

Multiple Solutions

VOLUME 7 ISSUE 1



February 2016



Message from the Chairperson

Well, here we are into yet another “NEW” year so I thought it might be a good time to talk about what’s “NEW” at our chapter.

- On Jan 1, 2016 we officially became the Durham Northumberland Chapter. After much consultation we joined forces and resources to become one larger chapter.
- Our NEW chapter now has 5 Mandarin MS Walks
- We are looking into NEW fundraising opportunities
- We will continue to add NEW support groups as needed such as Oshawa that will be transitioning from a coffee group in the coming weeks
- We will continue to bring in NEW speakers on topics of interest to our members
- We have a NEW and expanded weekly E-blast as part of our commitment to keeping our members informed
- Finally, we have a NEW Board of Directors who I am going to introduce you to right now!
- Amanda Murray, Social Action Co-Director: Amanda recently completed her HBA at the University of Toronto and has been a member of the board and AAC since 2011. She has been a resident of Whitby for 6 years and is now acting as a co-director of social action.
- Christine Bayer, Treasurer: Graduating in Finance from Concordia University in Montreal, Christine spent almost 25 years in the banking industry where she developed her business skills while working in multiple areas including securities services, operations control, investments, administration and personal banking. Art studies and training in various techniques and mediums with artists from Montréal to Vancouver provided her with a strong basis for an artist's life. Christine was diagnosed with MS in 2001, had to put a stop to her banking career in 2003 but continued to be involved with her art. Christine and husband Jerry have made Cobourg their home since 2007. Christine is a founding member of Art de Triomphe which is a group of disabled artists and coordinates the Outreach Program. Christine has also contributed as Treasurer of the MS Northumberland Chapter, Secretary for the Cobourg Lakeshore Lions Board and past Director of the Northumberland Arts Council. Christine is fluent in French, Polish and English.
- David Reid, PR Director: David Reid is our PR director and has been a member of the Board since 2009. A husband, father to 4 boys and a resident of Durham Region for over 20 years. He is a digital and social media marketing manager with a passion for technology and photography.
- Mike Roche, Social Action Director: Mike has been a resident of Oshawa since 1976. Member, and Social Action Director of MS Society Durham Region Chapter since 2003 after MS diagnosis in 2001. Also Member and past chair of the Accessible Advisory Committee for Durham Region Council.

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OUR MISSION

*To be a leader in finding
the cure for*

*Multiple Sclerosis and
enabling those affected
by MS to enhance their
quality of life*

The opinions expressed in the articles contained within are those of the authors and do not necessarily reflect those of the Multiple Solutions newsletter and those of the Multiple Sclerosis Society of Canada. Articles on products or services are for information only and should not be seen as endorsements or recommendations

Message from Chairperson Continued...

