



2021 ANNUAL REPORT

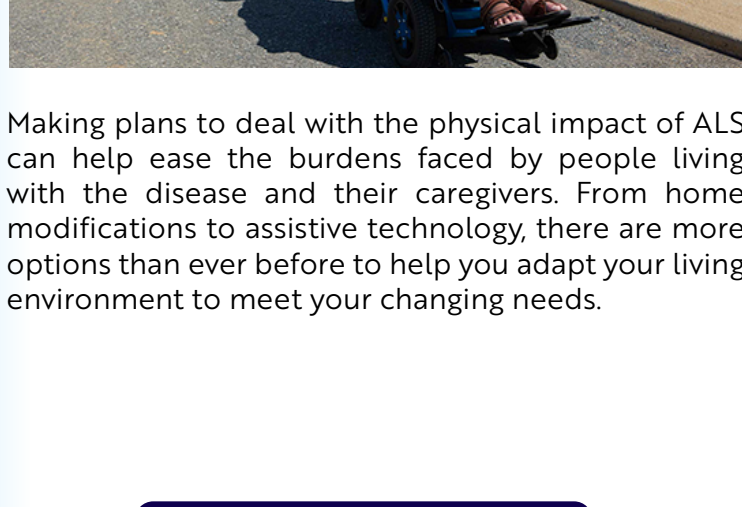


The 2021 Annual Report is Now Available!

Read about the impact you made on our mission last year in our 2021 Annual Report. The report is available online [here](#). Thank you for your tremendous support during an unprecedented time.

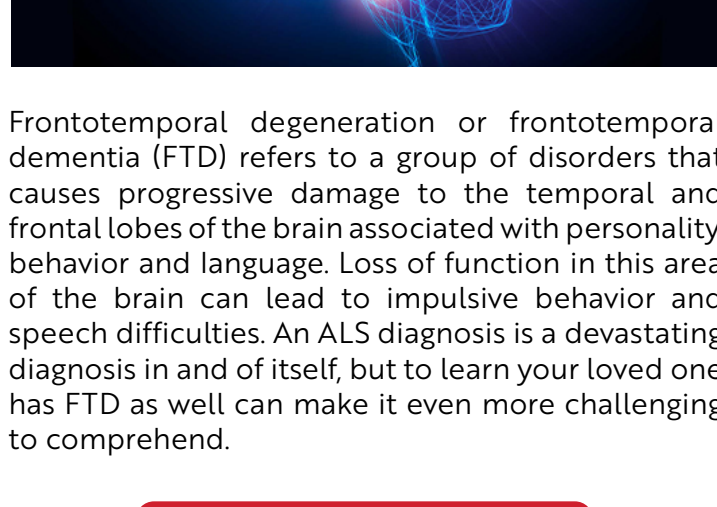
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Preparing for the Physical Impacts of an ALS Diagnosis



Making plans to deal with the physical impact of ALS can help ease the burdens faced by people living with the disease and their caregivers. From home modifications to assistive technology, there are more options than ever before to help you adapt your living environment to meet your changing needs.

What Is FTD and How Is It Connected to ALS?

