

FAIRWAY TO HOPE NEWSLETTER

Welcome to the third edition of the Forecaddies to Beat ALS Fairway to Hope Newsletter, your source for local updates, inspiring stories, and upcoming events. Whether you're a PAL (person with ALS), donor, golfer, or new to our community, we aim to keep you informed, engaged, and excited about everything happening with our mission.

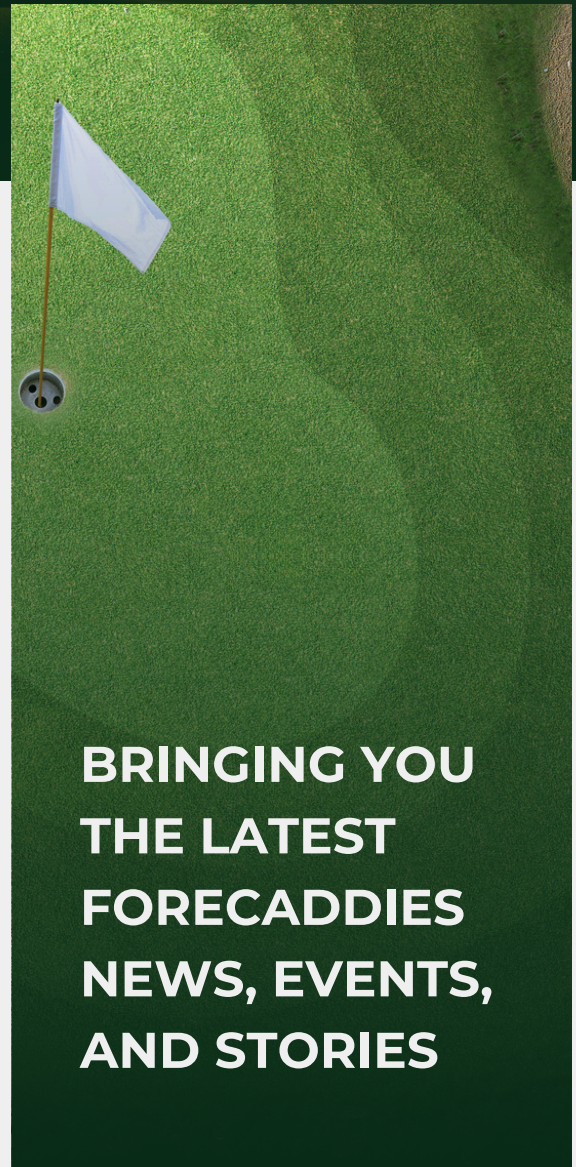
MESSAGE FROM THE EDITOR

Dear Readers,

Welcome to our third edition of the Forecaddies to Beat ALS Fairway to Hope! Wow! Only 2 months until we are re-united at the golf outing. It literally seems like we just got off the course last year, but we can't wait to see everyone again and enjoy a great day for an incredible mission. Words cannot describe how blessed we are to have your support in hope that we can help PALs, help their families, and maybe even help find a cure for this evil disease. This newsletter is a way of communicating that hope. The Forecaddies mission is driven by hope. We pour our hearts into this mission because of a personal connection to ALS and because our faith in God enables our eternal hope. It's all about hope, which is why we named our newsletter after it. Welcome back to Fairway to Hope. Inside this newsletter, you'll find a celebration of our achievements, insights into ongoing projects, and a glimpse into the vibrant life that defines our mission.

Thank you for your continued support and for being the heartbeat of our organization.

Warm regards, Forecaddies to beat ALS



**BRINGING YOU
THE LATEST
FORECADDIES
NEWS, EVENTS,
AND STORIES**

IN THIS ISSUE

- Spotlight on the Kraig Meyers
- Upcoming Events: Mark your calendars for the 2026 Golf Outing!
- Forecaddies Mission Update: Accomplishments in 2026
- Art & Culture: Showcasing our own one-man band
- Business Corner: The impact ALS of Michigan has on PALs
- Wellness and Lifestyle: Banana Bread Recipe
- Volunteer & Giving Back: How you can get involved and make an impact

SPOTLIGHT ON V.P. KRAIG MEYER

This edition of Fairway to Hope shines light on our Vice President of Marketing and dear friend of 56 years, Kraig Meyers.

If you've been to one of our past golf outings, chances are you've benefited from Kraig, even if you didn't know it. Kraig is the guy behind the scenes making sure things happen. He handles the big stuff and the forgotten stuff, the urgent, the unglamorous, and whatever-is-needed stuff. That's how he earned the nickname "The Swiss Army Knife."

He's also a proud member of the Odd Fellows, a committed husband with a long-standing golf course rule with his wife Theresa: you're only allowed to say, "nice shot" or "nice ass". It's an agreement that's helped keep the peace over many rounds. And speaking of Theresa, she has been an essential player in making sure that the golf outing runs smoothly including preparing all the gift baskets and auction items ready for the big day. She has been awesome and keeps the Swiss army knife sharp.

