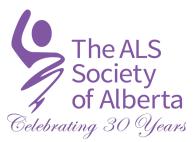
Prairie to Peak

A PUBLICATION OF THE ALS SOCIETY OF ALBERTA ISSUE 05 | DECEMBER 2016





Making it Possible

The ALS Society of Alberta is proud of its mission to make each day the best possible day for people living with and affected by ALS. Thanks to the many donors and supporters of the Society, it is able to provide client support services that truly make an impact for those living with and affected by the disease. The Equipment Loan Program has been able to consistently expand throughout the Society's 30 years in operation, enabling client support staff to respond to the rapidly changing needs of those living with ALS.



"Thank you to the ALS Society for this awesome chair for my dad. Best seat in the house at the Oilers game last night!" - Amanda Johnson and John Orfino

The ALS Society of Alberta was thrilled to work with Design4Change earlier this year to visualize its mission of "making it possible". The PSA led to some positive feedback about the Society's support and services.

"My beloved brother passed with ALS last year. & your mission is beautiful & so appreciated. Thank you all for giving my dear brother the comfort of living in his home & the care workers that worked so close with family every day to make his life more comfortable!!!! THANK YOU!!!!!!!"

View the PSA at www.alsab.ca



Support for Champions

The Support for Champions program allows children whose parents are affected by ALS to participate in "normal" childhood activities that may not be available to them due to the immense financial burden ALS can cause. The program invites parents or children to apply to the Society for funding for events or activities that the child would like to participate in.

"My mom cannot work anymore since she has ALS. Thank you for helping her pay a portion of my school fees, it really helps me a lot. I hope that you keep continuing to help her." - a Support for Champions recipient.

The need for this type of support is real and is currently not being met for many families in Alberta. Many families do not have the financial means and social network to be able to ensure that the children affected by ALS are still able to engage in social activities, deal with their grief, and enjoy everyday childhood recreation. For some families there is a real struggle in balancing financial responsibilities and recreational activities, a struggle that the Support for Champions program aims to help.

"I would like to thank you for supporting my mum, to help us purchase my transportation passes for this semester. We appreciate your continuing support." - a Support for Champions recipient.



The ALS Society of Alberta is thrilled to announce that it raised over \$6,800 for the Support for Champions program during the 2016 Giving Tuesday campaign! Funds raised allow the Society to continue providing funds to those affected by the disease. For more information about the program or to get involved, visit our website.

Mikael Backlund and the Calgary Flames



Another hockey season has begun, and the ALS Society of Alberta is thrilled to remain as Mikael Backlund's charity of choice. In addition to the generous monetary donation for each point Mikael earns, he also generously donates 10 tickets per month to people affected by ALS in Alberta. Familes were able to attend both the Oct. 22 and the Nov. 16 games, and Mikael visited and signed autographs afterward!

Mikael's support truly speaks to his compassionate and generous nature. He creates memories with our families that will last a lifetime, and makes it possible for anyone who is interested to watch the game. The Society could not be more grateful for Mikael's support, and we wish him the best of luck in this year's hockey season! Go Flames Go!



2

30th Anniversary and Volunteer Appreciation

The ALS Society of Alberta was proud to celebrate its 30th Anniversary on October 6, in both Calgary and Edmonton. Guests and staff recounted memories of the past 30 years, and spoke about the tremendous growth the Society has had due to the generous support of donors, volunteers and supporters. The Society also recognized its outstanding volunteers through the annual ALS Society of Alberta provincial awards.

Calgary

Exceptional Fundraising Program Award



Janet Biemans and family were presented with this award after their outstanding achievement with Quonset Days, an ALS fundraiser in Seven Persons. This event raises tremendous awareness in Southern Alberta and has raised over \$300,000 for the Society since its inception seven years ago. Thank you!



Colin Davis has been an outstanding fundraiser for Betty's Run for ALS. He continuously advocates in the community for the cause and consistently comes in as a top fundraiser for the event. Betty's Run for ALS could not have grown to be the largest ALS fundraiser in Canada without fundraisers like Colin. Thank you!

