



# ATLANTIC



Fall 2007

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This year, Kin Canada Atlantic District 7 and the MS Society's Atlantic Division will celebrate 30 years of partnership. And it all began with one man. After John Sears of Fredericton, New Brunswick, was diagnosed with multiple sclerosis in the early 1970's, he decided to join the MS Society. Already an active Kinsmen, John was welcomed to the MS Society with great enthusiasm. In his initial year as a member, 'Kin John' was elected to the Board of Directors and, in 1977, was elected the Chair of the Atlantic Division.

It was at the Kin Fall Council meeting in 1977 when Kin John moved that the Kinsmen and Kinettes of District 7 accept the MS Society as a recipient of their assistance – and we are so grateful he did. The motion was carried and the rest, as they say, is history.

Since the partnership began in 1978, Kin District 7 has contributed over \$2.3 Million to the MS Society's Atlantic Division. And though this kind of financial contribution remains unmatched in the history of the Division, Kin District 7 clubs do so much more. They provide leadership at several of our Super Cities WALK for MS sites – and lend their BBQ skills to other WALK sites. They support many of our volunteer-run Chapters, they donate space for meetings, and they are continuously raising awareness of MS by holding car rallies or blitz nights. Through it all, their enthusiasm is contagious and their sense of community unparalleled.

"In 1978, Kin John saw that the fight against MS was certainly one of Atlantic Canada's greatest needs," says Brian Cooper, Service Director for Kin Canada Atlantic District 7 and Honorary MS Society board member. "By 2007, this partnership has raised funds over \$2.3 Million for research and services. Our Association's motto is



John Sears (left), the man who initiated the Kin-MS relationship accepts a recognition award from former Board Chair Tom Maston (right) in November 1996.

*Serving the Community's Greatest Need.* The Kinsmen and Kinettes of District 7 are proud to be associated with the MS Society's Atlantic Division."

"A milestone such as this one offers the chance for celebration and reflection," says Dena Simon, President, Atlantic Division. "It also provides an opportunity to look at how the hard work and optimism of the past 30 years has made a difference in the lives of people with MS. The face of MS is different now than it was 30 years ago. Today, there are four government-approved drug treatments available to help control the disease; diagnosis is faster and

more efficient resulting in improved care; 22 clinics are open across the country and most importantly, hope for finding a cause and cure is at an all-time high. Every milestone we celebrate in MS research is due in part to the milestone we're celebrating with our Kin friends this year."

That fall day in 1977, when Kin John moved to accept the MS Society as a recipient of Kin Canada's assistance, he did something much bigger - he helped change the face of MS. Thank you Kin John and Kin District 7, for 30 years of service, support, laughter, friendship and hope.

## MS Atlantic

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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.

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## A Message from the Chair of the Board

Sylvia MacVey

The front page of this edition of MS Atlantic salutes Kin Canada and their contribution to the MS Society over the past 30 years. Recently, the role of the Manager, Chapter Relations has expanded to include volunteer relations with special duties related to our relationship with Kin District 7. The formalization of staff assignment acknowledges the importance of the Kin relationship to our success as a Division.

Volunteerism in service clubs, such as Kin, is the mainstay of their organizations. Unfortunately, membership in all service clubs across our region continues to be a challenge, making Kin's sustained contribution to MS more notable. This remarkable organization continues to find innovative ways to contribute to our cause, most recently through supporting the Super Cities WALK for MS in some of our smaller locations. In at least two communities, the WALKs could not function without their organization and on-the-ground support. From barbecues to energizing the participants, their presence is obvious and appreciated by everyone involved.

Every year, Kin District 7 appoints a representative to serve as an Honorary member of the Board of Directors for the Atlantic Division.

Always, these representatives bring a fresh perspective and welcome counsel. Invariably these individuals bring a sense of humour along with their sense of purpose and the relationship between the organizations continues to prosper. We can all use friends like these.

To a different matter, the cover of the most recent MS Canada featured the Atlantic Division's own Sean Kirby (current Vice-Chair) and Sarah Cowan (Director, Government Relations and Marketing Communications) in recognition and celebration of the victory on behalf of MS patients in Newfoundland and Labrador. Their sustained and imaginative campaign to extend provincial pharmaceutical coverage to all those requiring treatment in the province was extremely successful and not limited to MS.

