

Words of Wisdom

Personal accounts of a day in the life of ALS patients.



It's OK to cry. . .
but laughing is food
for your soul!



Something a little different occurred at the October Kansas City Evening support group. A patient panel consisting of 4 individuals (Ivan Brame, Marlene Fritz, Ramona Mitchell and Harry Warriner) wanted to share with other patients, caregivers, families, and friends different aspects on "A Day in the Life of ALS Individuals". They painted an incredible picture of experiences each person deals with daily - different, yet remarkably similar in achieving goals and overcoming obstacles. And they all did this with such wonderful humor, enthusiasm, and the unanimous desire to share thoughts, feelings and helpful tips that might ease another's frustrations.

Ivan, as the Pied Piper of the group, led all of us through daily difficulties in dressing, shaving, showering, moving about the kitchen to prepare food for himself, climbing stairs and accessing various parts of the house, and how he utilizes his rolling walker that has a built-in seat. More often than not, Ivan would laughingly repeat stories of numerous mishaps involving all of these activities and how he devised new ways to make them easier (never easy!) for himself, such as: lying on the bed to dress (takes less time and energy), propping hands, arms and even head in extremely awkward positions to facilitate shaving and shampooing, moving food items to the upper shelves in the refrigerator to prevent "unnecessary kissing of the linoleum" while trying to reach items on the lower shelf. So many of his examples produced gales of laughter from the entire panel and the audience.

But Ivan's reflective and pro-active side also made an appearance as he gently imparted a few of his mottos to enhance his quality of life: Instead of predicting the years in your life, put life into each of your years. Be thankful for what you can do, not bemoan what you cannot. Focus on the "good stuff", the meaningful things in life. Always be your own advocate, inform yourself, research and network. And last but not least, "It's OK to cry-it relieves tension, but laughing is food for your soul!"

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November is National Caregiver's Month

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Marlene was next, detailing a day in her life from sun-up to sundown. She too, creatively described dressing and her daily exercise regime, which helps keep her functioning and adds flexibility to joints. The use of built-up silverware, fat pens, custom-designed finger splints which aid in gripping objects, eating, dressing, shampooing and writing have been very helpful in continuing to do those things she so wants to do. Marlene also demonstrated the use of an amplifier to add volume to her weakened voice--using it to speak to all as she enthusiastically participated on the panel. She caringly spoke to caregivers and family members, reminding them to allow the ALS individual to do as much for themselves as they can safely do to maintain independence as long as they wish. Her determination to explore all avenues of the ALS dilemma was revealed as she described the many and varied alternative therapies she has participated in, past and present; an eye-opening revelation to all of us.

Marlene too, left us with some words of wisdom that have been beneficial to her: Remember, always to take your time--haste does make waste. Remain positive and associate with positive people! Become inventive and creative in devising new ways to improve quality of life. Be able to laugh at yourself and find some humor in every day!

Ramona chimed in with almost more laughing at herself and her many dressing predicaments than speaking. She so vividly described the "Chinese torture treatments" of dressing by herself when there was no one around to help, taking as much as one entire hour to put on undergarments, and then having to nap before finishing the dressing process. Chuckling throughout, she stated her day went as follows: eat--nap, shower--nap, dress--nap, eat again--nap, prepare dinner--nap, eat--nap and so on until bedtime. Ramona still drives, with loss of some function of both hands and arms, even though she says she probably shouldn't because she can hardly turn the wheel anymore. She relayed many anecdotes about her escapades to us: she drove all the way to tonight's support group from Olathe without getting on the highway, she has tried to back up in grocery store parking lots and she has gone through "drive-thru" restaurants as her daughter, who came with her, buried her face in her hands and shook her head vigorously! After these confessions, many people in the group wanted to know which way she was going home when the evening was over. They believed they would go a different route!

Ramona tells us to live each day to the fullest. Don't ever give up! And do listen to your doctors, but when it comes to predicting length of life...it is not Gospel. And again, don't be afraid to laugh at yourself or your mishap--it truly is better than crying!

