Support groups provide opportunities for group members to share their personal experiences and to learn more about living with ALS. They are designed to share information as well as strategies for preserving the independence and quality of life of both people with ALS and their caregivers, and address the social, emotional, and mental challenges of living with this disease.

Support groups will be in-person, hybrid or virtual as noted. Please join the group that works for you!

If you are unsure which group is best for you, please call the office at 602-297-3800 for assistance.
Join virtual meetings from your computer, tablet, or smartphone.
https://global.gotomeeting.com/join/951959885
You can also dial in using your phone.
United States: +1 (408) 650-3123
Access Code: 951-959-885

Meet our ALS Nurse Educator

JANIE DALRYMPLE

When it comes to managing medical symptoms, some challenges are best addressed by a nurse who understands the medical concerns that may arise as a result of ALS Disease Progression.

Our Nurse Educator specializes in ALS and is available for education and training on an individual basis.

Contact Janie at Janie@alsaz.org

ATTN Caregivers - Register now for FREE Caregiver Skills Training!

Join us for a day of hands-on training to learn the techniques of safe and successful caregiving.

This class has been designed specifically for family members caring for a person with ALS and will address important topics including transfers, personal hygiene, communication, emergency preparedness, and more!

Phoenix - Friday, March 24th
Tucson - Saturday, March 25th
10:00am - 3:00pm

Register by March 18th!
Social Determinants of Health and ALS Disease Progression

Help us learn about the many non-medical factors affecting the health of people with ALS in this questionnaire-based study.

Study is open to anyone living with ALS and can be completed from home!

Learn more about the study and sign up by clicking, here.
There are always chances to learn more about advances in ALS research, ways to increase the quality of life, and to hear from experts in the field! Below are some opportunities for you to explore:

- **Nutritional Considerations in ALS**
  - On Monday, March 20th, at 2:00 p.m. ET, Michelle McDonagh, RD, CD will share the value of appropriate nutrition during a journey with ALS. [Register here.](#)

- **Enhanced Regulatory Protection for Affordable Care Act (ACA) Plans**
  - The ALS Association joined with other patient advocacy groups to urge the Biden Administration to improve regulations governing insurance regulated under the ACA. Recommendations include urging federal policymakers to enhance “essential health benefits”, continued use of telehealth, coverage of biomarker testing, and much more. We also called for identifying insurance gaps that harm people living with ALS and cautioned against using prior authorization or other utilization review techniques to deny medical care.

- **Connecting ALS Podcast**
  - Learn more about the Genetics of ALS. [Listen Here](#)

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**In Remembrance**

*We extend our deepest sympathy and continued support to the families and friends of:*

*Liz Adamick, George Brokenshire, Richard Charleton, Leo Flake, Don Helms, Maria Ibarra de Ortiz, Thelma Ortiz, Terry Overby, Karen Sowney, Pamela Taylor, Brian Wunderly*