



connections

YOUR GUIDE ON THE PATH OF LIVING WITH MULTIPLE SCLEROSIS



A MESSAGE From the President



Active, healthy living: the experts tell us these are among the cornerstones of happy and productive lives. As we bring you this fall edition of MS

Connections—Your Guide on the Path of Living with Multiple Sclerosis—you will notice these cornerstones are alive and well at the MS Society.

During August and September, over 1,000 dedicated and determined bikers participated in our Biking to the Viking, and Riding Mountain Challenge bike tours. Cycling more than 170 km over two days and supported by outstanding volunteers and generous pledgers, these riders raised over \$634,000 in support

of research, programs and services. And while our 2012 WALKs are still months away, you will read about exciting changes in store for the 2012 Winnipeg WALK which will take place on Sunday, May 6th. Without our WALK and BIKE events, we would not be able to deliver the many programs and services you will read about in this issue.

We are very pleased to bring you news from the MS Clinic about the clinical trial work of Dr. James Marriot and to introduce you to Melissa Nance who has joined the clinic team as an occupational therapist. There is news too about a new legal advocacy program, as well as information about the many programs taking place at the MS Society offices and across the city.

Team MS Manitoba wishes you an active and healthy day.

YOU ARE INVITED TO
THE MULTIPLE
SCLEROSIS SOCIETY'S

ANNUAL HOLIDAY PARTY

WEDNESDAY, DECEMBER 7, 2011
7:00–9:00 p.m.

FORT ROUGE LEISURE CENTRE,
625 OSBORNE STREET

Join us for fantastic entertainment,
refreshments and door prizes!

RSVP your attendance and/or
if you require transportation
to Deanna at 988-0905

MS Connections is published three times per year by the:



Manitoba Division

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We wish to thank Teva Canada Innovation for their generous contribution to this newsletter.

DISCLAIMER: The Manitoba Division of the MS Society is proud to be a source of information about multiple sclerosis. The content in MS Connections does not represent therapeutic recommendation or prescription. For specific information and advice, please consult your physician. Articles in this newsletter do not necessarily represent the position of the Multiple Sclerosis Society but are solely representative of the positions and opinions of the contributors.

Manitoba's 9 MS Walks Set to Highlight MS Awareness Month this May

U of M the new home for the 2012 MS Walk in Winnipeg!



We are excited to announce that the Max Bell Centre at the University of Manitoba's Fort Garry Campus will be the new home of the 2012 MS Walk in Winnipeg.

On Sunday, May 6, 2012, MS Walkers will be lacing up for someone they love next door to the new home of the Winnipeg Blue Bombers.

The Max Bell Centre is a first-rate facility that enables us to house every aspect of the MS Walk in one venue; it is fully accessible, provides ample parking and is easily accessible by transit. Stay tuned for details of the new route that will see MS Walkers wend their way through the historic campus, down beautiful King's Drive and into King's Park.

We are confident all of our MS Walkers will embrace the new venue and route with

as much passion and commitment as they have continually shown for many years.

In addition, communities outside Winnipeg will also see Walks in Brandon, Dauphin, Flin Flon, Lac du Bonnet, Morden, Portage la Prairie, Steinbach and The Pas. Many of these Walks will cap off MS Awareness Month on Sunday, May 27, 2012.

See you at the Start Line!

GET INVOLVED!

If you have a knack for organizing and enjoy connecting with other members of your community, we'd love to hear from you!

All Walks are fully supported by our Manitoba Division office, but we're looking for an enthusiastic team of individuals to take the lead within their own community.

Depending on their strengths and interests, Community Engagement Committee (CEC) Members will take on a variety of roles.

Opportunities for engagement include: recruiting volunteers, placing supply orders, organizing site set-up (logistics); distributing posters and brochures, promoting the Walk throughout your community (marketing & recruitment), and approaching local businesses for product or monetary donations (sponsorship).

If this sounds like something you would like to learn more about, or if you know of someone that might be interested, please contact Brandy, our Community Engagement Manager at 1-800-268-7582 or E-mail brandy.schmidt@mssociety.ca.

MS WALK
EVERY STEP MATTERS.

