

Kim French Will Join the Fight Against ALS at the Walk

As a mother of three girls, Kim French says being a mom is everything to her. Since her ALS diagnosis last year, she's determined not to let her focus change from her family.

"Don't give up, don't let it get you down to where you give up," Kim says. "You have to keep going."

Kim lives in Jacksonville, Illinois, with her husband Clint and three girls: Emma (12), Elizabeth (7) and Josie (1).

Kim, diagnosed with ALS at 36 years old, is an outlier to the typical ALS diagnosis. Most people who develop ALS are between the ages of 40 and 70, with an average age of 55 at the time of diagnosis.

Although Kim's symptoms started to show as early as 2011, she was only diagnosed with ALS last April. She says she saw about nine different doctors who weren't sure what the root of the problem was.

"At first only part of my body was affected, but last year on April 13, it was a Friday the 13th, when he told me it was full blown ALS," Kim says. "They looked at rheumatoid arthritis, one doctor thought I had a stroke, there were a lot of confused people."

Although her girls are still young and don't know about everything going on, they still support her in the ways they can.

Earlier this year, Emma raised nearly \$150 making bracelets and selling them at her school as a way to support her mom and the Chapter.

Before she became a mom, Kim was a banker who did loan processing for nearly 10 years. She recently celebrated 14 years of marriage with her husband, Clint, who served in the army. She says she's thankful for the family and friends who have helped support her and her family.

"My husband has to take on a lot more than previous where we were both kind of



Kim with her family; from left to right: Emma, Josie, Elizabeth, Kim and Clint.

sharing our roles together," Kim says. "For the last couple of years it's really taken a lot to slow me down."

Kim will be the ribbon cutter for the 2019 Walk to Defeat ALS[®] in Springfield, Illinois, on June 15 at Southwind Park. This is the first year she will participate in the Walk, along with her family's first time participating.

Her team, "French Kiss My ALS Goodbye," allows her family and friends to join her as she fights this disease. With the help of Emma, they have a head start on fundraising for their team.

You can support Kim and other people fighting ALS by participating and donating to the Walk to Defeat ALS[®]. Learn more and register at WalkToDefeatALS.org.



Kim wearing one of Emma's bracelets.

Board of Directors

OFFICERS

Josh Rogers,
Board Chair

Mike Sabatino,
Vice Chair

Dave Collet,
Treasurer

Zachary Leeds,
Secretary

Maureen Barber Hill,
President/CEO

DIRECTORS

Beth Barrett
David G. Busker
Mark Calmes
Colleen Ewell
Kevin Hemenway
Kevin D.W. Hewgley
Anthony Mitchell
Kiel Peregrin
David J. Van de Riet
Bryan Thomas
Evan Waldman
Scott Wanamaker

DIRECTOR EMERITUS

Wayne Barber Jr.
Daniel J. Belmont*
Philip D. Carlock
James F. Conway
Martin M. Green
Kenneth O'Donnell*
Richard Palank
Dale L. Rohman
Deborah Kruse Seelman
Eli Shuter, MD

**Deceased*

ADVISORY DIRECTORS

Ghazala Hayat, MD
Timothy Miller, MD, PhD

OFFICIAL
BANKING
PARTNER



A letter from our President & CEO CELEBRATING OUR MILESTONES

Milestones offer the chance for celebration and reflection. As I look back at the incredible challenges and persistence that comes with fulfilling our mission I am reminded of how many people are so invested to helping us further our work.

These investments have allowed us to provide the best care and support possible to those battling ALS in the community.

We have made incredible progress in ALS research especially since the ALS Ice Bucket Challenge almost five years ago, but we have much more to do.

Celebrating milestones naturally brings people together, and with some important milestones for us this year my hopes are to share our mission with others in the community, giving us the chance to articulate our vision for the future as we continue to address the critical needs of people going through an ALS journey, and of course looking ahead to a cure.

