



November is NATIONAL FAMILY CAREGIVERS MONTH

Join us as we honor ALS caregivers for National Family Caregiver Month. Being the primary caregiver for someone living with ALS is a significant commitment. Throughout November, we'll be creating conversations about caregiving and recognizing the important work that ALS caregivers do every day.

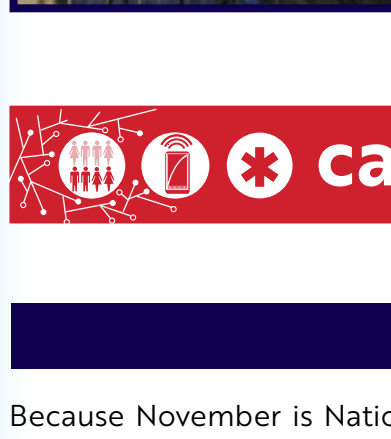
Simply letting caregivers know that you are thinking of them can make a world of difference. You can show your appreciation for an ALS caregiver by sponsoring a Family Caregiver Kit for \$100. We'll be sending out more than 300 kits to caregivers this month across Minnesota, North Dakota and South Dakota. Kits include:

- \$50 Visa Gift Card
- Travel Mug
- Premium Chocolates
- Greeting Card with a Message of Gratitude

Sponsor a kit today and learn about all the ways you can show your support during National Family Caregiver Month.

[Learn More](#)

mission moment



Words cannot express how grateful I am for the loan of the Tobii I16+ and installation of smart bed control software. In addition to providing peace and comfort to my restless legs, ALSA has totally revolutionized bedtime with my 3+ year old! It's been years since I was last able to read him a book without assistance. With this equipment, the intimacy of our bedtime has been restored! Thank you, thank you, thank you!

-Lola, Minnesotan living with ALS

care corner

Support For Caregivers

Because November is National Family Caregiver Month, we want to take this opportunity to honor those family members who care for a loved one. Caregiving can be rewarding, exhausting, joyful and frustrating. The programs below are available year-round but we want to highlight them this month. All times are given in Central Time.

Other resources available to caregivers include our [Family Assistance Program](#), which connects families with a volunteer to help with everyday tasks, or our [Peer Support Program](#). Reach out to Jenna (jenna@alsmn.org) if you think volunteer assistance or peer support would be helpful.

You can also watch this [Education Hour](#) session to learn more about our Family Assistance Program and the [Care Connection](#) tool, which helps organize volunteers to support families living with ALS.

Recent & Upcoming Programs for Caregivers

Nov. 2	Education Hour: Conserving Energy Watch recording <i>Hear ways to manage energy levels and participate in activities more efficiently.</i>	Nov. 15	Webinar: Equipment and Assistive Technology that Helps Caregivers 1pm CT, register here <i>Learn how equipment and assistive technology can support quality of life.</i>
Nov. 3	Meditation with a Caregiving Focus Watch on our Facebook page	Nov. 16	Young Adult Support Group Email anne@alsmn.org for Zoom link <i>For those with a parent living with ALS</i>
Nov. 10	Meditation with a Caregiving Focus Live at 11am on our Facebook page Conversations on Caregiving Live at 5pm on our Facebook page <i>Hear from 5 former caregivers about how their experience as a caregiver for a loved one with ALS brought them together.</i>	Nov. 17	Meditation with a Caregiving Focus Live at 11am on our Facebook page Caregiver Support Group Email jennifer@alsmn.org for Zoom link
Nov. 11	Caregiver Support Group Email jennifer@alsmn.org for Zoom link	Nov. 24	Meditation with a Caregiving Focus Live at 11am on our Facebook page

