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June 2005

Karen Commodore

If you had to choose just two words to describe Karen Commodore, they very well could be “indomitable spirit.” This personable woman has faced numerous challenges over the years yet has maintained a truly sunny and optimistic disposition throughout.

Karen was diagnosed with multiple sclerosis in 1991 at the age of 35. At that time, she lived with her husband in a spacious home. She was employed as an executive secretary to two partners at a large chartered accountants’ firm and also worked part-time at Tall Girl ladies’ clothing store. “At first, the MS didn’t have any effect on my work,” she said. “Then in 1993 I had to cut back my days. I took Handi-Transit to and from work and walked with a cane, but I was too proud to use it at the office.”

In 1994, Karen stopped working altogether because of her MS. By then she was using a wheelchair, and found it hard to manage in the house. She and her husband moved into an apartment. In 2000, her husband found the many challenges and changes related to MS too difficult and the couple split up. Karen remained in the apartment, assisted by home care workers who came in several times during the

Member Profile



actively involved with the MS Society. “I joined the MS Society the same day I was diagnosed,” she said. Karen took part in a support group, and after some time, was asked to co-lead a group. “I did that for six years,” she said. Karen also joined the Winnipeg Chapter’s Client Services Committee and the Manitoba Division Social Action Committee. “Karen is a long-time and well-liked member of the committee,” said Sharon Segal, Social Action Coordinator. “She uses her experience with long term disability, CPP disability and housing to work to improve things for everybody with MS.”

What is immediately evident when you meet Karen is her positive outlook. Friendly and outgoing, with a wonderful sense of humour, she makes people feel at ease and more cheerful wherever she goes. It is this attitude that saw her through some of the toughest years of her life.

In 2003, Karen suffered a serious MS attack. She spent over a year in the

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MANITOBA DIVISION CLIENT SERVICES STAFF

Client Services is made up of staff and volunteers providing a wealth of knowledge, experience and commitment. Staff members provide services directly and assist volunteers in helping people with MS to help themselves. **All can be reached through the MS Society's toll-free line: 1-800-268-7582** or directly at the numbers below:

- Norm Velnes.....Executive Director
(204) 988-0916
- Tracy Brown.....Director of Client Services
(204) 988-0907
- Darell Hominuk.....Resource Coordinator &
Program Planner
(204) 988-0902
- Sharon Segal.....Social Action Coordinator
(204) 988-0904
- Susan Hologroski.....Manager, Winnipeg Chapter
(204) 988-0901
- Russell Wolfe.....Rural Client Services
Coordinator, South Central
Chapter, Morden
(204) 471-0402
- Susan Hologroski..... Rural Client Services
Coordinator, South Central
Chapter, Portage
(204) 239-1308 /470-6855
- Karen Black.....Client Services Manager
Brandon & District Chapter
(204) 571-5671
- Robin Searle.....Manager, Parkland Chapter
(204) 622-2940
- Russell Wolfe.....Rural Client Services
Coordinator, South East
Chapter **(204) 471-0402**

She had to give up her apartment and move into Ten Ten Sinclair, a Winnipeg apartment complex designed for physically disabled individuals who wish to live independently. While she was there, Karen developed a severe bladder infection and landed up in Concordia Hospital. She spent three months there, clinging to life, as the infection spread and she went into septic shock. "I didn't even know my family or where I was," Karen said of her disoriented state throughout the illness.

She did recover and now lives in a personal care centre near her old neighbourhood. She has regained much of her strength and maintains it by going to the Wellness Institute at Seven Oaks Hospital three times a week to participate in an individually supervised exercise program. She works hard at the gym and is seeing definite improvement. She also has a busy social life. "The staff here jokes that I have a better social life than they do," she laughed.

Most of the residents at Karen's personal care centre are seniors with whom she has little in common. Her social life is made up of friends and family. She enjoys going to movies and shopping at the mall. "I have a wonderful support network," Karen said with feeling. "My sister and her family have been terrific." This year, Karen's brother-in-law Vern will be riding his motorcycle in the MS Society's June 26 fundraising event, *Elite Communications Cruisin' Manitoba for MS* on her behalf.

