

MS Connections

INFORMATION FOR PEOPLE LIVING WITH MS

Volume 15, No. 3

October 2007

MS Clinic Director - A New Face in Town

Many of our members across the province have heard that there's a new face in town. Dr. Ruth Ann Marrie recently began her tenure as Director of the MS Clinic at the Health Sciences Centre in Winnipeg.

Some of you were fortunate enough to hear her speak at a recent Multiple Sclerosis Society of Canada National Education Series entitled "*The Questions You Have... Answered!*" with Dr. Rosalind Kalb of the National MS Society (U.S.). Listeners found Dr. Marrie to be very down-to-earth, speaking in a language they could understand, while providing useful and thought-provoking information.

The Nova Scotian Marrie has a Manitoba connection. She lived in Winnipeg for a few years as a child and started school here.



Dr. Ruth Ann Marrie, new Director of the MS Clinic

Most recently, Dr. Marrie was a neurologist at the Mellen Center for Multiple Sclerosis Treatment and Research, the largest MS centre in the United States. In Winnipeg, she is an Assistant Professor of Medicine and Community Health Sciences at the University of Manitoba. She received her undergraduate degree in chemistry and her medical degree from Dalhousie University. Dr. Marrie trained in neurology at the Montreal Neurological Institute, followed by a fellowship in Neuroimmunology at the Cleveland Clinic. She has a Master's degree (her thesis topic was Alternative Medications) in Epidemiology from Case Western Reserve University and recently completed her PhD in epidemiology. Her thesis topic was the influence of comorbid (other, co-existing) health conditions on multiple sclerosis.

Dr. Marrie has taken over her predecessor, Dr. Maria Melanson's

OUR MISSION

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

caseload, and has started to meet her many new patients. "I know that there is a fairly long waiting time," she said in a telephone interview. "It takes longer to meet new patients than ones you already know. There are also new referrals coming in. We're working on streamlining processes so that people will have a shorter wait."



Ruth Ann Marrie (left), Rosalind Kalb at Sept. 29 presentation.

Asked about her philosophy of treatment, Dr. Marrie acknowledged the varying differences amongst individuals, but emphasized the importance of keeping in mind the global picture of overall health. "It's about being comprehensive," she said. "I want to help people recognize the things they can do for themselves." As well, Dr. Marrie reminds people that they must stay aware of other health issues unrelated to their MS. "Other health problems and issues must also be addressed," she said.

Dr. Marrie has a strong interest in research and plans to pursue this in Winnipeg. "I will be doing more than just clinical trials," she explained, adding that she is continuing work on existing trials. "I hope to be involved in the Canadian Collaborative Project on Genetic Susceptibility to Multiple Sclerosis. Manitoba has not yet been involved," she said.

There are many opportunities for people to be involved in either clinical trials or longer-running research projects. "There are other things we're beginning to understand about MS," Marrie said. "Even if you're not eligible for specific trials, you could contribute to the research effort, benefiting the MS community in general."

When her busy schedule allows, Dr. Marrie enjoys discovering Winnipeg. "I really like it so far," she said. "It's easy to get around and I'm working through a list of sights people have given me. We've been to Fort Whyte and the Art Gallery." Dr. Marrie also enjoys sailing, reading, and hopes to find the time to practise her beloved clarinet. "I'm happy to be here," she said. "I appreciate everyone's patience as I learn the system here. I look forward to getting to know everyone."

Table of Contents:

| | |
|---------------------|----|
| Research News | 3 |
| Education Sessions | 4 |
| Knowledge is Power | 4 |
| Classifieds | 5 |
| endMS.ca | 6 |
| Book Reviews | 7 |
| New DVDs | 8 |
| Scholarship winners | 9 |
| Self-Help Groups | 10 |
| MS Discussion Forum | 11 |
| Chat Room dates | 11 |
| Fundraising Update | 12 |
| Getaway Weekend | 14 |

MS Connections is published three times per year by the **Multiple Sclerosis Society of Canada, Manitoba Division, 100-1465 Buffalo Place, Winnipeg, MB R3T 1L8 (204) 943-9595 or 1-800-268-7582 Fax: (204)988-0915 info.manitoba@mssociety.ca**