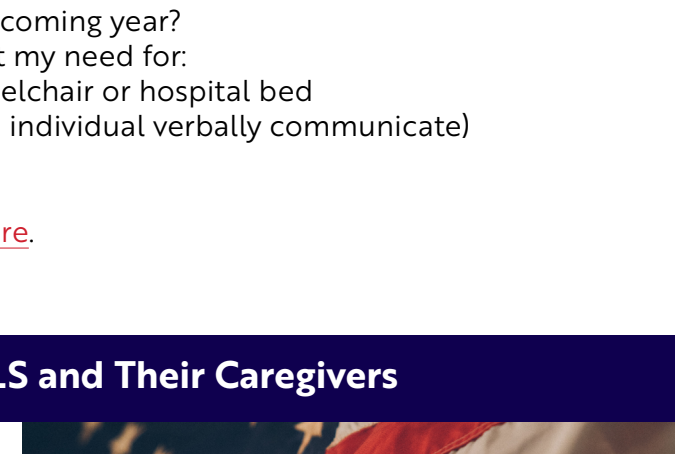
Medicare Open Enrollment Has Begun

Now through December 7 is the time when all Medicare beneficiaries can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs. We highly recommend discussing your health insurance options with an insurance counselor. Insurance counseling is a free service available in each state that provides unbiased information to Medicare enrollees about the plans available in their state.

In order to get the best guidance possible, please consider the answers to the following questions:

- What medications do I currently take/plan to take in the coming year?
- How might my ALS progression over the next year impact my need for:
 - Durable medical equipment, such as a power wheelchair or hospital bed
 - A communication device (a machine that helps an individual verbally communicate)
 - Office visits to an ALS clinic or other physicians

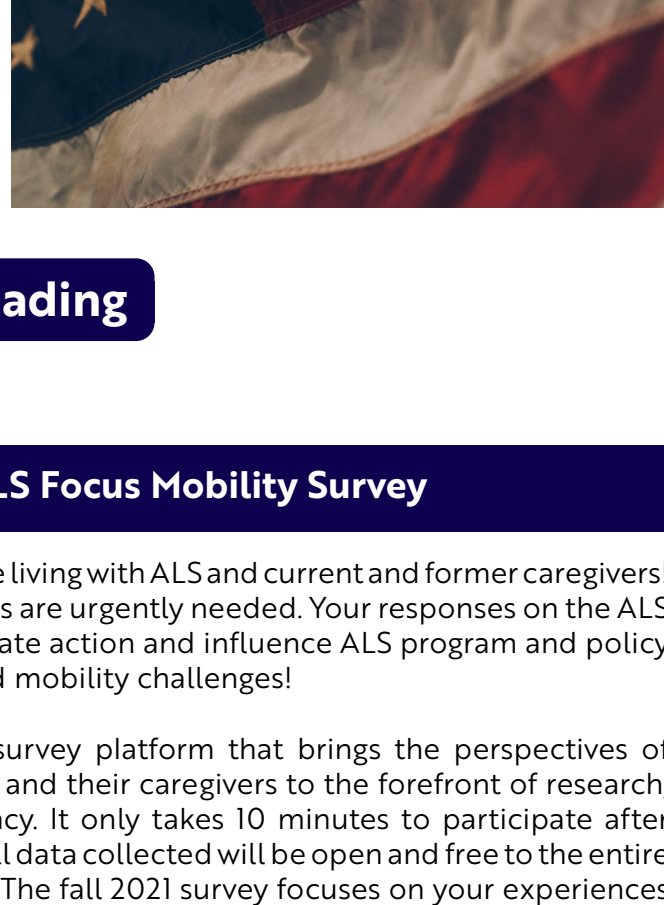
Find your State's Health Insurance Counseling Program [here](#).



Benefits for Veterans With ALS and Their Caregivers

Veterans Day is Thursday, November 11th, and we salute all of the service members living with ALS or supporting a loved one with ALS. For unknown reasons, veterans who have served in the U.S. Armed Forces are more likely to develop ALS than people who did not serve in the military. We're dedicated to providing resources that will improve the lives of military veterans living with ALS and funding research that will help us understand the link between military service and ALS.

The VA provides benefits to [caregivers of veterans with ALS](#) that may assist you in your caregiving role. Learn more about housing support, in-home care and other support available to you. [Let us know](#) if you are having trouble accessing your veteran's benefits and a care services coordinator will reach out. You can also read more about veterans' benefits on page 35 of our [Navigating ALS](#) tool.



[Continue Reading](#)

Make Your Voice Heard in the ALS Focus Mobility Survey



Calling all people living with ALS and current and former caregivers! Your perspectives are urgently needed. Your responses on the ALS Focus survey create action and influence ALS program and policy decisions around mobility challenges!