Karen has traveled a long and difficult journey and has arrived intact and still smiling. "I have a good life," she says. Her personal philosophy is one that anyone could benefit from adopting: "We have a choice when we wake up every morning to decide what kind of day we are going to have."

And so for Karen, every day is a good day.



RESEARCH NEWS

Medical Update Memo:

Health Canada Approves Sativex®

Summary

On April 19, Health Canada approved Sativex®, a cannabis-based drug for the treatment of MS-related pain. The drug consists of various extracts from the cannabis plant. It is administered via a spray into the mouth. The approval is based on a clinical trial which took place in Britain in 2002. Canada is the first country to approve Sativex. Bayer Canada will announce the cost and availability of the therapy shortly. The Multiple Sclerosis Society of Canada welcomes the approval of Sativex, which will provide people with MS and their physicians another choice in treating pain, which is a common symptom of the disease.

Details

Health Canada approval of Sativex makes Canada the first country in the world in which the cannabis-based spray is available as a prescribed treatment for MS-related pain. Sativex is sprayed under the tongue or on the inside of the cheek from a dispenser that is programmed to deliver a pre-selected dosage. It is described as a whole marijuana plant extract. It includes two components of marijuana tetrahydrocannabinol (THC) and cannabidiol.

Health Canada has approved Sativex with conditions, under the Notice of Compliance with Conditions policy. This authorization reflects the

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company that developed Sativex. The study involved 66 people with MS at a research centre in Britain. Participants had central neuropathic pain because of MS. Half of the group received Sativex in a spray dispenser and the other half received a sham (placebo) spray in a similar dispenser.

The primary outcome measure was to measure the effectiveness of Sativex in relieving central neuropathic pain compared to placebo. Secondary measures included sleep disturbance, participants' perception of their condition at the end of treatment and other quality of life assessments.

Study results and possible mechanism of action

Participants in the Sativex group used fewer sprays per day than did the placebo group. In addition, individuals in the treated group reported they experienced pain relief, had less sleep disturbance and felt their condition had improved.

There were more side effects in the Sativex-treated group versus the placebo group. When combining data from this and several other phase three clinical trials (total 166 participants), the most common side effect of Sativex was dizziness which occurred in 41.6% of treated participants versus 13% of participants in the placebo group. There was also more nausea in the treated group (10.2%) than in the placebo group (7.4%) and more fatigue in the treated group (11.4%) versus the placebo group

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to the nerves. A number of clinical trials have been carried out in the past five years to test the effectiveness and safety of marijuana as a treatment for MS pain and spasticity. The outcome of the largest study, which looked at spasticity, was mixed in that while those on active treatment did not have an objective improvement as measured by a standardized scale, treated participants reported improvements in walking speed, another measure of spasticity, and symptoms of spasticity, muscle spasms, sleep and pain.

Background and status of marijuana as a therapy in Canada

Marijuana's role as a medication is complex and controversial. Recently in Canada, the federal government developed a medicinal marijuana program, which allows people who meet certain criteria to have permits to possess and grow marijuana. MS is among the conditions for which a permit can be applied. In some cases, Health Canada will provide marijuana to people who hold permits. Details about how to apply for permits are available at the Health Canada website. Information is also available by calling the Health Canada Cannabis Medical Access Office toll-free: 1-866-337-7705.

*Information obtained from www.msociety.ca
ASK MS Information System Code: 1.4.1.20.c2*

Research Announcement

Researchers Look at Stem Cells to Repair Damage Caused by Multiple Sclerosis

Institute in Calgary, Mayo Clinic in Rochester, Minnesota and Montreal Neurological Institute to continue their ground-breaking work.

