



# Get In. We're Ending ALS

## What We're Up To

There are so many ways to be an ALS advocate. Anyone can become one! If you want to organize a Lou Gehrig Day for your local Little League, we have the [Youth Lou Gehrig Day Team](#). Want to learn about clinical trials and help make them more people-centric? Join the [Clinical Trials Team](#). Want to talk to your legislators or maybe medical students about your experiences and how they can help? Look no further than the [Legislative](#) and [Community Outreach](#) Teams. Are you a writer? We've got that too. Join [the Write Stuff](#). Long story short, if you have a passion for change, we have an outlet!

Before you go! As we approach 2024, don't forget that our [end-of-year fundraiser](#) is ongoing and will support existing and new IAM ALS initiatives moving into the new year. Please also read [this statement](#) from Board Treasurer Peter Bowen about our exciting impact and financial trajectory moving into our future state.

## Turn Passion into Action

Learn more about all of our Community Teams, and maybe even sign up for one that interests you. You could be the missing piece they've been looking for!

**CHECK THEM  
OUT**

# COMMUNITY UPDATES



## Community Outreach Team

Have an ALS project that you want to actualize, but don't know where to start? Join the Community Outreach Team! This team can provide feedback, support, and volunteers for your ideas and help make them a reality. Recent projects include events like an artists' panel, a podcasting panel, and a film Q&A. Sign up to join the team here:

<https://iamals.org/action/community-outreach-team/>



## Legislative Affairs Team

This passionate and persistent team continues to engage with legislators to maintain funding for research and expanded access. They are also reaching out to members of the Senate to support the Promising Pathway Act (PPA). Ask your legislators to support PPA today:

<https://iamals.org/action/promising-pathway-act/>



## Lou Gehrig Day Team

This team recently launched their ALS Awareness Library Campaign! This campaign will help community members around the country partner with their local libraries to highlight ALS Awareness Month this coming May, and Lou Gehrig Day on June 2nd. Learn more about this campaign, and how to reach out to your library, [here](#).



## The Write Stuff

Katrina Byrd presented this team's poster presentation at the ALS/MND Symposium in Basel Switzerland on December 7th! Thank you to Katrina, Mandi Bailey, Juan Reyes, and the rest of the team for sharing the space they have created, where all voices can be heard, at the biggest annual conference dedicated to ALS and MND research. Learn more or join this creative and impactful team: <https://iamals.org/action/the-write-stuff-team/>

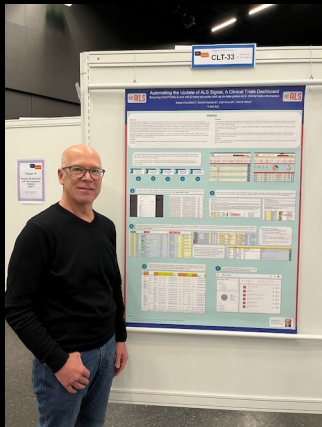


## Veterans Team

Do you know of an individual or organization that distinguishes themselves by going above and beyond to address the needs of Veterans living with ALS and their loved ones? If someone comes to mind, please nominate them for the ALS Veteran Champion Award! Learn more about the criteria and submit your nomination: <https://iamals.org/action/als-veteran-champion-award/>



The **Peer Support Initiative** is going strong – so far this year, they have made 49 new mentor/mentee matches and have trained 29 new mentors! They are currently in need of **parents of adult children living with ALS** and **people living with ALS who have young children** to serve as mentors. If you fit either of those criteria, please apply **here** – and if you would like to request a mentor of your own, click **here!**



### **Community Spotlight: ALS/MND Symposium Presenters**

The **2023 International ALS/MND Symposium** took place this week, and **THREE** amazing community members took their talents and represented their teams all the way in Basel, Switzerland! Katrina Byrd represented Many Shades of ALS and The Write Stuff, Rob Faulstich (pictured left) represented Clinical Trials, and **Kate Peters** represented Veterans.

Thank you all for your incredible work!

See photos of them in action on our Twitter page, **here** and **here**.

## **WHAT'S COMING UP?**

### **Mental Health Needs & Supports for People Living with ALS and their Caregivers - December 14, 12pm CT**

This webinar is part of the Les Turner ALS Foundation ALS Learning Series and features Dr. Melinda S. Kavanaugh. Dr. Kavanaugh will discuss ways in which ALS affects mental health and the need for support – for

both the person living with ALS and their caregivers, including the children and youth. Dr. Kavanaugh will also review recent research findings informing supportive interventions and tools, targeting support for the whole family.

[Register](#)

### Caregiver to Caregiver - December 14, 3pm ET

This informal gathering, hosted by Compassionate Care ALS (CCALS), is designed to offer genuine support for those engaged in ALS caregiving. Be with other folks who have an intimate understanding of ALS and share your unique point of view as a caregiver.

[Register](#)

[SEE ALL EVENTS](#)



I AM ALS is a patient-led community that provides critical support and resources to patients, caregivers and loved ones. It empowers advocates to raise awareness and lead the revolution against ALS in driving the development of cures. Learn more at [iamals.org](http://iamals.org).

I AM ALS



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