So please join us in celebrating:

THE 20TH ANNIVERSARY OF THE ST. LOUIS WALK TO DEFEAT ALS® (JUNE 22, 2019)

Over the years, this Chapter Signature Event has allowed us to continue providing a lifeline of support to people with ALS and their families through a comprehensive network of programs for both patients and caregivers; ensuring access to specialized medical care and a variety of in-home services – provided free of charge.

Funds raised from this event have also allowed us to direct dollars towards some of the most promising ALS research projects.



THE 80TH ANNIVERSARY OF LOU GEHRIG'S SPEECH (JULY 4, 2019)

On the anniversary of his farewell speech, we remember Lou Gehrig for the courage he set and the inspiration he still gives to people with ALS, but we must not forget the ALS fight. There is still no known cure.

We do have some treatments

and therapies that can slow down or ease symptoms but we are invested to funding more research to continue making more progress on this front.

THE 5TH ANNIVERSARY OF THE ALS ICE BUCKET CHALLENGE (JUNE - AUGUST 2019)

What an INCREDIBLE difference this made around the country and in our local community. Our Chapter has been able to put Ice Bucket Challenge funds to work helping people with ALS and their families live a higher quality of life.

- We doubled funding for our Certified Center of Excellence at Saint Louis University.
- We doubled the amount of nutritional supplements to patients who can no longer swallow solid food and are dependent upon these supplements to maintain their weight.
- We increased the amount of Respite Care Grants provided.
- We updated our loan equipment closet with items such as stand and assist lifts, canes, bath equipment, and other items essential to helping patients deal with the activities of daily living and maintain independence.

Now after 5 years, it's time to challenge everyone to help us continue the momentum.

Maureen Hill



CONTACT THE CHAPTER

**The ALS Association
St. Louis Regional Chapter**
2258 Weldon Parkway
St. Louis, MO 63146

Satellite Office
107 Campanella Drive
Sikeston, MO 63801

**P: 314-432-PALS (7257)
1-888-873-8539**

F: 314-432-2991

E: info@alsastl.org

W: www.alsa-stl.org

Please Welcome New Board & Staff

Kiel Peregrin

Board Member

Kiel is currently the Corporate Vice President of Long Term Care at Bethesda Health Group Inc., responsible for managing the organization's post-acute care operations, including six skilled nursing communities and two assisted living communities. Previously Kiel served in a variety of management capacities with Heritage Enterprises since 2012.

Mark Calmes

Board Member

As a caregiver for a loved one with ALS for 8 years, Mark has been devoted to increasing the quality of life for others who battle this disease. Mark serves as the Vice Chair on the National Board of Trustees of the ALS Association, as well as the Chair of the Board's Care Services committee. He also is part of the National Public Policy Committee. Locally, he recently joined The ALS Association's St. Louis Regional Chapter's Board of Directors.

Caitlin Ortega

Executive Administrative Coordinator

Caitlin performs high-level administrative duties in support of the President/CEO and manages all general Chapter office operations, reception and accounting needs. Caitlin also coordinates office administration and procedures.

Elizabeth Roe

Development Coordinator

Elizabeth leads the Chapter's two largest fundraising events—the St. Louis Walk to Defeat ALS® and the Ice Bucket Bash, along with community partner events. She builds relationships with team captains, sponsors, participants and volunteers and manages event logistics.

Mike Bauhof

Digital Marketing and Communications Coordinator

Mike brings his expertise to the Chapter's marketing and communications efforts through social media organization, website formatting, writing and editing. Mike also organizes the monthly chapter news.

See page 5 for new members of our care services team

IN MEMORIAM

Oct. 1, 2018 - March 31, 2019

In recognition of those who have recently lost their struggle with ALS, we remember their courage in living and keep their spirits alive in our memories. We will continue to fight in their honor.

Joan Bachman
Gary Ballowe
Anna Beatty
William Benton
Barbara Boeving
David Bunch
Rodney Callies
Tenea Choate
Napoleon Cosby
Dennis Diffenderfer
Martha Drebes
Kenton Eiffert
Janet Fihaki
Jerry Gray
Pamela Gross
John Harrington
Ronald Jaeger
Carol Johnson

Andrew Krikie
Irmgard Kuhn
Patrick Lowry
Charles Marnati
Sharon Merriweather
Sean Murray
Kenneth Myers
Horace Pete
Ronald Schneider
Paul Schrupf
William Simeone
Cindy Soughers
John Tuck
Leo Wagner
James Walker
Paul Wappelhorst
Ramona Warner

We regret any errors or omissions. Please contact The Chapter to request corrections or additions.

