February 1st.

WESTCHESTER, NY/WHITE PLAINS

Tuesday, December 9th - 6 to 8 pm

Burke Rehabilitation Center

785 Mamaroneck Avenue, Building 7

(Patient Dining Room)

White Plains, NY

Contact: Helen Mayer, RN, (845) 520-0952

Topic: Open Discussion & Introduction

to Patient Service Coordinator,

Nancy Brenner, LCSW.

Next month's support group meets: January 13th.

MANHATTAN, NY

Tuesday, December 16th - 6 to 8 pm

Phillips Ambulatory Care Center

(Mt. Sinai 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: Jani Nayer from SATH

(Society for Accessible Travel & Hospitality)

Topic: Travel is accessible for everyone.

Next month's support group meets: January 20th.

CENTRAL NJ/NEW BRUNSWICK

Saturday, December 20th - 1:30 to 3:30 pm

Robert Wood Johnson Fitness & Wellness Ctr.

Level 2, Community Education Room

100 Kirkpatrick St., New Brunswick, NJ

Park in the Fitness & Wellness parking deck.

Contact: Debbie Schlossberg, LMSW and

Mary Ann Mertz, RN (732) 710-8832

Topic: Holiday Celebration

Next month's support group meets: January 17th.

TELEPHONE SUPPORT GROUPS

Patient group – Meets weekly every Friday from 2:30 PM to 3:30 PM –alternates between a “talk” group and “mindfulness based stress reduction exercises” (meditation & guided imagery).

Caregivers group – Every Friday from 4 PM to 5 PM.

If you are interested in either group please call Sue Zimmerman, LCSW at (212) 720-3050.

Upcoming Events

Tuesday, Dec. 2 - #GivingTuesday. To kick off the holiday season, the Tuesday after Thanksgiving has been designated as a national day of giving. Make a donation to the ALS Association Greater NY Chapter by going to www.als-ny.org. Then post and tweet using the hashtag #GivingTuesday to tell everyone about the importance of giving!

Thursday, Dec. 4th - Saturday, Dec. 6th - Champions for Charity Holiday Shopping Event. During shopping center hours, 25% of purchases will be donated to our chapter when shopping at Americana Manhasset and select Wheatley Plaza stores. Info: Kristen Cocoman at cocoman@als-ny.org or (212) 720-3048.

Friday, Dec. 5 - Young Professionals Group Fire and Ice Gala. For more info and tickets contact Ally Davis at (212) 720-3049 or adavis@als-ny.org.

Sunday, Dec. 14 - Children and Teens Day (for kids 8 to 18 years of age) Art-oriented program during which kids can make snow globes and collages. By working with an art form, kids may get more in touch with feelings or thoughts they are having about living with ALS. Call Sue Zimmerman, Patient Services Coordinator, at (212) 720-3050.

National ALS Registry

The Federal government has taken a major step in the fight against Lou Gehrig's Disease as the Agency for Toxic Substances and Disease Registry (ATSDR) announced the full implementation of the National ALS Registry.

People living with Amyotrophic Lateral Sclerosis (Lou Gehrig's Disease) may self enroll in the Registry via a secure online web portal at the Centers for Disease Control and Prevention: www.cdc.gov/als or contact Christine Dunn in the Chapter office at (212) 720-3044 or dunn@als-ny.org. Chris can help you with your enrollment.

For more about the ALS Registry, contact Tracy Sandy-Ali at (212) 720-3060 or tsandyali@als-ny.org.



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Easy to Eat Holiday Recipes For PALS

*by Ilene Kapelner, Registered Dietician,
ALSA Certified Center at Mt. Sinai/Beth Israel Medical Center.*

It's once again time to plan the holiday meal. For PALS, it's important to ensure that a meal is not only nutritional and tasty, but also easy to swallow. Here are some easy to chew dishes modified to add extra moisture and calories.

Another simple way to add moisture and calories is to use gravy, an essential to any Thanksgiving meal. Also, don't forget to balance your menu with plenty of autumn fruits and vegetables such as: squash, spinach, and cranberries - all high in vitamins A, B, and C, potassium, antioxidants, and fiber.

Cut out these easy to follow holiday recipes that are seasonal, easy to swallow, and delicious.

Pumpkin Soup

- 3/4 cup water
- 1 small onion, chopped
- 1 can (8 ounces) pumpkin puree
- 1 cup unsalted vegetable broth
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1 cup half and half
- 1/8 teaspoon freshly ground black pepper
- 1 green onion, green top only, chopped

In a large saucepan, heat 1/4 cup of the water over medium heat. Add the onion and cook until tender, about 3 minutes. Don't let the onion dry out.

Add the remaining water, pumpkin, broth, cinnamon and nutmeg. Bring to a boil, reduce heat and simmer for 5 minutes. Stir in the milk and cook until hot. Don't boil.

Ladle into warmed individual bowls and garnish with black pepper and green onion tops. Serve immediately.

Cornbread Dressing

- 4 slices white bread
- 5 chicken bouillon cubes
- 1 qt. + 3-1/2 cups water
- 1 cup celery, diced med.
- 1 cup onions
- 5 cups crumbled cornbread
- 3 large eggs, beaten
- 3 large eggs, hard cooked, diced
- 1/4 tsp. salt
- 3/4 tsp. poultry seasoning
- 1/8 tsp. Accent
- 1/8 tsp. black pepper
- 1/2 cup butter, melted

Soak white bread in cold water and drain well. Dissolve chicken bouillon cubes in water. Add celery and onions, cook until tender.

Pour broth mixture over cornbread and let soak until bread is soft. Add drained white bread and beaten eggs. Add diced hard cooked eggs, salt, poultry seasoning, Accent, and pepper. Mix well.

Pour dressing into baking dish and spread margarine evenly over top. Bake at 350 degrees for approximately one hour.

Turkey Loaf

- 1-1/2 lbs. ground turkey
- 1/2 tsp. salt
- 1 cup medium cracker crumbs
- Dash thyme
- 2 eggs, beaten
- Dash marjoram
- 1/2 cup onions, chopped
- 2 tbsps. horseradish
- 2 tbsps. green pepper, chopped
- 4 tps. Worcestershire sauce
- Chili sauce, as needed

Combine all ingredients, except chili sauce. Mix well and shape this mixture into a loaf in a baking dish.

Score the loaf by pressing top with wooden handle of spoon. Fill the score marks with chili sauce.

Stick a bay leaf in the meat loaf and bake in 350 degrees oven for 1 hour.