



The ALS Association Greater New York Chapter

Monthly Update

Serving Greater New York and Northern and Central New Jersey
42 Broadway, Suite 1724, New York, NY 10004, 212-619-1400 f: 212-619-7409 www.als-ny.org

January Support Groups

SUFFOLK COUNTY, NY

NO MEETING IN JANUARY

Enjoy the holidays, stay warm, see everyone in February!

(1st Tuesday of every month)

Stony Brook University, Dept. of Neurology
179 North Belle Meade Rd, E. Setauket
(631) 444-1970

Facilitator: Theresa Imperato, RN - (631) 444-4623

NASSAU COUNTY, NY

NO MEETING IN JANUARY

Enjoy the holidays, stay warm, see everyone in February!

North Shore's Central General Hospital
888 Old Country Road, Plainview
Downstairs Meeting Room; (516) 719-3000
Facilitators: Theresa Imperato, RN - (631) 444-4623
Jody Wiesel, PhD - (917) 699-9751

NEW BRUNSWICK, NJ

January 16, 2010 1:00-3:00 PM

(3rd Saturday of every month)

Robert Wood Johnson University Hospital
Medical Education Building, Rm 108A
180 Somerset Street, Follow signs to meeting.

Topic: Open Discussion

Facilitators: Debbie Schlossberg, LMSW
(732) 710-8832

Mary Ann Mertz, RN

MANHATTAN, NY

January 19, 2010 6:00-8:00 PM

(3rd Tuesday of every month)

Phillips Ambulatory Care Center (Beth Israel)
10 Union Square East (Bet. 14th & 15th St.)
2nd Floor, Conference Room #1

Topic: Open Meeting

Facilitator: Jody Wiesel, PhD - (917) 699-9751

*For more information about our Support Groups
go to the Patient Services section at:
www.als-ny.org or call 212-619-1400.*



A HOLIDAY MESSAGE

"In the sweetness of friendship let there be laughter and sharing of pleasures. For in the dew of little things the heart finds its morning and is refreshed." Kahlil Gibran

Looking to the New Year what do we hope for? For many of us, the things we dream of and strive for have changed a bit from what they once were. Do we hope to acquire new things? Material possessions? More likely we're now focused on simple pleasures: the beauty of our interpersonal connections; the rapture of music which moves us; the purpose we assign to waking each day and being of importance, just by virtue of our existence, to those who love us.

At a time when the ability to perform simple tasks is appreciated, it becomes clear that items we once coveted or the glorious experiences we once planned, give way to the pure bliss of appreciating a good laugh or even a cup of steaming tea.

We hear a lot in the media and from self-help gurus about simplifying our lifestyles, getting rid of excess and whittling down to the essence of what we truly need to get by and be happy. Perhaps at no other time is the wisdom of this more striking than when we are forced to let go of the extraneous "things" because we no longer have the ability to engage with them. So now we have a gift of sorts. We are humbled by our new limitations and are challenged now not by how to obtain or where to celebrate, but simply by how to celebrate. And if we are true to ourselves, we might just realize that the people we are celebrating with is what it's all about.

Happy New Year



The NY Chapter has a Lending Library available to all PALS.
We have DVDs of movies & TV shows and books on CD or audio tape to lend.
Please contact Christine Dunn at the Chapter office or e/mail dunn@als-ny.org.





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Focus On: Another Great Year!

Happy New Year! Thank you for all the support you have given us this year. Let's continue our momentum into 2010.

With your help we've taken great strides for PALS, their families and caregivers. Here are some of the major accomplishments we achieved in 2009:



- Discovery of ALS6 (Fused in Sarcoma), a new gene responsible for about 5% of all inherited ALS cases.
- The Senate Appropriations Committee passed legislation to provide \$13 million for the National ALS Registry,

a 40% increase over last year.

- The identification of three genes that researchers believe may be linked to the sporadic form of ALS.
- The Centers for Disease Control and Prevention/Agency for Toxic Substances and Disease Registry (CDC/ATSDR) launched the first phase of the National ALS Registry website. The website includes answers to frequently asked questions about the registry and, in the next phase, will enable people with ALS to self-enroll in the registry.

This coming year we are poised for tremendous new opportunities – and have significant needs – to maintain our momentum. Please make a year-end tax deductible donation to The ALS Association and help us fight this devastating disease until viable treatments and a cure are discovered.

Here are a few ways to help us before the end of the year:

- Make a donation online by visiting

our website at www.als-ny.org and clicking on any of the "donate" buttons.

- Write a check made out to The ALS Association Greater New York Chapter and mail it to us at 42 Broadway, Suite 1724, New York, NY 10004.
- Gifts of securities: A growing number of our supporters are taking advantage of contributing gifts of long-term appreciated securities to support the mission of The ALS Association.
- IRA Gift: Consider a gift from your retirement plan.

To find out more information about gifts of securities or IRA gifts please visit our website at www.als-ny.org or call Beth Mohsinger at (800) 672-8857 or mohsinger@als-ny.org.

Thank you again for playing such an important role in 2009. We wish you and your family a joyous holiday and here's to another year filled with success and progress.