The Chapter Staff

Maureen Barber Hill

President & CEO

mhill@alsastl.org, ext. 223

Caitlin Ortega

Executive Administrative Coordinator

cortega@alsastl.org, ext. 227

Jacqueline Kutz

Office and Administrative Assistant

jkutz@alsastl.org, ext. 221

Debbie Craft

Chapter Accountant

dcraft@alsastl.org, ext. 234

Tara Klucker, MA, CRC, LCPC

Director of Programs & Evaluation

tklucker@alsastl.org, ext. 228

Anna Zelinske, MA, CRC, CCM

Director of Programs & Services for Patient Care

azelinske@alsastl.org, ext. 237

Lori Dobbs

Care Services Coordinator

ldobbs@alsastl.org, ext. 236

Paul Dohearty, MA

Care Services Coordinator

pdohearty@alsastl.org, ext. 238

Mary Love, MS, RN

Care Services Coordinator

mlove@alsastl.org, ext. 229

Katie McGovern

Director of Development

kmcgovern@alsastl.org, ext. 222

Natalie Pottebaum

Development Manager

npottebaum@alsastl.org, ext. 230

Andrea Flanigan

Development Coordinator

aflanigan@alsastl.org, ext. 231

Elizabeth Roe

Development Coordinator

eroe@alsastl.org, ext. 226

Michelle Reynolds Gray

Volunteer & Community Outreach Coordinator

mgray@alsastl.org, ext. 224

Sarah Henke

Development & Data Systems Administrator

shenke@alsastl.org, ext. 225

Emily Ploch

Marketing & Communications Coordinator

eploch@alsastl.org, ext. 232

Mike Bauhof

Digital Marketing & Communications

Coordinator

mbauhof@alsastl.org, ext. 233

Stay in touch!

f ALS.STL.Region

@ALS_STLRegion

in The ALS Association St.
Louis Regional Chapter



Day in the Life of Larry on Display at the Cape Girardeau Public Library

The Day in the Life Display made its way to southern Missouri at the end of February. The Cape Girardeau Public Library housed the photo display through March. The Chapter also held a reception on March 7 with remarks from Dr. Andrew Godbey, the Medical Director of the ALS clinic at Saint Francis Medical Center. The photos of Larry Tyler and his family – taken by Sarah Howell of Sarah E. Studios – continues to raise awareness of ALS and what families fighting this disease experience every day.



Join us for our upcoming events!

Girls Night Out / Trunk Show Event

Thursday, June 27, 4 - 7 p.m.
Mister Guy Ladies' Clothiers
9817 Clayton Road, Ladue, MO 63124

Community Garage Sale

Saturday, Sept. 21, 7:30 a.m.
(Rainout date: Sunday, Sept. 22)
ALS Association office
2258 Weldon Parkway, St. Louis, MO 63146

What is gALS?

gALS is a social and philanthropic group comprised of women who are former caregivers, united by a dedication to support people with ALS and their families.

gALS are committed to raising money to help the Chapter with special projects to address needs for those living with ALS. These women engage friends, family and others in the community to answer a specific call to action to fill a specific unmet need for patients and families who are battling ALS.

gALS have a special bond, have common experiences and are simply committed to improving the lives of others in the community.

gALS meet at a minimum bi-monthly working closely with the President / CEO who is part of the club.

Want to join the gALS Club? Contact Maureen Barber Hill at mhill@alsastl.org for more information



On our blog, ALS Connect:

Walk a Crooked Path: The Irony of Life

By Sandra Stewart

Ever heard of Lou Gehrig? I can remember my dad, an avid baseball fan, talking about Mr. Gehrig when I was just a kid. Because Dad liked him, I made it my business to like him, too. I read books, I watched movies, I educated myself — especially about the odd illness that Lou Gehrig came down with: Amyotrophic Lateral Sclerosis — ALS. What a long name, and what a devastating disease.

