



Get Ready to Walk!

We hope you can join the more than 1500 Walkers who will take part in the Ottawa MS Walk on Sunday, April 26. Last year, Ottawa area Walkers raised an impressive \$317,000 which helped people living with MS in our community.

This year will see the consolidation of our three local events into one. The event will be held at Agriculture Canada's Experimental Farm site just off Carling Avenue. Last year's Walk at the Experimental Farm site was

very popular with the participants and we look forward to welcoming the people from the Kanata and Orleans Walk events to the site this year.



By coming together on one day, we can make a difference in the lives of those who live with MS. Even if you can't Walk or volunteer, jump on-line and sponsor someone who is walking. Together we can end MS.

It's not too late to register! Call us at 613-728-1583 or register online at www.mswalks.ca.

Preregistration @ the Ottawa Chapter Office: Bring in your completed pledge sheet and all money raised. Receive your t-shirt and avoid the Walk day registration lines.

See GET READY on Page 3

Message from MS Walk Chair Mark Lloyd

Spring is in the air once again and with it comes our annual MS Walk. I am proud to say this will be my 12th year as a Walker.

In 1998, while working on the MS Bike Tour Committee, I was asked to help out on the day of the MS walk. Since that time, I have been involved in the walk in various capacities, including chairing the Walk Committee for the last three years.

Year after year, it is rewarding to see the familiar faces of the committed volunteers involved in this event. Whether it be serving food, or out on the course, it is volunteers and fundraisers like you who continue to make this event a successful one!

One of the most touching images of this event is at the start line every year. Hundreds of people line up, in all kinds of weather, symbolizing the great

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Upcoming Events

MS Walk
Experimental Farm
April 26 at 10am

MS Awareness Month
May 1 to 31

100 Hole Golf Challenge
Glen Mar Golf & Country Club
May 25

Renfrew Golf Tournament
Oaks of Cobden Golf Course
\$70
June 26 at 1pm



**13th Annual
MS 100 Hole Golf Challenge
Monday, May 25, 2009
Glen Mar Golf & Country Club**

Golf "Fore" MS!

Make a difference in the life of someone living with MS by completing over a 100 holes of golf in one day!

Are you up for the challenge?

We supply the balls, carts and exclusive use of the course. Raise pledges and enjoy a fun filled day of golf, great food and prizes!

Together, we can **end MS!**

To register today, or for more information, contact **Donna Godfrey** at **613-728-1583 ext. 224** or by email at **donna.godfrey@mssociety.ca**.



Ottawa Chapter / Section of Ottawa
1826 Woodward Drive, Ottawa, Ontario, K2C 0P7
Telephone: (613) 728-1583 | Fax: (613) 728-0342 | www.mssociety.ca/ottawa

Are you moving?

Please e-mail Gail Neil (gail.neil@mssociety.ca) or mail a change of address notice to the Chapter Office. Be sure to include both your new and old address, as well as the date that you will be moving!

We're on-line and interactive!

Bookmark www.mssociety.ca/ottawa which features a current list of Chapter events, FAQs, literature, and more!

We are looking for newsletter submissions!

Send your stories, ideas, and questions for more information to nadene.lee@mssociety.ca or call her at 613-728-1583 ext. 228.

Help save a tree!

Let us know if you would prefer to receive your Capital Connection newsletter on-line. Email us at info.ottawa@mssociety.ca

Multiple Sclerosis Society of Canada, Ottawa Chapter

1826 Woodward Drive
Ottawa, Ontario, K2C 0P7

Staff: (Telephone extensions in brackets)

Executive Director (222)

Laurel Mackenzie
laurel.mackenzie@mssociety.ca

Director of Client Services (225)

Laurie Cucheran-Morris
laurie.cucheran-morris@mssociety.ca

Manager of Client Services (226)

Leanne Anderson
leanne.anderson@mssociety.ca

Director of Development (224)

Donna Godfrey
donna.godfrey@mssociety.ca

Major Gifts Manager (227)

Danielle Leguard-White
danielle.leguard-white@mssociety.ca

Chapter Resources Coordinator (228)

Nadene Lee
nadene.lee@mssociety.ca

Office Manager (221)

Gail Neil
gail.neil@mssociety.ca

Financial Administrator (223)

Dragica Stamenkovic
dragica.stamenkovic@mssociety.ca

Telephone: 613-728-1583

Fax: 613-728-0342

General e-mail: info.ottawa@mssociety.ca

Hours: Weekdays 9:00 am to 5:00 pm

Evenings by appointment

Buses: 156 or 51 on Maitland

Parking is available. The building is wheelchair accessible.

