

**Save the postage!**

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[info.ottawa@mssociety.ca](mailto:info.ottawa@mssociety.ca)

## 20 Years of the RONA MS Bike Tour!



Cyclists ready to go! More pictures at [flickr.com/MSOttawa](http://flickr.com/MSOttawa)

630 cyclists raised \$450,000 for MS on a beautiful weekend in August. We couldn't have done it without our tireless volunteers and dedicated cyclists – Thank you!

Next year's Olympic-themed RONA MS Bike Tour will be held on August 7-8, 2010.

Registration is now open online at [www.msbiketours.com](http://www.msbiketours.com) or by phone **613-728-1583 x235**

## Education E-List

If you like to keep up to date with the latest information on living with MS, research, complimentary therapies and other interesting topics, consider signing up for our E-alert list for education. You will receive email notices whenever an education event is planned. It also saves the Chapter a significant amount on postage which can then be spent on other programs.

To sign up, please contact: [leanne.anderson@mssociety.ca](mailto:leanne.anderson@mssociety.ca)

## Equipment Loan Program

The Ottawa Chapter maintains an inventory of various types of equipment that we loan indefinitely to our members when it is prescribed by a therapist. We rely on the generosity of members of the community to donate items that are in good condition. In exchange we provide a tax receipt for the fair market value of the equipment.

There are pieces of equipment that we are currently in need of. These include:

- 4 wheeled scooters
- Ceiling track lifts
- Pressure reduction mattress for hospital beds

If you or someone you know has this equipment and are not using it and would like to donate it, please contact **Leanne** at **613-728-1583 x226** or [leanne.anderson@mssociety.ca](mailto:leanne.anderson@mssociety.ca)

Register for the 2010 MS Walk at [mswalks.ca](http://mswalks.ca) or **613-728-1583**

## It's MS Walk time again!

The 2010 MS Walk is open for registration. Bring your family, friends and co-workers for a fun Sunday stroll for a great cause. This year, the Walk will be held on Sunday, April 25, 2010. For more information contact **Michelle** at **613-728-1583 x235** or [michelle.davis@mssociety.ca](mailto:michelle.davis@mssociety.ca)

## Did you know?



**Roger Sabourin** throws horseshoes for MS!

In 2009, third party events raised \$50,000 here in Ottawa for MS!

The Ottawa Singles Event raised more than \$10,000 and Music for MS raised over \$1000 both lead by committed fundraiser and friend of the society, Crystal French.

The Knights of Columbus in Rockland raised almost \$2000 with two horseshoe tournaments spearheaded by Roger Sabourin.

Go to our website for more information on other events in the Fall and New Year. If you are interested in running an event please contact **Danielle** at **613-728-1583 x224**

### Contact us:

9 - 5pm, Monday to Friday  
1826 Woodward Drive,  
Ottawa, ON, K2C 0P7  
Telephone: 613-728-1583  
Fax: 613-728-0342  
[info.ottawa@mssociety.ca](mailto:info.ottawa@mssociety.ca)  
[www.mssociety.ca/ottawa](http://www.mssociety.ca/ottawa)

# Christmas Assistance Program

*It's time to sign up!*

Once again, the Ottawa Chapter is sponsoring the Christmas Assistance Program, a mini version of the Summer Enrichment Program, which offers assistance with preparations for the Christmas Season. The program will run from **November 16, 2009 to January 8, 2010.**

If you would like some assistance with preparing for Christmas, please complete this form and mail, e-mail or fax it to:

**Laurie Cucheran-Morris, Director of Client Services  
MS Society of Canada, Ottawa Chapter  
1826 Woodward Drive  
Ottawa, ON, K2C 0P7**



E-mail: [laurie.cucheran-morris@mssociety.ca](mailto:laurie.cucheran-morris@mssociety.ca) or fax: **613-728-0342**

Questions? Call Laurie at **613-728-1583 ext. 225**

**Please reply by November 4, 2009**



**I would like assistance with the following:**

(Indicate items of interest with an X)

CHRISTMAS SHOPPING

GIFT WRAPPING

DECORATING

HOLIDAY BAKING

CHRISTMAS CARDS

OTHER: \_\_\_\_\_

PREFERRED TIME/DAY: \_\_\_\_\_ PARA TRANSPORTE #: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_

