



The Chapter-Link

August 2022

1170 Old Henderson Rd, Suite 221
Columbus, OH 43220
614-273-2572
or toll free
866-273-2572
www.alsohio.org

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2022 EVENTS

**5th Annual
Mow Down
Saturday
September 24, 2022**

Details on page 9

* * * *

**Join the Southeast
Walk to Defeat ALS**

**Saturday
October 1, 2022**

**Burr Oak Park
Glouster, OH**

Details on page 7



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Get Ready for the Walk To Defeat ALS®

TEAM WEEK: The Walk to Defeat ALS is right around the corner, and Team Week is back to help you raise as much as possible for your team! Team Week will run for five days, from August 8-12. Watch social media for daily challenges and prizes. Each day will have a winner from all four Walk cities! To participate in team week, register for the Walk at bit.ly/2022WalktoDefeatALS.

WALK WRAP-AROUND EVENTS: A wrap-around event is a fundraising event you host yourself to benefit your Walk team. Popular options include “dine and donate” at local restaurants, bake sales, and even poker runs. If you’re interested in holding an event to support your team, let us know! We can send you ideas and options to help. Contact Amy Hall at (866) 273-2572 x101 or ahall@ALSohio.org for information and support.

NATIONWIDE T-SHIRT CONTEST



It’s YOUR chance to use your creative talents to design the official 2023 Walk t-shirt! The winning design will be featured next year on the front of all 2023 Walk t-shirts across the country. Entry is free, and design(s) must be submitted by August 11, 2022 no later than 11:59pm (ET). Visit the contest website at ALS.ORG/TSHIRT for details.

Changes Coming to the Chapter Link!

Look for Survey Soon.

We think it’s time to make some changes to the Chapter Link newsletter. We’ve been using the same format and content categories for quite a while now. But, before we change anything, we want to know what YOU think. Our goal is to provide you with timely and relevant information, and we want to make sure we are spending our resources – both money and time – in ways that mean the most to you. **Please check your mailbox for a survey about what YOU expect from the Chapter Link newsletter and give us your opinions.** Thank you!

2022 LOCAL WALK SPONSORS

DIAMOND LEVEL



GOLD LEVEL



Technology Meeting to be Held Once a Month

University of Cincinnati Speech Department, 2nd year students will hold a monthly Technology Group that could benefit ALS patients and their families.

UC faculty and students would like to create a once a month meeting space for pALS to be supported and engage with technology in a low-key social environment. We hope to provide opportunities for pALS to interact with one another and to utilize technology support in a place where we can assist with troubleshooting as needed and just get to know you! If you have any questions, please contact:

Amanda Simmons Ph.D. CCC-SLP CDP
Assistant Professor - Educator
University of Cincinnati - College of Allied Health Sciences
Dept. of Communication Sciences and Disorders
3225 Eden Ave. Rm 358
Cincinnati, OH 45267

<https://forms.gle/Mw8MLe7iyygQD1NF7>

Quality of Life Reimbursement Grant

This year the Chapter can reimburse individuals who qualify for the **Quality of Life Reimbursement Grant** up to \$1,200 in qualifying expenses.

For more information, or to apply for the grant: Please call or email care services coordinator Carleen Hubbell.

She can be reached at – 614.273.2572 extension 110, or chubbell@alsohio.org. You can also find more information on the Chapter **Quality of Life Reimbursement Grant and the Grant Application** on the Chapter website - [Quality of Life Reimbursement Grant](#)

Learning Opportunities

ALSA Care Services Webinars To access archived Care Services webinars, please go to <https://www.als.org/navigating-als/resources/care-services-webinars>. A full list of past webinars are available to view.

Please subscribe to the ALS Association Central & Southern Ohio Chapter YouTube Channel! Click or enter <https://www.youtube.com/channel/UCYFRx5hmu3Zy-ks5ZkjFVgw> and click the Subscribe button for access to videos posted by the Chapter!

