

Alberta Division and Edmonton Chapter Celebrate Grand Opening

On May 8, 2007, Alberta Division and Edmonton Chapter celebrated an important juncture in their history. That was the official Grand Opening of the new Victory Centre.

The event was highlighted by some very important announcements. The Hon. Hector Goudreau, Minister of Tourism, Parks, Recreation and Culture, was on hand to present the MS Society with a cheque for \$176,506. Alberta Division and Edmonton Chapter applied for a grant under that Department's Community Facilities Enhancement Program to defray the cost of moving into the new facility.

Another highlight of the Grand Opening was the announcement of a \$1 million gift from Jayman

MasterBUILT. This donation was made to the Reach! Campaign, a partnership between the University of Calgary and the Calgary Health Region. It will be used to create the Alberta MS Project, a health services research project that one day will lead to the development of a new model of patient education and care, impacting the quality of life for MS patients throughout the province. Announcing the gift was the President and CEO of Jayman MasterBUILT, Jay Westman. With Jay was his sister Diana Joseph, President of the Wen-Di Group of Companies. Diana provided a very moving account of her courageous



Photo: Photograph Effects

Jay Westman and his sister Diana Joseph.

battle with MS.

We were fortunate to have good media coverage of the event. Global and CTV both produced stories for the evening news, and the Edmonton Journal published an article.



Photo: Photograph Effects

The Hon. Hector Goudreau (right) presents a cheque to MS Society representatives: John Moquin (left), Chair, Edmonton Chapter, and Jim Casey, Chair, Alberta Division.

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MS Connections is published quarterly by the MS Society of Canada, Alberta Division. It is intended to provide news and information for Albertans with MS, their families, caregivers, medical professionals and other stakeholders. The information and opinions contained in this newsletter are obtained from sources believed to be reliable, but their accuracy cannot be guaranteed. We value your comments, feedback and reprint requests—please email them to info.Alberta@mssociety.ca or call us at the numbers listed below.

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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.

Yes, young people do get MS. Fortunately, young people also offer support.



It's been a pretty busy couple of months since our last newsletter. We've all been working at a frenetic pace in preparation for the WALKs and Bike Tours throughout Alberta. Even so, we've managed to find time to develop some new fundraising initiatives and to continue to deliver excellence in care to Albertans with MS.

Alberta Division has re-branded its "100 Holes of Golf." With a shorter (less grueling) format and more prizes, the "100 Stroke Challenge for MS" is showing very positive signs of early success. Several key sponsors have stepped up to get involved with this event. PAMS (People Against MS) has also added a high-profile event to its 2007 agenda. The Premiere Wine Gala is the first black tie affair of the MS Society, Alberta Division. Keeping with the theme of Major Gifts, the month of May was highlighted by a \$1 million donation by Jayman MasterBUILT to improve MS care through research and patient education. You can read more about this on page one.

As you read through this issue, you'll notice we've focused a lot of attention on young people and their various connections to MS. You can read about Levi, a young man from Calgary, and how MS has affected him. You will also see instances of young people reaching out to offer help. Across Alberta, young people are getting involved by entering WALK or Bike teams, or by organizing fundraising events at their schools. These are important initiatives that help draw awareness to multiple sclerosis throughout the province. To read more about young people helping to end MS, visit www.mssociety.ca/alberta and click on "Youth Against MS."

In the area of continuing care, this issue contains a poignant interview with a family caregiver who has been caring for her husband at home. You will learn the ups and downs of supporting a loved one with a significant disability at home with the assistance of Home Care.

Finally, I'd like to take a moment to thank some of our friends in government who have shown their support by WALKing. Lethbridge MP Rick Casson and Paul Hinman, MLA for Cardston-Taber-Warner, WALKed in Lethbridge on April 28; Lloyd Snelgrove, President of the Alberta Government Treasury Board, WALKed in Lloydminster on April 28 with his wife Bev; Premier Ed Stelmach and his wife Marie joined us in Edmonton on May 27, as did Laurie Hawn, Edmonton Centre MP; and Doug Horner, Minister of Advanced Education and Technology, WALKed in St. Albert on April 29.