Editor/Layout: Gwenda Nemerofsky

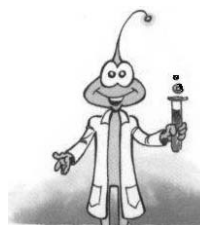
www.mssociety.ca



**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. **You can reach them via the MS Society's toll-free line: 1-800-268-7582** or directly at the numbers below:

- Norm Velnes.....President **(204) 988-0916**
- Tracy Brown.....VP of Client Services & Operations
(204) 988-0907
- Darell Hominuk...Resource Coordinator & Program Planner
Government Relations Manager
(204) 988-0902
- Nadine Konyk.....Rural Client Services Coordinator, South Central Chapter, Morden/Portage South East Chapter, Steinbach
(204) 471-0402
- Susan Hologroski..Client Services Manager
(204) 988-0901
- Cindy Stumme.....Client Services Manager Westman Chapter
(204) 571-5671
- Robin Searle.....Client Services Manager, Parkland Chapter
(204) 622-2940
- Deanna Austin.....Social and Recreation Program Coordinator, Winnipeg
(204) 988-0905
- Ellen Karr.....Client Services Coordinator, Winnipeg
(204) 988-0917



Research News

Experimental MS vaccine shows beneficial changes in immune system

Medical Update Memo

August 17, 2007

Summary

An experimental vaccine appears to produce beneficial changes in the immune systems and brains of people living with multiple sclerosis, according to a study in Archives of Neurology [Arch Neurol/Vol 64 (No. 10) published online August 13/2007]

Details

The phase I study was testing primarily for safety and tolerability. It was carried out at four academic institutions in Canada and the U.S. Dr. Amit Bar-Or, of the Montreal Neurological Institute was lead investigator for the study. The study was a randomized, double-blind, placebo-controlled crossover study, the purpose of which was primarily to assess the safety and immune modulation by BHT-3009 in people with multiple sclerosis.

BHT-3009 is an antigen specific product which targets T cells implicated in the MS disease process. It is supplied by Bayhill Therapeutics, a bio-tech company with a focus on autoimmune disease, and in particular, multiple sclerosis.

MS CONNECTIONS October 2007

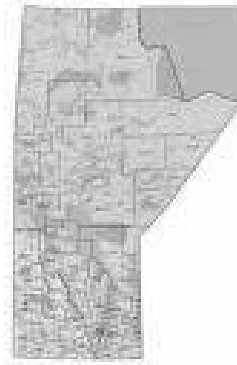
30 people with relapsing-remitting or secondary-progressive MS were selected for active disease, and were treated with intramuscular injections for a scheduled period of weeks. Three dose levels of the drug were tested.

...while the results are promising, the study of this vaccine is in an early phase, and a larger trial is needed.

BHT-3009 was shown to be safe and well tolerated in this trial. In addition, BHT-3009 results suggested evidence of reduced or stabilized clinical relapses and less disability accumulation, as well as a reduction in the number and volume of lesions on brain MRI for those who received BHT-3009 as compared to individuals who received placebo.

Dr. Amit Bar-Or comments that while the results are promising, the study of this vaccine is in an early phase, and a larger trial is needed. A phase II multi-centre trial is now underway. 252 people with MS will be recruited from 11 countries in Europe and the U.S. There are no Canadian sites.

*ASK MS Information System Code:
1.4.2.d*



Manitoba, Here We Come! Expanding MS Education Sessions by Susan Hologroski

The MS Society has used the MBTelehealth network for many education sessions in the past few months. "The system is great! I can get the info I need without traveling into the city," said one MS Society member who attended a recent session.

How Does MBTelehealth Work?

The MBTelehealth system broadcasts the session from an originating site, through cameras and a wide screen TV set-up, to any receiving site. Members see and hear the presenter and the presentation live and can ask questions and take part in the discussion.

The MS Society has "beamed" presentations out to the following communities: Steinbach, Morden, Portage la Prairie, Brandon, Dauphin and Thompson.

We have used MBTelehealth for sessions including *Speech and Swallowing and MS*, *the Newly Diagnosed Education Program*, and *Canada Pension Plan and MS*.

