



The ALS Society of Alberta

# Prairie to Peak



## AMAZING! Hole-in-one at the 11th Annual ALS Charitee Golf Tournament

Paul Smith of Highrock Energy was the lucky winner of a 2013 Audi Q5 SUV sponsored by Royal Oak Audi at the ALS Charitee Golf Tournament on Monday June 17, at Pinebrook Golf & Country Club! This is a first for the tournament and we are so happy Paul won this beautiful SUV. We can't thank Royal Oak Audi enough for this generous donation. Paul and his wife Paola graciously gave a generous donation to the ALS Society of Alberta. The event was a huge success, and despite a large thunderstorm that blew over to make way for sunny skies, everyone had a great time!



Left to Right: Mike Flanagan, Volunteer, ALS Charitee Golf Committee; Paul and Paola Smith; and Murray Dorren, General Manager, Royal Oak Audi

Story Continued on Page 4

## Thank you, Thank you, Thank you!

Thank you to all of our amazing volunteers, clients and their families and donors across the province who dedicate their time to all of our events. It was astonishing to see the number of volunteers that give their precious time and energy to raising much needed funds and awareness of ALS.

We could not do what we do without your support, and it is because of you that we have been able to provide much needed equipment, support our clients and their families, and respond to the needs across the province.

Thank you so much!

Karen Caughey  
Executive Director

# ALS Society of Alberta

## Health Canada has declared June as ALS Awareness Month

Across Canada, June is recognized as ALS Awareness Month. This time of year, it is very important to make people aware of what ALS is, and what they can do to help. Many people do not understand what ALS encompasses and while it is said to be a rare disease, we know better.

“As Minister of Health, I would like to take this opportunity to recognize those Canadians living with ALS, and to commend the health care professionals, family and friends who support and care for them,” said Leona Aglukkaq, past Minister of Health Canada, talking about ALS awareness month.

## Proclamations from Alberta Communities

Thank you for helping to spread awareness and for helping to create conversations for those people who are affected by ALS.

Spreading awareness year-round is crucial to raising funds, allowing us to provide the best care and assistance possible.

- **Calgary - Mayor Naheed Nenshi**
- **Camrose - Mayor Marshall Chalmers**
- **Edmonton - Mayor Stephen Mandel**
- **Fort McMurray - Mayor Melissa Blake**
- **Peace River - Mayor Lorne G. Mann**
- **Vegreville - Mayor Richard N. Coleman**

## 2012 Annual General Meeting

On Saturday May 25, our AGM was held at the Provincial Office in Calgary. We want to sincerely thank retiring board member Shelley Engstrom, as well as current members for all of their hard work.

Our new 2013 Board of Directors are:

- Chair: Tara Pentney
- Vice Chair: Jan Desrosiers
- Treasurer: Pat Merz
- Secretary: Judy Collins
- Director: Cathy Martin
- Director: Scott Klassen
- Director: Jim McLaughlin
- Director: Heather Haddow
- Director: Dave Williams
- Director: Tracey Wallace

If you would like a copy of our Annual Report, please contact the Provincial Office.

## ALS Society Announcements

### Staff Updates

We said goodbye to Monica Hudj and Phyllis Smith who have left the ALS Society in the last few months. Thank you so much to both of them for all of their hard work - we will miss you both and wish you the best of luck in the future!

We welcomed back Jeremy Wojtkiw as the Equipment Program Manager. Jeremy was previously with us but was taking time off to be home with his young family. Welcome back Jeremy!

### Summer Students

We were very happy to hire three students this summer! Jillian Siemieniuk from Queens University in Ontario, as well as Carmelyn Rogoza and Laura McCarthy both from Mount Royal University. Thank you for your hard work and dedication to the Society.

