

Our Volunteers

MS Society volunteers are the backbone of our organization. They are active and vital partners in fulfilling our mission to find a cure and enhance quality of life. Volunteers enhance the services of the MS Society by:

- ▶ Keeping the organization accountable to its mission
- ▶ Providing a wide variety of ideas, skills, and experiences
- ▶ Acting as ambassadors by increasing public awareness of MS
- ▶ Enriching the community perspective of the Society

The MS Society of Canada has over 100,000 event, board, and service volunteers. Join our team of fantastic volunteers today.

Volunteer Opportunities

- Leadership Volunteers (Board/Committees)
- Administrative/Office Volunteers
- Program/Client Services Volunteers
- Fundraising/Event Volunteers



The MS Society of Canada is dedicated to a single national mission:

To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.



www.mssociety.ca
1-800-268-7582



Reaching out to Albertans affected by MS



- WALKing ■ Biking ■ Volunteering
- Support services for people with MS

A Diagnosis of MS

A diagnosis of Multiple Sclerosis (MS) can create uncertainty, confusion, fear, even anger. Symptoms can vary from person



to person depending on the individual and the type of MS. Although over 11,000 people in Alberta live with MS, so many more are affected as family members and friends all feel the impact of this disease.

We can Help

The MS Society offers several programs to assist and empower you:

- Information & referral
- Education sessions
- Support
- Advocacy assistance
- Emergency funding for equipment and special assistance
- Recreation programs
- Peer support - we can connect you with someone who understands what you are going through.

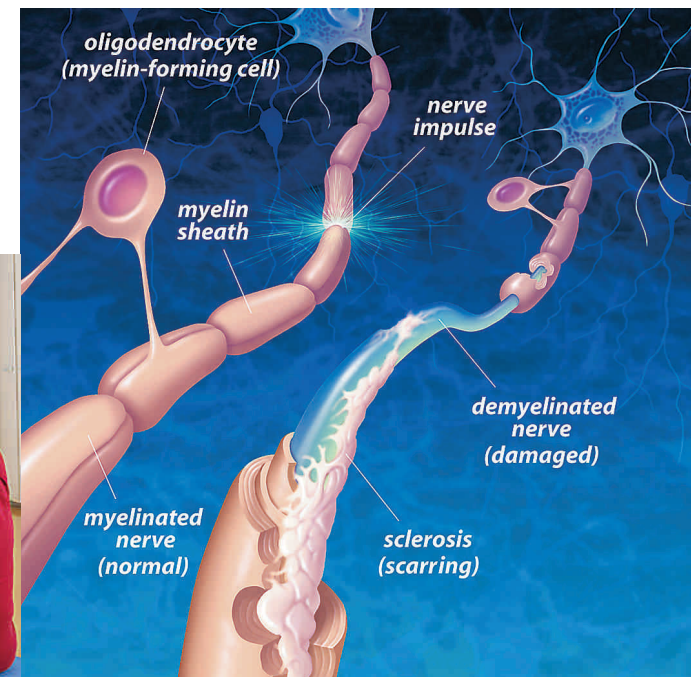


What is Multiple Sclerosis?

- MS is an unpredictable - often disabling - disease of the central nervous system (brain and spinal cord).
- MS is the most common neurological disease affecting young adults in Canada.
- Between 55,000 to 75,000 Canadians have MS.
- Over 11,000 Albertans live with MS.
- MS is usually diagnosed between the ages of 15 and 40, although children are also diagnosed.
- Women are three times more likely than men to develop MS.

What causes MS?

The cause of MS is still unknown, but we do know that the myelin sheath - the coating around the nerve fibres in the central nervous system - is affected. Myelin is necessary for the transmission of nerve impulses through nerve fibres. If damage to myelin is slight, nerve impulses travel with minor interruptions. However, if damage is heavy and if scar tissue replaces the myelin, nerve impulses may be completely disrupted.



MS Symptoms

Symptoms of MS are unpredictable and vary greatly from person to person, and from time to time in the same person. They may include:

- extreme fatigue
- vision problems
- loss of balance and muscle coordination
- slurred speech
- tremors
- stiffness
- bladder and bowel problems
- difficulty walking
- cognitive problems and even paralysis



MS Research

The Multiple Sclerosis Society of Canada funds a large and respected MS research program that totals between \$6 million and \$7 million annually.

To be funded, research projects and scholarships must meet two critical principles. The first is scientific excellence; they must be the very best of the research projects and scholarship applicants. Second, and equally important, they must be of direct relevance to MS. Both principles must be met before they are recommended for funding.



► For more information on MS Society research, visit www.mssociety.ca/en/research

Your Local Chapter

Chapters throughout the province strive to meet local needs regardless of where people with MS live.

Chapter offices are located in:

Edmonton (780) 471-3034
info.edmonton@mssociety.ca

Calgary (403) 250-7090
info@mscalgary.org

Red Deer (403) 346-0290
info.centralalberta@mssociety.ca

Lethbridge (403) 328-7002
info.lethbridge@mssociety.ca

Medicine Hat (403) 529-6797
info.sealberta@mssociety.ca

Lloydminster (780) 871-0513
info.lloydminster@mssociety.ca

Grande Prairie (780) 532-3204
mssp@telusplanet.net

Volunteer services are located in:

Barrhead
Battle River (Wainwright)
Drumheller
Fort McMurray
Lakeland (Cold Lake)
North Peace (Peace River)

Individuals outside these areas can contact us at:

Alberta Division office
780-463-1190 (Edmonton)
1 800-268-7582
info.alberta@mssociety.ca

www.mssociety.ca/alberta

Government and Community Relations

The Alberta Division works to bring about positive change for people affected by MS. Our goal is to ensure that Albertans with MS can enjoy the same rights and benefits as other citizens of our prosperous province.



Help Us Help Others

There are many ways you can support the MS Society. A legacy gift (also known as a bequest or planned gift) benefits both you and the MS Society. By using a will, almost anyone can become a legacy donor and achieve various tax savings. Legacy gifts can become part of the MS Society's general revenue or directed toward a Chapter or program area. A bequest to the MS Society ensures that the fight for a future free from MS will continue.



► For more information on legacy gifts, call our Director of Major Gifts and Planned Giving at (403) 250-7090.

Membership in the MS Society

Your membership in the MS Society helps us deliver quality programs and services to people affected by MS. Plus, you'll also receive quarterly newsletters and the annual report. You'll be kept up to date on the latest MS research, how our programs are helping people with MS, fundraising efforts throughout Alberta, and inspirational stories about individuals and families living with the effects of MS.

Please choose your type of membership:

- Individual annual \$10
- Family annual \$15
- I have also enclosed a gift of \$ _____

Method of Payment:

- Cheque VISA Mastercard

Card Number: _____

Signature: _____

Name: _____

Address: _____

City: _____

Prov.: _____ Postal Code: _____

Phone: W _____

H _____

- I am interested in volunteering. Please call me.

Return your membership application to:

MS Society of Canada, Alberta Division
150, 9405 - 50 Street
Edmonton, AB T6B 2T4

Ph: (780) 463-1190 • Fax: (780) 479-1001
Toll Free: 1-800-268-7582



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