We are planning to offer the Primary-Progressive Education Session to the communities listed above and will be extending our reach to Flin Flon, The Pas and Swan River.

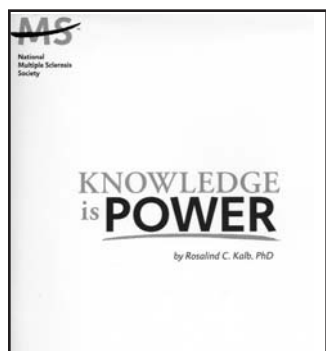
"MBTelehealth breaks the boundaries," said Program Coordinator, Susan Hologroski. "It enables us to reach people across the province with services and support."

To find out about the next MBTelehealth session offered in your area, contact **Susan at 1-800-268-7582 or email: susan.hologroski@mssociety.ca**



Knowledge is Power

The Knowledge is Power (KIP) program is a free mail-out educational and support series for individuals beginning to confront and cope with their diagnosis of MS. KIP addresses common concerns and provides answers to frequently asked questions. Developed by the National Multiple Sclerosis Society in the United States, KIP provides the



reader with up-to-date information about MS. Receive a new volume every week for six weeks in the comfort of your home. The topics include:

Volume 1

Taking the First Steps: What is MS? Dealing with Your Diagnosis & Disclosure

Volume 2

Disease-Modifying Treatments for MS

Volume 3

Maximizing Your Employment Options

Volume 4

Treating Yourself Well

Volume 5

Maintaining Healthy Relationships: Family, Friends, and Colleagues

Volume 6

Working with your Doctor

To order Knowledge is Power, please call **943-9595 or toll free: 1-800-268-7582.**



MS Classifieds

For Sale

Wheelchair Van - '93 Chevy Astro wheelchair van with side loading ricon lift, six-way power driver's seat with hand controls. Power windows and doors, rear heat and air. All-wheel drive, ABS, remote start, immobilizer, safetied, new brakes. In very good condition with only 94,000 km. No raised roof or dropped floor. Asking \$6,500.

Call Sandy at (204) 477-1474
(Winnipeg)

Pace Saver Eclipse

4-wheeled scooter. Excellent condition, very low mileage. Disassembles into 5 pieces to fit into trunk. Gel batteries/Charger/ Nylon dust cover \$1000

Phone:(204) 889-9972
(Winnipeg)

endMS.ca

Simply put – a goal that rings true for us all!

The Multiple Sclerosis Society of Canada recently launched **endMS.ca**, a new fundraising initiative with a focus on research. We know that a cure is the reverent hope of every person living with MS and every person who knows someone with MS. It is the MS Society's hope as well. That is why we have created **endMS.ca**.

The aim of the **endMS Research and Training Network** is to stimulate innovation in the field of MS study and to encourage further collaborative research. The old saying "two heads are better than one" rings especially true when it comes to MS research. The **endMS.ca** program will foster recruitment of world class researchers as well as encourage mentorship and training of new young researchers. Working together, sharing and comparing, they will create a powerful force to better understand and conquer MS once and for all.

With an initial goal of \$20 million, the endMS capital campaign is already off to a good start, with over \$6 million already raised including a

recent \$250,000 gift from an individual in Winnipeg.

On Friday, September 12, Ken Mayhew, National Vice President, Fundraising of the MS Society was in Winnipeg with Richard E. Waugh, President and CEO of Scotiabank to introduce **endMS.ca** to some prominent Manitobans. Mr. Waugh and Mr. Mayhew spoke at a breakfast



Premier Doer and division president Norm Velnes at **endMS.ca** breakfast

meeting at the Fort Garry Hotel to guests including Premier Gary Doer, Gail Asper of CanWest Global, Don Reimer of Reimer Transport, Bernard Lofchick of Midland Appliance World, Jim Tennant of Piston Ring, Ken Grondin of Nygård

International, Ashleigh and Doug Everett of Royal Canadian Securities Ltd., Bob Cunningham of Cunningham Business Interiors and Robert Chipman of Megill-Stephenson Company Ltd. Also in attendance was Norm Velnes, President of the Manitoba Division of the MS Society and several division board members.

