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Did you know?

BC Parks offers **free passes** for all its parks for People with Disabilities?

Individuals in receipt of Persons with Disabilities benefits (PWD) may inquire about the “Disability BC Parks Pass”. With this pass, individuals and their camping parties are exempt from campsite fees at BC Parks Campgrounds.

**For more information and to apply, please visit this the BC Parks Website** [here](#).

What's new in your community

**Northern Outreach this Month**

Lonnie Facchina, Community Services Coordinator with the MS Society of Canada, will be visiting several communities in the north this month. Offering education on mood changes and MS, Lonnie will be in Quesnel, Whitehorse,
Prince George, Vanderhoof, Smithers, Terrace, Kitimat and Prince Rupert. If you are interested in attending a session, or meeting with Lonnie, please check out our Facebook page at https://mssociety.us12.list-manage.com/track/click?u=68c496a419a82a92d1388b436&id=529f0a97ce&e=f93159911f or our MS website at www.mssociety.ca for information. You can also call Lonnie at 1-800-268-7582, ext. 7259 for details.

**MS Walks Successful in Fort St John, Quesnel, and Prince George!**

Congratulations to the sponsors, volunteers and walkers in Fort St. John, Quesnel, and Prince George for the excellent showing at your events on the May 27th weekend!

*Image courtesy of Alaska Highway News*
Beat the Heat!

With the summer fast approaching, heat can aggravate a multitude of symptoms for many people with MS. Increased fatigue, weakness and visual disturbances are just a few of the problems that may occur when the body’s interior temperature rises.

It’s important to note that heat generally produces only temporary worsening of symptoms and does not cause more disease activity (demyelination or damage to the nerves themselves). The symptoms generally reverse quickly when the source of increased temperature is removed.

Strategies for easing the effects of heat

- Stay in an air-conditioned environment during periods of extreme heat and humidity.
  If an air conditioner is needed to help minimize symptoms, the cost of this equipment may be tax deductible if the physician has written a prescription for it.

- Use cooling products such as vests, neck wraps, and bandana during exercise or outdoor activity.

- Wear lightweight, loose, breathable clothing.

- Icy drinks or popsicles can provide temporary relief.

- Use an oscillating fan or air conditioning during indoor exercise.

- Exercise in a cool pool (<85 degrees) or a cool environment. If you are exercising outside, pick cooler times of the day, usually early morning or evening.

- Try pre- and post-cooling to decrease the heating effects of exercise. Get into a bathtub of cool water and continue adding cooler water over a period of 20 to 30 minutes. A cool bath or shower can also help reduce core body temperature.
following activity or exposure to a hot environment.

Additional resources

- [Beating the Heat](#)
- [Summer Guide to Managing Heat and MS](#)

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**Summer is coming and it’s going to be hot!**

**MSenger subscribers can enter to win a WrapMeCool Gift Pack**

WrapMeCool are beautiful wraps and neck scarves made of 100% natural, breathable cotton that are designed to be worn damp so they cool the body immediately.

Stylish, easy to use and discrete, they are available in 17 colours. Look great and feel cool.

The Gift Pack includes 1 wrap and 1 neck scarf in your choice of colours.

WrapMeCool is made in Vancouver by a family owned Canadian company. [www.wrapmecool.com](http://www.wrapmecool.com)

Complete the raffle draw when you click the button below. Your personal information will not be shared because this contest complies with the MS Society privacy policy [here](#).

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Enter for a chance to WIN!

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**How WrapMeCool Helped Sophie Beat the Heat**
"I was diagnosed with secondary progressive MS in 2009 while training for my first half-marathon and working as a Registered Nurse.

Like many of us, I find managing heat to be a huge challenge. Heat causes me distress and really saps my energy. I tended to stay in-doors during summer but this meant I missed out on many family and social events and I wasn’t able to exercise either.

I was given a beautiful pink WrapMeCool to try and was absolutely amazed at the difference it made!! I felt cool, comfortable and less stressed. I could go out with my friends and participate in the MS Peer Support groups that I facilitated. The best part is that they are beautiful, discreet and compliment whatever I am wearing!

Now I have several in different colours and they are definitely my secret weapon for dealing with the heat. They make the intolerable, tolerable and allow me to get out and enjoy my life with dignity 😊." - Sophie, from Australia

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**Care Partners and Loved Ones**

Caring for someone with a chronic illness like MS can be deeply satisfying. Partners, family, and friends can be drawn more closely together when they meet the challenges. But care-giving can also be physically and emotionally
exhausting, especially for the person who is the primary caregiver. That person is most often a partner or spouse, but can also be a child, parent, or friend.

For support or information, please contact the MS Navigators anytime at 1-844-859-6789 or ms navigators@mssociety.ca

MS: A Guide for Caregivers

Click here to read this publication

What’s New in EPP: Air Conditioner Program

The MS Society of Canada has re-opened the Air Conditioner program for 2018! The Equipment Provision Program will provide limited assistance with funding towards air conditioners for eligible applicants.

Assistance provided will be based on complete and eligible applications received on a first come first served basis while funds last. Clients must apply
for assistance before making a purchase in order to ensure they qualify and funding is still available. Please submit applications or questions to the EPP Coordinator: John at 604-602-3201; fax 604-689-0377; or email epp-bc@mssociety.ca

Online Education

1. Mistakes to Avoid When Applying for Disability Benefits
   June 27 @ 12 - 1 PM (PDT)

This webinar is focused on explaining your rights and obligations while receiving disability payments from an insurance company.

Register Here

2. How MS Affects Driving Skills & What You Can Do About It
   July 10 @ 5:00pm - 6:15pm PDT

At some point, many with MS adjust their lifestyles and perspectives when driving is no longer a safe option.
3. Disability Insurance Claims - Your Rights and Obligations

July 12 @ 12 - 1 PM (PDT)

This webinar is focused on explaining your rights and obligations while receiving disability payments from an insurance company.

Register here

4. Accessible Library Services - NNELS

The NNELS (National Network for Equitable Library Service) library collection serves Canadians with “print disabilities.” Print disabilities include low vision or blindness, dyslexia, cognitive disabilities or mobility disabilities that prevent handling/reading a book.

NNELS is available to any eligible reader in Canada and is funded by the provincial and territorial governments of Alberta, British Columbia, Manitoba, Northwest Territories, Nova Scotia, Nunavut, Saskatchewan, and Yukon. Formats include DAISY talking books, EPUB 3, EPUB 2, PDF, e-text and MP3 for audio files, however, not all books will be available in all of these formats.

Help with formats and access is available via email at support@nnels.ca, phone at 1-888-848-9250 (option 5). Or visit a branch near you to begin using the NNELS collection.

Click for NNELS Website

Research News
Dr. Karen Lee
An Inside Look at MS Research

What about the researchers...?

Throughout May, we focused on telling the MS research story through videos, researcher profiles, and stories of individuals affected by MS who have benefited from research.

If you missed it, check out Dr. Karen Lee's blog

Click here to read the blog

Disclaimer

The Multiple Sclerosis Society of Canada is the only national voluntary organization in Canada that supports both MS research and services for people with MS and their families. It is a major source of information about multiple sclerosis, which is based on professional advice, published experience and expert opinion but does not represent therapeutic recommendation or prescription. The opinions do not necessary represent the views of the Multiple Sclerosis Society of Canada. For specific information and advice, please consult your personal physician.

The MS Society is an independent, voluntary health agency and does not approve, endorse or recommend any specific product or therapy but provides information to assist individuals in making their own decisions.

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