



Theresa Denham, recipient of the Scott Gillis Award stands with Jim and Marjorie Gillis, Scott's parents. Read more on page 3.

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 Dena



**Dena Simon, President
Atlantic Division**



If you can see through the rain, you'll find that spring has sprung and so has MS Awareness Month.

With another successful Carnation Campaign under our belts, we are looking ahead to the MS Walk on May 29th. There's still time to register at mswalks.ca to support people living with MS in Atlantic Canada.

If you're in the fundraising spirit, join us when we kick off the New Brunswick RONA MS Bike Tour on June 25th in Sussex, or the Nova Scotia Tour on July 23rd in Windsor. And if you're still hungry to contribute, meet us at A&W for Cruisin' for a Cause day on August 25th when \$1 from every Teen Burger ® sold in Canada will go to the MS Society.

This year we are focused on the strength of our MS community which is highlighted in our Annual Report included in this issue of MS Atlantic.

That strength was also the focus at our AGM in March when we recognized some remarkable people, like Theresa Denham, for contributions to our community. We welcomed a new Chair, Chris Bourque, to our Atlantic Division Board and new members, Edie Rogers and Chuck Hartlen. We're pleased to have them join our leadership team.

In my mind, the word Kin represents community. The year 2011 marks the 75th anniversary of Kin Canada Atlantic District 7, our long-time divisional partners, and their important role in communities across Atlantic Canada. In August, we will join Kin to host the second annual Drive to end MS golf tournament in support of the MS Society, as they continue to propel our work in the Atlantic Division.

Join us this summer as we work towards our mission to end MS!

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MS Society of Canada, Atlantic Division

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Atlantic Division Awards

The Atlantic Division Awards were presented at a reception on March 26th following the Division's AGM. Theresa Denham was awarded the new Scott Gillis Award for demonstrating leadership and personal commitment to the MS Society's Atlantic Division. If you would like to read the full citation for all award recipients go to: www.mssociety.ca/atlantic/awards.htm




Scott Gillis Award Recipient - Theresa Denham

Theresa Denham of Enfield, NS was diagnosed with multiple sclerosis in 1990. After taking some time to educate herself about MS, and live with the disease, she decided she wanted to start a self-help group. She gathered information from the MS Society and formed a plan for her group, promoting the first meeting in 1995 through flyers and word of mouth. Twenty people showed up, and 16 years later, she continues to lead the group, having become a trusted counselor and friend to many people with MS.

“Sometimes people just need someone to stand beside them, and walk along with them,” says Theresa. “I know I’m doing a good thing and it matters to me. I try to get people who are feeling really low to look up from inside that dark place and see that there is light up there.”

Theresa is committed to enhancing quality of life. She has organized exercise classes for her group members and established a weekly massage night at Northumberland College where students learn about massage by working on people with MS. Group members receive a massage at a significantly reduced rate and the students receive a valuable experience. The program requires a lot of organization and Theresa goes the extra mile to keep it running.

Theresa is also a frequent ambassador of the MS Society and is often called on to speak to groups, healthcare students and organizations about MS and the MS Society, presenting her personal version of MS 101. She has also participated in the MS Walk, MS Carnation and Cake Campaigns over the years. She says she knows that she often takes on too much, but that luckily she can still do things she wants to do – she just has to do them differently.

“I think MS has made me a better person,” says Theresa. “I love it when I think I’ve made a difference in someone’s life. That’s what keeps me going and until the time comes when I can’t - that’s what I’ll continue to do!” 



Division Award of Merit - Brandon Rafuse with Chair, Chuck Ford, Atlantic Division Board.



Opal Award Recipient - Norman Balcom holds his granddaughter surrounded by family at the Atlantic Division Awards ceremony.



Division President's Award Recipient - Tanya Henderson with her husband Mark.



Client Services Ambassador Award - Kinsmen and Kinette Clubs of Sackville (l-r) Chuck Ford, Barb Yorke and Dave Eagles

Award Recipients not in attendance

Division Award of Merit, Non-Member - William Breon
 Susan Rourke Public Education Award - Chris Morris
 Kay Reynolds Lifetime Achievement Award - Michael Kennedy

Creative Spirit Helps to Be Well with MS



Chris King creates art from layers of paper, a process called fibre art.

For more than 40 years, Chris King has been creating art of one kind or another. He moved to Nova Scotia from Bristol England in 1972 where he worked in silviculture (forest regeneration) and arts related industries. Now retired, Chris and his wife Judy share their time between Mahone Bay and Baddeck where he finds inspiration for many of the pieces he creates.


In fact, he designed his latest fibre art piece after visiting Usige Ban Falls in Baddeck. The walk into the falls is a good 20 minute hike of challenging terrain and although he was diagnosed with relapsing-remitting MS 12 years ago, Chris remains undaunted by it.



“It pleases me that I am still able to walk in there - that I have the ability to do it,” says Chris.

A creative spirit, who adores nature, Chris uses layers of special paper and acrylic paint on canvas to achieve his interesting and beautiful, two-dimensional art. He has accessed funding from the Atlantic Division’s Being Well with MS program to purchase supplies for his art.

