



Get In. We're Ending ALS

“Breathe. Repeat. Smile. Repeat. Now please take a moment to appreciate how awesome it is that you can do both today.” - Brian Wallach, I AM ALS Co-Founder

What We're Up To:

On Thursday, November 4, ACT for ALS was approved by the House Energy and Commerce Health Subcommittee and will move to the full Energy and Commerce Committee for a vote! This is HUGE news and brings us one step closer to passing ACT for ALS. This would not have been possible without the tireless advocacy of the community.

Chairwoman Anna Eshoo said, “This is because of the hard work and the tenacity of ... the ALS advocates, who will not allow Congress to ignore their suffering.” Thank you, ALS advocates.

Recommend a Caregiver

If you have previously or are currently receiving in-home ALS healthcare, we want to hear about who has been helpful so that we can help others find quality caregivers.

[TELL US](#)

COMMUNITY UPDATES



Community Outreach Team

This team has started brainstorming ideas for holiday awareness campaigns. To join the idea-generator that is this team, click [here](#).



Legislative Affairs Team

These advocates are proud of their efforts as ACT for ALS moves to full committee, but they're not letting up! They're still working to get more Senators to cosponsor the bill. To see if your Senators have co-sponsored yet, check our legislative tracker [here](#).



Many Shades of ALS Team

This team has set a date for the next installment of Let's Talk About It: A Mental Health Series -- mark your calendars for November 17! The team will be joined by members of the Veterans Affairs Team and Familial ALS Team to discuss suicidal ideation among those living with and impacted by ALS. Sign up to attend [here](#).



Thank You Squad

These amazing squad members have handwritten more than 70 thank you cards to international donors for Brian Wallach's birthday fundraiser so far! To join them on their quest to spread joy to every corner of the world, click [here](#).



Veterans Affairs Team

This team has launched another social media campaign, this time in honor of Veterans Day. Keep an eye out for this content all November long! Check out one of the first posts [here](#).



Community Spotlight: Gia Polo

Meet Gia. After her dad's ALS diagnosis in May 2021, she knew she needed to do something to help find cures. Since then, she has joined the Thank You Squad and the Community Outreach Team, brightening up both with her fun personality and awesome ideas. Read more of Gia's story [here](#).

WHAT'S COMING UP?

Holiday Support Groups

The holiday season can bring up lots of emotions. If you are struggling this holiday season, please consider joining 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](#)

ALS Learning Series: Hospice and Palliative Care for People with ALS

Join this Hospice and Palliative Care webinar hosted by the Les Turner ALS Foundation to learn how to talk with loved ones about ALS end-of-life care, what to say and when to say it. This online webinar is right for you even if end-of-life care remains a distant concern; in fact, that may make the palliative care conversations easier. By attending the webinar, you'll discover how to sensitively ease the burden on family members who may otherwise be left to figure out what their loved one would have wanted when communication becomes impaired.

[Register](#)

Let's Talk About It: A Mental Health Series, Part 2

These community conversations will be centered on how ALS impacts mental and emotional health and wellbeing in the lives of people living with and impacted by ALS. The second discussion will be co-hosted with I AM ALS' Veterans Affairs and Familial ALS Community Teams and will focus on suicidal ideation among those living with and impacted by ALS.

[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.

IAM ALS



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