Harry was feeling a little under the weather, but courageously participated at will, answering questions and asking them of others, to include everyone in this round table discussion and sharing of thoughts. He described taking more time for tasks that were difficult, and asking for help with those that seemed insurmountable. His wonderful sense of humor and prankster ways were evident in his dialogue. Harry says that one good thing about all of this, is I have less chores to do and I get to take as many naps as I like without being bothered for "honey -do" things. He doesn't take anything for granted and likes to research and investigate all avenues and opportunities.

And so the evening regretfully came to an end, but not before we realized that there was a central vein connecting all those that spoke: That you must advocate for yourself, keep humor in your pocket, and "do for yourself" as long as you can! Our panel members were quick and generous to thank their caregivers for their endless aid, love and compassion, which in turn, is so very paramount to their quality of life. They thanked the people in the support group for just being there when needed. They unselfishly communicated their hardships, anguish, hilarity, and empathy for others in sharing ideas and stories for the sole purpose of extending a helping hand. We are all so grateful to them for their willingness to lead and support this unique endeavor. Their grace and humor are "food for all of our souls!"

Nancy Lindquist, RN
Patient Services Coordinator

In Memoriam

We send our sympathy and continued support to the families and friends of those who have recently died after battling ALS:

Helen Becker
Janice Groff
Richard Hart

Marilyn Homan
Joan Law
Nora Lee McIntosh

Memorials

Thanks to the following families for designating our Chapter for donations:

Helen Becker
Janice Groff
Richard Hart
Marilyn Homan
Joan Law

HUTCHINSON SUPPORT GROUP NEWS

The Hutchinson support group met at the Grace Episcopal Church on Wednesday October 2nd with 11 in attendance. Kerry Schroyer a Registered Dietician from the Hutchinson Clinic helped ALS attendees understand how to keep nutritionally fit during the disease progression. She also gave a lot of tips on circumventing swallowing problems and keeping the caloric count high during the periods of cell destruction that plagues the ALS patient.

WICHITA SUPPORT GROUP NEWS

The Wichita support group met on Thursday, October 3rd. There were 12 patients and family in attendance to hear Charles Ellis, licensed pilot, speak about Angel Flight Central, a non-profit organization helping people in need get to treatment facilities and across the country. He described what they do and what they are similar to "Make a Wish" with wings. He outlined many interesting scenarios of medical need and how they coordinated sequential flights to accomplish the sometimes impossible and always challenging task of getting seriously ill people where they need to go.

WICHITA CAREGIVERS SUPPORT GROUP NEWS

The Wichita caregiver support group luncheon was held in the Grace Presbyterian Church on Saturday, September 21st. It was a wonderfully interactive day with 8 attending. Topics discussed were: Community Support for the Caregivers, Taking Care of Yourself Amidst Chaos, Sexual and Intimate Dynamic Changes in Catastrophic Illness, Aggression in the Face of Diminishing Independence, Hope Through Support and Faith. The next luncheon will be held on Saturday, October 12th.

Research Update - From ALSA's National Office

*Seeking new applications for existing drugs
Neurodegeneration Drug Screening Consortium
Publishes First Report*

Last year, investigators from 26 academic laboratories began an exciting and unique collaboration to accelerate the search for treatments for amyotrophic lateral sclerosis (ALS), Huntington's disease, Parkinson's disease, spinal muscular atrophy and other such devastating neurodegenerative disorders. The researchers carried out blind tests on the same set of 1,040 drugs, most of which had been FDA-approved, using 29 different assays designed to emulate some aspect of neurodegeneration. In April of this year they met to share their preliminary findings. (ALSA Meets with Drug Screening Consortium to Discuss Initial Research Results) The October 2002 issue (Vol. 25, No. 10) of Trends in Neuroscience carries the report from that meeting. The preliminary findings were that the 29 "screens" yielded 294 different hits (compounds with activity in one or more assays). Of the 294 active compounds, 82 were active in more than one assay and 17 were active in three or more assays. Seven compounds overlapped in ALS-related assays based both on mutant SOD activity and excitotoxicity.

