

Making Strides

MS Multiple Sclerosis Society of Canada
Edmonton Chapter

SPRING 2009

YADS Still Going Strong!

The Young Adults Group, informally known as YADS, has really taken off in the Edmonton area. The group, which first met in June of 2008 has grown to nearly thirty members, not including spouses and family members that are often involved in activities and group meetings. The group is aimed at adults between the ages of 18 and 35, however these are loose guidelines as anyone who is "youthful" and "young minded" is welcome to attend.

The group meets as a support group on the first Wednesday of each month from 7-9pm at the MS Victory Centre. Generally there is time for group members to discuss a variety of MS and non-MS related issues, while also listening to guest speakers every second or third month. The group also meets informally on the third Saturday of each month to partake in a recreational or social outing. Examples of past activities include stretching classes, pub nights, bowling and snowshoeing.

For more information about the group and to learn more about activities for each month, please contact **Jennie Malone** at 780-471-3034.

Summer Celebration

Make sure to mark Thursday June 25, 2009 on your calendars, from 12-2pm! The MS Society of Canada, Edmonton Chapter will be hosting its annual summer barbecue and celebration at Hawrelak Park, Site #1. The event will feature hamburgers, hot dogs and other scrumptious food, as well as live

entertainment and some great draw prizes.

Tickets are \$5 per person and \$3 for children under 12 years of age. To register, please contact **Jennie Malone** at 780-471-3034.



Programs for Children and Youth

Teen Escape and Kids Kamp are programs open to children and youth who have a parent or family member living with Multiple Sclerosis.

TEEN ESCAPE

June 5-7 @ Gull Lake Centre

Teen Escape is a weekend getaway for teens from across Alberta aged 13-17. Teens will meet new friends, learn more about MS and take part in fun outdoor activities such as climbing wall, water sports, crafts and games. Transportation, accommodation, meals, snacks and all activities are included in the low camp fee of \$50.

KIDS KAMP

Kids Kamp is a week long day camp for children aged 6-12. Kids will meet new friends, learn more about MS and participate in activities such as rock climbing, swimming, crafts and games. The day camp takes place at Montrose Community Hall.

Dates: July 6 – 10 for ages 6 – 9

July 20 – 24 for ages 10 – 12

Cost: \$55 for one child

\$75 for two children (from the same family)

\$85 for three or more children (from the same family)

For more information about Teen Escape and Kids Kamp or to register, please contact **Jennie Malone** at 780-471-3034 or jennie.malone@mssociety.ca.

Connections 2009

Registration is Open

The MS Society's provincial Connections 2009 Conference will be held on October 23 and 24th at the Century Hotel and Casino in Edmonton, Alberta. This conference will include medical updates, information on health and wellness and community and advocacy based panel discussions. Persons affected by MS, health professionals, community resources, students, volunteers and the general public are all invited to this stellar event. For more information about the conference, please visit www.mssociety.ca/edmonton or contact reception at 780-471-3034 for a conference brochure and registration package.



MS SOCIETY OF CANADA EDMONTON CHAPTER

#150, 9405 - 50 Street
Edmonton, AB T6B 2T4
Telephone: (780) 471-3034
Facsimile: (780) 463-7298
info.edmonton@mssociety.ca
www.mssociety.ca/edmonton

2008/2009 Board of Directors

Chairperson: Phil Clarke
Vice Chair: Bob Macklon
Past Chair: Fred Hosker
Treasurer: Greg Tennant
Secretary: Chris Kieser
Members at Large: Darcy DeLeeuw,
Lesley Ripley, Kerry Hetu, Sherry Ash,
Julia Daniluck, Julia Daniluck, Dr. David
Spence, Dr. Barbara Ward, Dr. David
Spence, Peter Fraser, Jeff M. Bird, Dan
Tabashniuk.

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.

Friendly Visiting plays an important role

You must be the change you want to see in the world.

