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. Join our monthly research webinar calls to get the latest on ALS research.
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. Help 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. Follow us on Pinterest to see who and what inspires us to create a world without ALS.
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. Sign up for our newsletter.
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 sign up to get more information about The ALS Association.
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. Attend 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 holiday campaign for The ALS Association.
35. Join crowdrise (crowdrise.com) and let everyone know you’re passionate about The ALS Association’s mission.
36. Join in the ALS discussions at Exchanges.WebMD.com
37. Use video, pictures, and emails to encourage friends and family to join the Walk to Defeat ALS!
38. Schedule a personal visit to talk with your congressman.
39. Organize your own team to participate in a Walk to Defeat ALS.

Together we can make a difference.
For more information, please visit our website.
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 Donate your iPad or other tablet to 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 Celebrate National Family Caregiver’s Month every November.
52 Record and post your own ALS awareness video on YouTube.
53 Visit our website and sign up for email updates.
54 Make dinner for a 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/remotecontent) 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 an event (like a bake sale) to raise awareness and money for ALS.
67 Contact us about donating medical equipment for those with ALS in your community.
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 Use social media networks to tell the world your ALS story.
73 Create a Birthday Wish on Facebook in support of ALS research.
74 Talk to your company about donating wheelchairs or other equipment.
75 Contact us about workplace giving 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 Introduce a friend to The ALS Association.
79 Encourage your friends to sign up to be ALS Association advocates.
80 Organize a Care Connection to assist a caregiver through The ALS Association support tool – http://www.lotsahelpinghands.com
81 Visit our website to learn about the latest research.
82 Ask your colleagues to join our group on LinkedIn.
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 in their efforts to fight against Lou Gehrig’s Disease.
86 Read and pass along Lou Gehrig’s Farewell speech.
87 Encourage a surviving spouse of an ALS veteran to apply for VA Dependency & Indemnity Compensation (DIC) at 1.800.827.1000
88 Run a marathon for ALS.
89 Did you know about the National ALS Registry? Visit www.cdc.gov/als to register or to learn more.
90 Ask loved ones to make a gift to The ALS Association for your birthday, wedding or anniversary.