WALK Coordinator Award



Alanna Supersad has dedicated her time, energy and talent to the Edmonton WALK for ALS over the past three years. Since Alanna became the WALK Coordinator, the WALK has seen incredible growth. The Society is so fortunate for her leadership abilities and dedication to the role. Thank you, Alanna!



The Red Deer WALK for ALS has become one of the largest WALKs for ALS in Alberta over the past 15 years.

Coordinators Michelle Parker and Deborah Hansen, along with their planning committee, have worked so hard to provide a comforting space for those affected by ALS to celebrate their loved ones.

Edmonton



From left to right, Su-Ling Goh, Yvonne Cadwell, Sandi Rasmussen-Connolly, Dianne Friesen. Howie Sniderman

Exceptional Public Awareness Su-Ling Goh, Global Edmonton

This award is given to someone who provides exceptional programs aimed at educating and raising public awareness about ALS. Su-Ling Goh, of the Global Edmonton Health Matters segment, completed a two-day series about living life to its fullest while faced with an ALS diagnosis. Her respectful and kind approach to our clients and families made a significant impact and inspired hope for those affected by ALS in Alberta.

Norman Pollock, Exceptional Volunteer Award - Howie Sniderman

The Exceptional Volunteer Award was named the Norman Pollock Exceptional Volunteer Award this year. Norman Pollock was a member of the Board of Directors from 2007 until his passing in 2012. He was a tireless advocate and inspite of the challenges he faced living with ALS, he gave his precious time to make a difference. In 2007, Norm Pollock introduced the ALS Society to Howie Sniderman. Howie was Norm's partner at Witten Law but more importantly, Norm's good friend. Over the years, Howie has supported the ALS cause as an advisor to the ALS Society. He has assisted in many strategic decisions, is a big supporter of thelargest WALK in Canada (Edmonton) and is a loyal champion to the cause.

WALK Coordinator Award

SPRUCE GROVE

Yvonne Cadwell has coordinated the Spruce Grove WALK for ALS over the past six years, in loving memory of her son Derek.

FORT MCMURRAY

Despite the severe impact of the Fort McMurray wildfires, Paul Downey and his team of volunteers went ahead with the Fort McMurray WALK for ALS in July.!

HINTON

Sandi Rasmussen-Connolly, along with co-chair Deena Fuller, stepped up to the plate in 2015 to host the Hinton WALK for ALS, and painted the town purple!

CAMROSE

Dianne Friesen has worked tirelessly over the years to coordinate the Camrose WALK for ALS. This WALK is now one of the largest in Alberta.

BARRHEAD

Jody Round has done a tremendous job with the Barrhead WALK for ALS over the past three years. She has now joined our Edmonton Committee!

PEACE RIVER

Johanna Downing coordinates a WALK for ALS in the Peace District each year and invites the community out to remember their loved ones.

COLD LAKE

Michelle and Pat Feduniak host a WALK for ALS in Cold Lake each year. Their tremendous community support makes for an amazing day!

VEGREVILLE

Dina Bottrell, along with her family and friends, work tirelessly in their community to coordinate the Vegreville WALK for ALS each year.

DEBOLT

Over the past few years, Wendy Holscher has held a WALK for ALS in DeBolt. Her consistent support has led to a great deal of awareness within the area.

4

WALK FOR ALS



LETHBRIDGE

The ALS Society of Alberta is truly grateful to the Thom Family in Lethbridge. Gerard, his wife Shelley, their son Adam, and their "Bosnian second family" came together to triple the size of the Lethbridge WALK for ALS, and raise a tremendous amount of awareness in the area. Gerard courageously shared his story for this year's WALK, and acted as the Ambassador to rally support for the cause. His friends, family and community came out in numbers to support him and his family, raising over \$32,000 for the ALS Society of Alberta. The Kinette Club of Lethbridge also volunteered their time to help out at the event.



Over 400 people attended this year's WALK for ALS, and due to Shelley's creativity and support in her community, she was able to provide guests with an unforgettable experience. With dancers, cheerleaders, bake sales, movie characters and more, the Lethbridge WALK for ALS was full of entertainment for all ages. A bag pipe band kicked-off the WALK, as supporters gathered in Henderson Lake Park to cherish the lives of those affected by the disease. The Society is thrilled that the Thom family has decided to also help coordinate the 2017 WALK for ALS.