“What I like about the program is that the person with MS receives the funding. It’s for something that I can use now.”

The next application deadline for the Being Well Program is August 15th, 2011. 

If you would like to find out more about our Being Well with MS program, please contact Client Services at 1-800-268-7582, or email: valerie.wilson@mssociety.ca.

“What I like about the program is that the person with MS actually receives the funding. It’s for something that I can use now.” - Chris King



The MS Society will host the 5th annual MS Summer Camp at Camp Merrywood in Perth, Ontario August 13-19, 2011.

MS Summer Camp

The MS Summer Camp is for youth ages 8-15 and will include choices that suit every camper’s interests – from sports, nature study and performing arts to more traditional recreational activities like canoeing and swimming.

MS Leadership Camp

The MS Leadership Camp is for youth ages 16-21. This program will focus on leadership development, learning self-sufficiency and self-confidence while still enjoying the traditional camp activities. Campers develop skills in leading a group, grow in character and learn much more about the value in community and helping others.

To apply, you must be 8 - 21 years old with a diagnosis of MS.

For more information and to apply, visit www.mssociety.ca/camp or contact us toll-free: 1-866-922-6065 ext. 3135 or via e-mail at: kidsandteenscamp@mssociety.ca

Scotiabank Donates \$600,000 to Accelerate MS Research

The vision of ending multiple sclerosis in the shortest time possible is now a step closer thanks to a major gift from Scotiabank. At a customer reception in advance of the Bank's Annual General Meeting in Halifax, Scotiabank President and CEO, Rick Waugh, announced a \$600,000 donation to support activities to attract, train and retain MS researchers and increase opportunities to conduct MS research in Canada.

The gift is directed to the endMS Research and Training Network, a nationwide initiative of the MS Society of Canada and funded through the MS Society's related MS Scientific Research Foundation.

"The endMS Research and Training Network is a shining example of how research can be strengthened through collaboration of talent, ideas and best practices," says Rick Waugh, President and CEO, Scotiabank.

"With our own operations across Canada and the world, we understand the importance of working together and believe that the endMS Research and Training Network is the right approach to making significant progress against this disease. Through our global philanthropic program, Scotiabank Bright Future, we are proud to be a part of this Canadian initiative to end MS."

Representatives of the Atlantic endMS Regional Research and Training Centre (RRTC) were on hand for the presentation of the donation. Through innovative MS research-focused award programs and education and training opportunities, the Atlantic endMS RRTC is enhancing knowledge exchange and fostering collaboration among researchers and trainees across the region.



Rick Waugh, Scotiabank President & CEO, presents a bouquet of carnations to Magdalena Wojtowicz, PhD Candidate, Atlantic endMS Regional Research and Training Centre Trainee.

"Scotiabank's generous gift will strengthen the Atlantic region's position as a major contributor to Canada's effort to end MS," says Yves Savoie, President and CEO, MS Society of Canada. "It will impact the pace and progress of MS research by drawing the brightest minds to an area already renowned for its ability to attract world-class researchers."



First Oral Disease-Modifying Therapy Approved in Canada

On March 9, 2011 Health Canada approved Gilenya® (fingolimod) capsules, the first oral disease-modifying therapy developed for relapsing-remitting MS.

It has been approved for use in people who have tried one or more MS therapies, but are unresponsive or intolerant to them. It is indicated for treatment of relapsing-remitting MS to reduce the frequency of clinical exacerbations (relapses) and to delay the progression of physical disability. Health Canada's approval is based on results from two large-scale placebo-controlled clinical trials, each with over 1,200 participants. Gilenya is taken as a once-a-day pill and made by Novartis Pharmaceuticals.



MS Society Develops Two New Websites

SOMEONELIKEME.CA

With an aim to bring the voice of youth and young adults into the MS Society of Canada, a Youth Advisory Group was formed and developed. From there, the idea of a new website, www.SomeoneLikeMe.ca was formed.

This website is a new platform designed for youth ages 15-25 and will feature blogs, forums and inspirational stories of young people who are living with multiple sclerosis; either with a diagnosis of MS or a personal connection to MS. This website will launch in May.

CCSVI.ca

CCSVI.ca is a website developed by the Multiple Sclerosis Society of Canada and dedicated to information about chronic cerebrospinal venous insufficiency (CCSVI). We have created this space as a resource for people who are interested in learning about CCSVI.

The new website provides an overview of CCSVI and its related procedures, published research and news articles, an area to submit questions and a platform for people to tell their personal stories about their CCSVI experience.

Did you know . . .

Symptoms of MS are often exacerbated by the heat of the summer. The Atlantic Division can help with equipment funding of up to \$450 towards air conditioners including window units, portables and central units. There is a lifetime limit of three air conditioners per client.

GEARED UP TO END MS

Plains and Pastures
Sussex to Saint John
June 25 & 26, 2011

Vineyards to Valleys
Windsor to Wolfville
July 23 & 24, 2011

Register Now

msbiketours.ca
1.800.268.7582

The Earlier
You Register
The More You
Save !



