

Making Strides



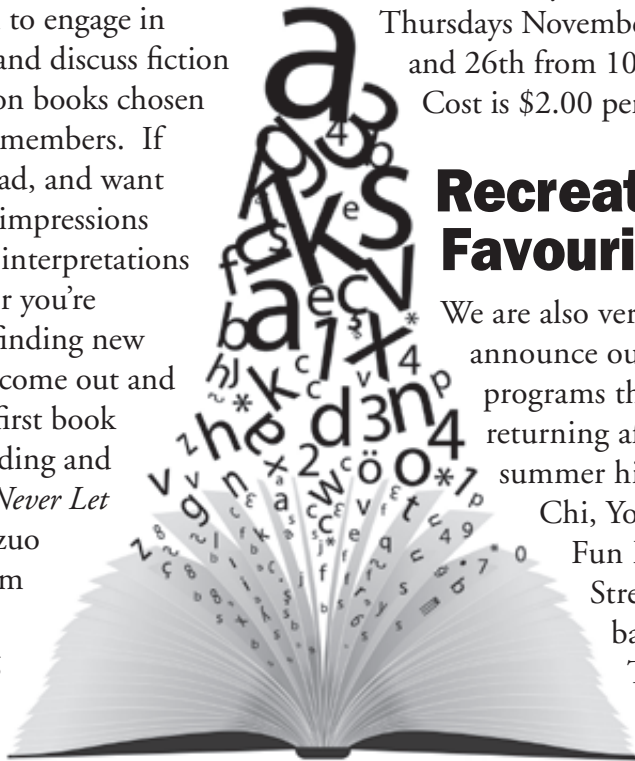
Edmonton Chapter

FALL 2009

Recreation Programs Return for the Fall

Book Club

The Edmonton Chapter is delighted to present a new recreation program this fall, Book Club! The club will meet once a month to engage in conversation and discuss fiction and non-fiction books chosen by our group members. If you love to read, and want to share your impressions, thoughts and interpretations with others; or you're interested in finding new titles to read, come out and join us! The first book we will be reading and discussing is *Never Let Me Go* by Kuzuo Ishiguro. From the Booker Prize winning author of *The Remains of the Day* and *When We Were Orphans* comes an unforgettable edge of your seat mystery that is at once heartbreakingly tender and morally courageous about what it means to be human. Dates for future meetings will be posted as soon as they are available.



Drawing Classes

Drawing is easier than you think! Whether you are an absolute beginner or looking to sharpen your skills, this class is for you! Classes run Thursdays November 5, 12, 19 and 26th from 10:30am-12pm. Cost is \$2.00 per class.

Recreation Favourites

We are also very pleased to announce our recreation programs that are returning after a brief summer hiatus. Tai Chi, Yoga, Bowling, Fun Fridays and Stretching are all back this fall. Tai Chi runs Mondays starting September 14 from 11am – 12pm, Yoga is Tuesdays starting September 15 from 9:30am – 11:30am and Wednesdays starting September 23 from 9:30am – 11am, Stretching is every second Friday starting September 25 from 11am – 12pm, and Fun Fridays are also every

second Friday starting October 2 from 11am – 1pm. Bowling continues at Bonnie Doon Lanes every second Monday starting September 21 from 11:30am – 1:30pm

For more information regarding these programs, please contact **Jennie Malone** at jennie.malone@mssociety.ca or **780-471-3034**.

Children and Youth Programs

Edmonton Chapter was able to provide some very successful children and youth programs this summer with Teen Escape and two weeks of Kids Kamp! We are very excited to be able to offer children and youth programming throughout the year as well! We will be holding a social program for teens aged 13-17 beginning in September and running on a Saturday every second month, as well as an event for children aged 6-12 starting in October also running on a Saturday every second month. These programs will be an opportunity for your child to meet their peers, try new activities and have fun! Updated details on dates and activities will be posted as they are available. For more information please contact **Jennie Malone** at jennie.malone@mssociety.ca or **780-471-3034**.

Friendly Visiting Program Reaches Out

The Friendly Visiting Program is designed to provide informal support for persons living with multiple sclerosis (MS) that reside within the continuing care continuum. The program provides support, increased awareness of community resources, and engaging in shared activities.