"Finding compounds with activity in more than one assay is both exciting and intriguing," said Dr. Lucie Bruijn, Science Director and Vice President, The ALS Association. "With further study the overlap of compounds to more than one assay could reveal more about shared pathogenic pathways among neurodegenerative diseases."

Assays developed for this study targeted protein aggregation, excitotoxicity, caspase activation, mitochondrial dysfunction - processes implicated in ALS as well as in many other neurodegenerative diseases. A database has been established for statistical analysis to analyze overlap, uncover common chemical and structural features of active compounds and identify new chemical activities and mechanisms. This rigorous detailed analysis currently underway is crucial to validate and refine the initial findings. Following peer review, the database is expected to be published in early 2003. Studies to test selected interesting compounds in animal models of ALS are way.

This unprecedented effort was co-sponsored by The ALS Association (ALSA), through its "Lou Gehrig Challenge: Cure ALS" initiative, supporting five of the investigators.

<http://www.alsa.org/research/researchnews081001.cfm>
Other co-sponsors were the Huntington's Disease Society of America, the Hereditary Disease Foundation and the National Institute of Neurological Disorders and Stroke (NINDS).

KANSAS CITY SUPPORT GROUP NEWS

Please see the *Living With ALS* article for an update on last month's support group news. The next support group will meet on Tuesday, November 5th.

SPRINGFIELD SUPPORT GROUP NEWS

At the September support group meeting, Kay Purcell spoke on Caring for the Caregiver. The next support group meeting will be November 19th. Donna Willoughby will talk about Palliative Care Services.

COLUMBIA SUPPORT GROUP NEWS

The Columbia support group was held on October 8th at Jack's Gourmet. There were 8 people in attendance. The guest speaker was Mary Secora from Services for Independent Living. She provided information on services and demonstrated some assistive devices.

OMAHA SUPPORT GROUP NEWS

The Omaha support group met on Thursday, October 10th with 6 in attendance. The discussion focused on caring for their loved one and coping with the illness. Additional topics of discussion were the recent Walk to D'feet ALS in Omaha and updates from ALSA. The topic for the next meeting on November 14th will be about care giving in honor of National Caregiver Month.

TOPEKA SUPPORT GROUP NEWS

The Topeka support group meeting was held on Monday, September 23rd with 12 in attendance. A representative from Midland Hospice, spoke to the group on the advantages, opportunities and help that Hospice can provide to patients and families. This presentation generated good discussions on end of life issues. The next meeting will be held on Monday, November 25th.

November is National Caregivers Month

A Caregiver's Bill of Rights

I have the right to take care of myself. This is not an act of selfishness. It will give me the ability to take better care of my loved one.

I have the right to seek help from others even though my loved one may object. I recognize the limits of my own endurance and strength.

I have the right to maintain facets of my own life that do not include the person I care for just as I would if he or she were healthy. I know that I do everything that I reasonably can do for this person and I have the right to do some things for just myself.

I have the right to get angry, be depressed and express difficult feelings occasionally.

I have the right to reject any attempt by my loved one (either consciously or unconsciously) to manipulate me through guilt or anger.

I have the right to receive considerations, affection, forgiveness and acceptance for what I do for my loved one as I offer these attributes in return.

I have the right to take pride in what I am accomplishing and to applaud the courage it has taken to meet the needs of my loved one.

I have the right to protect my individuality and my right to make a life for myself that will sustain me in times when my loved one no longer needs my full-time help.

I have the right to expect and demand that as new strides are made in finding resources to aid physically and mentally impaired older persons in our country, similar strides will be made toward aiding and supporting caregivers.

Reprinted with permission from the American Association of Retired Persons (AARP)

ALS Gene Study

Researchers at the Massachusetts General Hospital are seeking individuals with ALS for participation in the ALS Gene Study, conducted by Dr. Robert H. Brown, Jr. This NIH-funded study focuses on finding the causes of ALS through an examination of both the genetics and environmental risk factors. The ALS Gene Study is an ongoing research study in collaboration with Northwestern University.