At the age of 70 or 71, my dad began to experience foot drop and weakness in his legs, arms and hands. To say I recognized the symptoms right off would be a bit off target, but, as things began to worsen, those dreaded letters, A-L-S, crept into occasional conversations. Dad's doctor was, apparently, less educated about the disease than we were. It didn't help any that my dad was a positive, relatively easy-going guy. When the doctor would ask Dad how he was doing, Dad would always say he was doing great. But he wasn't. We kids were taking turns spending the night at their house so we could take care of him during the night to give Mom a break. Since he had not been officially diagnosed, they had no access to outside equipment or any of the other things they so desperately needed. So we managed by doing everything physically possible to make life easier for him.

One evening a home healthcare nurse paid Mom and Dad a visit. As she was leaving, I said, "Do you have any idea

what's wrong with my dad?" She said, "I would almost certainly say he has ALS. Has no one told you that?" No. We had not been given any name for what was happening to my dad. Mom finally had to put Dad in the hospital, because he was having such problems breathing.

Four days before he passed away, the doctor called in a neurologist, who confirmed our worst fears. Dad was dying of ALS. He passed away that week, after suffering from this "unknown" illness for at least four, and maybe, five years.

Fast forward about six years. We had moved on with life. My sweet husband and I had five wonderful grand kids — the first, a grandson, was about eight years old when we were blessed with triplet girls, followed two years later by another boy. Don and I loved keeping the kids over the weekend. We would keep the younger four to allow our son and his wife to spend exclusive time with the oldest child, and to give them a bit of a respite.

Don was the outside guy. He played basketball, soccer and lots of outdoor games with them. I taught them to embroider, crochet and sew. We watched lots of movies. We took scores of long bicycle rides. Life was good. We were enjoying every minute of it.

Don had taken classes for heating and air-conditioning, and had picked that up as a side job. He was on a job one day that required him to hoist himself up into an attic through a trap door in the ceiling. That had never been a problem before, but

he simply didn't have the strength to do it that day. When he came home from the job, he said, "I don't know what happened, but I just got old overnight!" He was 64.

That summer, Don and I took a trip to Silver Dollar City. While we were there, I noticed that he seemed to be walking very pigeon-toed. I mentioned it to him, but he insisted it was just my imagination. Soon after, when he would be playing with the kids, he started tripping and falling. He couldn't stop the ball when he was goal tending at soccer, and they began to score on him. What was going on? Don certainly couldn't have the same illness that we had seen my dad deal with a few short years before. That's just too ironic.

Don's body seemed to be playing tricks on him. We were concerned enough that we made an appointment with our general practitioner. He could tell there was a problem. After checking Don out, he concluded that it might be a back issue and sent us to a neurological surgeon. The surgeon did tests and decided it wasn't a back issue at all. He sent us to a neurologist.

Read the entire post on the blog at www.alsa-stl.org.

Sandra Stewart is a contributor to a monthly series on our blog, "Walk a Crooked Path." When her husband, Don, was diagnosed with ALS, Sandra became his full-time caregiver for over 10 years. In her series, Sandra shares her insights on ALS as a caregiver.

2019 ALS Public Policy Priorities

In 2019 we continue to focus on educating, advocating and mobilizing all members of Congress, including new members who have joined this year, in a bipartisan fashion to achieve the mission of The ALS Association. In addition to those goals, here are our lead initiatives we hope to accomplish for people with ALS:

1. Waive the Five-Month Waiting Period for Social Security

The ALS Disability Insurance Access Act, to be introduced in the 116th Congress, will eliminate the five-month waiting period for Social Security Disability Insurance (SSDI). Under current law, people with ALS who qualify for SSDI must wait five months before receiving SSDI and access to Medicare. The legislation would eliminate the five-month waiting period for people with ALS.