Newsletter Editors:

Nicole Baker and Kevin Baker

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Message from the Chair

Over the years, the Ottawa Chapter has always represented stability in a changing world. Certainly many of the faces have changed and our client services and research have expanded, but the philosophy and commitment to enable people affected by MS to enhance their quality of life has remained constant. As we live through this time of economic uncertainty, we must ensure that this philosophy and approach remains intact.

From the beginning, the direction has always been based on an insightful concern for individuals and their families, in terms of both addressing their immediate needs and helping shape their futures. Each year we strive to grow the number of programs and support mechanisms that we can offer our membership while equally supporting national research initiatives. Perhaps what has changed most is what is now necessary to make that happen.

The economic landscape of 2009 looks very different from that of 1950. As we inch ever closer to entering our 60th year, we are mindful of our responsibilities to our donors and people living with MS and remain committed to identifying efficiencies in our day-to-day operations. We believe that our greatest strength lies in the trust that exists among all of our community members, many of whom are veteran and new participants in our flagship events, including the Walk, Bike Tour and Golf Challenge. Many others hold community events to benefit our work while others support us at a corporate or individual level, some of whom you will read about in this newsletter.

Whoever you are and in whatever way you support the work of our Chapter, you play an integral role. You are our mainstay, especially in challenging times such as these. And with your continued support, we will move towards a future in which generations will live free of multiple sclerosis.

Thank you.



GET READY TO WALK - Continued from Page 1

Ottawa Chapter Office Preregistration 1826 Woodward Drive

Saturday, April 18 - 9:00am to 12:00pm,
April 20 to 24 - 9:00am to 5:30pm

Walk Date: Sunday, April 26

Starting Point: Sir John Carling Building,
Experimental Farm 930 Carling Avenue

Walk Day check-in: 8:00-9:45am

Walk starts at: 10:00 am

Things to note:

- There is lots of free parking available around the Sir John Carling Building

- A light breakfast and lunch will be available
- Enjoy face painting, balloons and fun entertainment
- This is an outdoor event rain or shine

On Walk Day don't forget to bring:

- Your pledge sheets and cash/cheques inside the pledge envelope
- Your pledge envelope completely filled in.
- Fill in one envelope for each Walker or TeamMS member submitting funds
- **Don't forget to indicate your prize choice on the pledge envelope**, if you are eligible
Prizing selection can be found on our website at www.mssociety.ca/ottawa

MS Climb 2008 - Taking Fundraising to New Heights!

By: Laurie Chatigny
MS Volunteer Writer

When Paul Chatigny and Diane Gauthier from Ottawa stepped onto an airplane in Toronto bound for Lima, Peru they were complete strangers, but both were on a mission! Their mission was called the MS Climb 2008.

This was the first year of MS Climb, a unique fundraising event that brought Paul, Diane and 21 other climbers from Toronto to Peru to climb the famous Inca Trail to Machu Picchu. Not only did they climb the Inca Trail, but as a team they raised over \$155,000 for the MS Society of Canada.

Both Paul and Diane had more than enough reason to go. Paul's wife, Laurie, has been struggling with MS for more than 15 years. Diane's brother, Christian, was diagnosed a few years ago. They were both extremely motivated to make a positive change in the lives of people with MS, and ultimately to find a cure!

The two-week adventure took the MS Climb team from Lima to Nasca, where they flew over the Nasca Lines, visited ancient burial sites, rode dune buggies over the sand dunes and sandboarded at sunset.



