



Ottawa

Multiple Sclerosis Society of Canada | Ottawa Chapter

Spring 2016



"Every Step Matters"

On Sunday, April 24th Ottawa will celebrate the 25th anniversary of the MS Walk in our community!

For a quarter of a century, people living with MS have come together to bring awareness of a disease that affects over 100,000 Canadians.

"I am very excited to be part of this milestone," says Ottawa MS Walk Committee Chair Lieutenant-Colonel Jason Smith who was diagnosed in 2013 with relapsing-remitting MS. His Walk team Major Steps (Jason was a Major before his promotion to L-Col) has been leading the way as the top fundraising team since they started participating in 2014. So far, they have raised over \$35,000 and have a lofty goal of \$20,000 for this year's Walk!

Sherry Park Leech will be lacing up once again and hoping to reach her \$5,000 fundraising goal. "I am doing the Walk so that I don't have to worry about my son being the 4th person in our family to be diagnosed with MS," Sherry explains.

This year's event is hoping to raise almost \$270,000 for MS research, programs and services.

The MS Walk is the largest fundraiser for the MS Society of Canada with over 40,000 people participating in over 140 walks in communities across Canada.

This year's Ottawa MS Walk will be kicked off by CBC's Ontario Today host, Rita Celli.

Join Jason and Sherry in the celebration by registering at www.mswalks.ca or call 613-728-1583 x3323.



Did you know? May 25, 2016 is World MS Day? This year's theme is Independence. Check out www.worldmsday.org for more information.



Upcoming events



**Naturopathic Medicine
Accupuncture & Massage**
April 21, 2016

Ottawa Chapter Office

Featuring Dr. Vivienne Guy, ND and Elke Peck, RMT. Join us to learn the benefits of naturopathic approaches to overall health. Learn how massage therapy can reduce pain and improve health overall.

To register, contact Terry at 613-728-1583 x 3324 or terry.gilhen@mssociety.ca.



Ottawa MS Walk
April 24, 2016

170 Tunney's Pasture Drwy, Jean Talon Building, Ottawa

On Sunday, April 24, 2016 join us as we celebrate our 25th anniversary with over 1,300 participants walking and running in Ottawa to end MS!

www.mswalks.ca



**Benefits of
Physiotherapy &
Exercise**
May 19, 2016

Ottawa Chapter Office

Join Pat Fejes, RPT and Meg Stickl, personal trainer for an informative session outlining best practices in physiotherapy research, Functional Electrical Stimulation, the benefits of flexibility, strengthening, aerobic fitness and balance. Learn how the benefits of exercise can help reduce fatigue, lighten mood and increase balance.

To register, contact Terry at 613-728-1583 x 3324 or terry.gilhen@mssociety.ca.



**Tamarack Ottawa Race
Weekend**
May 28 & 29, 2016

110 Laurier Avenue West, Ottawa

Run for a reason! The Ottawa Chapter is once again a Partner Charity for this amazing event. We are recruiting over 100 runners to help raise funds for MS.

<https://mssociety.ca/events/50/tamarack-ottawa-race-weekend>

Visit us on:



MS Society, Ottawa Chapter



Perth Kilt Run

June 24 – 26, 2016

The Crystal Palace, Perth

Run in a Kilt for MS! Join the 3rd and final Guinness World Record attempt at the most number of kilted runners! NEW for 2016, these kilted warriors have added a half and full marathon (yes, also running in a kilt!).

To register, visit:

<http://www.perthkiltrun2016.ca/>



MS Bassin Fishing

Tournament

August 6, 2016

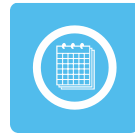
Pirate Cove Marina, 4340 Rideau River, Kemptville

Now in its 6th year, this fishing tournament offers plenty of fun for the whole family. 50% of entry fees collected and 100% of funds collected from the barbeque will be donated to the Ottawa Chapter. This year's fundraising goal is \$10,000!

Contact Organizer: Matthew Hill

Email: matthill@msbassin.com

<http://msbassin.com/>



MS Bike - Ottawa to Cornwall

August 6-7, 2016

2785 8th Line Rd, Metcalfe

Now in its 27th year, the MS Bike is the Chapter's largest fundraising event, raising close to \$570,000 in 2015! Join over 700 enthusiastic cyclists as they journey across beautiful Eastern Ontario and the St. Lawrence River!

www.msbike.ca



MS Kilts Fore a Cure Golf Tournament

September 13, 2016

The Canadian Golf & Country Club, 7800 Golf Club Way, Ashton

Enjoy a full day of golf, lunch and dinner, and silent auction, all while sporting a kilt! This old style "Scottish play" tournament is best ball and features top golfing and fundraising prizes, themed holes like "closest to the Haggis". Join and fundraise for a chance to win a golf holiday for two!

www.msgolf.ca

A Bicycle Built for Two!