Neil Pierce, President, Alberta Division.

Lean on me

A Calgary mom discovers her teenage son battling MS supports her as much as she supports him. Read more in this interview with Levi Barron and his mom.

My name is Levi Barron and I just turned 15. I'm in grade nine at Thomas B. Riley Jr. High in Bowness, Calgary. I was first diagnosed in June, 2005 when I was 13. It was a bad summer. I turned 13 on Friday the 13th and was diagnosed with MS (weird).

When do you remember feeling that something wasn't right?

I remember being on spring break in March and we had just come back from BC. I felt really tired. Then I started having problems with my left hand, and then my right. My mom took me for a burger and I couldn't get my hand to bring my burger to my mouth. I also remember telling my mom that one side of my body felt weird. It was colder and tingly on my left side. You could actually feel it. I started having a hard time walking (foot drop) and I actually fell a couple of times: once while my mom and I took our dog for a walk and once down the stairs at school. My mom was really scared. She took me to a couple of doctors. One said I was just trying to get out of school and the doctor at the Alberta Children's Hospital said I had ADEM (acute disseminated encephalomyelitis). I started spending a lot of time at the hospital.

The worst time was when I woke up one morning and I couldn't open my eyes without throwing up, and I was having a really hard time walking. My mom had to almost carry me. I had been sent home from the hospital a couple of days before and my mom ended up taking me back. That was scary. I thought I was going to die because

I didn't know what was wrong with me. I spent 13 weeks in the hospital. I was paralyzed from the waist down. The initial treatments of high dose steroids and IVIG (intravenous



Levi Barron.

immunoglobulin) weren't working. They had to do plasma exchange and eventually chemotherapy to keep my immune system down to stop the MS from attacking me. I thought at that time: Is this what the rest of my life is going to be like?

When you were diagnosed, what was your reaction? Did you have any idea what multiple sclerosis was?

I thought "what in the world is MS?" We had a family friend with MS so she kind of helped me know what it was about. My mom did lots of reading. At that point I know my

mom was worried. I was paralyzed from the waist down. The steroids and IVIG weren't working and I was relapsing like crazy. I just wanted it all to go away. My mom was hoping that the diagnosis was wrong. She was hoping it was something that there was a cure for so I'd get better and never have to go through it again.

What has your doctor said to you, in terms of living and dealing with MS? Are you on medication?

My doctor has told me that I need to be more aware of my body and different things that might be going on. I think most teenagers when their hand feels funny they might just think it fell asleep. I know that I have to let my mom know, in case it will turn into a relapse. I am on Copaxone. I hate injections. It actually helped me to know that Aaron (the drummer) from Billy Talent doesn't like them either.

What is the biggest difference in your life since you got MS?

The biggest difference is I can't play hockey and I have to spend a lot of time explaining to people why I can't do some things. I've done a lot of interviews on TV and radio to let people know that kids get MS. At 13 years old, I wasn't the youngest person diagnosed with MS. Scary isn't it?

To read the full article including Levi's mothers interview visit www.mssociety.ca/alberta.

Ethan's Angels

Meet Ethan, the 12 year old captain of Ethan's Angels, a new team of 7 members in the RONA MS Bike Tour – MS 150. While most 12-year-old boys may focus their free time on video games and playing with friends, Ethan is spending his time raising money for MS.

He is motivated to do so because of his mom, "My mom has MS so I wanted to do this for her," says Ethan. "Also one of my mom's friends has MS and she can no longer speak, she's gone blind and deaf and she's a single mom with 3 kids and so I wanted to do something to help." Ethan has done just that. So far his team has raised over \$4,325 with Ethan raising \$1,859 just on his own – an impressive feat for a 12 year old!

Captaining such a successful team is not without its challenges. Most of Ethan's team members are his mother's close friends so they have very busy schedules and it is difficult to get everyone together. "I deal with this by calling my team members regularly to organize meetings. I had a bunch a few weeks ago at my house to get together to plan when we were going to train, and how we were going to

fundraise." Ethan says this is his secret to success because meeting regularly with your team to train gives you an opportunity to get to know each other better.