MS Society of Canada, Manitoba Division

The Westman Chapter would like to introduce two new staff members



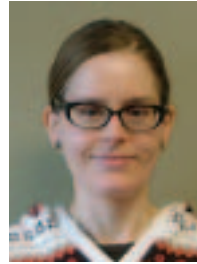
MELISSA ROTHWELL,

Manager of Client Services

Melissa has a master's degree in Applied Anthropology from Macquarie University (Sydney, Australia) and a Bachelor's in Sociology from

Acadia University (Wolfville, NS). She has spent many years travelling, studying, working and volunteering in over 26 countries. She has spent the majority of her working life in the mental health field. "I am passionate about

working for non-profits and believe that we can achieve a great deal of success for our causes at the grassroots level," Melissa says. "I am very excited about my new career path and believe that the MS Society is a wonderful organization that helps thousands of people. I am very excited to be a part of Team Manitoba and look forward to the future!"



LISA EDWARDSON,

Manager of Development

Lisa comes to us from The Women's Resource Centre where she was the Program Coordinator. She has a background in Sociology,

Psychology and Natural Health. Lisa says, "I am passionate about continuing my career in the non-profit field and incredibly excited about coming to the MS Society."

GIVE A GIFT TO UNWRAP THE MYSTERY OF MS THIS HOLIDAY SEASON



With everyone coming together in a festive atmosphere, don't forget to think of the MS Society in your celebrations by hosting a Community Event Fundraiser. Simply invite friends, family, colleagues—anyone in your network—to share in your passion for finding a cure and supporting vital programs and services.

Here are some ideas to get you started: Holiday Bake Sale/ Cookie Bake-off; Gift Wrapping Service; Office Olympics;

Chanukah Party; Boxing Day Brunch; New Year's Eve/Day Chili Cook-off; Asking for a donation in lieu of a host gift; Workplace Casual/Jeans Day; Caroling; Grey Cup or Super Bowl Party.

Visit our website for more information and additional ideas: <http://mssociety.ca/manitoba/CEF.htm>.

If you have something in mind, or would like help narrowing down your options, please contact Brandy at 1-800-268-7582 or brandy.schmidt@mssociety.ca.

MS CREATE YOUR
OWN EVENT

Will Testosterone Improve Energy Levels?



Dr. James Marriot,
MS Clinic, Manitoba

A clinical trial looking at the effects of testosterone on men with multiple sclerosis is another step closer to moving forward at the MS Clinic in Winnipeg.

The Health Sciences Centre Foundation recently announced it is among the funding partners of a project led by Dr. James Marriot of the MS Clinic in Winnipeg, which would determine whether testosterone helps improve the energy in men affected by multiple sclerosis. Dr. Marriot says ethics approval is still required before the trial can proceed; this is something he hopes will start in the New Year.

“I’m testing to see whether testosterone tablets will improve short-term energy levels in the test subjects. If (the trial) shows a trend in Manitoba, I’d like to see it expanded to multiple centres across Canada,” Dr. Marriot says.

“We’re planning to test about 50 men over a period of approximately seven months. The project would require another year for data analysis and for conclusions to be formalized,” Dr. Marriot says. “The hope is that the results of the study can be determined within two years of the start date.”

Dr. Marriot says some subjects would start by taking the testosterone, while others would take the placebo. The subjects would then “crossover” midway through the trial, meaning all would take the testosterone tablets and the placebo at times during the trial.

All types of relapsing and progressive MS patients are potential candidates, provided they have significant fatigue. Participants must be between 18-65 years old, male, and without other serious medical conditions such as cardiac problems or serious liver or kidney disease.

MS Clinic, Health Sciences Centre,
GE173-820 Sherbrook St., Winnipeg, Manitoba,
R3A 1R9, Phone: (204) 787-5111

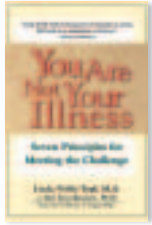
NEW Face at the MS Clinic



MELISSA NANCE

is the new occupational therapist at the MS Clinic. “Being an occupational therapist is a fulfilling role, and I enjoy my time partnering with clients to explore new ways of engaging in daily living activities that are meaningful, practical and contribute to a person’s well-being,” Melissa says.