"This is a fantastic opportunity for us to take a new approach in treating MS," says Dr. Samuel Weiss, the lead scientist from the Hotchkiss Brain Institute, a partnership of the University of Calgary and the Calgary Health Region. "We will be combining repair therapies, pioneered by the three centres, in ways that have never been tested before in the course of MS research."

In earlier work, researchers used stem cells to generate myelin-producing oligodendrocytes.

Canada is the first country to approve Sativex®.

Myelin is the vital protective covering of the nerve fibres of the brain and spinal cord that is damaged during MS attacks.

They also pioneered new ways of using magnetic resonance imaging to measure, non-invasively, the production of new myelin and the rate of functional recovery from MS. The ability to generate myelin and measure its impact is key to reducing MS disability.

With the new funding, scientists will investigate whether adult human stem cells can be stimulated to create myelin. In essence, they will determine if there is an "on" switch that can kick-start the remyelination process for people who have MS.

"The study looks to using an individual's own stem cells to repair the damage caused by MS," explains Dr. Jack Antel, lead researcher from the Montreal Neurological Institute.

"In the future, we hope to turn this data into human

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NEWS FROM OUR CHAPTERS

WESTMAN CHAPTER (formerly the Brandon & District Chapter)

The chapter has experienced much change and growth over the past year. We have a new office, our board has increased in size, and volunteerism in the office and at events has also increased.

Kim Longstreet, Fundraising Manager, has been with the chapter since September 2004 and on May 2nd, Karen Black, Client Services Manager, joined the MS Society team.

The chapter has undergone another change. It is now known as the **Westman Chapter**. The office will still be located in Brandon, but our chapter name will better reflect the geographic area our office serves. Our Westman area encompasses North to Rossburn; East to Cypress River; South to the US border; and West to the Saskatchewan border.



Members and staff of the Westman Chapter join Mayor Burgess for the flag raising

City Hall. She was selected from 40 nominations! Tiiu received the award for her contribution to the MS Society where she has volunteered for over 16 years. During this time she has taken care of our Coin Box program and collected over \$16,000. Congratulations, Tiiu - we are very proud to have you as one of our dedicated volunteers!

BELIEVE Wristband

The Brandon & District Chapter is pleased to have for sale a red silicone wristband with **“BELIEVE”** embossed on it. You may be familiar with the yellow wristband started by Lance Armstrong in the USA for cancer research. Over \$400 million has been raised in the USA with this wristband. We want to make our wristband as successful. The BELIEVE wristband is available at our office for \$3. **“We BELIEVE that there is a cure for MS and we BELIEVE that by working as a team we will find a cure for MS.”** Please support our efforts. Call our office at 571-5672 to order your wristbands today!

MS Awareness Month

Mayor Dave Burgess signed the Proclamation declaring May as MS Awareness Month in Brandon. The MS flag was raised at City Hall on May 3rd and flew there for the entire month of May. Board member Murray Cook manned an MS display at the Lions Convention held on May 7th at the Keystone Centre. An Open House was held May 14th with coverage on CKX TV's evening news.

SOUTH EAST CHAPTER

The last MS Self-Help Group and Lunch Group before the summer break took place this month. Both groups will resume in September. They have been very well attended by the local members, with new people joining the meetings on a consistent basis. The chapter celebrated MS Awareness Month by placing an advertisement in The Carillon

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SOUTH CENTRAL CHAPTER

Portage Office

During MS Awareness Month in May we were able to reach people in Portage through a variety of MS displays at the Portage Mall, Portage Co-op, the window display in the mall and the Shaw Cable interview with Client Services Coordinator, Susan Hologroski. In a recent visit to the MS Office, a member said that *"People need to know more about MS so that more members of the community will get involved."*

Local programming includes the Coffee Crew, at which people come together and offer each other support over lunch at Aalto's Restaurant in the Canad Inn. The group meets the second Wednesday of the each month at 11:30 a.m. Interested? Call Susan at 470-6855 and come out and join us.

We offer peer support services, information and referral services along with a wide range of print material available at the office in Portage.