Kraig also likes a good bourbon, believes in getting things done right, and makes some awesome pancakes! For golf advice, Kraig always says "If you want to be a better putter, chip it closer", which is practiced by Kraig and not just preached. This guy can really play and is the main reason our team will break par this year!

Kraig and Theresa both make a huge difference to our mission. We love them and are grateful to have them as part of our Forecaddies family.

Do you know someone who is making a difference? Nominate them for next issue's feature by emailing us your story at jeromev@forecaddiestobeatals.org.





UPCOMING EVENTS

It feels like we just finished the 2025 golf outing but 2026 is here and the next golf outing is just around the corner:

SUN
JUNE 14

2026 GOLF OUTING
GREYSTONE GOLF CLUB
67500 Mound Rd, Washington, MI 48095-1108

Join us to play golf or simply enjoy spending time together at the dinner afterwards while supporting our mission. We always have fabulous games to play and auctions to win! We sold out last year so don't wait too long to sign up!

Coming from out of town? We have blocked multiple rooms at the Cambria hotel. Details can be found at [EVENTS – Forecaddies To Beat ALS](#) to reserve a room.



REGISTER FOR GOLF OR DONATE AT
FORECADDIESTOBEATALS.ORG

OR SCAN THE QR CODE!



FORECADDIES MISSION UPDATE

Our latest updates for progress on this year's mission are:

- 63 golfers registered and ~ 46 more committed to play.
- 40 sponsorships
- 51 individual donations

What an AMAZING update to share! We are getting closer every day to our \$100,000 goal. Thank you for your generosity! Let's keep going!

ART & CULTURE

“I’m gonna make him an offer he can’t refuse”.

Did you know that the making of the movie “The Godfather” was riddled (pun intended) with crazy obstacles that Paramount had to overcome in order for them to make the movie? It is interesting to learn about what they had to go through, and you can get a fun glimpse of it through a TV series called “The Offer”. It stars Miles Teller (Rooster in Top Gun Maverick) and even has a couple mafia-muscle appearances by Lou “The Original Hulk” Ferrigno.

We won't spoil it for you but here are some fun facts about the movie:

- Before Al Pacino got the role of Michael Corleone, three other stars considered for the role included Robert Redford, Warren Beatty, and Jack Nicholson.
- Sofia Coppola (daughter of director Francis Ford Coppola) appeared in all three of the Godfather films. She was just a baby in the original film.
- The film rights to Mario Puzo's The Godfather were purchased based on a 20-page outline of the book.
- Frank Sinatra disliked the film and even tried to block its production.

It is a one-season show and airs on a couple different streaming services like Prime Video and Paramount+. Maybe I'm prejudice cause I'm Italian (and love the movie Top Gun Maverick :-p) but I thought it was fun to watch.

Just remember, if you watch it...

“leave the gun and grab the cannoli”.



BUSINESS CORNER

The impact of helping those who live with ALS:



SNAPSHOT OF SERVICES

SOCIAL SERVICES
An ALS diagnosis comes with many questions and uncertainties. At ALS of Michigan, our Master's level social workers and speech pathologist are here to provide answers and services for our pALS (people with ALS) and their families at no cost ever to those in need.

OUTREACH
Our caring staff regularly check in with pALS and their loved ones through follow-up calls and emails so they can continually evaluate individuals' needs and recommend needed services and resources.

SUPPORT GROUP MEETINGS
Our monthly Zoom meetings provide a safe and supportive environment where pALS, their family members and caregivers can discuss and share their experiences with ALS.

IN-HOME CARE
Our In-Home Care Assistance Program provides relief to families who are caring for their loved one. The program funds up to \$500 of care per month from a home health aide who can help with meal prep, bathing, light housekeeping or staying with a pALS so caregivers can rest and rejuvenate.


ALTERNATIVE COMMUNICATION
ALS of Michigan is proud to offer Michigan's only Augmentative & Alternative Communication Center specifically for pALS. The center is staffed by a speech pathologist who helps pALS who are having difficulty speaking by providing free evaluations, equipment demonstrations and recommendations of available communication devices.

EQUIPMENT LOANS
We have an extensive closet of medical equipment we loan to our pALS including ramps, transport wheelchairs, power wheelchairs, communication devices, bedside tables and more. We also provide "disposable" items free of charge including cervical collars, bathing and toileting items, adaptive utensils and other needed supplies.

TRANSPORTATION ASSISTANCE
The Thomas E. Worford, Jr. Transportation Program provides financial assistance to pALS who can no longer drive or need wheelchair accessible transport to non-emergency medical appointments or special events.