Ethan Bagwe.

For Ethan the best part of this whole experience so far has been supporting one another through the process. He is really looking forward to the bike tour because during it "we can talk to each other while we're riding which really takes a big void out of the journey," says Ethan.

When we asked Ethan if he could pick any celebrity to be on his team he said it would be cool to have Eddie Murphy ride with him. And who knows, with the success he is having maybe one day that will happen!

Are you a YAM?

No, we're not asking if you're a root vegetable. YAMS stands for Youth Against MS.



YAMS are kids and teens who have joined the fight to end MS for any number of reasons. If you have MS, have a parent with MS, or just don't like the idea of multiple sclerosis impacting so many Albertans, then you might consider yourself a YAM.

If you are a YAM then you might want to check out our new webpage dedicated to Youth Against MS. On this website we have stories and information on resources and programs for youth with a connection to MS. So check YAMS out at:

www.mssociety.ca/alberta/YAMS-home.htm

Imagine a future without multiple sclerosis. Jan Petrar knows one day this will be a reality, and she's doing something about it today.

Jan made a commitment in her will to support the MS Society of Canada's internationally respected research program. "Research gave me my life back. It also gave my daughter and son their mother back."



MS Supporter Jan Petrar and her children

You too can create a legacy of hope for future generations - contact us to find out how easy it can be.

A future free from MS is yours to give.

**MS Bequest
Help Desk**

Bequest and legacy information from a trusted source.

Please call Toll-Free 1-866-MSWILLS (1-866-679-4557) or visit our website at www.msbequesthelpdesk.ca

Local representation is available by calling John Petryshen at (403) 250-7090. Email: john.petryshen@mssociety.ca

Kids & Teens Programs

Across the Country and throughout our province programs are popping up for kids and teens affected by MS. The majority of them will run over the summer but there are a few other programs that run throughout the year:

EDMONTON

Kids Kamp

Once again Edmonton Chapter is offering a summer day camp for kids who have a parent or guardian with MS. It will run from July 4 to August 9, with a family day to end the camp off on the 15th. Six to nine-year-olds will attend on Wednesdays and ten to twelve-year-olds on Thursdays. Mornings take place at Montrose Community Hall and will be filled with fun educational activities about MS; afternoons will involve short field trips to recreational activities around the city, like swimming and Fort Edmonton Park. Registration usually fills quickly. Fees are as follows: \$55 for one child, \$75 for two and \$85 for three.

For more information contact Jill Clulow at jill.clulow@mssociety.ca or 1-800-268-7582.

Urban Adventure

This spring Edmonton Chapter has been offering a new program for youth who have a parent or guardian with MS. Urban Adventure runs once each month with a different age group. The group has an opportunity to participate in a specific recreational activity in Edmonton. It runs on Saturdays from 10am to 4pm. The cost of the program is \$5 per participant. A light lunch is included.

For more information contact Jill Clulow at jill.clulow@mssociety.ca or 1-800-268-7582.

CALGARY

Journey Club

Journey Club is a group-based educational program for children ages 5-13 who have a parent or grandparent with MS. Children and parents meet in separate, facilitated groups to talk about issues related to MS. This is an opportunity for parents and children to share their concerns, dispel misunderstandings and myths about MS, and learn about MS together with the focus on improving family relationships. It will also address some of the strug-

gles and difficulties of parenting with MS. The program is offered by the Calgary Chapter and will likely run in the fall at a cost of \$25 per family.

For more information call Carol or Nancy at 403-250-7090.

LLOYDMINSTER

Kids Kamp

This summer Lloydminster Chapter plans on running a Kids Kamp for kids aged 8-12. It will be a day camp taking place from 9:30-2:30. In the mornings the kids will work on MS educational projects, outdoor games and crafts. An outing will be planned for the afternoon. Exact dates are TBA but if you'd like more information please contact Myrna at 780-871-0513 or myrna.jezowski@mssociety.ca.

