



New Biomarker Initiative Shows Continued Success of Research Program

Research supported by The ALS Association, through a \$1.4 million grant, has grown into a \$15 million program to identify biomarkers things in the body like heart rate or fluid levels that can be measured in order to diagnose and track progression of a disease. Target ALS announced "The Target ALS Diagnosis Initiative" in December creating the first ever comprehensive research effort to discover this essential measurement tool. Currently there are no biomarkers for ALS, making it a critical, unmet need in the field.

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care corner

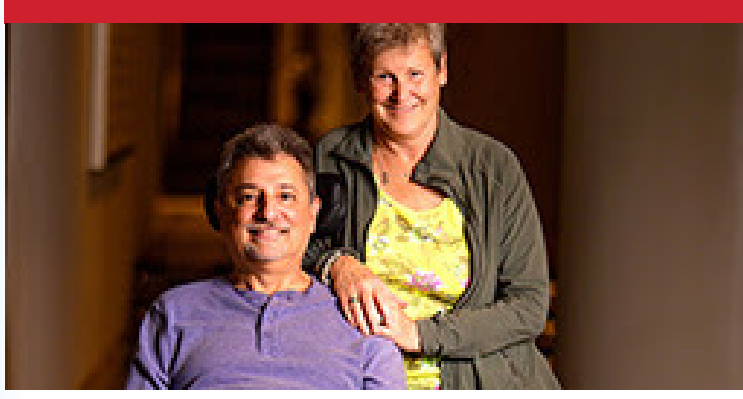
Frequently Asked Questions about Accessing Social Security Disability Insurance and Medicare



On December 22, the ALS Disability Insurance Access Act became law, waiving the five-month waiting period before people with ALS can access Social Security Disability Insurance (SSDI) and Medicare benefits. Since the law was passed, The ALS Association has met with the Social Security Administration to ensure applications for SSDI are quickly processed and benefits start immediately for people with ALS. Here are some FAQs we are able to answer based on our meetings with the Administration.

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Caregivers, we want to hear from you!

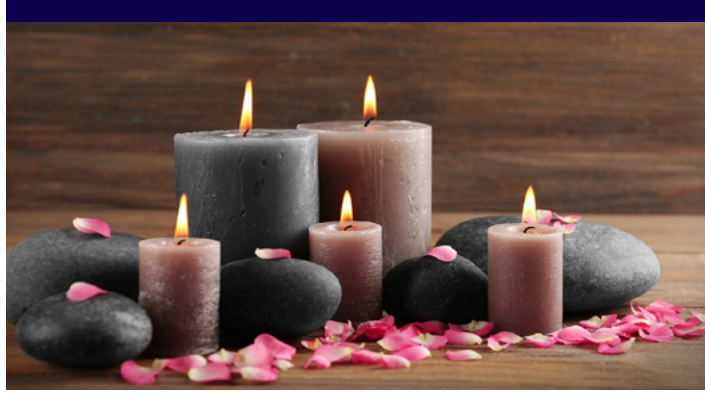


Calling all current and former #ALS caregivers your voice is urgently needed! Your responses on the ALS Focus survey will translate your experiences into action and influence ALS program and policy decisions!

ALS Focus is a survey platform that brings the perspectives of people with ALS and their caregivers to the forefront of research, care and advocacy. It only takes 10 minutes to participate and all data collected will be open and free to the entire ALS community. The current survey focuses the needs and challenges of ALS caregiving.

[Respond Today!](#)

A Virtual Time to Remember



Please join us on Monday, March 22, 2021 from 7:00-8:00 p.m. for **A Virtual Time to Remember**.

This has been a difficult year; mourning is hard enough without the added isolation of the pandemic.

Join others who've lost a loved one to ALS to be together and remember.

E-mail Anne Supplee, MDiv, MS to receive the zoom link.

[E-mail Anne](#)

Yoga, Disability, & Transformation



Mind Body Solutions has a FREE new program series specifically for people living with disabilities called "Yoga, Disability, and Transformation."

This series invites participants to explore the principles of yoga with internationally renowned yoga teacher and Mind Body Solutions founder, Matthew Sanford. Practice along with Matthew as he weaves story, yoga practice, and wisdom earned while living with a disability for over 40 years into a seamless practice accessible to everyone. Care partners are also welcome to attend.

All sessions are FREE. No need to register in advance. Click [HERE](#) to join via ZOOM. Each session is from 2-3:30 PM CST

Sessions will also be recorded and made available on their [YouTube Channel](#), The Hub.

Upcoming Sessions:

Session 2: March 10 • What to Do About Sympathy
Session 3: May 19 • The Difference Between Allowing & Accepting
Session 4: July 14 • Finding Your Voice; How to Educate Others
Session 5: Sep 22 • What to Do with "Othering"

Upcoming Care Services Programs

February 11	Northern MN Support Group (Virtual Meeting)	February 17	Family Caregiver Support Group (Virtual Meeting)
February 11	Family Caregiver Support Group (Virtual Meeting)	February 23	SD and Southern MN Support Group (Virtual Meeting)
February 16	ND and Central MN Support Group (Virtual Meeting)	March 3	Minneapolis/St. Paul Metro Area Support Group (Virtual Meeting)
February 16	Young Adult Hangout (Virtual Meeting)		

Midweek Meditation - Every Wednesday at 11:00 AM (CT)

hey volunteers

Want to Connect Directly with Someone? Become a Family Assistance Volunteer

Through this program, volunteers are connected with families affected by ALS to help with everyday tasks or provide companionship.

With assistance, families report that their stress level is lowered knowing certain tasks will get done on a regular basis. The person living with ALS may not be able to physically complete the tasks and their caregiver may not have the time or energy. Additionally, most volunteers and families develop close relationships as time progresses.

The requests for assistance vary by task, frequency, and length and you can choose what works best based on your interests and availability. However, because of the ongoing COVID-19 pandemic, volunteers are currently only assisting with outdoor tasks.

If you have any questions about volunteering, the volunteer positions available, or the application process, please call 888-672-0484 or email volunteer@alsmn.org.



Support the 2021 Black Woods Blizzard Tour This Week!

You can support the 2021 Black Woods Blizzard Tour as it strives to raise over \$1 million to support the ALS community this year. The Online Auction is open with hundreds of incredible auction packages to bid on. The event's Online Awards Program will be streaming live on Saturday, February 6th. In addition to supporting a great cause, tune in to win a three night stay and airfare to Las Vegas. The Black Woods Blizzard Tour has raised over \$12.4 million for the fight against ALS in its 21 year history. Please consider joining this year's critical effort, which makes a positive difference in the lives of individuals and families across our region.

Join the Online Auction via the following: <https://neversurrender.cbo.io>

Join the Online Awards Program on February 6th (Streaming begins at 6:30pm, Program starts at 7pm) via the following links:

Online link: <https://bit.ly/3penSAo>

Facebook Live: <https://www.facebook.com/blackwoodsblizzardtour>