



*Volunteerism in the MS Society of Canada,  
Alberta Division & Edmonton Chapter*

MS Society – Alberta Division/Edmonton Chapter  
150, 9405 – 50 Street, Edmonton, AB T6B 2T4  
Phone: 463-1190 Fax: 479-1001

## Let's Make MS History! *2008 Fundraising Events Break Records*

Julie Kelndorfer, Director of Volunteer Resources

**"One day my children will read about this event in a history book because we found a cure." — Anonymous**

Our volunteers came out in full force this year at our fundraising events. Checkpoints, food tables, check-in, and information were only a small part of the hundreds of positions that were filled by our amazing volunteers. Participants and staff alike commented on the great work of our volunteers. Fundraising records for our 2008 event season shattered our 2007 record season. Amazing! What does this success mean to the MS Society? It means that we have an even larger contribution to research as well as to the enhancement of our client

programs and services. Did you know that for every \$100 raised five people can attend a newly diagnosed program or that for a \$1000 three people obtain an assistive device? This is why supporting our events through your volunteer efforts is so important. Every second, minute, and hour you contribute supports our events and ultimately our mission. With your continued support year after year we will make MS History, so that our children will read about these events in the history books.



Thanks to all of our volunteers at the MS WALK!  
You are fabulous!



Thanks to all of our RONA MS Bike Tour Volunteers!  
You are amazing!

More stories and volunteer opportunities at [www.mssociety.ca/alberta](http://www.mssociety.ca/alberta)

**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 program delivers smiles

In March of 2005 a vision for an enhanced Friendly Visiting program in Alberta was formed. With the support of the Alberta Government we are expanding this informal support program for persons with MS in long-term care through the development of a comprehensive, trained volunteer network. The program is a way of providing support, decreasing loneliness and isolation, increasing awareness of community resources and engaging in shared activities.

Sisters Michelle and Gina started volunteering for the friendly visiting program one year ago. Michelle is a Registered Nurse and Gina is in her final year of her nursing degree. Gina decided to get involved after she heard Jeannine Christopherson, Outreach Coordinator for Edmonton Chapter, speak about the program. "I knew it was a right fit for me. I wanted to make a difference in the life of someone struggling with MS, and the Friendly Visiting Program is an amazing way to do that," says Gina.

Since then both Michelle and Gina have been paired up with clients and have found it to be a very rewarding experience. "[As] a Registered Nurse, [I] have encountered patients living with MS in the hospital and community. Through the Friendly Visiting Program, I am able to spend one-on-one time with a client on a regular basis, which is very rewarding. The best part is bringing a smile to the client's face when I visit," says Michelle.

"I think the main highlight for me has been the opportunity to get to know my client and the opportunity to add purpose and enjoyment to both her day and mine," says Gina. "I hope more individuals will join the cause to improve the day-to-day lives of people dealing with MS."

If you are interested in volunteering as a Friendly Visitor please contact:

Julie Kelndorfer  
Director of Volunteer Resources – Alberta Division  
Julie.kelndorfer@mssociety.ca  
1-800-268-7582



## The goals of the Friendly Visiting Program are:

- 1 To expand and complement existing outreach friendly visiting services to residents with MS who live in long-term care.
- 2 To provide opportunities for people with MS to interact with a member of the community outside of the family and health profession.
- 3 To promote a sense of dignity and self-worth.
- 4 To reduce social isolation that a resident may be experiencing.
- 5 To provide support & companionship to residents and offer appropriate activities.
- 6 To provide information about multiple sclerosis, the MS Society of Canada, and appropriate community resources.
- 7 To increase the MS Society's awareness of long-term care residents' needs and/or issues.

