



Volume 33

Number 1

Spring 2010

## Join us for the 2010 MS Walk

I hope that on **Sunday, April 25**, you can join the more than 1500 Ottawa walkers who will participate in this year's MS Walk. Last year, Ottawa-area walkers raised an impressive \$323,000 to help people living with MS in our community. This year, we will begin the MS Walk at the Jean Talon Building at Tunney's Pasture, and will have a new scenic route along the Ottawa River Parkway as the backdrop for our 2.5k and 5k routes.

One of the reasons why this event is such a success year after year is the growing number of people participating in TeamMS. Why not grab a group of friends or family members, build a team, and join TeamMS. Teams can register online and build a webpage to share stories about why they are walking, and to encourage others to sponsor the team. Teams require a Team Captain, a team name and a minimum of four members. Encourage your team to host a fundraising event to help raise more money to go toward the team's fundraising goal.

Brand new this year is the **MS High School Challenge**. High school students can join their MS school team and fundraise to win great prizes. The teams will be organized by Student Councils, so make sure your Student Council is aware of this year's MS High School Challenge!

The most rewarding scene for me each year is seeing the familiar faces of volunteers helping to create a successful event and the participants out celebrating with friends and family on the Walk route. The returning volunteers and fundraisers continue to make this event a rewarding one for the Ottawa Chapter. The sheer volume of people who are raising awareness of MS and supporting their friends, family and loved ones really shows how just one day can make a difference in the lives of those who live with MS.

See you at the MS Walk!

Mark S Lloyd  
MS Walk Committee Chair

**Call us to register at 613-728-1583 or register online at [mssociety.ca/ottawa](http://mssociety.ca/ottawa).**

### Upcoming Events

**CCSVI Webcast**  
April 7 - 1pm to 3pm  
[www.ccsvi.ca](http://www.ccsvi.ca)

**MS Walk Volunteer Orientation**  
April 14, 7 p.m. - 8 p.m.  
1826 Woodward Drive  
**613-728-1583 x228**

**MS Walk**  
Jean Talon Building,  
Tunney's Pasture  
April 25 at 10am

**MS Awareness Month**  
May 1 to 31

**World MS Day**  
May 26

**A Night of MuSic**  
May 26, 7 p.m. Kallash Mital  
Theatre, Carleton University  
<http://night-for-music.webs.com/>

**Perth's World Record Kilt Run**  
June 26  
[www.perthkiltrun.ca](http://www.perthkiltrun.ca)

**RONA MS Bike Tour**  
August 7 and 8  
[www.ms biketours.com](http://www.ms biketours.com)



## Are you moving?

Please e-mail Gail Neil ([gail.neil@mssociety.ca](mailto: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](http://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](mailto: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](mailto:info.ottawa@mssociety.ca)

## Multiple Sclerosis Society of Canada, Ottawa Chapter

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

**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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# Keeping the winter nights warm

**By Dorothyane Brown,  
Education Committee  
Member**

**F**ebruary is the month for love, and the Ottawa Chapter responded to this on February 18 by holding an educational evening with relationships, intimacy, and sexuality on the menu. The room was full, the attendees were rapt, and the presenters were both knowledgeable and approachable.

Cheryl Elliott started the evening with appetizers on the topic of relationships when one partner has MS. She added just enough spice from her personal experiences as a person living with MS, and as a nurse. She described how best to broach the subject of sexual issues with your doctor, and provided a list of steps to take into the discussion. Key among these

was planning a visit specifically for discussion of these issues, writing down questions that you might feel uncomfortable talking about, and being open about your concerns at a specific appointment.

The evening continued with the main course – a presentation on relationships by Joy Tabakman, a social worker and counselor who helps couples learn to communicate and open up with each other. She demonstrated the changes in a loving relationship that occur as the initial romantic duo becomes more heavily laden with life and responsibilities. Joy emphasized the need for healthy communication and regular revisiting of the relationship as life changes occur.

The evening's dessert was offered by Karen Kalinowski, sex therapist and pleasure coach. She discussed body mapping

exercises to isolate areas of pleasure and discomfort. She also brought along many devices that help in increasing sexual satisfaction, even with the changes of MS. Her experience in counseling others with physical disabilities showed in her common sense approach to intimacy challenges.

