



# **MS Connections 2010**

A conference for Albertans affected by multiple sclerosis

October 29 & 30, 2010  
Delta Calgary South  
Calgary, AB



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### Multiple Sclerosis Society of Canada, Calgary & Area Chapter

Phone: 403-250-7090

Fax: 403-250-8937

Email: [info@mscalgary.ca](mailto:info@mscalgary.ca)

[www.mssociety.ca](http://www.mssociety.ca)

## CONNECTIONS 2010 ORGANIZING COMMITTEE

Bev Babuk	Carol Fredrek	Shannon Hagel
Ann Stewart	Nancy Tims	Chris Huestis
Tara Wenzel	Marie Wong	Scott Rattray

## MS Connections 2011

Friday, September 30 - Saturday, October 1, 2011

Courtyard by Marriot, Edmonton, Alberta



## WELCOME FROM ALBERTA DIVISION PRESIDENT



Welcome to Connections 2010: a conference to connect Albertans affected by MS. I'm delighted that people from across the province are able to attend this important event.

Connecting Albertans affected by MS is an important part of the MS Society's strategic plan, and this conference brings us together to make connections with members of the health profession, researchers, community advocates, and each other. Stakeholders working together to advance care, supports and services for MS is a key element in enhancing the quality of life of Albertans affected by MS. I encourage you to meet other delegates and share your stories of hope and inspiration so that we can all build on the strength of making genuine connections with members of our communities.

I'd like to thank the organizing committee and all the volunteers for their hard work in making the conference possible. We have an excellent agenda with a good assortment of speakers including a panel discussion on CCSVI from several individuals who received the liberation treatment.

There is indeed something here for everyone. I hope you will be able to take away from the conference your own connections that will enable you to enrich your quality of life in the days and months to come.

Sincerely,

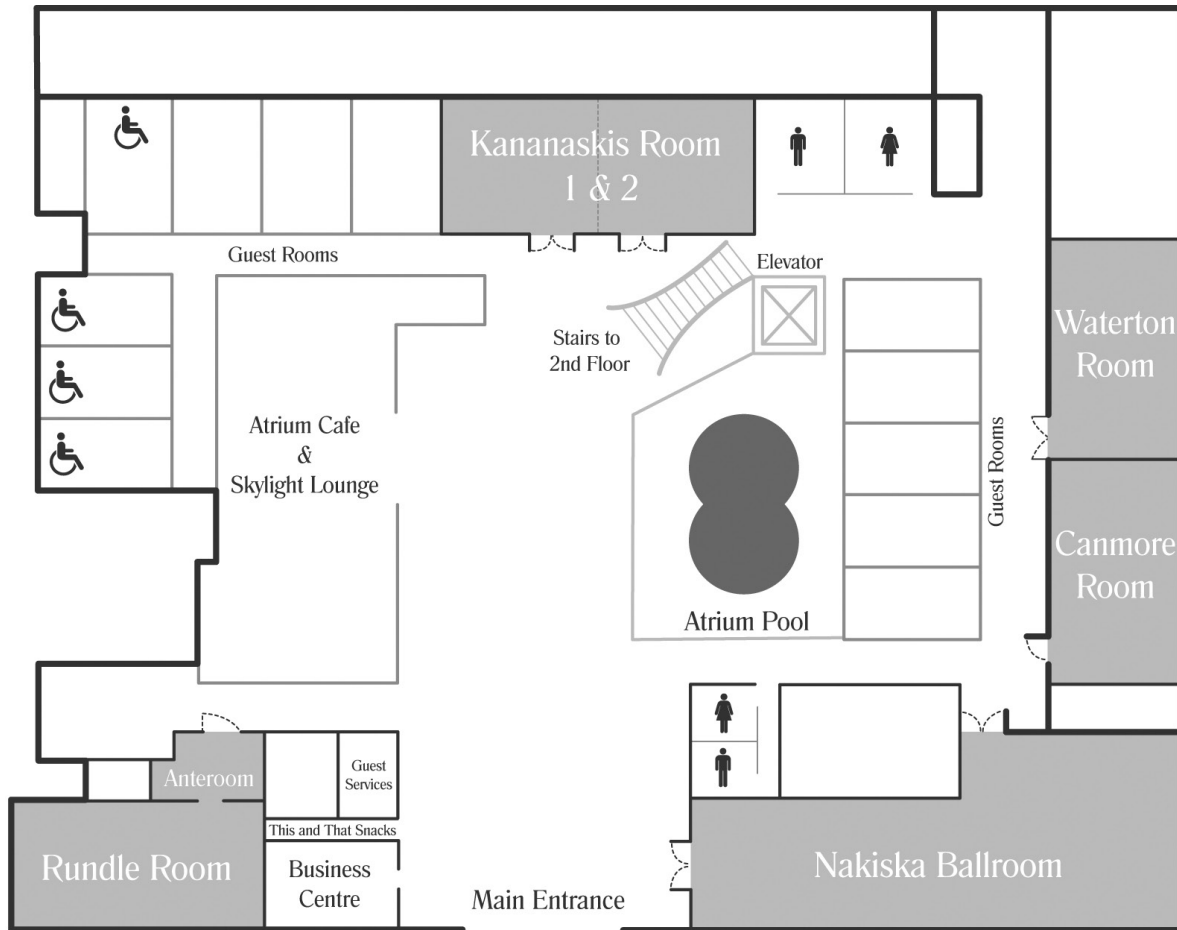
A handwritten signature in cursive script that reads "Neil Pierce".