Connecting ALS Podcast To access current and archived episodes of this podcast from The ALS Association, click or enter <https://www.connectingals.org/episodes>

RESEARCH

Approve New ALS Treatment Just Approved in Canada

(From als.org)

AMX0035 is first treatment funded by ALS Ice Bucket Challenge donations to be considered for approval by FDA

Amylyx Pharmaceuticals, Inc. announced on June 13, 2022, that Health Products and Food Branch (HPFB) of Health Canada officially approved ALBRIOZA, known as AMX0035 in the United States, a new treatment for amyotrophic lateral sclerosis (ALS). Clinical trials showed the drug to be safe and effective for people living with ALS, a fatal neurodegenerative disease. The Food and Drug Administration (FDA) is currently considering whether to approve AMX0035.

“If Canadian health experts agree that AMX0035 is safe and effective for people with ALS, the FDA should move swiftly to approve it,” ALS Association President and CEO Calaneet Balas said. “We are thrilled for Canadians living with ALS, but very concerned about what the lack of access to AMX0035 will mean for Americans living with ALS. We expect there will be cases of people buying the ingredients for AMX0035 on Amazon or attempting to obtain the drug in Canada and we hope the FDA is prepared.”

Data from the phase 2 trial of AMX0035 indicates the drug met its pre-specified, primary outcome of slowing down disease progression by at least 25% and increasing survival by more than 6 months, and represents a significant development for the ALS community, which has few treatment options. In a 2020 study published in the *New England Journal of Medicine*, AMX0035 was well-tolerated and reduced the rate of decline in the Revised ALS Functional Rating Scale (ALSFRS-R) compared to placebo.

Last month, AMX0035 trial investigators reported long-term results in back-to-back publications of post hoc analyses showing a larger survival benefit (ranging from 10 to 18 months) and that AMX0035 was effective at reducing harms associated with ALS by half, such as hospitalizations (by 44%) and tracheostomy (by 49%). Donations from the 2014 ALS Ice Bucket Challenge enabled The ALS Association to commit \$750,000 to Amylyx in funding for AMX0035 research, and \$1.4M to the NEALS clinical trial consortium to support the trial. Through a standard repayment clause, the Association could recoup up to 150% of its research investment, which it will reinvest in additional research.

On May 25, several dozen ALS clinical experts urged the FDA “to grant approval so we can work with our patients to determine if AMX0035 is right for them.”

“We are aware of many doctors prescribing the ingredients for AMX0035, which has led to shortages of the ingredients, and extremely high costs for patients,” added Balas. “We have also heard of people with ALS purchasing ingredients on Amazon. Now that AMX0035 is approved in Canada, we expect the situation will get far worse, leading to a situation where only those with the financial means will be able to access the treatment.”

The FDA is expected to make a final decision regarding AMX0035 at the end of September 2022.

A Pivotal Time in ALS Research

(From als.org)

The work to make ALS a livable disease and continuing to search for a cure rests in no small part on a robust drug discovery pipeline. That is why increasing interest in ALS research is critical.

Since our inception, we have committed a little more than \$200 million to research, with \$120 million of that commitment coming since the ALS Ice Bucket Challenge. Our research portfolio funds the drug development pipeline from exploratory research to clinical trials, while also expanding the field of ALS research.

The research we support has a track record of attracting follow-on funding. For example, research funded through the Lawrence and Isabel Barnett Drug Development Program attracts a six-fold increase in follow-on funding from outside funders like pharmaceutical companies and venture capitalists.

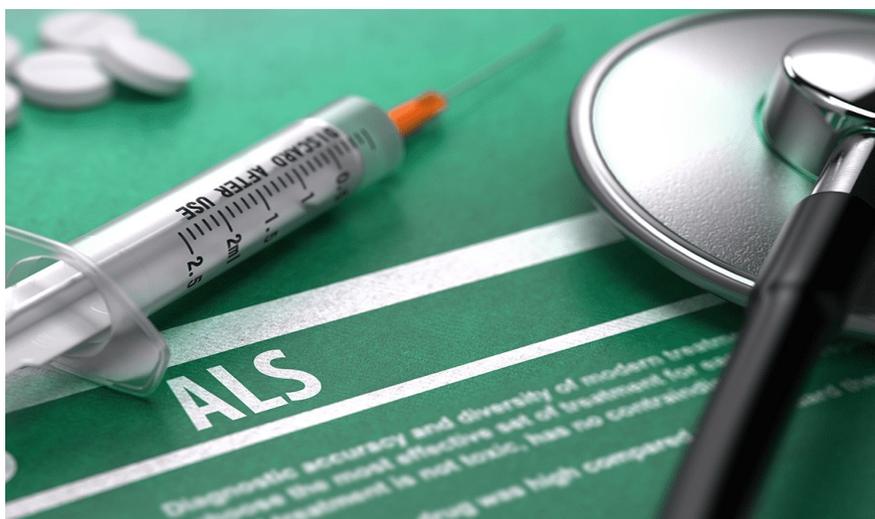
Our support for new entrants to the field is evident in the fact that 70 percent of the fellows we have supported in recent years through the Milton Safenowitz Postdoctoral Fellowship Program continue their work in ALS research after their fellowship concludes – often starting their own labs and bringing even more researchers into the space.