# ALS Society Events *Summer 2013*

## Commemorating the 17th Annual Betty's Run for ALS

On Sunday June 9, the 17th Annual Betty's Run for ALS took place at North Glenmore Park. We had an amazing turnout with 1,700 participants. Thank you to all who participated, donated, sponsored and showed support for Betty's Run, it wouldn't be the success it is without your help! We reached a milestone by raising the highest amount in the history of Betty's Run. With a whopping \$540,000 raised by the teams and individuals involved, our grand total to-date is over \$5.6 million!



Mayor Nenshi opened up the day and we thank him for his attendance. We also very much appreciate David Brown for being the Betty's Run for ALS Ambassador. Betty's Run for ALS honors Betty Norman's memory, but it also highlights the determined spirit of those living with ALS and those who love them. If you'd like to read more about David, visit [www.alsab.ca/events/bettys-run-for-als/ambassador](http://www.alsab.ca/events/bettys-run-for-als/ambassador).

Thank you to the volunteer committee who work hard all year long to plan this great event. See you next year on June 8!

## The WALK for ALS

This year we have an amazing 11 WALKS for ALS across Alberta! Everyone involved, from the WALK coordinators, participants, clients and sponsors make the WALK for ALS a unique and cherished event for the ALS Society of Alberta. We still have four more walks to go, with DeBolt, Fort McMurray and Vegreville in August, and Lethbridge in September. For more information, visit [www.walkforals.ca](http://www.walkforals.ca).



Spruce Grove



Cold Lake



Red Deer



Edmonton



Camrose



Hinton

### Spruce Grove

Yvonne Cadwell and her team of volunteers hosted the Spruce Grove WALK on June 1. Over 100 participants showed up to WALK around Central Park. The event raised an amazing \$14,000! Great work!

### Edmonton

Over 1,000 people came out to show support on June 8 at William Hawrelak Park, which featured a great BBQ this year. The WALK raised an incredible \$280,000! Great work to Lindsay Cashin and the committee for putting together another successful event!

### Hinton

The community of Hinton rallied together on June 22 to raise \$8,000. The WALK took place at Beaver Boardwalk. Despite the flooding in Southern Alberta, the community came together to raise spirits and donations. A big thank you goes out to Tim Scaife and Beth McCallum, as well as all the volunteers for your efforts.

### Cold Lake

The 12th annual WALK for ALS took place on June 1, where participants raised over \$13,000. Thank you so much to Pat and Michelle Feduniak, who worked hard with local volunteers all year long to host a great WALK!

### Camrose

This year, the annual Camrose WALK brought in an amazing \$30,850 and had almost 100 participants walking for those they love. The WALK took place on Saturday June 22 around Mirror Lake Park. Thank you Dianne Friesen, Brandee Fossen, and the rest of the volunteer committee !

### Peace District

Peace District came together to raise \$3,000 through the WALK for ALS. Way to go! The WALK took place on June 6 at River Front Park. Thank you to Johanna Downing for putting together an event to be proud of. Thank you to all of our volunteers!

### Red Deer

This year commemorated the 10th annual WALK for ALS in Red Deer. The location changed at the last minute to the Lindsay Thurber Comprehensive High School due to flooding. Thank you Michelle Parker, Deb Hansen and the volunteer committee for an awesome effort!

# ALS Society Events *Summer 2013*

## **The 11th Annual ALS Charitee Golf Tournament (Continued from pg. 1)**

We had so many generous donors for the live and silent auction, along with everyone who played and bid on items, helping us to raise over \$90,000! Thank you to our fantastic sponsors, The Mancal Group, Arawak Energy Canada, and the Calgary Motor Dealer's Association who offer their continued support. Thank you also to our other hole-in-one sponsors, GSL GM City and Toole Peet; and to our snack sponsors Bartier Bros. Wine and Spolumbos!

This tournament could not come together without all of the fantastic members of the ALS Charitee Golf Committee, who volunteer their time and resources. Thank you!