Congratulations to the team that brought it all together. In my many years of volunteerism, I have never before had the opportunity to celebrate this type of success. It's a feeling I would like to get used to.

Yours in the fight against MS,



Sylvia MacVey  
Chair, Board of Directors



April 23, 2007 - Sean Kirby, Vice-Chair of the board (left) presents Ross Wiseman, Minister of Health and Community Services (right) with a t-shirt that says "I Survived the MS Society's Drug Coverage Campaign" in St. John's, NL. Reprinted with permission from *The Telegram*.

## Easier access to multiple sclerosis treatments will reduce overall healthcare costs

In May 2007, the Multiple Sclerosis Society of Canada announced that early and easy access to MS treatment options has the potential to improve quality of life and significantly reduce healthcare costs. The cost of MS to the Canadian economy is estimated to be more than \$1 billion per year.

The commentary came as a result of two MS-related articles published in the May issue of *Canadian Journal of Neurological Sciences*.

The articles bring to light new healthcare access and quality of life data related to people living with MS. Compared to the average Canadian, people with MS:

- consult a medical doctor nearly twice as frequently
- are admitted overnight to a hospital 2.5 times more frequently
- consult mental health professionals 2.6 times more frequently

In an accompanying editorial, Dr. Luanne Metz, a professor of clinical neurosciences at the University of Calgary and a member of the MS Society's health research review committee, urged that barriers to appropriate treatment and care for people with MS be removed.

"These studies imply that improving the health of Canadians with MS can reduce the societal cost of caring for them. This could include benefits derived from the use of existing treatments, but only if people with MS are given access to treatments early, before disability accumulates," says Dr. Metz. "To do this, we must reduce barriers to proven therapies which include access to experts, economic barriers and lack of knowledge about treatments."

The studies also highlighted other societal costs:

- employment rates in MS populations are lower than 50 per cent
- a caregiver is needed by half of all people with MS
- over 70 per cent of people with MS need assistance with one or more tasks

• on average, those with MS have significantly impaired quality of life as compared to the general population

The MS Society of Canada's Atlantic Division recently won a major victory in securing easier access to MS therapies in Newfoundland and Labrador. Prior to the efforts of the MS Society, Newfoundland and Labrador was the only province in the country that did not provide universal drug coverage of MS therapies. These therapies can cost MS patients up to \$40,000 per year. Now, so-called "co-pays" – or the portion that the person with MS must pay – have been reduced significantly. For example, a family with an income of \$30,000/year will face a maximum co-pay of \$1,500, whereas previously this family would pay \$19,600.

The campaign, initiated in November 2006, was lighthearted yet persistent. In the end, the MS Society was successful for people with MS as well as for all people of Newfoundland and Labrador in need of any catastrophic drug.

Efforts like these, coupled with improved therapies and services for symptom management will improve quality of life and bring down healthcare costs in the form of reduced hospitalization expenses.

MS is the most common neurological disease of young Canadians with an average age of diagnosis between 15 and 40. Canada has one of the highest prevalence rates of MS in the world at 240 per 100,000, and Atlantic Canada has one of the highest prevalence rates in the country at 350 per 100,000. The annual lifetime cost of the disease is estimated at \$1.6 million per person.

The two published studies were led by Dr. Sheri Pohar from the Institute of Health Economics in Edmonton, and by Ms. Wilma Hopman and Dr. Don Brunet from Queen's University in Kingston. The Hopman & Brunet study was funded by the MS Society of Canada.

## ASK MS

The Multiple Sclerosis Society of Canada supports the information needs of those living with multiple sclerosis in various ways, including through the ASK MS collection of the National Information Resource Centre.

Many of your questions about MS may be addressed by conversations on the phone or in person with MS Society representatives. Your information needs may also be met by our existing MS Society publications, available from the Division office, or an electronic version online ([www.mssociety.ca](http://www.mssociety.ca)). You may also find the online resource, "Ask the Expert" ([www.msanswers.ca](http://www.msanswers.ca)) a valuable resource.

Some questions may be more technical, or best answered by resources that complement our other information sources. This is where ASK MS comes in to the picture.