Premier Doer also spoke briefly, acknowledging the importance of research and saying that his government was committed to making a difference in this area. "We want to be part of the solution and I want to listen," said Premier Doer.

In January 2008, Dr. Ruth Ann Marrie, director of the MS Clinic, will be speaking to a group that will

assemble at a Manitoba Division board member's home. She will provide updates on research and will answer questions related to MS and research.

Watch for more details about this exciting new program in future issues of *MS Connections*. Be sure to visit endMS.ca for more information.



Manitoba Division Library: A Treasure Trove of Information

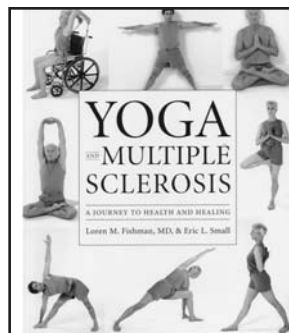
The Manitoba Division MS library at 1465 Buffalo Place in Winnipeg has undergone several improvements, making it even easier for you to find what you're looking for. It provides readers with ease of accessibility, clear signage, and best of all, reading space with comfortable chairs.

Books, audiotapes and videos are regularly reviewed, ensuring that only up-to-date and relevant information on MS is on the shelves. New books, DVDs and CDs about MS are regularly added to our library, giving you access to information about a multitude of subjects.

Sign up for a free library card today and take advantage of the many resources our MS library has to offer.

Book Reviews

by Darell Hominuk



Yoga and Multiple Sclerosis: A Journey to Health and Healing (2007) by Loren M. Fishman, MD and Eric L. Small

The practice of gentle, low-impact yoga is receiving increasing respect for helping relieve many symptoms of multiple sclerosis. This book shows how yoga improves the general health and well-being for people living with MS. Packed with step-by-step illustrations, this practical guide is well written and informative, covering a wide range of yoga poses that includes restorative, wheelchair, chair and floor sessions. This book is for anyone who wants to manage their symptoms, raise their functional abilities to the highest level, and gain independence and confidence.

The Image of MS (2007) by Joyce Tenneson

Bringing together moving black and white photographs and inspirational stories of adults living with multiple sclerosis, this illustrated book confirms the adage that "a picture is worth a thousand words." Treatment and therapies for slowing the progression of multiple sclerosis are shared, including a variety of coping strategies.

MS and Your Feelings: Handling the Ups and Downs of Multiple Sclerosis (2007) by Allison Shaddy, LCSW

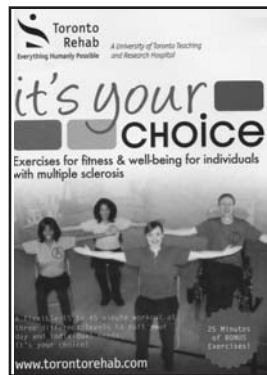
An insightful book that effectively addresses the emotional impact caused by MS and management strategies that can help people understand and ultimately meet those challenges. From coming to terms with the initial diagnosis to learning how to handle depression, isolation, fatigue, and cognitive problems, the author, a psychotherapist and person with MS, shares real life MS success stories while providing professional advice. Several "exercises" throughout the book offer readers an opportunity to gain or enhance self-awareness. *MS and Your Feelings* can offer readers hope and validation.

DVD Reviews



by Darell Hominuk
Talking with Your Children about Multiple Sclerosis: A Place to Begin (2007) by Direct Health Media
MS can be hard to understand, and even harder to talk

about with your children. In this 20-minute DVD, you will meet kids in three families who live with their parents' MS every day. You will also find a simple animated explanation of MS, a special section of advice *from* parents *for* parents, and website links for more information.



It's Your Choice: Exercises for Fitness & Well-Being for Individuals with Multiple Sclerosis (2007) by Toronto Rehab

A short workout is demonstrated at three different levels to suit your schedule and your individual needs. Exercises on this DVD have been specifically selected for people living with MS. The program opens with the main exercise program, followed by hoops and floor/bed exercises.



