



Support the ALS community during the 117th Congress.

2021 Policy Priorities

The ALS Association is proud to present our 2021 Policy Priorities. We are calling on Congress to increase investments in ALS research, accelerate the development, approval, and access to effective new treatments, and permanently extend access to telehealth.

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care corner

March is National Nutrition Month



Good nutrition is important to everyone. For those with ALS, proper nutrition and hydration is critical in sustaining weight to prolong and maintain quality of life. There are many resources available to you to help support good nutrition. Always check in with the dietician at your ALS multidisciplinary clinic before making alterations to your diet.

[11 Ways to Maintain Nutrition](#)

[Nutrition and Feeding Tubes](#)

There is an app specifically designed for individuals with ALS sponsored by The ALS Association. [The ALS Nutrition app](#) calculates the ideal number of calories you need to consume and then helps you track and log your daily caloric intake. The app also includes daily tips and 100+ easy-to-eat recipes. There is no cost to use the ALS Nutrition App. If you have ALS, you can use this app unless you have a history of diabetes, coronary artery disease (heart attack or stroke), swallowing difficulties, or a feeding tube. The app is part of an optional research study. You can choose to share your information and results with researchers, but it is not required. You can watch a [video about how to use the ALS Nutrition app](#).

COVID Webinar Updates Community on Vaccine Access



The data around COVID-19 and ALS and implications of contracting the virus were discussed on The ALS Association's COVID-19 webinar for the ALS community. The panel featured Dr. Lou Libby, Dr. Richard Bedlack, Dr. Cherise Rohr-Allegrini, Dr. Urvi Desai and Dr. Marinella Galea, and Dr. Neil Thakur, representing physicians and epidemiologists. The webinar was moderated by ALS Association Board of Trustees member Dr. Ken Menkhaus, who is living with ALS.

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International Women's Day

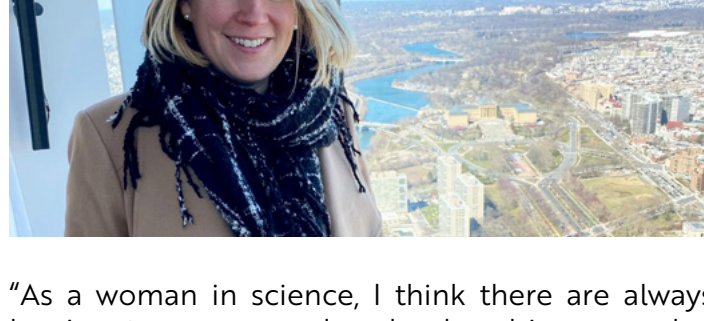
March 8 is International Women's Day. Read the stories below to hear from two women in ALS research.

Dr. Ericka Greene: Insights in ALS Research and Growing Up in the Field of Science



When asked what message she would give to encourage young women to pursue their dreams in the field of science, Dr. Ericka Greene simply replied, "You can do it. You can absolutely be a doctor. You can be a scientist, you can run a lab, you can run a department."

Celebrating International Day of Women and Girls in Science



"As a woman in science, I think there are always barriers to overcome. In school and in my work, I faced issues such as getting equal pay and working to navigate both my family and working full time." -Jill Yersak, Ph.D., Vice President of Mission Strategy at The ALS Association

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To Those Living with ALS & Their Loved Ones in North Dakota and Central MN



We invite you to join us at our recently expanded support group via Zoom! [Click Here](#) to meet current member, Curtis!

3rd Tuesday of every month. Noon-1:30 p.m.

Next meeting is [Tuesday, March 16th](#).

Reach out to Jennifer at jennifer@alsmn.org for more information.

[Click here](#) for information about all of our support groups, including our monthly education hour.

Upcoming Care Services Programs

March 11	Northern MN Support Group (Virtual Meeting)	March 17	Family Caregiver Support Group (Virtual Meeting)
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March 16	ND and Central MN Support Group (Virtual Meeting)	April 7	Minneapolis/St. Paul Metro Area Support Group (Virtual Meeting)
March 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.



event news

Walk Announcement

Did you hear the **BIG NEWS** about the 2021 Walks to Defeat ALS?!

The Walk to Defeat ALS is a time to rally in support of the ALS community and work toward a cure. So this year, we hope thousands of you in every corner of our region, cities big and small, from Williston, North Dakota, to Chamberlain, South Dakota, and Grand Rapids, Minnesota, will Walk on one day, in a way that works for you, your family and team, wherever you may be, with a resounding and powerful message:

We are **UNITED** in the fight to defeat ALS!

Join the movement in your state by visiting web.alsa.org/mnndswalk



Join the Walk to Defeat ALS staff for our "Connect for a Cure" conversations on the second Tuesday of every month from 5:00 pm to 5:45 pm. No matter your connection to the Walk, we are here to answer your questions and help you understand how you play a critical part in our ability to continue to serve those living with ALS and their families.

At each month's "Connect for a Cure," we'll dive into a different topic ranging from how to make a difference through Walk fundraising to how to make your Walk day the most memorable. Connect with us for good conversation and fun activities, including ALS trivia this month.

All are welcome to join, starting with our first conversation on Tuesday, March 9th. If you are interested please email walk@alsmn.org and a Walk Coordinator will send you the Zoom link.

Your Support Shines Through In This Together

In July of 2020, the Chapter launched [In This Together](#), an opportunity to unite in support of the ALS community, ensuring they were provided everything they needed against the backdrop of the global pandemic. In This Together outlined the changes the Chapter made in light of COVID-19 to continue program and service delivery while articulating the projected financial resources necessary to ensure the Chapter's mission was fulfilled in 2020. At that time, we identified a goal of \$3.35 million to fully fund our work for the year. Thanks to an overwhelming response from you, our amazing network of supporters, we finished our fiscal year with an astonishing \$3.75 million! This tremendous result underscores your resolve to further the fight against ALS no matter the circumstances. Dollars raised over our goal not restricted for specific program use will be utilized to ensure continued stability for service delivery while providing flexibility to meet emerging needs through ongoing uncertainty. We look forward to keeping you updated on how these resources are benefiting those we serve. Your incredible generosity inspires us to do all that we can to bring an end to ALS.

Huge Success for the 2021 Black Woods Blizzard Tour!

Congratulations to Never Surrender Inc. for the incredible success of the [2021 Black Woods Blizzard Tour](#). This year's event, held virtually, raised over \$1.27 million, the second highest fundraising total in Black Woods Blizzard Tour history. These dollars will further Never Surrender's focus on funding the fight against ALS while positively impacting hundreds of individuals and families navigating the challenges of ALS across our region. Thanks to all who were able to lend their support by tuning into the Black Woods Blizzard Tour Awards Program, donating or bidding in the event's silent auction. We appreciate your continued support of this event, along with Never Surrender Inc.'s unwavering commitment to the ALS community.