- Elaine McDade, Chair: Elaine in a nutshell. After graduating high school and striking out on her own at the age of 16. She landed a job at Janes Foods where she was fortunate to have a boss that took a chance on her at such a young age. After computerizing the company at age 21, she worked up to Manager of Accounting and Information Systems. When her MS found her sleeping more at the hospital than she was at home she had to end her career early. After extensive training she spent the next 23 years volunteering with COPE facilitating support groups for people in our community. This was the work she is most proud of. When she considered joining the MS board of directors, she thought, what a good fit! The past 6 years have taken her on a journey of knowledge, friendship, inspiration, and above all HOPE!
- Jacqui Watchorn, Member-at-Large: Jacqui is our newest member having joined the board in 2014. She retired from her full time position in management with a financial institution after 35 years. Even after being diagnosed with MS in 2006 she continued working until 2011. Jacqui and her Husband have two children, Tyler and Tara. Tara is an Olympic gold medalist with the Canadian Women's Hockey team from the 2014 Winter Olympics in Sochi Russia. Although Jacqui is the one in my family who has MS it affects all of them and as such her whole family tries to do whatever they can to improve things for those affected by MS.
- Jim Marsh, Fundraising Co-Director: Jim lives in Pickering with his wife Cheryl and keeps busy with a number of business and fundraising ventures, including being a travel agent with Marlin Travel. He has participated in the MS Walk since 2003 and been a board member since 2009. Jim is part of the MS Climb fundraising team and has trekked to the base of Mount Everest in the Himalayas in 2010, and in 2012 climbed Mount Kilimanjaro in Africa. To date Jim has raised in excess of \$27,000 for the MS Society. For 2016 he's in the planning stages for a trek across the Grand Canyon, from North Rim to South Rim, so please speak to him if you are interested in going along! Jim is always eager to talk about fundraising opportunities and ideas, with a firm belief that this is helping research now, and will one day bring an end to MS. You can follow Jim's exploits on facebook, or on his website at jimmarsh.org
- Marilyn Marsh, Client Services Director: Retired physiotherapist (1997) Marilyn worked in several orthopedic clinics; Don Mills, Port Hope Hospital, and recently in Home Care field, developing Therapacc, company providing services through Home Care. As a volunteer Marilyn has had many capacities in Scarborough – United Way, Mental Health Scarborough, East Metro Youth Services, Hospital auxiliaries – East General, Scarborough Centenary. As well as involvement on several committee; Ontario Physiotherapy Association – many committees, President 1976-78, Kawartha Participation Projects, Peterborough 1984 –2006, Chair – 1988, 89, 91, Port Hope Public Library Board – 2004 – 2010, chair 2010, MS Society Northumberland Chapter – member, Client Services Director/Coordinator 1987 to present.
- Rae MacCulloch, Fundraising Co-Director: After passing the paramedic course in 1986 from Peterborough, he spent 35 years in the medical field in the Northumberland Country area, working for 6 different companies. Over the years he kept increasing his skills until he became paramedic #2. Rae and his wife Ella, with their two daughters, have made Cobourg their home since 1971. During this time he served in many service groups in the community, even serving as chair from time to time. One daughter was diagnosed with MS in 1998 while at university; this introduced them to the MS support group. In 2000 Rae was asked to be on the board for Northumberland MS Chapter as director of fundraising. This was the first year for an MS Walk was held in the Cobourg/Port Hope area. Later the carnation campaign was added to his job when the chairperson left the board. As time went on, the job of co-chair was added to his duties. Rae has been chairperson of the MS Walk for 15 years and carnation chairperson for 14 years.

Elaine McDade, Chapter Chair

From the Desk of Debbie Hunter...

February is upon us and while Nova Scotia's Shubenacadie Sam is calling for an early spring, Ontario's Warton Willie expects six more weeks of winter. Well I don't know about you, but six more weeks of the weather we have been having, is ok by me ☺

Our Monday morning yoga class will resume Monday February 22, 2016, due to a funeral and Family Day occurring on the other Monday's.

Our Oshawa coffee group continues to meet bi-weekly 11:00 a.m. on Thursday's at the Athol Street Tim Horton's location; however, I'm looking for a free accessible location for this group as we have outgrown our local Tim's. If you know of a place, please let me know.

We're pleased to be offering a three week financial workshop in Oshawa on April 6, 13 and 20th, 2016. Bob Vaughn will be speaking to our membership about Financial planning and Managing risk, Government programs including the Disability Tax Credit and Registered Disability Saving Program and Estate planning-the legal side, power of attorney and trusts. To register please contact me by phone/e-mail or for more information please visit Bob's website: <http://vaughanandassociates.ca/>

With spring coming, I'm sure many of you will be cleaning out your garages and basement. I'm always looking for gently used equipment in good working order. So if you have any equipment at home that you're not using, please think of donating it to our Durham Northumberland chapter.

For more information on any of our programs and services, please don't hesitate to contact me at debbie.hunter@mssociety.ca or 905-626-8654.

Mandarin MS Walk

Cobourg-Port Hope: April 24, 2016

Ajax-Pickering, Bowmanville, Oshawa-Whitby and Uxbridge: May 1, 2016

The MS Walk is a celebration of the power we have to change the lives of Canadians with MS. All MS Walk events have routes of varying lengths, including wheelchair-accessible routes. Bring the whole family together to share in the start/finish line activities, the team awards ceremonies and amazing speeches from people living with MS.

