



# ALS WINDSOR NEWSLETTER

Jan—March 2015

Serving Windsor-Essex and Chatham-Kent counties since 1984

## Did you know?

There are 3 classifications of ALS.

**Sporadic** - the most common form of ALS in North America - 90 to 95% of all cases.

**Familial** - occurring more than once in a family lineage (genetic dominant inheritance) accounts for a very small number of cases (5 to 10% of all cases). In these families, there is a 50% chance each offspring will inherit the gene mutation and may develop the disease.

**Guamanian** - an extremely high incidence of ALS was observed in Guam and the Trust Territories of the Pacific in the 1950's.

Ref: [www.alsa.org/](http://www.alsa.org/)

## **Cold Weather**

Persons with ALS may experience increased cramping and spasticity of the muscles in the cold weather – so dress appropriately and have someone pre-warm the vehicle.

## 2<sup>nd</sup> Annual Dave Allin Classic

Hats off to the Allin family! On Jan. 23<sup>rd</sup> and 24<sup>th</sup> they once again organized and delivered a great basketball tournament for grade 7 & 8 students. 14 teams from Windsor to Brampton participated in this successful tournament that raised more than \$15,000. It took place at John McGregor Secondary School in Chatham. There are already plans being made for next year's tournament.

## Up Coming Events...

### Sunday, May 24

The Windsor Area Street Rods Inc organization has again chosen us to be the recipient of their fundraising and we are most grateful. Since 2008 they have donated \$24,000.00. The 41<sup>st</sup> Annual Can-Am Nationals Car Show will take place at Gil Maure Park in LaSalle. This one day event attracts approximately 300 entries of classic cars, hot rods, and street rods.

### Wed. June 3<sup>rd</sup> Pasta Night

Mark your calendars and grab a few friends! This is our night to host this monthly event held at the Caboto Club. Mark The cost is adults \$9, seniors +60 is \$8, children 6-12 is \$6 and under 5 are free. Pasta with meat/vegetarian sauce, salad, buns, coffee and tea included.

### Saturday July 25<sup>th</sup>

The 7<sup>th</sup> Annual Adelard Van Praet Golf Tournament will take place at Golfview Golf Course on Highway 40 just outside Chatham. Tee off time is 11 am. This fun day includes 18 holes of golf, cart, lunch, dinner and prizes. This is a great opportunity to put together a foursome and come out for the day - don't forget that if your partner does not golf Chatham has a great downtown shopping district and they can join up for the dinner. The cost to golf experience is \$90 and for dinner only is \$25. Dr. Michael Strong and his wife usually participate and we are fortunate to have him update us on the research front. We hope to have him attend again this year. For more information or to register your 4-some email: [stubbornbuffalo@gmail.com](mailto:stubbornbuffalo@gmail.com).

### Sunday Sept 13

The 11<sup>th</sup> annual Windsor Walk for ALS will take place at Sandpoint park. Pledge sheets will be available in early June. Sponsors for our walk are always welcome. Last year you helped us to raise more than \$52,000. We hope to beat that number this year.

**Bingo Dates:** Held at Classic Bingo IV (Ottawa & Walker Rds.)

**Friday March 6<sup>th</sup>; Tuesday March 31<sup>st</sup>; Wed. May 13<sup>th</sup>; Bingo Times: 4pm—6pm; 6pm-8pm; 8pm-10pm**

### Support Meetings

Are held on Mondays; at 7 pm held at the Hospice on 603 Empress Blvd. All are welcome, please call if you plan to attend or with suggestions for topics.

**Dates: Feb. 23, March 30, April 27, May 31, June 29  
Sept. 28, Oct. 26, Nov. 30.**

**No meetings in July or August**

### In Memoriam

Our deepest sympathies go out to the families of

**Marjorie Colenutt**

**Darlene Connor**