



The ALS Society of Alberta

Prairie to Peak

September 2015 ~ Volume 13 Issue 1



Anniversary of the ALS Ice Bucket Challenge

Every August until a cure

In 2014, the ALS community was given an amazing gift. The ALS Ice Bucket Challenge went viral, allowing for ALS to become a commonly known disease. Alberta raised a remarkable \$2.8 million during the 2014 Ice Bucket Challenge, of which funds were allocated to national ALS research and support services within the province. Due to the generous support we received in 2014, **we were able to respond to every request for equipment and support across Alberta!** This included 1,754 pieces of equipment allowing those living with ALS to stay in their homes as long as possible. In addition, we were able to make a significant contribution to national ALS research.



“The ALS Society has gone above and beyond to support myself and my family with the necessary equipment and resources such as the equipment loan program and research forums to help me live a more manageable life. The Ice Bucket Challenge not only increases the programs and resources available but puts much needed funding toward research in order to find a treatment, if not a cure for this horrific disease,” - *Judy Van Dresar, Grande Prairie*

Participate in the 2015 ALS Ice Bucket Challenge!

To mark the anniversary of the Ice Bucket Challenge, we encourage you to get involved by posting your Ice Bucket Challenge video online with the hashtags **#ALSIceBucketChallenge** and **#ALSAB**, or make a donation at www.alsicebucketchallenge.ca!



WALKS FOR ALS

The WALK for ALS is a national event, and one of our Signature Events at the ALS Society of Alberta. They generate much needed funds to provide services for people living with ALS through home visits, support groups, education and an equipment loan program.



We are able to provide all of our services free of charge to everyone who registers with the ALS Society of Alberta thanks to our volunteers and the funds raised at each walk. 60 percent of the proceeds go directly towards supporting people living with and affected by ALS in Alberta, while 40 percent goes to the national research program.

Each year, wonderful and dedicated volunteers put hours of time and effort into raising funds for the Society. So far this year, there have been eleven WALKS for ALS across the province, with one more upcoming!

Exciting Announcement!! NEW Provincial WALK Sponsor!



We are so thrilled to announce our new provincial sponsor for the WALKS for ALS. James and Jeannie Brown, along with James H. Brown & Associates came to us not only with a generous donation, but with a significant opportunity to further our WALK for ALS advertising. We are so grateful for this partnership and want to thank them for their tremendous support!



Jeanie & James Brown



Team James H. Brown

Thanks to all of our fantastic WALK Coordinators, we have raised \$462,000 and counting this year!



CAMROSE



RED DEER



BARRHEAD



SPRUCE GROVE



DEBOLT



COLD LAKE



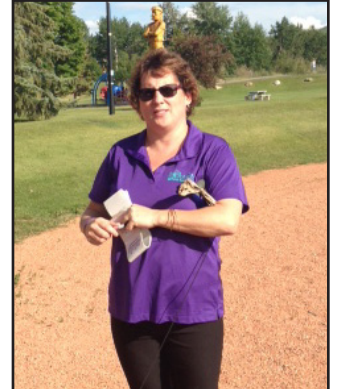
EDMONTON



GRANDE PRAIRIE



HINTON



PEACE RIVER



VEGREVILLE

Remaining Walk for 2015
Visit www.WALKforALS.ca to register!

Lethbridge WALK for ALS

Sunday September 13, 2015

Henderson Lake Park

Lethbridgewalk@alsab.ca

BETTY'S RUN FOR ALS



On Sunday June 14th, the 19th Annual Betty's Run for ALS took place at North Glenmore Park. Despite the cooler weather, we had an amazing turnout! It was an incredible day, full of community, hope, family and fun.

Thank you to all who participated, donated, sponsored, volunteered on the day of and showed your support for Betty's Run and those living with and affected by ALS. We raised an incredible \$470,000 which brings our 19 year total to \$6.5 million!

We were honoured to have Kyle Ruppe as our Ambassador this year. We are in awe of his determined spirit and wonderful personality, and were touched to see the enormous show of support for him and his family. If you would like to read more about Kyle and his story, please visit:

www.alsab.ca/events/bettys-run-for-als/ambassador

We would also like to thank Mayor Nenshi for attending, opening our day, and proclaiming June as ALS Awareness Month in the city of Calgary. We were fortunate to have James K. Gray, our Honourary Chair, speak at the event as well.

