

Making Strides

WINTER 2011

Stretch and Strengthen

An Exercise Class For All Abilities

Thursday evening workouts at the MS Society have become routinely penciled in to Mike Stebyckyj's agenda. Mike, who is a participant at the MS Society's Stretch and Strengthen class, believes that, "it is nice to have a bit of a push sometimes to help exercise." He joins fellow participants at the MS Victory Centre to go through an aerobic warm up followed by stretching and strengthening exercises that change on a weekly basis.

The participants are exposed to a variety of take-home exercises that use their own body mass or inexpensive thera-bands to provide resistance. The goal of this class is to teach people a wide range of exercises that they can take home to do safely and at their own pace. All the exercises have been adapted so that people of different ability levels feel both a challenge and a benefit from coming to class.

Tracy Maksymetz, a stretch and strengthen participant, states that, "It is great just having other people around. And the fact that you get to ask questions about specific exercises that are answered right away...well that is just wonderful." The program is set up differently every week so that people with MS can find out what type of exercise suits them best. The



instructor sets up the class so that one week it may be circuit training while the next week it may be geared more towards balance and chair exercises.

The variety of exercises is something Mike Stebyckyj really enjoys as he goes on to say that, "Any kind of exercise is a benefit to me." Stretch and Strengthen will be starting again in the Winter Session running Thursday, January 13th – March 31st. The time of the session is 5:30pm-6:30pm and costs \$25 for members. If you are interested in participating, or having any questions about the program, please contact Tara Chisholm at 780-471-3034, or tara.chisholm@mssociety.ca.

MS Connections Conference 2011

The MS Connections 2011 Conference will be held September 30 and October 1, 2011 in Edmonton at the Courtyard by Marriott, located in West Edmonton. Confirmed speakers and topics include:

Keynote Speakers

- Dr. Amit Bar-Or - Origins of MS
- Dr. Al Condeluci - Building Community
- Maureen Manley – Biology of Hope
- Cami Walker - 29 Gifts

Breakout Speakers

- Heather Hanwell – Nutrition & Vitamin D
 - Dr. Penny Smyth – Understanding the Research Process
 - Dr. Fabrizio Giuliani – New Therapies: An Overview
 - Neil Pierce and Garry Wheeler – MS Strategy: The Provincial Plan
- Speakers and topics for our other sessions are currently being confirmed. Other topics being considered include: The Status of CCSVI Research.

Registration information and the final conference schedule will be available March 1, 2011. If you have any questions, please contact Scott Rattray at 780-471-3034 or visit our website at www.mssociety.ca/edmonton.

A year of challenge and year of opportunity



Dear Members

There is little doubt that 2010 has been one of the most challenging years for the MS

Society, for the Edmonton and Capital Region and for its client services team. I speak of course, to the CCSVI and 'liberation' treatment issue. So what have we been doing? First of all we have listened to the concerns expressed to us. We recognize that persons affected by MS need clear answers to their questions about this issue. Therefore, we have been working extremely hard since November 2009, through our Government relations channels to encourage the Government of Alberta and the Medical Community to accelerate the pace at which answers to the many questions that the CCSVI issue are found. The Minister of Health has listened to us respectfully and we

hope that our Provincial Government will take the initiative on a number of fronts to move this issue forward.

This issue has clearly overshadowed much of the work that the MS Society does and I would be remiss if I did not recognize the passion and commitment to our staff to continue to provide so many services for persons with MS in the Capital Region while having to deal with the controversy surrounding CCSVI.

And so looking forward to 2011, I am extremely optimistic with regard to what this year will bring. The formation of a new Connector Services Committee by the Provincial Government to address issues regarding care supports and services for persons with MS in the Province of Alberta is a huge step forward. This is a once in a lifetime opportunity and the potential is clearly there for stakeholders to address key issues in MS and to make sound recommendations for

advancing care, services and supports for those affected by MS. And the timing is perfect as the Edmonton and Capital Region Chapter is reaching out to more persons affected by MS in the Capital Region as part of our boundary expansion strategy. The more we are able to reach persons regardless of where they live in the region, the greater our impact can be in working with the Government and medical community in an integrated care system in which the community (e.g. MS Society) can play a pivotal role. This and the ongoing expansion of the Edmonton MS Clinic, promises excellent progress in 2011.

I look forward to meeting with you in the coming year, whether at our fundraising or social events, or at a support group. A Very Happy New Year to all.