2. Preserve and Increase Federal Resources for ALS Research

- **DEPARTMENT OF DEFENSE** - Provide at least a \$20 million appropriation to continue the ALS Research Program (ALSRP) at the Department of Defense (DOD). Research has repeatedly demonstrated that military veterans, regardless of branch or era of service, are approximately twice as likely to die from ALS than civilians. The ALSRP funded as a part of the Congressional Directed Medical Research Program at DOD, provides competitive grants that are an essential component of efforts to identify treatments and a cure for ALS.
- **NATIONAL ALS REGISTRY** - Provide a \$10 million appropriation to continue the National ALS Registry and Biorepository at the Centers for Disease Control and Prevention. The Registry collects and analyzes data and directs a Bio Repository. It works in close collaboration with the Centers for Medicare and Medicaid Services, the Veteran's Administration, the Department of Defense ALS research program and the National Institutes of Health (NIH). It is a critical driver of the search to find treatments and a cure because it connects researchers conducting clinical trials with people living with ALS and funds its own important research.
- **NATIONAL INSTITUTES OF HEALTH** - Continue ALS Research at the National Institute for Neurological Disorders and Stroke and other Institutes at the National Institutes of Health (NIH). In FY19, NIH spent approximately \$83 million for ALS research, with National Institute of Neurological Disorders and Stroke (NINDS) making the largest investment and four other NIH Institutes contributing the balance. The ALS Association will work in collaboration with other national organizations to advocate for \$41.6 billion in funding for the NIH in 2019 (a \$2.5 billion increase over 2018) so that NIH can maintain and increase this level of commitment to ALS research.

3. Access to Home Health Services

Achievable policy solutions are needed to improve access to home health services for people living with ALS. Federal government concerns about waste, fraud, and abuse of Medicare home health benefits for all seniors and

misunderstandings about the scope of the benefit have significantly limited access for people living with ALS. In 2019, The ALS Association will continue to educate and advocate with the Administration and Congress on the home health needs of people with ALS as well as identify achievable ways to remove barriers through regulatory and legislative action.

4. Represent People Living with ALS on Access to Health Care and Medications

It is anticipated that both legislative and administrative proposal will be introduced that will impact access to health care and medications. The ALS Association will closely monitor and work with other patient advocacy groups to examine emerging proposals to determine their impact on people with ALS and their families.



Raise your voice for people with ALS. Sign up to be an ALS Advocate!
www.alsa-stl.org



From left to right: Anna Zelinske, Paul Dohearty, Lori Dobbs, Mary Love, Tara Klucker

New Faces of the Care Services Team

The care services team at the St. Louis Regional Chapter ensure people with ALS and their families throughout the region have what they need to live their lives to the fullest. Over the last several months the Chapter welcomed several new members to the care services team.

Anna Zelinske, MA, CRC, CCM **Director of Programs and Services for Patient Care**

Anna has an extensive background in human services and a solid understanding of what it takes to address the needs in the community. She has a strong passion for assisting people with disabilities, with 19 years of experience in the disability field. Anna graduated from Missouri Valley College with a Bachelor's Degree in Psychology and a minor in Human Service Agency Management, and received her Master's Degree in Rehabilitation Counseling from Maryville University.

Paul Dohearty, MA **Care Services Coordinator**

Most of Paul's career has focused

around helping people with chronic illnesses. He has worked in a university, skilled nursing facilities, hospices, nonprofits, and associations teaching, researching, managing, and developing programs. He has degrees in Psychology and Sociology, as well as a Certificate in Nonprofit Management.

Mary Love, MS, RN **Care Services Coordinator**

Mary has her Master's Degree in Community Nutrition and is a Registered Dietitian. She joins the Chapter with five years of experience in community health and nutrition including specialized experience in food supplementation through a feeding tube.

Lori Dobbs, care services coordinator for southern Missouri and Illinois, and **Tara Klucker**, Director of Programs and Evaluation, continue to care for people in our region. The Chapter is thankful to have them on board to help better serve the people in our region battling this disease!

Fund Carries on Calmes Legacy

In memory and honor of his wife Jane, who bravely fought ALS, Forsyth, Illinois, resident and relentless ALS advocate Mark Calmes has funded a new grant program aimed to help families affected by ALS. "The Jane's Angel Fund" will help offset the costs of specialized needs for people with ALS not typically covered by insurance, Medicare or Medicaid.