We need to hear from you! We want to expand our programs and meet your needs. Give Susan a call any time at 470-6855.

Morden Office

The last MS Support Group before the summer break was held in June. The group will resume in September. It was wonderful to see the group grow not only in size but in level of trust and sharing. It is consistently well-attended by local members, with some new faces joining as well. We hope this continues in the future.

May was MS Awareness Month and the MS Society of Canada. South Central Chapter in Morden held a

WINNIPEG CHAPTER

The staff of the Winnipeg Chapter was very busy over the month of May. We gave a presentation for students of the Home Care program of the Winnipeg Regional Health Authority and had a great turnout. We had display booths at both the Health Sciences Centre and Wellness Institute. We were pleased with the enthusiastic member turnout at the "Living Well with MS" series and the "Path Back from an MS Attack." We feel that through these events we were able to increase awareness of MS to many members of our community.

This summer we are pleased to have a third-year Advanced Placement Master's occupational therapy student joining the Winnipeg Chapter for the months of July and August. The student will be working directly with members of the MS Society and their families.

We are planning several exciting education sessions for the fall and winter. Possible topics may include presentations from CPP & Old Age Security and Drivers Licensing: "Disclosing MS on Your License" and the process that is involved.

Also this fall we are very pleased to offer an MS exercise program through the Rady Jewish Community Centre. People of all denominations are welcome to take part. Watch the fall issue of *Info-Share* for program details. Additional chapter programs include our education and support program for newly diagnosed individuals; the Wellness Pathway through the Wellness Institute; a wide range of self-help groups and the peer support program.

For more information about programs and services

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Parkland Board President Ken Mikolayenko receiving the Premier's Award for Volunteerism on April 20. Congratulations, Ken!

body more flexible. Please call Robin Searle at 622-2940 if you would like to attend.

Sharon Segal, the Manitoba Division Social Action Coordinator came out in May to give a presentation on Visitable Housing and Darell Hominuk, the division Client Services Resource Coordinator and Program Planner spoke about services.

Chapter Manager, Robin Searle received a warm and enthusiastic welcome at a public education presentation in Russell, Manitoba during MS Awareness Month. In the true spirit of the month, she informed people about multiple sclerosis and the effects it has on individuals and families.

The Swan River office will be closed during the months of July and August.



HELP MAKE EVENTS MORE MEANINGFUL FOR OUR FUNDRAISERS

You have the unique ability to make our

(WALK), Cruise Buddy (Cruisin') and Pedal Partner (Bike Tour) programs come in.

You agree to put your name forward to be matched with a participant. You may then contact them by e-mail, letter or phone call if you wish. If possible, you might come out to the start or finish line to cheer your Pedal Partner or Cruise Buddy on. It's entirely up to you how you support them. Your partner receives a red bandana that reads "I am walking/riding for" and they just fill in your name.

"I enjoyed the WALK so much more this year because I knew I was doing something for a 'real' person," said Jim S. "I started to feel cold and tired about 3/4 of the way along, but I knew that Anna was rooting for me, so it kept me going. I want to walk for her again next year."

Anna met Jim at the finish line. "It was very moving," she said. "To think that this gentleman would spend hours on a Sunday afternoon walking in the chilly, windy weather just for ME!" Anna used to walk in the event but now finds it difficult. She often comes out to volunteer and this year, when she was asked about putting her name forward as a SOLEMate, she agreed to give it a try. "I don't have e-mail, so I just phoned Jim and thanked him and said I would try to come to the WALK to see him finish. It was easy."

Call us at 943-9595 (Winnipeg) or your local chapter office to find out how to get involved.



INSPIRATION

by John Hudson

I can still vividly recall a young man's desperate posting on an MS internet bulletin board that I used to moderate. A twelve-year-old with the nickname "Alex92" wrote it, and it stood out as if penned in red ink. He was one of many youngsters caught in the crossfire of family illness and childhood and he was struggling. The bulletin board was meant to be a conduit for kids who had no one but each other to turn to, while they attempted to grapple with living in a state of constant uncertainty, as they watched MS take away the parents they once knew.