The purpose of this study is to identify 'susceptibility genes,' which are genes that may be associated with a higher risk of developing this disease. Also, the researchers wish to recognize possible environmental risk factors that may be involved in causing ALS. Blood samples from individuals with ALS and their family members are currently being accepted for this research project. Participants will be asked to complete a family history and an environmental questionnaire. Also, the researchers will ask for permission to review the medical records pertaining to the onset and progression of ALS. The Massachusetts General Hospital will cover all costs for participation, and the researchers are happy to help to make arrangements for the blood samples to be drawn locally. Travel to Boston is not necessary to participate in this study.

Lastly, although there are no direct benefits for those involved in this research, the research team at the Massachusetts General Hospital believes that understanding the causes of ALS will lead to more effective screening, diagnosis, treatments, and a cure.

To help fight ALS, please contact:

Kathryn M. Canniff, Sc.B.
Clinical Research Assistant
Day Neuromuscular Laboratory
Massachusetts General Hospital

114 16th Street, Room 3125
Charlestown, MA 02129
Ph: (617) 726-5750
Fax: (617) 726-8543
Kcanniff@partners.org

We Need Your Help To Find A Cure.

Dear Dialog Readers,

We are beginning our annual process of evaluating and planning for next year and we would very much appreciate hearing from you. Please complete the survey on the next page and return it to the office at your earliest convenience so that we can consider the results at our November 9th Planning Session.

As you can see, with some folding, this page can be a self-mailer (no envelope required) with the ALS Association in the address area.

If you would like to participate in the Kansas City metro area Community Rewards Programs (explained on pages 7 and 8) you may complete the forms and combine them with the survey.

Thank you so much for your in-put.

The Board of Directors

ALS Association Keith Worthington Chapter
8340 Mission Rd., Suite B4
Prairie Village, KS 66206

Place
Stamp
Here

ALS Association - KWC
8340 Mission Road, Suite B-4
Prairie Village, KS 66206

Patient Services Survey

In an effort to better serve the needs of the ALS community, we are conducting a survey and would appreciate your feedback on our current program services.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

I am a (circle the answer that best describes you):

- | | | |
|--------------------------|-----------|---------------|
| Patient | Caregiver | Family Member |
| Health Care Professional | Other | |

What motivated your initial contact to the Chapter? What were you needing or hoping to find?

Which of the following support services offered by the ALS Association, Keith Worthington Chapter, do you currently use/receive?

- | | | |
|--|---|---|
| <input type="checkbox"/> Newsletter | <input type="checkbox"/> Equipment Loan | <input type="checkbox"/> Reference & Referral |
| <input type="checkbox"/> Support Group | <input type="checkbox"/> Home Visits | <input type="checkbox"/> ALSA Center (clinic) |
| <input type="checkbox"/> Web site | <input type="checkbox"/> Other _____ | |

Please rate the following support services (circle the number):

	<i>Extremely Helpful</i>			<i>Not Helpful</i>	
	1	2	3	4	5
Newsletter (Dialog)					
Support Group					
Web site					
Equipment Loan					
Home Visits					
Reference & Referral					
ALSA Center (clinic)					
Other _____					

What are other services you would like to have available? _____

Additional comments: _____

Raise Money for ALS While Shopping at Kansas City Metro Price Chopper and Hen House Stores

Price Chopper and Hen House Grocery Stores have announced two exciting new programs we would like to tell you about. They are programs that you can use to help the ALS Association financially while doing your weekly grocery shopping!

Every time you use your Price Chopper Shopper Card or your Hen House Rewards Card from September 1, 2002 to May 31, 2003, respectively each store will donate 1% of your net purchase to the organization you designate.

If you currently have one or both rewards cards, please fill out the following forms, including your card number and follow the directions below. **You** can make a difference just by doing your grocery shopping. If you have any questions about the program, please contact Suzanne Frye at 913.648.2062, Ext. 209.



Cashier Instructions:

- Scan barcode above
- Scan customer Price Chopper Shopper Card
- Turn this form in with your drawer.

Price Chopper is proud to announce our new Xtra Helpings Community Rewards Program! It is our desire to give back to the communities that support our business everyday.