Respectfully submitted

Garry Wheeler PhD RPsych

Vice President

Edmonton and Capital Region Chapter



MS SOCIETY OF CANADA Edmonton & Capital Region Chapter

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Our Mission:

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

Edmonton & Capital Region Chapter

ANNUAL GENERAL MEETING NOTICE

Notice is hereby given that the Annual General Meeting of members of the Multiple Sclerosis Society of Canada, Edmonton & Capital Region Chapter, will be held on Saturday, March 26, 2011 at the Courtyard by Marriott Edmonton West, 10011 184 St., Edmonton, AB from 10:45 am to 11:30 am.

If you would like to attend please contact Dorothy Marshall at 780-440-8751 (Edmonton area) or 1-800-268-7582 outside of the Edmonton area or via email at dorothy.marshall@mssociety.ca. Members who are unable to attend the meeting in person but wish to vote by proxy or receive the financial report can contact Dorothy.

CALL FOR NOMINATIONS

There are vacancies on the Edmonton & Capital Region Board of Directors. Nominations are accepted from individuals from the Capital Region who can contribute to the advancement of our mission. The deadline to receive nominations is February 8, 2011. A resume is required with any nomination submitted.

Please send your nomination to:
Chris Kieser
Nomination Chair
MS Society of Canada,
Edmonton & Capital Region Chapter
150, 9405 - 50 Street
Edmonton, AB T6B 2T4
Email: info.alberta@mssociety.ca

Couples and Caregiver Retreats 2011

The Edmonton and Capital Region Chapter is proud to inform you of two great retreat opportunities in the coming months. First, the 13th annual Couples Getaway Retreat Weekend is set to take place March 11-13th at Camp Health, Hope and Happiness. The weekend, which is a great opportunity for couples to get some "alone time" away from the city, will feature educational sessions, social evenings, great food and great company. Registration forms will be available January 4th from the Edmonton Chapter office. Cost for the weekend is \$225 per couple prior to February 11th and \$250 per couple

registering between February 12th and March 4th. Please note that the cost includes meals and activities from Saturday morning to Sunday lunch, but does not include transportation costs. There is room for sixteen couples to attend this event. For more information on what is taking place for this weekend, or to receive registration forms when they come available, please contact **Cassy Lawson** or **Tara Chisholm** at **780-471-3034**.

The Edmonton and Capital Region Chapter also has five spots available for Caregivers of persons with MS to attend the Southern Alberta Caregiver Retreat, which will be held April 15-17th at the

Banff Park Lodge in Banff, Alberta. This retreat weekend is geared specifically towards the caregiver of an individual with multiple sclerosis. This retreat is for caregivers only and offers the chance to meet other caregivers, participate in an educational session and social activities, and enjoy the mountains. Cost for the retreat is \$150 for a single room, or \$125 for shared accommodation. Please note that this cost includes some meals, but does not include all meals and does not include transportation costs. For more information or to register through the Edmonton and Capital Region Chapter directly, please contact **Scott Rattray** at **780-471-3034**.

MS IS

The MS IS education program is changing in 2011. The Edmonton and Capital Region Chapter is changing the format for the program to include 8 half day sessions spread throughout the year with a comprehensive 7 week program in the fall to better meet the needs of our clients and communities.

The MS IS program is a great opportunity to learn more about MS, share and discuss information on a range of topics of interest to individuals with MS and others closely affected by the disease. The program encourages interaction and discussion and networking with other people living with MS. The scheduled dates are as follows:

Half Day Sessions

January 22, 2011	St. Albert & Sturgeon County
February 12, 2011	Edmonton
April 16, 2011	Drayton Valley
May 7, 2011	Edmonton
June 18, 2011	Sherwood Park
September 24, 2011	Fort Saskatchewan
October 15, 2011	Parkland
November 5, 2011	Devon

7 Week Session – Tuesdays

October 18, 2011 – November 29, 2011

For more information on the MS IS program, including program times and locations visit our website: www.mssociety.ca/alberta/edmonton/services.htm or contact us at **780-471-3034**.

MS Awareness Drayton Valley

On November 2, 2010, the Edmonton and Capital Region Chapter, in partnership with members of the Drayton Valley community, facilitated an informal drop-in information night. A number of members of the community came out to the event that was held at the Royal Canadian Legion in Drayton Valley. Throughout the evening people were able to access resources, literature, and information about the programs and services offered through the MS Society. As well, the MS Society staff learned more about what types of supports and programs currently exist in Drayton Valley.

To follow up from this first Awareness Event we are planning to hold a focus group in the community. The meeting is planned for Thursday January 20, 2011 from 7-9 pm at Campus Alberta (formerly known as the Pembina Consortium). The goal of the meeting is to further discuss how the MS Society can best offer support to Drayton Valley community members. There will also be coffee/tea and cookies!

