



you can help lead the fight against ALS

ALS is a devastating disease. But the good news is there are simple things we can do to help fight back. In fact, we've listed 90 ways right here! These are just a few ideas to inspire you – feel free to add your own.

- 1 Donate
- 2 Walk in your local *Walk to Defeat ALS*
- 3 Call us about volunteering
- 4 Send an email to your congressman to ask for more national funding for research
- 5 'Like' The ALS Association on Facebook
- 6 Visit our website
- 7 Send a letter to the editor of your local newspaper telling how ALS has touched your life
- 8 Create your own online fund to raise money for ALS through the Community of Hope at www.community-hope.org
- 9 Follow The ALS Association on Twitter
- 10 Post a message of support as your Facebook status
- 11 See if your company has an employee matching gift program
- 12 Volunteer to be a caregiver for a day
- 13 Spend time with someone who has ALS
- 14 Honor a loved one with a tribute gift to The ALS Association
- 15 Go to YouTube and click on ALS Association videos
- 16 Visit Second Life and create an avatar with ALS to educate others
- 17 Purchase an ALS wristband from us
- 18 Make friends with a veteran who has ALS
- 19 If your community doesn't have a walk, organize your own ALS walk
- 20 Wear your *Walk to Defeat ALS* shirt often to spread awareness of ALS
- 21 Set up an ALS collection at work and donate the proceeds to The ALS Association
- 22 Share your personal ALS story with your friends
- 23 Ask your friends to subscribe to The ALS Association e-newsletter
- 24 Send a #FollowFriday suggestion for The ALS Association on Twitter
- 25 Support someone participating in the *Walk to Defeat ALS*
- 26 Tell your Facebook friends to 'Like' The ALS Association
- 27 Post your stories and pictures to The ALS Association Facebook Fan Page
- 28 Retweet The ALS Association on Twitter
- 29 Share The ALS Association's Facebook status updates on your page
- 30 Volunteer with a local ALS support group
- 31 Blog about the importance of The ALS Association in your life
- 32 Include a link to The ALS Association from your blog
- 33 Upload your photos to Flickr and tag them "The ALS Association"
- 34 Use chipin (chipin.com) to run your own online The ALS Association holiday campaign
- 35 Join crowdrise (crowdrise.com) and let everyone know you're passionate about The ALS Association
- 36 Join in the ALS discussions at Exchanges.WebMD.com
- 37 Volunteer at your local ALS Association walk
- 38 Schedule a personal visit to talk with your congressman

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Together we can make a difference.

For more information, please visit our website.



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- 39** Organize your own team to participate in a *Walk to Defeat ALS*
 - 40** Sign up to be an ALS Association advocate at <http://capwiz.com/alsa/home>
 - 41** Forward this list to a friend
 - 42** Send a Tweet in support of The ALS Association
 - 43** Read “Tuesdays with Morrie” to learn more about ALS
 - 44** Become a therapist at your local Chapter
 - 45** Support the military and VA hospital
 - 46** Leave ALS literature at your place of business
 - 47** Wear an ALS Association pin
 - 48** Learn about a clinical trial or research study if you have ALS or ALS in your family
 - 49** Register to attend the National ALS Advocacy Day & Public Policy conference in May
 - 50** Read “Tales From the Bed” to learn more about ALS
 - 51** If you don’t have a blog, create one and talk about The ALS Association
 - 52** Record a YouTube video sharing your ALS Association story
 - 53** Repost links to The ALS Association videos on YouTube
 - 54** Make dinner for a PALS (Person with ALS)
 - 55** Tell a stranger about how devastating ALS is
 - 56** Include The ALS Association in your Will
 - 57** Give The ALS Association a gift of stock
 - 58** Donate your used car to The ALS Association
 - 59** Purchase The ALS Association stamps at zazzle.com
 - 60** Celebrate ALS Awareness Month every May
 - 61** Insert one of our web stickers (at <http://capwiz.com/alsa/remotecoment/>) into your website
 - 62** Join our virtual advocacy community at <http://www.inspire.com/groups/als-advocacy/>
 - 63** Military personnel affected by ALS can join our Roll Call of Veterans
 - 64** Send a letter to your congressman through our “No Patient Left Behind” program
 - 65** Bring groceries to an ALS caregiver
 - 66** Host a bake sale in your office to raise money
 - 67** Encourage kids to host a lemonade stand to raise awareness and money
 - 68** Volunteer at your local Chapter event
 - 69** Remember someone who lost their battle with ALS through a memorial gift
 - 70** Join the Research Council with a gift of \$1,000 or more
 - 71** Sponsor The ALS Association through your corporation or foundation
 - 72** Encourage your corporation to join The ALS Association as one of our Partners for Hope
 - 73** Visit a local school to talk to kids about ALS
 - 74** Talk to your company about donating wheelchairs or other equipment
 - 75** Organize a neighborhood garage sale to raise money and donate the proceeds to The ALS Association
 - 76** Visit our website to learn about upcoming events
 - 77** Organize an “ALS and Lou Gehrig Day” event with your local baseball team to raise awareness
 - 78** Read the “Stories of Courage” at <http://www.alsa.org/community/stories.cfm>
 - 79** Provide refreshments for your local ALS support group
 - 80** Organize a Care Connection to assist a caregiver through The ALS Association support tool – lotsahelpinghands.com
 - 81** Visit our website to learn about the latest research
 - 82** Organize a local donation drive for wheelchairs to support persons with ALS
 - 83** Encourage your local news to develop a story about ALS
 - 84** Send an email to Tell A Friend about the importance of ALS advocacy at <http://capwiz.com/alsa/taf/>
 - 85** Support Phi Delta Theta fraternity
 - 86** Read and pass along Lou Gehrig’s Farewell speech
 - 87** Encourage a surviving spouse of an ALS veteran to apply for VA Dependant & Indemnity Compensation (DIC) at 1.800.827.1000
 - 88** Run a marathon for ALS
 - 89** Encourage a friend or family member with ALS to sign up for the National ALS Registry at <http://www.cdc.gov/als>
 - 90** Tell loved ones to make a gift to The ALS Association for your birthday, wedding or anniversary
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