ASK MS is a collection of over 1500 articles (in print) related to multiple sclerosis and living with MS. Materials included in the collection range from scientific and medi-

cal papers published in prominent, peer-reviewed journals such as *Neurology*, *Brain*, *International Journal of MS Care* and *Multiple Sclerosis*, to general material written for the lay person on topics such as treatment options, exercise, nutrition, and psychosocial issues. Whether technical, or for a general audience, you can be assured that the collection provides up-to-date, quality information.

Here is a sample of some titles recently added to the ASK MS article database:

- The effect of cannabis on urge incontinence in patients with multiple sclerosis: a multicentre, randomised placebo-controlled trial.
- Sclérose en plaques: La place de l'entourage.
- Cannabinoids in MS-are we any closer to knowing how best to use them?
- Fatigue and sleep disturbance in multiple sclerosis.
- How can we help employees with chronic diseases to stay at work? A review of interventions aimed at job



retention and based on an empowerment perspective.

- Les interférons dans le traitement de la sclérose en plaques.
- Phenotype and prognosis in African-Americans with multiple sclerosis: A retrospective chart review.
- Pregnancy hormone key to repairing nerve cell damage.
- Persistent pain and uncomfortable sensations in persons with multiple sclerosis.
- Les résultats d'un essai clinique sur la thérapie orale au fingolimod démontrent une réduction de l'activité de la maladie: une étude de plus grande envergure.
- The emotional and psychological impact of MS relapses.

If there is a topic related to MS that you'd like more information on, you can "ASK MS" by calling your MS Society division at 1-800-258-7582.

## Self Help Group Coordinator Workshop Sharpening Your Skills

This past spring, fifteen Self Help Group Coordinators from Nova Scotia and Newfoundland and Labrador gathered for a weekend workshop. The purpose? To build new skills, meet each other face-to-face, hear the most recent information and enhance self care through guided meditation.

We were very pleased to showcase discussions with Yves Savoie, National President and Chief Executive, Tim Walker, Stress Management Consultant and Trudy Campbell, MS Nurse Coordinator for the Dalhousie MS Research Unit. Through formal and informal methods we reviewed our National and Divisional goals, Self Help Group boundaries, self care tools and disease management throughout the two day event.

A celebratory evening topped off our successful weekend with encouraging words from Yves Savoie. Dena Simon, President of the Atlantic Division presented highlights from our new Divisional Strategic Plan and Sean Kirby, Vice-Chair of the Board, presented a timely overview of the recent MS Drug Funding lobby in Newfoundland and Labrador.

Much information was gathered, and with new friendships begun, the future looks very promising for all our participants!

Our next Self Help Group Coordinator Workshop will be held Spring 2008 for Self Help Group Coordinators in Prince Edward Island and New Brunswick.

Interested in Joining a Self Help Group? We currently have 30 Self Help Groups ready to support those living with MS in the community. New groups will begin soon in Digby, Nova Scotia and Grand Manan, New Brunswick. To learn more about these groups and other locations near you, please call 1-800-268-7582, or e-mail us at [info.atlantic@mssociety.ca](mailto:info.atlantic@mssociety.ca).

## Local students win MS scholarships

The selection process for the inaugural MS Society of Canada Scholarship Program, supported by Billy Talent and Friends, is complete. The Atlantic Division is pleased to announce that nine scholarship award winners came from the Atlantic region.

The winners are: Kimberley Dares of Eastern Passage, NS; Lara MacDougall of Enfield, NS; Amanda Dunsford of Cornwall, PE; Jake Yorke of Parrsboro, NS; Colin Rudolph of Liscomb, NS; John Spurr of Kingston, NS; Monique Mazerolle of Saint John, NB; Megan Gonnason of Charters Settlement, NB; and Todd MacDougall of Richmond, PE.

The MS Society of Canada Scholarship program is new for 2007 and is designed to help students who

have MS or have a parent with MS. A call for applications was made in February. In the end, 141 applications were received and \$60,000 in scholarships disbursed.

The scholarship program became possible when Aaron Solowoniuk, drummer for Juno Award-winning punk rock band, Billy Talent, came to the MS Society looking for a creative way to use his influence to help youth impacted by MS. Aaron was diagnosed with MS when he was 22.

Aaron enlisted the support of Warner Music Canada, which donated \$50,000 based on first-week CD sales of Billy Talent II. Billy Talent also hosted a benefit concert and donated an autographed drumhead for an eBay auction to raise money for the program.