Finally, a heartfelt thank you to the Betty's Run volunteer committee! Every volunteer contributes countless hours all year long to throw such a great event, and we couldn't do it without them!



COME CELEBRATE THE 20TH ANNIVERSARY OF BETTY'S RUN WITH US ON SUNDAY JUNE 12TH, 2016!

CHARITEE GOLF TOURNAMENT

On Thursday June 18th we held our 13th Annual Charitee Golf Tournament for ALS. This year's tournament was held at the Calgary Elks Lodge & Golf Club, and was a resounding success! The weather (almost) fully cooperated, and it was a fantastic golf-filled day.

This year we were incredibly lucky to have so many generous sponsors, donors to our live and silent auction, and participants.

A huge thank you needs to go to all of our sponsors this year: Mancal Corporation, Gerry & Sally Stotts, Calgary Motor Dealers Association, Co-op Home Health Care, Doherty & Bryant, Industrial Alliance Securities Inc., NewGrowth Fine Homes Inc., DeJong Design Associates Ltd, Denca Cabinets, EllisDon & Tony Melton.

Thank you as well to all of our donors, golfers, and volunteers.

This event would not happen every year without the tireless efforts of our Charitee Golf Committee: Michael Flanagan, Fran & Len Esler, Russ Doherty, Brad Boychuk, Gerry Stotts and Gerry Braunberger. These dedicated volunteers put their heart and soul into this event, and we are so grateful to have their continued support!



2014 AGM & VOLUNTEER APPRECIATION

On Thursday May 28th, we held our Annual General Meeting & Volunteer Appreciation. We are fortunate that technology allowed us to hold this event simultaneously with our Edmonton Office, Board Members, and Volunteers, through the use of Skype.

Attending our Annual General Meeting were our Board Members: Chair Tara Pentney, Vice Chair Jan Desrosiers, Treasurer Pat Merz, Secretary Nancy Lyzaniwski and Directors Cathy Martin, Dr. Chris White, Heather Haddow, and Jim McLaughlin.

As part of our Annual General Meeting, we approved our seven year strategic plan, which will allow the Society to meet our mission going forward in the next seven years.

If you would like a copy of our Annual Report, please contact the provincial office or visit our website at www.alsab.ca/media-a-publications/annual-report

We presented our first Provincial Volunteer Awards this year. Our volunteers are the foundation of the Society, and with their help, time, dedication and unwavering support, we are able to continue to do what we do every year!

2015 Provincial Volunteer Awards



EXCEPTIONAL VOLUNTEER AWARD

The purpose of this award is to recognize exemplary volunteer Leadership. The award is given to an individual who epitomizes volunteerism through selfless contribution to the ALS community and those it serves.

Recipient: Irwin Vines

EXCEPTIONAL FUNDRAISING PROGRAM

The purpose of this award is to evaluate and recognize excellence in fundraising programs implemented during the previous 12 months. This awards recognizes an individual or project team who has demonstrated excellence in fundraising. An exceptional program develops an innovative idea and attains or exceeds a fundraising goal.

Recipient: World's Finest Chocolate



HONOURARY LIFE MEMBER

This award is presented to an extraordinary volunteer contributing to the support of the ALS Community in Alberta for a period of not less than 5 years

Recipients: Cathy Martin & Jim McLaughlin



EXCEPTIONAL PUBLIC AWARENESS PROGRAM AWARD

The purpose of this award is to evaluate and recognize exceptional programs that aimed to educate and increase public awareness of ALS. Public awareness activities may include: liaisons with the media, co-ordinating public awareness displays and speaking to the public or other organizations about ALS

Recipients: CTV Calgary & Global Edmonton



Ian White on behalf of
CTV

Tim Spelliscy on behalf of
Global Edmonton



**Marie Nicholson, Staff Member
5 Years**

2015 Long Term Service Awards

**Heather Haddow, Board Member
5 Years**



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 & Spousal Support Group

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

Staying in Touch

This group was created for those who have lost someone to ALS

PLS & Family Support Group

For people living with and affected by PLS

Calgary

ALS Support Group

Dates: September 12
October 17
November 7
December 5

Time: 1:30pm - 3:30pm

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

Contact Jane at 403-714-8211 or email
Jane@alsab.ca for more information

ALS Family & Spousal Support Group

Dates: September 22
October 27
November 24

Time: 6:30pm - 8:30pm

Place: 8211 Churchill Drive SW

Contact Jane at 403-714-8211 or email
Jane@alsab.ca for more information

Staying in Touch

Dates: October 5
December 7

Time: 6:30pm - 8:30pm

Place: ALS Society Provincial Office
Contact Megan at 403-620-1358 or
email Megan@alsab.ca for more
information