# Volunteer Appreciation Evening

*“Volunteers...  
our Sweet Treasures”*



Thursday, November 6  
Old Timer's Cabin (9430 Scona Road)  
Doors Open: 6:00 p.m.  
Supper: 6:30 p.m.  
Program: 7:30 p.m.  
**RSVP to Julie Kelndorfer by phone -  
(780) 463-1190 or e-mail  
abvolunteers@mssociety.ca by October 24.**

We invite all of our amazing volunteers to join us so that we can show you how much you are appreciated. We couldn't have the successes without the hard work, dedication, and talent of our volunteers. Thank-you for supporting the MS Society and our mission. We hope you will join us on November 6!

*“It's easy to make a buck. It's a lot tougher to make a difference.  
-- Tom Brokaw”*

# Calendar of Events 2008

Mark your calendars!



**November 6, 2008** Volunteer Appreciation Evening - Old Timer's Cabin, Edmonton

**April 19 - April 25, 2009** National Volunteer Week

**April 26, 2009** MS WALK, St. Albert

## May is MS Awareness MONTH

**May 31, 2009** MS WALK, Edmonton

**June 13 & 14, 2009** RONA MS Bike Tour - MS 150

**September 5 & 6, 2009** RONA MS Bike Tour-Mountain

**2009 MS Casino** (Date yet to be released)

**September 10, 2009** The Brick MS Drive Fore A Cure Golf Tournament

We are currently accepting volunteer applications for the 2009 Event Season and client services positions (e.g. friendly visitor). You can apply via the website [www.mssociety.ca/alberta/volunteer.htm](http://www.mssociety.ca/alberta/volunteer.htm), by e-mailing [abvolunteers@mssociety.ca](mailto:abvolunteers@mssociety.ca) or by calling Volunteer Resources at (780) 463-1190 or toll-free 1-800-268-7582.

*“If you think you are too small to be effective, you have never been in bed with a mosquito. -Betty Reese”*

## Reminder

If your e-mail address or mailing address changes please let us know by calling Volunteer Resources at 780-463-1190 or e-mail [abvolunteers@mssociety.ca](mailto:abvolunteers@mssociety.ca)

# Stronger Together!

# Better Together!

Julie Kelndorfer, Director of Volunteer Resources

**We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop. -- Mother Teresa**

I would like to thank all of our volunteers for their contributions over the past year in all areas that you are involved in at the MS Society. Client Services, Boards, committees, events, office, administration you all are an important part of our organization. I have heard volunteers comment about their contributions as "it was nothing much, I didn't do that much." That's why the quote from Mother Teresa is so important. Each

volunteer in our organization no matter what they are doing and how much time they spend doing it contributes to our "ocean", to our mission. Without that "drop", that one volunteer a client in continuing care would not have a friendly visitor and our participants in our events would not have their refreshments at a checkpoint. Each volunteer makes a difference to the whole. Thank-

you to each and every one of you for making a difference in the lives of those affected by MS as well as for making a difference in the fight to end MS. We couldn't do it without you and we are enriched by your presence, knowledge, and commitment. We are Stronger Together! Better Together! I hope all of you will be able to attend this year's volunteer appreciation event on November 7 and I look forward to seeing you there.

## endMS.ca

a new campaign is launched

Canadian MS researchers have made incredible advances in the knowledge and treatment of multiple sclerosis; from the advancement of MRI technologies to the examination of childhood MS, Canadians have been at the forefront of MS research. The fact is, however, that as MS researchers near retirement and a limited number of young scientists make MS their lifelong cause, progress toward discovery in the field of MS is at risk. This urgent need was recognized and the endMS.ca campaign was born.



### What is endMS.ca?

The endMS.ca campaign is raising \$60 million over five years to support MS research. Its flagship investment is a new \$20 million entity called the endMS Research and Training Network, which is intended to recruit, train, support, and retain the next generation of

MS researchers. The first of its kind in the world, the endMS Research and Training Network is designed to increase the pace of discovery so that a cure can be found in the shortest time possible. For more information check out the website: [www.endMS.ca](http://www.endMS.ca)