Please email walk@alsmn.org and a Walk Coordinator will send you the Zoom link.

All are welcome to join, starting with our first conversation on Tuesday, March 9th. If you are interested in good conversation and fun activities, including ALS trivia this month.

At each month's "Connect for a Cure," we'll dive into a different topic ranging from how to make a difference to living with ALS and their families.

Questions and help you understand how you play a critical part in our ability to continue to serve those with ALS.

**BIG NEWS**

about the 2021 Walks to Defeat ALS?!

Join the movement in your state by visiting web.alsa.org/mnndsdwalk and learn more about how you can get involved.

UNITED We are

works for you, your family and team, wherever you may be, with a resounding and powerful message: We are united for the cause, and we will not stop until we can to bring an end to ALS.

This year's event, held virtually, raised over $1.27 million, the second highest fundraising total in Black Woods Blizzard Tour history. Thanks to all who were able to lend their support by tuning into the Black Woods Blizzard Tour.

Congratulations to Never Surrender Inc. for the incredible success of the 2021 Black Woods Blizzard Tour.

Our 2020 Chapter's mission was fulfilled in 2020. At that time, we identified a goal of $3.35 million to fully fund our core Chapter programs and service delivery while articulating the projected financial resources necessary to ensure the stability of the Chapter going forward. In This Together outlined the changes the Chapter made in light of COVID-19 to continue to serve those with ALS and their families as well as the communities in which they live.

We are proud of the work we accomplished in 2020. In this year of unprecedented challenges, we are more committed than ever to being there for all who may need us. We must continue to advocate for research funding to support the best scientists, keep the scientific work going, and push the boundaries of what is possible.

We believe that together, we can create a world free of ALS. We can achieve this together if we stand united today. Together, we are stronger. Together, we are noticeably more effective.

Finally, we want to thank those who have engaged with us with your time and energy and those who have chosen to support the ALS Association in any way they possibly can. Together, we did it. Together, we will continue to fight.

**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 improve the quality of care for people living with ALS.

You can watch a video about how to use the ALS Nutrition app.

There is an app specifically designed for individuals with ALS sponsored by The ALS Association. The ALS Nutrition app is available for free on both Android and iOS devices.

**Nutrition and Feeding Tubes**

Support good nutrition. Always check in with the dietician at your ALS multidisciplinary clinic before making decisions about feeding tubes.

Sustaining weight to prolong and maintain quality of life. There are many resources available to you to help including the ALS Nutrition app.

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

**March 2021**

**March 11**

*(Virtual Meeting)*

**ND and Central MN Support Group**

Next meeting is Tuesday, March 16th. Noon-1:30 p.m. at The ALS Association 6090 14th Ave SE, Suite 300, Moorhead, MN 56560.

**March 17**

*(Virtual Meeting)*

**Family Caregiver Support Group**

**March 23**

*(Virtual Meeting)*

**Young Adult Hangout**

**March 8**

*(Virtual Meeting)*

**Women and Girls in Science**

March is National Nutrition Month

**March 8 is International Women’s Day.**

**Upcoming Care Services Programs**

**Women Living with ALS**

March 11, Noon to 1:30 p.m. at The ALS Association 6090 14th Ave SE, Suite 300, Moorhead, MN 56560.

To register, please email Jennifer@alsmn.org or call 888-672-0484.

**Women Living with Non-Amyotrophic Lateral Sclerosis (NALS)**

March 16, Noon to 1:30 p.m.

**Menkhaus, who is living with ALS.**

Dr. Cherise Rohr-Allegrini, Dr. Urvi Desai and Dr. Marinella Galea, and Dr. Neil Thakur, representing physicians for specific program use will be utilized to ensure continued stability for service delivery while providing dollars raised over our goal not restricted for specific program use.

In This Together outlined the changes the Chapter made in light of COVID-19 to continue to serve those with ALS and their families as well as the communities in which they live.

The data around COVID-19 and ALS and implications of contracting the virus were discussed on The ALS COVID-19 webinar for the ALS community. The panel featured Dr. Lou Libby, Dr. Richard Bedlack, Dr. James Young, Dr. Karen McCann, Dr. Joel Meier, Dr. Jill Yersak, Dr. Kelly Maski, Dr. John Gray, Dr. J. Scott Campbell, and Dr. John R. Hall. The community webinar was presented by Jill Yersak, Ph.D., Vice President of Mission Strategy, and was recorded on March 20, 2020.

"As a woman in science, I think there are always issues for women in the field of science, Dr. Ericka Greene simply replied, "You can do it. You can absolutely be a doctor. You can absolutely be successful in the field of science." When asked what message she would give to young women who want to pursue their dream, Dr. Greene said, "I think the biggest thing is never limit your dreams. It might be really hard, but you can do it. You can absolutely be a doctor. You can absolutely be successful in the field of science."