PHONE NO: \_\_\_\_\_

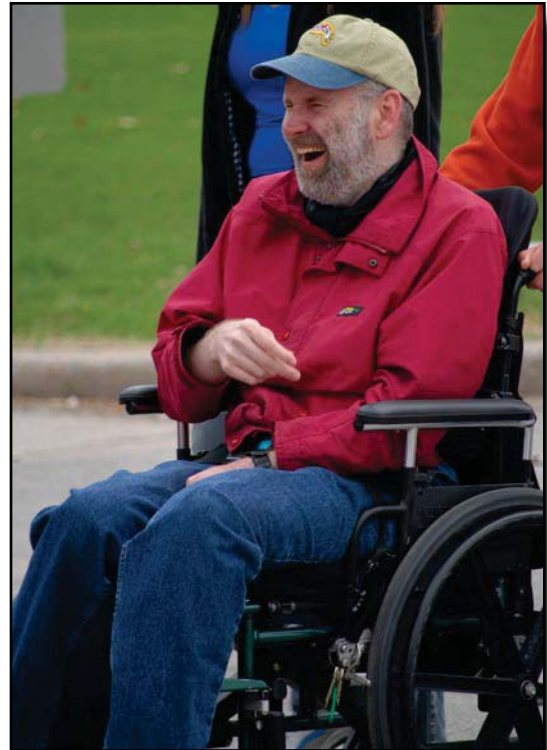




# Call to Action...

## Consider a Gift through the United Way/GCWCC Campaign

September marked the month when both the United Way/Centraide and the Government of Canada Workplace Campaigns (GCWCC) were launched in the National Capital Region. The Campaigns encourage federal employees, retirees and thousands of community and private sector employees to support their community through a contribution to Healthpartners (there are 16 members of which the MS Society of Canada is one), and/or United Way and/or their charity of choice. Last year, the campaign raised an incredible \$29.9 million! This year's goal is an amazing \$31.7 million.



**Many people don't realize that they can direct their United Way or GCWCC gift to a particular charity.** The MS Society depends on generous donations throughout the year in order to provide funds for research, programs and services for individuals living with MS. In 2009, the Chapter provided over \$85,000 in much needed mobility equipment for individuals living with MS in the Ottawa area, just one example of the many ways in which your contribution is put to work in our community.

Please consider designating to the MS Society of Canada, Ottawa Chapter through the United Way/Centraide or GCWCC Campaign by specifying charitable registration #**107746174-RR0004** on your pledge or payroll deduction form. If you have any questions, please contact the Ottawa Chapter at 613-728-1583.

Speakers

Dr. Harold Atkins  
M.D., B.Med.Sc. FRCP  
(C), Physician,  
The Ottawa Hospital  
Blood Bone Marrow  
Transplant  
Program,

Marjorie Bowman  
RN, MS Clinic  
Ottawa Hospital

Bone Marrow  
Transplant Recipient  
(to be announced)

*The MS Society of Canada  
does not approve, endorse or  
recommend any specific  
product or therapy but  
provides information to assist  
individuals in making their  
own decisions.*

# Stem Cell Transplant: Separating Myth From Reality

**Tuesday, October 27, 2009  
7:00 p.m.—9:00 p.m.**

**The Multiple Sclerosis Society of Canada, Ottawa Chapter  
1826 Woodward Drive, Ottawa, ON**

*A collaborative education session: The MS Society of Canada, Ottawa  
Chapter and the MS Clinic, Ottawa Hospital, General Campus*

This informative session will explain what stem cell transplants are, how they affect multiple sclerosis, and what other stem cell research and treatment is currently being conducted around the world. A testimonial will be given by a stem cell transplant recipient living with MS. As well, the growing practice of traveling abroad for medical treatment and the misinformation on the internet will be discussed.

**To Register:** Please contact no later than October 23, 2009  
(613) 728-1583 x 301 or leanne.anderson@mssociety.ca

Space is limited



The Ottawa Hospital  
L'Hôpital d'Ottawa



Présentateurs :

Dr Harold Atkins,  
M.D., B.Med.Sc., FRCP  
(C), Hématologiste,  
Programme de greffe de  
sang et de moelle,  
Hôpital d'Ottawa.