Calgary

PLS & Family Support Group

Dates: Last Monday of every Month

Time: 1:00pm - 3:00pm

Place: North Hill Mall Condo Complex
1718 14 Ave NW

Contact Megan at 403-620-1358 or
email Megan@alsab.ca for more
information

Edmonton

ALS Support Group

Dates: August 18
September 15
October 20
November 17
December 15

Time: 1:30pm - 3:00pm

Place: ALS Society Edmonton Office

Contact Christy at 780-293-6053 or
email Christy@alsab.ca for more
information

Staying in Touch

Dates: 3rd Friday of every other
month

Time: 11:30am - 1:00pm

Place: ALS Society Edmonton Office
Contact Christy at 780-293-6053 or
email Christy@alsab.ca for more
information

Leduc

ALS Support Group

Dates: September 17
October 15
November 19
December 17

Time: 2:00pm - 4:00pm

Place: Karunia House
Contact Brandee at 780-707-0381 or
email Brandee@alsab.ca for more
information

Lethbridge

ALS Support Group

Dates: October 30
Contact our new Client Services
Coordinator Shayla at 403-393-2663 or
Shayla@alsab.ca for more information

Red Deer

ALS Support Group

Dates: Every other month
Time: 1:00pm - 3:00pm
Place: MS Society Office
105, 4807 50 Avenue

ALS Family & Spousal Support Group

Date: Third Thursday of the month
(Resuming in September)
Time: 1:00pm - 3:00pm
Place: Contact for details
Contact Carla at 403-357-4791 or email
Carla@alsab.ca for more information

ALS SOCIETY EVENTS



Songs for Ken

To honour his friend Ken, who lived with ALS, John Wort Hannam held a concert on February 14th at the Empress Theatre in Fort Macleod with the help of several other musician friends. In addition to live music, the event featured live art being created on stage, followed by an auction of the art pieces. A heartfelt thank you goes out to John Wort Hannam for this touching event, and we look forward to attending the event again on February 13th, 2016.

Gold Canyon Candles for a Cause

Thank you so much to Tanya Barr for holding a Gold Canyon Candles for a Cause fundraiser! From March 15-31st, all net proceeds from any sales were donated to the ALS Society of Alberta. The event was in honour of Tanya's mom who is living with ALS. Thank you so much Tanya for thinking of us!

Tree Pose for ALS

On March 20th, Matthew Krill held a beginner's Yoga class at the University of Alberta that donated all proceeds from the event to the ALS Society of Alberta. Thank you Matthew, for your wonderful support!

Forest Lawn High School Awareness Day

On April 8th, student Aliesha Lightfoot planned an awareness and fundraising day at Forest Lawn High School to honour her grandmother who is living with ALS. Staff from the ALS Society along with Aliesha, went from class to class to give a presentation on ALS and answer questions. Thank you so much Aliesha for helping us raise funds and awareness about this terrible disease!

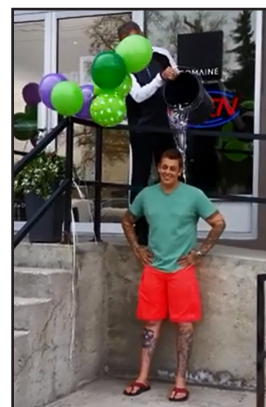


Beddington Curves ALS Fundraiser

On Sunday April 12th, the Beddington Curves location held their own ALS Walk in support of the ALS Society of Alberta. Members walked 7.2km to help raise awareness and funds. In addition, they held a "Bring a Friend for \$5" promotion, with all funds being donated as well. A warm thank you goes to Janet Kelly for all your hard work!

Domaine Fine Furnishings Patio Party

On Saturday, April 25th, Domaine Fine Furnishings in Calgary held a Saturday Social Patio Party at their store. All net proceeds from the event were donated to the ALS Society of Alberta, and the event included an Ice Bucket Challenge, a BBQ, Sangria, Raffles and Door Prizes! Thank you Fiona Matthews and the Domaine Fine Furnishings team for thinking of us!