Veteran MS Bike participant and top fundraiser Richard Jurewicz is no stranger to cycling. Not only does he do the 20 plus km bike ride to work as soon as the weather permits, he has participated in every Ottawa MS Bike event since its inception in 1990 and has raised over \$100,000 in that time!

Richard bikes because his wife of over 25 years, Teresa, has MS. Diagnosed in 1986 with relapsing-remitting MS, Teresa now relies on a power wheelchair for mobility. Teresa has not been on a bike in over 20 years, until last December when they stumbled on a very innovative bicycle, the Duet by Frank Mobility Systems Inc.

This bike is a tandem bicycle built for two, but instead of two bike seats and two sets of pedals, this one has one seat, one set of pedals and a wheelchair attached to the front!

Only available in the United States, this tandem allows those who can't maneuver a bike on their own, the ability to still enjoy the thrill of going for a bike ride.

"This bike will allow us to be able to do an outside activity together that we both enjoy. Teresa can navigate and I will GLADLY TAKE direction," states Richard.

With Spring around the corner, they have already been out on the bike this year and can't wait to be able to ride in better weather. In fact, Teresa even plans on joining Richard for part of this summer's MS Bike event on August 6th.

"She may not be able to do the whole ride, but it will be so amazing to have her with me on the tour for the first time."

For more information on the Duet, please visit: <http://www.frankmobility.com>.



THE DUET



WHEELCHAIR BICYCLE TANDEM

THE "GO-ANYWHERE"
WHEELCHAIR BICYCLE TANDEM

My Life with MS | John Kersley

John Kersley was first diagnosed with a progressive form of MS in 1992. His early symptoms showed up while still employed at TD Bank. He found that it was increasingly difficult to complete certain tasks before fatigue set in. "It's important to distinguish between 'fatigue' and being 'tired,'" he says. "When you're tired, you can take a nap and you're all better. Fatigue is different – it's as if all your energy is just draining away." John has found that by adapting his work style – concentrating on one project at a time, for instance, instead of trying to multi-task several projects – he can keep the fatigue under control. In fact this process of adaptation is an important part of managing all aspects of MS. "MS affects everybody differently," he says, "and everybody's symptoms change over time." Learning how to adapt to the disease is an essential part of his living with MS.

When mowing the lawn became difficult he adapted by getting a sit-down riding mower – he likes it so much he started cutting the neighbors' lawns. When walking became difficult John started using a wheeled walker. He now dons a life jacket before going for a splash in his backyard pool. And driving his late model "muscle car" is as enjoyable since he modified the brake and throttle mechanisms to hand controls.

John mentions that he has started to worry about incontinence affecting his bladder and bowels. In typical fashion he is adapting his daily routines to compensate. He is more deliberate in his planning and preparations when he knows that

a lavatory may not be available for several hours – as when going on a long drive or attending meetings or social functions.

Constant adaptation – it's John Kersley's method for living with the changing symptoms of MS.



Did you know? Canada has the highest rate of MS in the world with over 100,000 Canadians affected.

Taking action | Terry Gilhen

The Social Action Committee

Change starts with you!

Who we are:

The Ottawa Chapter Social Action Committee was the first such committee formed within the Multiple Sclerosis Society of Canada, predating both the Ontario Social Action Committee and the National Social Action Committee. The committee, originally named the Affirmative Action Committee, was created in November 1983 and has been continuously active since then.

What we do:

- Municipally, we work closely with city staff, our city councilors, community associations and organizations to discuss issues and possible solutions to achieve progress.
- At the Champlain Local Health Integration Network level, we take on health care and support service issues, keeping in touch with our local MPPs as well.
- In coalition, we work with the Ottawa Disability Coalition and the Ottawa Community Support Coalition (both of which serve a wider community with disabilities who have similar issues and goals to ours).

Current projects that require more volunteers:

- Improvements to Para Transpo and OC Transpo services
- Enhancements to mobility in and around the City through improved infrastructure and reduction of physical barriers
- Housing affordability and availability, accessibility renovations, wait times for long term care and social housing, and electricity pricing
- Improvements to home care and related social supports such as wait times, reduction of essential medical services, and MS Clinic funding requirements for social support
- Improvements to disability income, and employment opportunities.

If you want to make a difference contact Terry Gilhen for more information

terry.gilhen@mssociety.ca or 613-728-1583 ext. 3324



Did you know? Motion Specialties manages the Equipment Loan Program and offers Chapter members various discounts including:

- 20% off standard repair labour
- 15% off rental equipment
- 15% off the MRSP on repair parts, homecare beds and accessories, ambulation & mobility aids (excluding ADP & other 3rd party funded devices), braces and supports (custom excluded), retail store items (excluding continence, ostomy, feeding and wound care)
- 10% off from MRSP on ostomy supplies, continence supplies, feeding and wound care supplies

Thank you to Motion Specialties for their generous support of our MS community.



Recognition | Outstanding Volunteers & Fundraisers

The Ottawa Chapter would like to recognize outstanding volunteers, and top fundraisers from 2015.