NATIONAL

MS Society Summer Camp

The camp is a pilot project of the MS Society of Canada, with support from the Hospital for Sick Children's Pediatric MS Clinic staff. It is for kids aged 7-19 who have MS and is taking place at Camp Merrywood in Perth Ontario. Most children and teens with MS do not know kids their own age who also have MS. The camp will provide an opportunity for them to meet others who are going through similar experiences and spend a few unforgettable days filled with new adventures and friendships, in a beautiful, accessible, and supportive environment. Space is limited to 30 participants. If you would like more information please contact the camp manager at 1-866-922-6065 or email kidsandteenscamp@mssociety.ca.



Kids Kamps provide fun activities as well as information on the symptoms and challenges of MS.

SADDLE UP

to end MS

By Barry McLachlan

It hardly seems that it was 23 years ago that a friend of mine suggested we saddle up our horses and ride in a Trail Ride being organized by Kay Sokoloski, a member of the MS Society North Peace Chapter and local businessman, and Archie MacMillan, a horse owner. I am sure no one could have anticipated that the first Trail Ride was going to be such an

hospitality of the organizers and participants. Our family looks forward to this weekend every year; an opportunity to enjoy not only our horses but getting together with friends and family. We have met many people, some from as far away as Europe and Australia.

After I participated in the first Trail Ride it was not long before other members of my family were



Happy Trails indeed. Riders enjoy the beauty of the Peace Country during the North Peace Trail Ride in 2006.

overwhelming success; that it would carry on for over two decades as a major MS fundraiser, increasing in popularity and garnering the exceptional support of the community that it has.

The actual location has changed a few times over the years. However, the ride has always incorporated the splendor of the Mighty Peace River Valley.

The Trail Ride attracts not only horse enthusiasts but also people who just want to enjoy the great outdoors and the old-fashioned

also riding, including my son, daughter, and my mother, who for some of the rides was the oldest rider to participate. At 86, my mother has not ridden for a few years but she is still an avid supporter and sponsors other riders. In 2006 I was proud to accompany my daughter, son-in-law, and two of my grandsons – Blaine, 3, and Jace, 2 – who are the 4th generation of riders to ride in support of MS. As a family we are looking forward to this year and anticipate many more enjoyable rides in the future.

The **2007** TRAIL RIDE

2007 will be North Peace Chapter's 23rd annual Trail Ride. Proceeds go towards assisting people in the community with MS and towards research.

This is a "Family" ride with riders of all ages. Registration begins Friday evening, June 8th, and continues Saturday morning. Breakfast is provided on Saturday morning, the ride begins about 10:30 am, lunch is provided on the trail, riders return about 4:30 pm, BBQ supper @ 5:30. A social evening with lunch follows. Fun for the whole family!

The rider raising the largest amount of pledges receives a complete saddle outfit.

Riders raising \$50 or more receive a Trail Ride T-Shirt.

Riders raising \$500 or more are entered into a draw for a deluxe BBQ.

For more information call Ed Roski at (780) 624-5117 or Craig Anderson at (780) 332-4309.

MP Rick Casson leads his 'Crew' to help end MS

Across the province MLAs and MPs are WALKing the WALK to end MS. One of the first to do so was Lethbridge MP Rick Casson, whose team 'Casson's Crew' made its debut at the Lethbridge Super Cities WALK for MS in 2006. Co-captained by Rick and his wife Jeanene, the team raised an incredible \$15,075 in its first year. So far this year Rick has personally raised \$8,475 and his team has raised over \$14,607 for the cause.

Rick and his wife got involved with the MS Society because of an acute interest in finding a cure for MS. Four years ago Richelle, Rick and Jeanene's daughter, was diagnosed with MS shortly after the birth of her first child. "Immense shock and fear were associated with the original diagnosis," says Rick, "but it quickly turned to admiration for the determination of this courageous young woman, who maintains an incredibly optimistic outlook towards the future."

It is her attitude that has encouraged Rick and his wife to help her and the many others who live with MS by raising money for the Super Cities WALK for MS. "I personally feel that we are close to finding a way to defeat this disease and I want to do my best to encourage everyone to work hard to make that happen," says Rick.

