



Viva Financial is proud to announce another charity event! Our sister-in-law, Kathy, has been fighting her battle with ALS for over eight years. She is one of the strongest people we have ever met! We started thinking of how we could do our part in helping to raise awareness and some money for this terrible disease. We will be walking in the **Walk To Defeat ALS in Columbus** at Dublin Coffman Park on September 18th starting at 9:30 AM. All are welcome to join us! There is not a fee to participate in the walk and no donation is expected.

We are also doing a fundraiser called **Dine and Donate**. We are working with City Barbeque in Gahanna to raise money for the ALS Foundation. For every dollar that is spent, \$0.20 will be donated on behalf of Team Kathy- Viva Financial. Please mention our group name **The ALS Association Central & Southern Ohio Chapter – Team Kathy- Viva Financial**.

****When ordering in person, you will also need present this letter or our social media post with code FundA visible, either by pulling it up on your phone or presenting a printed copy.**

We hope you can come out and join us!

Dine and Donate:

Date: Thursday, September 8, 2022

Time: 11:00 AM-9:00 PM

Location: City Barbeque

108 S Stygler Rd,
Gahanna, OH 43230

Phone: (614) 416-8890

CODE: FundA

Group Name: The ALS Association Central & Southern Ohio Chapter – Team Kathy- Viva Financial

Below is Kathy's Facebook post from 2021. This is her story, in her words.

Posted May 7, 2021

This post is a long time coming and has been difficult to write and make public. However, after careful consideration for my family I've decided to talk about what many of you have seen in me over the last couple years. So many of you have had questions about my health and have been so respectful of my privacy however, I feel it's time, especially for my husband and children, to tell you all what is going on.

About seven years ago, around the same time I was developing my fitness program Zone, I noticed some difficulties with my muscles and getting through a workout like I used to. Knowing enough about the body I started looking online plugging in my symptoms and getting possible diagnosis - none of which were good. Surprisingly, the doctors we saw were pretty quick to give a diagnosis to a condition that typically takes a long time to rule in or out. It was the scariest of all outcomes and the one I feared the most. I have been diagnosed with ALS, amyotrophic lateral sclerosis, or Lou Gehrig Disease, and it has been extremely hard to accept.

Those of you that know me well know how active I have been my entire life. I have spent over 30 years helping people in their fitness journey and have enjoyed being beside them and doing it with them. One of the reasons I didn't share this with people seven years ago was because I feared for my job. I wanted to keep doing what I loved but wasn't sure what this information would do to that. So through the uncertainty I continued to run the business and develop the program. In December it was decided that Zone would close and I would take a step back from Maximus. And now it's time for you to know.

I want to apologize to my friends that I've kept in the dark because you all have done so much for me and never asked questions. You've watched my situation change and have been so quick to jump in at any moment to help me and my family. And now I have to ask even more of you. I ask that you check in on Tripp and the kids as I rely solely on them every day for help. They are amazing, my rocks, my reasons to keep going. However, it's hard, it's frustrating and it takes its toll on them too. When you pledge "in sickness and in health" you never imagine THIS and it sucks.

The average life expectancy for someone with ALS is 2 to 5 years. I am in year seven. Although I am thankful I am progressing slower, every day, every week, every month, every year presents new challenges. I am sad, Tripp is sad, I am scared, Tripp is scared so I ask if you pray, please pray for us. If you have helpful words of encouragement, or ways you know how you or others cope, reach out to us. I still struggle with the "why me?"

I thank God every day for having so many people in my life that care about us. I'm not sure how I got so blessed. I hope you can forgive me for not sharing this with you sooner. I understand you may have questions and I am happy to answer them.

My love to you all.

Thank you in advance for helping in the ALS battle!

Kind Regards,

Viva Financial Team