Increased interest in ALS research is starting to pay off.

Our funding of large-scale gene sequencing initiatives such as Project Mine has yielded more than 40 genes that have been linked to ALS. This means 40 targets to go after for drug development.

That is in addition to our support for large scale infrastructure projects, such as supporting NEALS -- the largest clinical trial consortium for ALS. That means our funding touches every clinical trial that is conducted through NEALS within the United States. We also recently funded AnswerALS data portal which is the world's largest open omics database of over 1200 people with ALS.

All of this matters, because it takes researchers all over the world working together as one team to create a world without ALS.



HELPFUL HINTS

Learn About Helpful Interventions

(From alspathways.com)

As ALS progresses, the muscles that help with certain functions like eating and breathing can weaken, making these tasks particularly challenging. Not only are these functions necessary to maintain your quality of life, but they also can reduce your survival time if not managed properly.

Below are some interventions you can choose to stay ahead of your disease. It's important to remember that, before making any lifestyle changes, you should first speak with your healthcare provider(s).

Nutritional Status

Why It's Important:

Malnutrition affects up to 50% of people with ALS. The main cause of malnutrition is difficulty swallowing due to a weakness in the muscles that involve swallowing or chewing food.

Taking the Right Steps:

If you can still chew and swallow safely, consume foods and liquids high in calories and high in protein. If eating and drinking are considered unsafe, your healthcare team may consider a percutaneous endoscopic gastrostomy (PEG) tube, which is a small tube that is inserted directly into the stomach to provide a means of delivering food, liquid, and medications. Most people find PEG tubes much more comfortable and convenient than they originally thought.

Respiratory Function

Why It's Important:

As the muscles involved in respiration (breathing) weaken, it becomes harder to breathe. Symptoms may include gasping for air, fatigue, frequent yawning, morning headache, insomnia, and difficulty lying flat. Respiratory failure is the leading cause of death in ALS, so it's important to intervene early.

Taking the Right Steps:

Noninvasive ventilation (NIV) can assist with breathing by using air to expand the lungs. This can be done via a face mask or nasal pillow and is intended as part-time respiratory support. Starting NIV earlier as opposed to later, when respiratory function worsens, has been shown to prolong survival. Many patients eventually require invasive ventilation that supports the entire respiratory system. This form requires the surgical insertion of a tracheostomy tube into the neck.

Tips for Managing ALS

Set personal goals

Decide which goals and aspirations are most important to you, and stick to them. Concentrate on the people and things you love.

Ask for help

If you ever have a question or need help with a task, don't hesitate to ask your healthcare provider(s) and/or caregiver.

Plan your next steps

Before leaving the house, always double check you have what you need to be prepared

(Continued on page 6)

(Continued from page 5)

Stay social

Surround yourself with family, friends, and the things you love.

Customize your home

Consider modifying your home to be more accessible and easier to navigate.

Explore assistive devices

There are many types of equipment that can help you maintain your independence for longer and be more comfortable.

Set up a treatment plan

Work with your healthcare provider(s) to see what interventions and treatment options may be appropriate.

Consider your mental health

A trained professional can help you and your loved ones cope with any emotions you're feeling.

Ask About ALS Treatment Options

Beyond choosing interventions to assist with nutritional intake and breathing, there are different approaches that your healthcare provider(s) may prescribe or recommend as options to treat your disease.

Unfortunately, there is no cure for ALS, but you can work with your healthcare provider(s) to find treatments that can help you.

