



APRIL 2021

ALL GROUPS FOR THE MONTH OF APRIL WILL MEET VIRTUALLY.
PLEASE CONTACT THE GROUP FACILITATOR TO RSVP AND FOR THE GROUP INVITATION LINK IN ORDER TO JOIN.

ALL WELCOMED GROUP (PREVIOUSLY NEW BRITAIN SG)

**APRIL 1
1:00 PM- 2:00 PM**

First Thursday of the month
Open to: Patient, Caregiver, Family Member, Friend
Facilitators: Michelle and Lindsay- mgaski@alsact.org

ALL WELCOMED GROUP (PREVIOUSLY WESTPORT/MILFORD SG)

**APRIL 13
4:30 PM- 5:30 PM**

Second Tuesday of the month
Open to: Patient, Caregiver, Family Member, Friend
Facilitator: Jessica- jporuban@alsact.org

PERSON LIVING WITH ALS ONLY GROUP

**APRIL 7, 21
11:00 AM- 12:00 PM**

First and Third Wednesday of the month
Facilitator: Michelle- mgaski@alsact.org

CAREGIVER ONLY GROUP

**APRIL 22
2:30 PM- 3:30 PM**

Fourth Thursday of the month
Facilitator: Jessica- jporuban@alsact.org

MONDAY MORNINGS WITH MEANING

**APRIL 12, 26
11:00 AM- 12:00 PM**

Second and Fourth Monday of the month
Facilitators: Michelle and Jessica- mgaski@alsact.org, jporuban@alsact.org

NEWLY DIAGNOSED GROUP

11:00 AM- 12:00 PM

Every Tuesday, March 30- May 18
This is a closed group for people living with ALS and their family members who have been diagnosed within the last 18 months. This group meets every Tuesday for 8 weeks. Contact Michelle for more information or if you are interested in joining the upcoming session.
Facilitator: Michelle- mgaski@alsact.org

Your ALSA CT regional care managers are available by phone, email, and video conferencing. Please be in touch and let us know how to help!

Michelle: mgaski@alsact.org; 203-874-5050 (press 4)
Jessica: jporuban@alsact.org; 203-874-5050 (press 5)

Stay Connected

Advocacy Conference- Save the Date!

It's almost time for the National ALS Advocacy Conference again! This year, the conference will be held virtually, from June 8- June 10, 2021.

Check out the official Save the Date here: <https://www.als.org/advocacy-conference>



The Jane Calmes ALS Scholarship Fund

The purpose of this scholarship fund is to provide financial assistance to students pursuing an accredited college degree or vocational certificate, and whose ability to cover the costs is severely compromised as a result of their family's financial burden of ALS.

Check out more info and eligibility here:

<https://www.als.org/get-involved/jane-calmes-als-scholarship-fund>

Stress Awareness Month and Headspace App headspace

April is Stress Awareness Month, and we recognize the amount of stress that ALS brings to patients, family caregivers, and family members. What better way to de-stress than with the Headspace app!

Headspace helps you focus on "Everyday Mindfulness and Meditation for Stress, Anxiety, Sleep, Focus, Fitness, and More".

If you are interested in a free subscription, please reach out to careservices@alsact.org for more information. We would love to help you get started on the app!

COVID-19 Information

Follow this link for information about COVID-19 Vaccines for People with ALS:

<https://www.als.org/navigating-als/living-with-als/covid-vaccines>

Follow this link for information from the CDC about the risk factors and actions People with ALS can take:

<https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html#neurologic-conditions>

Need a Ride or Rental?

Are you looking to take a trip and need a ride?



Right now ALSA-CT is offering rides to anywhere! We also have vans available to rent. Contact Michelle or Jess for more information- mgaski@alsact.org or jporuban@alsact.org

Help Us Go Green! To receive our Support Group Flyer via email, let us add you to our E-Communications. Let us know at info@alsact.org. Thank you!