



Monthly Update

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 • [Facebook.com/ALSoFGNY](https://www.facebook.com/ALSoFGNY) • [Twitter - @ALSoFGNY](https://twitter.com/ALSoFGNY)

MARCH SUPPORT GROUPS

NASSAU COUNTY, NY

Sunday, March 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 in April due to Easter & Passover.

SUFFOLK COUNTY, NY

Tuesday, March 3rd - 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: Open discussion
Next month's support group meets: April 7th.

HUDSON VALLEY/FISHKILL, NY

Tuesday, March 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
 Guest Speaker: Allen Feller, Elder-law Attorney
Next month's support group meets: April 7th.

NORTHERN NJ/SADDLE BROOK

Thursday, March 5th - 7 to 9 pm
 Kessler Institute for Rehabilitation
 300 Market Street, Saddle Brook, NJ
 Contact: Debbie Schlossberg, LMSW
 and Mary Ann Mertz, RN, (732) 710-8832
 Guest Speaker: Sarah Pattison, from the ALS
 Association- Greater NY Chapter
 Topic: Walk to Defeat ALS
Next month's support group meets: April 2th.

WESTCHESTER, NY/WHITE PLAINS

Tuesday, March 10th - 6 to 8 pm
 Burke Rehabilitation Center
 785 Mamaroneck Avenue, Building 7
 White Plains, NY
 Contact: Helen Mayer, RN, (845) 520-0952
 Guest Speakers: Fran Schaffer from Wellness
 Home-Care & Sarah Pattison, from Greater
 NY Chapter will discuss Walk to Defeat ALS
Next month's support group meets: April 14th.

MANHATTAN, NY

Tuesday, March 17th - 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
 Topic: Open discussion
Next month's support group meets: April 21st.

CENTRAL NJ/NEW BRUNSWICK

Saturday, March 21st - 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: Walk to Defeat ALS
Next month's support group meets: April 18th.

TELEPHONE SUPPORT GROUPS

Patient group – Meets weekly every Friday from 2:30 to 3:30 pm—alternates between a “talk” group and “mindfulness based stress reduction exercises” (meditation & guided imagery).
Caregivers group – Every Friday from 4 to 5 pm.
If you are interested in either group please call Sue Zimmerman, LCSW at (212) 720-3050.

Upcoming Events

March - See “John Imber's Left Hand” about an artist with ALS at the ReelAbilities: NY Disabilities Film Festival. Check www.als-ny.org for dates.

Saturday, 3/14 - Symposium on ALS at Hospital for Special Surgery

Sunday, 3/15 - United Airlines NYC Half-Marathon with Team ALS.

Contact Kristen at cocoman@als-ny.org or (212) 720-3048 for info.

Wednesday, 3/18 - Volunteer Night. Help put together Walk material for NYC Canvassing Day. Contact Ally Davis at (212) 720-3049 for info.

Tuesday, 3/24 - The New York City and Westchester Walk to Defeat ALS Kick-Off Reception and Awards Ceremony. For more details, contact Sarah Pattison at spattison@als-ny.org or (212)720-3042.

Saturday, 3/28 - Canvassing Day. Help us distribute Walk materials in NYC. Contact Ally Davis at (212) 720-3049 for info.

Thursday, 3/26 - Book Signing With Matt Nadel, 16-year-old author of “Amazing Aaron to Zero Zippers: An Introduction to Baseball History” at the Bergino Baseball Clubhouse, 67 East 11th Street, NYC at 7pm. Portion of book proceeds goes to The ALS Association.

Symposium on ALS at Hospital for Special Surgery

**Saturday, March 14
 8:00 AM - 3:30 PM**

A joint Symposium on ALS will be held at the Hospital for Special Surgery with The ALS Association Greater New York Chapter. Hear about scientific updates from researchers and treatment options from clinicians and health care professionals.

For further information or to register to attend please contact Kim Peters at (212) 720-3054 or at kpeters@als-ny.org.

There is no cost to attend this event but registration is required by Monday, March 9, 2015.

**2015 Walk to Defeat ALS
 Registration Is Now Open!**

**www.ALSWALKS.ORG
 Visit Website For NJ & NJ Dates**





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42 Broadway, Suite 1724
New York, NY 10004
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Fax: (212) 619-7409
www.als-ny.org

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Catching Up With Team ALS.



Dorothy Halsey Sandberg and Craig Williams.

People who race in marathons, bike tours and triathlons are in a class of their own. They know that it takes training, commitment and dedication to test the limits of personal endurance. Team ALS is the chapter's program for that select group who are

dedicated to furthering the mission of The Greater New York Chapter through various long distance races around the region.

Team ALS began back in 2010 with eight runners in the New York City Marathon who used the chapter's official charity partner entries to raise money for The ALS Association Greater New York Chapter. Since that time over 100 runners have participated in races with Team ALS. In 2014, Team ALS raised over \$230,000. And as Team ALS has grown, the chapter has also added more races.

Along with the UA New York City Half Marathon on March 15th and TCS New York City Marathon on November 1st, this year the chapter has added the TD Five Boro Bike Tour on May 3rd and the Panasonic NYC Triathlon on July 19th to the list of Team ALS official events.

But those aren't the only endurance races people can take part in to be on Team ALS. Director of Special Events, Kristen Cocoman, says that no matter what type of local race you're into, you can contribute. Mud Runs and 5Ks are other popular events people have participated in to raise money for ALS. If you join Team ALS you'll be in good company with like-minded people. "It's an amazing group that is open to everyone. It's a great way to meet fellow athletes that have an ALS connection," said Kristen.

One of those special people is Craig Williams, a 52-year-old marathoner from Mountainside, NJ. Craig took part in that first New York City Marathon in 2010 after he lost his younger brother Paul to ALS in June of that year. (Craig also lost two first cousins to ALS.) Originally from Australia, Craig was looking to build on his passion for running into a way to keep the memory of his brother alive when he returned to the States. He knew about The ALS Association and called the Greater New York Chapter office.

Coincidentally, that was the first year the chapter secured official charity partner positions for the NYC Marathon so he snatched one up. He's been a dedicated Team ALS member ever since and a motivating force behind the team, encouraging others and taking part in as many of the races as he can, saying that he's "trying to squeeze in" the triathlon and bike race this year along with both marathons.

Because Lou Gehrig's Disease runs in his family, Craig feels especially inspired by Team ALS. "Running for a cause just makes it that much more meaningful. It gives extra motivation and is a good way to raise awareness," he said. When he trains for a race he says he "wears the colors," meaning he's usually donning his red Team ALS t-shirt while running.

Craig estimates that he's run 5,000 miles training for Team ALS races since 2010 and in that time he has raised about \$20,000. He credits that success to his outreach and awareness efforts sending emails, posting updates about his training plan to social media and pictures of himself on his runs, wearing his colors of course. This engages his friends and local community making them feel involved during the weeks leading up to a race. "It's rewarding to know how many good people are out there who want to connect with a cause and support in a way that makes it fun and engaging. They're along for the ride."

Marathons are tough. They test the body, the mind and the soul. So what inspires Craig to keep going for Team ALS? "Running in memory of my brother keeps me focused," he said.

If you want more info about Team ALS please contact Kristen Cocoman at Cocoman@als-ny.org or call (212) 720-3048.