



The ALS Association Greater New York Chapter September 2009

Monthly Update

ALS Association
Fighting Lou Gehrig's Disease

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-nyc.org

September Support Groups

SUFFOLK COUNTY, NY

September 1, 2009 6:00-8:00 PM
(1st Tuesday of every month)
Stony Brook University, Dept. of Neurology
179 Belle Meade Rd, E. Setauket
(631) 444-1970
Topic: Nutrition for the ALS Patient
Speaker: Lorraine Danowski, RD
Facilitator: Theresa Imperato, RN - (631) 444-4623

NASSAU COUNTY, NY

PLEASE NOTE: September meeting is cancelled because of the Labor Day Holiday.
North Shore's Central General Hospital
888 Old Country Road, Plainview
Topic: N/A
Downstairs Meeting Room; (516) 719-3000
Facilitators: Theresa Imperato, RN - (631) 444-4623
Jody Wiesel, PhD - (917) 699-9751

MANHATTAN, NY

September 15, 2009 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: Assistive Technology
Speaker: Antoinette Verdone
Facilitator: Jody Wiesel, PhD - (917) 699-9751

NEW BRUNSWICK, NJ

PLEASE NOTE: September meeting is cancelled.
Robert Wood Johnson University Hospital
Medical Education Building, Rm 108A
180 Somerset Street, Follow signs to meeting.
Topic: TBD
Facilitators: Debbie Schlossberg, LMSW
(732) 710-8832
Mary Ann Mertz, RN

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

Long Island Walk to Defeat ALS Saturday, Sept. 12th Eisenhower Park, East Meadow



The ALS Association Greater New York Chapter will host the Walk to Defeat ALS fund raiser on Long Island on Saturday, September 12th, 11:00 AM, at Eisenhower Park, East Meadow, NY.

The walk is wheelchair and stroller accessible. Before and after the walk there will be family friendly activities such as guest stars, autograph signing by sports celebrities, face painting, live music, mascots, refreshments and other fun and games.

Allison Lardner, Walk Manager,
alardner@als-nyc.org, (212) 720-3042

Kristina Wertheimer, Marketing Coordinator,
Desantis@als-nyc.org, (212) 720-3049

Join Us At The 52nd Annual German-American Steuben Parade of New York On Sat., September 19th



We have partnered with the German-American Steuben Parade of New York to raise awareness and funds for ALS.

For a donation of \$100*, you can secure your spot with us alongside the Lou Gehrig float. You will receive a one-of-a-kind ALS Association/Steuben Parade commemorative t-shirt and baseball cap bearing Lou Gehrig's #4 to wear the day of the parade. To reserve your spot in the parade, please contact Beth Mohsinger at Mohsinger@als-nyc.org or (212) 720-3060. Spots are limited, so please contact us as soon as possible.

*Your donation will support programs and services of The ALS Association Greater New York Chapter.



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-nyc.org.





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VOLUNTEER NIGHT September 17, 2009 5-7 PM. Contact Christine @ 212-720-3044

CALENDAR of EVENTS

9/12/09 - Long Island Walk to Defeat ALS on Saturday at 11:00 AM, at Eisenhower Park, East Meadow, NY. For info: alardner@als-ny.org, (212) 720-3042 or Desantis@als-ny.org, (212) 720-3049

9/26/09 - Dance to the Beat. Dance to Defeat ALS. Learn country dances, listen to country music and more! Hot and cold buffet. Gifts and prizes. \$20 donation (\$25 if purchased after September 20th.) Info: Susan at (201) 845-7177 or email ThomasJMurphy-Foundation@gmail.com.

PLEASE GIVE!

Leave A Legacy of Hope



CHARITABLE GIFT ANNUITY

A gift annuity is a simple contract between you and **The ALS Association Greater New York Chapter**. In exchange for your gift of cash or stock, The ALS Association Greater New York Chapter makes regular payments to you, you and your spouse or someone you name, for life. The remaining principal goes to The ALS Association Greater New York Chapter when the contract ends.

For information please call
 Beth Mohsinger at (212) 720-3060
 or email: mohsinger@als-ny.org

Medical Model Adult Day Health Care Programs

We wanted to let you know about a wonderful opportunity that may be just right for some PALS and their caregivers – the Medical Model Adult Day Health Care Program. Such programs have been in existence for about twenty years and have been instrumental in providing rich social activity as well as medical monitoring for people with a medical diagnosis. Moreover, attending a “day center” can significantly reduce isolation and depression, provide needed rest and recuperation for the caregiver, and avoid unnecessary hospitalization and nursing home placement.

Day centers offer a wide range of recreational activities. Trained recreation therapists work with the “registrant” and caregiver to plan activities that meet one’s interests and abilities. Recreation can include group discussions, musical entertainment, crafts, day trips – and more. While registrants are enjoying themselves, a multidisciplinary team is present to help. The team includes: registered nurses (who can monitor medical conditions, dispense medication and intervene in an emergency); certified nurses’ aides (who can help with activities of daily living such as feeding, toileting, and bathing); physical and occupational therapists (who provide rehabilitation services and help with assistive devices);

social workers (who can provide individual and group counseling, help with family and social problems, and assist with issues such as applying for home care or housing); registered dietitians, and recreational therapists. Most, if not all, may offer the services of consulting professionals such as psychiatrists, podiatrists and dentists – as well as a beautician!

In addition to the above, transportation is provided in wheelchair-equipped vans,

as are nourishing meals. Some day centers have day and evening programs where either breakfast and lunch are served, or lunch and dinner – depending on the program attended and one’s

specific needs. Assistance with PEG feeding and ventilators may be provided. Finally, day centers are covered by Medicaid, although one’s Medicaid-sponsored home attendant usually cannot attend (as Medicaid will not pay for two services simultaneously). Private pay arrangements are available.

Day centers exist in all the boroughs. If you are interested in knowing more about day centers in your area, please call: Sue Zimmerman, LCSW, Patient Services Coordinator, at 212-720-3050.