"I'm thrilled that it's been so successful in its first year, and am confident that this program will make a difference in the lives of young people facing the challenges of this disease," says Aaron.

The next scholarship competition will accept applications between January 15 and April 15, 2008 with funds being distributed in August 2008.

Go to [www.mssociety.ca](http://www.mssociety.ca) for a special listing of all the recipients. You can view their photos and read about their personal experience of living with MS in their family.

Multiple Sclerosis Society of Canada





# Two Tours. One Cause. Over one Half Million Raised.

**T**ogether, the Nova Scotia and New Brunswick bike tours raised over a half million dollars! Thank you to our cyclists and a special thank you to ALL of our event sponsors.

### SPONSORS

#### Divisional Partners

Kin Canada Atlantic District 7  
Purolator Courier Ltd.  
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#### Presenting Media Sponsors

(RONA MS Bike Tour)  
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The Wave 97.3 FM  
CHSJ Country 94.1 FM

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(Super Cities WALK for MS)  
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#### WALK / Tour Level Sponsors

Empire Theatres Ltd.  
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Scotsburn Dairy Group  
Subway  
Tim Hortons

#### Top 5 Fundraisers in New Brunswick

Marlo Rose	\$5,150.00
Shelley Crossman	\$3,045.34
Alison Bates	\$2,511.07
Janet MacDuff	\$2,205.00
Jason Wallace	\$2,205.00

#### Top 5 Fundraising Teams with Pledge Average New Brunswick

Team	Total Raised	Pledge Average
Hillside Cyclones	\$4,303.00	\$1,075.75
Psycows	\$4,962.10	\$992.42
Irving Fuel The Care	\$16,598.38	\$976.38
Jennie and the Jets	\$12,013.55	\$522.33
Link 'n' Airs	\$3,273.46	\$467.64

#### Top 5 Fundraisers in Nova Scotia

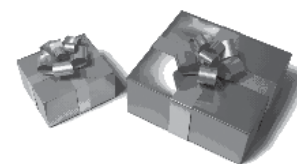
Gavin Giles	\$20,050.00
Shauna MacKinnon	\$15,034.55
Larry Creaser	\$10,939.82
Diane Dafoe	\$10,912.09
Tom Eisenhauer	\$9,678.40

#### Top 5 Fundraising Teams with Pledge Average Nova Scotia

Team	Total Raised	Pledge Average
Dirty Cranks	\$45,000.08	\$11,250.02
CC Riders	\$105,167.25	\$2,337.05
Cycledelics	\$36,450.26	\$1,656.83
Boneshakers	\$11,310.81	\$1,615.83
South Shore Cyclers	\$5,802.00	\$1,160.40

*Thank You for keeping the wheels in motion!*

## 'Tis the season



**T**he MS Society's annual Christmas Cake Campaign has become a holiday tradition thanks to the hard work of many dedicated individuals. In 2006, the Christmas-Cake Campaign raised over \$156,000 in gross sales funding MS research, programs and services for individuals and their families living with MS. The 2007 campaign is underway and volunteers are selling throughout Atlantic Canada.

This year, we are offering high quality products such

as traditional dark and light fruit cake, cherry cake, pound cake, delicious shortbread cookies and decadent chocolate truffles. As an added feature, decorative tins are used to package the items. Product prices range from \$11 to \$15.

How can you help? If you would like to purchase any of these great products, visit our website for sellers in your area or call the Atlantic Division office 468-8230 (toll free 1-800-268-7582). We are always looking for more individ-

uals to lead a sales campaign in their area, or workplace. These make great client and customer gifts! We'll make it easy, providing you with all the support you need to have a successful campaign.

If you have any questions, or you would like to participate in this year's Campaign, please call Jessesar MacNeil, Manager, Development at the MS Society or e-mail [jessesar.macneil@mssociety.ca](mailto:jessesar.macneil@mssociety.ca).



# WALKs raise over a half million

*Thank you Atlantic Canada*

Over 3,500 WALKers and over 500 volunteers made the 2007 Super Cities WALK for MS in Atlantic Canada our best WALK season yet raising over \$506,000. This year we raised over \$90,000 in online fundraising, easily breaking last year's record! Participants sold raffle tickets, held bake sales and yard sales, and invited their employers to match their donations. Money raised will be used to support crucial research and services for those affected by MS. Your contributions to the MS Society of Canada take us half a million steps closer to ending MS. The dedication of WALKers in the fight to end MS is outstanding. Thank you!

