



## Teaming Up for PALS

May is ALS Awareness Month! Thanks to you, we are nearing our goal of \$10,000. This amount covers our costs of providing two full years of free, specialized in-home care to a person with ALS (PALS). **Let's Go!**

A message from JMALSF  
President Neil Cottrell

**ALS can be an isolating disease.**



**Thanks to our winning team, people living with ALS are never alone.**

As we've grown across the Carolinas - into Greensboro, Winston Salem, and High Point, our team has grown exponentially! From a real team - our new softball team, Dirk's Dodgers (captained by PALS Kevin Dirk at our ALS Softball Rivalry Challenge in April, pictured above), to our supportive network of new friends and supporters in the Piedmont Triad - we are reaching more families than ever before. For the first time, over 105 families affected by ALS are enrolled and receiving our free services.

Joe's Camp is growing too! Last year we hosted 29 campers from six states at Crowders Ridge in North Carolina. This year we have 22 already enrolled, and hope to host a total of 40 campers and their families this August for a weekend of fun, connection, and support to help them as they navigate ALS as a family unit. Joe's Camp, for kids and teens ages 8-17, provides a chance for kids from across the US to meet peers who understand the disease that their parents or grandparents are navigating. Children of ALS families often take on some of the caregiving tasks needed by their parent with ALS, becoming a secondary caregiver alongside the other parent. Our campers learn they have a team that "gets it" and is cheering them on.

We believe that with the support of a caring community, people living with ALS never have to navigate this journey alone. We are guided by these values every day, supported by you! Along with our experienced in-home caregivers, we step into the lives of families navigating ALS to find possibilities in each day, to share knowledge, and to achieve the small wins that make life joyful and complete.

Every year, you've stepped up to cheer us on! You've helped us reach our 16th year delivering free, holistic services to people navigating ALS in our communities. As we look for new opportunities to support PALS and their families you have encouraged and supported our efforts. Thank you!!

I invite you to join us again this spring by supporting our mission and by spreading the word about our mission during May, which is ALS Awareness Month. We're excited to be releasing our new car magnets that will help get the word out and increase recognition of our name and the work we do. Look on the next page for details about how you can secure your own magnet!

**We are helping people with ALS live actively every day - with purpose, with joy, and with hope - thanks to you, our winning team!**

*Neil Cottrell*

President, The Joe Martin ALS Foundation



Follow Our Campaign  
Online!



To donate today, visit:

[www.joemartinalsfoundation.org/donate/](http://www.joemartinalsfoundation.org/donate/)

## What's a win? In PALS' Words:

"Lynne [JMALSF caregiver] got all of my DVDs organized alphabetically! I'd been putting this project off for a while."

- Niki, below, who receives weekly in-home support from JMALSF caregiver Lynne.



"Thank you so much! We couldn't have gotten through the weekend without your help!"

- Lionel (at right) who travelled from Canada to spend quality time with his son at local motorsports events with the help of our mobility equipment



Above: Neil Cottrell delivered mobility equipment to help PALS Lionel enjoy a trip to visit his family in North Carolina



At left: Campers at Joe's Camp bond and connect over shared ALS experiences during their weekend together.

"When I picked him up from camp, I looked in the rearview mirror and felt like I finally had my son back."

- a 2022 Joe's Camp parent, picking up her son after he attended our free weekend camp for kids and teens from families affected by ALS.

### Our goal by June 30th: \$10,000

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. With over 105 families in our care your support is making a huge impact on families across our communities!



We make it possible for families to save money on transportation, specialized care, equipment, and more!

Our team is helping PALS achieve important wins every day.

In 2022 **YOU** provided...

- **1,560** in-home care visits including range of motion exercises, activities of daily living (showering, toileting, dressing, and feeding), and much more!
- **38** New ALS client planning and counseling sessions
- **33** Loaner medical equipment deliveries
- Online support groups for **24** Caregivers and PALS
- **45** Home Assessments to plan for physical mobility needs related to ALS progression

...and from Jan - Mar 2023:

- **442** in-home care visits
- **15** loaner medical equipment deliveries
- **12** home assessments
- **4** Zoom support groups and individual consultations
- **10** Wheelchair accessible transportation trips

We help people with **ALS**. You can too!

Spread the word with a JMALSF car magnet!

As a token of our appreciation, everyone who gives **\$250+** during our spring campaign will receive one of our new car magnets! Help us spread the word about our mission as you go about your day.



**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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