-Mahatma Gandhi

The MS Society of Canada has as part of its mission to enable people affected by multiple sclerosis in enhancing their quality of life. As a recent addition to the staff in the Edmonton Chapter I have had the privilege of leading the Friendly Visitor Program. This program is designed to reach out to MS clients living in extended care centres to connect them with the MS Society and greater community. The world of community outreach was new to me when I started in this role and I am still eagerly learning as much as I can, but it is the clients from whom I am learning the most. The Friendly Visitor Program offers clients the chance to visit socially with an individual from the community. Many clients in extended care are limited in their ability to participate regularly in community activities so this MS Society program enables community members to give back to clients in need while bringing a positive element to these clients' lives. It is truly the volunteers who give freely of their time who make this program the success it is.

Clients I have spoken to say their volunteer visitor is of vital importance to them for their support and company. Many volunteers feel the program's value in gaining experience in the healthcare field, along with having the chance to make new friends. Many volunteers in this program are students studying in healthcare fields and interacting with MS patients teaches them empathy, patience and

knowledge of clients with special needs which they can later use in their chosen fields. The training volunteers receive provides them with the knowledge and background needed in assisting MS clients. The MS Society's MS IS lecture series focuses on what newly diagnosed persons should expect from this condition and Friendly Visitor volunteers in training are encouraged to attend. The amount of time volunteers give varies, but is usually a few hours every month to make a positive difference.

One particular client values the time spent with her volunteer so much she told me of the tremendous difference this made in her life and how she appreciated the one-on-one interaction. Her volunteer spent time with her getting to know her and assisting her in leading a rich life. This program is invaluable and is a vital link to the greater community for those in extended care. It has been shown that interaction with the greater community helps extended care clients in maintaining positive mental attitudes, but also assists in stemming isolation and loneliness people can often feel. Individuals interested in gaining further experience in healthcare, human services or community building would gain great satisfaction as program volunteers. Volunteers are being accepted on a regular basis. Individuals interested in participating in the program are encouraged to contact **Cathy Buchanan, Community Connections Coordinator at 780-471-3034.**

Education Update

TAX TALK PRESENTATION

The MS Society of Canada – Edmonton chapter would like to thank Mr. Zach Holtzman, CA from Sherwood Park for his excellent and timely presentation on filing tax returns and deduction when an individual has MS. The tax talk presentation was a huge success with 46 people attending. He presented to a packed house about changes to tax law and how to get the most out of your deductions, as well as, information on the types of deductions that are currently available and how to apply for the disability tax credit.

Mr. Holtzman's presented many hints and tips but one that has stuck was "if in doubt about a deduction contact the Canada Revenue Agency to verify if it is a legitimate deduction. Just because someone has shared with you that they have claimed it in the past does not make it legal. "He also suggested contacting the Canada Revenue Agency 2 or 3 times to verify the information is accurate before claiming and that you can also request a reassessment if you forget to claim a deduction from the past year(s) returns.

If you would a copy of the presentation handout, please contact **Valerie Borggard** at **780-471-3034** or **Valerie.borggard@mssociety.ca**.

INSURANCE PRESENTATION

People ask the question but rarely get the answer they are looking for. Here is your opportunity to find out more about MS and the Insurance Question. What does it mean and how can an individual cover their insurance needs when they are diagnosed with a

chronic disease? Are there limitations to coverage for life and disability insurance? And what about short and/

How can an individual cover their insurance needs when they are diagnosed with a chronic disease?

or long-term disability coverage, travel insurance, etc.?

Come join us May 26, 2009 for a presentation about insurance to find out the answers to these questions and more.

Speaker: TBA
Date: May 26, 2009
Time: 7:00-9:00pm
Location: Program Room,
Victory Centre, #150, 9405 – 50th
St. Edmonton

To register for this free session or for more information, please contact **Valerie Borggard** at **780-471-3034** or **Valerie.borggard@mssociety.ca**.

Message from the Vice President



Greetings to all. I am very excited to bring you excellent news with regard to Edmonton Chapter.

I am very happy to report that a significant enhancement is underway in our Friendly Visiting Program. Recently we finalized a contract with the Community Supports Unit of the Disability Supports Division in Alberta Seniors and Community Supports. This is to provide an enhanced Friendly Visiting program for persons with MS in long term care in the Capital Region. A new Community Connections Coordinator will take on the responsibility enhancing this program in the coming months. This is exciting progress in our continued efforts to develop key relationships and partnerships in the community and with Government.