Manitoba Division Annual General Meeting

**Tuesday,
November 6, 2007
7:00 pm**

**Galleria Room
Caboto Centre
1055 Wilkes Ave.**

ALL WELCOME



Multiple
Sclerosis
Society of
Canada

**Meet the Manitoba
2007/2008
scholarship recipients**

The MS Society of Canada is pleased to announce the two Manitoba recipients of the 2007-2008 MS Society of Canada Scholarship Program, supported by Billy Talent and Friends. It is a post-secondary scholarship program for teens and young adults in Canada who have MS themselves or who have a parent with MS.

Congratulations, Katie and Jessica!

KATIE LEE

Brandon, Manitoba

"For me, MS has been a part of my life since the day I was born and it continues to be part of my life to this day."



Katie's mother has lived with MS for several years. The family was very familiar with the disease as Katie's paternal grandmother has also lived with MS since the early 1960s.

"Although MS affects many people in different ways, there are so many positive organizations out to help people affected and their families. I am sure that adjusting to MS will become easier over the years for my mom and our family with the help of the MS Society and the new treatments being developed."



JESSICA CORTENS

Winnipeg, Manitoba

"I pray that by the time I am ready to graduate from university we will be closer to discovering a cure for this devastating disease."

Jessica's mother was diagnosed with MS when Jessica was 15 years old. "At the moment of my mother's diagnosis, MS became more than a pile of statistics. Suddenly, a disease I knew next to nothing about became a personal challenge."

Jessica's mother experienced several MS attacks and sometimes had to use a wheelchair to get around. "It was a frightening time in what had otherwise been a placid childhood. I hoped and prayed. Would I ever get my mom back?"

Eventually, Jessica's mother began taking MS treatments and her condition improved. Jessica has chosen to enter the pharmacy field since she has personally witnessed the value that medication can have for people. "Medicine saved my mother and saved our family."

"We cannot be sure what the future holds. For now, we are just managing the best that we can. We will get through this as we always have – as a family."

**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 support it offers, while others prefer to connect with an individual person. We 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 **Susan Hologroski at 1-800-268-7582.**

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

Brandon
Contact: Cindy Stumme
(204) 571-5671

Flin Flon
Contact: Debbie Bailey
(204) 687-3256

Gimli
Contact: Nadine Konyk
(204) 471-0402

Lac du Bonnet
Contact: Nadine Konyk
(204) 471-0402

Morden/Winkler
Contact: Nadine Konyk
(204)474-0402

Portage la Prairie
Contact: Nadine Konyk
(204) 471-040

Russell
Contact: Rachel Chipelski
(204) 773-2199

Selkirk
Contact: Dan Payne
(204) 757-4773

Steinbach
Contact: Nadine Konyk
(204) 471-0402

The Pas
Contact: Camille Jackson
(204) 632-3295

Thompson
Contact: Debbie Thorne
(204) 677-5265

Winnipeg
Male Caregivers Group, Female Caregivers Group, CHuMS, MS Friends, Kildonan, On our Own, Moving Forward.

Contact: Ellen Karr
(204) 988-0917

MS Discussion Forum

The Multiple Sclerosis Society of Canada, Manitoba Division has a unique on-line discussion forum that offers people living with MS the opportunity to post messages, receive responses and reply to others. Reaching a worldwide audience, **MS Discuss** has posted hundreds of messages and displays 15 different forums:

- *Questions and Answers about MS*
- *You've been Diagnosed with MS...*
- *Treatments, Therapies and Alternative Medicine*
- *Emotional Support*
- *For People with Primary-Progressive MS*
- *For People with Secondary-Progressive MS*
- *Financial Assistance*
- *For Kids with MS*
- *For Teens with MS*

- *20-Somethings*
- *For Caregivers*
- *Achieving Wellness*
- *For Women*
- *For Men*
- *Read any Good Books Lately?*

Visit www.msdiscuss.com and connect with other people who have common experiences and concerns. After all, no one knows more about what it's like to have MS than other people living with the disease.



MS



Upcoming Chat Rooms

All times listed are in Central Time

November

www.msforkids.com

Tue., Nov 6 7 p.m. to 8 p.m.

www.msforteens.com

Tue., Nov 6 8 p.m. to 9 p.m.

www.msforparents.com

Wed., Nov 7 9 p.m. to 10 p.m.

