



The Chapter-Link

December 2022

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

VOL XIV ■ ISSUE 12
PUBLISHED MONTHLY



Thank You, and Happy Holidays

During this holiday season of giving, we want to take a moment to thank you for all that you do to support people with ALS and their loved ones. It is only through your generosity that we are able to fight this disease through global research, nationwide advocacy and local care.

Because of you, we are able to provide local resources and care helping to reduce the physical, emotional and financial burdens for families living with an ALS diagnosis.

Because of you, we are able to fund innovative research projects across the globe to find effective treatments and ultimately a cure for this relentless disease. The recent approval of the new ALS treatment, Relyvrio, is a testament to what we can do when we all work together.

And it's **because of you,** we are able to continue to advocate for changes in legislation to speed the discovery of new treatments and improved care for people living with ALS.

Thank you for helping us change the future of ALS.

Wishing you and yours a wonderful holiday season.

Welcome Shatarra Gover

Please welcome Shatarra Gover, RN, as the Chapter's newest Care Services Coordinator!

Shatarra will be providing case management for people living with ALS in Butler and Warren Counties in the southwest Ohio region, with plans to expand into other counties. She is working closely with the rest of the care services team, including her peers in the field Yvonne "Pinky" Dressman and Whitney Taverna.



Shatarra is a registered nurse and comes to us most recently from the Council on Aging in Cincinnati where she served as a case manager and MyCare Ohio Assessor.

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Reminder: Make your Charitable Gift by December 31!

Remember, all charitable gifts to our Chapter must be postmarked no later than December 31, 2022 for tax deduction eligibility. Contributions made online must be completed by 11:59 p.m. Eastern, December 31.

Here is a Fantastic and Free Way for pALS to get Technical Help with your Speech Devices or with Voice and Message Banking

Please find the website here with information about the opportunities we have available for pALS in the area: <https://cahs.uc.edu/about/departments-schools/communication-sciences-and-disorders/speech-and-hearing-clinic/pals.html>

In addition, if there are pALS who would like some virtual tech support, they can email me to get the sign-up link (this has dates through the middle of December) or you are welcome to share it with them as well: <https://www.signupgenius.com/go/10C094DAEAE2CA2F9CE9-pals1>

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](#)

Chapter Link Survey Update

Thank you to everyone who has taken our survey about the Chapter Link newsletter!

In the next couple of months, we'll be tabulating and analyzing the results. We will use your feedback to make improvements to our newsletter and other communications to give you the information you want, how you want it, and when you want it. We hope to share insights and plans with you sometime after the first of the year.

UPDATES

10 WAYS To Help Families Impacted By ALS



- 1**

STAY IN TOUCH.
ALS is a journey; find ways to be present all along the way. A simple card, email, phone call or visit can mean a lot.
- 2**

DO THE LITTLE THINGS.
Living with ALS can be overwhelming, making daily tasks challenging. Bring a meal, walk the dog, mow the lawn or take out the trash.
- 3**

INCLUDE THE PERSON LIVING WITH ALS IN ACTIVITIES.
ALS can feel very isolating for everyone involved, especially the person who is diagnosed. Encourage them to keep participating in daily life, continue with hobbies, and engage with friends and family.
- 4**

BE SPECIFIC WHEN OFFERING HELP.
Caregivers often don't have the time or energy to reach out and ask for help. By offering to do something specific, you are communicating that you are really willing to help the caregiver.
- 5**

LEARN ABOUT ALS.
Do what you can to understand the disease and what to expect. Read up on the details, attend a support group, or meet with your local ALS Chapter.
- 6**

KEEP SHOWING UP.
The ALS journey is different for everyone. Let them know you are there and will continue to be through the entire journey. And do it.
- 7**

BUILD A NETWORK AND COORDINATE SUPPORT.
It can take a village to provide the best quality of life for people living with ALS and their families. Recruit friends and family, assign specific tasks and schedules, set up a Care Connection group.
- 8**

KEEP ALL FAMILY MEMBERS IN MIND.
Remember, ALS impacts EVERYONE in the family, regardless of age. Offer to take the kids to activities or help out with elderly relatives.
- 9**

OFFER A SHOULDER TO LEAN ON.
ALS can create stress for the entire family. Be sure to offer your support and friendship and be present when you're needed most.
- 10**

JOIN THE FIGHT.
Show your support to do whatever it takes to make ALS a livable disease until there is a cure. You can get involved in the fight against ALS by volunteering, fundraising, donating, or becoming an advocate.