“I worked in acute care for four years before moving to the MS Clinic in September. I’m looking forward to attending the Consortium of Multiple Sclerosis Centers (FCMSC) and the International Organization of Multiple Sclerosis Rehabilitation Therapist (IOMSRT) 2011 MS Rehabilitation Fellowship Program and bringing new ideas and information back to the staff, clients and families of the MS Clinic and the MS Society.”



**YOU ARE NOT YOUR ILLNESS:
SEVEN PRINCIPLES FOR
MEETING THE CHALLENGE**

Linda Topf, MA with
Hal Zina Bennett, Ph.D.

Not only can disease, injury, or disability physically change the course of one's life, but also great emotional upheaval can occur. The author lives with progressive MS and writes about her own personal growth and journey moving from a sense of self that is threatened by physical limitation to a place of regaining emotional and spiritual wholeness. It is a book of courage, strength, meaning and hope which offers guidance to living successfully with a life-threatening disease or disability. *You Are Not Your Illness* is a how-to book providing readers with tools to help improve the quality of their lives. In addition to addressing seven principles for meeting the challenge, Linda Topf discusses numerous life skills throughout the book as well as providing a number of practical self-help exercises. This book is an inspirational read intended not only for someone living with illness or disability, but also shows supporters, caregivers, family members and physicians a new way to relate to those for whom they care.



**IT'S NOT ALL IN YOUR HEAD:
ANXIETY, DEPRESSION,
MOOD SWINGS, AND
MULTIPLE SCLEROSIS**

Patricia Farrell, Ph.D.

Many people are surprised to learn that MS is not just a physical disease, that it has many emotional effects that influence a person's quality of life. This book provides a cognitive-behavioural approach to overcoming the depression, anxiety and stress that goes hand-in-hand with multiple sclerosis. Dr. Farrell helps individuals and their families develop a better understanding of the effects that MS has on mood levels and anxiety, and offers a plan of action that includes many coping strategies for everyday.

Beat Stress

New program gives members new tools

For three Monday afternoons in October a group of members learned about stress—what it is, how it affects your body, mind and spirit, how to throw out ineffective coping methods and replace them with good strategies for managing the stress in your life.

Every member of the group was a teacher and a student, sharing experiences and learning from one another.

Sue Keyton, who happens to be the MS Society's wonderful yoga instructor, offered a session on meditation that left participants breathing deeply and feeling remarkably energized. The program wound up with a presentation on emotional wellness by Ruth B.Z.Thomson, social worker and counsellor.

All participants felt that they learned about themselves, their own sources of stress, the impact of stress in their lives, the relationship with chronic illness and ways to manage stress.

“Writing about stressful situations has helped me feel better.”

“I have surprised myself and other people by speaking up for myself.”

“I feel more able to put things in perspective.”

“I have really enjoyed this program. Thank you!”

A fourth session will follow in a month to evaluate the ongoing impact of the program and fill in any gaps that participants identify.

Interested in participating? Contact Ellen Karr at 988-0917/1-800-268-7582 or email at ellen.karr@mssociety.ca .

Legal Advice, Advocacy for Persons Living with MS

The Manitoba Division of the MS Society of Canada is pleased to announce the launch of the MS Volunteer Legal Advocacy Program!

The Volunteer Legal Advocacy Program (VLAP) is an exciting new program designed to benefit persons living with multiple sclerosis in Manitoba by providing access to volunteers with legal and advocacy experience for legal advice and/or representation in three different areas of the law.

WHAT AREAS OF THE LAW WILL VLAP ADDRESS?

The Manitoba Division of the MS Society of Canada recognizes that a variety of unique legal/advocacy challenges exist among persons living with MS. We are partnering with lawyers to provide help in

the following areas: employment issues; insurance income security, and estate planning.

HOW DOES A PERSON REQUEST ASSISTANCE FROM VLAP?

Contact Nadine Konyk, Client Services Coordinator at the MS Society at 988-0904 or 1-800-268-7582 or email nadine.konyk@mssociety.ca for more information. Eligibility for legal services will be determined by a needs assessment, including financial criteria as well as a description of the situation. The individual would then be referred to a VLAP lawyer with the specific area of expertise.

Watch for... “A Taste of Wellness”

The MS Society is currently working with the Reh-Fit Centre to develop a program to encourage individuals to “taste” a variety of programs. This will allow you try a program with no long-term commitment to participate. Be warned, however, that you just might find a number of exciting new activities that you love!