Three Ottawa Chapter volunteers were recipients of Ontario and Nunavut Division awards. Firstly, Karen Scott, who has been active with the Ottawa Chapter since 2010 and is key member of the Social Action Committee, was awarded the Division Award of Merit for her tireless volunteer contributions. Secondly, Mike Follis, who over the past 12 years has donated time to the Ottawa Chapter Education, MS Walk and MS Bike committees, was presented with the Division Award of Merit for his ongoing volunteer efforts. Finally, Kriska Transport won the Certificate of Exceptional Achievement for extraordinary contributions at the last four MS Bike events.

The MS Walk participants with remarkable fundraising totals in 2015 included Bob Grimsgaard, John Kersley, Adam Goldberg and Keith Moore who each raised over \$5,000. The top 2015 MS Walk fundraiser was Jason Smith, who amassed \$10,701 in donations.

For the MS Bike event, Jonathan Allenger, Mark Bazerman, Richard Jurewicz and Fern Landry each fundraised over \$11,000. Mark Freedman was the top MS Bike fundraiser in 2015 with over \$17,000 in donations.

The MS Kilts Fore a Cure once again saw Dave Brown raising over \$7200, Malcolm Gray, \$3735 and Chapter staff member Laurie Cucheran-Morris at just over \$2700.

Sinead Shortt was the 2015 kilted fundraising warrior, raising over \$1100 in the Perth Kilt Run for MS!

Congratulations and thank you to our outstanding volunteers and top fundraisers!



2015 Top MS Walk fundraiser, Jason Smith



Ontario Division Merit Award Recipient,
Mike Follis



2015 MS Kilts Fore a Cure top fundraiser,
Dave Brown

Programs & Services | Laurie Cucheran-Morris

With a spring in your step, and winter waning, now's the time to get on board, and register for the Ottawa Chapter's Summer Enrichment Program (SEP). What is SEP you ask? It's a recreational program made possible by Employment and Social Development Canada (ESDC) and a generous contribution from the Love Family. It is grounded in enhancing the quality of life for those living with MS and is facilitated by post-secondary students.

Multiple Sclerosis can be isolating, social contacts may decrease, while the demands on family and care partners may increase. Life can lose its spontaneity and the "fun" element. The SEP accentuates the positive.

SEP encourages people with MS to participate in new activities, rediscover old pleasures and regain self-confidence. The energy and youth of the students augments the "joie de vivre!" Interaction among group participants is encouraged, while the students are there to help out. The support and fostering of friendships are important. They create a feeling of independence because the person living with MS is in charge. Participating in the program can be viewed as a change in routine, while providing a sense of autonomy.

**Summer Enrichment Program
2016, Sign up Now!**

**RSVP BY
MAY 1, 2016**

Individual Activities: shopping, companionship, childcare, letter writing, reading, computer, cards, movies

Group Activities: nature trails, exhibitions, movies, museums, outdoor events, games

PLEASE NOTE : Certain personal care limitations may apply

Cost: \$10

To Register or for more information contact, Laurie Cucheran - Morris by calling, 613-728-1583 ext. 3325 or email: laurie.cucheran-morris@mssociety.ca



Did you know? The Ottawa Chapter hosts a number of SUPPORT GROUPS.

If you are living with a diagnosis of multiple sclerosis, or supporting someone diagnosed, you don't have to do it alone. Support groups bring together people facing similar issues by providing emotional support, sharing experiences among other benefits. It can be helpful talking with others who may be in a similar situation. These groups are open to all ages and genders.

For individuals diagnosed with MS, there are three groups available at the following times:

1. 2nd Thursday of the month, from 7:00 – 9:00 pm
2. 4th Thursday of the month from 1:30 – 3:30 pm
3. 2nd Wednesday of the month from 11:30 am – 1:00 pm

For those supporting someone diagnosed with MS (care partners):

1. 2nd Monday of the month from 7:00 – 8:30 pm

MS 101

The Chapter organizes an MS 101 session for newly-diagnosed persons and significant others. The sessions are facilitated by a person with MS and provide an opportunity to learn some basic coping strategies and shared experiences. For more information, please contact Laurie Cucheran-Morris at 613-728-1583 x3325.



Editor: Mike Bedford **Event Photos:** Brian Hum

MS Ottawa is published by the Multiple Sclerosis Society of Canada, Ottawa Chapter. The contents may be reprinted with customary credit. Your submissions are welcome.

Contact us

1826 Woodward Drive
Ottawa, Ontario
K2C 0P7

Tel: [613-728-1583](tel:613-728-1583) • Fax: [613-728-0342](tel:613-728-0342)

Email: info.ottawa@mssociety.ca

Website: mssociety.ca/chapter/ottawa-chapter

Our mission

To be a leader in finding a cure for multiple sclerosis and enabling people affected with MS to enhance their quality of life.

Office hours

Monday to Friday
9:00 am to 5:00 pm

Please feel free to contact us prior to your visit to let us know how we can best serve you.

Parking: There is ample free parking!