

# ALS WALK STRONG

## *Making More Moments at Home*



### MEET MARK HUSTINS

#### 2026 Walk Ambassador

Mark Hustins spent 32 years serving with the RCMP and retired in June 2019, ready for a well-earned new chapter. Just a few months later, he noticed something was wrong. He began losing strength in his right arm, and after months of appointments and even shoulder surgery, it didn't improve. When his left arm started weakening too, Mark was referred to a neurologist. In November 2023, he received a probable ALS diagnosis, and in February 2024, ALS was confirmed. Mark lives with sporadic upper-limb ALS, which means the disease has mainly affected his arms and hands so far. Many days, he "looks fine," but the changes to daily life are constant and real.

ALS has taken away two of Mark's greatest joys: woodworking and music. He loved building things in his shop, and he loved writing songs, singing, and playing guitar.

As his arms weakened, these activities became unsafe or impossible. Mark describes it as grieving the person you used to be, and that grief can hit unexpectedly.

But Mark's story is also full of love, humour, and resilience. He is the first to say he has the best caregiver in the world: his wife, Anne. When hard days hit, Anne is steady and compassionate, helping him move through the emotions and back into the day, together. Mark says their relationship has grown even closer through ALS. They still plan, they still laugh, and they still focus on what matters most: time with the people they love.

That is exactly why our Walk theme this year is Making Moments, with the goal of Making More Moments at Home. ALS can take away independence, but the support our community raises through ALS Walk Strong helps protect what matters most: comfort, dignity, and more time at home. Funds raised support our Equipment Loan Program, which provides essential equipment at no cost to clients, helping people living with ALS stay safer, more comfortable, and more independent for as long as possible. The equipment matters, but the moments it helps create and protect matter even more.

Like many people, Mark didn't realize how much support was available until he reached out. Connecting with our team reminded him he wasn't alone, and that there were people ready to walk alongside him and his family. Even if he doesn't need every piece of equipment yet, it means everything to know it will be there when the time comes.

Mark carries a personal reminder of resilience too. He chose a dragonfly tattoo as a symbol of strength, endurance, and hope. For Mark, hope isn't pretending ALS is easy. Hope is choosing to keep living, to keep showing up, and to keep finding light in the middle of the hard days.

We are deeply grateful to Mark and Anne for sharing their story and helping lead ALS Walk Strong 2026. This Walk season, when you register, fundraise, donate, or simply share the message, you are helping ALS families create more moments at home, and reminding them they don't have to face ALS alone.

**To register for ALS Walk Strong, visit:  
[alsnbns.ca/events/alswalkstrong/](https://alsnbns.ca/events/alswalkstrong/)**

**Not tech savvy? Reach out to us, we are happy to help!**

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