"Having battled ALS for eight years, we understand how financially draining a disease like ALS can be," Calmes said. "With the Jane's Angel Fund, the hope is to support families in ways that most people don't consider or think about."

The Jane's Angel Fund will cover costs associated with medical expenses, home modifications, transportation adaptations, adaptive communication equipment and direct care support and some emergency needs.

To learn more about the Jane's Angel Fund please visit bit.ly/JanesAngelFund.

HELPING CHILDREN UNDERSTAND & COPE WITH ALS



an activity book for kids

ALS
ASSOCIATION
St. Louis Regional
Chapter

Activity Book Now Available for Kids

The St. Louis Regional Chapter has updated the children's activity book, "Helping Children Understand & Cope with ALS."

Our activity book serves as a hands-on educational tool for practitioners, parents and other adults caring for children who have a loved one with ALS.

"Children who are near a loved one who has ALS are affected in ways we may not understand. It can be difficult to explain why a family member or friend may need the child's help to do things they were once able to do," says Anna Zelinske, director of Programs and Services for Patient Care. "The kids activity books provide a way to open up the dialogue in a safe and positive way."

Through hands-on activities, games and learning pages for children, with age-appropriate language, "Helping Children Understand & Cope with ALS" is intended to help children understand what ALS is, identify what is happening to their loved one, recognize and process their feelings, and discover positive ways to help themselves, their family and their community.

Available for download at www.alsa-stl.org, or contact Anna Zelinske at azelinske@alsastl.org for a print copy.

Walk to Defeat ALS®



The Walk to Defeat ALS® is the #1 way to empower yourself and to lend support to those fighting or caring for someone with ALS. Help us reach our goal of \$625,000 this year!

Springfield, IL | Southwind Park, June 15
Registration, 9 a.m. | Walk 10 a.m.

St. Louis, MO | Forest Park, June 22
Registration, 8 a.m. | Walk 10 a.m.



Raise Walk Funds Through Facebook

Facebook fundraisers are a great way to show your support people with ALS and their families in eastern Missouri and central and southern Illinois. It's easy, fast and secure, plus with Facebook fundraising, there are no transaction fees—every cent goes to The ALS Association St. Louis Regional Chapter. Did you know you can link your Facebook fundraiser to go directly to your Walk donation page? Page Connect allows you to reach out to your Facebook friends to help a cause close to your heart and help raise your Walk thermometer. Participants can log into their Participant Center and scroll down their page for more information on raising funds through Facebook for their Walk team!



2003



2018



St. Louis Celebrates 20th Anniversary of Walk to Defeat ALS®

This year the St. Louis Walk to Defeat ALS® is celebrating its 20th Anniversary. From our humble start with a few hundred Walkers taking part at Creve Coeur Park in its first years to the nearly 5,000 Walkers who join now in Forest Park. Each and every person who has taken steps over the years to raise awareness and funds through the St. Louis Walk has given people fighting ALS and their families a platform to come together as a community.

Let's celebrate our 20th Anniversary by having the largest Walk to date so be sure to register and make a donation at www.WalkToDefeatALS.org. We Walk in Honor, We Walk in Memory, We Walk to Defeat ALS!

Thank you Walk to Defeat ALS® Sponsors!

St. Louis, MO Presenting Sponsor

DOWD BENNETT LLP

Springfield, IL Presenting Sponsor

The Jane and Mark Calmes Family

Sponsored By



RAYMOND JAMES

Southern Bus & Mobility, United Access, The Family of Ray Van de Riet, Sr., Missouri Foundation for Health, Bethesda, Ameren Illinois, Memorial Health System, Alliance Rehab & Medical Equipment, Wells Fargo Advisors, Warren-Boynton State Bank, BRANT

Thanks to Our Community Partners!

Thank you to our community partners who organize such creative and fun events to raise money to support people and families battling ALS, and to help fund the search for treatments and a cure. If you're interested in hosting an event of your own, please contact Elizabeth Roe at eroe@alsatl.org. We would like to acknowledge the following events held November 2018 through March 2019.