**Neil Pierce**

President, Alberta and Northwest Territories Division  
Multiple Sclerosis Society of Canada



## MAP OF HOTEL



## EVENT SCHEDULE

Friday, October 29, 2010

Time	Location	Description
5:45 pm	Atrium Lobby	Registration
6:45 - 7:00 pm	Nakiska Ballroom	Welcome
7:00 - 8:30 pm	Nakiska Ballroom	Emma Smith: <i>Exercise - It's good for more than just the body</i>



## EVENT SCHEDULE

Saturday, October 30, 2010

Time	Location	Description
8:30 - 9:00 am	Atrium Lobby	Registration
8:30 am - 4:00 pm	Nakiska Ballroom	Exhibit hall open
9:00 - 10:00 am	Rundle Room	Session A: Dr. Xia Cheng - <i>Traditional Chinese medicine approach to treating MS</i>
	Kananaskis 1 & 2	Session B: Money Mentors - <i>Paper paper everywhere</i>
<b>10:00 – 10:45 am Break</b>		
10:45 - 11:45 am	Rundle Room	Session C: Susan Schnieder, Liz Semenik, Annette Matisz <i>The Liberation Treatment - A Personal Perspective</i>
	Kananakis 1 & 2	Session D: Carol Barwick - <i>Transitioning through the caregiving experience</i>
<b>11:45 am - 1:00 pm Lunch Break</b>		
1:00 - 2:00 pm	Kananaskis 1 & 2	Session E: Dr. Jennifer Rodgers - <i>Mood disorders and MS</i>
	Rundle Room	Session F: Jeannine Christopherson - <i>The impact of MS on sexuality</i>
<b>2:00 – 2:15 pm Break</b>		
2:15 – 3:15pm	Kananaskis 1 & 2	Session G: Jody Sheedy & Lynn Malone - <i>Navigating the System: MS in Calgary</i>
	Rundle Room	Session C: Susan Schnieder, Liz Semenik, Annette Matisz <i>The Liberation Treatment - A Personal Perspective</i>



## SPEAKER BIOS

### Emma Smith

Emma has a Bachelors degree in Physical Education from the University of Calgary and a Masters of Science Degree in Kinesiology. She is a Certified Exercise Physiologist and Certified Personal Trainer through the Canadian Society of Exercise Physiologists. Emma has been involved with the Rehabilitation and Fitness Program at the University of Calgary for 20 years. She started volunteering with the program while in school and soon after she started instructing the program. She now coordinates the Rehabilitation and Fitness Program and the Joint Effort programs (a hip and knee osteoarthritis program) at the University.

### Money Mentors of Alberta

For years, Money Mentors has been helping Albertans with all kinds of financial challenges. Money Mentors is the only Alberta-based, non-profit organization that can educate you on unbiased money and debt management. Through personal money coaching and financial planning, seminars to achieve your financial goals and an exclusive debt management program we teach people how to save their own Slot-Back Pig. That would be your piggy bank. Whether you need to put dollars in your piggy bank because it's empty from your debt load or fill it up with savings with retirement plans or education funds for your children Money Mentors can help!

Originally formed as Credit Counselling Services of Alberta in 1997, Money Mentors remains committed to educating Albertans in personal money management and the wise use of credit. Money Mentors offers a variety of money management educational settings – personal money coaching, group seminars, or corporate and community services.