The ALS Association Core Values: **COMPASSION. INTEGRITY. URGENCY**

ALS.org

10/08/2021

UPDATES



Shop & Support

Fight ALS with Your Shopping List

Register with your Kroger Plus Card with the Community Rewards Program to benefit our organization at no extra cost to you! It's easy...just shop, swipe your Kroger Plus Card and earn! Go online to krogercommunityrewards.com. Enter NPO number or ALS Association Central & Southern Ohio Chapter, select organization from list and click on confirm (Dayton and Cincinnati: 68492 and Columbus: 84329). To register by phone, call 800-576-4377.



You shop. Amazon gives.

The AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the Chapter when you sign up and shop.

1. Sign in to smile.amazon.com using your Amazon username and password.
2. Go to "Your Account" and under "Other Programs" click on "change your Amazon Smile Charity."
3. In the search bar enter: "ALS Association" and select "ALS Association Central & Southern Ohio Chapter."
4. Get shopping, and remember to go back to smile.amazon.com the next time you make a purchase through Amazon!



Honey Baked Ham will donate 20% of your purchase of a Gift Card to our Chapter. Visit https://honeybakedfundraising.com/fundraisers/honeybaked_hope_for_als.



Go to iGive.com and learn how shopping online from your favorite stores can help raise money for The ALS Association Central & Southern Ohio Chapter!



Attention Dayton Area!

Go to <https://www.dorothyane.com/club-dlm/good-neighbor-program/> to learn how you can raise money for the Chapter by shopping at Dorothy Lane Market!

ALS Chapter Store



Order ALS Association Chapter branded shirts, hats, bracelets, car magnets and more at ALSohio.org and click on Get Involved.

COMMUNITY OUTREACH & CHAPTER EVENTS

The Dayton Walk to Defeat ALS Gets a New Home



We are excited to announce that the 2023 Dayton Walk to Defeat ALS will be held in the heart of Montgomery County at ***Day Air Ballpark, home of the Dayton Dragons!*** The walk route will take us through closed streets of downtown Dayton.

Walkers will be able to gather with their teams in the outfield, in the concourse, or on the outdoor plaza! In case of rain, we can all stay dry inside the concourse of the ballpark, where there's room enough for everyone.

This new venue allows us the opportunity to be more visible within the Dayton community, which will bring more awareness to ALS and our Chapter. There will be plenty of free parking, and the ballpark has plenty of room for the walk to continue to grow.



For years we have been able to partner with Day Air Ballpark for our Strike Out ALS events, and we're grateful for the extension of that partnership for this event. We believe this change will be a positive experience for everyone involved.

We are still working out the details with the City of Dayton and Day Air Ballpark, as well as involvement with local businesses and restaurants. Look for more details to be announced in the coming months.

Walk to Defeat ALS Awards Announced Soon

All Walk to Defeat ALS donations that were made online or postmarked by November 15 are eligible for the annual awards! We will announce the winners in the January issue of Chapter Link as well as through email and social media.

Although the awards deadline has passed, we will continue to accept Walk donations through the end of the year. You can make a donation at bit.ly/2022WalkToDefeatALS.

COMMUNITY OUTREACH & CHAPTER EVENTS



Serving Restaurants since 1979

The Prestige Dining Club membership provides a "Buy One Entrée, Get One Free" offer at many of Ohio's finest restaurants. Our goal is to encourage members to enjoy a fine dining experience while rewarding members for exploring new places! As a member, you enjoy one discounted visit (a \$20 maximum with the purchase of two drinks) per restaurant during your membership.

Why Become a Prestige Member?