Many thanks also to Ottawa Public Health and Venus Envy, who provided goodie packages of information and samples.

The evening concluded with lots of questions and answers, and offers of follow-up from our presenters. It was a delicious evening for all, prepared by expert chefs.

For more about MS and intimacy, visit <http://bit.ly/MSIntimacy>.



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## Dr. Atkins updates MS community on Stem Cell Therapy

**By: Dorotheanne Brown,  
Education Committee Member**

In October, the MS Society sponsored a very successful educational evening on stem cell therapy. The response was huge, and the number of people wanting to hear the presentations ran over into a second evening of discussion.

Dr. Harold Atkins, from the Ottawa Hospital Blood and Marrow Transplant Program, discussed stem cells, what they are, and how they might be used to treat chronic illnesses. Stem cells can be obtained from many areas of the body, from fetal cells to adult cells. Stem cells have the ability to differentiate into new types of cells. The cells that grow vary, based on the area from which the stem cells are harvested. For example, transplanted retinal stem cells have given blind mice sight, and skin stem cells have been found

that create myelin. Knowledge in the uses and growth of stem cells is growing exponentially, with much to look forward to in years to come.

Stem cell treatment for MS involves removing stem cells from bone marrow, blasting the patient's remaining marrow with chemotherapy to "reset" the immune system, then reimplanting the preserved marrow stem cells. This is difficult; stem cells are scarce and so must be concentrated from the marrow. Also, the chemotherapy used to purge the marrow is hard on the patient. The procedure remains experimental. Dr. Atkins talked about exciting opportunities for research around the use of stem cells in treatment of other formerly "incurable" diseases, like diabetes and ALS.

Marjorie Bowman, the research coordinator at the Ottawa Hospital MS Research Clinic

discussed the stem cell research currently being completed at the Ottawa Hospital. The study started in 2001, and 24 transplants have been completed. These clients are still undergoing follow up assessments. She spoke about the risks of the treatment, and cautioned against inflated claims of cures on various web sites. She also warned against "stem cell tourism", reminding the audience that treatments in other countries might put clients at risk.

The final speaker of the evening was Sue-Anne Lecompte, one client who had been through the study at the Ottawa Hospital. She spoke very movingly of being unable to walk or even chew gum prior to her treatment. Seeing her walk across the stage on her own was an inspiration to all.

The presentations are available for download on the Ottawa Chapter website.

## Neuroplasticity event let us know why we're wondering

**By Dorotheanne Brown,  
Education Committee Member**

It was a chilly night on January 27, but the brains were warm in those who attended the education event on neuroplasticity and cognitive functioning. Dr. Paul Mendella, a psychologist, led off the discussion by reviewing the areas of brain functioning that were most affected by MS, namely

memory, learning, and executive functioning, such as initiation, planning and others. High lesion load, increased brain atrophy and secondary progressive MS may predict more cognitive challenges.

Cognitive difficulties were illustrated through an experiment using functional MRI technology. Healthy people, people with mild cognitive impairment due to MS

and those with more impairment were asked to do a task. The tests showed that the healthy person used a small amount of brain for the task, while people with mild MS impairment used a much greater amount and those with more impairment a much lesser amount of the brain. The hypothesis is that those with mild impairment were recruiting the plastic areas of the brain to do the

**(Continued on next page)**

## Neuroplasticity: Continued from previous page

task, covering for the cognitive losses. By the time the impairment was greater, the brain had given up the recruitment.

Dr. Mendella reviewed the research on brain games and training and found inconsistent proof that there was improvement with “training” except in the areas of learning and memory. Most of the exercises are geared to post-stroke or Alzheimer’s related cognitive deficiencies and may not work for the brain with MS. He emphasized that a program in **n e u r o p s y c h o l o g i c a l**

rehabilitation for cognitive impairment should include remedial and compensatory approaches. Remedial approaches would include exercises and programs and learning new things to stretch and build brain connections. Compensatory approaches would teach techniques and workarounds. Other things to include in a program were environmental modification, stress management and psychotherapy to help clear the decks for optimal functioning. Family members should be actively involved in the rehab process.

