

ISSUE 05-26

The Dragonfly Digest

OFFICIAL NEWSLETTER OF THE ALS SOCIETY
OF NEW BRUNSWICK & NOVA SCOTIA

Welcome to the Dragonfly Digest!

This publication from the **ALS Society of New Brunswick and Nova Scotia** is for people living with ALS and their families, as well as volunteers, donors, clinicians, and anyone who wishes to support the ALS community in New Brunswick and Nova Scotia.

In each issue, you'll learn more about our services, discover what's new, and find out how we can help people live their best lives with ALS.

If you have any questions, suggestions, or would like to get involved, please don't hesitate to reach out. We'd love to hear from you!



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- ALS Walk Strong
- New Services - ALS Society of New Brunswick and Nova Scotia



Check out our YouTube Channel!



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June is ALS Awareness Month

June is ALS Awareness Month in Canada. It seems every month is dedicated to raising awareness for another “cause.” While all are worthy, does selecting a month truly increase understanding beyond the group directly affected?

I think we all need to ask ourselves these questions:

- What do we want people to truly understand about our cause?
- How will increased understanding make life better for the people we serve?
- How will greater knowledge change the lives of people outside our organization?

And as I write this, I wonder – is it really about answering the what and how questions, or is it ultimately about the why?

This is the why of the ALS Society of New Brunswick and Nova Scotia.

Because everyone deserves the chance to live beyond their limits – courageously and boldly – to find joy, to overcome, to celebrate, to ALWAYS LIVE STRONG.

If you are living life strong today, celebrate. A strong life is not without challenges or hardships. A strong life is not happy 100% of the time. A strong life balances the everyday tasks of getting on with things while living with grief and still finding small joys every day.

It is accepting that living is messy. That living is glorious. And that there is love to be found amidst sorrow.

May your family never be touched by ALS or PLS. But may you learn from the people living with these diseases every day. LIVE STRONG.

If you have lived or are living the ALS experience, you know what I’m talking about. May today find you surrounded by the love of family and friends. May today bring small joys – a new flower blooming in your garden, the gift of beautiful music. May your joys outweigh your sorrows. May you continue to LIVE STRONG.

Living strong has nothing to do with your body – it has everything to do with your heart.

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ALS Walk Strong





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ALS Walk Strong

June is ALS Awareness Month, and it is also the heart of ALS Walk Strong season. Walk Strong is our largest annual fundraising and awareness campaign, bringing communities across New Brunswick and Nova Scotia together in support of people and families living with ALS. Every walk, every donation, and every act of support helps us continue providing care, advocacy, and essential equipment at no cost to clients.

This year's theme is Making Moments: More Moments at Home. That theme reflects what support truly means. ALS can change daily life in difficult and unexpected ways, but the funds raised through Walk Strong help protect comfort, dignity, safety, and independence. Through our Equipment Loan Program, we are able to help people remain at home longer and continue living in the spaces and routines that matter most. The equipment matters, but the moments it helps create and protect matter even more.

We are also honoured to have Mark Hustins as our 2026 Walk Ambassador. Mark and his wife, Anne, have shared their story with honesty, strength, and heart, reminding us why this campaign matters so much.

Our Walk Schedule:

- **May 16th:** Queens County Walk at Trestle Trail
- **May 28th:** Yarmouth Walk at Beacon Park
- **June 5th:** St. George Walk at Riverside Park
- **June 6th:** Berwick Walk at St. Anthony's Parish
- **June 6th:** Cape Breton Walk at New Waterford Firehall
- **June 6th:** Truro Walk at Victoria Park
- **June 6th:** Walk for Paul Desjardins at 25 Mona St.
- **June 7th:** Antigonish Walk at Columbus Field
- **June 7th:** Brookfield Walk at the Brookfield Firehall
- **June 7th:** Fredericton Walk at Boyce Farmers Market
- **June 13th:** Moncton Walk at Centennial Park
- **June 14th:** Saint John Walk at Harbour Passage
- **June 20th:** Belledune Walk at Saint Gabriel's Parish
- **June 21st:** Halifax Walk at DeWolf Park
- **June 27th:** Inverness Walk at the Inverness Racetrack

As our Walk Strong season continues, we are deeply grateful to every coordinator, participant, volunteer, donor, and supporter helping make more moments possible for ALS families. When you walk, give, or share the message, you are reminding people living with ALS that they are not alone.





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Announcement - New Services and People!

The ALS Society of New Brunswick and Nova Scotia is thrilled to add the services of a social worker/counsellor to our staff team. Lael Aucoin, with over 15 years of experience, joins the Client Services Team and will offer counselling and support to help people live in acceptance, with the skills needed to adapt to an ever-changing world, facing grief. Lael will help the person and their family caregivers navigate through the challenging world of the healthcare system and be the guide you and your family can rely on. Please reach out when you need help. That's why we're here.

Email: laelaucoin@alsnbns.ca

“Asking for help is never a sign of weakness. It's one of the bravest things you can do. And it can save your life.”

— Lily Collins

Feeding Tube Formula Subsidy Program

The ALS Society is helping with the cost of feeding tube formula. To be eligible for this program, you must have had a feeding tube procedure after January 1, 2026. A one-time subsidy of \$500 is available.

For more information, please contact Emily Wells at ewells@alsnbns.ca

Breathing Machine Calibration and Supplies Assistance

Starting January 1, 2026, all people requiring a breathing machine are eligible for a one-time subsidy of \$500 to assist with the cost of setting up the machine and the one-time use tubing and mask supplies. For more information, please contact Emily Wells at ewells@alsnbns.ca





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As We Move Forward Together

As we move into June, ALS Awareness Month, we do so with gratitude for the strength, compassion, and community that continue to surround the ALS Society of New Brunswick and Nova Scotia. Whether through Walk Strong, new services, shared stories, or quiet acts of care, each moment of support helps remind individuals and families living with ALS that they are not alone. Thank you for being part of this community and for helping us continue to live strong, together.

Check out our YouTube Channel!



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