The Benefit of Working with a Clinical Team

In addition to working with your doctor or neurologist, you can find many experts under one roof at an ALS Association Certified Center, which is commonly called an ALS clinic. These clinics are located across the country, giving people living with ALS access to some of the best ALS healthcare provider(s).

Each expert becomes a collaborative member of your personal care team. The goal of this team should be to work together to come up with and maintain a care plan that best fits your needs, not merely treat the disease.

Multidisciplinary care can prolong survival time and help improve your mental and social well-being.

To find a certified clinic or center in your area, visit www.alsa.org/community/centers-clinics/

Keep Track of Your Healthcare Team

As you continue your journey with ALS and work with your healthcare team or ALS clinic, you're going to come across many healthcare providers. It's important to keep their contact information in a centralized location so you can reference the right person when needed.

COMMUNITY OUTREACH & CHAPTER EVENTS

Live in Southeast Ohio? Join the Walk at Burr Oak State Park!

You likely know that our three primary Walk to Defeat ALS events are held in Cincinnati, Columbus and Dayton. But there is a small but mighty group of people in Athens County who are committed to raising money in memory and in honor of local individuals who have fought ALS.

Each year since 2015, the group – which calls themselves Southeast Ohio Fights ALS – has hosted their own Walk to Defeat ALS at the high school in Glouster, Ohio, just outside of Athens. In just 6 short years, they've raised more than \$75,000!

This year, the Walk will be held on Saturday, October 1 at Burr Oak State Park, a beautiful location on the north edge of Athens County. The shelter house is booked for the event, and hot dogs, chips and more will be available – all donated from area businesses and individuals.

Numerous area companies support the Walk through sponsorships and raffle items – and the raffle gets bigger every year. They tell us that the most popular raffle item each year is a load of gravel!

The committee holds fundraising activities all year long. The Walk is their flagship event, and we want to make sure that all of Southeast Ohio knows about it!

If you live anywhere in Southeast Ohio and would like to get involved, this is a perfect option for you. Please sign up for the Southeast Ohio Walk to Defeat ALS! Visit bit.ly//2022WalktoDefeatALS and click on the option for Southeast Ohio to register and donate. And, if you know of a business in the area who would like to get involved, please contact Melissa Dardinger, Director of Philanthropy, at (866) 273-2572 x109. Chapter staff will be in attendance, and we'd love to see you there!

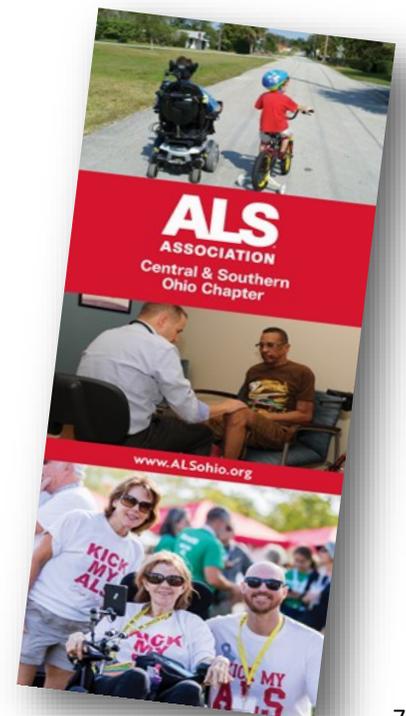
New Chapter Brochures Are Now Available



We're excited to announce that updated Chapter Brochures are now available!

The piece briefly explains ALS, highlights all Chapter services, outlines ways to get involved, and describes our role in Advocacy and Research.

If you are hosting a fundraising event or would like to hand them out for awareness, please let us know. We're glad to send you some.