If you have any comments or questions about the Drayton Valley Focus Group, MS Awareness in general, have ideas to share, or are interested in becoming involved with MS Society programs, please give **Cassy Lawson** a call at (780) 471 – 3034 or toll free at 1-800-268-7582. Looking forward to seeing you out at our event!

Winter 2011 Programs And Services Schedule

MS EDUCATION & AWARENESS PROGRAMS

MS IS Half Day Programs

These four hour Saturday sessions are intended to offer a variety of information about living with MS. Newly diagnosed individuals, families, friends, persons living with MS for some time, and others are all welcome to attend and learn the ins and outs of Multiple Sclerosis.

January 22, 9am-1pm @ St. Albert Community Information & Volunteer Centre, Charles Gale Centre, #10, 215 Carnegie Drive, St. Albert

February 12, 9am-1pm @ MS Victory Centre, #150, 9405-50 Street, Edmonton

April 16, 9am-1pm, @ Campus Alberta, 5056- 50 Avenue, Drayton Valley
Please contact **Valerie** at **780-471-3034** for more information or to pre-register for the aforementioned education programs.

Drayton Valley Focus Group: January 20th, 7-9pm, Campus Alberta, Drayton Valley

Join Edmonton and Capital Region Chapter staff for a focus group geared towards exploring possible programs and services for people affected by MS in the Drayton Valley community. For more information, please contact **Cassy** at **780-471-3034**.

Tax Talk: January 26th, 7-9pm, MS Victory Centre, #150, 9405-50 Street

Starting to think about the end of the year receipts and filing of your tax return next April? Want to know about more about medical expenses - what and how to claim in relation to your MS? To find out more about tax credits and deductions join Zach Holtzman for a presentation on Tax Talk. To register or for more information, please contact **Valerie** at **780-471-3034**.

RETREAT WEEKENDS

Couples Getaway: March 11-13th, Camp He Ho Ha

Do you and your spouse need a break? Some time away from work and the kids? Do you need to learn more about MS and its impact on couples and families? If so, this retreat is for you! Couples Getaway is a weekend retreat for persons with MS and their spouse. Over the weekend participants will attend educational sessions, take part in recreational and social activities, and connect with others facing similar issues around living with MS. Cost is \$225.00 per couple if registered before February 11th and \$250.00 per couple after this date and up to March 4th. Cost includes breakfast, lunch and dinner on Saturday, breakfast and lunch on Sunday and two night's accommodation. Transportation is the responsibility of the participants.

Please contact **Tara** or **Cassy** at **780-471-3034** to register, or for more information.

Caregivers Retreat: April 15-17th, Banff Park Lodge, Banff, Alberta

If you are a caregiver for a person with MS and would like to attend a retreat intended solely with the caregiver in mind, this retreat could be for you! Join other caregivers from across Alberta in Banff for three days of education, sharing and great social opportunities. Cost is \$150 for a single room and \$125 for a shared room. Cost includes two nights' accommodation, breakfast on Saturday and Sunday and dinner on Saturday night. Transportation is the responsibility of the participants.

Please contact **Scott** at **780-471-3034** for more information or to register. Please note that space is limited to a maximum of 5 caregivers from the Edmonton and Capital Region Chapter.

MS ACTIVENOW (Exercise programs at the MS Victory Centre)

Stretch and Strengthen (Winter Session)

Thursdays, January 13 - March 31, 5:30-6:30pm

Members: \$25 Non-Members: \$30

Tai Chi (Winter Session)

Mondays, January 10 - April 4, 11am-12pm

Members: \$40 Non-Members: \$50

Yoga (Winter Session)

Tuesdays, January 18- April 5, 9:30-11:30am

Members: \$60 Non-Members: \$75

Wednesdays, January 26- April 20, 9:30-11:00am

Members: \$60 Non-Members: \$75

Please contact **Tara Chisholm** at **780-471-3034** to register for the aforementioned exercise programs.

The aforementioned exercise programs will be held at #150, 9405-50 Street. The main entrance to the MS Victory Centre is on the southeast corner of the building. If you need directions, please contact the office directly at **780-471-3034**. For more information on specific programs, please visit the MS ActiveNOW website at www.mssociety.ca/alberta/active.htm

MS ACTIVENOW (Exercise programs in the community)

Various Programs @ The Steadward Centre for Personal & Physical Achievement, Edmonton. To register call 780-492-3182

Water in Motion @ The Steadward Centre for Personal & Physical Achievement, Edmonton: Tuesdays and Thursdays, 1 - 2pm, to register call 780-492-3182