ALS Charity Dinner

In honour of Colleen Christie, her friends & family put on the 17th Annual ALS Charity Dinner on April 25th at the Lloydminster Stockade Convention Centre. Every year, hundreds of people attend this event where funds are raised for the ALS Society and the University of Alberta Clinic through tickets sales, raffles and a silent auction. We continue to be so grateful to this event and all of the support we have received over the years.

ALS SOCIETY EVENTS



Cruisin Canada for ALS

From June 1st to July 4th, Dianne and Mark Boutilier crossed Canada in their 1953 GMC pickup truck to raise money and awareness for the ALS Societies across Canada. With stops and events in every province, Dianne and Mark did a wonderful job with their unique and fun fundraiser! The event was organized in memory of friends Ronnie and Rhonda who both were diagnosed with ALS. Thank you Dianne and Mark for your incredible support!

Morinville Show 'n Shine

Thank you so much to Christian Rondeau of Morinville Auto Parts who held the annual Morinville Show 'n Shine on June 20th. With a free BBQ and up to 200 cars on display, this event is like no other. Morinville Auto Parts has been holding this fundraiser for the ALS Society of Alberta for an incredible seven years! We are so appreciative of your continued support!

Bud Country Fever

Many thanks go to Joanne Turnbull who continues to support the ALS Society of Alberta during Bud Country Fever in Grande Prairie. On June 26th, the 50/50 sales of the event went towards the ALS Society of Alberta. We can't thank you enough for all of your hard work!



Cold Lake Swing for ALS

On July 4th Leon Lefebvre and his sister-in-law Gail Lefebvre, with the help of Michelle and Pat Feduniak, held the Swing for ALS Golf Tournament at the Grand Centre Golf and Country Club. The event was held in memory of Leon's wife Melanie who passed away from ALS. We are so grateful for your dedication and support!

Stanley Carlstad Memorial Ball Tournament

The 6th Annual Stanley Carlstad Memorial Ball Tournament took place over the July 17-19th weekend. This annual slow-pitch tournament is organized in memory of Stanley, who passed away in 2005. The event also includes a free pancake breakfast for all participants, a silent auction, as well as a kids' tournament! A warm thank you goes to Trudy Roy and the Carlstad family for all their hard work and dedication.



Quonset Days

Janet Biemans and her family hosted Quonset Days again this year, July 17-18 in Seven Persons. The event is organized in honour of Janet's husband Peter who passed away from ALS. Known as "The Greatest Outdoor Party on Dirt", the weekend featured live music from The Chevelles, The Glorious Sons, Phoenix and Jason Blaine! With fantastic weather and an amazing turnout, a great time was had by all! Thank you Janet and family for all of your hard work, you go above and beyond!

2nd Annual ALS Sucks Wind

On July 25-26, Jim Robinson and the Middle Aged Males and Females in Lycra (MAMIL/FAMIL) undertook a cycling adventure of 302km from Calgary to Banff. Their goal was to raise money for ALS research, client services and to raise awareness. A huge thank you to Jim Robinson and friends for all your support and hard work!



ALS SOCIETY EVENTS



Ben participated in Okotoks' Lemonade Day. Lemonade Day is an interactive national event designed to teach kids the skills they need to be successful in life. Part of the challenge when participating in Lemonade Day is that kids spend some of their earnings, save some, and donate some. Ben chose the ALS Society of Alberta, having no personal connection to the cause. He told us that he wanted to help after having seen the movie "The Theory of Everything" about Stephen Hawking with his family!

"My uncle Gerry was a very healthy, fit, and loving man. He was the best uncle one could ever wish for. He loved to play, give us motor bike rides and my favorite of all is the epic water fights we would have. My fondest memory of uncle Gerry was his corky sense of humor! All of this changed on March 1st 2010 when he was diagnosed with Lou Gehrig's disease. For three years I watched my uncle, with his strength his courage and of course his amazing sense of humor, take on the battle of ALS. Sadly on January 5th 2013 he left us. I like to raise money for ALS by doing Lemonade stands. I used to collect pennies but now I collect nickels because I feel every little bit helps. I also like to think my uncle Gerry is having a big cold glass of lemonade, because who doesn't like lemonade." - Madi