From Nasca, they traveled to Puno, alongside the world-renowned Lake Titicaca. At 12,507 feet above sea level, the climbers were able to acclimatize their lungs before hitting the Inca Trail. The night was spent in Amantani, with a traditional Quechua family. On the way back to Puno, the team visited the islands of Uros, made from floating reeds. From Puno, they went to Cusco, where they were briefed about their four-day trek on the Inca Trail.

The Inca Trail proved grueling for all climbers, many of whom were fighting both altitude sickness and traveler's diarrhea. The trek took three nights and four days to complete, encompassing 27 hours in total of climbing.

"When the climb became difficult, I would just think about Laurie and her challenges with MS," said Paul.

"Nothing can be more difficult than living with the stresses of this potentially debilitating disease on a daily basis."

Diane agrees. "When the going was tough, the tough got going. We just kept putting one foot in front of the other, always remembering the loved ones we were doing this for."

The first MS Climb was so successful that two more are in the works for 2009 - another trek to Machu Picchu and one to Mount Kilimanjaro, Tanzania.

If you're an active person who enjoys traveling and seeing the world, you may be interested in joining the MS Climb Ottawa team. Please visit www.MSClimb2009.com or send an e-mail to msclimbottawa@rogers.com.

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commitment our community has to this cause. Scenes like this give me hope that some day, through very promising research, we will end MS.

Please join us on Sunday, April 26 at the Experimental Farm. This year is sure to be

memorable as we combine all Walkers from Ottawa, Kanata and Orleans to walk the Farm.

I look forward to seeing you!

Mark S Lloyd
MS Walk Chair

May is MS Awareness Month

Red carnations symbolizing hope for those living with multiple sclerosis will soon pop up in workplaces and homes across the country.

May is MS Awareness Month which, along with the MS Carnation Campaign, is designed to create awareness about the disease and inspire hope for a cure.

In May 1976, the MS Society of Canada launched its first carnation campaign, inspired by a similar fundraising effort organized by the MS chapter in Laval, Quebec.

Now the carnation, which is traditionally associated with Mother's Day, is used to educate the general public about multiple sclerosis and the widespread affect it has on Canadians.

Be part of something monumental. Funded largely by the MS Society, Canadian researchers have brought the cure for MS within reach. Let's take this last step together.

endMS

May is MS Awareness Month

1-800-361-2985
mssociety.ca



In Ottawa, the top Ottawa-area MS Read-a-Thon fundraiser and top Ottawa-area reader will join MS clients on Parliament Hill during the first week of May to

present Members of Parliament with the symbolic flower and remind them that more needs to be done to help those who face MS head-on every day.

Money raised by the National Carnation campaign helps fund research that advances hope there will one day be a cure for MS. In the meantime, MS remains the most common neurological disease among young adults in Canada.

If you want to get involved in 'pinning' MPs for MS Awareness, please contact Nadene Lee at 613-728-1583 ext. 228 or nadene.lee@mssociety.ca. Please note that bilingual volunteers are needed for this event.

We need your opinion! Client Services deadline extended

The Ottawa Chapter, in collaboration with the Social Planning Council, is conducting a survey to identify the priority issues, programs and services for people living with MS and their families and caregivers. We are especially looking for responses from family members and primary

support persons of individuals living with MS. Call Jerry at the Social Planning Council (613-236-9300 ext. 308) to request a hard copy of the survey to be mailed to you, or fill out the survey online at <http://tinyurl.com/OttawaCSSurvey>

Ottawa Chapter says 'thanks'!

March 12 marked an evening of celebration at the Ottawa Chapter as we proudly honoured our volunteers and fundraisers. The evening was hosted by the ever entertaining Derick Fage from Rogers Daytime.

The evening began with a buffet dinner followed by dessert and door prizes. The room was adorned with hundreds of mini



Artist Gordon Keith and Marie Vaillant present Marice Prior with a Certificate of Merit

lights, fig trees and tea lights. The more than 70 people in attendance were also given an opportunity to view a presentation which demonstrated the commitment put forth by hundreds of volunteers throughout the years.



Top fundraising MS Walk Team, Bottiglia et Co.