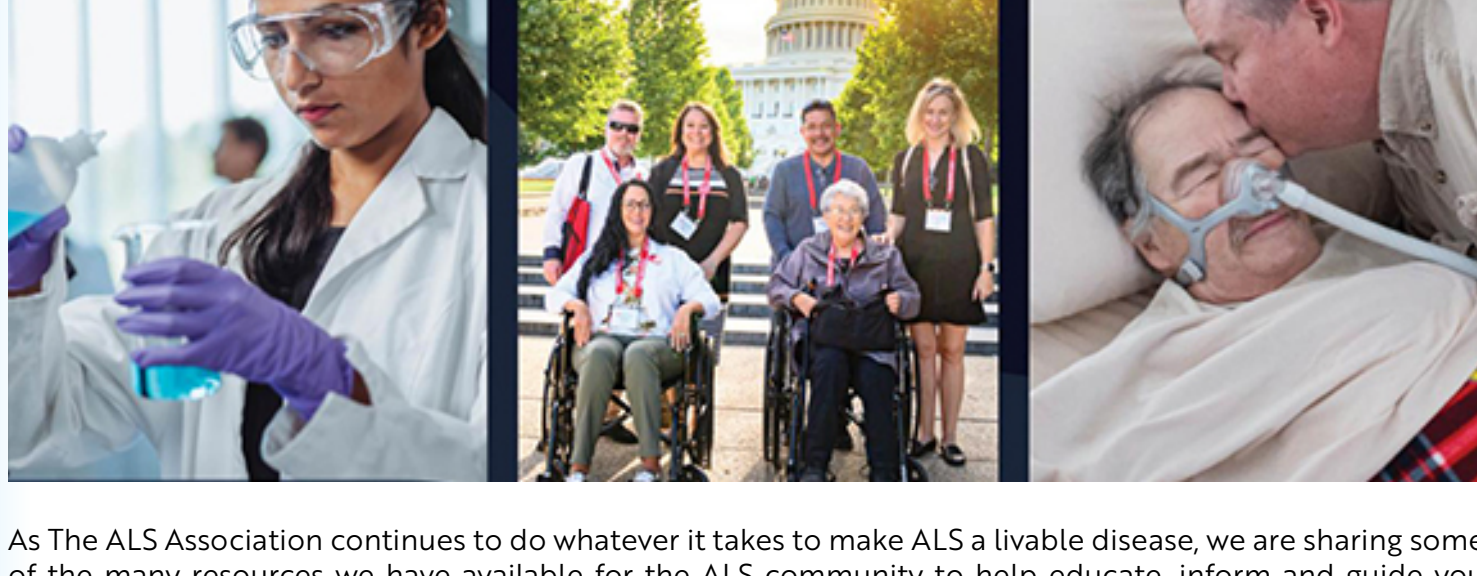


Frontotemporal degeneration or frontotemporal dementia (FTD) refers to a group of disorders that causes progressive damage to the temporal and frontal lobes of the brain associated with personality, behavior and language. Loss of function in this area of the brain can lead to impulsive behavior and speech difficulties. An ALS diagnosis is a devastating diagnosis in and of itself, but to learn your loved one has FTD as well can make it even more challenging to comprehend.

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How to Find Critical Resources and Support for People Living with ALS



As The ALS Association continues to do whatever it takes to make ALS a livable disease, we are sharing some of the many resources we have available for the ALS community to help educate, inform and guide you through the ALS journey.

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New Potential Therapeutic Target Identified in CHMP7

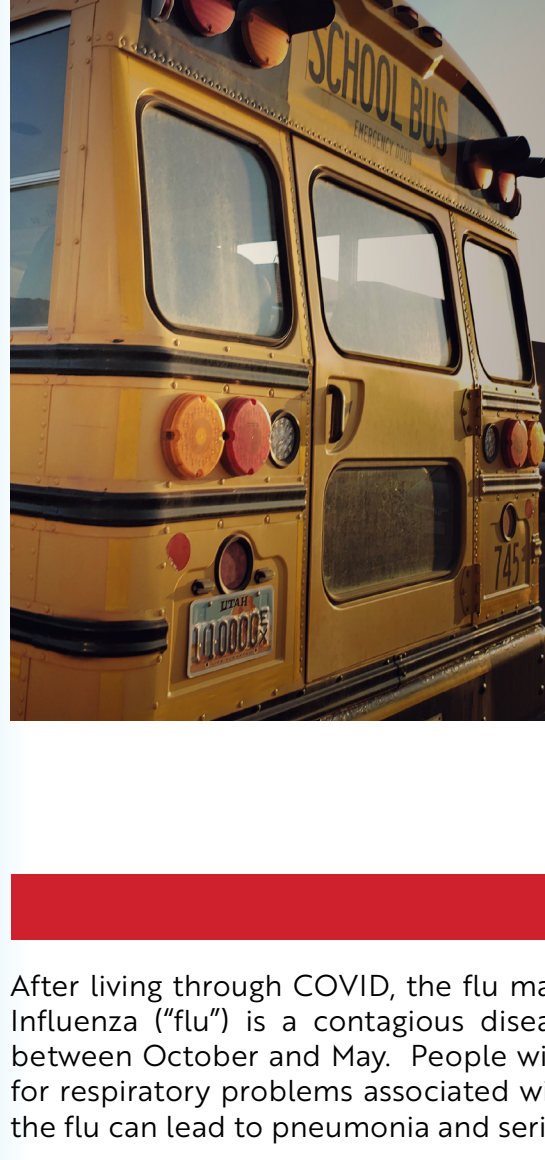


Dr. Jeffrey Rothstein and Dr. Alyssa Coyne recently joined our hosts on Connecting ALS to discuss their recent publication of research identifying a cellular defect common in ALS and what it means for research into the disease going forward.