ALS Association

Everytime you use your Price Chopper Shopper Card, Price Chopper will donate 1% of your qualified purchase amount to the organization you designate.



**Xtra Helpings
ID Number
510693**

You can register 1 of 3 ways:

- Visit www.mycpricechopper.com and register on-line OR
- Fill out this registration form and return it to The ALS Association OR
- Fill out this registration form and present it at the time of your next purchase along with your Price Chopper Shopper Card.

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
EMAIL _____
PHONE _____ # OF PEOPLE IN HOUSEHOLD _____

PRICE CHOPPER SHOPPER CARD NUMBER(S) 4
4

ORGANIZATION NAME ALS Association - Keith Worthington Chapter

****Your Price Chopper Shopper card number is on the back of your card. If there is not a number, please have it scanned at any Kansas City Metro Price Chopper location.****

NOVEMBER 2002 Hen House Community Rewards Program

The Community Rewards Program sponsored by the BALLS Food Stores. Through this program BALLS Food Stores will donate cash equal to 1% of the net purchases you make at any Kansas City area Hen House Market.



If you are a current Hen House Rewards cardholder, just fill out the form below and list the bar code number(s) from the back of your card(s) you wish to enroll in the program. These bar codes all start with 40 and are either 11 or 12 digits long. They are located near the bar code on the back of the card or key tag. After you have completed the form, return it to the ALS Association.

If you are a **new** Hen House customer, fill out the form below, return it to our office and we will mail your new Hen House Rewards card to you.

Every time you shop at a Hen House Market, use your Rewards card! If you have any questions about the program, please contact Suzanne Frye at 913.648.2062, Ext. 209.



NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____

ORGANIZATION ALS Association - Keith Worthington Chapter

BAR CODE NUMBER 40
BAR CODE NUMBER 40
BAR CODE NUMBER 40

SIGNATURE _____



The bar code number is located on the back of your card. These bar code numbers all start with 40 and are either 11 or 12 digits long.

Clinical Update - From ALSA's National Office

Two Recently Published ALS Studies Generate Media Attention

Two recently published ALS studies have generated media attention and questions from people with ALS and others in the ALS community. One study, concerning athletics and ALS, was reported in the journal *Neurology* and the other, an NIH study on abnormal accumulation of lipids in ALS, was reported in *Annals of Neurology* (www.nih.gov/news/pr/aug2002/nia-21.htm). This Clinical Update provides comments from ALSA staff.

The September 10, 2002 issue of the journal *Neurology* includes a report of a study titled, "Premorbid weight, body mass, and varsity athletics in ALS," by N. Scarmeas et al, Volume 59, pages 773-775. The abstract of this study states:

Several famous athletes have been affected by ALS, and some epidemiologic studies have indicated that vigorous physical activity (heavy labor or athletics) is a risk factor for the disease. In a case-control study of 279 patients with motor neuron diseases and 152 with other Neurologic diseases, the authors found that subjects with motor neuron diseases were more likely than controls to report they have always been slim or they had been varsity athletes. (Authors: N. Scarmeas, MD; T. Shih, MD; Y. Stern, PhD; R. Ottman, PhD; and L.P. Rowland, MD)

ALSA's Science Director, Dr. Lucie Bruijn states, "This is an interesting study by a well respected researcher, Dr. Rowland. Many in the ALS community - patients, family and health care professionals - have always wondered why ALS has afflicted many well-known athletes and other "physically fit" people. Although studies have shown conflicting results, this study certainly indicates a link. The challenge is to understand the biology underlying this connection.

"It is very important to take note of Dr. Rowland's comment in the article, 'Thousands and thousands of slim athletes never develop ALS...' says Dr. Bruijn. "We should not make changes in our lifestyle based on this study. Especially, as there is generally no downside to being slim and athletic, maintaining fitness probably will prevent many other diseases. I reiterate it is important to understand the biological aspect of the study's findings. We must also recognize that, in this case, it is a combination of the environmental factor or trigger (athletics) and the person's susceptibility (risk gene) that likely results in ALS -- a gene-environment interaction."

