Greetings from the Emory ALS Center Team,

A new year has begun and with it we celebrate the one year anniversary of the

Emory ALS Center Newsletter. This newsletter is one way we stay connected to you and we hope that with each edition you learn more and become more involved. Our [website](https://www.emoryalscenter.org) is a comprehensive tool for you to stay up to date, and we hope that you are following us on [Facebook](https://www.facebook.com/EmoryALS) as well.

In the Research News section below, there is an opportunity for all our patients to become involved in a new study. Home Health Care and In-Home Care are not the same thing and can be confusing; be sure to read the article and learn the differences and benefits of each. Already there are important dates for you to put on your calendar for fundraising and awareness, and you will want to read the recap of the 4th annual Run for Jeremy that took place in October.

Happy New Year and thank you for being partners and part of our family.
Research News

Head Injury Study

The relationship between head injury and ALS is controversial and has been a hot topic in the media, particularly after several famous US athletes have been diagnosed with ALS. Dr. Fournier is conducting a study to see if head injury or participation in athletics affects the rate of progression of ALS.

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New Video

Stem cell trial seeks longer lives for pALS

Home Health Care vs Non-medical In-Home Care

The terms "home health care" and "non-medical in-home care" can sound similar. It is easy for people to mistake one for the other but there are differences in terms of when each type of care may be needed, costs involved and resources available to make the best choice.

What is Home Health Care?
ALS Association Support Groups
Click here for locations & dates.
Contact Crystal Jackson

Honor or Memorial Giving
Charitable giving helps bring positive change to medical research and patient care. In both these venues, progress requires funding for people to generate the ideas and do the work, and for materials and equipment that are essential for accomplishing our goals. You can celebrate the life of a loved one through honorary or memorial gifts. Donations can be made online or via direct mail. CLICK HERE to make your gift today.

(Typically covered by insurance - check with your provider)
Home health care is care provided in the home by a licensed medical professional, such as a nurse or physical therapist.

Examples are:
Skilled nursing for wound care
Physical therapy or occupational therapy (PT/OT) for mobility training
Speech/swallow assessments
Social worker

These services are typically paid by your insurance for a short period of time, and once the goals have been met, the services must end. Not all services are available in all areas as well.

What is Non-Medical In-Home Care?
(Typically not covered by insurance - check with your provider)
Non-medical in-home care focuses on assisting with daily activities to maintain and sustain quality of life in your home. Professional caregivers who do not have a medical license can perform these tasks, which are also often performed by family members. Private companies offer these services and typically range from $15-25 per hour.

Examples of care tasks are:
Help with personal grooming like bathing or getting dressed
Transferring (moving around, getting in & out of bed or shower)
Meal preparation
Light housekeeping or laundry
Companionship
How does Home Health Care work with Home Care?

Often families find a team approach of using non-medical in-home care services to supplement home health care services. The goal of both is keeping you in your home and working together to make that happen.

For questions about which home service is best for you contact the Emory ALS Clinical Team at 404-778-3754.

Coming Events for Our Center & Recap of the Run for Jeremy

REGISTRATION IS OPEN for the 8th annual FIESTA 5k/15k Challenge! Saturday, May 3, 2014

The **FIESTA 5k/15k Challenge** race is held on the first Saturday in May every year. It is your opportunity to create a team in honor or memory of a loved one and add to the funds raised from the event. This is your chance to share your ALS story with others, ask for their help in supporting the work we do at the **Emory ALS Center**, and honor your pALS. There is something for everyone - Distance runners like the longer 15k race. Casual runners and walkers enjoy the 5k course. The young and young-at-heart have a great time doing the Fun Run.

Create your team or register as an individual **HERE**!

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EVENT RECAP - Run for Jeremy 2013
The 4th annual Run for Jeremy 5k was once again a huge success. Over 500 runners and walkers came out on a beautiful fall morning in October to honor Jeremy Williams and his family and raise money for the Emory ALS Center. The event raised $9,500 for our center!

"Trying something new is always scary, but the 1 Mile Fun Run turned out to be great and will be a permanent addition to the Run for Jeremy," reflects Race Director, Laura Ann Mann. "The attitudes of the participants always blows me away. The course got a little off track and wasn't a full 3.1 miles. The runners were not mad or upset. They were gracious and understood. Their reaction to the mishap reminded me that people show up to support ALS research and the Williams family first, and run a race second."

Make sure to put Saturday, October 4, 2014 on your calendar for the 5th annual Run for Jeremy.

Thank you for supporting these and other events throughout the year. It is your participation and involvement that make fundraisers successful, thus helping us to provide the best care for our patients and continue to perform cutting edge research of ALS.

You have been included in this newsletter as a service we offer at the Emory ALS Center. You will receive our quarterly newsletter, notification of upcoming conferences, symposiums, and special events. If you prefer not to be on this list, please contact Karen Duffy to be removed. No other person on the list is able to view your address and your information will not be shared.