Dr. Avi Nativ, a physiotherapist, then took the stage to talk about

physical rehabilitation and rewiring. He admitted that training in MS was still challenging because of the changing nature of the disease. His “Neurogym” has had great success with clients with spinal cord or other brain injuries such as stroke or trauma. In the gym there are several specialized machines that allow clients to exercise muscles that are difficult to exercise, such as safe standing and walking machines. He quoted a study where strength training in people with MS resulted in both increased strength and increased function, and there were several clients of Neurogym in the audience who attested to the success of his approach in their case.

# MS Appreciation Event Celebrating Volunteers and Fundraising Achievements

**O**n Sunday, February 21, the Ottawa Chapter celebrated the contributions of our dedicated volunteers and fundraisers over a delicious breakfast. Traditionally an evening affair, the new breakfast format was a hit with the over 100 people in attendance. With the snow lightly falling, the Ottawa Chapter celebrated the outstanding work of volunteers and fundraisers who have contributed significantly to the advancement of our mission.

Top awards were presented to Bob Gibb, Radha House Yoga and Team Severin – exemplifying the diversity of involvement in which volunteers



**Michael Holiday, Monique Vardy and Alexandra Tannis proudly hold envelopes containing pins celebrating 25 years of volunteer service presented by Ken Mylrea (left).**

and fundraisers contribute as the backbone of our organization. Also recognized were top fundraisers Adam Goldberg, Paul Bernards, and Bill Lumsden. Team awards were earned by

Gluteous to the Maximus and S-Mart for the RONA MS Bike Tour and MS Walk respectively. Certificates of Merits and Years of Service Pins were also awarded with notables Monique Vardy, Alexandra Tanis and Michael Holiday celebrating 25 years of volunteering with the Ottawa Chapter. Gordon Keith and Marie Vaillant were also presented with a special award for their significant contributions to the Ottawa Chapter.

A special thanks to Judy Thompson, Isabel Mackay and Andrea Jeffery of the Volunteer Resource Committee who worked so hard to make this event a success.

# Wellness Journey

I would like to welcome you to my wellness column. My name is Linda Houle-Robert and I've been living with MS for ten years now. When I was first diagnosed, I knew very little about MS so I embarked on a journey of learning everything I could about this disease. I began exploring all of my options and even started training for marathons. This was the start of what is now my passion; learning how nutrition, diet and exercise, and lifestyle with an optimistic approach, is effective in managing my MS. I continue to research and discover the wonders of nutrition. My goal is to inspire and empower you to make healthier food choices and hopefully help you along your journey to wellness.



**Linda Houle-Robert**

## What is the first topic?

As a first topic for this new column, I thought I would talk about breakfast. Many people skip breakfast because they do not feel hungry in the morning or are trying to save on calories. Unfortunately, skipping breakfast often results in over-indulging later in the day on the wrong types of foods such as muffins, cookies, cakes, doughnuts and coffee. Even if you are not hungry, you should always start your day off with a light breakfast.

## Why?

Eating breakfast fires your metabolism (your fat burning engine), balances your blood sugar to keep

cravings away and keeps your mental energy high.

## Have any great breakfast recipes?

Sure. One of my favourites is this recipe for a delicious healthy breakfast porridge that I love to eat with fruit. Another favourite is a recipe for a smoothie. It really is a great way to get a whole whack of nutrients right at the beginning of your day and get a good jump on things. By including some protein, it keeps me satisfied until lunch.

### Healthy Breakfast Porridge

½ banana  
 ½ cup blueberries  
 1/3 cup each rolled oats (not instant)  
 2/3 cup water  
 1 tsp vanilla  
 ¼ tsp each cinnamon and nutmeg  
 ¼ cup slivered almonds  
 1 medium grated apple

Mix all ingredients in a saucepan. Cover and place over moderate heat. When mixture comes to a boil, reduce heat to low and continue to simmer for another 20 minutes, stirring continuously. When porridge is smooth and cooked through, remove from heat and serve.

### Strawberry Banana Smoothie

½ banana  
 ½ cup strawberries  
 ¼ cup organic plain yogurt  
 1 cup skim milk or soymilk or brown rice milk or almond unsweetened milk  
 1 Tbsp flaxseed oil  
 1 Tbsp protein powder (whey or hemp or soy)  
 (I like to use the chocolate flavour, but vanilla is also good)  
 A few ice cubes.