"Alex92" was the son of a single mom with MS, and his message was a plea for understanding. "I can't figure out how come my mom feels OK one day, but is so sick the next. She can't walk this morning, and is just sitting in her wheelchair crying. Every day I have to call her from school to see if she's gonna be able to get out of bed, cause if she can't then I have to go home early to clean up stuff, and start supper."

There were many replies to "Alex92," and the majority of them were from youngsters who were already accustomed to living in the shadow of multiple sclerosis. The array of emotions embedded in the bits of text was absolute, but anger was common to just about every posting. It smoldered beneath the surface, like hotspots after a forest fire. Children had sometimes been cast into the adult role of caregiver, and the illness that disabled a parent had stolen something that was rightfully



unable to shop for groceries or prepare meals. Family vacations in the summer, that once meant the chance to wash away the stress of the school year in hotel swimming pools, had become just fond memories.

All of these things had, of course, left "Alex92" inconsolable. There just wasn't anything in the virtual world of the bulletin board to soothe the sting of loss he was feeling, and allow him to reconcile with the reality that things would never be the same again. Days later, I was surprised to see a new posting that provided a different perspective, and offered a much different insight and a chance to salvage some hope from the emotional wreckage I was witnessing. It was from someone called "Skye."

"I'm always real scared of what could happen to my mom, but it doesn't seem to be as bad when we talk about it," she began. "My dad has to work all day, and when he comes home he's too tired to do everything. Me and my younger sister have to help out a lot, 'cause my mom can't walk anymore, but we don't mind much, cause it's kinda like giving something back to her. I mean, she looked after us for a long time, and now we can take care of her, too."

"Skye" went on to write about how she and her mother had grown closer since MS had become a fixture in her home, and how she had learned to appreciate many things that she once took for

chronic illness like MS is an extremely difficult transition, especially for children. But if acceptance can be mastered, it can be like a magnetic force that binds a family together.

MS

The Multiple Sclerosis Society of Canada, Manitoba Division has two websites that offer support and information to children with a parent with MS and one for parents with MS:

www.msforkids.com

www.msforteens.com

www.msforparents.com

Upcoming Chat Rooms

www.msforparents.com

Saturday, July 2

10:00 a.m. to 12:00 Noon, Central Time

Topic: *Talking to Your Kids About MS*

www.msforteens.com

Saturday, July 9

10:00 a.m. to 12:00 Noon, Central Time

Topic: *Telling Your Friends Your Parent Has MS*

www.msforkids.com

Saturday, July 16

10:00 a.m. to 12:00 Noon, Central Time

Topic: *MS can be Scary*

ONLINE MESSAGE BOARD

Have you ever found yourself wanting to talk to someone about your MS? Do you find yourself asking questions that no one else can answer, except for someone in a similar situation? You may be interested in participating in an MS Society of Canada, Manitoba Division Internet Message Board for individuals and families affected by MS.

An Internet Message Board offers people the opportunity to post messages or questions related to multiple sclerosis, challenges faced by people living with the disease, issues related to caregiving, whatever would be helpful - and receive feedback from people who have experience with the same issues and situations.

An MS Society staff person monitors and reviews the messages, ensuring that they are of an appropriate nature, and, because you set up an anonymous account, your personal privacy is ensured.

We are currently assessing the interest in such a service. If you would like to see this service become available, please call Darell Hominuk at 988-0902 or 1-800-268-7582

MS



IMPORTANT MEMBERSHIP NOTICE

Beginning on August 31 of this year, memberships will come due each September 1st. This means that no matter when you join the MS Society or renew your membership, it will expire on the next September 1st. Membership offers you many benefits and costs only \$10.

