

***ALS AWARENESS FUNDRAISER***  
***TEAM: “The ALStars”***  
***DIANE MacLellan***

Family and Friends of Diane MacLellan want to raise awareness about ALS and the impacts it has on the person, family and friends. Our goal to raise awareness is also to raise funds for this worthy cause so they can continue with research and also provided much needed equipment, etc. to those inflicted. Please come out and support our events.

We do this, as well, in memory of Charlene and Adeline.

On June 11 & 12, 2022 we will be participating and hosting some fundraiser & awareness activities. Please Purchase a Take Away Breakfast or Donate or do both.

**2<sup>nd</sup> Annual ALS BREAKFAST FUNDRAISER**

Sunday, **June 12<sup>th</sup>** – ALS Awareness “Take Away Breakfast”

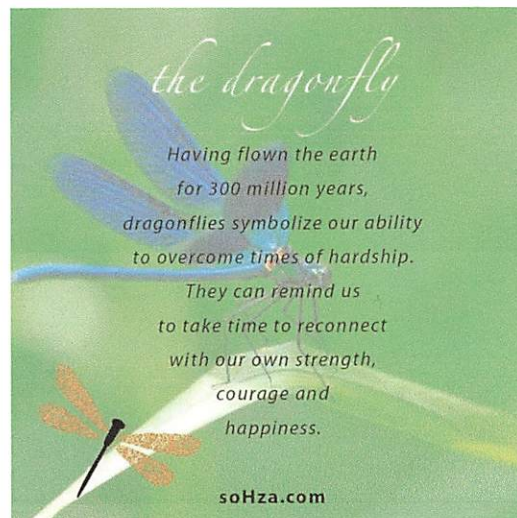
- Take Away Breakfast at the Belledune Recreation & Cultural Centre from 9:00 – Noon (or until supplies last)
- Breakfast Sandwich with Hash Brown Patty
- \$5 each - All money from sales will be donated to ALS NB-NS
- You can place your order for pick-up by calling (506) 522-3709 between the hours of 8:30 and Noon or drop by and Order in person at the Recreation & Cultural Centre.
- An ALS Donation box will be on site.

Thank you in advance for your support.

We wish to thank all event sponsors

ALS NB-NS meaning of the Dragonfly symbol.

**Read back of Flyer**



### June 11<sup>th</sup> – ALS Awareness Walk

Each year, hundreds of community walks take place across Canada raising awareness and funds to support those living with ALS, and hopefully towards a future without ALS. This year, you are invited to take part in the walk to support people living with ALS and their families with the ALS Walk Strong 2022 event. The day of the walk is scheduled for June 11, 2022; and will start at the St. Gabriel Parish Church at starting at 1:00 P.M.

If you would like to support Diane's team, "The ALStars" with a donation you may do so in the following ways:

- B. Make an online donation
  1. Go to [alsnbns.ca/en/alswalkstrong](https://alsnbns.ca/en/alswalkstrong)
  2. On the left, choose "Donate to a Team"
  3. Search for participants name, "Diane MacLellan" and location, "Virtual New Brunswick"
  4. Click on the link with Diane's name.
  5. Choose "Donate Now" and fill out the required information
  
- A. Contact Mandy Smearer via Messenger or by phone in the evenings at 507-0707 to make arrangements for a donation pickup or an e-transfer.

All money raised is to provide people living with ALS the necessary equipment (at no cost to them) to live comfortably with ALS.

### June 4<sup>th</sup> - Roadside Cleanup

- Our team will be participating in the Belledune Roadside Cleanup. The money awarded to us by the Village of Belledune will be donated to ALS NB-NS

**WHAT IS ALS?** ALS stands for Amyotrophic Lateral Sclerosis, also known as Motor Neuron Disease (MND) or Lou Gehrig's disease after the famous baseball player. ALS destroys the motor neurons which are an important link in the nervous system. Motor neurons send messages to your voluntary muscles (those muscles you control like your arms, hands, legs) as opposed to involuntary muscles like your heart. In 90% of cases, ALS occurs randomly in the general population. It is known as sporadic ALS. In 5 – 10% of cases, the disease is inherited and known as familial ALS. Out of every 100,000 people, 6 – 8 will be diagnosed with ALS.

**TREATMENTS** Today, there is no cure for ALS although the pace of drug research has accelerated greatly since the Ice Bucket Challenge. For many years, Riluzole was the only drug shown to slow progressions of ALS slightly. Recently, Edaravone became the second agent approved in the management of patients with ALS. The mechanism of either drug is not well known. Riluzole is thought to reduce damage to motor neurons through an inhibitory effect on glutamate release, while Edaravone is thought to act as a neuroprotective agent that prevents oxidative stress damage as a free radical scavenger. With the lack of treatment options, it is imperative for healthcare professionals to understand the nuances of using these 2 agents to optimize therapy and quality of life for patients with ALS. There are treatments, strategies and equipment to make you as comfortable as possible and aid in breathing, mobility, and communication. Your multi-disciplinary team at the ALS Clinic will be of great assistance helping you make decisions about interventions and equipment.

In ALS, the nerve cells that control the movement of your muscles gradually die, so your muscles progressively weaken and begin to waste away. ALS is recognized as having multiple interacting causes.