As the Friendly Visiting Program approaches its 6 month anniversary, I want to thank all of the residents and volunteers who have made this such a wonderful experience. We are currently linked with 49 MS residents in 12 Continuing Care Centres throughout Edmonton. I have the opportunity to meet and spend time with residents every afternoon and

love being able to get out and get to know people better and help out in any way that I can to connect residents to the programs available, help with any funding needs, and play games and just visit together.

With the Friendly Visiting Volunteer Program, we have 7 wonderful volunteers who are matched one on one with MS residents under the age of 65 to provide Friendly Visiting. It is a

fantastic program that allows the resident and volunteer to spend time reading, playing games, doing artwork, or take part in any activity that they enjoy together. We always have room for more, so if anyone is interested in becoming a Friendly Visiting Volunteer or in receiving a Friendly Visit, please contact **Cathy Buchanan** at (780) 471-3034 or cathy.buchanan@mssociety.ca.

Message from the Vice President



Dear All

What a year this has been!! Continuing with the themes of the strategic plan 'Reaching out and partnering for success' and being guided by the concept of innovation, the Chapter has enjoyed a wonderful year. First and foremost we have finally assembled a complete Client Services Team. This has taken us over 4 years and has involved a rigorous hiring process. As our services have expanded this year and our innovative programming has grown, we shall end this year and begin the next with our first major client services conference, "Connections 2009". There is still time to register and we encourage you to do so.

This new look Client Services Team is positioned to take us into the next fiscal year and to operationalize our new business plan "Breaking Out 2010." Aligned with the objectives within new national strategic plan "Momentum 2015" we shall continue with 'business as usual'

(our core services) but will focus on expanding our innovative services to more persons with MS and continue the process of partnering with the community. Some highlights include: continuing to enhance our Community Connections Program (friendly visiting) to persons in long term care; formally launching our MS ActiveNOW program; expanding our advocacy specialization area; growing the MS Communities concept; adding to our children's programming, and through outreach developing a more formal relationship with the new Regional MS Clinic.

None of this would be possible without the support of an excellent Chapter Board Chair and Board members and a wonderful staff team under the leadership of the Client Services Director.

We invite you to join us on this journey into 2010 at the Connections 2009 Conference in October.

Respectfully submitted

Garry Wheeler PhD RPsych
Vice President



MS SOCIETY OF CANADA EDMONTON CHAPTER

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2008/2009 Board of Directors

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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.

MS Awareness Days

MS Awareness Days is a new initiative for the Edmonton Chapter of the MS Society, with the aim of increasing awareness about Multiple Sclerosis to the general public, as well as creating awareness around the Multiple Sclerosis Society's mission, and the programs and services that are being offered. Another purpose is to introduce and work with a few new communities that are being considered to be included in new Edmonton Chapter boundaries.

Events that ran this summer were a Mall Awareness Day at Southgate, as well, we were exhibitors at the Sunday in the City event put on by the City of Edmonton in conjunction with the Taste of Edmonton. Events that are scheduled for the Fall include:

Sept. 12: Booth at the Downtown Edmonton Farmers Market

Sept. 20: Booth at the Discover your Community Connection at Shaw Conference Center

Sept. 23: Meet and Greet in the Redwater Community in Partnership with the FCSS in Redwater

Oct. 15: Lifestyles Fair in Fort Saskatchewan in Partnership with the FCSS in Fort Saskatchewan

Oct. 17: Booth at the Strathcona Farmers Market

Nov. 19: Fort Saskatchewan Information Session

Other events that are being planned for the near future include an Awareness event that is being planned by the Sherwood Park Awareness Committee, in partnership with Edmonton Chapter, and Doug Tokaryk with the Alberta Division of the MS Society. Also an Awareness Event in the City of Edmonton is being considered to be held in conjunction with MS Awareness month in May.

If you have any comments or questions about any of the MS Awareness Events, have some ideas to share, or are interested in getting involved with any of the events, please give **Cassy Lawson** a call at (780) 471 – 3034. Looking forward to seeing you out at our events.



Halloween Party

Join us for fun & games, costumes and a Chinese food lunch!