## TeamMS Awards!

<p><b>Top Corporate Team</b></p> <p>Blue Cruisers</p> <p>pledge average \$1,034.90</p> <p>team total \$5,174</p>
<p><b>Top Friends &amp; Family</b></p> <p>MS-Kateers</p> <p>pledge average \$1,018.98</p> <p>team total \$4,075</p>
<p><b>Top School Team</b></p> <p>St. Stephen High School</p> <p>School fundraising total \$4,818</p>
<p><b>Top Recruiting Captain</b></p> <p>Lori MacKenzie</p> <p>Curves, Halifax</p> <p>271 members!</p>

## Outstanding fundraising results!

Individual Top Fundraisers in each WALK site		
Name	Site	Total
Mark Stewart	Charlottetown	\$7,401
Sheldon Patriquin	New Glasgow	\$5,583
Tim Blom	Fredericton	\$5,475
Lisa Park	Halifax	\$5,028
Lina Toole	Saint John	\$3,365
Eleanor Brosha	Antigonish	\$3,106
Donata Graefin von Platen-Hallermund	St. John's	\$2,650
Shelley Baxter	Moncton	\$2,348
Craig Thurston	Truro	\$1,844
Betty Anne Peters	St. Stephen	\$1,605
Jeanette Sheppard	Corner Brook	\$1,400
Louise MacKinnon	Sydney	\$1,363

Top Fundraising Teams by pledge average in each WALK site			
Team	Pledge Average	Total	Site
Blue Cruisers	\$1,034.90	\$5,174	Moncton
MS-Kateers	\$1,018.98	\$4,075	Saint John
The Hummers	\$811.83	\$4,871	Truro
Encana Spirit	\$768.25	\$3,073	Halifax
Team Janet	\$710.60	\$14,212	Charlottetown
Team Williams WALKers	\$497.00	\$2,485	St. John's
Team Crazy Legs	\$477.62	\$6,209	Fredericton
The Bicksters	\$223.60	\$1,118	Sydney
Crombie Empire Team	\$191.25	\$765	New Glasgow
Walmart WALKers	\$184.39	\$2,397	Antigonish
Betsy's Crew	\$158.44	\$2,535	St. Stephen
Sean's Team	\$154.75	\$619	Corner Brook

# Research Update

## Early Sun Exposure Associated with Reduced Risk of MS

Researchers from Duke University report that sun exposure during childhood was associated with a reduced risk of MS in a study of 79 pairs of twins in which one twin had MS. This study adds to a growing body of evidence suggesting that sun exposure may be protective against MS. Talat Islam, MBBS, PhD, Thomas Mack, MD, MPH (Keck School of Medicine, Los Angeles) and colleagues report their findings in the July 24 issue of *Neurology* (2007;69:381-388). This study was funded by the MS Society of Canada and the National Institutes of Health.

MS is thought to occur in people who are genetically susceptible to the disease who encounter something in their environment that triggers its onset. Even in identical twins with the same genes, only about 30% of the time both twins develop MS. Worldwide, MS tends to occur with greater frequency in latitudes farther away from the equator than in latitudes closer to the equator. One



possibility that has been explored in this and other studies is that exposure to ultraviolet radiation (UVR) from the sun may protect against MS. Recent research indicates that UVR (or vitamin D synthesized via UVR exposure) can dampen the immune attack. This might provide a biological mechanism for reduced MS where UVR exposure is higher.

Dr. Islam and colleagues investigated this possibility using the International Twin Study, a registry of North American Twins who have been diagnosed with chronic diseases, including MS. Studying genetically identical twin pairs provides the unique opportunity of separating genetic and environmental factors that might contribute to MS.

The team identified 292 pairs of identical twins of whom one had MS. They sent them a 60-page questionnaire on factors that might affect MS development, including questions about nine sun exposure-related activities, such as more time outdoors and more time spent at the beach. Of this group, 193 pairs responded, and of these, 79 pairs reported differences in sun exposure during childhood on at least one of the nine different sun-exposure-related activities.

