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## Cure for ALS

Dear ALS Advocates and Friends,

*In this month's newsletter I'm introducing you to two ALS patients who have chosen to affect change by using their life with Lou Gehrig's Disease to help others. Steve Saling was diagnosed in 2006 and has seen his vision of an independent living facility for pALS become a reality. John Conley, diagnosed in 2009, is participating in a stem cell clinical trial to further advanced research. As I type this introduction letter to you, John is in a four hour stem cell transplant surgery. I have the pleasure of knowing both of these men, and in addition to their common bond of having ALS, Steve and John share a positive attitude, and approach each day as if it were a gift. They take one day at a time, live it to the fullest, and are paving the way for patients who follow them.*

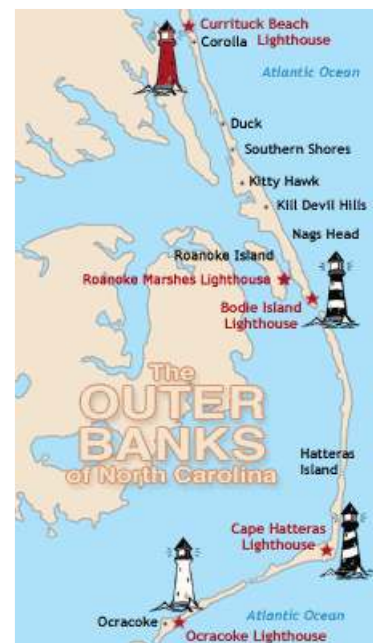
*It would be great to see those of you who live near Georgia at the Skydive 4 ALS event next week. Make sure to read about plans for the ultra marathon being organized for next spring, as well as the other event news on the right side of this page. There are many Walk to Defeat ALS events happening all over the country this fall. Check your area ALS Association for one near you - make a donation if you cannot attend.*

*Send me information on ALS events you are planning or participating in, and please forward this to a friend to help spread more awareness. Not enough gets said publicly about ALS - let's all make a commitment to change that. There are no survivors to tell their stories; it is difficult for ALS families to advocate and fundraise because the demands of living with the disease are so great. It is up to you and me to speak for them, walk/run/cycle/skydive for them, and raise funds for the researchers to solve the mystery.*

October 20, 2010



## Lighthouse to Lighthouse Ultramarathon for ALS



**ATTENTION ENDURANCE ATHLETES** - Plans are in motion for an event in the Outer Banks (OBX) of North Carolina for an ultramarathon event in late spring or early summer **(May/June) of 2011** benefiting the ALS Association. A group of 20 is already committed, and

Sincerely,  
Karen Duffy (kd)

[Cure for ALS](#)

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## Steve Saling ALS Residence

I remember the first time I met Steve Saling. I was volunteering at the Emory ALS Clinic. We brought Steve back for his appointment and I noticed that he was wearing a pin on his shirt. I looked closely and saw that the pin said, "I speak with an ALS accent." I knew right away that Steve was one of those patients with whom I'd quickly be sharing a laugh.



Steve Saling

Steve was diagnosed with ALS on October 13, 2006...Friday the 13<sup>th</sup>. He was a successful landscape architect, who had moved from his native Atlanta to Boston, and found his dream job. His specialty was in designing urban public spaces such as plazas and historic streetscapes, and ironically, a big part of Steve's job was making sure that all public spaces were fully accessible to people with disabilities.

Steve is a person with an incredible positive attitude and an ability to look at the bright side of life. He decided that ALS would be a change in the direction of his life, but he could turn his misfortune into a gift for others. He began to dream of a place where ALS patients, who may not otherwise be able to live at home or in the care of others, can live and have independence.

The Steve Saling ALS Residence recently opened in Chelsea, MA. It houses residents of all ages living with ALS. The state-of-the-art homes combine cutting-edge technology with specialized care for the residents, and Steve was the catalyst.

would love to have you join them.

Individual and team entry fees are forthcoming, along with fundraising ideas and guidelines. If you haven't been to this part of the Carolina coast, this is a perfect opportunity to experience its beauty, while raising money for a cause near and dear to all of us.

Email [Karen Duffy](#) if you are interested and want more information.

## ALS 5K Run for Jeremy a Huge Success

Between the softball tournament the night before and the 5K on the morning of October 9, **\$15,000** was raised!!

## Assassinating Lou Gehrig's Disease one Step at a Time

## Birthday Funds for ALS



Looking for an easy fundraising idea? Try what **Sharon Martin Iles** did. Sharon celebrated her birthday just a couple of days ago, and asked her friends and family to, instead of giving presents, make a donation for ALS. I've seen this done before by people, using online fundraising sites or Facebook - and it works! It's hard for some folks to donate big dollars these

[Click here](#) and watch as Steve takes you on a tour of the facility.

days, but usually friends are willing to donate \$1.00, \$5.00, \$10.00 to a cause that is important to their friend of family member. Why not give it a try for your next birthday/ anniversary or special occasion.

## Skydiving for ALS—Comes to the South!

SKYDIVE GEORGIA  
Cedartown, GA

On **October 30th**, we are taking our dedication to 10,000 feet in Cedartown, Georgia to raise money and awareness for ALS. The cost of the jump is \$129.00 but we are hoping to raise donations on top of the cost per jump. ALL donations are going to ALSTDI to be used for developing new therapies and a cure for ALS.

For jump reservations call: (770) 684-3483 talk to Tiffany

Organizer, [Kelly Colburn](#) says, "We are looking for teams of 5 if you are interested in being apart of a team. And if you are feeling a little competitive. Lets see whos team can raise the most money."



## Stem Cell Trial at Emory University

By: BETH GALVIN/myfoxatlanta

ATLANTA - A Georgia man battling Lou Gehrig's Disease or ALS, is gearing up for an experimental, risky surgery this week. On Wednesday, John Conley will become the seventh person in the U.S. to undergo a stem cell transplant for ALS.

When Conley was diagnosed with ALS in September of 2009, he said it was terrifying.

A few months later, Conley said he heard about research at Emory University where doctors were taking fetal stem cells derived from a fetus and directly injecting them into the spinal cord for the first time.

Conley said he signed up for because the procedure offered him hope.

[Read more and view FOX5 video](#)



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