MS Yoga @ Yoga for Today, Sherwood Park: Tuesdays, 11am - 12:15pm, for program dates and costs, please call 780-416-4211

Yoga for MS @ Acu Harmony and Health, Stony Plain: Tuesdays, 10:45-11:45am, for program dates and costs, please call 780-963-1297

Kinesis @ Servus Place, St. Albert: Tuesdays and Thursdays, 10:45-11:30 a.m., Tuesdays 5:15-6pm, for program dates and costs, please call 780-418-6088

Yoga @ Servus Place, St. Albert: Thursdays 5-6pm, for program dates and costs, please call 780-418-6088

Next Step @ Glen Allan Recreation Centre, Sherwood Park: Mondays, Wednesdays & Fridays, 10am-11:30am, for program dates and costs please call 780-467-4404

MS FUN FRIDAYS

Mind Games, Puzzles, Poker, Cribbage, Nintendo Wii Sports... these are all part of an ongoing, innovative and interactive program that runs every second Friday (with some exceptions) from 11am-1pm at the MS Victory Centre. This program is free of charge and will operate on a drop-in basis. For more information, please contact **Tara** at **780-471-3034**. Dates of operation for the Fall and Winter are as follows: **Fridays, January 7th and 21st, February 4th and 18th, March 4th and 18th, and April 1st.**

BOWLING

The Edmonton Chapter is very excited to continue offering a five-pin bowling program! This program will run every second Monday from 11:30am-1:30pm at Bonnie Doon Lanes. Cost is \$5 per day, which allows the participant to bowl two games, get shoe rentals and enjoy a beverage. Please note that Bonnie Doon Lanes are wheelchair accessible with an elevator going from the mall to the lanes. There are also bowling ramps available for anyone that may need assistance throwing the ball. Registration is required, so please contact **Tara** at **780-471-3034**. Dates of operation for the Fall and Winter are as follows: **Mondays, January 10 and January 24th, February 7th and 21st, March 7th and 21st, April 4th.**

ART FOR THE HEART: A Creative Celebration

After a very successful first time session in November, "Art for the Heart: A Creative Celebration" will continue with another class on **Friday, February 11th from 10am-12pm**. Individuals of all skill levels came out to the first class proving that anyone can paint! We welcome you to come join us to relax, socialize and learn a new skill that you may never have known you had! Cost for the session will be \$5.00 per person. Please contact **Tara** at **780-471-3034** for more information.

ZUMBA FOR MS

Join the new exercise craze! Zumba combines Latin and International music with dance to make exercise more fun. There will be a "Come try Zumba for MS" class on **Thursday, February 17th from 10-11am at the MS Victory Centre**. This seated class will be led by a certified Zumba Gold instructor and the cost is \$5.00 per person. Please register before February 3rd as space is limited. For more information or to register, please call **Tara** at **780-471-3034** or email at tara.chisholm@mssociety.ca.

COMMUNITY SUPPORT GROUPS

Fort Saskatchewan Community Group: 2nd Thursday of each month from 7-9pm @ Pioneer House, 10102 100 Avenue, Fort Saskatchewan

Young Adults with MS in Greater Edmonton: 1st Wednesday of each month from 6-8pm @ MS Victory Centre, #150, 9405-50 Street

Leduc Community Group: 2nd Tuesday of each month from 7-9pm @ Smitty's Restaurant, 5004-50 Street, Leduc

MS: The Next Generation Support Group: 2nd & last Wednesday of each month from 11:15 am to 1:15 pm. @ MS Victory Centre, #150, 9405-50 Street

Partners of Persons with MS Community Group: Last Thursday of each month from 7-9pm @ MS Victory Centre, 9405-50 Street

Parkland County Community Group: Last Tuesday of each month from 7-9 pm

@ Westview Health Centre, 4405- South Park Drive, Stony Plain

Sherwood Park Community Group: 1st & 3rd Wednesday of each month from 10 am to 12 noon @ Strathcona Health Unit, Baseline Road & Brower Drive, Sherwood Park (January to September)

The Park Pentecostal Church, 1 Brower Drive, Sherwood Park (October to December)

St Albert and Area Community Group: 1st Wed of each month from 7-9 pm @ King of Kings Lutheran Church, Northeast corner of St. Albert Trail and Coal Mine Road

West End Community Group: 3rd Wednesday of each month from 7-9 pm @ Hosanna Lutheran Church, 9009-163 Street

For more information on Community Support Groups, please contact **Cathy Buchanan** at **780-471-3034**. **Note:** Support and educational programs are intended to provide information and support. The approaches described are meant to supplement, and not be a substitute for professional, medical or psychological care. There is no fee to attend support programs or educational programs