



## Making Moments: More Moments at Home

This year, the theme of ALS Walk Strong is Making Moments, with a focus on Making More Moments at Home. We chose this theme because it reflects what matters most to our ALS community. ALS changes daily life in ways that can feel sudden and overwhelming, and one of the hardest parts is how quickly it can take away independence. Things that once felt simple, like getting out of bed, moving safely through the home, communicating clearly, or spending time comfortably with family and friends, can become difficult without the right support.

While we cannot take ALS away, we can help change the experience of living with it. The ALS Society of New Brunswick and Nova Scotia is here to support people living with ALS and their families with care, guidance, and practical help. A huge part of that support is our Equipment Loan Program. Because of the funds raised through ALS Walk Strong and the generosity of our donors, we can loan essential medical equipment to our registered clients at no cost to them. This equipment helps people remain safer, more comfortable, and more independent at home for as long as possible.

Why does that matter? Because home is where so many of life's most meaningful moments happen. It is where we share meals, celebrate milestones, laugh with friends, relax with family, and create memories that last. When the right equipment is in place, it can reduce stress, reduce risk, and make everyday life more manageable for both the person living with ALS and the people supporting them. It can also help families focus less on barriers and more on time together.

Making Moments is about celebrating those everyday wins. It is about helping people keep doing the things that bring them comfort, connection, and joy. It is about supporting caregivers so they can spend more time being a spouse, a child, a parent, or a friend, and less time trying to navigate ALS alone. It is about making sure someone can stay at home longer, sleep safely, move comfortably, communicate clearly, and continue participating in life.

When you take part in ALS Walk Strong, you are doing more than joining a fundraiser. You are helping provide practical support that directly impacts real families across our community. Your registration, your donation, and your fundraising efforts help us continue offering equipment, services, and support at no cost to our clients. Together, we can help people living with ALS create more moments, more comfort, and more memories.

Thank you for being part of ALS Walk Strong 2026. Thank you for believing in our community. Thank you for helping families keep making moments.

