



# ALS Windsor Newsletter

January – March 2023 Serving Windsor-Essex and Chatham-Kent counties since 1984

## Support Meetings

Remain on hold until further notice.

## Bingo:

All Star Gaming Centre  
(Ottawa & Walker Rds.)

**Games: Check their website for times**  
**Vegas style games**  
**available 9am -3:30 am**



## Pasta nights

Pasta Nights at Caboto  
Are back the first Monday  
of the month. Our night  
will be April 5, 2023

## Giving at Work

Your workplace may have automatic giving programs through payroll deduction. If you would like to donate this way - our legal name is Amyotrophic Lateral Sclerosis Society of Essex County and our registration number is BN 86431 1568 RR0001

## Mailing address:

1426 Front Rd. S.,  
Amherstburg, Ont.,  
N9V 2M6

Sharon Colman  
(519) 736-4963  
Kerry Wall  
(519) 564-7172

Website:  
[www.alswindsor.ca](http://www.alswindsor.ca)

Email:  
[web@alswindsor.ca](mailto:web@alswindsor.ca)

## Fall Fundraisers

Thanks to John Gray and Ken Koekstat who hosted a sold out pasta event with rock and roll entertainment and raised \$3250.00 November 13<sup>th</sup>.

I gave a lovely crotched throw donated by Stella Fields to Jodi Reaume to put on a Facebook auction. The idea blossomed and culminated with a live Facebook draw of 20 donated items that raised \$4100.00. Thank you Jodi and all participants.

## Caboto Charity Pasta Night Wed. April 5<sup>th</sup>

We are the host charity for the Caboto Charity Pasta Night April 5<sup>th</sup>. \$20 for all you can eat pasta, salad and buns. Take out is available. We are one of 12 charities that share all the proceeds of the dinner portion over the year. We do not share proceeds of any dessert that we might sell, so we hope to have a few bakers provide easily handled desserts that we can sell. If you can help us out please let Sharon or Kerry know.

## 2023 Walk

We are in the planning stage to bring back the in-person walk and can always use some help. Whether it be finding items for the prize table, helping at the event, recruiting walkers or just showing up to walk - we hope that you participate. For those who have never attended – the walk is a very simple, but important day.

This is our major fundraiser, but this event encourages families to come together to walk as a group (some make their own walk t-shirts) share and make memories, and after the walk enjoy a light lunch and know that your efforts will help us to succeed in our mandate. We display a banner at the walks that includes photos of the people that we honor/remember. If your family member is not on our banner, please consider providing a photograph – which will be copied and returned.

## ALS & Cold Weather

The cold can have an effect on the muscles of people who have ALS. It's important to know that the cold can increase the cramping and spasticity of muscles - so if you need to go out in the cold - dress appropriately and have someone warm the vehicle

## Lower leg swelling

If you experience swelling in the lower legs – try putting on a pair of good stretch knee highs as soon as you get out of bed in the a.m.

## Dental care:

If brushing teeth becomes an issue – dip a toothette sponge into mouthwash. I'm told the purple, non-alcoholic Listerine is good. The toothette sponge fits nicely into a metal straw to add more strength and

allows for deeper access into the mouth. Thanks Bill.

## Doggie Door Bell

We have a few of these that work wonderful getting the caregivers attention with the lightest of touches. Thanks Mike.

## Helpful Sites

### Disability Tax Credit

Form T2201 for medical expenses and home renovations

[www.cra-arc.gc.ca](http://www.cra-arc.gc.ca)

### Disability Travel Card™

Will allow an adult attendant, travelling with the person that has a disability, to travel free.

[www.easterseals.ca](http://www.easterseals.ca)

### Entertainment Card

Can provide a significant reduction in admission fees to the show, go to

[www.access2.ca](http://www.access2.ca)

If you have any sites that you have found helpful – we'd be glad to share..

## In Memoriam:

We send our deepest sympathy to the families of:

Rita Whittal  
Don McNinch  
Cathy Taylor  
Cheryl Buchannan  
John Watson  
Shamsi Samivand  
Emilio Mauricio  
Bill White  
Bill Mast  
Todd Brian