Exploring your Community

You're rewarded for discovering new favorite restaurants!



Get more for Less

Reinvest your savings into a cocktail or dessert!



Make more Memories with Loved ones

Go out more and celebrate with friends and family

As a ALS Prestige Dining Club Member,

You will receive an exclusive 5% discount on the purchase of your dining club card along with up to \$20 of your yearly membership going to support The ALS Association Central & Southern Ohio Chapter!

A Prestige Dining Club Columbus membership is \$60/year and Dayton is \$30 every 6 months.

For even bigger savings you can select an auto renewing membership!

Use code ALSOHIOCNS during check out on prestigediningclub.com/membership today!

Prestige Dining Club
P.O. Box 1050 Powell, OH 43065
spencer@prestigediningclub.com | 614-373-9418

COMMUNITY OUTREACH & CHAPTER EVENTS

ALS Clinic Director Dr. Rob Neel Wins PRIIDE Award



Dr. Robert Neel, clinic director of the ALS Multidisciplinary Clinic at UC Health, received the Daniel Drake Center's PRIIDE Award. This award is given to any Drake employee or Drake Center affiliate who exemplify and live UC Health's values of Patients & Family First, Respect, Integrity, Inclusion, Discovery, and Empathy.

Dr. Neel was instrumental in establishing the region's first comprehensive ALS clinic to deliver holistic care for his patients. This clinic brings together a team of specially-trained health care professionals who can address the many needs of people living with ALS, allowing them to receive care from each discipline during a single visit. The care team typically includes a neurologist, physical therapist, occupational therapist, respiratory therapist, nurse, dietitian, speech language pathologist, social worker, mental health professional and an ALS Association liaison.

Colton Sayers said in his nomination of Dr. Neel, "Going to community events with the ALS Clinic Team, individuals whose loved ones who have passed always make it a point to come up to Dr. Neel and tell him how much his existence has changed their lives. His patients love him, his patients' families love him, those that work with him love him, and his community loves him."

HoneyBaked Hope for ALS

It's a delicious time of year!



It's time once again for the annual sale of HoneyBaked Ham gift cards! Each year from October 1 – December 31, The HoneyBaked Ham Company makes a generous donation to our Chapter of 20 percent of all cards purchased by our supporters.

You can purchase gift cards online – just visit ALSoHio.org and click “Get Involved” to find the link to place your order. You can choose either an E-gift card, which will be available immediately, or a physical card that will be shipped to you within 5-7 days.

HoneyBaked Ham gift cards are a perfect gift item and can be sent directly to another person, if you like. This holiday season, consider using HoneyBaked Ham gift cards as a way to thank your employees for a job well-done while giving back to the community at the same time.

But don't wait! Order now so you can use the cards at any HoneyBaked Ham store to set your holiday table. If you have any questions, feel free to call our Chapter office toll free at 866-273-2572 x100 or in Columbus at 614-273-2572 x100.

REMEMBERING

Cincinnati Area		Columbus Area		Dayton Area		Lima Area
Scott Acton	11-10-22	William Napier	11-17-22	Judith Brewer	10-28-22	
Carl Thiem	11-5-22	Kimberly Frost	11-10-22	Gerald Walker	10-18-22	
James Agin	11-3-22	Debra Stull	11-9-22	Gary Niekamp	9-3-22	
		Sally Harris	10-17-22			
		Mary Jackson-Srode	9-7-22			

FREE FOR PALS

Respiratory Supplies, Oral Suction Supplies, Oral Swabs, Suction Catheters, Suction Cannister Bottles—
Contact: Mark Witchey at Advanced Home Medical in Columbus—mwitchey@advhmed.com

Convoid Rodeo Tilt Stroller is a lightweight stroller that folds and tilts for comfort and support! Designed with caretakers in mind, this special needs tilt-in-space stroller fits children approximately 4 years old to small adults. <https://www.especialneeds.com/convoid-rodeo-tilt-stroller.html> If interested. Please Text: 513.936.0986 We have just begun collecting our thoughts on items that we have and won't need anymore. These items will be useful for others, but thought to get the message out in this month's newsletter. Please text or email for a list of FREE items to: Peter, Cincinnati, communications.confidential@gmail.com. Text: 513.936.0986