MediChair Calgary Team

## Third Party Events **FUNDRAISERS**

### **Colleen Christie's Dinner**

On April 27, Colleen Christie and her Sorority Sisters hosted the 15th Annual ALS Charity Dinner in Lloydminster. As always, it was a wonderful dinner, including entertainment by Greg Morton, a standup comedian. Colleen's dinner raised over \$14,000! Congratulations on another successful event!

### **Cooperators Volunteers In Action Golf Tournament**

The ALS Society of Alberta was the charity of choice for the June 6, Cooperators Volunteers In Action Golf Tournament at the Valley Ridge Golf Course. Thank you so much to David Christensen who chaired the committee and brought us into the tournament this year!

### **Morinville Auto Parts – Show N' Shine**



On June 22, Christian Rondeau once again held the Morinville Auto Parts Show N' Shine, with funds raised being donated to the ALS Society. Over \$2,000 was raised at the event! Thank you so much to Christian and your team!

### **Edson Sobeys**

In the month of June, IGA Linford Foods Ltd, now Edson Sobeys, raised funds for the ALS Society. The staff donated over \$1,000 in the name of Ron Linford! Thank you so much for your continuous support!

### **Pub Party at Big Al's**

On Saturday June 8, Houaida Haddad hosted her first annual pub party. Houaida has hosted several events over the past four years and hopes to make the pub party an annual event. The event featured a live band, 50/50 draw, and silent auction. It sounds like a great time was had by all! Houaida and her team, the Pouncing Pumas raised over \$6,900 for the Red Deer WALK for ALS. Way to go everyone!

### **Golf-a-thon for ALS**

On June 10, Weston Gillett hosted a Golf-a-thon for ALS at the Drayton Valley Golf Club, while brothers Patrick and Pieter Martin hosted their own Golf-a-thon at Silverwing Golf Course. These Canadian PGA recognized pros worked hard to collect pledges and golfed from sun up, to sun down for the ALS Society of Alberta. Thanks for taking the initiative and throwing a fun event!

### **Bud Country Fever**

On the weekend of June 29 – 31, Joanne Turnbull ran the 50/50 at Bud Country Fever in Grande Prairie. Over \$8,000 was raised that weekend through the raffles! Thank you to Joanne as well as Bud Country Fever for your support!

### **The Mad Hatter's Tea Party**

Wally Sikorsky celebrated his 65th birthday in style with "The Mad Hatter's Tea Party" on July 7! Guests showed up in their best hats and made over \$750 in donations to the ALS Society in honour of Wally. Thanks for organizing this fun event!

### **Western Canadian Sulphur Industry Golf Classic**

Husky Energy chose the ALS Society to be a recipient for their July 11 Western Canadian Sulphur Industry Golf Classic which took place at D'arcy Ranch. Over \$5,500 was donated to the society – thank you to Jan Bindon who nominated us, and to Kelli Pollock for your hard work organizing the tournament! We really appreciate your support!

# Third Party Events FUNDRAISERS

# Community Support

## Golf Tournament



On July 19, the Mountain District of Greenview hosted an Invitational Golf Tournament at the beautiful Valleyview Riverside Golf Course. Of event proceeds, \$6,561 was donated to the ALS Society, as staff and council members are personally affected by ALS. Thank you!

## ALS Quonset Days



Janet Biemans and her family hosted their fourth annual ALS Quonset Days on July 19-21. The annual fundraiser takes place on their family farm just outside of Seven Persons and began as a tribute to Peter Biemans who passed away in 2009 from ALS. Almost 500 people attended the weekend event that included entertainment such as: Jay Bowcott, The Chevelles, Phoenix and Adam Gregory! Dubbed the "Greatest Outdoor Party on Dirt", the event also featured a silent and live auction. Although funds are still rolling in, they have raised over \$33,000! Thank you so much to Janet, Trevor and Traci for all of your hard work!

## Art Show

Thank you to Sharon McIntyre for hosting an Art Show in Edmonton on July 20 and setting out an ALS Collection Box for the ALS Society. We really appreciate your support!