Our plan is to offer people affected by multiple sclerosis a “taste” of different wellness activities through a variety of “hands on” sessions. These will be held at the Reh-Fit Centre and will consist of twice a month programs approximately one and half hours in duration, likely beginning in March 2012. We would like to offer at least six new and different program options and, hopefully, find one or more that individuals

will want to incorporate into a healthy living lifestyle. Possible “tastes” could include zumba, pilates and weight training.

If you would like further information, please contact Deanna at 988-0905.



Meeting the Needs of People Living with MS and their Families

We keep those affected by multiple sclerosis at the centre of our work at every level of our organization



ON PARLIAMENT HILL

Representatives from the MS Society continue to work with the federal government to improve the lives of people with MS. In October, MS Society Director of Client Services and Government Relations Darell Hominuk, and MS Society Manitoba Board of Directors member Signy Hansen met with Members of Parliament Steven Fletcher and Joy Smith in Ottawa to address three priority issues:

- Employment supports and income security programs that are comprehensive and flexible so people can work part-time and receive partial benefits;
- Help for caregivers with their financial security while they are looking after loved ones, and
- Continued support for people with MS by improving access to health care practitioners, homecare and community supports, and proven and effective drugs and therapies.

Mr. Fletcher was particularly engaged in the discussion offering both his advice and support to the issues. He is committed to the

annual six per cent ongoing increase of health transfers to ensure Canadians can count on access to health care no matter where they live. The Manitoba Division thanks the MPs that offered their time and looks forward to continuing its work with Ottawa to shape a more inclusive and accessible Canada.

AT THE MANITOBA LEGISLATURE

The MS Society is committed to enhancing the quality of life for Manitobans living with MS, taking the October provincial election campaign as an opportunity to send a letter to key Members of the Legislature Assembly to reaffirm three issues of importance:

- The need for age-appropriate long-term housing options for young adults with high care needs;
- Caregiver issues including adding to the Caregiver Tax Credit and the announcement of a Caregiver Recognition Act, and helping caregivers with additional supports in Manitoba, and
- Equitable access to treatment from outside the city centre.

Minister of Health Theresa Oswald and Minister Responsible for Persons with Disabilities Jennifer Howard were quick to acknowledge the issues and forwarded our correspondence to the Provincial Secretary of the Manitoba NDP for review and consideration. We congratulate all MLAs on their wins and look forward to ongoing collaborative efforts with elected officials to improve quality of life for people affected by MS.

Sabrina's Story

An Inside Look at the MS Ambassador Program

My story began on December 1997. I awoke one morning, experiencing a ‘pins and needles’ feeling in my right arm. Over a few days, this sensation continued on to my left arm and gradually progressed throughout my entire body. At that time I knew something was wrong. Over the next few months, my symptoms progressed to fatigue. After numerous doctor appointments and emergency visits, a neurologist sat across from me and told me that I could potentially have Multiple Sclerosis. He recommended an MRI for further testing. I sat in complete disbelief. My first reaction was: why me?

I now understand that MS is not just about me; it is about the 50–70,000 Canadians that are affected by MS and the approximately 1,500 individuals that are diagnosed each year. If you were to see these individuals standing across the street, in many situations you would have no idea that they were living with MS, which is why this disease is considered the “invisible” disease.

As an Ambassador for the MS Society, my role is to bring MS to the forefront so everyone in Manitoba is aware of this disease and the support provided by the MS Society.

Over the past few months, I have had the pleasure of delivering presentations to the Winnipeg North Rotary Club and the Transcona

Rotary Club. Both groups were interested in hearing “my story”: how I was diagnosed, what are my symptoms, and what’s new in MS research. I reached out to many Rotarians and the key message I heard was that we need to bring more awareness to the effects of living with MS and the support of the Society. What I love about the presentations to the Rotary Club is that over 90 per cent of the attendees know someone living with MS and will now share our story and the support the Society provides. They have now become our advocates. Not only is this about sharing our story, these presentations are also a great opportunity to put a face to the disease, give our thanks for donations made by members of the Rotary Club and encourage them to continue supporting us.

By continuing to reach out, this program will be a huge success. Thanks to the MS Society for supporting a great initiative.