In 2007 other elected officials are also WALKing the WALK. Paul Hinman, MLA for Cardston-Taber-Warner, WALKed in Lethbridge on April 28; Lloyd Snelgrove, President of the Alberta Government Treasury Board, WALKed in Lloydminster on April 28 with his wife Bev; Premier Ed Stelmach and his wife Marie joined us in Edmonton on May 27, as did Edmon-

ton Center MP Laurie Hawn; and Doug Horner, Minister of Advanced Education and Technology, WALKed in St. Albert on April 29.

We would like to thank all of them for their participation and for being leaders not only in government but in their communities.



"Casson's Crew" at the 2007 Lethbridge Super Cities WALK for MS.

2007 Fundraising Events

Super Cities WALK for MS			Goal	RONA MS Bike Tours		Goal
Lethbridge	April 28	\$110,000	Calgary	June 9&10	\$800,000	
Lloydminster	April 28	\$80,000	Leduc to Camrose (MS 150)	June 9&10	\$1,100,000	
St. Albert	April 29	\$85,000	Cental Alberta	June 9&10	\$100,000	
Drumheller	May 6	\$50,000	Mountain	Sept 8&9	\$220,000	
Grande Prairie	May 26	\$50,000				
Edmonton	May 27	\$525,000				
Fort McMurray	May 27	\$35,000				
Medicine Hat	May 27	\$42,000				
Red Deer	May 27	\$130,000				
Brooks	June 3	\$20,000				
Enerflex Super Cities WALK for MS						
Calgary	June 3	\$700,000				
Other Events			Goal			
Read-A-Thon	September to June		\$300,000			
Carnation Campaign	May 12		\$85,000			
100 Strokes (Edmonton)	September 13		\$40,000			
100 Holes of Golf Red Deer	September 10		\$40,000			
North Peace Trail Ride	June 8 & 9		\$40,000			
South Peace Trail Ride	June 23		\$100,000			

For more information on the events, please go to www.mssociety.ca/alberta.

Caring for a Loved One with MS

*Over the next couple of issues, we will highlight the profound stories, challenges, and relationships of individuals with a loved one with severe MS. We look at the care options available and how each provides unique challenges in providing care for a loved one. In this issue we look at **Lorraine Reppon** who is the primary at-home family caregiver for her husband **Bill**.*

What does it mean to you to be the primary caregiver for your husband?

It pretty much means that I am on call 24 hours a day because my husband is very disabled due to MS and requires assistance with all daily living activities.

How do you support and care for Bill and how long have you been in this role?

Bill was diagnosed in 1963 and as the years went by his disease progressed until he eventually became a quadriplegic. My role has changed as Bill's needs increased.

Home Care comes in each day (three times daily) to assist him to get out of bed and dressed, bowel routine, shower, put him down for a nap and put him to bed. I am responsible for everything else including preparing meals, feeding him since he is no longer able to feed himself, emptying his catheter, laundry, housekeeping, errands, grocery shopping, overall running of the house, yard and finances.

What challenges have you and Bill faced and have they changed much over the years?

The early challenges were "how will we manage?" While it was difficult to cope with MS and young children, we did our best and somehow everything fell into place.

Unfortunately the MS kept progressing and it became necessary to access help through Home Care. As the years progressed we required

inherent challenges.

Each time there is a new supervisor Bill is assessed to see if there are any cost savings by reducing his care. While this may be desirable for the Calgary Health Region budget, one simple fact remains—Bill will never be able to do with less care, his condition will not improve, and a change in management does not alter this basic fact.



Bill and Lorraine Reppon and their dog Chester.

more care, eventually needing assistance several times per day on a daily basis. This created new problems that I had not anticipated. I have this underlying feeling of anxiety most of the time. While I greatly appreciate the assistance we receive from Home Care there are

The other significant challenge is dealing with new staff, which is a common occurrence with Home Care. Each day Bill and I are expected to adjust our schedule to accommodate personal care staff and then we have to adjust to the different personality types.