Combine all the ingredients in a blender and blend until smooth. If it is too thick I add about ½ cup purified water. Enjoy!

*“The groundwork of all happiness is health.”*  
 Leigh Hunt (1784-1859) British Poet, Essayist

## 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.

Barbara Ann Abraham  
 Amy Florence Belford  
 Elizabeth Brevett  
 Eleanor Campbell  
 Dorothy Currie  
 Lucille Emerton  
 Helen Gike  
 Lucy Greer  
 J. Lloyd Hargrove  
 Ruth Ann JoBel  
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 Shirley Nevala  
 Robert Payant  
 Jim Ryan  
 Stefan Schreiner  
 Esther Smith  
 Avery Stanyar  
 Helen Sullivan  
 Phyllis Teitelbaum  
 Lionel Trottier  
 Richard Walkid

# Message from Marie Vaillant, Past Chair of the Ottawa Chapter Board of Directors

**M**embers of the Ottawa Chapter,

As I write this, it has been almost two months to the day since I stepped down officially as Chair of the Ottawa Chapter, passing the virtual gavel to Tom Vice. I would like to take this opportunity to thank all of you – the Board, the staff, our fabulous membership, and amazing volunteers – for the trust and support you have given me over the last five years of my tenure.

It was a wonderful opportunity that was entrusted to me and I was incredibly proud to say that I was the Chair of the Ottawa Board, a Chapter that sets the standard for excellence on so many levels. I would like to think that my legacy will live on in the Finance and

Administration committee, the Board Effectiveness Survey and the Open Forum discussions. Of course there were many challenges along the way, but we met them head on and I am sure will continue to do so under Tom's skilled leadership.

In my new role on the Ontario Division Board and as Chair of the Ontario Division Client Services Committee, I look forward to serving as an advocate not only for our Chapter but indeed for all of the 38 chapters across Ontario. As Past Chair and therefore Chair of the Nominations Committee, I will work with the committee to continue to recruit the skilled Board members that are the foundation of our Chapter's success. Having spent the last 25 years as a volunteer in a number

of organizations, the MS Society really does an outstanding job of recognizing their volunteers and this is why we have such a committed group.

When I am philosophical about my MS, I consider it a gift that has brought so many wonderful people into my life and you are all part of it. Other times, I wish there was a return policy on this gift! But I also truly believe that our combined energy, drive and commitment to the cause will one day result in a cure for MS. Until then, it will continue to be a privilege to serve alongside such a wonderful group of people who have become so very much a part of my life.

Thank you,

Marie Vaillant

## Volunteer Corner

**T**he Ottawa Chapter is privileged to have the support of such a fantastic group of volunteers to help us fulfill our mission. Thanks always to all of our over 550 volunteers who contribute to the Chapter in so many ways throughout the year!

### MS Walk Volunteers needed!

The Chapter is currently seeking volunteers to help with the Ottawa MS Walk on April 25. Volunteer opportunities include:

- Balloon inflator
- Breakfast (preparation and service of food)
- Lunch
- Cheering section
- Face painting & kids area
- Check point
- Cheering section
- Floater
- Garbage patrol
- Parking (18 yrs + required)
- Route Marshall(18+yrs required)
- Route Signage
- Site set-up (Saturday, April 24)
- Site take down

If you are interested in helping out for any of the above opportunities, please head to our website at [www.mssociety.ca/ottawa](http://www.mssociety.ca/ottawa), or contact Nadene at [Nadene.lee@mssociety.ca](mailto:Nadene.lee@mssociety.ca) or 613-728-1583 ext. 228.

## Message from Tom Vice Chapter Board of Directors Chair

**D**ear Members,

As my first order of business, I would like to thank the outgoing Chair, Marie Vaillant, for providing such tremendous leadership to the Chapter over the last 5 years, and for making my transition to Chair so seamless.

I also want to thank Laurel Mackenzie, Executive Director, and indeed all of the Chapter staff, for maintaining the day-to-day operations so well so that we as a board can focus on our priorities and have a meaningful impact on the Chapter's membership and the MS Society as a whole.

