



## Gail Rauw - Ambassador

My name is Gail Rauw and I am honored to be the 2020 Edmonton Walk to End ALS Ambassador. I would like to share a bit of my story.

In 2017, my husband, Brian, and I were both finally semi-retired. We were looking forward to adventures in our small motorhome and spending time with our four grandchildren. That fall, I noticed my speech was becoming slightly slurred. By June 2018, the slurring had worsened, so I decided to see my family physician (Unfortunately, it was already at this point that I suspected ALS). She looked at my tongue, checked my reflexes, and then referred me to Neurology. The first neurologist I saw gave me a tentative diagnosis of ALS (confirming my fears) and started the ball rolling for the battery of tests, including an MRI and blood tests. I also had EMG testing shortly after, and that is when I was told that I met the criteria for a diagnosis of bulbar onset ALS. On that day, our whole future changed. I decided I was going to live life as best as I could with the time remaining.

The next step in this journey took me to the ALS clinic at the Kaye Edmonton Clinic. The team is composed of a variety of disciplines to assure you have the best care they can provide. The care that I continue to receive at this clinic is exceptional. I was given access to the newest drug available called Radicava (edaravone). Although it is not a cure, it has been shown to slow the progression. My husband and both daughters were with me at the initial visit and have come to (or been involved in) every visit since then. Family support is a great medicine.

During the next 18 months, I travelled. I went to Japan with my daughter while I was still mobile and California (Disneyland, Seaworld etc.) with my other daughter and family. A surprise trip to Maui with family and friends to renew our vows was very memorable. It was something I had talked about doing, and everyone made it happen. Following that trip, my husband and I spent as much time as we could between edaravone infusions travelling in our motor home. We covered a lot of ground revisiting old favorites and seeing places I have never been to, such as Mount Rushmore and Yellowstone National Park. We made a lot of memories.

Since my diagnosis a lot has changed in my life. The ALS Society of Alberta has been by my side providing me with support and information every step of the way. I have lost most of my speech and rely on my banked voice using an App that was obtained through them. They have also provided me with a walker, a shower chair, porch lift and a variety of other things to make my life easier as the disease progresses. The coffee group meetings are also an invaluable source of information and support.

The money raised from The Walk to End ALS is split between research and patient support. Unfortunately, this is an expensive disease, with a lot of supports not provided by provincial health services. The ALS Society not only provides equipment to keep up with the constantly changing disease, but allows access to knowledgeable health professionals and gives myself and my family outlets for emotional support. The ALS society is instrumental in allowing patients diagnosed with this disease to live their best life. The Walk to End ALS is an important fundraiser for the society and a way to raise awareness. Please join us!



### THANK YOU TO OUR PROVINCIAL SPONSORS



For more information please contact:

**Meaghan McCarthy**

Coordinator, Fundraising & Events

ALS Society of Alberta

780-975-9375 | Meaghan@alsab.ca

Charitable Registration Number:  
12063 0827 RR0001



/ALSAlberta



@ALS\_AB

The ALS Society of Alberta is hoping to raise an estimated \$568,000 at an expense of \$136,320 (24%) to support our programs, services and research. For more information, contact Marie at 1-888-309-1111. Our address is 7874 10 street NE Calgary, AB, T2E 8W1

The Walk to End ALS is the largest volunteer-led fundraiser for ALS across the country. The Walk to End ALS is about communities coming together to raise funds and channel hope for a future without Amyotrophic Lateral Sclerosis (ALS). ALS is a rapid, always fatal neurodegenerative disease. It attacks the nerves of the body that are responsible for sending messages to the brain. This results in weakness and wasting, and eventually an inability to swallow or breathe.



2,500-3,000

people are living with ALS in Canada



2-5 YEARS

average life expectancy after diagnosis



5-10%

of cases are familial (inherited through mutated gene)



90%+

sporadic cases (unknown cause)



150,000 - 250,000

Cost to average family over the course of the disease



In Canada 2-3 people are diagnosed with ALS everyday



there is no cure

The ALS Society of Alberta's mission is to make each day the best possible day for people living with and affected by ALS. We achieve this by providing support, facilitating the provision of care, promoting awareness, helping find a cure and advocating for change.

60% of funds raised at the Walks are allocated to client support services in Alberta. This includes the equipment loan program, support groups, home visits, referrals and support for children through the Support for Champions program.

The remaining 40% support ongoing ALS research across Canada through the National Research Program.



# EDMONTON WALK TO END ALS

SATURDAY, JUNE 21 2020.

Kick-off: 10 a.m.

REGISTER AT [WALKTOEND.ALSAB.CA](http://WALKTOEND.ALSAB.CA)





www.WalktoEnd.ALSAB.ca

Please print clearly. If we can't read it, we can't receipt it.



# 2020 PLEDGE FORM

Individual Name: \_\_\_\_\_  
 WALK Location: \_\_\_\_\_  
 Team Name/Captain: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Tel: \_\_\_\_\_ Bus: \_\_\_\_\_

**I am walking in honour of:**  
 \_\_\_\_\_

**My fundraising goal is:**  
 \$ \_\_\_\_\_

**Please do not include any online donations on this form.**

- Receipts will be issued for all donations of \$25 or more
- Please photocopy this form if you need extra copies
- Ensure cheques are payable to ALS Society of Alberta
- Collect the money when the donor contributes
- Charitable Registration #12063 0827 RR0001
- If you are depositing your money at the bank, you must bring this stamped pledge form and the deposit slip to the WALK and hand it in, or mail to:

| Donor Name | Donor Mailing Address<br># Street, Rural Route, City, Province | Postal Code | Telephone/Email | Amount Received | Cheque | Cash | Receipt Requested |
|------------|--|-------------|-----------------|-----------------|--------|------|-------------------|
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**WAIVER MUST BE SIGNED BY WALKER**

The Participant:  
 1. Hereby releases, waives and discharges and agrees to hold harmless and indemnify ALS Canada and the ALS Society of Alberta and each of its Corporate or individual Sponsors, as well as their subsidiaries and all associated, affiliated and related entities, successors, assigns, licensees, and their respective officers, directors, shareholders, agents and employees for or in relation to any claims or demands for any loss or damage by virtue of any injury to the person or damage to property suffered or sustained by the Participant arising out of or related in any way to the Walk to End ALS, whether caused by negligence of otherwise.  
 2. Hereby grants to ALS Canada and the ALS Society of Alberta the full rights and permission to copyright and/or use, publish, and republish, video and still photographic material of the Participant in the Walk to End ALS in which the Participant may be included in whole or in part, in colour or in black and white, including the use of any electronic version in conjunction with such videos.  
 I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT, FULLY UNDERSTAND ITS TERMS, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW.

BANK DEPOSIT STAMP and ATTACH SLIP

ACCOUNT #: ATB 07909 1160192-24

TOTAL CHEQUES: \_\_\_\_\_  
 TOTAL CASH: \_\_\_\_\_  
 TOTAL DEPOSIT: \_\_\_\_\_  
 VERIFIED BY: \_\_\_\_\_

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\_\_\_\_\_  
Signature of participant

\_\_\_\_\_  
Parent/Guardian if under 18 years of age

\_\_\_\_\_  
Date