December

www.msforkids.com

Tue., Dec 4 7 p.m. to 8 p.m.

www.msforteens.com

Tue., Dec 4 8 p.m. to 9 p.m.

www.msforparents.com

Wed., Dec 5 9 p.m. to 10 p.m.

MS

Fundraising Update



Happy Birthday MS Read-A-Thon!

It's hard to believe that the MS Read-A-Thon is now 30 years old! The MS Society is planning some special events to help celebrate this milestone for the program that teaches school children about MS and encourages them to read.

Three Manitoba children's authors are on board to read to students at select presentations at schools. Thanks to a grant from the Manitoba Arts Council administered by the Manitoba Writers' Guild, we are delighted to have authors visit select schools as we give the MS Read-A-Thon presentation.

Also new this year is a special fundraising incentive. Many schools need funds to support school trips and purchase equipment. To help with this, the MS Society will give 10% of the money raised through your MS Read-A-Thon campaign back if your school raises \$500 or more!

How does the MS Read-A-Thon Work?

On Assembly Day, a presenter from the MS Society delivers a 30-45 minute interactive presentation emphasizing the importance of reading, explaining how the MS Read-A-Thon works and providing information on MS and how it affects individuals and their families.

Students choosing to participate receive a pledge envelope and MS Read-A-Thon bookmark. They then embark on a two or three-week reading period, as decided upon by their school.

Students keep track of their reading minutes - books, magazines, internet or newspaper articles all qualify. Younger children still learning to read may count the time spent listening to others read to them. Older children may count minutes read to younger students.

Once the reading period is complete, students collect their pledges from sponsors and put them in their MS pledge envelope. They tally up their minutes read, their pledges and then select a corresponding prize. Their teacher calls the MS Society and we arrange for BRINKS to come and pick up the collected pledges.

It's fun, easy and teaches students about MS and about making a positive difference in their community. For more information, visit www.mssociety.ca/manitoba

and click on MS Read-A-Thon or email us at: msreadathon.mb@mssociety.ca or call toll-free: **1-800-268-7582**.

MTS Finds Creative Way to Support the MS Society

MTS Allstream held a creative office luncheon and fundraiser on September 26, that included a 50/50 Draw, a used book sale, a bake sale, a big silent auction and a specialty sports fans raffle. Coordinated by Patti DeMeyer, this group of MTS Allstream Employees from the departments of Retention, Acquisitions and the Consumer Advocate's Office, with assistance from many family members and friends raised **\$3,701** for the MS Society!

Patti Demeyer's husband, Dale is an active member of the MS Society.



Hit a Ball for MS maintained its success this summer, greeted by friendly golfers who recognize the

program over its 11 years. We attended over 200 tournaments across Manitoba. The weather cooperated nicely for all four chapters involved. Final calculations

are taking place, with the expected total to be over \$80,000. The volunteers and summer students deserve our sincere thanks for their hard work and support of the program.

A special thank-you to Caddy Shed Golf Stores, Canada One Travel, Prosets Premium Golf Club Rental and our golf ball sponsors: MacDon, Empire Iron, Namasco Limited. Brunswick Steel and Samuel, Son & Co. Metals.

The raffle draw took place on October 12. Here are the results:



MTS cheque presentation: (L to R): Bonnie Yendrowich, Patti DeMeyer, Amy Wilson, MS Society's Adam Khan.

1st Prize - Louis Duguay (Winnipeg) Airfare for two anywhere WestJet flies in North America courtesy Canada One Travel Planners

2nd Prize - Rick Lowey (Winnipeg) 11 - Piece Wilson Golf Package courtesy Caddy Shed Golf Stores

3rd Prize - Justin Poole (Swan River) Wilson Titanium Driver courtesy Caddy Shed Gold Stores



4th Prize - Bruce MacKay (Brandon) Wilson Golf Bag and Travel Cover courtesy Caddy Shed Golf Stores

Rick Lowey accepts his prize of an 11-piece Wilson golf package from MS Society's Jan Hosking.