NEUROFIT

Wellness Institute at Seven Oaks General Hospital,
1075 Leila Avenue

Neurological conditions such as Multiple Sclerosis, ALS, dystonia, Guillaine-Barre syndrome, post-polio syndrome, Parkinson's disease and Huntington's disease can affect your quality of life, particularly your ability to stay active. Neurofit is an exercise program offered by a qualified Wellness Institute professional. The focus will be on increasing strength, endurance and flexibility—all of which are important for you to maintain your independence with activities of daily living and enjoy life to the fullest. Special consideration will be given to factors which may impact your ability to exercise such as fatigue, heat sensitivity, loss of balance and spasticity.

Program adaptations will be made to accommodate individual differences in fitness levels and fitness goals. Get active now—and enjoy the rewards of being in the best shape you can be!

NEUROFIT [8 WEEKS]

\$60 non-member/\$55 member Wellness Institute
Maximum number of participants is 10.

If you are interested in participating in this program or would like additional information, please contact the Wellness Institute at 632-3900.

MS ACTION PROGRAM

Rady Jewish Community Centre,
123 Doncaster Street

The MS Action Program is designed to help people living with multiple sclerosis improve their overall health and fitness. Strengthen your muscles and increase flexibility to help manage the symptoms of MS.

For further program information call 477-7510.

MS AQUATICS

City of Winnipeg

The City of Winnipeg Community

Development, Recreation and Support Services Department offers adapted aquatic programs specifically designed for individuals with multiple sclerosis. Programs run out of *Sherbrook Pool* and *Bonivital Pool*.

Call 311 for additional program information or to register.

TAI CHI HEALTH RECOVERY CLASS

Taoist Tai Chi Society, 1100 Pembina Highway

The Taoist Tai Chi Society offers a Health Recovery Class on Mondays from 7:00–8:00 p.m. and Friday mornings at 10:30–12:15 p.m. on an on-going basis at the 1100 Pembina Highway location.

Cost: a one-time fee of \$20 must be paid to become a member of the Taoist Tai Chi Society, and then a monthly fee of \$38 is paid for each month an individual chooses to participate. The monthly fee is negotiable upon registration and includes a free t-shirt.

The Taoist Tai Chi Society Health Recovery class is open to individuals who are both ambulatory and/or utilizing a mobility aid. As is the case with all Tai Chi classes, a philosophy which integrates both mind and body is utilized as part of an overall health maintenance system. Tai Chi movements are gentle and balanced, which makes it a perfect exercise to be practiced by anyone, regardless of age and/or physical condition. Warmer hands, stronger legs and greater endurance are just a few of the rewards achieved from faithful practice.

For additional information, contact the Taoist Tai Chi Society directly at 453-1349.

SIMPLY UNIQUE

A new opportunity has become available to individuals living with a disability who enjoy swimming.

The newly renovated, wheelchair-accessible North Central Pool at 90 Sinclair Street (located at Sinclair and Dufferin Avenue) is hosting a swim on Tuesdays from 5:00–8:00 p.m. This pool is fully wheelchair-accessible

with a wet chair and hoist, and free access to gym equipment is also an option. Support staff are welcome to assist with your swim, but the pool is not open to the general public during this swim time.

If you would like additional information, please contact Syvanna at 989-7094.

LOW IMPACT & GENTLE AQUAFIT CLASSES

YMCA-YWCA of Winnipeg, South Branch

Low Impact is a slower-paced class focusing on cardio, muscular conditioning, stretching and balance.

Gentle Aquafit is a shallow Aquafit class offering both cardio and muscular conditioning components.

All ages and abilities are welcome. Drop-in and membership rates available.

For more information on these classes or other programs, please call 233-3476 or email smalahias@ymcaywca.mb.ca or drop-in at the 5 Fermor Avenue location for a tour.

GENTLE YOGA/CHAIR YOGA

Reh-Fit Centre

This class is suitable for those who are

recovering from an illness, surgery or have a physical limitation. It is also suitable for those who wish to take a yoga class at a gentler pace. All exercises can be done from a chair.

Call 488-8023 for further information or to register.

LIGHT YOGA

Caboto Centre

Learn how to relax and find inner peace and balance through simple yoga. This course is designed for those who cannot participate in our regular yoga class due to physical limitations.

To register or for further information call 487-4597.