Hill-Rom Bed with Hill-Rom Wound Care Mattress Please contact Jennifer VanHorne at (614) 849-8613 or email : javh1965@gmail.com

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

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

FOR SALE

TWO Indoor Wheelchair Lifts (1/23) 1. **Model VPL-3153B.** Capacity 750 lbs. Platform size: 36"x 60". Platform configuration: Enter/Exit Opp Side. Top Landing: Gate w/ Call Send Mounted in Frame. No pit - auto folding ramp. Platform Controls: Rocker Control w/Emergency Stop. Travels up to 3 and 1/2 feet. Used in garage to travel to main level. 2. **Model VPL-3210B.** Capacity 750 lbs. Platform size: 36" x 54". Platform Configuration: Enter/Exit same side. Platform Controls: Rocker Control w/ Emergency Stop. Top Landing: 36" Gate Electrical mechanical Interlock + Rocker Control w/ Call/Send Mounted in Frame. Bottom Landing: Call/Send - Surface Mount w/ Rocker Control. Bottom Landing Door: Door Baffle for Door by Buyer. No Pit - 3" stationary ramp. Travels up to 123". Used to travel from main level to basement. **Contact Heather @ 630-440-8547 for further details and pictures.**

2019 Toyota Sienna XLE (1/23) Conversion Van with Side Door Under Car Ramp. Vehicle has 21,613 miles **Please contact Todd for more information or if interested at (614) 595-3912 or email tfoley1114@gmail.com**

Hill-Rom P1900 Sport II Hospital Bed (1/23) has custom rotation, percussion & vibration features. Converts to chair position. Still under Warranty. Asking \$4,000. **Please Text at (937) 287-5754**

Kalmia King Size (2 Twin XL) Perfect Height Adjustable Bed (1/23) 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**

Permobil F3 Corpus Power Wheelchair (1/23) purchased 2018, Good Condition Asking \$8,000 OBO **Contact: Lori McCoy at (740) 412-2740 or email loribmccoy@aol.com**

2015 Dodge Conversion Van (12/22) Excellent Condition , wheelchair side acceptability with hydraulic lift. All accessories for wheelchair lockdown are included. Mileage is 83,120. Asking \$ \$22,000 **Contact Bob Alfieri for more questions at (513) 232-0309**

2008 Dodge Grand Caravan SXT (12/22)– AMSVANS.com Handicap conversion van (lowered floor, center seats removed, side powered wheelchair ramp; had an EZ Lock BL-6290 wheelchair docking base, removed but available; we got four ratcheting ties installed), low 49,000 miles, gently used last 8 years, maintained well, garage parked. Asking \$14,000 OBO.

For questions, pictures email: Peter, Cincinnati, communications.confidential@gmail.com. Text: 513 936 0986

F3 Permobil Power Wheelchair (9/22) \$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**