Another exciting development is the recent approval of a core operating grant from the City of Edmonton. This grant will help to ensure the sustainability of our many programs.

Finally I would like to draw your attention to the exciting education and learning opportunity referred to elsewhere in the newsletter. On October 23 and 24, 2009, the Edmonton Chapter will host "Connections 2009" at the Century Casino Edmonton. This conference will feature exciting international keynote and local speakers. A variety of topics in the areas of wellness (symptom management), research, community development and advocacy will be addressed. I would like to personally invite you to join us at this important event. This event will take place in Edmonton and Calgary in alternate years. This year is our turn so please join us. Details regarding online registration are available at **www.mssociety.ca/edmonton**. We predict a full house for this event so please do sign up early and reserve your spot.

So onward towards, hopefully, a warm Spring and Summer and to more successes at Edmonton Chapter.

Respectfully submitted
Garry D Wheeler PhD, RPsych.
Vice President.

Spring/Summer 2009 Programs And Services Schedule

SUMMER PROGRAMS

Summer Celebration

Thursday June 25th @ Hawrelak Park, Site #1

Join us for our annual summer barbecue at Hawrelak Park from 12-2pm. There will be lots of great food, entertainment and plenty of draw prizes. Cost is \$5 per person and \$3 for children under twelve. To register, please contact **Jennie Malone** at **780-471-3034**.

Teen Escape

Friday June 5 to Sunday June 7th, @ Gull Lake Camp

This weekend retreat is aimed at teens aged 13 to 17 years old that have a family member living with multiple sclerosis. The retreat will include a variety of educational and recreational activities that will allow teens to connect with other teens facing similar life challenges. Cost is \$50 per child and that includes transportation, meals, accommodation and activities. To register or for more information, please contact **Jennie Malone** at **780-471-3034**.

Kids Kamp

July 6-10th & July 20-24th, @ Montrose Community Hall

This weeklong day camp program is aimed at children aged 6-12 years old that have a family member living with multiple sclerosis. The program will run from 9am to 3pm daily and will consist of a variety of educational activities, arts and crafts, sports and recreational outings. Cost is \$55 for one child, \$75 for two children and \$85 for three or more children from the same family. Transportation and activity costs are included in the registration fee, however children are responsible for bringing their own lunch. For more information or to register, please contact **Jennie Malone** at **780-471-3034**.

EDUCATION PROGRAMS

MS IS 1 Day – Saturday May 2nd, 9am-4pm @ MS Victory Centre

This one day program is a condensed form of the six week session. It provides a variety of information on MS to persons living with MS, family members, friends, etc. Lunch and snacks are provided.

Insurance Advocacy Workshop

Tuesday May 26, 6:30-9pm @ MS Victory Centre

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

MS ACTIVENOW (Exercise programs at the MS Victory Centre)

Tai Chi

Mondays, May 4 – June 22, 11am-12pm
Members: \$30 Non-Members: \$40

Yoga

Tuesdays, May 5 – June 23, 9:30-11:30 am
Members: \$40 Non-Members: \$50
Wednesdays, May 6 – June 24, 9:30-11am
Members: \$40 Non-Members: \$50

Sit to Keep Fit

Thursdays May 7 – June 17th, 11am-12pm
Members: \$25 Non-Members: \$35

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)

Stretch and Tone @ The Steadward Centre for Personal & Physical Achievement, Edmonton

Tuesdays and Thursdays 10am – 2:30pm, 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

Yoga for MS @ Servus Place, St. Albert

Fridays, 9:30-10:30am, for program dates and costs, please call 780-418-6088

Kinesio @ Servus Place, St. Albert

Tuesdays, 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 Spring are as follows: Fridays, April 24th, May 8, May 22, June 12 and June 26. There will be no drop in program in July and August.

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**. Program dates for the spring are: April 6, April 20, May 4, June 1, June 15, and June 29th. There will be no program on May 18th.

COMMUNITY SUPPORT 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

1st 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, #150, 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