Hot Cider Hustle

For the second year in a row, the St. Louis Regional Chapter had the pleasure of being the selected beneficiary of the Hot Cider Hustle 5K. The race took place on Saturday, November 3, 2018 at Forest Park. There were over 3,000 people in attendance and we were awarded over \$2,600. Thank you to All Community Events, Missouri Runs and all of the volunteers that made the event a great success!



St. Paddy's Day Run

We were excited to have the opportunity to work with All Community Events and Missouri Runs again this year for their Creve Coeur St. Paddy's Half Marathon and 7K. There were over 2,000 participants in attendance and they donated over \$4,000 to the St. Louis Regional Chapter.



Hogan's Heroes

The Hogan family hosted their annual St. Patrick's Day Parade fundraiser in memory of Mary Hogan on Saturday, March 16, raising over \$9,000. Thank you for your continued support of those living with ALS and their families!

SOUTHERN ILLINOIS MINERS WALK AND AWARENESS NIGHT

Sunday, July 14 | Rent One Park

For more information, contact Lori Dobbs at ldobbs@alsastl.org or call 314-357-3267



KIMMSWICK 5K

Saturday, August 17
at the Blue Owl
Restaurant and Bakery

*Presented by The Blue Owl
Restaurant and Bakery In Memory
of Nancy Ratliff and Everyone
with ALS*

Join us for the 9th annual Kimmswick 5K! Run through historic Kimmswick and along the Mississippi River, the Anheuser Busch Estate, and the Windsor Harbor Bridge. The Blue Owl's famous Levee High Apple Pies will be awarded to the top overall male and female finishers, and fresh fruit pies will be awarded to the top three in each age group. Hang around post-race for attendance prizes, refreshments, 50/50 raffle, shopping in Kimmswick and more!

Learn more at
www.5Kimmswick.org



SWING FOR A CURE GOLF TOURNAMENT

Monday, August 19
Sunset Country Club

In its 24th year, this annual tournament features 18 holes of golf, lunch on the patio and lots of great prizes. Once again golfers will be able to enjoy a round of golf at Sunset Country Club, one of St. Louis's most exclusive private clubs. Registration and driving range open at 10:30 a.m. with a noon shotgun start. Talk about your game with friends afterward while you enjoy cocktails, dinner, a live band and an extensive silent auction. You'll also hear from a person with ALS and learn how your golf game makes an impact. You can find out more information online at http://www.alsa-stl.org/golf_tournament. Not a golfer? You can purchase tickets to our dinner auction only. For more information contact Natalie Pottebaum at npottebaum@alsastl.org or 314-432-7257 ext. 230.



ICE BUCKET BASH

Friday, November 15
Marriott Grand on Washington Avenue

Don't miss the entertaining ice-themed event that is sure to be a memorable night – all for a good cause!

UPCOMING EVENTS

Walk to Defeat ALS®

Springfield, IL | June 15, 2019
Southwind Park

St. Louis, MO | June 22, 2019
Forest Park

Kimmswick 5k

August 17, 2019
Blue Owl Restaurant & Bakery

Swing for a Cure Golf Tournament

August 19, 2019
Sunset Country Club

Ice Bucket Bash

November 15, 2019
Marriott Grand

OUR MISSION:

To discover treatments and a cure for ALS, and to serve, advocate for, and empower people affected by ALS to live their lives to the fullest.



St. Louis Regional Chapter

2258 Weldon Parkway
St. Louis, MO 63146
www.alsa-stl.org
314-432-7257
1-888-873-8539

Non Profit Org.
U.S. Postage
PAID
St. Louis, MO
Permit No. 2464
Address Service Requested

SPRING DAY OF ACTION



Members of the Chapter's care services team joined volunteers from SCHEELS for the United Way of Central Illinois Spring Day of Action on Friday, May 3 in Springfield, Illinois. They spent the afternoon helping with a variety of yard work for a family living with ALS in the area.

Proud member of

United Way
of Greater St. Louis