"While we were planning Dixon's 6th Birthday he came up to me and said he didn't want any birthday presents as he already has too much stuff and would rather help out someone else. After talking about a few ideas he said he wanted to make a donation so I gave him a list of organizations I could think about. Dixon's great auntie has been diagnosed with ALS so as soon as I said ALS Society for auntie Audrey his mind was made up and he was one happy proud boy! We planned his birthday at the Launch pad Trampoline in Edmonton where Dixon and his friends had all kinds of fun. As a mom I was worried about Dixon being upset and sad not getting any gifts from his friends but with every donation he received his smile got bigger and bigger. He truly does have a heart of gold and at his age giving instead of receiving definitely isn't something you expect a 6 year old to do!"

- Dixon's Mom, Rhonda

Thank you Mikael Backlund & the Calgary Flames Foundation



We want to provide our sincerest thanks to Mikael Backlund & Frida Engstrom and the Calgary Flames Foundation.

Thanks to Mikael's generosity, six of our families were given the opportunity to not only catch a Calgary Flames game, but also attend a meet & greet with Mikael after the game.

Throughout the season, Mikael personally made a donation for each point he earned, which came to an amazing \$5500! In addition, the Calgary Flames Foundation then generously agreed to match his donations.

We are so grateful for the tremendous support we and our clients received!

If you are, or you know someone who is, holding an event for the ALS Society of Alberta, please send us your story and pictures to Cassandra@alsab.ca. We would love to feature you in a future newsletter or on our Facebook page!

RESEARCH UPDATE

The impact of the ALS Ice Bucket Challenge has allowed Alberta to make a significant contribution to the national research program. ALS Canada has received more grant applications than ever before to fund ALS research, and five new discovery grants have been funded to study novel ideas in ALS research.

Message from Dr. Lawrence Korngut, Director of ALS & Motor Neuron Disease Clinic



“We are very grateful to the entire community for participating in the ALS Ice Bucket Challenge, and in particular to ALS Alberta for supporting the patients in our clinics and for contributing to the research that will allow us to find treatments and a cure for this disease. Here in Alberta we obtained some of the first financial support for a clinical trial that is taking place in Calgary of 25 patients with ALS. We are trying to establish pimozide, which is an older medication used to treat psychiatric illnesses, that has looked very promising as a treatment for ALS.”

2015 ALS Research Forum

Starting in 2014, The ALS Society of Alberta has hosted annual research forums in both Calgary and Edmonton to demonstrate recent advancements in ALS research. At the end of May, we hosted our second annual forums that featured experts in the ALS research field. Topics included: What is ALS, ALS Diagnoses and Clinical Management, Basic Science, Clinical Trials, and Canadian Innovations. For our Calgary event on May 30th, we welcomed Dr. Lawrence Korngut BSc, MD, Neurologist at the Calgary Neuromuscular Clinic, Director at the Calgary ALS and Motor Neuron Disease Clinics and Principal Investigator, Canadian Neuromuscular Disease Registry. For our Edmonton event on May 31st, we were pleased to welcome: Dr. Sanjay Kalra MD, FRCPC, Associate Professor for the Centre for Neuroscience at the University of Alberta. In addition, both events included a presentation by Dr. David Taylor, PhD, Director of Research at ALS Canada.



Dr. David Taylor



Dr. Sanjay Kalra



Dr. Lawrence Korngut



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."



PROVINCIAL OFFICE

#250, 4723 1st Street SW | Calgary, AB T2G 4Y8
Phone: (403) 228-3857 | **Toll Free:** 1 (888) 309-1111
Fax: (403) 228-7752 | **Email:** info@alsab.ca

EDMONTON OFFICE

5418 97 Street NW | Edmonton, AB T6E 5C1
Phone: (780) 487-0754 | **Toll Free:** 1 (866) 447-0754
Fax: (780) 486-3604 | **Email:** societynorth@alsab.ca

CONNECT WITH US

facebook.com/**ALSALBERTA**
 twitter.com/**ALS_AB**

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 _____ CVV# (3 digits on back of card) _____

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 TRADED, SOLD OR SHARED WITHOUT YOUR KNOWLEDGE OR CONSENT. FOR MORE INFORMATION, PLEASE CALL THE ALS SOCIETY OF ALBERTA'S PROVINCIAL OFFICE.