And, special thanks to our board and Chapter committee members, indeed all of our wonderful volunteers, for their tireless efforts and for the contributions that I am sure you

will continue to bring to the Society, ultimately for the benefit of people living with MS – the core of our mandate.

Some of you may know that Linda Lumsden, Marie's predecessor as Chair of the Ottawa board and most recently Chair of the Ontario Division board, was named Chair of the National Board of the MS Society at the National AGM. Our sincere congratulations to Linda. Given her many roles, she has some particularly good perspectives on the organization, all of which will serve the stewardship of the MS Society very well going forward.

As members, you will be interested to know that not only is the Ottawa Chapter known as one of the largest chapters in the country but it is also one of the most respected. Many of the projects that we have piloted over the years, including our board evaluation and risk

management processes, are being copied by other parts of the organization across the country.

As we begin to set out our priorities for the Chapter over the next 2 to 3 years, I would welcome any feed-back from our members as to areas that you feel we could better address. I want to ensure that the plans we define for ourselves will continue to be seen as forward-thinking and innovative and will serve as a model to the organization as to what can be done when you have a talented and engaged membership.

I very much look forward to meeting with, supporting and working with all of you in the coming months.

Sincerely,

Tom Vice  
Chair of the Board of Directors,  
Ottawa Chapter

## Every little bit helps!

**F**undraising can occur at any time of the year. It can happen on a bright sunny summer day or a snowy winter evening; while the leaves are decorating the trees in beautiful fall colours or bulbs are pushing their way to the sun. The Ottawa Chapter has been extremely fortunate to have third party events running all year round.

What is a third party event? It is

an event put on by a volunteer or friend of the MS Society to raise money for the organization. As the organizer, you can decide where the money should go. You could direct it to local client services, programs or research - the choice is yours. Our events range from lemonade stands to rock concerts; art shows to singles events. Whatever you raise – \$5 or \$10,000 – it all benefits those living with MS.

The Chapter can provide you with a support network, printed materials, posters, coin boxes and the tools to fundraise online through our website. We are always looking for energetic people looking to make a difference. For more information please contact Danielle Leguard-White, Director of Fund Development at 613-728-1583 ext 224.

# CCSVI Webcast April 7

## What is CCSVI?

Chronic cerebrospinal venous insufficiency (CCSVI) is a term used to describe a situation in which the venous system is not able to efficiently remove blood from the central nervous system. It is stated that this is related to narrowing of small venous structures in the neck, chest and spine. The suggested mechanism involves the development of 'substitute circles' of venous blood vessels in an attempt to facilitate drainage from central nervous system pathways. The hypothesis goes on to suggest that because these compensatory blood vessels don't have the same wall integrity as larger veins, they tend to leak blood into the adjacent tissue, depositing iron there which triggers an immune response.

In November 2009, Italian researcher Dr. Paolo Zamboni, made headlines worldwide with his study of CCSVI. The MS community responded with great hope, excitement and a call for immediate action. The MS Society shares this optimism and recognizes that this concept has already opened up new avenues of research and may lead to potential therapies.

As with any new hypothesis, there a number of questions still to be answered. To ensure we realize the full potential of any new discovery, early results need to be replicated and validated in multiple, large, and well-designed studies. While the pace of this process may seem frustratingly slow, it is critical to producing the very best answer for people living with MS around the world. Dr. Zamboni has opened a door for the community, and now we need to proceed with a balance of hopefulness and scientific rigour.

People with MS and the medical community alike still have many questions. The MS Society is committed to helping the MS community find those answers. In November 2009, the MS Society issued a request for research operating grants to study the

relationship between CCSVI and MS. The call for specific research proposals is unique and unprecedented in the MS Society's 60-year history. By funding research into MS and CCSVI, the MS Society hopes to clarify the relationship between CCSVI and MS and to identify what treatment potential it may offer to people living with MS.

For more information on CCSVI, go to <http://www.mssociety.ca/ccsvi>

## Web Streaming Event on CCSVI

To provide more information on this topic, the MS Society will host a **webcast on CCSVI on April 7, 2010 from 1:00-3:00 pm Eastern.**

The webcast will feature a host panel that will include Yves Savoie, President and CEO of the MS Society of Canada and President, Ontario Division; Dr. Jock Murray, founding Director of the Dalhousie University MS Clinic; and Karen Torrie-Racine, a person living with MS.