Awards were handed out to 21 individuals and service pins were also presented to a number of people that have served the Ottawa Chapter from 5 to 20 years! Chris Pomroy was

presented a 20 year pin for his long-term commitment as a member of the Social Action Committee as well as his past participation on the Board and as the editor of the Chapter's newsletter.

Several Ontario Division Awards winners were recognized, including Stefan Jurewicz who received a standing ovation for earning the Certificate of Exceptional Achievement for Young Volunteers. Stefan shaved his head to raise over \$1000 for the RONAMS Bike Tour!

Among the award recipients for fundraising was Fern Landry. Fern raised an astounding \$13,000 for the MS Bike Tour last summer. Dan Bottiglia was honoured as the top fundraiser for the MS Walk, while Bill Lumsden received this honour for the Golf Challenge. Combined, these three raised over \$23,500.

The Chapter's Excellence Awards were also presented. Penny Morris was the Chapter Fundraising Excellence recipient this year for her ongoing commitment to raising funds yearly for the MS Walk. Ontario Medical Supply was recognized for Corporate Excellence. The North Grenville Kinsmen received the Community Excellence Award. Brian Hum was this year's top volunteer receiving the Volunteer Excellence Award for his long-standing contribution as the Chapter's official photographer among his many other contributions!



Penny Morris proudly displays her Fundraising Excellence Award

Congratulations to all the award recipients and a big thank you to all the volunteers who commit their time to our events and programs time and time again. Kudos also to the Volunteer Resources Committee for their exceptional effort in making this evening special and memorable for all in attendance!



Jean Desjardins from Ontario Medical Supply accepts the Corporate Excellence Award presented by Marie Vaillant, Ottawa Chapter Chair

2008 Award Recipients

Ottawa Chapter Volunteer Awards

Fundraising Excellence

Penny Morris

Volunteer Excellence

Brian Hum

Community Excellence

Kinsmen Club of North Grenville

Corporate Excellence

Ontario Medical Supply

Ontario Division Awards

Certificate of Exceptional Achievement for

Young Volunteers

Stefan Jurewicz

Outstanding Chapter Project - Public Relations

Karen Dolan

Citation of Merit - Administration

Bob Gibb

Citation of Merit - Education

Michael Follis

Citation of Merit - Public Relations

Kevin & Nicole Baker

Special Presentation

Glenn Bukacheski

Ottawa Chapter 2008 Top Fundraisers

MS Walk • **Dan Bottiglia**

RONA MS Bike Tour • **Fern Landry**

MS 100 Hole Golf Challenge • **Bill Lumsden**

MS Walk Team • **Bottiglia et Co.**

RONA MS Bike Tour Team

Blood, Sweat & Gears

Ottawa Chapter Merit Awards

Mary Joan Hanna • Dianne Kelly • Caroline

Yung • Sandra Lee • Bill Russell •

Marice Prior

Ottawa Chapter Service Pins

5 Years

Bill Russell • Sue Baribeau • Yassemin

Cohanim • Karen Duval • Mike Follis • Kent

Kirkpatrick • Deborah Shestalo • Sharon

Taylor • Louis Tannis

10 Years

Phillip Goodwin • Lise McMahon

15 Years

Mark Lloyd • Michelle Davis • Fred Harden •

Terry Small • Gerry St. Aubin

20 Years

Chris Pomroy

Congratulations to our winners and thank you to all our volunteers for your committment!

National Volunteer Week is April 19 - 25!

Over 500 volunteers dedicate their time, energy and passion to the Ottawa Chapter of the Multiple Sclerosis Society of Canada each year. **thank you** for everything you do to help fulfill our mission: to end MS and to improve the quality of life of people affected by MS.

In Memoriam

The Board, members, and staff of the Ottawa Chapter gratefully acknowledge gifts received in memory of the following individuals and extend our heartfelt condolences to their families and friends.