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care corner

Back to School and ALS



"Education is not preparation for life; education is life itself."
-John Dewey

September means back to school for many students. This can be scary and stressful for a lot of students but it can be extra challenging for children that act as caregivers for loved ones with ALS. Last year was abnormal and many children were able to stay home to study, which allowed them some flexibility to assist with caregiving. This year most kids are planning to return to in-person learning, which means that they will be spending an average of six hours away from home. They will now be faced with the stress of not being there for their loved ones, depression over the diagnosis, and struggling to talk to their peers and teachers about it.

The ALS Association has many resources to help. You can visit our website to find our resources on [Youth Education](#). You can download or request hard copies of the documents on this page. We recommend that all families with students returning to school and have been affected by ALS check out [At School: A Guide to Supporting Students Who Have Been Affected by ALS](#). We also offer a [Young Adult Support Group](#) on the third Tuesday of every month for children/students that are 18+.

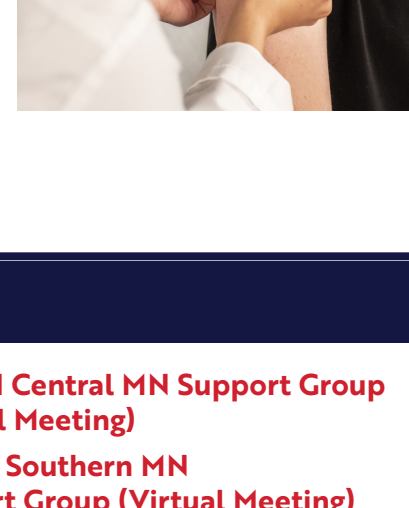
Our team is here to assist in any way. Please do not hesitate to reach out at info@alsmn.org for more information and resources.

Remember the flu?

After living through COVID, the flu may seem harmless but it's really not. Influenza ("flu") is a contagious disease that occurs every year, usually between October and May. People with ALS are already at increased risk for respiratory problems associated with viral and bacterial infection, and the flu can lead to pneumonia and serious blood infections.

The flu vaccine can keep you from getting the flu, make the flu less severe if you get it, and keep you from spreading it to other people. A dose of flu vaccine is recommended every flu season for people with ALS, their family, and caregivers.

The CDC recommends getting the flu vaccine by the end of October 2021, so get that appointment scheduled! Talk to your healthcare provider or ALS Clinic about whether or not you should get this important and potentially life-saving vaccine.



Upcoming Care Services Programs

September 9	Northern MN Support Group (Virtual Meeting)	September 21	ND and Central MN Support Group (Virtual Meeting)
September 9	Family Caregiver Support Group (Virtual Meeting)	September 28	SD and Southern MN Support Group (Virtual Meeting)
September 15	Family Caregiver Support Group (Virtual Meeting)	October 6	Minneapolis/St. Paul Metro Area Support Group (Virtual Meeting)
September 21	Young Adult Hangout (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, 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.



New Volunteers Available to Assist Families!

We have been working to increase our volunteer numbers across all three states and currently have new volunteers ready to serve in Fargo, Rapid City, and Rochester. If you live in or near one of these cities and would like volunteer assistance, please contact Jenna at (612) 455-6052 or jenna@alsmn.org.

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.

event news

Upcoming Events

September 11	Minnesota Walk to Defeat ALS	October 16	Light the Journey Gala
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It's Minnesota Walk to Defeat ALS Week!

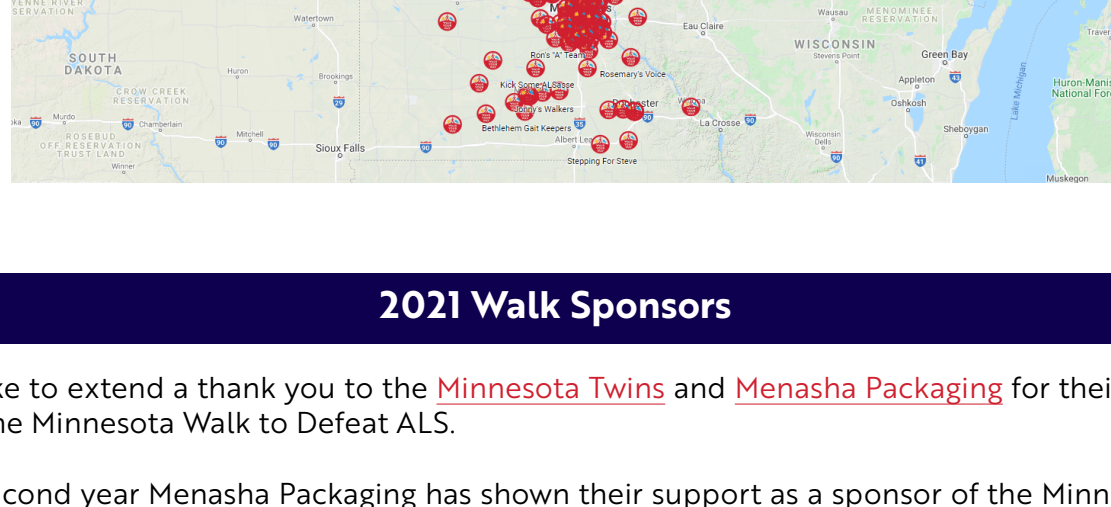
Thanks to your incredible efforts, the Minnesota Walk to Defeat ALS has already surpassed its goal of raising \$535,000 in support of the ALS community.

