

Double your impact to help families stay safe at home



My name is Hema Sheth and I am a spouse of an ALS patient, Arjun Sheth. Since 1981, after we moved to New Jersey from India, Arjun worked in pharmaceutical companies as a research scientist and I worked for the State of New Jersey as a financial auditor. We have a son and daughter who have given us four granddaughters.

During 2021, Arjun started to have some health issues like losing weight and unsteadiness. After extensive doctors' visits, he was diagnosed with ALS in 2022. Even now, it's hard to believe. As he was unable to drive, Arjun was forced to resign from his job. Because of his condition, I also resigned from my job in 2023 to take care of him.

There are so many necessary costs that are not covered by insurance! Supplies to take care of Arjun and keep him safe are expensive – things to clean the house, sanitary items, special food. **The in-home care assistance we receive from ALS United Mid-Atlantic is very, very helpful.**

Our in-home care assistant, Cindy, lives nearby and is always willing to help. One of the ways she helps is to prepare Arjun for his doctors' appointments. Cindy is very knowledgeable with years of experience. We are so grateful for her care.

There are other times Cindy helps us, like taking Arjun outside for some fresh air or even to get his hair cut. **These are smaller things that we might take for granted when we are healthy, but they are important. And it helps me realize that I don't have to do this on my own.**

My family appreciates all the help we receive from ALS United Mid-Atlantic. It makes a big difference!

Hema Sheth

Hema Sheth

For 30 years, ALS United Mid-Atlantic has offered in-home care assistance to ALS families. Your donations have helped to enhance and grow this program. Please give today and your gift will be matched for DOUBLE the impact.



A diagnosis of ALS is shocking and devastating to any family and the news can be overwhelming. I met the Sheth Family in 2023 when Arjun was diagnosed. As a social worker of more than 10 years, I help navigate ALS United Mid-Atlantic's care services that support patients and families from the moment their lives are turned upside down.

As people with ALS become more dependent, remaining in their own homes is vital. They can continue to stay together in the most difficult times while enjoying the day-to-day comforts of the home life they have built. But eventually, around-the-clock care becomes necessary and can be exhausting.

The Howard I. Abrams In-Home Care Program offers families caregiving assistance to meet their individual circumstances. The program – funded by donors like you – was developed in response to patient and family needs. Because in-home care is typically not covered by Medicare or private insurance, families are left to pay on their own. Since 2018, in-home care costs have increased nearly 30%, leaving many families behind.

Your donation to the Howard I. Abrams In-Home Care Program means that family caregivers like Hema can hire a professional to assist her with the intense work of caregiving. Hema can take breaks for errands or much needed alone time and be confident that Arjun is being well cared for at home.

Lori and Kent Griswold, former owners of prominent caregiving agency Griswold Home Care, established The Lori and Kent Griswold Caregiving Fund for ALS United Mid-Atlantic. **Their Fund is matching gifts up to a total of \$20,000, DOUBLING YOUR IMPACT.**

Please join ALS United Mid-Atlantic today with your donation to give the Sheth family and others battling this disease the chance to live their lives to the fullest.

With gratitude,

Anne Cooney
Anne Cooney, MSW, LSW
Social Worker

“Caring for a loved one with ALS is an act of love, but it's also physically and mentally exhausting. I know this firsthand as my father had ALS and the need for breaks is critical.”

These breaks allow the family to rest, recharge and run errands so that they can provide the best care possible when they return.”

– Larissa Gibbons,
ALS United Mid-Atlantic
Program Coordinator