REMEMBERING

Cincinnati Area	Columbus Area	Dayton Area	Lima Area
Ann Cerone 6-17-22	Josephine Tye 6-24-22	William "Bill" Siewe 6-29-22	
Debra Wright 6-15-22	John Dickerson, Jr 6-17-22	David "Chip" McCoy 6-21-22	
	Jacobe Henry 6-8-22	Steven Budde 6-20-22	
	Raymond Legrand 5-28-22		
	Ralph Ries 5-18-22		

FREE FOR PALS

RAZ Shower Chair and an Unused (NEW) extra large Bedside Commode. Please contact Jennifer VanHorne at (614)849-8613 or email : javh1965@gmail.com

Reverie Queen-size Adjustable Bed Frame—with Head and Foot adjustment and Massage. If interested, please call 614-937-8369 or 614-570-2383

Several boxes of Ensure, New Tubing for Feeding Tube, and Suction Tips. Please text or email me at 614-226-8152 or email: aholly1972@live.com

Metal, sectional Wheelchair Ramp with handrails—in good condition and a Residential Stair Lift.
Contact: Tim Cory at 614-376-8795 or email timcory@att.net

DeVilbiss 7305P-D Suction Unit (disposable parts replaced), **Roscoe Rite-Neb4 Nebulizer, Pulse Oximeter, CallToYou Call Button & Remote Alarm, Disposable 60 ml Syringes** (30) 7.2 oz containers **Nutrisource Fiber Supplement** (4), nine cans of **Nutren 2.0**
Contact Mike at (740) 587-7729 or email mvagengle@yahoo.com

Lift Chair—4 years old, excellent condition. Located in the Bexley area; needs to be picked up. If interested, call **Matt at (614) 937-8369**

INVACARE Brand wheeled shower/commode chair with cushion and **DRIVE** Brand manual Hoyer Lift; hardly used with slings **Contact: James at (380) 222-1700**

FOR SALE

Pride Revo 4-Wheel Drive Scooter (9/22) Never Used. Sold by MedMart. Original cost \$1,837. Asking \$1,000. Lebanon OH area Call or text 513-304-3126

Kalmia King Size (2 Twin XL) Perfect Height Adjustable Bed (9/22) with 2 side rails. Sold by MedMart, in Excellent Condition. Original cost \$6,920. Asking \$1,500. Lebanon OH area. Call or text 513-304-3126

Hill-Rom Bed (8/22) with Hill-Rom Wound Care Mattress \$2,500 or OBO **F3 Permobil Power Wheelchair** \$3,500 or OBO. **Electric Hoyer Lift** with 2 half slings, 1 full body sling, 3 batteries and charger \$150 OBO Please contact Jennifer VanHorne at (614) 849-8613 or email : javh1965@gmail.com

Quantum Q6 Edge Power Wheelchair (7/22) many accessories included. Asking \$2,500.00 Please Contact Barb at (937) 763-2564. If no answer, please leave a message

Amy Systems Alltrack M3 Wheelchair (6/22) with battery & charger, reclines, very nice, asking \$500.00 Contact Karyl Woolery by phone or text at 937-344-1479

The Volkner Turning System (7/22) MARK 1 Mattress Overlay Air, includes a machine pump and mattress, asking \$450 OBO. Please contact Kaitlyn via text or calling and leaving a message at (740) 649-9047.

Theracycle 300 Motorized Physical Therapy Bike (5/22) Specifically designed to help people with movement disorders like Parkinson's disease. Hardly Used. Asking \$4500 OBO Contact: Lori McCoy at (740) 412-2740 or email loribmccoy@aol.com

5TH ANNUAL RACING MOWERS & KARTS

Community Partner
An Event To Benefit
The ALS Association
Central & Southern Ohio Chapter



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Dry Camping Available

Raffles | Food | Door Prizes

September 23rd

Practice @ 12n, Pit Party to follow. Sponsored by:
Live from The Kraken with Dozer Dave Podcast

September 24th - Race!

Gates open 8:00 a.m. Racing @ 1:00

SPONSORED BY:

Elite Mower Racing, Big Dog Pizza, The Professor of Horror,
Community Surgical Supply, Michigan Mower Racing Association,
OMRA, CML Services, Mangie Films, Altered Minds Productions