Shelley and Gerard Thom, with their dog Chelsea.

"When I was diagnosed with ALS in August of 2015, I cannot lie; it was like getting punched in the gut. I truly thought my life was over. It didn't take long for me to realize that wasn't the case," said Gerard.

"Ironically, it has opened up my world even more and has emphasized what is truly important in my life, like the outpouring love and support we have received as a family; from friends and so many others in this wonderful community of ours. I've truly been humbled by all of this and cannot thank everyone enough."





SPRUCE GROVE

On September 10, over 30 people came out to support the Spruce Grove WALK for ALS. Over \$4,000 was raised at the event, and the park was turned purple with balloons, t-shirts and ribbon. This year marked the end of the Spruce Grove WALK for ALS, however the legacy that Yvonne Cadwell began in the town will live on for decades. Thank you to everyone who came out in support of the Spruce Grove WALK for ALS. Your participation truly makes a difference in the lives of those living with and affected by ALS!

2017 WALK for ALS Training



WALK for ALS Coordinators from across the province gathered on Oct. 22 for the annual WALK Training seminar. This year's focus was on marketing, media and promotion opportunities to help spread the awareness about ALS across Alberta. Coordinators also shared their favourite moments from the 2016 WALKs, brainstormed and created action plans for next year's WALK. Representatives from Red Deer, Edmonton, Fort McMurray, Camrose and Hinton were all in attendance.



Coordinators also had a chance to summarize their WALK into a couple of sentences. As each WALK is so different, it was a great opportunity for coordinators to share what makes their WALK special.

"On a morning in June, I have the privilege of being a part of a celebration of family, friends and community all affected by ALS," said the Red Deer WALK Coordinators. "Tears, hugs, laughs, good food, and recognition that someone who attended last year is no longer here".

CALL FOR VOLUNTEERS

The 2017 WALK for ALS committees are looking for volunteers to help with next year's WALKs. Committee positions are flexible and can be customized to match your skillset! WALK locations will include Red Deer, Edmonton, Lethbridge, Camrose, Cold Lake, Fort McMurray, Grande Prairie, Hinton and Peace River. Contact lisa@alsab.ca to get started!

6

The Hinton WALK for ALS embarked on a new campaign this year with the mission of "painting the town purple". Prior to the WALK on Sept. 25, local businesses and government officials dressed in purple in order to raise awareness for ALS. The Hinton WALK for ALS was a huge success, with over \$8,500 raised! Thank you WALK Coordinators Deena Fuller and Sandi Rasmussen-Connolly for all of your hard work!

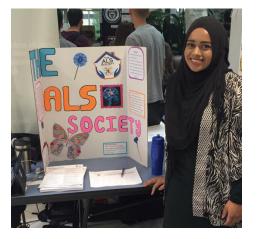








Community Events



UNIVERSITY OF CALGARY - ALS SOCIETY CLUB

Nine years ago, Sarah was just a little girl when she lost her mom to ALS. Today she's in her early twenties, attending University of Calgary and looking forward to the future. However, those difficult years will never leave her. They are an integral part of who she is. Now she wants to help others who also have been through similar experiences. Whether its hanging out over a coffee or going bowling and sharing a laugh, Sarah believes there is strength in community. This January, the ALS Society of Alberta is beginning a peer support group in the Calgary area for high school teens and young adults who have lost someone to ALS. If you are interested please contact Rob at the ALS Society for further information (rob@alsab.ca).

BIG DREW'S BIG RIDE

The annual Big Drew's Big Ride took place on Sept. 10, on the Legacy Trail between Banff and Canmore. This team of hardworking fundraisers far exceeded their fundraising goal of \$2,500, and raised \$9,400 for the ALS Society of Alberta. Thank you to Jim Robinson for all of your hard work in coordinating this event!



