



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 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 crowdise (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.

continue on back >

Together we can make a difference.

For more information, please visit our website.



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- 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.
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