ALS Focus is a survey platform that brings the perspectives of people with ALS and their caregivers to the forefront of research, care and advocacy. It only takes 10 minutes to participate after registering and all data collected will be open and free to the entire ALS community. The fall 2021 survey focuses on your experiences accessing mobility equipment for living with ALS. People with ALS, current caregivers, and past caregivers may participate.

[Respond Today](#)

Being Mindful of Your Nutrition Needs: Mealtime Tips for Caregivers



Adequate nutrition helps maintain energy stores, supports a strong immune system, and reduces the risk of chronic diseases. But the demands of caregiving can put healthy meals on the backburner. Here are some tactics to simplify mealtimes while still eating healthy.

[Continue Reading](#)

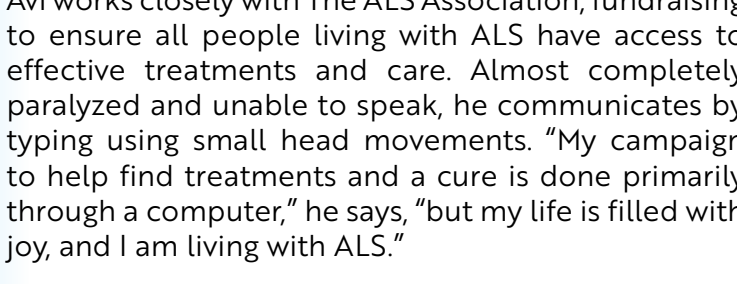
Understanding Respiratory Function and ALS



The impact of ALS on breathing is likely one of the most daunting aspects of the disease journey and one for which you and your family can and should prepare for early on. There are many different options and interventions to consider, and education and proactive planning can help to ease the stress for everyone involved.

[Continue Reading](#)

One Man's Determination to Make ALS a Livable Disease

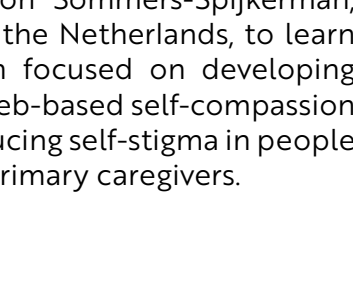


Avi works closely with The ALS Association, fundraising to ensure all people living with ALS have access to effective treatments and care. Almost completely paralyzed and unable to speak, he communicates by typing using small head movements. "My campaign to help find treatments and a cure is done primarily through a computer," he says, "but my life is filled with joy, and I am living with ALS."

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Researcher Spotlight: Marion Sommers-Spijkerman

Milton Safenowitz
Postdoctoral Fellow



We talked with Dr. Marion Sommers-Spijkerman, postdoctoral fellow from the Netherlands, to learn more about her research focused on developing and evaluating a guided web-based self-compassion intervention aimed at reducing self-stigma in people living with ALS and their primary caregivers.

[Continue Reading](#)

Upcoming Care Services Programs

November 11	Northern MN Support Group (Virtual Meeting)	November 17	Family Caregiver Support Group (Virtual Meeting)
November 11	Family Caregiver Support Group (Virtual Meeting)	November 23	SD and Southern MN Support Group (Virtual Meeting)
November 16	ND and Central MN Support Group (Virtual Meeting)	December 1	Minneapolis/St. Paul Metro Area Support Group (Virtual Meeting)
November 16	Young Adult Hangout (Virtual Meeting)	December 7	Education Hour (Virtual Meeting)

Midweek Meditation - Every Wednesday at 11:00 AM (CT)

hey volunteers

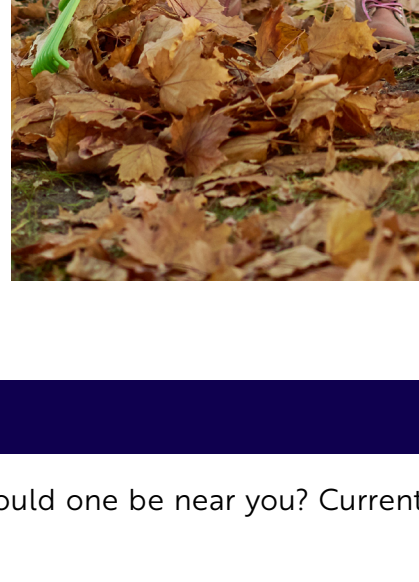
Want to Connect Directly with Someone? Become a Family Assistance Volunteer

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. The Family Assistance Program has now reopened to both indoor and outdoor activities, with COVID-19 safety protocols in place.