In this group of 79 pairs, twins who reported more sun exposure-related activities during childhood had a significantly reduced risk of developing MS. This decrease ranged from 43% to 75%, depending on the activity.

“Although this study relies on the recollection of adults about their childhood activities several decades previously, the data were collected long before the amount of sun exposure was considered to represent a risk factor in MS,” says Dr. John R. Richert, Executive Vice President of Research and Clinical Programs at the US National MS Society. “These findings mesh with other reports and adds to a growing body of evidence suggesting a link between sunlight exposure and resistance to developing MS.”

## Interferon injection may delay disability accumulation

People with clinically isolated syndrome (CIS), which is the first attack that can lead to multiple sclerosis, may have a better chance of delaying accumulation of disability when taking Betaseron injections every other day, compared to those that do not.

BENEFIT is a multi-center trial conducted at 98 sites in 20 countries and includes patients presenting with a first clinical episode suggestive of MS and typical MRI findings. A total of 468 people participated in the double blind, placebo controlled and randomized study. In the study, investigators measured MS progression of patient disability using a validated, well-established scale called the Expanded Disability Status Scale. Disability progression was defined as a neurological worsening defined by an increase in a patient’s EDSS score by at least one point that was confirmed as still present after six months.

After one year of follow-up, 16% of the early treatment group and 24% of the delayed treatment group showed confirmed progression by one or more points on the EDSS. These results show a significant positive effect on disability with the earlier introduction of Betaseron, as compared to the delayed start.

## International Collaborators Identify New Genetic Risk Factors for MS

The International Multiple Sclerosis Genetics Consortium (IMSGC) has identified two new genetic variations associated with MS, completing the largest replicated whole genome scan (scan of all the genes in the body) for multiple sclerosis to date.

The IMSGC, a group of international MS genetic experts created with funding from the U.S. National MS Society, report their results in *The New England Journal of Medicine* (published early online July 29, 2007). The U.S. MS Society and Harvard united to jointly raise a total of \$3.63 million to fund this genome scan study.

In addition, two independent collaborating groups published papers in *Nature Genetics* confirming one of these gene variations. The findings point to potential mechanisms underlying the disease and present possible new targets for designing better therapies to stop the immune attack in MS.

“By pinpointing genes that elevate the risk of developing MS and other autoimmune diseases, these studies lead us in new directions for both treating and eventually preventing these diseases,” says Dr. John R. Richert, Executive Vice President, Research & Clinical Programs at the National MS Society. All of the data from the gene scan is

being made publicly available to aid future research. Investigators agree that the identification of these two new genetic risk factors is unlikely to change current clinical practice, and that there are likely many more genes that contribute to disease susceptibility.

“This study also uncovered a number of other genes that approached statistical significance, some of which may relate to the risk of developing MS,” added Dr. Richert. “As these additional genes are probed further for their role in MS, not only will we understand a great deal more about the cause of MS, but a number of important new therapeutic targets will emerge.”

### Disclaimer

The MS Society of Canada is an independent, voluntary health agency and does not approve, endorse or recommend any specific product or therapy, but provides information to assist individuals in making their own decisions.

## New Library Resources

Call 1-800-268-7582 TODAY to borrow any of the following resources!

### CD/DVD List

- Care Trust Publications. The Comfort of Home: Caregivers - Let's Take Care of You Vol. 1 (CD) 2007

42 minute CD. Learn coping techniques to suit your individual needs and simple ways to reduce caregiver stress and encourage relaxation. Combines short stories, self-care tips and guided meditations.

- Freedman, Mark. 2007 MS Research Teleconference Audio CD (MS Society of Canada)

A two CD recording (approximately 2 hours in total) of a presentation by Dr. Mark Freedman. Dr. Freedman, MS specialist neurologist at Ottawa Hospital, talks about his research in bone marrow transplantation for MS and MS research in Canada. The presentation includes question and answer segments.

- O'Connor, Paul. 2004 MS Research Teleconference (CD)

2 disk audio of Feb.25/04 teleconference on research with Dr. Paul O'Connor

- Sadovnick, Dessa. Genetics of MS (DVD) 2007

A presentation on genetic susceptibility of MS by Dr. Dessa Sadovnick. Dr. Sadovnick leads the world's largest genetic research project and is one of Canada's leading MS researchers.