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SELF-HELP GROUPS AND ONE-ON-ONE PEER SUPPORT

The MS Society offers a variety of support programs to meet the varying needs of individuals living with MS. Some people enjoy being part of a group for the social interaction, information and the diverse and experiential support it offers, while others prefer to connect with an individual person. We now also offer *One-on-One Peer Support* throughout the province. For more information, or to start a group in your area, please call the contact person nearest you or call Darell Hominuk at 1-800-268-7582.

Brandon

Contact: Karen Black
(204) 571-5671

Carberry

Contact: Donna Pingert
(204) 834-2557

Carman

Southern Manitoba Caregiver Group
Contact: Diane Nesbitt
(204) 723-2221

Deloraine

Borderhills Senior Apts.
1:00 p.m., Last Thursday of the month.

Gimli

Contact: Kathy Wiebe (204) 642-5760

Lac du Bonnet (Beausejour, Pine Falls, Pinawa) Contact: Bob Dickey
(204) 268-2178

Morden/Winkler

Contact: Darell Hominuk
1-800-268-7582

Pipestone

Meets 1st or 2nd Sunday of each month alternating between Pipestone and Moosomin.

Contacts: Donna Low (306) 646-2286 or
Lorraine Fidelak (306) 646-4328

Portage la Prairie

Contact: Susan Hologroski
(204) 470-6855

Russell

Contact: Rachel Chipelski
(204) 773-2199

Selkirk

Contact: Dan Payne (204) 757-4773

Steinbach

Contact: Darell Hominuk
1-800-268-7582

The Pas

Contact: Robin Searle (204) 622-2940

Thompson

BOOK CORNER



Book Review and Previews by Darell Hominuk

Tuesdays with Morrie

by Mitch Albom

This is a touching and moving true story that is equally inspiring and enlightening. The author, while struggling with his dissatisfaction with career and life, is reunited with Morrie Schartz, his university professor from 20 years earlier. Albom learns that his mentor has ALS, also known as Lou Gehrig's Disease, a progressive neuromuscular illness that is weakening his abilities daily.

The two decide to meet every Tuesday for 14 weeks. Mitch finds that Morrie's insights on love, life and death are as wise as they are compassionate. He begins a journey toward discovery and learns as much about himself as he does his friend. Written simply and with clarity, this book convinces one to adopt a new perspective on experiencing life's simple things which are often its best rewards.

Living Beyond Multiple Sclerosis: A Woman's Guide

By Judith Lynn
Nichols (*Arriving in July*)

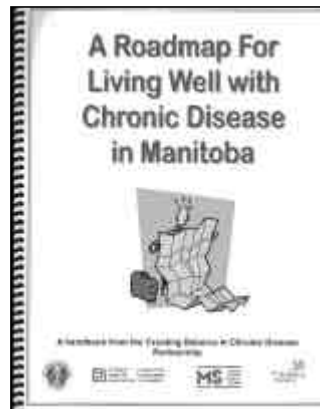
After meeting through a message board on the internet, a group of 28 women with MS form an on-line support group to discuss how they deal with their disability and their reactions to several unique

that are informative and inspiring.

Dietary Supplements and Multiple Sclerosis: A Health Professional's Guide

By Alan C. Bowling MD, PhD & Thomas M. Stewart
JD, PA-C, MS (*Arriving in July*)

It is well known that many people living with multiple sclerosis use complementary and alternative medicine, particularly dietary supplements. Armed with the right information, individuals can avoid possible harmful therapies and, if appropriate, consider low-risk, possible effective therapies. This unique guide provides the reader with detailed summaries of several dietary supplements used in treating multiple sclerosis. Each summary includes a description of the supplement, its effectiveness in treatment, possible side effects, and dosages. Supplements are alphabetically ordered making it an ideal reference book.