Team Spinacher at a Rest Stop at the 2010 RONA MS Bike Tour in Nova Scotia

Team Spinacher held a Pub Night on April 26th in Halifax to raise funds for the 2011 RONA MS Bike Tour.

With more than 60 participants, they raised over \$500 with 50/50 draws, door prizes and donations. Way to go Team Spinacher!



The Perfect 'Whey' to Give

If you are interested in coming up with a new or different type of fundraiser to support the MS Society's efforts, you might want to look for inspiration in a group of people from Charlottetown who are doing just that.

Dawn and Jason Mosher, along with their business partner Gineen Nicholls of Naturally Fit PEI, a health and nutritional supplement store, introduced a new initiative in 2010 to support the MS Society. They decided to donate \$1 from every jug of their supplement called 'Whey Perfection' and worked to make this arrangement available at all Naturally Fit locations across Canada. For them, it seemed the perfect 'whey' to give and as a result, they presented the MS Society with cheques for more than \$1,800 last October.

Their commitment was inspired by Dawn's recent MS diagnosis and has led the Moshers and Nicholls down other paths for fundraising using their personal hobbies in some fun ways.

Jason is a powerlifter who regularly organizes strong man & woman, and powerlifting competitions using the opportunity to raise funds in support of MS.

Also blessed with an entrepreneurial spirit, the Moshers' 16-year-old son Tyler wanted to make it a



(l-r) Jason Mosher, Janet MacPherson & Garth Jenkins (of PEI's Queens and Kings Chapter) and Dawn Mosher.

true family affair by coming up with the idea to sell t-shirts on Facebook, in the store and on the website naturallyfitpei.ca to raise money and awareness about this disease that his mom lives with every day.

As if that wasn't enough, Gineen's husband, 'Big Popper' Tom Nicholls has championed a stock car race in Oyster Bed Bridge at Raceway Park. The Race for MS, set for August 6th, will benefit the MS Society with proceeds from 50/50 ticket sales and other fun promotions. The biggest money maker is the revenue generated by over 125 people who paid at least \$50 to have their name painted on the hood of Tom's stock car.

"One idea has led to another and another," says Jason. "We're so lucky to have such great family and friends to support us in our hope to end MS."

MS



'Big Popper' Tom Nicholls (centre) and his tongue-in-cheek cheerleaders the 'Hot Poppers' (l-r) Jade, Dawn, Jennifer, Emily, Cherie and Gineen.



Tyler Mosher wearing the MS t-shirt he sells online.

If you have an idea for your own fundraiser, whether it's big or small, contact the Atlantic Division's Development Department at 1-800-268-7582 and they'll talk to you about what it takes to turn your idea into reality!

My Mom My Hero

by Sophie Boissonnault

I am writing about my mom Joanne. She is a stay home mother of six children, ranging from 5 to 14 years of age. Four years ago, mom was diagnosed with progressive MS.

I am amazed and proud to say that this has not put a stop to her happy life.



Joanne Boissonnault (back right) poses with her family, and MS Walk team "Fighters" at the MS Walk in Moncton.

Every morning, she gets up at 5:30 am to make lunches for my 3 brothers, 2 sisters, Dad and I. She prepares our clothes for school, makes our breakfast, and then wakes us up.

When she is in her wheelchair, she has to go downstairs on her bum to wake up my brothers.

Days that she has trouble seeing, she still manages to help us do our homework – and she does it all with a smile.

No matter how difficult times are with mom, she always has her smile, faith in God, arms to hug us and a heart big enough to love us all.

We love you Mom! xoxo

MS WALK EVERY STEP MATTERS. 20 YEARS

MARCHE DE L'ESPOIR À UN PAS D'Y ARRIVER... STOPPONS LA SP

Presented by | Présentée par: MEDAVIE BLUE CROSS

Join the Movement. End MS.
ATLANTIC CANADA
Sunday, May 29, 2011
Register now | mswalks.ca | 1.800.268.7582

MS Walk Locations

MS Walk Site	Location	Check-in Time	Walk Time
Antigonish	Royal Canadian Legion	9:00 am	10:00 am
Charlottetown	HMCS Queen Charlotte	2:00 pm	3:00 pm
Clareville	Clareville Events Centre	1:00 pm	2:00 pm
Corner Brook	Pepsi Centre	1:00 pm	2:00 pm
Fredericton	Fredericton Armouries	10:00 am	11:00 am
Halifax	Dalhousie Memorial Arena	11:30 am	1:00 pm
Miramichi	Beaverbrook Kin Centre	1:00 pm	2:00 pm
Moncton	Fundy Chocolate River Station	9:00 am	10:00 am
New Glasgow	Trenton Park	1:00 pm	2:00 pm
Saint John	Market Square	10:00 am	11:30 am
St. John's Mount Pearl	Reid Community Centre	8:30 am	10:00 am
St. Stephen	St. Stephen High School	9:00 am	10:00 am
Sydney	The Armouries	1:00 pm	2:00 pm
Truro	Bible Hill Central Elementary School	1:00 pm	2:00 pm

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