- Walker, Tim. Skills for Healing (CD)

Guided mindful stress reduction exercise (34 minutes) and sitting meditation (20 minutes)

- Walker, Tim. Skills for Wellness (CD)

Guided breathing practice with mindful body scan and relaxation (45 minutes) and mindfulness meditation (27 minutes)

### BOOKS

- Banister, Katie Rodriguez. The Personal Care Attendant Guide. 2007

The guide explores the art of finding, keeping and being an attendant. An excellent resource dealing with all aspects of the caregiver relationship. Lots of personal stories bring the realities to life with understanding and humor.

- Biogen Idec. Living Well With MS 2007

Support and empowerment for people with MS. Contains general information about MS and information on Avonex.

- Bowling, Allen C. Complementary and Alternative Medicine and Multiple Sclerosis. 2nd Edition. 2007

Provides information on a wide range of complementary and alternative medicine approaches to manage symptoms and promote general health and wellness.

- Fishman, Loren M. and Small, Eric L. Yoga and Multiple Sclerosis. 2007

A journey to health and healing. A comprehensive and user-friendly guide to applying the principles of yoga to MS management. Information for people experiencing symptoms across the MS spectrum, including those who are in wheelchairs or have limited mobility.

- Harrington, Candy. Barrier-Free Travel A Nuts and Bolts Guide. 2005

A guide to accessible travel. Covers tools and resources to plan travel. Includes information on airport security procedures, cruises, and a chapter on accessible travel for kids. Topics range from the very practical, "when nature calls at 30,000 feet" to more general information about varied modes of travel



and types of destinations. Most of the information is based on the US, but the book includes a section on international travel (that included Canada).

- Kramer, Dean. Life on Cripple Creek Essays on Living with Multiple Sclerosis. 2003

Author Dean Kramer set out to write the book she wished had been available to her - a book about the ongoing, everyday life of ordinary people living with MS.

- LaRocca, Nicholas and Kalb, Rosalind. Multiple Sclerosis Understanding The Cognitive Challenges. 2006

A comprehensive discussion of MS-related cognitive dysfunction, including the changes that can occur, their assessment and treatment, and strategies for dealing with their impact in daily life.

- Lavoie, Marie-Claude. Au mieux de sa forme...tout en douceur 2003

- Meyer, Maria M. and Derr, Paula. (NMSS) The Comfort of Home Multiple Sclerosis Edition 2006

This illustrated step-by-step guide for Multiple Sclerosis caregivers promises to take the fear out of home care and bring confidence and peace of mind to MS caregivers.

### New MS Resource Nurse in New Brunswick

**P**eggy Cook RN/BN, has been a neuroscience nurse for more than 20 years at the Saint John Regional Hospital. Ms. Cook's new role as MS Resource Nurse has her working with Dr. Gregg MacLean in Saint John, NB.

"The MS community in Atlantic Canada has been most welcoming and helpful as I enter this new territory," says Cook. "Communications with MS patients thus far has been rewarding and enlightening."

Currently, Ms. Cook is collecting information for a provincial database and will be traveling to communities across New Brunswick to gather this information.

"A provincial MS database should give us a better understanding of the MS landscape in New Brunswick and the resources needed. It will also be a valuable tool that could be applied to future research projects," says Cook.

Access to health resources, education, management of symptoms and patient support all while coping with the many challenges of living with MS - are just a few of the many issues the new team plans to address.

"But the focus will be our patients."

For more information:

Phone: (506) 649 2718

Fax : (506) 648 7765

e-mail : [coope@reg2.health.nb.ca](mailto:coope@reg2.health.nb.ca)

### Journey to Wellness

**J**ourney to Wellness continues to be one of our most popular programs in the community!

This nine week educational session, based on a holistic approach to living with MS, has been piloted in Saint John, NB, Charlottetown, PE and Halifax, NS and will be available in St. John's, NL, and Truro, NS this year. Please call 1-800-268-7582 to discuss your interest in attending a program near you.



