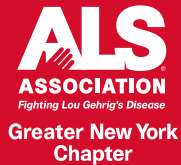


DECEMBER MONTHLY UPDATE



Advocacy



Patient Services



Research



Awareness

Serving New York City, Long Island, Westchester County, Lower Hudson Valley, and Northern & Central New Jersey
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DECEMBER 2016 SUPPORT GROUPS

NASSAU COUNTY, NY

Sunday, December 4th - 2 to 4 pm

Northwell Health - Plainview Hospital
888 Old Country Road

Plainview, NY 11803 (Downstairs)

Contact: Cindy Keyser-Posner LMSW
(631) 416-2767

Carol Bishop RN (631) 219-0947

Topic: Open Discussion/Holiday Celebration

Next month's support group will not

meet due to Holiday New Year's Day

on Jan. 1st.

LOWER HUDSON VALLEY, NY

Tuesday, December 6th - 6 to 8 pm

Ambulatory Surgery Center

Building C, 3rd Floor

200 Westage Business Center

Fishkill, NY 12524

Contacts: Helen Mayer RN

(845) 520-0952

Nancy Brenner LCSW

(914) 406-3513

Topic: Open Discussion/Holiday Celebration

Next support group meets: Jan. 3rd

SUFFOLK COUNTY, NY

PLEASE NOTE DATE CHANGE

Tuesday, December 13th- 6 to 8 pm

Stony Brook University

Department of Neurology

179 N. Belle Mead Road

East Setauket, NY 11733

Contacts: Theresa Imperato RN

(516) 946-5467

Cindy Keyser-Posner LMSW

(631) 416-2767

Topic: Open Discussion/Holiday Celebration

Next support group meets: Jan. 3rd

WESTCHESTER, NY

Tuesday, December 13th - 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: Open Discussion/Holiday Celebration

Next support group meets: Jan. 10th

MANHATTAN, NY

Tuesday, December 20th - 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

Topic: Open Discussion/Holiday Celebration

Next support group meets: Jan. 17th

NORTHERN NJ

Thursday, December 1st - 7 to 9 pm

Kessler Institute for Rehabilitation

300 Market Street, Saddle Brook, NJ 07663

Contacts: Debbie Schlossberg LMSW

(732) 710-8832

Mary Ann Mertz RN (908) 552-5573

Topic: Open Discussion/Holiday Celebration

Next support group meets: Jan. 5th

CENTRAL NJ

Saturday, December 17th - 1:30 to 3:30 pm

Robert Wood Johnson - Fitness & Wellness Center

100 Kirkpatrick Street

New Brunswick, NJ 08901, Level 2

Community Education Room

Contacts: Debbie Schlossberg LMSW

(732) 710-8832

Mary Ann Mertz RN (908) 552-5573

Topic: Open Discussion/Holiday Celebration

Next support group meets: Jan. 21st

TELEPHONE SUPPORT GROUPS

Patient group: Every Wednesday from 2:30 to 3:30 pm

Caregivers group: Every Wednesday from 4 to 5 pm

Topic: Open Discussions

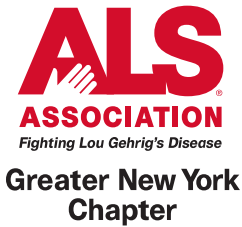
Please contact Michelle McKenzie LMSW at (212) 720-3045 for further info.

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.

For more about the ALS Registry, contact Christine Dunn in the Chapter office at (212) 720-3044 or dunn@als-ny.org. Chris can also help you with your enrollment.



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www.als-ny.org

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MAKE YOUR END OF THE YEAR GIFTS REALLY COUNT: JOIN THE FIGHT AGAINST ALS

The holiday season and the end of the year is upon us. As the year wraps up and you are looking to make charitable donations Joe Brown wants you to consider giving to the ALS Association Greater New York Chapter. Joe's wife Verna was diagnosed with ALS during last year's holiday season in December of 2015, and since then he has seen firsthand just how devastating this disease is.

"The ALS Association provided my wife with a power wheelchair as long as she needs it. Her ability to speak has been greatly reduced and, being a former English teacher, that is really difficult for her, so we are also on the waiting list for an eye tracking device," Brown said.

These services are available free of charge to Verna and Joe because of your generous donations.

"This holiday would be a great time to make a gift to the ALS Association Greater New York Chapter, so they can continue their care and research," Joe Brown said. "It would be a wonderful gift for someone who is suffering from the disease who could greatly benefit from the research, and medical services this gift would provide."

Joe and Verna have been married for 54 years. Verna now lives in a nursing home, and Joe said adjusting to being home alone has been difficult. He credits the Chapter's support groups with helping keep his spirits up.



Joe and Verna Brown.

"The ALS Association has been a bedrock, and so supportive both emotionally, and when it comes to medical services. Anyone dealing with ALS knows just how important the emotional help can be," Brown said.

More than 750 PALS and families rely on the Chapter, and rely on your funds to help fuel their fight.

"My wife is an inspiration. She is amazing and she is still the social butterfly of the nursing home and a fighter. She has her down days but we still have our laughs and she's fighting," Brown said.

Join in the fight alongside Verna and Joe Brown by donating to the The ALS Association Greater New York Chapter and help us continue to provide compassionate care, advocate for patients and families, and fund the research that will hopefully lead to an effective treatment and cure for ALS.

"It is one of the most devastating of all diseases, because the body betrays the individual, but the mind continues to work," Brown said. "So please don't give up on the fight because we aren't. Let's find a cure so no one else has to suffer with ALS."

To donate go to www.als-ny.org or contact Jeanne Traugot, Director of Development, at (212) 720-3051 or jtraugot@als-ny.org.



WORKPLACE GIVING

Workplace giving programs help provide employees with a simple way to donate to charities they care about. There are many ways employees can contribute money, including payroll deductions, joining workplace-giving federations and participating in internal fundraising events.

For information on how your workplace can give back contact Jeanne Traugot at (212) 720-3051 or jtraugot@als-ny.org.