



ALS Windsor Newsletter

Spring 2025 Serving Windsor-Essex and Chatham-Kent counties since 1984

Support Meetings

Remain on hold

Bingo:

All Star Gaming Centre
(Ottawa & Walker Rds.)
Games: Check their website for times
Vegas style games
available 9am -3:30 am



Pasta nights

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:

600-6038 Empress St.
Windsor Ontario
N8T 1B5

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

Website:
www.alswindsor.ca

Email:
web@alswindsor.ca



Bonspiel Success

The Stubborn Buffalo series of fundraising events has replaced the golf tournament with curling thanks to Grace Van Praet. The 2nd Annual Bonspiel was held January 18 at the Granite Club in Chatham. Special thanks goes out to Grace and the Van Praet and White families who organized and raised \$4280 at the event. With designated workplace funding opportunities the total increased to \$5500.00.

Thank you to all who helped make it such a success. Congratulations to Grace and Kent on the recent birth of their daughter Ruth.

2025 ALS Windsor Walk Sunday, September 7, 2025

Make sure to mark the date and plan on joining us for our 21st Annual walk. We are always looking for raffle and door prizes that help to make the event a bit more fun. Any contributions would be appreciated. We are looking to add to our walk banner that includes the pictures of those that we are walking in memory of; or for. Let Sharon know if you have a picture we could add.

Office News

We are in the process of hiring someone for our office located in the administration building at the Hospice. We hope to have that person in place by April 1st. The goal is

to have someone onsite two days a week to answer the phone, help with clerical duties and facilitate our equipment program. In the future, smaller pieces of equipment will be able to be picked up and returned at the office. It is also hoped that support meetings will also resume soon.

Equipment

As we move forward, one of the goals will be to update our extensive loan cupboard inventory. You may be asked to help us reconcile the inventory list at some point. If you are looking for an item to make a specific task easier, please call to see if we have it available.



Yard Sale

Lori Cossette has offered to host a yard sale for ALS at her home in Essex. Tentative date is July 19th. Please consider donating items as you spring clean or declutter. Drop offs will start in June.

Caregiver Support

The Ontario Caregiver Organization . (<https://ontariocaregiver.ca/>) has some online information that may help you as you care for your loved one. They offer SCALE sessions (Supporting Caregiver Awareness, Learning & Empowerment). These are live video sessions reviewing a wide range of topics.

These began February 4th, 2025, but will be available on demand as Webinars. You will need to register to be able to gain access, but there is no cost associated with these webinars.

The topics include:

“I feel burned out”

“I feel like I am not doing enough”:

“I feel overwhelmed”

“I don’t know how to change things”

“I feel angry and resentful”

“Who am I aside from being a caregiver?”

“I feel like nobody appreciates me”

“I feel alone”

While these topics are not specific to ALS, you may find some useful.

Online Support Groups

ALS Patient and Caregiver Tips (public); ALS Caregivers Support Group (private); ALS Spouse Caregivers Support Group (private). ALS From Both Sides is a resource that is easy to understand and can be found at

www.alsfrombothsides.org

If you have found a helpful site please let us know.

In Memoriam:

We send our deepest sympathy to the families of:

Lionel Cossette

Shawn Swift

Gerardo Spagnuolo

Eileen Piche

Ewart Godfrey