WELLINGTON COLLEGE OF REMEDIAL MASSAGE THERAPIES STUDENT CLINICS

Berry Street Clinic: the clinic's focus is relaxation and spa type massage. Many of these students train onsite at the MS Society.

To book an appointment please call 957-2402 or go online to www.wellingtoncollege.com. A one hour massage costs \$25 plus tax.

WINTER Recreation & Social Programs 2012

YOGA

Yoga has been in existence for thousands of years, and it has continued to grow in popularity over the past many years. It is a practice that has long proved to be beneficial for individuals living with multiple sclerosis. Yoga promotes balance, increases range of motion and reduces fatigue. The meditation component encourages relaxation and helps to reduce stress. And the beauty of it is that it can

be done by anyone, with any degree of disability because it really becomes a personal practice that can be adapted to suit individual needs. Instructors with the MS Society understand that every individual living with MS has unique symptoms, and as such poses may require adaptation and assistance.

If you have considered yoga but are

... Continued on page 12

Continued from page 11 ...

uncertain as to whether or not this is a practice you would enjoy, consider dropping in for a class or two to see if this is something that works for you.

Day: Wednesday
Start: January 11, 2012
Duration: 10 weeks
Time: 10:00–11:30 a.m.
Location: 1465 Buffalo Place
Cost: \$50 for MS Society members
Registration required for the full ten-week session

Please remit payment for yoga upon receipt of your yoga registration form. Space is limited; therefore registration will be based upon receipt of both the registration form and payment. Participants will be called to confirm their registration in the class.

TRY OUT YOGA!

Day: Wednesday
Start: January 11, 2012
Duration: 10 weeks
Time: 12:00–1:30 p.m.
Location: 1465 Buffalo Place
Cost: \$50 for a ten-week session OR \$5 per class for the first three classes if individuals would like to try out yoga. Registration in the remainder of the session will be \$35

There is no expectation that you must register for the remainder of the session unless you have decided that this is something you definitely enjoy and get benefit from... so there is nothing to lose by trying it out!

MESSAGE THERAPY

MS Society, 100—1465 Buffalo Place
In Fall of 2011, a change in school

curriculum at the Wellington College of Remedial Massage Therapies Inc. postponed the start of our massage therapy program. This program will be up and running in February 2012. Due to the short duration of the season, from February to June, participants may only have the opportunity to participate in one of the sessions. This will depend on the number of individuals interested in this program.

Massage Therapy is offered at the MS Society and is provided by students of the Wellington College of Remedial Massage Therapies Inc. Massage is offered on Tuesday afternoons at either 1:00, 2:00 or 3:00 p.m. at the MS Society, 1465 Buffalo Place. Sessions range from five to six weeks in length. *While there is no cost for this program, donations to the Wellington College of Remedial Massage Therapies Inc. are welcome.* All donations will go towards a scholarship for students of the Wellington College of Remedial Massage Therapies Inc. Please consider this a way to thank the students for their hard work, and the college for continuing to provide this wonderful service for the MS Society.

If you are interested in registering for this program please contact Deanna at 988-0905. Please note that every September a new list of individuals interested in this program is compiled. You are not automatically on this list if you have participated in the past, so please call to register.

STEPPIN' OUT GROUP

Steppin' Out is a group consisting primarily of ambulatory members of the MS Society who can attend an outing independently. Outings are planned by the group according to group interest at a yearly planning session. This group is facilitated by a Steppin' Out group member, and participants must provide their own transportation to these outings.

The Steppin' Out group includes members and spouses or significant others. While fun

is *definitely* the goal of the group, the unspoken spin-off is the support, empathy and understanding group members get from one another. There's nothing like doing something with someone who knows and understands what you are experiencing.

For more information, contact Deanna at 988-0905.