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.**

Caregiver & Survivor Groups

<p>CINCINNATI CAREGIVER GROUP (current caregivers only)</p>	<p>No Group This Month</p>		<p>Yvonne Dressman, LSW</p>	<p>The Good Shepherd Lutheran Church 7701 Kenwood Rd Cincinnati, OH 45236</p>
<p>CENTRAL OHIO CAREGIVER GROUP (current caregivers only)</p>	<p>Monday December 19, 2022 1:00—2:30 pm</p>	<p>Preventing Burnout Caregiving Over the Holidays & Strategies to Prevent Burnout</p> <p>Paula Taliaferro, MGS, LSW of COAAA</p>	<p>Carleen Hubbell, BS, MA Melinda McGuire, MSW</p>	<p>Virtual Only http://v.ringcentral.com/ join/575440587 Meeting ID: 575440587 Or dial: +1 (650) 4191505 United States (San Mateo CA) Access Code/Meeting ID: 575440587</p>
<p>CENTRAL OHIO SURVIVOR GROUP</p>	<p>No Group This Month</p>	<p>A social lunch to enjoy the company of those who have experienced a loss to ALS (Lunch is on your own)</p>	<p>*Please RSVP by Monday October 10th to Carleen Hubbell chubbell@alsohio.org</p>	<p>Hunan Lion 2038 Crown Plaza Drive (off Bethel Road) Columbus, OH 43235</p>
<p>CINCINNATI AREA SURVIVOR GROUP</p>	<p>No Group This Month</p>	<p>A social dinner to enjoy the company of those who have experienced a loss to ALS (Dinner on your own)</p>	<p>Host: Mary Naylor</p> <p>*Please RSVP to Mary Naylor at 513-891-1475</p>	<p>Slatts Pub 4858 Cooper Road Cincinnati, Ohio 45242 (Private Dining Room)</p>
<p>DAYTON REGIONAL AREA SURVIVORS GROUP</p> <p>Meets 3 Times/ Year on 4th Wednesday</p> <p>6:00 pm—8:00 pm</p> <p>February 22, 2023 June 28, 2023 October 25, 2023</p>	<p>No Group This Month</p>	<p>Dinner On Your Own</p> <p>(seating: Ask for ALS Survivors Group) Beavercreek</p>	<p>Mary Helme Claire Robbins Whitney Taverna Bob Westendorf</p>	<p>The Pub 39 Greene Boulevard Beavercreek, OH 45440 (in front of the Greene) The Pub (experiencethepub.com)</p>

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

DATE	TOPIC	LOG-IN/CALL-IN INFORMATION
<p style="text-align: center;">Monday December 12, 2022 6:00 pm—8:00 pm Facilitator: Yvonne Dressman</p>	<p>CINCINNATI REGIONAL AREA</p> <p>Open Discussion and Holiday Get Together</p> <p><i>“Chapter will provide drinks & desserts. Families are welcome to bring a treat to share to make the meeting a little more festive if you like but it is not required. More than anything, we just want you to come!”</i></p>	<p>In-Person Support Group The Good Shepherd Lutheran Church 7701 Kenwood Rd Cincinnati, OH 45236</p>
<p style="text-align: center;">Monday December 5, 2022 6:30 pm –8:30 pm Facilitator: Carleen Hubbell</p>	<p>COLUMBUS REGIONAL AREA</p> <p>Holiday Party</p> <p>RSVP necessary by Monday December 1st</p> <p>chubbell@alsohio.org or 614.273.2572 ext 110</p> <p>Light Snacks provided by the Chapter</p>	<p>In-Person Only McConnell Heart Health Center 3773 Olentangy River Road Columbus, OH 43214</p> <p>Virtual Group http://meetings.ringcentral.com/join/575440587</p>
<p style="text-align: center;">Monday December 12, 2022</p> <p style="text-align: center;">6:30pm—8:30 pm</p> <p style="text-align: center;">Facilitators: Whitney Taverna Bob Westendorf Julia Prince</p>	<p>GREATER DAYTON/Mid-NW REGION</p> <p>Open Discussion & Holiday Party</p> <p>Light Snacks/Refreshments</p> <p>RSVP to Whitney: wtaverna@alsohio.org</p>	<p>In-Person Only</p> <p>Beavercreek Christian Church 3009 Shakertown Road Beavercreek, OH 45434</p> <p><i>(Please drive to back of church to park. Our room is Multipurpose Room 212 and accessible only through back door.)</i></p>
<p style="text-align: center;">Monday January 23, 2023 6: 00 pm–8:00 pm</p>	<p>CHAPTERWIDE VIRTUAL</p> <p>Dr. Robert Neel, MD and Dr. John Novak, MD</p> <p>Virtual Q & A</p>	<p>Virtual Group Only http://meetings.ringcentral.com/join/575440587 Meeting ID: 575440587 or dial: +1(650) 419.1505 UnitedStates</p>

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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Walk to Defeat ALS Remixed!

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(937) 558-9394

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
1170 Old Henderson Rd.
Suite 221
Columbus, OH 43220

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