Every day we feel anxiety because we don't know who is coming to assist us, what time they are going to arrive and how will they treat us when they do arrive. This is a chronic issue that we face on a daily basis and have been dealing with since the early 1980s.

We also worry that Home Care will tell us that Bill's care needs exceed what Home Care can offer under the current monthly maximum. We are always cognizant of the fact that Bill may be forced to go to Long-Term Care. We have worked very hard to keep him at home and it would be a devastating loss for our family if that was to happen.

Do you receive support from professionals, family, and friends?

In addition to Bill receiving supports from Home Care, I have accessed counseling services through the Social Work department, which I have found to be very helpful.

My family is very small and we do get help from them but it is not always possible for them to help in all of the ways that we need assistance. Our son died suddenly in 2001 and it is very hard for our only daughter and her husband who also has MS to take on double duty and work and handle their affairs in addition to ours. My daughter is always available to listen to me when I have concerns.

As for friends, we don't have many because MS changed our entire lifestyle and it became challenging to maintain relationships.

We do have a few friends who will help with Bill. For example, they might cook dinner, feed him and watch a hockey game so that I can get out for a little while. We are always aware of the potential for us to burn people out because our needs are high, so I make every

effort not to bother people too much so that when I really need them they are more willing to help!

What do you do for yourself to not burn out?

I have personal interests that I have pursued. I belong to a Historical Society that is both genealogical and cultural. I am the editor for the Historical Society's newsletter and this role keeps me very busy!

I go to church whenever possible. I practice yoga with a friend. I walk my dog Chester every day for about 30 minutes. I try to get out of the house every day to do some shopping, run errands, etc. for about an hour.

Have you used MS Society services? Has Bill accessed services? Was it helpful?

Yes. I have attended the *Caregiver Retreat* on several occasions, which has always been wonderful because it allowed me the opportunity to take a break from my responsibilities with Bill. I have also accessed respite funding, which also provides me with the opportunity to get away for a rest. Years ago I attended support groups.

For more than 20 years Bill has been very involved as a fundraiser with the MS Society. He has been involved with virtually every aspect of fundraising at the Calgary Chapter and has taken a great deal of pride in his accomplishments.

When the time came that Bill could no longer write, type or hold the phone, the MS Society purchased a voice activated computer that has allowed him to continue to solicit prizes for the Enerflex SuperCities WALK and the RONA MS Bike Tour and keep in touch with the outside world. There are no words to describe how important this has been for Bill and,

indirectly, for me because it has kept him engaged with something that is meaningful.

What do you need as a family caregiver that you don't receive?

Certainly, financial benefits such as tax supports for spouses who are the primary caregiver would be helpful because having someone in the family with a significant disability is very expensive. Other programs to help offset the cost of keeping Bill at home would also be helpful and reduce a lot of stress and pressure.

Increased education to help the general public and health care workers understand the physical, emotional and spiritual impact of the family caregiver role. This is especially important when trying to decide how to better support caregivers.

Also, as I mentioned earlier, it would be beneficial if there was less pressure from Home Care regarding levels of care. Home Care should focus on how to support both the client and the caregiver in a more holistic way.

Are there any rewards of being a family caregiver?

The rewards have been that Bill and I have had a good marriage in spite of many challenges and recently celebrated our 54th wedding anniversary.

I have been proud of the fact that I have enabled Bill to stay at home and that he has been able to pursue his passion for fundraising.

Do you have any advice for other family caregivers?

Stay involved in things that you love even when it is challenging.

Seek support for your loved one but also for yourself.

Be kind to yourself because this is not an easy role.

What's New with the Assured Income for the Severely Handicapped (AISH) Program?

On May 1, 2007, the new AISH Act and Regulations were brought into effect. The updated legislation includes a \$50 increase in the maximum monthly living allowance and changes to the way income is treated and reported.

The monthly maximum for a single individual who qualifies for the benefit is now \$1,050 and \$315 for those residing in long-term care facilities.