Dr. Catherine Lomen-Hoerth of the ALSA Center at the University of San Francisco offered this medical perspective when interviewed by UPI: "Regarding the concerns about exercising expressed by the researchers and other experts, it's critical to continue to exercise and not fear that exercising would necessarily increase the risk of ALS. Heart disease and stroke are much more common and exercise helps to prevent those diseases."

"As the authors stress, more research is needed to validate the findings in this study and to seek to determine the nature of the possible association and what environmental factors may be contributory, adds Mary Lyon, ALSA's Vice President, Patient Services. "All of us in the ALS community are vitally interested in the identification of validated risk factors for the disease that we can some day point to as having contributed to developing ALS. Although this study does not yet conclusively implicate body type or athletic activity, the suggestive findings warrant further epidemiological and basic science investigation."

Lyon reminds us that the study authors and ALS clinicians caution that it is premature for people to change their current healthy lifestyles in the belief that in so doing, ALS can be avoided. There are proven health risks associated with obesity and inactivity and a better understanding is needed of if, and how, body type, athleticism, and ALS may be associated.

Lipid Abnormalities and ALS

The second study, conducted by the National Institute on Aging (NIA), concerning abnormal accumulation of lipids in ALS, was reported in *Annals of Neurology* (September 2002 issue.)

Said Dr. Bruijn: "The authors describe the detection of elevated levels of lipids (key components of membranes) in ALS patients and mouse models of the disease. What is unclear is whether these elevated levels are the result of cell death processes or are themselves directly contributing to the cell death process. Further animal studies will be important to determine the exact role of the elevated levels. There is insufficient evidence at this time to indicate that dietary changes would benefit the disease in any way."

FOR SALE

1992 Dodge Conversion Van power locks and windows, Ricon lift, 10,500 miles. Call Pat @ 816-567-4200.

1989 Dodge Caravan 61K, handicap equipped with rear entry ramp and hand driving controls, \$5,500 or best offer. Call 913-782-6756.

2002 Jazzy 1113 Sip & Puff Power Chair tilt back control, red. Never used. Original price \$17,000, will negotiate. Call Linda @ 913-334-2476.

1999 Dodge Conversion Van RAM 1500, w/ wheelchair lift and lock. 11,000 miles, perfect and loaded. Appointment only, 913-469-4188.

Ranger II Electric Wheelchair, fully adjustable. As new. Appointment only 913-469-4188.

Invacare All Electric, Tilt Wheelchair, red with removable ventilator shelf, lap tray, battery included, roho cushion. Best offer call 918-337-3577.

Invacare manual wheelchair, black with roho cushion, barely used, \$300. Call 918-331-3577.

Invacare Power Rolls Arrow Xt joy stick, indoor/outdoor modes, deluxe padded automotive style seat with pivot arms for easy transfer, battery charger included. Excellent condition. Best offer, Jefferson City Area. Call 573-636-2550 or email sjselbold@mchsi.com.

Rascal 200 Three-Wheeled Scooter, red, slightly used. Swivel seat and flip up armrests. Battery operated. Retailer new for \$1500. Asking price \$600 or best offer. Inquiries may call 913-341-5174.

Bruno Power Chair - PWC 2300, 350 pound weight capacity, drop down controller, long trailing arm suspension, carry-along charger, 90 degree swivel seat and adjustable armrests, security key lock system, tote pouch, curb climbing height: 1:25", turning radius: 22", speed up range up to 3.5 mph. Operators

manual included purchased new for \$6,000.00, used for only 3 month months. Asking \$4,000.00, contact Jeff Blair at 402-614-5516.

1997 Ford Pinnacle Motor Home Ford F53 Chassi V8 7.5 liter gas engine, double rear end axle, new batteries, good generator, 22,250 miles, 33 ft. long. Blue interior with queen size bed. Call Chuck after 6 p.m. @ 785-459-2281.