PHI DELTA THETA 24-HOUR TEETER TOTTER MARATHON

The fourth annual Phi Delta Theta 24-Hour Teeter Totter Marathon took place in the University of Alberta's main quad from Oct. 4-5. The fraternity fulfilled its goal of keeping the teeter totter in motion for 24 hours, raising a great deal of awareness amongst the youth in Edmonton. The fraternity also raised over \$3,000 for the ALS Society of Alberta.



On October 15, Payton Moro organized the YYC Cycle ALS Charity ride, to raise funds and awareness for the ALS Society of Alberta. A remarkable \$10,000 was raised for the ALS Society of Alberta through this event, thanks to Payton's hard work in coordinating a silent auction, classes and donations! Thank you to YYC Cycle for donating studio time, and to all who came out to support the Moro Family!



LLOYDMINSTER FIRE DEPARTMENT ROOFTOP CAMPOUT

The Lloydminster Fire Department braved the cold weather to host its annual rooftop campout in support of the ALS Society. This fundraiser grows each and every year due to the tremendous support of the fire department and donors within the Lloydminster area. The team raised nearly \$28,000 this year! Thank you to Jordan Newton for coordinating this event each year!



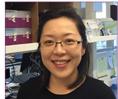
The seventh annual Judy Schweitzer ALS Curl for A Cure Funspeil took place on Nov. 12 at the Michener Hill Curling Club. The tournament was booked full of people affected by ALS in the Red Deer area. Thank you to Carrie Mello for all of your hard work in coordinating the tournament, raffle and 50/50!

ALS RESEARCH UPDATE





CANADA'S RISING STARS IN ALS RESEARCH RECEIVE MORE THAN \$1 MILLION







Dr. Jeehye Park

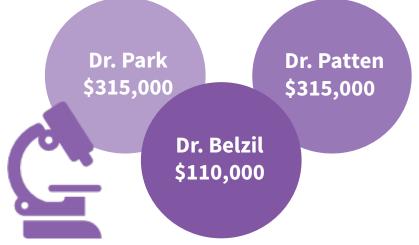
Dr. Veronique Belzil

Dr. Kessen Patten

CAREER TRANSITION AWARDS

The generosity of Albertans has helped three early-career researchers to make ALS the focus of their work in Canada's labs and academic institutions. The research funding, which totals more than \$1 million, has been awarded through the ALS Canada Research Program and Brain Canada as a result of money raised through the ALS Ice Bucket Challenge. Canada is home to many world-class ALS researchers who have played a significant role in landmark discoveries about the disease. Ensuring that our country continues to have a strong community of talented ALS researchers is the goal of the research funding, which supports senior postdoctoral trainees as well as recently hired junior faculty members to secure or maintain a faculty job in Canada. Recipients of this funding are all pursuing forward thinking, high-impact ALS research. This will have a broader impact on our understanding of other neurodegenerative diseases.

2016 marks the second year this particular research program has been funded – it was introduced in 2015 following the Ice Bucket Challenge and provides young investigators with the financial stability to pursue their studies in ALS research at the Assistant Professor level. Without this type of funding, it would be very difficult for ALS research to be a viable area for young Canadian researchers to pursue within our country's borders. Partnership with Brain Canada (with the financial support of Health Canada) and funds from the ALS Ice Bucket Challenge bolstered the implementation of this new program and allowed for funding to support the early careers of three promising young ALS researchers from a very strong pool of applicants. By the end of 2016, \$20 million in research funding will be awarded through the ALS Canada Research Program as a result of the Ice Bucket Challenge.





HUDSON AND DISCOVERY GRANTS

The ALS Societies across Canada, in partnership with Brain Canada, announced \$4.5 million in funding for nine new ALS research projects. This means that since the Ice Bucket Challenge became a social media phenomenon in 2014, nearly \$20 million has been invested in Canadian ALS research at a time when it has the potential to make the greatest impact. Many ALS research experts believe effective treatments are now a matter of 'when' not

The nine projects include two large-scale, multi-year team initiatives – one of which is using stem cell technology to better understand and potentially treat ALS, while the other is studying in a new way the gene most commonly linked to ALS development - and seven smaller studies that enable investigators to explore out-of-the-box research.