The new AISH Act and Regulations include several positive improvements including:

- More flexibility for clients regarding how often they have to report income;
- Easier reporting for clients using Canada Revenue Agency (CRA) income data
- Changes to the way AISH treats income to align with the way CRA treats it (whether it is taxable income or not will effect whether AISH considers it to be an income)
- More clarity around who is eligible for Modified AISH
- Provisions to ensure clients can exhaust all appeal mechanisms when assessed an overpayment, before the program begins collecting a debt
- The tone and language of the legislation is much improved (less prescriptive)
- Allows more flexibility to meet individuals client needs

All clients will receive a booklet called "Improving AISH." Also the AISH Guide has been replaced with a number of AISH "Tip Sheets" that explain eligibility, how to apply for AISH, benefits, appeals, treatment of income, assets etc.

"Explaining the Changes to AISH", "Improving AISH" and the "AISH Tip Sheets" are available on the Seniors and Community Supports website at www.seniors.gov.ab.ca/AISH

Memorial Gifts and Gifts In Honour Of

Each memorial gift received by the MS Society is a thoughtful tribute to a loved one or friend—and an important contribution that supports vital research and services to families affected by MS. Each gift is acknowledged promptly with a suitable card to the bereaved. The name of sender(s) are mentioned, but not the amount. We gratefully acknowledge gifts received by the Alberta Division and Edmonton Chapter in memory of the following people and offer our sympathy to those who mourn their death **(February 6, 2007, to May 14, 2007).**

- Barry Anderson
- Ron Aslin
- Merel Bachelder
- Murray Bisset
- Mike Budjak
- Anne Marie Cameron
- Lucy Cannon
- John Chamberlam
- Donna Chapman
- Margaret Clark
- Walton Corse
- Iris Covey
- Francis Daugherty
- Mary Donald
- Alice Forester
- Carol Friesen
- Carolyn Friesen
- Mable Gostafson
- Sally Hall
- Sheila Hamilton
- Mary Hanson
- May Hartwick
- William Hook
- Myrtle Hooper
- Sabina Howaniec
- Marlene Kennedy
- Robert Philip Kieser
- Steve Lucyk
- Mary Lupul
- Ray MacPherson
- Mary Mandryk
- Margaret Marshall
- Barbara McLeod
- Dave Nelson
- Ewalt Oldenburg
- Gary Ratice
- Gary William Ratke
- Barb Roth
- Barbara Roth
- Jean Sawyer
- Albert Schieve
- Mary Sobolewski
- Joyce Stebner
- Doris Suitor
- Mike Sweet
- Bradley Tkachuk
- Henry Trottier
- Joseph Twyman
- Oscar Vaxuick
- Stan Warren
- Patricia Weder
- Wilbert Wudel

In Honour Of — February 6, 2007 – May 14, 2007

- Pauline Hobbs
- Sparkie Milner – 80th Birthday
- Ferne Rubin – Thinking of you

Meet your Alberta Division Board Members

In the next few issues we'd like to introduce you to some of the Alberta Division Board Members, the volunteers who provide the Society with direction and governance as we work to achieve our mission.

Cate Archibald, PhD, RPsych

Cate began volunteering for the MS Society in the early 1990s, after working for several years as a research project coordinator of one of the first large-scale studies on cognitive function and quality of life in people affected by MS. While conducting interviews and assessments across Nova Scotia, Cate's eyes and heart were opened to people facing the unique challenge of MS in everyday life. This led to a dissertation, research papers, and eventually clinical practice specifically focused on MS and individuals and families affected by this diagnosis.

Over the past decade of working as a psychologist with the Optimus Program, Cate has volunteered as a speaker at support groups and annual conferences in Alberta and other provinces to promote awareness and provide education to help people better assess and manage symptoms. Feeling the need to effect positive change beyond the individual or small group level, Cate decided to volunteer as a board member.

Board membership can be challenging, especially at first if the language and procedures of board meetings are unfamiliar, says Cate. Fortunately, Alberta Division helps with the transition by providing orientation for new board members. With respect to work, there can be a lot of material to review just prior to the quarterly meetings. Cate suggests that the review of board

meeting materials needs to be "active" so that board members can provide useful feedback or ideas.