**Multiple Sclerosis Society of Canada (Atlantic Division)**

71 Ilsley Avenue, Unit 12  
Dartmouth, Nova Scotia B3B 1L5

Telephone: (902) 468-8230  
Facsimile: (902) 468-5328  
Toll-Free: (800) 268-7582

Web Page: www.mssociety.ca  
E-mail: info.atlantic@mssociety.ca

**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.*

*We will have achieved our mission when...*

1. The cause and cure for multiple sclerosis are identified in the shortest possible time.
2. People with MS have the opportunity to participate fully in all aspects of life.
3. The Canadian public is fully aware of MS, the MS Society and what it does.
4. All necessary activities of the MS Society are adequately funded.
5. The volunteers and staff of the chapters, division and national organization are working together effectively towards our common mission.

The Atlantic Division of the MS Society is proud to be a source of information about MS. The content of MS Atlantic does not, however, represent therapeutic recommendation or prescription. For specific information and advice, consult your physician. Articles contained in this newsletter do not necessarily represent the position of the MS Society but are solely representative of the positions and opinions of our contributors.

Every effort is made to be accurate in our reporting. If an error or omission is noted, please advise the editor at the Atlantic Division office.

Your contributions are welcome. Send letters, photos or suggestions to  
**MS Atlantic**  
Attention: Editor  
71 Ilsley Avenue, Unit 12  
Dartmouth, Nova Scotia B3B 1L5

**EDITORIAL COMMITTEE**

**Editor**  
Sarah Cowan

**Committee**  
Dena Simon  
Lucy Sagar  
Starr Amey

**NOTICE OF ANNUAL GENERAL MEETING**

NOTICE IS HEREBY GIVEN THAT the Annual General Meeting of the Multiple Sclerosis Society of Canada (Atlantic Division) will be held at the Citadel Halifax Hotel, 1960 Brunswick Street, Halifax, Nova Scotia on Saturday November 3, 2007 from 6:30 to 7:00 pm. This meeting is being called to receive the reports of the Officers and committees of the Division, to elect the Board of Directors, and to transact such other business as may properly come before it.

Members who are unable to attend the meeting in person, but who wish to have their vote recorded may date and sign the proxy below and return it to the Atlantic Division office by 5:00 pm on October 30, 2007.

Dated at Dartmouth, Nova Scotia, this 1st day of October 2007 by the order of the Atlantic Division Board of Directors.

Charles Ford, Secretary  
Board of Directors

**REPORT OF THE NOMINATIONS COMMITTEE**

The following members of the Board of Directors whose terms conclude on November 3, 2007 are re-offering for a two-year term:

<b>Chris Bourque, NB</b>	<b>Cecilia Dennis, NB</b>	<b>Catherine Edward, PE</b>
<b>Charles Ford, NS</b>	<b>Scott Gillis, NS</b>	<b>Sean Kirby, NS</b>
<b>Sylvia MacVey, NB</b>	<b>Ed Pineau, PE</b>	<b>Doug Ross, NS</b>

Additional nominations from the General Membership may be submitted to the office of the Atlantic Division in writing on the official nomination form, by noon, Friday, October 12, 2007 and must be signed by no fewer than ten voting Members of the Division.

**MEMBERSHIP AND DONATION FORM**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City & Province: \_\_\_\_\_  
 Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_  
 E-mail Address: \_\_\_\_\_  
 First name of spouse (if applicable): \_\_\_\_\_

*Person With MS* - complimentary      *Individual* - \$10.00

<i>Person with MS</i>	YES	NO	<i>Cheque</i> <input type="checkbox"/>	<i>Visa</i> <input type="checkbox"/>	<i>Mastercard</i> <input type="checkbox"/>
<i>Membership Renewal</i>	YES	NO	<i>Card #:</i> _____		
<i>Membership Fee Enclosed</i>	\$ _____		<i>Cardholder name:</i> _____		
<i>Donation Enclosed</i>	\$ _____		<i>Expiry date:</i> _____		
<i>Signature:</i> _____					

Please complete and send to your local chapter or:  
**Multiple Sclerosis Society of Canada, Atlantic Division**  
 71 Ilsley Avenue, Unit 12, Dartmouth, NS B3B 1L5

**PROXY**

I hereby appoint Sylvia MacVey, Chair or Sean Kirby, Vice-Chair

Or: \_\_\_\_\_ as my proxy to attend, act and vote on my behalf at the Annual General Meeting, to be held on November 3, 2007 in Halifax NS and at any adjournments thereof on the matter before the meeting.

Dated this \_\_\_\_\_ day of \_\_\_\_\_, 2007.

Signature or Mark of Member: \_\_\_\_\_