



With ALS, I CAN.

May is ALS Awareness Month.

Our goal is to raise \$10,000 by June 2nd so we can continue supporting people with ALS (PALS). Check out the impact **YOU** made possible last year, on the next page!

A message from JMALSF
President Neil Cottrell

Community: a unified body of individuals.



Have you had enough individual time over the past two years? Or maybe too much time with certain individuals!? I know I enjoyed feeling a sense of community at The Joe Martin ALS Rivalry Softball Challenge last month (see photo above-right, with Andrew Taylor). **Seeing families and friends who are unified in fighting ALS is inspiring and invigorating!** This was our first in-person event since 2019, and it was fantastic! We had great weather, we surpassed our fundraising goal, and we shared how the Foundation is growing to better serve families who are living with ALS.

Our own community is growing quickly! In addition to greater Charlotte, The Joe Martin ALS Foundation is now providing free home care to five families in **Greensboro** and helping several more navigate ALS in the **NC Triad** area. One of our new ALS families from the Triad area contacted us last month to convey the significant impact our services are making in their life. The spouse of that PALS shared this story:

"Just wanted to follow-up with you to give praise to your caregiver (Sydney Simpson). She was here today at her appointed time and immediately began helping me to prepare my wife [with ALS] to take her bath. This was especially important because my wife's sister and I had been trying to give her a bath since yesterday evening. She, for some reason, was reluctant to comply. But Sydney very calmly and sweetly began trying to assist her and with this kind effort my wife was willing to bathe. This was a small (but important) victory. I want to give your organization (and Sydney) a heartfelt THANK YOU!"

Without your support, families like these would not have the incredible resources that The Joe Martin ALS Foundation provides. Being able to serve and celebrate this "victory" provided tangible relief for this spouse, and dignity and comfort for his wife with ALS.

You are a part of a strong and courageous body of individuals who have coalesced to improve the quality of life for ALS families like these. Together, we are providing essential materials in the form of ALS knowledge and expertise, loaner medical equipment, and transportation. Our team understands every step of this unique journey, and strives to make each day better for families fighting ALS.

We CAN help people with ALS live actively every day with purpose, with joy, and with hope, thanks to a community of friends like you.

Neil Cottrell



Follow Our Campaign
Online!



To donate today, visit:

www.joemartinalsfoundation.org/donate/



I CAN.

I CAN take a bath with ALS...

I CAN help my mom take care of my dad who has ALS...

I CAN tell others about ALS...

...Thanks to my Caregiver.

...Thanks to the coping skills I learned at Joe's Camp.

...Thanks to my Community.

...Thanks to **you**.



Above: Phil and Pepper relaxing together during an in-home visit from JMALSF Caregiver Doug.

"I want to thank you for helping my spouse retain a sense of dignity at home and allow me to have some free time. Being a 24/7 caregiver is daunting and extremely difficult. [I'm] hoping this will allow me to get some relief from the stress caused by ALS."

Our goal by June 2nd: \$10,000

Why?

This covers our costs to provide two years'-worth of specialized, in-home care, plus all of the comprehensive services essential for helping people navigate ALS.



Above: Lynne, a JMALSF Caregiver, greets fans and players at the ALS Softball Rivalry Challenge on April 3rd.

People with ALS **CAN**, thanks to YOU.

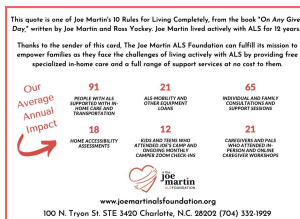
In 2021 **YOU** provided:

- **1,148** Caregiving visits delivering respite care, range of motion exercises, and activities of daily living including showering, toileting, dressing, and feeding
- **28** New ALS client planning and counseling sessions
- **31** Loaner medical equipment deliveries
- **14** Online support groups, and **12** monthly online "Cabin Time" sessions with kids and teens (a supplement to Joe's Camp, for families affected by ALS)
- **25** Wheelchair transportation trips for PALS and their caregivers
- **35** Home Assessments to plan for physical mobility needs related to ALS progression

Limited Edition Greeting Cards: Joe's Rules for Living

As a token of our appreciation, those who give **\$250+** will receive a boxed set of 10 greeting cards. Each card features a different "Rule for Living" by Joe Martin, from his book "On Any Given Day." **See front and back preview at right (cards are blank inside).**

Let your determination be contagious, expanding geometrically as you add it to the determination of others.
- Joe Martin



You are helping people with ALS live with purpose, hope and joy!

Thank you for supporting our Spring Campaign.

Please use the enclosed envelope to return your check with this section:

• One-time donation of _____

Name:

• Recurring donation of _____ per month

Address:

Or, visit our online donation page:

Phone:

<https://www.joemartinalsfoundation.org/donate/>

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