



## 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](http://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](http://chipin.com)) to run your own online The ALS Association holiday campaign
- 35 Join crowdrise ([crowdrise.com](http://crowdrise.com)) and let everyone know you're passionate about The ALS Association
- 36 Join in the ALS discussions at [Exchanges.WebMD.com](http://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](http://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](http://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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