**To register for this event go to: [www.ccsvi.ca](http://www.ccsvi.ca)**

Participants are invited to pre-submit questions to panelists through a registration form, and we will also be accepting questions live during the event via Twitter and Facebook. Participants will receive information on how to ask questions through Twitter and Facebook via email once they have registered and on the registration form. Additional information about the event is provided at [www.ccsvi.ca](http://www.ccsvi.ca).

## If you cannot participate on April 7

If you are not able to participate in the live webcast on April 7, a video of the event will be available for viewing online shortly after.

A date for a French language forum will also be confirmed soon. We will communicate these details as they become available.

## Ongoing Issues at the Community Care Access Centre

The Champlain Community Care Access Centre (CCAC), the agency responsible for the provision of homecare services in our community, announced a \$6.5 million deficit and the resignation of its CEO, Sheila Bauer, last fall. The result has been a reduction in services to persons currently receiving them, and waiting lists for those not currently receiving homecare. In addition, hospital beds are being occupied by individuals who are awaiting homecare services in order to go home.

Despite the fact that homecare is a vastly more efficient and cost effective way of managing non-acute healthcare services, former and current governments have not provided the levels of funding required to truly make this system work. The Ontario Government spends \$1.8 million a year on the CCAC's which only represents 4% of the entire health program budget.

The CCAC has been plagued with problems for many years. Now under the management of the Local Health Integration Network (LHIN), headed by Dr. Robert Cushman, the agency was subjected to an independent report commissioned by the LHIN. The report was released in August 2009 and painted a gloomy picture of the CCAC. The major issues identified in the report appear to be around corporate culture, financial data mismanagement, corporate governance, contract management, and case management.

In response to this situation, the Social Action Committee (SAC) arranged a meeting with Premier McGuinty's constituency office representative, John Fraser, on December 10 to discuss our concerns. In discussions with Mr. Fraser, we expressed dismay over how the LHIN allowed the CCAC to get to this state and what measures would be taken to ensure it doesn't happen again. Mr. Fraser assured us that

KPMG report recommendations are being taken very seriously and, just prior to our meeting, the LHIN appointed Cameron Love, an Ottawa Hospital Executive as interim CEO for one year. His main role, as we understand it, is to immediately address the budget shortfall and begin to implement the KPMG report recommendations.

Some additional issues discussed were the shortage of personal support workers in Ottawa as well as across Ontario, and the continual cuts to both the homecare equipment rental and homemaking programs. Considering 67% of all care provided by the CCAC is for personal support, it is crucial that the government address home supports cuts like personal support and homemaking.

The SAC will continue to advocate for better service and increased funding levels for homecare.

**21st Annual RONA MS Bike Tour • Gear up for the challenge!**



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**MS** Multiple Sclerosis Society of Canada



# Summer Enrichment Program 2010, Sign Up Now!

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 Cucheran-Morris) or**  
**laurie.cucheran-morris@mssociety.ca**

**NOTE:** There is a \$10 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 23, 2010

(Indicate items of interest with a ✓)

INDIVIDUAL ACTIVITIES*		GROUP ACTIVITIES*	
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 <input type="checkbox"/>			

**\*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): \_\_\_\_\_

Are you concerned about enhancing the long-term financial security of someone living with a disability?

If so, this session might be for you.

## Registered Disability Savings Plan (RDSP) Seminar

**Tuesday, March 30, 2010  
7 p.m.—9 p.m.**

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

**Speaker: Mike Polito  
Investment Sales Manager  
BMO Financial Group**

*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.*

A registered disability savings plan (RDSP) is a savings plan that is intended to help parents and others save for the long-term financial security of a person who is eligible for the Disability Tax Credit.

This session will provide participants with information on those eligible for an RDSP, making arrangements to set it up, contributing to it, and the way payment will be made to the beneficiary.

**To Register:** Please contact no later than March 26, 2010  
leanne.anderson@mssociety.ca or (613) 728-1583 x226