Caregiver & Survivor Groups

CINCINNATI CAREGIVER GROUP (current caregivers only)	No Group This Month		Yvonne Dressman, LSW	The Good Shepherd Lutheran Church 7701 Kenwood Rd Cincinnati, OH 45236
CENTRAL OHIO CAREGIVER GROUP (current caregivers only)	Monday August 15, 2022 and August 29, 2022 1:00—2:30 pm	Open Discussion Dempsey Family Resource Center, Riverside Hospital In-Person Attendance Limited	Carleen Hubbell, BS, MA Melinda McGuire, MSW	Virtual & In-Person http://v.ringcentral.com/ join/575440587 Meeting ID: 575440587 Or dial: +1 (650) 4191505 United States (San Mateo CA) Access Code/Meeting ID: 575440587
CENTRAL OHIO SURVIVOR GROUP	No Group This Month	A social dinner to enjoy the company of those who have experienced a loss to ALS (Dinner on your own)	*Please RSVP to Carleen Hubbell chubbell@alsohio.org or 614-273-2572 ext. 110	T B D
CINCINNATI AREA SURVIVOR GROUP	Thursday August 25, 2022 6:30 pm	A social dinner to enjoy the company of those who have experienced a loss to ALS (Dinner on your own)	Host: Mary Naylor *Please RSVP to Mary Naylor at 513-891-1475	Slatts Pub 4858 Cooper Road Cincinnati, Ohio 45242 (Private Dining Room)
DAYTON AREA CAREGIVER GROUP	No Group This Month	T B D	Whitney Taverna MSW, LISW, ACHP-SW	Virtual Group http:// meetings.ringcentral.com/ j/2404303722 or by phone 1(470)869-2200 Meeting ID: 2404303722#
DAYTON AREA SURVIVOR GROUP	ON HOLD T B D	Dinner on your Own RSVP Whitney 937-525-0930 or wtaverna@alsohio.org	Mary Helme Claire Robbins	T B D

The ALS Association Central & Southern Ohio Chapter Chapter-Wide Education and Exchange Groups

DATE	TOPIC	LOG-IN/CALL-IN INFORMATION
Monday August 8, 2022 6:00 pm—8:00 pm Facilitator: Yvonne Dressman	CINCINNATI REGIONAL AREA Hospice Care for ALS	In-Person Support Group The Good Shepherd Lutheran Church 7701 Kenwood Rd Cincinnati, OH 45236
Monday August 1, 2022 6:30 pm –8:30 pm Facilitator: Carleen Hubbell	COLUMBUS REGIONAL AREA Attend Virtual or In Person Making Smart Technology Work for You Christi Perko Kennedy & Audrey Hall Virtual Group http://meetings.ringcentral.com/join/575440587 Meeting ID: 575440587 or dial: +1(650) 419.1505 United States	McConnell Heart Health Center 3773 Olentangy River Road Columbus, OH 43214
Monday August 8, 2022 6:30 PM – 8:30 PM Facilitator: Whitney Taverna	GREATER DAYTON REGIONAL AREA Speech/Swallowing/PEGs Sharon Rains, NRBC Virtual Option Available http://meetings.ringcentral.com/j/2404303722 or by phone 1(470)869-2200 Meeting ID: 2404303722#	In-Person Support Group Beavercreek Christian Church 3009 Shakertown Road Beavercreek, OH 45434 Multi-purpose Room 212 (park in back of church) last room on your right from back entrance
Tuesday August 2, 2022 1:00 pm—3:00 pm Facilitator: Whitney Taverna	MID-NORTHWEST OHIO REGIONAL AREA OPEN DISCUSSION <i>In Person: RSVP needed by 1 week prior to group. If we do not have adequate in-person RSVPs, we will only hold group virtually.</i> Virtual Option Available http://meetings.ringcentral.com/j/2404303722 or by phone 1(470)869-2200 Meeting ID: 2404303722#	In-Person Support Group Amos Memorial Public Library 230 E. North Street Sidney, OH 45365 Community Room
OCTOBER 24, 2022	CHAPTERWIDE VIRTUAL What to Know about Medicare & Medicaid Waiver Programs Speakers: Kendra Burford, Ohio Senior Health Insurance Information Program (OSHIP) Liaison and Sue Howson, Waiver Clinical Manager, Central Ohio Area on Aging (COAAA)	Virtual Group Only http://meetings.ringcentral.com/join/575440587 Meeting ID: 575440587 or dial: +1(650) 419.1505 UnitedStates

Updated Information Regarding In-Person Education & Exchange and Caregiver Groups

As case numbers for Covid-19 continue to decrease in Ohio, the Chapter has decided to restart indoor Education & Exchange and Caregiver groups in certain areas, based on requests that we have received from families. The former restrictions that were put in place over the last several months, including mandatory masks and proof of vaccination will be lifted. Due to the risks that Covid infection presents to people with ALS, the Chapter strongly encourages group attendees to be vaccinated and to continue masking at indoor groups. If Covid-19 cases should spike over 50/100,000 cases in Ohio, the Chapter will reinstate the former restrictions until numbers stabilize. A Chapter-wide, virtual group option will continue to be made available to anyone not wishing to attend an in-person, indoor meeting.