When: Friday October 30, 12—2pm
Where: MS Victory Centre
150, 9405 50 St.
Cost: Adults—\$8; Children—\$3

Preregistration is required!
Please contact Jennie at 780-471-3034 by October 26

MS Multiple Sclerosis Society of Canada
Edmonton Chapter



Christmas Party 2009

Wednesday December 2
6—9pm
The Old Timers Cabin
9430-Scona Road (99 Street)
Cost: \$15/Adult, \$7.50/Child
Free for children under 6

Registration is required by **November 27. Please contact Jennie at 780-471-3034 for more information or registration**

MS Multiple Sclerosis Society of Canada
Edmonton Chapter

Fall/Winter 2009/2010 Programs And Services Schedule

MS CONNECTIONS 2009 CONFERENCE

Connections 2009 – October 23 & 24, 2009 @ Century Casino and Hotel

Join us for this unique conference that will bring together persons affected by multiple sclerosis, community resources, health professionals, students, volunteers and others. The conference will be held over two days and will include three keynote speakers and many other speakers discussing a variety of MS related topics. For more information and to register, please visit: www.mssociety.ca/alberta/connections2009.html.

EDUCATION PROGRAMS

MS IS 6 Week – Tuesdays October 20 – November 24th, 7-9pm @ MS Victory Centre

This six week program is 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.

Please contact **Valerie at 780-471-3034** for more information or to pre-register for the aforementioned education programs.

HALLOWEEN PARTY

Friday October 30th, 12-2pm at the MS Victory Centre. Please join us for a great chinese food lunch, draw prizes and some spooktacular activities! Cost for the event is \$8.00 per person. To register, please contact **Jennie Malone at 780-471-3034**.

CHRISTMAS PARTY

Wednesday December 2nd, 6-9pm at the Old Timers Cabin. Come and celebrate the holidays with a filling Christmas feast, live entertainment and some fantastic draw prizes. Cost for the event is \$15.00 for ages 13 and up, \$7.50 for ages 6-12 and free for under 6 years old. To register, or for more information, please contact **Jennie Malone at 780-471-3034**.

MS ACTIVENOW (Exercise programs at the MS Victory Centre)

Tai Chi

Mondays, September 14 – November 30, 11am-12pm

Members: \$35 Non-Members: \$45

Mondays, January 11 – March 29, 11am-12pm

Members: \$35 Non-Members: \$45

Yoga

Tuesdays, September 15 – December 1, 9:30-11:30 am

Members: \$50 Non-Members: \$60

Wednesdays September 23 – December 2, 9:30-11:00am

Members: \$50 Non-Members: \$60

Tuesdays, January 12 – March 30, 9:30-11:30am

Members: \$50 Non-Members: \$60

Wednesdays, January 13 – March 31, 9:30-11:00am

Members: \$50 Non-Members: \$60

Stretching 101 (Gentle Stretching)

Fridays, September 25, October 23, November 6 & 20, December 4, January 8 & 22, 11am-12pm.

Cost: \$2.00 per class.

Please contact **Jennie Malone 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, 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., 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 a new, innovative and interactive program that will run 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 **Jennie Malone at 780-471-3034**. Dates of operation for the Fall and Winter are as follows: Fridays, October 2 & 16, November 13 & 27, December 11th, January 15 & 29th, February 12 & 26, March 12 & 26th.

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 **Jennie Malone at 780-471-3034**. Dates of operation for the Fall and Winter are as follows: September 21, October 5 & 19, November 2, 16 & 30, December 14th, January 11 & 25th, February 8 & 22, March 8 & 22.

BOOK CLUB

Dates yet to be determined. Planning meeting held on September 24th. This group will be held once each month and will consist of group members reading the same novel each month and discussing main themes, characters, etc at monthly meetings. For more information on dates and book choices, please contact **Jennie Malone at 780-471-3034**.

DRAWING CLASS

Drawing is easier than you think! Whether you are an absolute beginner or looking to sharpen your skills, this class is for you! Classes run Thursdays November 5, 12, 19 and 26th from 10:30am-12pm. Cost is \$2.00 per class. To register, or for more information, please contact **Jennie Malone at 780-471-3034**.

COMMUNITY GROUPS

Young Adults with MS in Greater Edmonton. 1st Wednesday of each month from 7-9 @ 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 Groups. 2nd Thursday of each month from 6:30-8:30pm @ Fargo's on Capilano Restaurant, 5804 Terrace Road.

Last Thursday of each month from 7-9pm @ MS Victory Centre, 9405-50 Street

Parkland County Community Groups. 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

St Albert and Area Community Group. 1st Wednesday 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 Groups, please contact **John Soars 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.