Volunteers are always needed to learn more about how you can get involved please contact Kailey at 905-626-8718 or Kailey.oneill@mssociety.ca

For more information about upcoming education events within the GTA please visit the following website www.mssociety.ca/gta-events Registrants can visit this link to choose events they wish to register for online or be given phone/email contacts with whom to contact for more info.

We are always looking for new Board Members and Walk Committee Members. If you or anyone you know might be interested please contact Kailey O'Neill at 905-626-8718 or Kailey.oneill@mssociety.ca to learn about the different opportunities with the Durham Regional Chapter.

MS Adventures

The place for our membership can share what's going on in their life.
To share your adventures please email Kailey at Kailey.oneill@mssociety.ca

Kindness in Whitby, A letter to the editor:

I am a disabled resident of Whitby. I suffer from Secondary Progressive Multiple Sclerosis and am confined to a power wheelchair. I try to inspire other disabled people by being as active as I can. Last week I was attending an MS yoga session at St. Andrew's Church on Cochrane Street. Following yoga, a group of us meet at a nearby coffee shop. I was making my way to the coffee shop in my chair when I slipped off the sidewalk. Due to the recent rains I was unable to get back on the pavement and the grass dipped, causing my chair to pitch forward, throwing me into the ditch, face down, in a few inches of water. I was very fortunate that a gentleman was walking a short distance behind me, and immediately came to my aid and pulled me over onto my back.

If it had not been for the quick assistance of this stranger, I may have drowned in just a few inches of water. I have difficulty speaking due to MS and was unable to speak with the man or get his name, to express my gratitude. I would also like to thank the people who stopped to help, as well as the assistance I received from members of Whitby's fire department.

Pat Sinclair, Whitby

You may have read this Letter to the Editor last summer in the Oshawa/Whitby This Week. You get the gist of it, but let me fill in a little bit of the details around Pat's escapade.

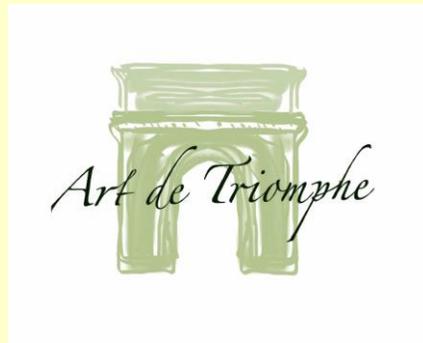
Strange as it sounds, it was fortunate that Pat was thrown out of her wheelchair, as at least that heavy load was not lying on top of her, weighing her down into the ditch. A passerby came to the rescue and turned her onto her back, another called 911, and a third, one of Tim's regulars, came and told our usual Tim's MS crowd that one of our members was down. The girls immediately knew who it would be! Lucille jumped in her car, drove up there, and found Pat sitting in her wheelchair (someone had managed to stand it upright) surrounded by paramedics and firemen.

Now, after this kind of ordeal, most of us would have called it a day, and gone back home, tail between our legs, thankful that nothing worse had happened. Not Pat. Damaged pride notwithstanding, as she wasn't physically hurt, she insisted on going down for her lunch and coffee with the girls, as if nothing untoward had happened! Had she agreed to go home, it would have meant a phone call to Durham Regional Transit for a bus to pick her up, and it probably would have ended up being the same bus that was already scheduled to pick her up later, anyway, at the coffee shop to take her home. The firemen asked Lucille to walk Pat over to the coffee shop to make sure she made it there okay, but Lucille couldn't as she had her car to drive back. Instead, two of the firemen escorted Pat across Hwy. 2, down to Tim's and all the way into the coffee shop, right up to the table where the rest of us were waiting for her. Service above, and beyond, the call of duty!

Pat had wet mud stains from her sandals right up to her face and forehead, but after a bit of a wipe on the face, she laughed the whole incident off, and had her lunch, as usual, and only then headed home for a thorough hosedown! You can't keep a good woman down!

We all fall down sometimes. We all handle ourselves differently when we get back up...

