



Get In. We're Ending ALS

“Never underestimate the impact of just showing up.”

- Brian Wallach, I AM ALS Co-Founder

What We're Up To:

Incredible advocate Garrett J. Smith, a Navy veteran living with ALS and a member of our Veterans Affairs Community Team, will be featured in an upcoming story on his local CBS station. Read Garrett's story [here](#), and keep a sharp eye out for the piece, coming next week!

ACT for ALS

It's crunch time in the Senate, and we're doing everything we can to make sure ACT for ALS gets passed. Make sure your senators have signed on.

**WRITE YOUR
SENATORS**

COMMUNITY UPDATES



Community Outreach Team

This team's #ALSIsEverywhere social media campaign has reached the baseball diamond! Advocate Tony Rosello linked up with Strike Out ALS and No More Excuses for this amazing [ALS-powerhouse photo op](#).



Legislative Affairs Team

There are now 34 senators cosponsoring ACT for ALS, due in no small part to this team! If you live in Texas, Florida, Louisiana or North Carolina consider joining our friendly competition to see who can write the most letters to their senators using [this link](#).



Many Shades of ALS Team

This team hosted the inaugural session of Let's Talk About It: A Mental Health Series this week. Sign up for future sessions [here](#).



Thank You Squad

This team is sending thank you notes to senators as they cosponsor ACT for ALS. Not sure if your senators are on the list? Check using our Legislative Tracker [here](#).



Veterans Affairs Team

This team was really looking forward to presenting at the Paralyzed Veterans of America Healthcare Summit + Expo. Sadly, the conference was cancelled. But these team members are unstoppable and still want to present on their amazing work. Sign up for their presentation [here](#).



Community Spotlight: Lisa Cross

Meet Lisa. Lisa is living with ALS and is part of a familial ALS family; half of the children in her family have tested positive for the C9orf72 gene. Lisa is an incredible ALS advocate, mother, wife and artist who loves to dance. Read more of her [story here](#).

WHAT'S COMING UP?

Holiday Support Groups

The holiday season can bring up complicated emotions. You may be feeling sad or alone, compounded by the fact that the world around you is insisting that you be happy and joyful. If you are struggling this holiday season, please join us for a support group. Whether you are living with ALS, are a caregiver, a family member, or someone grieving, we will do our best to connect you with others going through similar experiences and support you in this experience.

[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.

I AM ALS



1200 Pennsylvania Ave NW, #14135 Washington, DC 20044