SOCIAL GROUPS

The Winnipeg area currently has three social groups that meet regularly. These groups are facilitated by an MS Society staff member, and volunteers are available to provide assistance to participants. The participants in these groups plan outings to a wide variety of locations throughout the city. Examples include going out to lunch, trips to museums and art galleries, and attending sporting events. The cost for each outing varies but

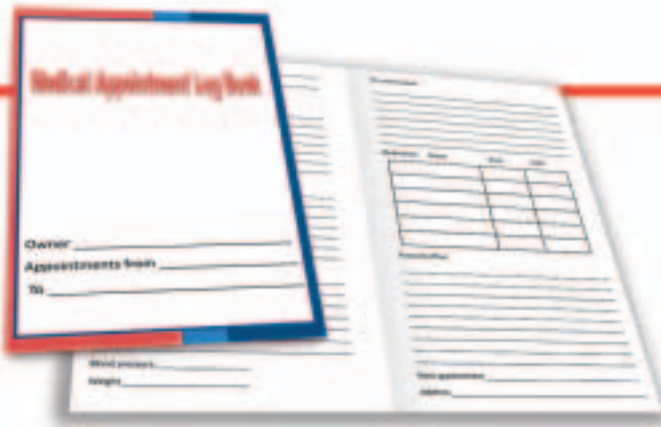
every effort is made to keep prices reasonable. Transportation is provided to each outing.

If you or someone you know would enjoy a social outing, call Deanna at 988-0905.

SOCIAL CLUB

Do you enjoy socializing and playing board games? If so, consider joining the Thursday morning Social Club. This group meets every first and third Thursday of the month from 10–12 p.m. in the program room at the MS Society location at 100-1465 Buffalo Place to play a variety of board games. Members rotate bringing snacks and coffee is provided. This has become a favourite pastime for many of our members, and new participants are always welcome.

If you would like further information, call Deanna at 988-0905.



A HANDY HELPER FOR YOUR MEDICAL APPOINTMENTS

The Medical Appointment Log Book is a new tool developed by the Manitoba Division to help you manage your health care calendar. It will assist in preparation and planning for appointments, recording information such as lab results and medication changes, and help keep track of outcomes of your visits to physicians, nurses, dietitians and other members of your health care team.

You can find the log book at www.mssociety.ca/manitoba , then click on Client Services, or contact Ellen Karr at 988-0917 or 1-800-268-7582 or email at ellen.karr@mssociety.ca .

Mark Your **CALENDARS!**

The following areas within 150 km around Winnipeg will be hosting a holiday luncheon:

MORDEN

Morden Motor Inn Rocks Bar & Grill
Tuesday, December 13
12:00–2:00 p.m.

PORTAGE LA PRAIRIE

Lion's Prairie Manor
Wednesday, December 14
11:30 a.m.–1:30 p.m.

STEINBACH

Magnolia Restaurant in Steinbach
Thursday, December 8
12:00–1:30 p.m.

TEULON

Teulon Hunter Memorial Hospital
Friday, December 16
11:15 a.m.–1:15 p.m.

For more information, contact Nadine at 1-800-268-7582 or send an E-mail at nadine.konyk@mssociety.ca.

PROGRAMS and Events

Westman Chapter

COFFEE CREW

MS Society—Brandon, Manitoba
First Thursday of the month

COFFEE CREW

Robin's Nest Motel and Restaurant,
Carberry, Manitoba
Second Thursday of the month

YOGA

Fairview Personal Care Home
Tuesday and Thursday, 10:00–11:00 a.m.

GAMES DAY

Location TBA
Once a month, date and time TBA

OUT AND ABOUT

Various Locations
Will continue as planned

HOLIDAY PARTY

Riverbank Discovery Centre
Potluck on Saturday, December 3, 11:30 a.m.

COMING IN JANUARY

Westman Chapter office
Bi-monthly education seminars/workshops

For more information, contact Melissa at 571-5671 or melissa.rothwell@mssociety.ca.

Parkland Chapter

PATHWAYS TO YOGA

Why not join us in a unique program called Pathways to Yoga? This program offers simple warm up stretches, breathing exercises, yoga postures and relaxation, all done in a seated position. Relax, Renew, Reduce stress and feel better. For more information, please contact Shelley Kowaluk at 638-YOGA (9642).

MODIFIED AQUATICS

Parkland Recreation Complex
Modified Aquatics is the ideal exercise for people with MS because of the cooling effect and the natural buoyancy of the water. Contact the Parkland Recreation Complex for start times at 622-3112.

SIT & FIT

Swan River & Minitonas

Join us on Tuesday morning at 10:30 a.m. at Midtown Estates (kitty-corner to the curling rink) in Swan River or on Thursday afternoons 1:30 p.m. in the Minitonas Town Hall. Contact Swan River Recreation at (204) 734-3847 for start times.