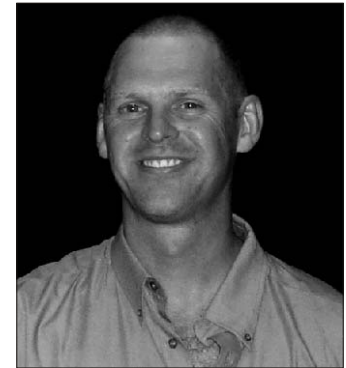
Marie Baxter
Mark Demers
Helen Gike
Norman Long
Helen McEvoy
John Noonan

Helen Choquette
Vivian Desmarais
Jacqueline Granicz
Thelma Jamieson
Jill McKillop
Emily Wat

William (Bill) Craig
Winnifred Doyle
Marguerite Grenin
Harvey Moore
James Nagy

Harris Computer VP Shaves Head for the Cause

During a leadership staff retreat in August 2008 in Nashville, Tennessee, a funny and inspirational thing happened. A very daring Bryce Cooper, VP of Harris Computer Systems of Ottawa, did something a bit out of the ordinary...he shaved his head! Challenged by a colleague who had just done the same, Bryce said he would shave his head if the group of 100 employees could raise \$5,000 to be donated to a charity of his choice. Not only did the staff step up to the plate, CEO Jeff Bender and Chairman Mark Leonard matched the staff pledges. This resulted in a \$10,000 donation to the MS Society, Ottawa Chapter.



Harris Computer VP Bryce Cooper after his MS donation

A sincere thank you to everyone at Harris Computer Systems involved with this initiative, especially Bryce Cooper for sacrificing his hair!



We offer a 10% discount on regular priced items to MS Society Ottawa Chapter Members *

DAILY LIVING AIDS

- BATHROOM SAFETY
- CONTINENCE & OSTOMY CARE
- BLOOD PRESSURE MONITORS

MOBILITY AIDS

- WHEELCHAIRS, WALKERS & SCOOTERS
- ADJUSTABLE BEDS AND LIFT CHAIRS
- CEILING TRACK LIFTS & STAIR GLIDES

SALES- SERVICE - RENTALS - DELIVERY

OMS is the MS Ottawa Chapter
Equipment Loan Cupboard
Manager

*ADP funded and sale items excluded

**NEW SHOWROOM:
1100 ALGOMA ROAD, OTTAWA
TEL.: 613-244-8620**

Ottawa Chapter stepping up in a “Major” way!

Danielle Leguard-White has recently joined the Development Team as the Chapter's inaugural Major Gifts Manager. Danielle has great plans to increase the support of client services and programs in Ottawa.

In 2002, the Ottawa Chapter had a fundraising audit done by The FLA Group. The diagnosis, in a nutshell, was that all of our eggs were in one basket! Not much has changed since that report was conducted. Our Chapter funding still relies very heavily on our special event revenue to support programs such as the Loan Cupboard, Equipment Assistance Program and Special Assistance Program. We need to supplement that income through an increase in individual and corporate support. Sponsorship by corporate partners like Telus have enabled us to run programs like the Summer Enrichment Program which employs five summer students who provide one-on-one assistance to our clients and organize group outings.

A major gift is considered a financial or equipment contribution to the Chapter or \$1000 or more. The revenue generated by the Major Gifts Program at the Ottawa Chapter will allow the Chapter to address the ever increasing demand for financial assistance, equipment assistance and expand much needed and utilized programs. Our wish list includes: sponsorship for the bus charters for the summer program; funds to bring in expert speakers from across Canada for education events; and the ability to meet equipment and special assistance requests.

Our goal is to provide increased support and education, and to improve quality of life for those people in our community living with MS.

We welcome your comments and questions! Please contact Danielle Leguard-White, Ottawa Chapter Major Gifts Manager at Danielle.Leguard-White@mssociety.ca or 613-728-1583 ext 227.

Ontario Division goes interactive with the MS Walk

Every step matters online? Yes, **EveryStepMatters.ca!** The MS Walk is officially storming into the “blogosphere”, with an intrepid group of bloggers that will share their thoughts, expectations, ideas, fundraising efforts and MS Walk stories. Join bloggers from Ontario division as they share their MS Walk stories.