Second Edition of Popular "Roadmap for Living Well with Chronic Disease" now Available

In 2002, the first *Roadmap for Living Well with Chronic Disease* was produced by the Creating Balance in Chronic Disease Partnership which included the Manitoba Division of the Multiple Sclerosis Society of Canada, The Kidney Foundation, the Manitoba Division of

the Arthritis Society and the Canadian Diabetes Association. Since then, thousands of copies have been distributed and used throughout Manitoba. The response has been excellent with people

TRANSITIONING TO PROGRESSIVE MS

Last November, several members of our Client Services staff travelled to the National Multiple Sclerosis Society (USA) Annual Conference in Denver, Colorado. Here they learned more about current issues surrounding MS and about methods to better help our clients living with multiple sclerosis. Following is a summary of two presentations dealing with the challenges of a diagnosis of progressive MS.

The Unwanted Guest Moves In from a presentation by Dr. Jude Meyer, PsyD

Dr. Meyer described living with MS as a uniquely individual experience. Each person progresses differently, and their outlook and the personal meaning they attribute to this progression has a significant impact on how a person copes. As with any life change, adjustments need to be made during this transition period. They include:

- 1) Making practical adjustments to manage day-to-day activities
- 2) Ongoing adapting and compromising, because your condition may continue to change This can lead to feelings of instability
- 3) Understanding that this is a chronic challenge with persistent uncertainty
- 4) Demands of the disease are continuously challenging your sense of self and identity

Your view or interpretation of your disease

to more fatigue - not knowing what each day is going to be like is difficult. At this point, the disease is chronic and where do you find hope when you're not going to get better? These are all very stressful adjustments.

There is an ongoing redefinition of "self" that occurs when one has MS. The stages you may go through at this time include:

- Grief (Acknowledging that this isn't going away)
- Loss (What is happening? What will happen to me?)
- Fear/Panic (*What if becomes what now?*)
- Anger (Feeling out of-control, helpless, furious)
- Overwhelmed (Feeling like you are always in crisis).

Be sure to communicate your emotions or needs...

Recognizing that symptoms are there to stay can be traumatic. Changes like this take time and patience. Here are a few tips provided by Dr. Meyer:

- Try making a list of activities you have always done. You may have to make some

modifications to these activities, but there will be several you can still enjoy.

- Stay productive and involved. You may not be doing things the same way you used to, but you needn't give them up entirely.
- Be sure to communicate your emotions or needs; ask for help when you need it instead of being "fiercely" independent.
- Prepare contingency plans and set priorities for energy conservation.

Acknowledging your limits and creating alternatives

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Impact on the Family

from a presentation by Frederick W. Foley,
PhD

Dr. Foley spoke about the impact that a family member's transitioning MS has on a family. He specifically discussed changing of roles (employment/income, hobbies and sports, household duties and child care, caregiving/receiving, and social/entertaining), the impact of sexual dysfunction, and understanding the prevalence of emotional and cognitive changes. He stressed that it is important to recognize that family members often use different coping strategies. Some actively seek MS information while others avoid learning about the disease. This can create conflict, making the person with MS feel there is a lack of interest or understanding. Family members may interpret symptoms inappropriately ("You only feel fatigued when you don't want to do something that I want to do.") In his closing remarks, Dr. Foley stressed that families should focus on the things they *can* do and let the other things go.

Caregiver support groups, MS Society Client Services staff and the website for parents www.msforparents.ca are all resources that can help.



Add your voice to the Caregiver Strategy

The Multiple Sclerosis Society of Canada is looking for input from caregivers and other interested individuals about the types of support and information they would like from the MS Society

MS Society Needs Your Help Volunteer with us!



Volunteers greet WALKers with a smile at St. Vital Park

The MS Society of Canada is always looking for volunteers to assist with a variety of opportunities. If you have particular skills or just want to help make a difference, we are open to all ranges of skill levels and ages. Volunteer Judith Cooper of Dauphin, Manitoba sums it up this way: "It makes me feel useful. There are so many things I can't do anymore that when I volunteer it helps both my self esteem *and* the event." Depending on your location, there are many positions available:

General office duties: photocopying, preparing event packages, making phone calls, sorting various items, and more.

