We encourage you to Walk Your Way however is best for you. No matter your location, we will all continue our momentum in the Walk to Defeat ALS. Thanks to the strength and resilience of our supporters, the ALS community has come a long way this past year. Over $200,000 was raised to benefit individuals living with ALS and their families. You can read more about the Walk to Defeat ALS here.

Congratulations to the Kolar Toyota ALS Fishing Tournament for a successful 2021 event. This year, anglers raised $60,000. For more information, please contact Jenna at (612) 455-6052 or jenna@alsmn.org.

If you live in or near any of these cities, we'd love to chat with you about how you can make a difference.
- Sunfish Lake: window washing (one time)
- Spring Grove: cleaning
- Edina: weeding
- Duluth: cleaning
- Brooklyn Park: odd jobs, unpacking
- Bloomington: help using computer/phone, cleaning
- Austin: vacuuming, dusting, cleaning

The ALS community needs your help. Current needs by city include:

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

**Upcoming Care Services Programs**

- Family Caregiver Support Group
- Northern MN Support Group
- ND and Central MN Support Group
- North Dakota Support Group
- South Dakota Support Group
- Midweek Meditation - Every Wednesday at 11:00 AM (CT)
- Lou Gehrig Day: An Amazing Day of Awareness for the ALS Community
- July 8 (Virtual Meeting)
- July 10 (Virtual Meeting)
- July 15 (Virtual Meeting)
- July 20 (Virtual Meeting)

**Call to Action:**

**ALS news and events:**

- **July 2021**
- **Volunteers needed to help people with ALS:**
  - With assistance, families report that their stress level is lowered knowing that their loved ones are receiving the help they need.
  - Through this program, volunteers are connected with families affected by ALS to help with everyday tasks or provide companionship.
  - **Want to connect?**
    - **Edina**: 403-863-8088
    - **Brooklyn Park**: 403-774-6772
    - **Austin**: 203-936-0007
    - **Duluth**: 218-732-5522

**Share Your Perspective in the New ALS Focus Survey**

- The new ALS Focus Survey focuses on your experiences with telehealth.
- It is open and free to the entire ALS community. The current survey focuses on your experiences with telehealth.
- It only takes 10 minutes to participate after registering and all data collected will be used to improve the care, support, research, care and advocacy initiatives of The ALS Association.

**Help Wanted!**

- **Caregivers:**
  - With assistance, families develop close relationships as time progresses.
  - 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 be able to assist.
  - With support, families are able to keep up the pressure to keep going.
  - **Want to connect?**
    - **Northern MN Support Group**: (218) 732-3923
    - **ND and Central MN Support Group**: (507) 774-0007
    - **Family Caregiver Support Group**: (612) 455-6052

**ALSN.org**

- Our new site is designed to make it easier for people with ALS and their families to find the resources, services and opportunities that matter most.
- **Want to connect?**
  - **ALS news and events**
  - **Volunteers needed to help people with ALS**
  - **Family Assistance Volunteer**
  - **Share Your Perspective in the New ALS Focus Survey**
  - **Help Wanted!**

**ALS Focus on the Challenges of COVID-19 and Telehealth**

- A study from Purdue University, "Efficacy of Expiratory Muscle Strength Training to Improve Communication in Adults With Amyotrophic Lateral Sclerosis" was published in the Journal of Speech, Language, and Hearing Research.
- A multi-center, randomized clinical trial investigating the efficacy of telehealth services to support patients with ALS was published in the Journal of Medical Systems.
- "How ALS News Media Can Contribute to the Fight Against COVID-19" was published in the Journal of Medical Systems.

**ALSN.org**

- Our new site is designed to make it easier for people with ALS and their families to find the resources, services and opportunities that matter most.
- **Want to connect?**
  - **ALS news and events**
  - **Volunteers needed to help people with ALS**
  - **Family Assistance Volunteer**
  - **Share Your Perspective in the New ALS Focus Survey**
  - **Help Wanted!**

**ALS Focus on the Challenges of COVID-19 and Telehealth**

- A study from Purdue University, "Efficacy of Expiratory Muscle Strength Training to Improve Communication in Adults With Amyotrophic Lateral Sclerosis" was published in the Journal of Speech, Language, and Hearing Research.
- A multi-center, randomized clinical trial investigating the efficacy of telehealth services to support patients with ALS was published in the Journal of Medical Systems.
- "How ALS News Media Can Contribute to the Fight Against COVID-19" was published in the Journal of Medical Systems.

**ALSN.org**

- Our new site is designed to make it easier for people with ALS and their families to find the resources, services and opportunities that matter most.
- **Want to connect?**
  - **ALS news and events**
  - **Volunteers needed to help people with ALS**
  - **Family Assistance Volunteer**
  - **Share Your Perspective in the New ALS Focus Survey**
  - **Help Wanted!**

**ALS Focus on the Challenges of COVID-19 and Telehealth**

- A study from Purdue University, "Efficacy of Expiratory Muscle Strength Training to Improve Communication in Adults With Amyotrophic Lateral Sclerosis" was published in the Journal of Speech, Language, and Hearing Research.
- A multi-center, randomized clinical trial investigating the efficacy of telehealth services to support patients with ALS was published in the Journal of Medical Systems.
- "How ALS News Media Can Contribute to the Fight Against COVID-19" was published in the Journal of Medical Systems.

**ALSN.org**

- Our new site is designed to make it easier for people with ALS and their families to find the resources, services and opportunities that matter most.
- **Want to connect?**
  - **ALS news and events**
  - **Volunteers needed to help people with ALS**
  - **Family Assistance Volunteer**
  - **Share Your Perspective in the New ALS Focus Survey**
  - **Help Wanted!**

**ALS Focus on the Challenges of COVID-19 and Telehealth**

- A study from Purdue University, "Efficacy of Expiratory Muscle Strength Training to Improve Communication in Adults With Amyotrophic Lateral Sclerosis" was published in the Journal of Speech, Language, and Hearing Research.
- A multi-center, randomized clinical trial investigating the efficacy of telehealth services to support patients with ALS was published in the Journal of Medical Systems.
- "How ALS News Media Can Contribute to the Fight Against COVID-19" was published in the Journal of Medical Systems.

**ALSN.org**

- Our new site is designed to make it easier for people with ALS and their families to find the resources, services and opportunities that matter most.
- **Want to connect?**
  - **ALS news and events**
  - **Volunteers needed to help people with ALS**
  - **Family Assistance Volunteer**
  - **Share Your Perspective in the New ALS Focus Survey**
  - **Help Wanted!**

**ALS Focus on the Challenges of COVID-19 and Telehealth**

- A study from Purdue University, "Efficacy of Expiratory Muscle Strength Training to Improve Communication in Adults With Amyotrophic Lateral Sclerosis" was published in the Journal of Speech, Language, and Hearing Research.
- A multi-center, randomized clinical trial investigating the efficacy of telehealth services to support patients with ALS was published in the Journal of Medical Systems.
- "How ALS News Media Can Contribute to the Fight Against COVID-19" was published in the Journal of Medical Systems.

**ALSN.org**

- Our new site is designed to make it easier for people with ALS and their families to find the resources, services and opportunities that matter most.
- **Want to connect?**
  - **ALS news and events**
  - **Volunteers needed to help people with ALS**
  - **Family Assistance Volunteer**
  - **Share Your Perspective in the New ALS Focus Survey**
  - **Help Wanted!**