Twitter - Twitter is a social networking and micro-blogging service that allows its users to send and read other users' updates (known as tweets), which are text-based posts of up to 140 characters in length. Twitter can be updated via web browsing or text-messaging. Twitter is currently being utilized as a new communication channel by many companies and organizations as an alternative way to connect with consumers in an easy, straightforward and inexpensive way. Find out about the MS Walk in 140 characters or less.

JOIN MS WALK TWITTER:
<http://twitter.com/MSWalk>

LinkedIn - LinkedIn is a business-oriented social networking site mainly used for professional networking. As of February 2009, it had more than 35 million registered users, spanning 170 industries. LinkedIn will enable the MS Walk to penetrate a more high-profile business-oriented online market, including prospective participants and fundraisers.

JOIN MS WALK LINKED IN:
<http://tinyurl.com/MSWalkLinked>

Ottawa Chapter on Flickr

On a local front, the Ottawa Chapter has launched a Flickr site to enable easy photo sharing, swapping and downloading. Find your favourite photos from recent Ottawa Chapter events here: www.flickr.com/photos/msottawa

Many faces of MS: Living with 'invisible' symptoms

**By Melissa Juergensen,
MS Volunteer Writer**

To kick off MS Awareness month, the Ottawa Chapter is launching the first in a series of articles that will shine a light on the 'Many faces of MS.' If you'd like to be featured in one of our articles, contact Nadene Lee at nadene.lee@mssociety.ca or 613-728-1583 ext.228.

Laurie Chatigny has always been a focused and determined woman. She is driven. She sets goals and she meets them.

That's why her diagnosis with multiple sclerosis at age 25 was so difficult. She had been married for two years and was on the path to a successful career in communications. She had plans for her life and those plans did not include living with a potentially debilitating disease.

Laurie had gone to the doctor to be treated for what she thought was a pinched nerve. She had a tingling feeling in her thumb. Soon after, she experienced numbness in her leg. Laurie and her husband Paul knew two people living with multiple sclerosis. One was in a wheelchair; the other walked with a cane.

Those are the images most people think of when they hear the words multiple sclerosis, said Laurie. They don't think of all those people living with the 'invisible' symptoms of the disease.

“People need to know, it's not just being in a wheelchair,” she said. And that's one of the things she hopes people come to understand during MS Awareness month.

Approximately 75 per cent of patients are initially diagnosed with relapsing-remitting MS, according to the MS Society of Canada. Those patients have clearly defined attacks, followed by complete or partial recovery.

Still, there's no way to know when an attack will happen or how severe it will be.

“MS is unpredictable,” Laurie said. One day you could be feeling fine and the next, you wake up and you're not - you have problems with your vision, or your legs. It's something you can't plan for, it just happens, she said.

That is possibly the biggest frustration for many people living with MS.

For Laurie, fatigue remains a constant struggle.

“Every morning, I wake up and I feel like a freight truck has run over me,” she said.

Laurie has been living with MS for 15 years. Although she no longer works full-time, she still maintains a jam-packed schedule, keeping in shape at the local gym and volunteering on committees for her children's schools and sports teams. She

says it wouldn't be possible without support from her husband, who helps out around the house and is the first to offer support when she's had a rough day.

Just because you have MS, your life is not over, Laurie said. You just need to learn to listen to your body and manage the disease. When you feel tired, take a nap and learn to recognize when you need to slow down.

There were no treatments when Laurie was diagnosed, just steroids to help manage symptoms when they became apparent.

Now, Laurie is on Rebif. She gets a needle three times a week in the evenings, rotating injection sites between both legs and her buttocks.

But even with drug therapy, which helped her pull out of her latest relapse, Laurie knows she has to get the rest she needs to stay healthy.

Now, as doctors continue to make advances in research, she looks forward to the future and a potential cure for MS.

“It gives you hope,” she said. And that's one of the things that keep her going.

Lack of Personal Support Workers Seriously Compromises Homecare

By Chris Pomroy,
Social Action Committee
Member

When you think of home care, most people would most likely describe the personal support worker (PSW) as the primary service provider. Home care also provides service in the area of nursing, occupational therapy, physiotherapy and social work, but the most common service provided, and the service that helps to keep people in their homes and communities, is the PSW.

