



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
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MAY SUPPORT GROUPS - MAY IS ALS AWARENESS MONTH!

NASSAU COUNTY, NY

Sunday, May 3rd - 2 to 4 pm
North Shore LIJ - Plainview Hospital
888 Old Country Road
Plainview, NY 11803 (Downstairs)
Contacts: Theresa Imperato, RN,
(516) 946-5467
Cindy Keyser-Posner, LMSW,
(631) 416-2767
Topic: Respiratory Discussion of
Diaphragmatic Pacing System
Guest Speaker: Dana Telem, M.D.
Next month's support group meets: June 7th.

SUFFOLK COUNTY, NY

Tuesday, May 5th - 6 to 8 pm
Stony Brook University
Department of Neurology
179 N. Belle Meade Rd.,
East Setauket, NY 11733
Contacts: Theresa Imperato, RN,
(516) 946-5467
Cindy Keyser-Posner, LMSW,
(631) 416-2767
Topic: Respiratory Discussion of
Diaphragmatic Pacing System
Guest Speaker: Andre Osborne, RT
Next month's support group meets: June 2nd.

HUDSON VALLEY/FISHKILL, NY

Tuesday, May 5th - 6:30 to 8:30 pm
Ambulatory Surgery Center, Bldg C, 3rd Floor
200 Westage Business Ctr, Fishkill, NY 12524
Contacts: Helen Mayer, RN, (845) 520-0952
Nancy Brenner, LCSW (914)406-3513
Topic: Music therapy for Stress Reduction in ALS
Guest Speaker: Connie Marie Rao, Teacher and
Music Specialist, NY Dept. of Education
Next month's support group meets: June 2nd.

NORTHERN NJ/SADDLE BROOK

Thursday, May 7th - 7 to 9 pm
Kessler Institute for Rehabilitation
300 Market Street Saddle Brook, NJ 07663
Contacts: Debbie Schlossberg, LMSW or
Mary Ann Mertz, RN, (732) 710-8832
Topic: Open discussion
Next month's support group meets: June 4th.

WESTCHESTER, NY/WHITE PLAINS

Tuesday, May 12th - 6 to 8 pm
Burke Rehabilitation Center
785 Mamaroneck Avenue, Building 7
White Plains, NY 10601
Contacts: Helen Mayer, RN (845) 520-0952
Nancy Brenner, LCSW (914)406-3513
Topic: Music therapy for Stress Reduction in ALS
Guest Speaker: Connie Marie Rao, Music Specialist
Next month's support group meets: June 9th.

CENTRAL NJ/NEW BRUNSWICK

Saturday, May 16th - 1:30 to 3:30 pm
Robert Wood Johnson Fitness & Wellness Ctr.
100 Kirkpatrick St., New Brunswick, NJ 08901
Level 2, Community Education Room
Contacts: Debbie Schlossberg, LMSW
(732)710-8832
Mary Ann Mertz, RN (732) 710-8832
Topic: Open Discussion
Next month's support group date is June 29th.

MANHATTAN, NY

Tuesday, May 19th - 6 to 8 pm
Mt. Sinai Beth Israel Hospital
Phillips Ambulatory Care Center
10 Union Square East (b/w 14th & 15th Sts.),
New York, NY 10003
Neurology Dept., 5th Floor Conf. Room
Contact: Jody Wiesel, PhD, (917) 699-9751
Guest Speaker: Attorney-Julia Greenberg, Esq.
of Lamson & Cutner, P.C.
Topic: Medicare/Medicaid Estate planning.
Next month's support group meets: June 16th.

TELEPHONE SUPPORT GROUPS

Patient group: Every Friday from 2:30 to 3:30 pm
Caregivers group - Every Friday from 4 to 5 pm
Contact: Sue Zimmerman, LCSW, (212) 720-3050.
Topics include: Open discussions or Meditation
and Guided Imagery for Stress Reduction.

Upcoming Events

May 3 - Cheer for Team ALS in TD Five Boro Bike Tour. For more information, contact Kristen Cocoman at cocoman@als-ny.org.

May 14 - Flo's Team Fights ALS at The Royal in Union Square, 127 4th Ave, NYC from 7 - 10 pm. Info: Adam Fromowitz at adamfromowitz@gmail.com.

May 14 - Flint Sprint 5k in Eisenhower Park.
Register: www.flintsprint5k.com For more information, contact Kristen Cocoman at Cocoman@als-ny.org.

May 19 - 2015 Long Island Board of Realtors Nassau South Shore Chapter Fundraiser to Benefit The ALS Association Greater New York Chapter. Bridgeview Yacht Club, Island Park. For information, contact Kristen Cocoman at Cocoman@als-ny.org.

May 29 - ALS Awareness Night with the Somerset Patriots at TD Ballpark in Bridgewater, NJ. Tickets or info: Cocoman@als-ny.org

May 29-31 - "A Moment in Time," a play about how a mother and her family deal with ALS. Performed at American Theatre of Actors, 314 West 54th Street, NYC. Portion of proceeds goes to the Greater New York Chapter. Info: jmilstein13@aol.com.

2015 Walk to Defeat ALS Registration Is Now Open!

New York City, NY - Saturday, May 2
Long Branch, NJ - Sunday, May 17
Saddle Brook, NJ - Sunday, May 31
Westchester, NY - Sunday, June 14
Somerset, NJ - Saturday, June 20
Long Island, NY - Saturday, Sept. 19
Hudson Valley, NY - Sunday, Oct. 18

www.ALSWALKS.ORG





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May is ALS Awareness Month. You Can Get Involved!

ALS Awareness Month is commemorated each May with events, media coverage and other activities to bring attention to a disease that continues to impact so many lives.

Hard as it is to believe, it's been eight months since the ALS Ice Bucket Challenge brought unprecedented awareness to Lou Gehrig's Disease. We are forever grateful for each and every person who joined our cause last summer and for the loyal supporters who have been with us for years. Because of you, our ALS community has renewed determination and hope in the fight against this disease.

ALS Awareness Month is a great time to help keep the momentum moving forward. Here are a few ways you can make a difference:

- Tell your story. One of the best ways to raise awareness is to join our social networks and make your ALS story known. Use Facebook, Twitter, Instagram and Pinterest to tell people about ALS and how it has impacted you and your family.
- Kick off the month by registering for our Walks to Defeat ALS. For a full list of Walk dates see the other side of this newsletter. If you're interested in participating, sign up at www.alswalks.org or contact Sarah Pattison at (212) 720-3042 or spattison@als-ny.org.

- Join our Young Professionals Group (YPG). The YPG works in partnership with the Greater New York Chapter to find a cure for ALS and to improve the lives of people and families living with the disease. For more info contact Alexandra Davis at (212) 720-3049 or adavis@als-ny.org.

- Become an ALS Advocate and help change the laws and policies that affect thousands of persons with ALS and their families. If you're interested in becoming an ALS Advocate contact John Nolan at (212) 720-3051 or jnolan@als-ny.org.

- Create your own event to benefit your local chapter. Whether you host a bake sale or run a marathon, every dollar you raise can make a difference in the fight against ALS. For more info contact Alexandra Davis at (212) 720-3049 or adavis@als-ny.org.

- Honor your loved one with a tribute or memorial gift. For more info contact John Nolan at (212)720-3051 or jnolan@als-ny.org.

The ALS Association Greater New York Chapter's website has information about these and other ALS Awareness Month activities, as well as news about research and services.