Marjorie Bowman, inf.  
aut., Clinique SP,  
Hôpital d'Ottawa

Participante au  
programme de recherche  
(nom à être annoncé)

*La Société canadienne de la  
sclérose en plaques est un  
organisme de bienfaisance  
bénévole et indépendant. Elle  
n'approuve ni ne recommande  
aucun produit ou thérapie,  
mais renseigne sa clientèle  
afin que celle-ci puisse  
prendre des décisions  
éclairées.*

# Transplantation des cellules souches: mythes et réalités.

**Mardi, le 27 Octobre, 2009  
19:00 h. - 21:00 h.**

**Société canadienne de la sclérose en plaques,  
1826 prom. Woodward, Ottawa, ON**

Une session éducative présentée en collaboration avec la Société  
canadienne de la sclérose en plaques, Section d'Ottawa et  
la Clinique de sclérose en plaques de l'Hôpital d'Ottawa, Campus Général.

Cette session d'information vous expliquera ce qu'est la transplantation des  
cellules souches, ces effets sur la SP et les différents protocoles offerts à travers le  
monde. Une patiente au sein de notre programme viendra nous témoigner de son  
expérience. La tendance actuelle au tourisme médical ainsi que la fiabilité de  
l'information retrouvée sur l'internet seront également discutées.

**Pour vous enregistrer** : Contactez Leanne Anderson au  
613-728-1583 Ext. 301 ou au courriel [leanne.anderson@mssociety.ca](mailto:leanne.anderson@mssociety.ca),  
au plus tard le 23 Octobre, 2009.



# MS Treatments and Clinical Trials Update

## Speaker

Dr. Mark Freedman,  
BSC MSC MD CSPQ  
FRCPC, FAAN,  
Professor of Medicine  
(Neurology) at the  
University of Ottawa and  
Director of the Multiple  
Sclerosis Research Unit at  
The Ottawa Hospital –  
General Campus.

**Tuesday, November 24, 2009**  
**7:00 p.m. – 9:00 p.m.**

**MS Society of Canada, Ottawa Chapter**  
**1826 Woodward Drive, Ottawa, ON**

*A collaborative education session: The MS Society of Canada, Ottawa  
Chapter and the MS Clinic, Ottawa Hospital, General Campus*

*Dr. Freedman is the principal investigator in numerous clinical trials in  
multiple sclerosis. Join us for an informative session where  
Dr. Freedman will discuss current treatments like Tysabri and  
Mitoxantrone as well as emerging therapies from clinical trials.*

**To Register:** Please contact no later than November 20, 2009  
(613) 728-1583 x 301 or [leanne.anderson@mssociety.ca](mailto:leanne.anderson@mssociety.ca)

*This session is being sponsored  
by an unrestricted education  
grant from EMD Serono  
Canada Inc.*

*The MS Society of Canada does  
not approve, endorse or  
recommend any specific  
product or therapy but  
provides information to  
assist individuals in making  
their own decisions.*



**Space is limited**

# Récents traitements et recherches en sclérose en plaques.

Présentateurs :

Dr Mark Freedman,  
HBSC, MSc, MD, CSPQ,  
FAAN, FRCPC, Professeur  
de Médecine (Neurologie)  
à l'Université d'Ottawa et  
Directeur de l'unité de  
recherche en Sclérose en  
Plaques.

**mardi, le 24 novembre, 2009  
19:00 h. - 21:00 h.**

**Société canadienne de la sclérose en plaques  
1876 prom. Woodward, Ottawa, ON**

Une session éducative présentée en collaboration avec la Société canadienne de la sclérose en plaques, Section d'Ottawa et la Clinique de sclérose en plaques de l'Hôpital d'Ottawa, Campus Général.

*Cette session est rendue possible grâce à une subvention d'enseignement sans restriction de EMD Serono Canada Inc.*

*La Société canadienne de la sclérose en plaques est un organisme de bienfaisance bénévole et indépendant. Elle n'approuve ni ne recommande aucun produit ou thérapie, mais renseigne sa clientèle afin que celle-ci puisse prendre des décisions éclairées.*

Joignez-vous à nous pour une session éducative présentée par Dr Freedman. Il discutera des traitements utilisés en sclérose en plaques, incluant le Tysabri et le Mitoxantrone, ainsi que des thérapies émergentes des recherches cliniques.

Pour vous enregistrer : Contactez Leanne Anderson au 613-728-1583 Ext. 301 ou au courriel [leanne.anderson@mssociety.ca](mailto:leanne.anderson@mssociety.ca), au plus tard le 20 Novembre, 2009.

**Les places sont limitées.**



**The Ottawa Hospital**  
L'Hôpital d'Ottawa