REMINDERS

Monthly Chapter-Link Newsletter Mailings

The Chapter-Link is mailed to all patients who are registered with the Chapter. When individuals are no longer actively receiving services through the Chapter, they are removed from the newsletter mailing list. Former caregivers and interested parties are encouraged to continue receiving the newsletter by email. Newsletters dating back to one year from the current issue area available at www.alsohio.org – select “local services.”

National ALS Registry – Sign Up Today

**The National ALS Registry is the single largest ALS research project ever created and is designed to identify ALS cases throughout the entire United States. ** Most important, *the Registry is collecting critical information about the disease that will improve care for people with ALS and help us learn what causes the disease, how it can be treated and even prevented* – help us find a cure, sign up today! www.cdc.gov/als

Remembering Your Loved One Through a Memorial Gift

Losing someone to ALS is something that no one wants to experience. But many, through the frustration and pain, find a way to give back and honor their loved one. Your friends and family can help continue providing services for those still living with ALS by making a donation to the Chapter in memory of their loved one. This can be done by naming the Chapter in your loved one's obituary: Memorial donations may be made to The ALS Association Central & Southern Ohio Chapter, 1170 Old Henderson Rd., Ste. 221, Columbus OH 43220. The Chapter sends thank you letters to all donors and acknowledgment to the family listing the names only (amount is not listed) of those who have made donations.

Attention Veterans

If you are a veteran with ALS or the spouse of a deceased veteran who had ALS, please contact The ALS Association Central & Southern Ohio Chapter office (614-273-2572 or toll free 866-273-2572) for information on the Veterans Administration disability compensation program. Valuable resources can also be found on The ALS Association website, <http://www.alsa.org/policy/veterans.cfm>.

ALS Information for Kids and Teens

The Central & Southern Ohio Chapter is very grateful to The Marion Community Foundation - Spencer Stephens Fund for continuing support of a program benefiting the children and teens of our PALS. The Spencer Stephens' Flamingo Backpack Project is patterned after a program created by Deborah Feigenbaum, a clinical social worker associated with The ALS Association Connecticut Chapter. Working from this model, the Central & Southern Ohio Chapter developed a backpack with informational and fun resources to help kids cope with a having a parent or family member with ALS. Initially designed to provide ALS resources for children ages 6 to 12 years old, the project was expanded to include a teen version of the backpack and an outreach program for children under 6-years of age. If you know of children or teens who could benefit from an ALS information packet (some limitations apply), please call Chapter Care Services (866) 273- 2572.

ALS Wristbands and Magnetic Car Ribbons

The ALS wristbands are available for purchase through The ALS Association Central & Southern Ohio Chapter office. The wristbands are red silicone with “Fighting Lou Gehrig’s Disease” on the outside and “The ALS Association Central & Southern Ohio Chapter” on the inside. Cost for the wristbands is \$2.00 per wristband plus postage. Magnetic “Fighting Lou Gehrig’s Disease” car ribbons are also available from The ALS Association Central & Southern Ohio Chapter office. Individual magnets can be purchased for \$5.00 each. Orders of five or more are available for \$4.00/magnet plus \$4.00 shipping. For more information, call (614) 273-2572 or toll free (866) 273-2572



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 Sharonville, OH 45241
 513-686-1151



**PLAN FOR TOMORROW,
 LIVE FOR TODAY.**



Erik Stephens
 Financial Advisor
 513.366.3666
erikmstephens.nm.com
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Our monthly newsletter includes ads from companies that are actively involved in services to the ALS community. The Chapter is grateful to these "friends" not only for their support of The ALS Association Central & Southern Ohio Chapter, but also for the long-standing services and products that they provide to persons with ALS (PALS). We appreciate our relationship with these companies and are fortunate to have them as associates in providing quality care for PALS.



The ALS Association
Central & Southern Ohio Chapter
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