Fundraising: many events and positions to choose from and pre/post event tasks ranging from mailout preparation, advance registration, alphabetizing forms, and some physical jobs which may require driving or some lifting.

Client Services: peer support, help with public presentations, telephoning, manning display booths and more.

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SPECIAL EVENT NEWS

The Super Cities WALK for MS

On April 24 and May 1, 12 WALKs were held across Manitoba. Here are the results by location:



<u>Location</u>	<u># of WALKers</u>	<u>\$ raised</u>
Brandon	350	\$ 42,656
Dauphin	142	\$ 31,952
Flin Flon	62	\$ 7,317
Lac du Bonnet	160	\$ 28,545
Morden	336	\$ 50,465
Portage	214	\$ 23,137
Russell	69	\$ 12,862
Steinbach	361	\$ 72,859
Swan River	84	\$ 8,600
The Pas	70	\$ 7,548
Winnipeg		
The Forks	4079	\$404,779
St. Vital Park	904	\$ 93,372

Grand Total: \$794,098

The top fundraiser in Manitoba was **Ray Lozinski** of Dauphin who raised **\$11,593**. Congratulations to Ray! Thank you to our thousands of WALKers,

ever-popular Dean Jenkinson of CBC TV. 250 guests laughed until tears rolled down their cheeks. There was a great variety of live and silent auction items on which to bid and \$46,632 was raised.



The RONA MS Bike Tours
Biking to the Viking:
August 27-28
Riding Mountain Challenge:
September 10-11

It wouldn't be summer without these favourite weekend events. Every year, new features are added to enhance our riders' enjoyment. This year, the Biking to the Viking Tour has a Hoe-Down theme for its Saturday Night Social. The Riding Mountain Challenge will have its first-ever Bike Tour Idol contest! Fundraising totals improve each year as well. Full information and registration are available at msbiketours.com.



**Cars and
Motorcycles
Invited!**

**Elite Communications Cruisin' Manitoba
for MS - Sunday, June 26**

Explore beautiful, sunny Manitoba! We'll tour to Beausejour for a hearty Ukrainian breakfast and show 'n' shine, then head to Pinawa for entertainment by *The Wickets* (Buddy Holly tribute band), dinner, prizes, a hay ride tour of the town, another car show and more! Know someone who owns or loves classic and/or specialty cars or motorcycles? This is the event for them! Check out cruisinmanitoba.ca for details.

PLANNED GIVING

Maintaining the Momentum

“We conquer by continuing.”

George Matheson (1842-1906)

We all realize it is a long journey to find the cause and cure for MS. The Multiple Sclerosis Society of Canada is on this journey with other MS societies and researchers around the world, all ascribing to Matheson’s philosophy, *“We conquer by continuing.”* We know that our commitment to research will inevitably result in a cure.

Research happens because of dedicated researchers and adequate funding. In 2004, the MS Society of Canada committed \$7 million to research efforts. Within this funding are projects like the Canadian Collaborative Project on Genetic Susceptibility to Multiple Sclerosis. This project alone costs \$3.2 million. See page 4 for the most recent research project that looks very promising. Much of the money for research results from members and friends of the MS Society thinking about the future and providing money in their wills to be used to fund research.

Our experience tells us the journey towards a cure is a long one. We need to celebrate the small victories that are being made and keep our eye on the future. This is where we all have a part. The funding for research must continue until the cure is

found. One of the ways of providing research funds in the future is considering a planned gift now. As you spend time enjoying the summer, think about the role you could play in shaping the future of MS research.

All of us can play a part in building a future free of MS. For more information please complete and mail or fax the form at the bottom of this page.

Norm Velnes

Executive Director



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.

Yes! I'd like to know more about how I can arrange for a planned gift.

Fax: (204) 943-8444 • Mail: 400 - 141 Bannatyne Ave., Winnipeg, MB R3B 0R3

CLASSIFIEDS

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Asking \$28,500.

Contact S. Stern at (204) 339-1370.

CONTRIBUTORS

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