Groovy '70s Getaway Weekend 2007

The third annual Getaway Weekend was held at the Lakeview Resort in beautiful Gimli, Manitoba on June 22 – 24 and attracted over 200 people. Once again, it was an “awesome” event. The weekend retreat, designed for people with MS, their caregivers and children, offered indoor and outdoor activities, games, entertainment, food, awards/prizes, and opportunities for information sharing. The purpose of the weekend was to have fun, relax and meet new people.

Friday night began with dinner followed by a fashion show by Gloria Anne Fashions, a ladies apparel shop located at the Lakeview Hotel. The evening finished with the brain-teasing '70s Quiz Night.

Something for Everyone

On Saturday, people participated in golf, aquatics, “The Amazing Race,” yoga, tai chi, meditation, miniature golf, badminton, Funky Bingo and bocce ball. A full personal services menu included massage, pedicures, reflexology, manicures, mini facials, hand treatments and make-up applications - wonderful pampering in a quiet and relaxing setting.

After a tasty prime rib dinner, Big Daddy Tazz took to the stage and had his audience in stitches during a one-hour comedy show. The MS Society would like to thank Lyn Thompson for her generous donation of a “Tazz gift certificate,” enabling us to have such great entertainment.

Awards were given to winners of various activities and to lucky raffle winners. The evening closed with a guitar performance by member Dan Payne. On Sunday we enjoyed a hearty buffet brunch and some additional free time to venture outdoors and enjoy Gimli before traveling back home.

The comments by all who attended have been very positive. Here are a few:

- “To all of the staff at MS, just a short note to tell you how much our special weekend meant to us. It was wonderful! Thank you so much for all the extra thought that went into making it the best of times!”

- “It was so nice to “run away” from home for a weekend to relax, and have fun. It’s such a great location by the water and a small town to walk around in. We are grateful for this time.”

- “It was a pleasure to attend my first getaway weekend. Thank you for all the pampering. I can understand how important this weekend is and



Enjoying adapted aquatics at the Lakeview Resort pool

hope you are able to continue providing this service.”

- “It was great to see friends we’ve made at the previous two getaways. They all seemed to have as good a time as we did. We thought the food was great, the entertainment on the Saturday was fantastic and the services offered were terrific. Thanks for all your efforts, Darell and crew! You are a wonderful group of people.”

Next Year’s Getaway Weekend: June 20 – 22, 2008

The fourth annual Getaway Weekend has been booked at Lakeview Resort in Gimli for June 20 – 22, 2008, so mark your calendars and set aside a little something for next year! The weekend is a great value for the cost. Rates will remain affordable: the registration fee for a single person is \$120 and entitles each person to a standard hotel room for two nights, all meals, and participation in all planned activities and services for Friday, Saturday, and Sunday. Watch for more information in upcoming issues of *MS Connections*.



Disclaimer: The Manitoba Division of the MS Society is proud to be a source of information about multiple sclerosis. The content in *MS Connections* does not represent therapeutic recommendation or prescription. For specific information and advice, please consult your physician. Articles in this newsletter do not necessarily represent the position of the Multiple Sclerosis Society but are solely representative of the positions and opinions of the contributors.



A relaxing manicure



Fashion show by
Gloria Anne Fashions

CONTRIBUTORS

Thank you to the following people for their contributions to this issue: Tracy Brown, Judy Hermiston, Darell Hominuk, Susan Hologroski, Jan Hosking, Ellen Karr, Adam Khan, Ken Mayhew, Gwenda Nemerofsky, Alice Ramsay.

MS Connections

October 2007



WALK in 2008 on Sunday, April 27
in Brandon, Lac du Bonnet, Portage la
Prairie, Morden, Russell, Steinbach,
Swan River and Winnipeg.

WALK in 2008 on Sunday, May 4 in
Flin Flon and The Pas.

**WALK in 2008 on Saturday, May
10** in Dauphin.

Registration is on now!

supercitieswalk.com



Publication Mail Agreement #40050236
Return undeliverable Canadian addresses
to: 100 - 1465 Buffalo Place,
Winnipeg, Manitoba R3T 1L8
info.manitoba@mssociety.ca



Manitoba Division

Publication Mail Agreement #40050236

MS Connections

October 2007