Quickie II adult, lightweight (27 lbs) titanium wheelchair in good condition with padded, swing-away arm rests, 8" pneumatic casters for easy ride on rough surfaces, 24" rear wheels with wheel locks and aluminum hand rims. 17" frame width, medium backrest with 8 degree bend and rear anti-tip tubes. The Jay seat, lumbar support and foot pedals easily disassemble for easy transport. Only used 10 months. Purchase price was \$1,784 (reduced from \$2,095). Sale price is negotiable. Call 573-445-2451 (Columbia, MO area).

1979 Chevrolet Handicapped Equipped Van 34,000 original miles, Ricon rear lift, \$2000. Please call for details. 913-789-8451 or email maryc@kcnet.com

New Electric Wheelchair Model 9000 Action Power, complete with two batteries and charger. Includes Owner's Operation and Maintenance Manual. Call: 816-246-7761 or 816-564-4841.

Hospital Bed, Serenity Home Care Bed by Medline 2 years old. Used only one year. Semi-electric. Paid \$1800, asking \$500. Call Wendy @ 913-371-2238.

1998 Elecetric Wheelchair Invacare Action Ranger II Storm Series loaded with Jell seat Remote Programmer, Joystick/Switches/Indicator, Anti-Tippers, adjustable High Back/Headrest Recliner, standard and deluxe foot/leg rests, mirrors and other add-ons. Excellent Condition. Also 2 battery chargers, 1 used 24 volt, Action-Model18350 Invacare and one new/unused 24 volt dual mode automatic, Lester Electrical, Model-18350. Manuals included. Best offer. Call 785-272-3349 (Topeka area).

Three-Wheeled Little Rascal battery operated, goes up to 5 mph, has horn, \$1900. Call 402-371-3763 and leave a message.

1992 Dodge IMS Wheelchair Van with side entry ramp and hand controls, 139,000 miles, new starter and muffler, runs great, looks good, \$7500. Call 402-721-3640.

1996 Ford Aerostar 104,000 miles, paperwork for all maintenance provided, Bruno, rear chairlift. Price negotiable. Email jerryd@aol.com or call 816-421-7545.

Therapeutic Select Air Mattress has bed controls, barely used. \$1500 or best offer. Call Milli @ 316-794-8834. Goodard, KS.

Ranger II Storm Series Electric Wheelchair brand new, never used, loaded operation & maintenance manual, 2 batteries & charger. Paid \$18,256, asking \$12,000 or best offer. Call Loretta @ 816-370-2375.

Roho Air Floating Mattress brand new, still in boxes. \$1000 or best offer. Call Loretta @ 816-370-2375.

Two Roho Cushions new, still in boxes. \$250 each. Call Loretta @ 816-370-2375.

Hoyer Lift brand new, never used, books & instructions included. Paid \$850, ask \$500 or best offer. Call Loretta @ 816-370-2375.

1989 Ford Van Club Wagon E150 raised roof & side door, wheelchair lift, V8, auto transmission, power windows & door locks, front & rear A/C needs charged, tinted windows, blue & white. 24,600 miles, asking \$5000. Email Jerry @ jw231@earthlink.net or call 913-856-9931.

Deluxe Rascal Scooter used only 6 times, \$2000. Call 316-321-3494.

INCLUSION IN THE DIALOG IS NOT AN ENDORSEMENT FOR THESE PRODUCTS AND SERVICES

ALS Mini - Symposium in Nebraska

Wednesday, November 13th - 2:30 to 4:30 p.m. - Nebraska Health Systems - University Campus
Private Dining Room C located on the 3rd Floor of the University Hospital Tower

Presentations By:

Dr. April McVey - Neurologist - ALS Clinic/ALSA Center - University of Kansas Medical Center - Dr. McVey is Associate Professor, Department of Neurology & Associate Program Director, Neurology Residency of KU Medical Center. Dr. McVey has been a neurologist for 21 years and a neuromuscular specialist for over 10 years. She is the direct supervisor for all neurology residents and teaches neurophysiology to fellows. Dr. McVey is the former Consultant in Neurology for Air Force Surgeon General.