## Stanley Carlstad Memorial Ball Tournament



Trudy Roy and her family hosted their fourth annual Stanley Carlstad Memorial Ball Tournament on July 20 in Bear Canyon. The family raised an all-time record of over \$10,400 this year! Thank you so much for your continuous support!

## Calfrac Well Services

Calfrac Well Services held their Annual Golf Tournament in honour of Jim Waddington and donated over \$1,700 to the ALS Society – thank you so much for supporting our cause!

**Do you want us to feature your fundraiser in the Prairie to Peak newsletter?**

**Send in your information to [Lindsay@alsab.ca](mailto:Lindsay@alsab.ca) or call 1-888-309-1111**

## Order of the Eastern Star, Chinook Chapter #133

In May, we received \$13,000 from the Order of the Eastern Star, Chinook Chapter #133 from their recent casino. The Order of the Eastern Star is a Masonically-related fraternity of women and men dedicated to charity, truth and loving kindness. Thank you so much for your support, the funds will go to good use!

## Vehicles and Violins Gala



We are pleased to announce that we received an amazing \$125,000 from the Vehicles and Violins Gala hosted in March. The ALS Society of Alberta is thrilled to be part of such a great event, and we know all of our clients also appreciate being chosen as one of the charities to receive the philanthropic kindness of the Calgary Motor Dealers Association.

## Green Shield Benefits Association

On June 5, we received a grant of \$10,000 from the Green Shield Canada Community Giving Program. The program supports the health and wellness of Canadian Communities. The funds will go to support our Client Services across Alberta. Thank you so much for this generous gift!

*Condolences* Our sincerest condolences go out to the families and friends who have lost a loved one. Thank you to those who kindly sent donations to the ALS Society of Alberta in memory of friends and loved ones affected by ALS. Your thoughtfulness is greatly appreciated.

## Tips & Tricks

If you have problems with the strength in your hands, here are some great DIY ideas!

- Pick up some pipe insulation from a home improvement store. The pipe insulation is a very thick foam rope with a hole down the center. You can insert anything from a toothbrush, fork, spoon, or stylus for your iPad.
- Use a terry cloth wristband to hold a stylus if you are able to use your arm still but not your fingers.
- Small vice grips will help you to grasp items, such as a zip lock bag, a sweater sleeve or a jacket zipper. Once you lock the vice grip, they will hold on and will magnify the strength you have.

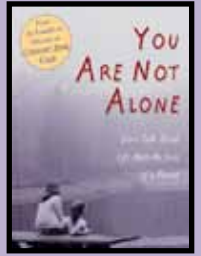
Contact your client services coordinator or your OT for additional assistance. If you have any Tips & Tricks to share in the newsletter, send to [Lindsay@alsab.ca](mailto:Lindsay@alsab.ca).

## Children's Corner

We all grieve and come to terms with ALS in our own way. These resources may be helpful for children and young adults.

### You are not Alone

By Lynne. M. Hughes  
(\$10.00)



The loss of a parent is difficult at any age, particularly if it's before children or teens have matured into adults.

In this book, the author reaches out to children and teens, asking them about their healing process. The book contains testimonials on what others have found helpful or not helpful to them along their journey of great loss. The author lost both her parents at a young age and aimed to help others where she did not find this kind of assistance during her grieving process. To purchase visit [www.comfortzonecamp.com](http://www.comfortzonecamp.com).

## Updates from the University of Alberta ALS Clinic

### Brain Imaging Research At The University Of Alberta

We are seeking both healthy volunteers and people with ALS to participate in brain imaging studies at the University of Alberta. Advanced MRI (magnetic resonance imaging) techniques are being developed to measure brain changes in ALS that cannot be seen using routine MRI methods. MRI is a safe technique that does not use harmful radiation. Research participation may also involve behavioural tests, memory tests, and a brief physical exam. Many of these tests are part of the routine evaluation of a person diagnosed with ALS.