While serving on the board, individuals may be asked to serve on a committee. This presents an opportunity to work in areas you may find particularly interesting. For example, working with the Government and Community Relations Committee to advocate for improvements in continuing care in Alberta, or, in Cate's case, working with the Client Services Committee to improve services and access to services across the province. Board and committee work can be rewarding and a way to add "voice" and to help bring about positive change at a wider than individual level. Finally, board meetings are interesting and socially enjoyable.

MS Support Groups in Alberta

Battle River /Wainwright: Ask for Teresa 780-755-2226

Boyle Area: Ask for Deloris 780-689-4300

Camrose: Ask for Maureen 780-672-2993

Cold Lake/ Lakeland: Ask for Suzanne 780-672-2993

Drumheller: Ask for David 403-823-6920

Elk Point: 780-724-2430 for information

Fairview: 780-835-4868 for information

Fort McMurray: 780-743-8239 for information

Hinton: 780-865-8247 for information

Pincher Creek /Crowsnest: 403-627-2106 for information.

Tofield MS Support Group: last Wednesday of the month 7 pm to 8:30 pm Tofield Health Unit.

Vegreville: 780-632-2848 for information

Yellowknife: Ask for Shawn 867-445-4372

South Peace/ Grande Prairie: Call the chapter at 780-532-3204

Edmonton: Call the chapter office at 780-471-3034

Calgary: Call the chapter office at (403) 250-7090

Lethbridge: Call the chapter office at (403) 328-7002

Red Deer: Call the chapter office at (403) 346-0290

Medicine Hat: Call the chapter office at (403) 529-6797

Lloydminster: Call the chapter office at (780) 871-0513

PAMS (People Against MS)

Presents

The Premiere Gala and Wine Auction

Saturday October 20, 2007

Hilton Garden Inn

West Edmonton

Enjoy an evening of fine wines and culinary masterpieces. The Premiere Gala & Wine Auction represents the MS Society's first ever black tie affair. Guests will delight in an elegant cocktail reception, a delectable five-course dinner accompanied by select wines from the sun-drenched vines of California. Guests will also enjoy an exclusive wine auction consisting of live and silent items. Following the excitement of the live auction, unwind to the breezy sounds of our featured entertainer: Juno award-winning jazz saxophonist PJ Perry and trio. Space is very limited. Reserve your seats early.

Further inquiries may be directed to Daniella Sabo at daniella.sabo@mssociety.ca or (780) 463-1190 or visit our website at www.mssociety.ca/alberta/pams-gala-home.htm

STAY INFORMED!

The MS Society is committed to reaching out to all Albertans with MS. If you know someone who would like to receive a complimentary copy of MS Connections, please call us at **1-800-268-7582.**

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**The MS Society, Alberta Division, in
partnership with Legal Freight Services Ltd.,
presents the**



- Thursday, September 13, 2007
- Raven Crest Golf and Country Club
- Shamble Tournament format*
- 8:30 a.m. shotgun start
- Minimum pledge amount: \$175

We've improved on last year's 100 Hole Golf Challenge for MS format by adding more (and bigger) prizes, plus plenty of hole giveaways and great food (including a delicious, hot breakfast buffet). We've also changed to a more exciting format: instead of playing 100 holes of golf, participants now strive to play 18 holes of golf in less than 100 strokes. Whether you're a duffer or a pro, there's something for everyone: plenty of prizes, good food, and a great cause to support. Invite a friend and come out for an unforgettable day!

*What's a "shamble"?

A shamble is a type of tournament that combines elements of a scramble with elements of stroke play. Like in a scramble, all members of a team (usually four) tee off and the best ball of the four tee shots is selected. All players move their balls

to the spot of the best ball. From this point, the hole is played out at stroke play, with all members of the team playing their own ball into the hole. So: select the best shot off the tee, move all balls to that spot,



then play individual stroke play until each member of the group has holed out.

Please contact Daniella Sabo at (780) 463-1190 or daniella.sabo@mssociety.ca or www.mssociety.ca/alberta/golf.htm for more information.