SWIM IN RUSSELL

Russell, Manitoba

Begins at 12:30 (in the pool) to 1:30 p.m. (out of the pool). Swim days are Monday, Tuesday, Wednesday and Thursday. There is no cost to swim in this session. There are six to seven qualified instructors. You will need a

completed doctor's permission slip, available at the Russell Clinic. Call Pat Beswatherick at 532-2105 or Gloria Pertson at 546-2250 for more information.

LET'S TALK NEW!

Have you ever wondered what the connection is with the Faroe Islands and MS? Or the research that is currently being done? Or why heat is an enemy to those affected by multiple sclerosis?

If you feel that your community would benefit from innovative, educational programs, research and advocacy please contact Robin Searle (204) 622-2940 to discuss the opportunity to host "Let's Talk".

Night of Champions Unites Fundraisers in an Evening of Celebration

The Manitoba Division office opened its doors to Top Fundraisers, Team Captains and Anniversary Riders from eight MS Walks and the Biking to the Viking and Riding Mountain Challenge MS Bike Tours on Tuesday, October 19.

Following a Wine & Cheese Reception, over 120 attendees were recognized for their outstanding achievements. The awards portion of the evening was held in our Program Room, offering our fundraisers a first-hand look at the space where our education sessions, yoga, massage, self-help & support groups meet on a regular basis.

In addition to seeing familiar faces, the event also offered a unique opportunity

to bring together Walk and Bike Tour Participants from across the province. One highlight of the evening was seeing our overall Top Fundraising Teams awarded the Opal Cup (named after one of the MS Society of Canada's founders, Evelyn Gotlieb Opal). Midland in Motion received the award for top fundraising in the MS Bike Tours, and Team Pharmacy (*pictured on the front cover*) led fundraising for the MS Walks. Combined, the two teams raised an incredible \$75,000!

Underscoring the connection between fundraising and services, Board Member Joe Healey, and Manitoba Division President Wendy O'Malley, conveyed their appreciation for all of our dedicated fundraisers' hard work. Lizelle Mendoza, an MS Ambassador and current Nursing student at Red River College, also shared her personal story of being diagnosed with MS as a teenager, and highlighted the importance of the support and resources provided by the Manitoba Division.

In RECOGNITION

Dear Friend,

The MS Society of Canada, Manitoba Division, served more than 1,500 people and families last year. Not only are individuals impacted by MS, but each of their families and friends are touched by it, even those living hundreds of miles away. The MS Society's Manitoba Division is here to help.

One of the first steps in dealing with the disease—frank discussions—can help communication and open the doors to share what is going on and what the future may hold. Programs, support groups and workshops offer new insights into ways to cope, and affirm that we are in this together—to support those living with MS to make life as good as it can possibly be at every stage and, ultimately, to find a cure and end MS.

But the MS Society of Canada, Manitoba Division, is only as strong as the community that supports it. We need to ensure that we can continue to offer programs for those dealing with the challenges of living every day with MS, and for the people who love and care for them.

There are approximately 3,000 people in Manitoba who have MS. Some are newly diagnosed and they and their families are still acknowledging this significant change in their lives. Some are in the difficult advanced stages where basic living is a day-to-day challenge.

Your generous financial support through this year-end appeal is needed now more than ever. Please consider a gift today to support vital programming for individuals with MS and their families, and the research that will allow us to one day live in a world free of multiple sclerosis.

Sincerely,



Donna Boyd
 Director of Development
 MS Society of Canada, Manitoba Division

Please complete this donation form and mail to: MS Society of Canada, Manitoba Division, #100-1465 Buffalo Place, Winnipeg, MB R3T 1L8

Name _____
 Address _____
 City _____ Province _____ Postal Code _____
 E-mail _____ Phone _____

Please designate my donation: In memory of _____
 In honour of _____

Your gift will be acknowledged to the person or family you designate.

Please notify _____

Please use my contribution for: _____

Please make your cheque payable to the MS Society (write "Year-End Appeal" in the memo line) or charge to your credit card.

\$1,000 \$500 \$250 \$100
 \$50 \$25 Other \$ _____

We honour Mastercard Visa

Amount \$ _____ Exp. Date _____

Account # _____

Signature _____

(required if using credit card)