If you have any questions about volunteering, please call the volunteer positions available, or the application process, please call 612-455-6052 or email jenna@alsmn.org. You can also visit our [VolunteerMatch](#) page to view current requests for assistance.



Help Wanted!

We have several open family assistance requests right now in Minnesota. Could one be near you? Current needs by city include:

- Kasota: groceries, laundry, decluttering/organizing
- Princeton: weeding, edging
- St. James: mowing (seasonal), shoveling sidewalk (seasonal), basic technology assistance
- St. Paul: cleaning (every other week)

If you live in or near any of these cities, we'd love to chat with you about how you can help support one of these families. Please contact Jenna (612-455-6052 or jenna@alsmn.org) for more information.

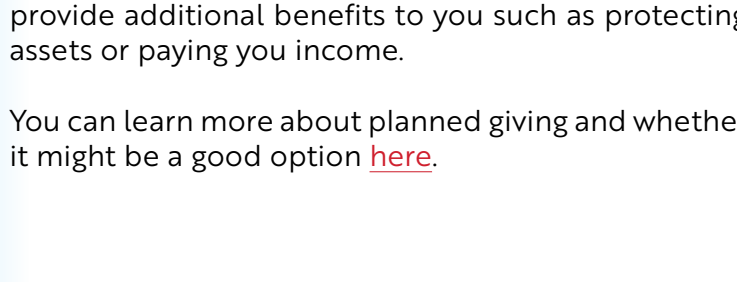
Find Support Through The Care Connection



Did you know that The ALS Association has its own online calendar to also help coordinate your household needs? [ALS Care Connection](#) is a private online tool that can be used to support your family by organizing volunteers to take care of a variety of tasks. Visit our [website](#) to learn more about this tool and its features, including a recent webinar and step-by-step guide to getting started.

community news

Legacy Giving Makes An Impact



Leaving a legacy involves ensuring your values, hopes, and dreams for the future are reflected. If fighting ALS is important to you, consider how a planned gift through your estate or financial plan could make an impact.

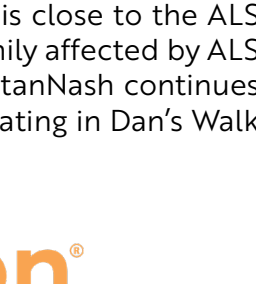
Gifts from wills, trusts, real estate, stock and appreciated assets can all contribute to the mission of creating a world without ALS. Planned gifts can also provide additional benefits to you such as protecting assets or paying you income.

You can learn more about planned giving and whether it might be a good option [here](#).

Vote for the 2022 Walk to Defeat ALS T-Shirt Design

Vote Now!
2022 Walk to Defeat ALS Nationwide T-Shirt Contest!

View the selected designs at ALS.ORG/TSHIRT to cast your vote for the winning design!

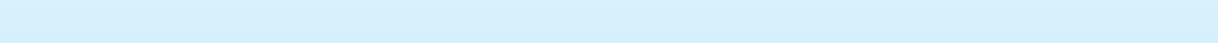


CAST YOUR VOTE BY
November 18, 2021

Voting is now open for our Nationwide Walk to Defeat ALS T-Shirt Design Contest! The winning design will appear on the official t-shirt for all 2022

[Vote Now](#)

Thank You to Our Walk Sponsors



We'd also like to thank the [Numotion Foundation](#), another one of our dedicated partners. Numotion, a leading provider of power wheelchairs and other complex rehab technology, first partnered with The ALS Association in 2012. Through their partnership, Numotion sustains loan equipment programs for people living with ALS with their Fast Track Program. They also support and participate in Walk to Defeat ALS events across the region. We're grateful for Numotion's continued support and work to stand with them as we keep the momentum going in our fight against ALS.