It is believed that through the use of advanced MRI techniques we will be able to better understand the symptoms and progression of ALS. We hope to use our study findings to aid in earlier diagnoses, and to evaluate new treatment options.

Participants will be asked to undergo a 45-60 minute scan in an MRI machine, followed by another 60-90 minutes of neurological tests. The minimum criteria to be eligible to participate are:

- Be able to lie flat inside an MRI machine for 45-60 minutes without moving
- No metallic objects in your body
- No pacemaker
- Greater than 40 years of age (if you do not have ALS)

This research is supported by the ALS Society of Canada, the Canadian Institute of Health Research, and the ALS Association of America.

More information regarding our brain imaging research program and the ALS Clinic can be found on our NEW WEBSITES: [www.ualberta.ca/ALS/research](http://www.ualberta.ca/ALS/research) and [www.ualberta.ca/ALS](http://www.ualberta.ca/ALS)

### New Staff

We would like to introduce Dennell Mah as a new Research Assistant with the University of Alberta ALS Clinic. She joins us after 6 years of working as a Research Assistant in the Pulmonary Division at the University of Alberta, with Asthma research. Dennell has replaced Michael Kreuzer, who left the position at the end of July and will be starting Optometry school in Waterloo, Ontario in the fall.

Dennell is your main contact if you want more information about ALS research at the University of Alberta. To speak with her during business hours, you can call the ALS Clinic Research Line at 780-407-2944, or you can send her an email at [dennell.mah@ualberta.ca](mailto:dennell.mah@ualberta.ca).

# Support Groups

All Support Groups and Information Sessions are provided free of charge. They are offered in casual group settings that provide everyone with an opportunity to share their experiences, information and support.

## ALS Support Groups

These groups provide support to people living with ALS, their spouses, significant others, friends and families. It gives individuals the opportunity to meet others on the ALS journey, share challenges and solutions, have some fun and socialize.

### ALS Family & Spousal Support Group

These warm and casual groups are for people who have lived with, or are currently living with someone affected by ALS.

#### Calgary

##### ALS Support Group

**Dates:** September 7  
October 5  
November 2  
December 7

**Time:** 1:30 p.m. – 3:30 p.m.

**Place:** Rotary Challenger Park  
Canada Alberta Century  
Field House  
3688 48 Avenue NE

##### ALS Family & Spousal Support Group

**Dates:** September 19  
October 17  
November 14  
December 12

**Time:** 6:30 p.m. – 8:30 p.m.

**Place:** 8211 Churchill Drive SW

Contact Jane at 403-714-8211 or email [Jane@alsab.ca](mailto:Jane@alsab.ca) for more information on Calgary's ALS support groups.

##### PLS Support Group

This group is for people living with and affected by PLS.

**Dates:** September 30  
October 28  
November 25  
December 16

**Time:** 1:00 p.m. – 3:00 p.m.

**Place:** 1718 14 Avenue NW  
Renaissance Condo Complex  
at North Hill Mall

Contact Megan at 403-620-1358 or email [Megan@alsab.ca](mailto:Megan@alsab.ca) if you are interested in attending or for more details.

#### Calgary

##### Staying in Touch (NEW!)

This group was created for those who have lost someone to ALS. This casual group gets together to reconnect with familiar faces, chat with others who have been through a similar journey and share some support and happy memories.

**Dates:** September 9  
November 4

**Time:** 6:30 p.m. - 8:30 p.m.

**Place:** ALS Society Provincial Office

Contact Megan at 403-620-1358 or email [Megan@alsab.ca](mailto:Megan@alsab.ca) if you are interested in attending or for more details.

#### Edmonton

##### ALS Support Group

Light refreshments will be available.