What does a PSW do? The main role of the PSW is to provide assistance with bathing, personal hygiene, transfers, feeding, meal preparation, assistance with bowel and bladder routines and range of motion exercises. They also provide respite for family members as well as emotional support and companionship to many of their clients. Many people even develop long-standing relationships with their PSWs.

Currently, there is a serious shortage of PSW's in Ottawa and across Ontario. PSW's working in the home care environment generally experience low wages (between \$9.00 and

\$15.00/hour), lack of benefits, irregular hours and excessive travel time. Unless a PSW is employed by a long-term care facility where the hours, wages and benefits are better, the community PSW faces many challenges.

A major consequence resulting from this shortage is the issue of "no back-up" should a PSW be sick or otherwise unavailable. Should this situation arise, a client could be left without assistance until another PSW can be found. Many clients require assistance with routine procedures that are performed at regular intervals, for which the PSWs are trained. If another PSW is not available, and family and friends are either not trained or uncomfortable with performing these procedures, serious medical consequences may result.

With an increasingly aging population, the demand for qualified, experienced PSW's will only increase. The Ontario Government's Aging at Home Strategy aims to have people stay at home as long as possible and avoid being placed in a long-term care setting before it is necessary. Generally speaking, a person can be cared for at home providing they can direct their own care and be cared for within

the parameters determined by the Ministry of Health and Long-term Care. Studies have shown that keeping people in their homes and out of long-term care makes more financial sense and is usually the preference of the client as well.

Given the government's commitment to keeping people at home, one would think an increase to the funding to home care would also include addressing this serious problem currently facing our community. If wages are low and benefits non-existent, what are the incentives to go into this profession? The work of a PSW can be very rewarding, but is also very demanding physically and emotionally.

Something must be done by the Ontario government to show that this problem is being taken very seriously. Changes must be introduced to ensure that this very important profession grow and include compensation commensurate to what the job entails.

The Social Action Committee is committed to this issue and is currently working with Disabled Persons Community Resources in planning an upcoming workshop that will focus on this particular concern.



SP Summer Enrichment Program Sign Up Now for 2009!

Over the years, the Summer Enrichment Program has greatly expanded in scope and number of users. We need to know how many members are interested in participating in this year's program. If you wish to participate, please indicate the type of assistance you need and return this form to:

MS Society – OTTAWA Chapter S.E.P.
1826 Woodward Drive
Ottawa, ON K2C 0P7
613-728-1583
 Ext. 225 (Laurie) or Ext. 226 (Leanne)

NOTE: There is a \$7.00 Registration Fee payable to the MS Society. Please include payment with your registration form.

This program is designed in such a way that the client should be prepared to participate as much as possible in the activities with the student.

PLEASE REPLY BY APRIL 30, 2009

(Indicate items of interest with a ✓)

INDIVIDUAL ACTIVITIES*		GROUP ACTIVITIES*	
<input type="checkbox"/> Shopping	<input type="checkbox"/> Companionship	<input type="checkbox"/> Nature Trails	<input type="checkbox"/> Video
<input type="checkbox"/> Swimming	<input type="checkbox"/> Cooking	<input type="checkbox"/> Theatre Evenings	<input type="checkbox"/> Exhibitions
<input type="checkbox"/> Hobby	<input type="checkbox"/> Computer	<input type="checkbox"/> Open Air Concerts	<input type="checkbox"/> Movies
<input type="checkbox"/> Child Care	<input type="checkbox"/> Reading	<input type="checkbox"/> Boat Trips	<input type="checkbox"/> Museums
<input type="checkbox"/> Letter Writing	<input type="checkbox"/> Indoor Chores	<input type="checkbox"/> Children Only Outing	<input type="checkbox"/> Other
<input type="checkbox"/> Outdoor Chores			

***PLEASE NOTE: HEAVY CHORES ARE NOT considered activities which students are expected to perform.**

Name: _____ Para Transpo#: _____

Preferred Day and Time: _____

Address: _____

City: _____ Postal Code: _____

Phone (home): _____ (Office): _____