Maria Horvath with Pat



*Artists Celebrating Triumph
over Adversity*

A little background of this group.... Art de Triomphe (AdeT) is a member driven, not-for-profit group that was formed early in 2008 to provide an outlet for artists living with adversity. The goal is to provide a comforting and supportive environment where persons with disabilities can explore their creativity and showcase their artwork. This results in demonstrating that a person with a disability can make a meaningful and unique contribution to the community.

In May 2012, AdeT expanded their initiatives to include an Outreach Program. The purpose is to encourage other citizens with a disability to explore their artistic expression by attending art classes. The goals of the Outreach Program are to ensure participants have a fulfilling and positive experience, guiding them to tap into their creative expression.

The Outreach Program has been very successful and is offered in two locations, one in Cobourg and in Port Hope.

Cobourg Outreach
St Peters Anglican Church
2nd floor
240 College St, Cobourg,
ON K9A 3V2

Port Hope Outreach
Jack Burger Sports Complex
56 Queen Street
Port Hope, ON
L1A 3Z9

Class time: 10:00 to noon
February 24, 2016
March 9 and 23, 2016
April 13 and 27, 2016
May 11 and 25, 2016
June 8 and 22, 2016

Class Time: 1:30 to 3:30
February 23, 2016
March 8 and 22, 2016
April 12 and 28, 2016
May 10 and 24, 2016
June 14 and 28, 2016

For more information, please contact
Cobourg Port Hope

Christine Bayer 905-269-8505

Barb Winfield 905-885-5572

Support Group Meetings and Yoga

Living With MS Support Groups

Where: Village of Taunton Mills
3800 Brock St N, Whitby, ON L1R 3A5
When: 1st Tuesday of each month from
7:00-8:30 p.m.
Facilitators: Debbie and Elaine

MS Durham West Support Group

Where: St George's Anglican Church
77 Randall Dr, Ajax, ON L1S 6L4
When: 3rd Wednesday of each month from
7:00-8:30 p.m.
Facilitators: Susie and Debbie

MS Northumberland Support Group

Where: Northumberland County Building, Board Rm
600 William St, Cobourg, ON K9A 3A5
When: Last Monday of each month from
10:00-11:30 a.m.
Facilitator: Marilyn

MS Coffee Group

Where: Denny's
75 Consumers Lane, Whitby, ON L1N 9S2
When: Every Friday Morning
10:00 a.m.
Contact the Chapter to get in contact with the group.

Oshawa Coffee Group

Where: Tim Hortons
17 Athol Street W, Oshawa, ON L1H 1J5
When: Every other Thursday Morning (Feb. 25)
11:00 a.m.
Contact the Chapter to get in contact with the group.

Monday Morning Yoga-Postponed till Feb 22, 2016

Where: St. Andrew's Presbyterian Church
209 Cochrane St, Whitby, ON L1N 5H9
When: Every Monday Morning
10:00 a.m.
Instructors: Keith Telfer

Upcoming Events



**APRIL 24, 2016 &
MAY 1, 2016**

This is your MS Support Team:

Chapter Board

Chairperson: Elaine McDade
Treasurer: Christine Bayer
Social Action Director: Mike Roche
Social Action Co-Director: Amanda Murray
Public Relations Director: David Reid
Programs and Services Director: Marilyn Marsh
Fundraiser Co-Director: Jim Marsh
Fundraiser Co-Director: Rae MacCullough
Member-At-Large: Jacqui Watchorn

Our Staff

Programs and Services Coordinator:

Debbie Hunter
905-626-8654
Debbie.Hunter@mssociety.ca

Fundraising and Community Outreach Coordinator:

Kailey O'Neill
905-626-8718
Kailey.Oneill@mssociety.ca

Support Group Facilitators:

Debbie Hunter
Susie Mangar
Elaine McDade
Marilyn Marsh

Yoga Instructor:

Keith Telfer

Mailing Address:

P.O. Box 27029 Simcoe Conlin PO
Oshawa, ON L1G 0A3

Hours:

8:30 a.m. – 4:30 p.m. Monday to Friday

Office Closures:

Closed for Family Day on Monday,
February, 15, 2016
Closed for Easter Weekend Friday, March
25, 2016 to Monday, March 28, 2016