"Five years ago, the breadth of ALS research we are funding today would not have been possible simply because we didn't know enough about the disease to be able to ask the kinds of questions that today's researchers are investigating in their work," said Dr. David Taylor, Vice President of Research at ALS Canada.

"The fact that we now have the ability to explore ALS from different angles reflects the growing body of knowledge about the disease and the increasing likelihood of effective treatments being developed."

All of the research projects were selected through a competitive peer review process, regarded as the international benchmark of excellence in assessing projects for research funding. The peer review process engages a panel of international experts in ALS and other neurodegenerative diseases in evaluating and ranking all proposed research projects based on their scientific merit and on the potential to most quickly advance the field of ALS research in order to develop effective treatments. All aspects of the peer review process are executed in full partnership with Brain Canada, whose funds are provided through a partnership with Health Canada known as the Canada Brain Research Fund.

The ALS Society of Alberta is proud to be one of the largest funders of the ALS Canada Research Program. For more details about these awards, visit alsab.ca/news.

UPCOMING EVENTS





Edmonton WALK for ALS, June 10, 2017 - Meet the Ambassador!



"Hello, my name is Fred Gillis and this year I am honoured to be the ALS Society of Alberta Ambassador for the Edmonton WALK for ALS on June 10, 2017. I am a law enforcement officer with the RCMP and for the past 29 years I have worked in various locations across Canada. I am but one of the "Many Faces of ALS". On December 1, 2015, I was diagnosed with ALS. I had been losing my arm strength and coordination for almost a year. It was devastating news and acceptance was difficult because you learn right away that ALS affects everyone around you; your family, your friends and your career. We immediately began to focus on the way forward which included education, communication, support and physical therapy. Since my diagnosis I have been getting support and assistance from the University of Alberta ALS Multidisciplinary

Clinic team, the ALS Society of Alberta and the ALS Edmonton Society Support Group. ALS continually makes me adapt to the progression of the disease and I cannot stress enough how grateful I am to be able to pick up the phone and have someone understand my situation and help me come up with solutions to make living easier. I have only two words to describe the ALS Society of Alberta – love and support. Most of this support and assistance would not exist if it were not for the generous financial support by Canadians. I am taking part in two ALS clinical research trials, one of which is spearheaded by Dr. Sanjay Kalra, co-medical director of the Alberta Health Services' ALS Clinic in Edmonton. Dr. Kalra and his research team are using Magnetic Resonance Imaging (MRI) technology to study and learn about changes in the brains of people with ALS and to track the progression of the disease in hopes of developing a better way to detect and ultimately cure ALS. ALS research gives me hope that we will one day find a cure. This is all about Canadians helping Canadians. I sincerely hope everyone will come out and support the 2017 Edmonton WALK for ALS!"

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. Please note that the groups may be cancelled due to inclement weather be sure to take down the contact information below.

ALS SUPPORT GROUP

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 AND SPOUSAL SUPPORT GROUP

These warm and casual groups are for people who have or are currently supporting someone affected by ALS.

STAYING IN TOUCH

This group was created for those who have lost someone

NEUROMUSCULAR DISORDER SUPPORT GROUP

For people living with and affected by PLS, Kennedy's and other neuromuscular disorders.

YOUTH GROUP

For youth who have a parent or relative who has been affected by ALS.

Calgary

ALS Support Group

Dates: Dec. 3, Jan. 7, Feb. 4, March 4
Time: 1:30 p.m. - 3:30 p.m.
Place: ALS Society Calgary Office

Contact: 403-714-8211 | Jane@alsab.ca

ALS Family & Spousal Support Group

Dates: Dec. 13, Jan. 29, Feb. 23, March 23

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

Place: 8211 Churchill Drive SW

Contact: 403-714-8211 | Jane@alsab.ca

Staying in Touch

Dates: Dec. 5, Feb. 6, April 3
Time: 6:30 p.m. - 8:30 p.m.
Place: ALS Society Provincial Office
Contact: 403-620-1358 | Leslie@alsab.ca

Neuromuscular Disorder Support Group Dates: Jan. 30, Feb. 27, March 27

Time: 1 p.m. - 3 p.m.