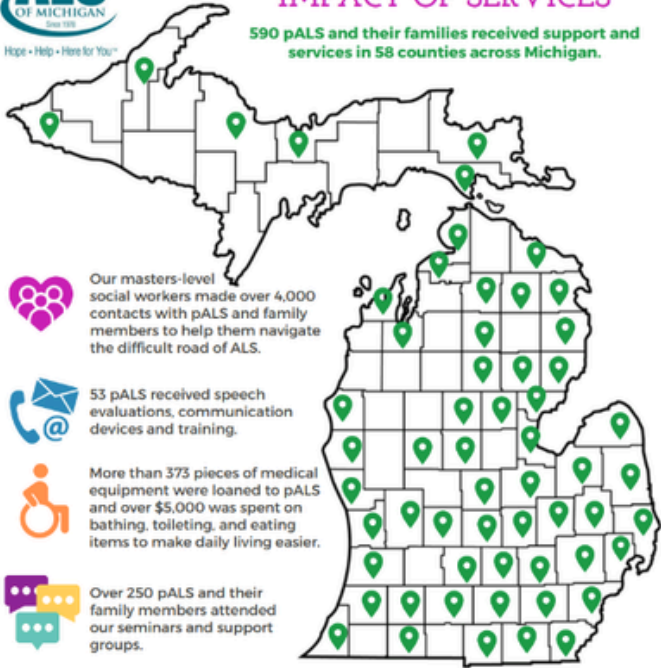
SEMINARS AND CAREGIVER EVENTS
We regularly host Zoom presentations on topics of interest to our pALS and families, such as social security disability and making your home more accessible. Recorded presentations are also available on our website.







800-882-5764 | WWW.ALSOFMICHIGAN.ORG



2025 IMPACT OF SERVICES

590 pALS and their families received support and services in 58 counties across Michigan.



-  Our masters-level social workers made over 4,000 contacts with pALS and family members to help them navigate the difficult road of ALS.
-  53 pALS received speech evaluations, communication devices and training.
-  More than 373 pieces of medical equipment were loaned to pALS and over \$5,000 was spent on bathing, toileting, and eating items to make daily living easier.
-  Over 250 pALS and their family members attended our seminars and support groups.
-  92 pALS and their caregivers received assistance from a home health aide at a cost of nearly \$300,000.
-  The Thomas E. Worford, Jr. Transportation Program funded over \$3,900 in transportation costs for pALS who could no longer drive or needed wheelchair accessible transport.

When you support this fundraiser, you are making a direct and meaningful impact on people living with ALS right here in Michigan.

Every dollar raised stays local and goes directly back to the individuals and families we serve. Through ALS of Michigan, people living with ALS receive essential support at no cost, including in-home care assistance, equipment from our loan closet, communication devices and therapy, support groups, and educational resources.

ALS is a devastating disease that affects not only the individual diagnosed, but their entire family. Our mission is to help people with ALS live as fully and comfortably as possible and that is only possible because of the generosity of supporters like you.

Your contribution is not just a donation. It is direct support, real relief, and a reminder to Michigan families facing ALS that they are not alone.

Classic Comfort Banana Bread!

Banana bread is one of those classic, all-American comfort food recipes that simply makes everything better. Here is a banana bread recipe for you to try. So yes, if you have some old bananas today, give this a whirl!



Ingredients

- ⅓ cup (75 grams) **melted coconut oil** or extra-virgin olive oil or high-quality vegetable oil
- ½ cup (168 grams) **honey** or maple syrup (155 grams)
- 2 **eggs**
- 1 cup (225 grams) **mashed ripe bananas** (about 2½ medium or 2 large bananas)
- ¼ cup (56 grams) **milk of choice** or water
- 1 teaspoon **baking soda** (NOT baking powder)
- 1 teaspoon **vanilla extract**
- ½ teaspoon **salt**
- ½ teaspoon **ground cinnamon** (plus more for swirling on top)
- 1¾ cups (220 grams) **white whole wheat flour** or regular whole wheat flour
- Optional: ½ cup **mix-ins** (walnuts, pecans, chocolate chips, raisins, etc.)

Instructions

1. In a large bowl, whisk together the **oil and honey**. Add the **eggs** and beat well, then whisk in the **mashed bananas and milk**. *(If your coconut oil solidifies, let the bowl sit in a warm spot or microwave for about 10 seconds.)*
2. Add the **baking soda, vanilla, salt, and cinnamon**, and whisk to combine. Using a large spoon, gently stir in the **flour** just until combined, some lumps are okay. Fold in any optional mix-ins.
3. Pour the batter into the prepared loaf pan and lightly sprinkle with cinnamon. For a swirled effect, run a knife through the batter in a zig-zag pattern.
4. Bake for **55–60** minutes, or until a toothpick inserted in the center comes out clean. *(About 55 minutes without mix-ins; closer to 60 minutes with them.)*
5. Let cool in the pan for **10 minutes**, then run a knife around the edges and transfer to a wire rack to cool completely before slicing.

VOLUNTEER & GIVING BACK

Our mission is strongest when we work together. Share our story when you get a chance by replying to jeromev@forecaddies.org.

Our website link is forecaddies.org. The next story or donated dollar might be the one that provides comfort and allows a PAL family member to rest or enables scientists to find a break-through cure.

Thank you for reading and for being an essential part of our mission. Together, we build a brighter, more hopeful future for those with ALS.

Until next time,
The Forecaddies to Beat ALS