### Dr. Xia Cheng, MD (China), PhD, R. Ac.

Dr. Cheng earned her Bachelor's Degree in Traditional Chinese Medicine (TCM) and Western Medicine in 1983 from the Hunan University of TCM, China. She did further study at Tianjin University of TCM, China culminating in 1987 with a Master's Degree in Medicine and Acupuncture. In 1990, she received her Ph.D in Medicine from the Chengdu University of TCM, China with a specialty in gastrointestinal disorders.

Dr. Cheng has worked as a professor at Beijing Union University Chinese Medicine College as well as instructed foreign students in several universities. She worked as a chief doctor in Beijing Hospital of Traditional Medicine and as a visiting professor and acupuncturist in Canada, Denmark, and Luxembourg before she permanently immigrated to Canada. She has translated several publications and is a published author of several TCM works. She is currently the Director of Canadian Institute of Traditional Chinese Medicine and BodyMind Synergy Health Centre; she is a member of several professional association boards and Vice-President of Pediatric Committee of World Federation of Traditional Chinese Medicine. She also teaches courses on TCM to medical professionals and offers professional and public education workshops on acupuncture and TCM.

Dr. Cheng has over 25 years of clinical experience as a TCM doctor, herbalist and acupuncturist. She enjoys working with patients and helps them to regain and maintain health and wellness. Her treatment for patients includes acupuncture, Chinese herbal medicine, and nutrition consultation.



## SPEAKER BIOS

### Jody Sheedy

Jody graduated from the University of Calgary with Bachelors degree in social work. She has worked in Calgary for over 20 years and has worked with the MS population with AISH, the Fanning Centre, home care and now as a System Wide Case Manager with Alberta Health Services.

### Dr. Jennifer Rodgers

Dr. Jennifer Rodgers is a clinical psychologist at the University of Alberta Hospital and Clinical Professor at the University of Alberta. She is actively involved in a number of MS related committees - the National MS Society Caregivers Advisory Group, the Jayman AB MS Project, The Alberta MS Drug Review Panel and the Clinical Ethics Committee for Alberta Health Services.

Dr. Rodgers has been working with individuals with MS and family members since 1985. Her research interests and public talks focus on education about the cognitive and emotional changes that can occur as a result of the diagnosis. Her work in counselling individuals affected by the diagnosis of MS is always with the goal of helping them live well with MS.

### Lynn Malone RN

Lynn has been a Registered Nurse for 28 years. She graduated from Royal Alexandra Hospital School of Nursing in Edmonton. Her experience includes working in hospitals, long term care facilities and home care. Lynn currently provides MS System Wide Case Management with Alberta Health Services - a position she has held for the past 2 years.

### Jeannine Christopherson BScN, MSCN

Jeannine is an MS nurse with more than 20 years experience as Clinic Coordinator at the MS Clinic in Edmonton. After retiring from the clinic she worked as Outreach Coordinator at the MS Society of Canada, Edmonton and Capital Region Chapter, and continues to do contract work for the MS Society. Jeannine has a keen interest in providing general MS education, sexual health education and supportive counseling.

### Carol Barwick

Carol has been Chaplain and Coordinator of Spiritual Care with Hospice Calgary for the past 11 years. She is a member of the Canadian Association for Pastoral Practice and Education and a graduate of the Pacific Jubilee Program in Spiritual Direction. Carol completed the "Being with Dying Compassionate End-of-Life Care Training Program for Professionals" at Upaya Zen Centre in New Mexico and is also a member of the Coalition for Contemplative End of Life Care. She is a regular presenter in the Calgary Palliative Education Program.

Carol also develops workshops and presents on a variety of topics of interest to professional and family caregivers. She is particularly interested in the suffering and wellbeing of those with life threatening illness and those who care for them. Carol brings diverse approaches to nurture and "grow" individual and community spirituality to help weather life's adversities and experience peace.



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Money Mentors of Alberta  
Body Mind Synergy (Dr. Xia Cheng)  
Calgary Police Services- Diversity Unit  
MS Clinic's of Alberta/OPTIMUS Clinic  
Access Calgary  
Divine Reiki - An Ancient Healing Art  
Oralart  
Alberta Health Institute  
Prospect – The Worx  
Wheelchair Sports Alberta

Shoppers Home Health Care  
Gentle Dental Hygiene  
Calgary Legal Guidance Society  
Reflexology – Come for Your Healthful Moment  
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Service Canada  
Kool Lizzy Cooling Scarves  
Energy Works Integrative Wellness









**Multiple Sclerosis Society of Canada's 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](http://www.mssociety.ca)**