**Dates:** September 17  
October 15  
November 19  
December 17

**Time:** 1:30 p.m. – 3:00 p.m.

**Place:** ALS Society Edmonton Office  
#314 Circle Square, 11808  
St. Albert Trail NW

##### Staying in Touch (NEW!)

A gathering with coffee and snacks for people who have lost someone to ALS. An opportunity to chat, reconnect, share supports, stories, and memories.

**Dates:** September 19  
November 21

**Time:** 6:30 p.m. – 8:00 p.m.

**Place:** ALS Society Edmonton Office  
#314 Circle Square, 11808  
St. Albert Trail NW

Contact 780-487-0754 for more information or to register for Edmonton's support groups.

#### Leduc

##### ALS Support Group

**Dates:** Every third Tuesday of the month  
September 17  
October 15  
November 19  
December 17

**Time:** 1:30 p.m. – 3:30 p.m.

**Place:** Karunia House  
4701 49 Avenue

Contact 780-487-0754 for more information or to register for Leduc's support group.

#### Lethbridge

##### ALS Support Group

**Dates:** Every last Friday of the month  
**Time:** 2:00 p.m.  
**Place:** North Bridge Seniors Centre  
1904 13 Avenue N

Contact Janice at 403-393-2663 or email [Janice@alsab.ca](mailto:Janice@alsab.ca) for more information.

#### Red Deer

##### ALS Support Group

**Dates:** Every other month  
**Time:** 1:00 p.m. – 3:00 p.m.  
**Place:** MS Society Office  
#105 4807 50 Avenue

##### ALS Family & Spousal Support Group

This group is co-facilitated by Esme Tyson and Carla Falk.

**Dates:** Every third Thursday of the month

**Time:** 1:00 p.m. – 3:00 p.m.

**Place:** Contact for details

Contact Carla at 403-357-4791 or email [Carla@alsab.ca](mailto:Carla@alsab.ca) for more information on Red Deer's support groups.



The ALS Society of Alberta

"The Amyotrophic Lateral Sclerosis Society of Alberta is dedicated to making each day the best possible day for people living with and affected by ALS by providing support, facilitating the provision of care, promoting awareness, helping find a cure and advocating for change."

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Support For Champions - Children's Program



Left to Right: Pauline, Michael, and Julie Mariaq
Front: Benjamin Mariaq

On July 9, Michael Mariaq had the opportunity to accompany his Dad on a trip to the University of Alberta ALS Clinic in Edmonton from Goa Haven, Nunavut. This was made possible through the Support for Champions Program.

To donate to the Support for Champions Program, fill out the form below, or go online to www.alsab.ca

Donation Form

I would like to join the ALS Society of Alberta's Monthly Giving Program

I authorize the ALS Society of Alberta to withdraw my monthly donation of \$\_\_\_\_\_ from my bank account at the beginning / middle (circle) of each month. (Please attach a blank cheque marked VOID)

I authorize the ALS Society of Alberta to charge my monthly donation of \$\_\_\_\_\_ to my credit card at the beginning / middle (circle) of each month. (Fill out credit card information below)

Date \_\_\_\_\_ Authorizing Signature \_\_\_\_\_

I am enclosing a one-time donation of (circle) \$25 \$50 \$100 \$250 Other \$\_\_\_\_\_

Enclosed is a cheque payable to the ALS Society of Alberta

Please charge the above amount to my credit card (Fill out credit card information below)

Please send my charitable tax receipt to:

Surname \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

Credit Card Information

Select: Visa MasterCard American Express
Credit Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_

Please return form to the ALS Society of Alberta Provincial Office.

Your gift will help us to make each day the best possible day for those living with and affected by ALS.

PRIVACY STATEMENT: YOUR PERSONAL INFORMATION WILL NOT BE ABUSED, SOLD OR SHARED WITHOUT YOUR KNOWLEDGE OR CONSENT. FOR MORE INFORMATION, PLEASE CALL THE ALS SOCIETY OF ALBERTA'S PROVINCIAL OFFICE.

Charitable Tax Receipts will automatically be issued for donations of \$25 or more.