# ALS Education Hour Schedule
## 2022

<table>
<thead>
<tr>
<th>Date</th>
<th>Support Group Topic</th>
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<tr>
<td>Tuesday, January 4</td>
<td><strong>Facebook Live Event</strong>: Sharing Hopes and Resolutions for the New Year</td>
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<td>Tuesday, February 1</td>
<td><strong>Open Discussion</strong> - bring questions and stories for each other</td>
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<td>Tuesday, March 1</td>
<td><strong>The Ins and Outs of Social Security Disability</strong> - Fay Fishman J.D</td>
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<td>Tuesday, April 5</td>
<td><strong>All Things Speech and Swallowing</strong> - Kate Nilson, SLP and Kim Churness SLP</td>
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<td>Tuesday, May 3</td>
<td><strong>Adaptive Yoga Class</strong> - Amy Samson-Burke, MPT, PYT, E-RYT(500), OYI</td>
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<td>Tuesday, June 7</td>
<td><strong>The ALS Association Programs</strong>: Round Robin of Care Services staff introducing programs</td>
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<td>Tuesday, July 5</td>
<td>TBD</td>
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<td>Tuesday, August 2</td>
<td><strong>Grief &amp; Loss</strong> - Chris Calerone, CentraCare Health Home Care &amp; Hospice</td>
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<td>Tuesday, September 6</td>
<td><strong>Open Discussion and Sharing</strong></td>
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<td>Tuesday, October 4</td>
<td><strong>Medicare Enrollment</strong>, Senior Linkage Line</td>
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<td>Tuesday, November 1</td>
<td><strong>Caregiving</strong> - a panel of caregivers</td>
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<td>Tuesday, December 6</td>
<td><strong>Legacy and Meaning Making through Art</strong> - White Bear Center for Arts</td>
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**Date/Time:** First **Tuesday** of every month from **3-4pm Central Time**.

**Location:** Contact Anne to get instructions to zoom link.

**RVSP To:** Anne Supplee, MDiv. 1-612-672-0484 ext. 1050 or anne@alsmn.org

*Updated: 10/13/2022*