Sally Dwyer - Director of Patient Services - The ALS Association - Keith Worthington Chapter

Nancy Lindquist, R. N. - Patient Services Coordinator - The ALS Association - Keith Worthington Chapter

Topics:

ALS - the disease • Research Updates • Clinical Management • The ALS Association

Register Toll Free: 866.762.6361 or 402.991.8788 OR Register On Line: nebraska@alsa-midwest.org

Hosted by The ALS Association

November Birthdays

Greg Oynby	November 1	Jesse Adkins	November 14
Pamela Rayer	November 3	Mary Stock	November 17
Robert Bischoff	November 4	Tyler Hall	November 18
Dean Roush	November 5	Everett Smith	November 18
Tommy Steckman	November 5	Janice Medsker	November 22
Dorothy Barth	November 6	Barbara Tucker	November 23
Aaron Young	November 8	Ann Ruskanen	November 24
Gene Keltner	November 10	Dolores Wetgen	November 24
Virginia Roberts	November 11	Don Courtright	November 25
Daniel Stonecipher	November 11	Sydney Watkins	November 25
William Crumrine	November 12	Wilma Jean Seibold	November 27
Carol Story	November 13	Rudolph Kurz	November 27
Victoria Mando	November 14	Fabien Vickrey	November 30

FESTIV - ALS

A party to honor people and celebrate the season!

The ALS Association Would Like to Celebrate
Our Families, Donors and Volunteers

You and Your Family are Invited to Join Us
for an Evening of Holiday Festivities
Complete with Food and Entertainment

KANSAS CITY

Wednesday, December 4th
6:30 p.m.

Saint Joseph Community Center
1000 Carondelet Drive
Kansas City, MO

(Located near the emergency entrance
of St. Joseph Health Center)
*Please R.S.V.P. no later than
November 27th by calling
913.648.2062 and dialing 0.*

OMAHA

Thursday, December 5th
6:30 p.m.

Morning Star Lutheran Church
331 South 85th Avenue
Omaha, NE

*Please R.S.V.P. no later than
November 27th by calling 402.991.8788.*

WICHITA

Thursday, December 5th
6:30 p.m.

Via-Christi St. Joseph Campus
3600 E. Harry (Harry and Hillside)
Wichita, KS

*Please R.S.V.P. no later than
November 27th by calling 316.612.0188.*

SPRINGFIELD

Tuesday, December 3rd
6:00 p.m.

Springfield ALS Office
1447 F. South Enterprise
Springfield, MO

*Please R.S.V.P. no later than
November 26th by calling 417.886.5003.*

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www.alsa.org

THE DIALOG

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NOVEMBER 2002

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|----|------|--|----|-----|--|
| 5 | Tues | Kansas City Support Group 7 - 8:30 pm
Second Presbyterian Church, 55th & Oak | 20 | Wed | KC Day Support Group 2 - 3:30 pm
Village Presbyterian Church
6641 Mission Rd. Prairie Village, Kansas |
| 6 | Wed | Hutchinson Support Group 2 pm
Grace Episcopal Church, 20th & Main | 23 | Sat | Wichita Caregivers Support Group
Grace Presbyterian Church
5002 E Douglas |
| 7 | Thur | Wichita Support Group 7 pm
Grace Presbyterian Church
5002 E Douglas | 25 | Mon | Topeka Support Group 7pm
Topeka Assoc. for Retarded Citizens
2701 SW Randolph, Topeka,KS |
| 14 | Thu | Omaha Support Group 7pm
St. Pius Parish Center
6905 Blondo Street, Omaha, NE | | | Columbia Support Group
No meeting this month. |
| 15 | Fri | KC Caregiver Support Group 12:30 -1:30 pm
ALS Office
8340 Mission Rd. B4, Prairie Village, Kansas
Must RSVP! (913) 648-2062 | | | Lincoln Support Group
No meeting this month. |
| 19 | Tues | Springfield Support Group 7pm
Springfield ALS Office
1447 - F S. Enterprise | | | |

“What is ALS” Orientation Series by appointment.
Please call (913) 648-2062

THE CHAPTER SERVES KANSAS, NEBRASKA, AND WESTERN/CENTRAL MISSOURI

With Offices in the Following Cities, Contact the Office Nearest You!

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