Place: North Hill Mall Condo Complex | 1718 14 Ave NW

Contact: 403-620-1358 | Leslie@alsab.ca

Edmonton

ALS Support Group

Dates: Dec. 20, Jan. 17, Feb. 21, March 21

Time: 1:30 p.m. - 3 p.m.

Place: ALS Society Edmonton Office

Contact: 780-487-0754 | SocietyNorth@alsab.ca

ALS Family & Spousal Support Group

Dates: Dec. 20, Jan. 17, Feb. 21, March 21

Time: 1:30 p.m. - 3 p.m.

Place: ALS Society Edmonton Office

Contact: 780-487-0754 | SocietyNorth@alsab.ca

Neuromuscular Disorder Support Group

Dates: Dec. 16, Jan. 20, Feb. 17, March 17

Time: 2 p.m. - 3:30 p.m.

Place: ALS Society Edmonton Office

Contact: 780-487-0754 | SocietyNorth@alsab.ca

Staying in Touch

Dates: Jan. 20, March 17, May 19

Time: 11:30 a.m. - 1 p.m.

Place: ALS Society Edmonton Office

Contact: 780-487-0754 | SocietyNorth@alsab.ca

Youth Group

Dates: Jan. 27, Feb. 24, March 31, April 28

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

Place: ALS Society Edmonton Office

Contact: 780-487-0754 | SocietyNorth@alsab.ca

Leduc

ALS Support Group

Dates: Dec. 15, Jan. 19, Feb. 16, March 16

Time: 2 p.m. - 4 p.m. Place: Karunia House

Contact: 780-707-0381 | Brandee@alsab.ca

Lethbridge

ALS Support Group

Dates: Last Friday of the month Contact: 587-583-3848 | Shayla@alsab.ca

Red Deer

ALS Support Group

Dates: Every other month
Time: 1 p.m. - 3 p.m.
Place: MS Society Office
105, 4807 50 Avenue

ALS Family & Spousal Support Group

Date: Third Thursday of the month

Time: 1 p.m. - 3 p.m.
Place: Contact for details

Contact: 403-357-4791 | Carla@alsab.ca

Our mission is to make each day the best possible day for people living with and affected by ALS. "

Support the Legacy Giving Program of the Society through:

- wills and bequests
- -a gift of securities
- -a gift of insurance

For more information, please contact Karen at Karen@alsab.ca

CONTACT US

PROVINCIAL OFFICE

7874 10 St NE Calgary, AB T2E 8W1 www.alsab.ca | info@alsab.ca (403) 228-3857 | Fax (403) 228-7752 Toll Free: 1-888-309-1111

EDMONTON OFFICE

#5418 97 Street NW Edmonton, AB T6E 5C1 societynorth@alsab.ca (780) 487-0754 | Fax (780) 486-3604

Toll Free: 1-866-447-0754

				Λ	•	E				N I		• I	N I								N I	\ /I	N I			Λ	N.	- //	. K				\ /	7				N I			
$\boldsymbol{ u}$		н	- ,	Δ	.	_	()	N	-	ĸΙ)	_	H	- 1	≺	_	(() I	V/I	IXI	١ (،	-	Δ	- 1	VI	יוו	VI.	н		V		l)		_) I	IΝI		-)	H
	_	. L	_/	\neg	וכ	_		•	,	ΙV	۱ -	ונ	<i>/</i> I	_	1 N	- 1	_	_	L	L	/	ΥĮ	ΙV	· •	J	$\overline{}$		۷Į	' II	N.		_	- 1		ட	•	ノI	ΙV	•	ノI	1 /

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).														
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 Signature														
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:														
Last Name First Name														
Address														
City/Town		Province	Postal Code											
Phone		E-Mail												
Credit Card Informat	ion:													
Select: Visa MasterCard American Express														
Credit Card Number														
Expiry Date	CVV# (3	digit located on back of car	d											
	m to the ALS Society those living with and		e. Your gift will help us to make each day											

PRIVACY STATEMENT: Your personal inforation will noy be traded, sold, or shared without knowledge or consent. For more information, please call the ALS Society of Alberta's Provincial Office.