However, given the latest rise in the Covid-19 Delta variant and the desire to ensure the health and safety of the ALS community, our staff, volunteers, and supporters, we will NOT be hosting an in-person Walk to Defeat ALS option in Minnesota on Saturday, September 11th.

We will be offering opportunities for you to pick up your official Walk to Defeat ALS t-shirt and drop off any fundraising dollars you or your team may have. [Check out the pickup/drop off sites in your area.](#)

While we are unable to be together as a large group, we hope you can Walk Your Way in a safe and comfortable manner. However you decide to celebrate Walk Day, please share your photos with us! Tag us on social media with [#WalktoDefeatALS](#). You can also email pictures to walk@alsmn.org.

Check out all the Walk Your Way events happening around the state by clicking on this interactive map:

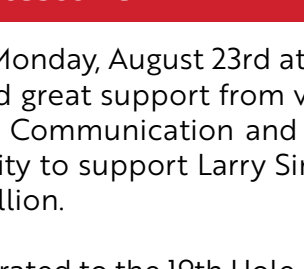
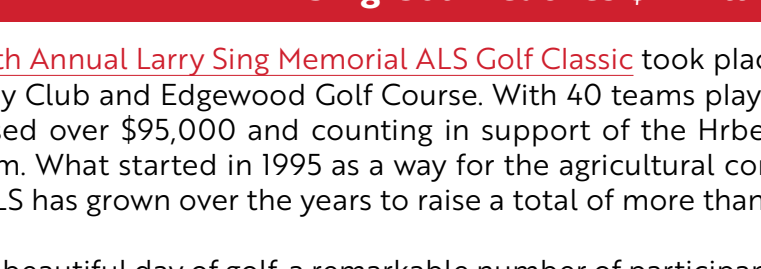


2021 Walk Sponsors

We would like to extend a thank you to the [Minnesota Twins](#) and [Menasha Packaging](#) for their tremendous support of the Minnesota Walk to Defeat ALS.

This is the second year Menasha Packaging has shown their support as a sponsor of the Minnesota Walk to Defeat ALS. This year they have formed a Walk Team to increase their impact even further, making t-shirts to raise awareness and funds as a show of support for a member of their own community affected by ALS. Thank you, Menasha Packaging and Team Mike's Menagerie, for your support!

The Minnesota Twins have been partners in the fight against ALS for more than 20 years. From co-hosting events like Strike Out ALS, to partnering for the first annual Lou Gehrig Day, to elevating our events with monetary and in-kind donations, the Twins' support enables all facets of the work we do. Thank you, Minnesota Twins, for your partnership and commitment to the fight against ALS!



Sing Golf Reaches \$2 Million Milestone

The 27th Annual Larry Sing Memorial ALS Golf Classic took place on Monday, August 23rd at both Moorhead Country Club and Edgewood Golf Course. With 40 teams playing and great support from various sponsors, we raised over \$95,000 and counting in support of the Hrbek-Sing Communication and Assistive Device Program. What started in 1995 as a way for the agricultural community to support Larry Sing in his journey with ALS has grown over the years to raise a total of more than \$2 million.

After a beautiful day of golf, a remarkable number of participants migrated to the 19th Hole Bar at Moorhead Country Club for dinner, drinks, and our formal program. Attendees were able to place their bids on a variety of unique auction items and hear two very moving stories about what remains after a loss of a loved one.

Shortly after, bidder numbers were raised during the Fund-A-Need portion of the event, generating an additional \$9,500 in just a few moments. We would like to thank all of our golfers, sponsors, vendors, and donors for their commitment to this event, and we would especially like to thank our planning committee: Ray Kotchian, Jay Field, Coke Smith, Clyde Kringlen, Steve Sing, Lindsey Duff, Brandon Hokana, and Darin Milbrath.

Thank you to our Gold, Silver, and Media Sponsors:



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