

# MS Connections

INFORMATION FOR PEOPLE LIVING WITH MS

Volume 14, No. 3

September 2006

## Meet Your Client Services Staff

As a new year of programs and services begins, we would like to re-introduce our Client Services staff from across the province to you. Please feel free to get in touch with them for information or just to say "hello!" Contact information is listed on page 3.



### Tracy Brown, Director of Client Services

As Director of Client Services I am part of the management team, responsible for the Client Services

and Government and Community Relations departments. I have organizational responsibilities in the area of division, chapter and community development. A significant portion of my role is to bring client issues and needs to the forefront and respond with appropriate action that coincides within the National Client Services Framework. You will see me at all Client Services events.



### Judy Hermiston Client Services Assistant

As assistant to the Client Services Director, I look after the ASK MS information system, fill

orders from members, maintain the division library, publications and pamphlets.

I work in all aspects of Client Services, assisting with the planning and execution of the Getaway Weekend, conferences and education sessions.



### Susan Hologroski, Manager, Client Services

I joined the Client Services Department in 2001. It has been a wonderful five years of striving to meet the

needs of members who have MS, their family and friends. I oversee program development and delivery for people

Continued...

## 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.

in Winnipeg and my area has recently extended to northern parts of Manitoba. I run the Newly Diagnosed Program, funding programs, services for children who have MS and those who have a parent with MS. I also oversee the Provincial Self-Help Program, Speakers Bureau and Community Wellness Programs.

I enjoy learning from our members and I am looking forward to all the continued challenges of helping our members enhance their quality of life through our programs, services and support.



**Darell Hominuk**  
**Resource Coordinator & Program Planner**

I am very lucky to be the Client Services Resource Coordinator & Program Planner for

the MS Society. I plan, develop and coordinate various programs such as the Getaway Weekend and the Health Care Professionals and Members

Conference. I also administer the on-line MS chat rooms and message boards for kids, teens, and parents, as well as the MS Library and ASK MS intranet database. My work is varied and challenging, and I always feel like I'm doing something meaningful for the MS Society.



**Ellen Karr**  
**Client Services Coordinator**

I have been employed at the MS Society since 2003 and enjoy the variety and challenges in my job.

My greatest satisfaction is working with our members and a great team of co-workers.

I work directly with clients who live in the Winnipeg area. I provide information, plan education sessions, coordinate the self-help and peer support programs, offer support counselling, publish the Winnipeg newsletter, *Info-Share*, and do presentations about MS for students, healthcare professionals and community groups. With my background in occupational therapy, I have knowledge of rehabilitation issues, equipment and assistive devices as well as mental health concerns.

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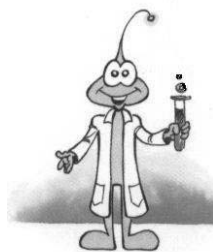
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**Waiver:** The Manitoba Division of the MS Society is proud to be a source of information about multiple sclerosis. The content in *MS Connections* does not represent therapeutic recommendation or prescription. For specific information and advice, 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.

### 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. **They can be reached through 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.....Director of Client Services  
**(204) 988-0907**
- Darell Hominuk...Resource Coordinator &  
Program Planner  
**(204) 988-0902**
- Russell Wolfe ..... Government & Community  
Relations Coordinator  
**(204) 988-0904**
- Nadine Konyk.....Rural Client Services  
Coordinator, South Central  
Chapter, Morden/Portage  
**(204) 471-0402**
- Susan Hologroski..Client Services Manager  
**(204) 988-0901**
- Cindy Stumme.....Client Services Manager  
Westman Chapter  
**(204) 571-5671**
- Robin Searle.....Manager, Parkland  
Chapter **(204) 622-2940**
- Nadine Konyk.....Rural Client Services  
Coordinator, South East  
Chapter **(204) 471-0402**
- Deanna Austin.....Social and Recreation  
ProgramCoordinator,  
Winnipeg  
**(204) 988-0905**
- Ellen Karr.....Client Services  
Coordinator, Winnipeg  
**(204) 988-0917**



### Research News

Health Canada approves  
Betaseron for treatment of  
first clinical event  
suggestive of MS

#### Summary

Health Canada has approved Betaseron® (interferon beta-1b) for use in treating people who have experienced an event known as a clinically isolated syndrome (CIS) that is suggestive of multiple sclerosis. This is a label extension for Betaseron since it is already available for treating relapsing-remitting MS and secondary-progressive MS.

#### Details

Health Canada has approved Betaseron® (interferon beta-1b) for use in treating people who have had a single clinical demyelinating event suggestive of MS and MRI findings that show lesions in the brain, also suggestive of MS. The Health Canada approval is a label extension for Betaseron and was based on results from the BENEFIT study which compared treatment with Betaseron to placebo in people who had a single clinically isolated syndrome (CIS). Participants in the Betaseron arm of the study had a 50 percent reduced risk in developing clinically definite MS compared to the placebo group at the end of two years.

Betaseron is now the second beta interferon in Canada to be approved to treat people who are suspected of having MS. In 2003, Health Canada approved Avonex®

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(interferon beta-1a) for use in treating CIS. The recommended dose of Betaseron is 250 mcg every other day subcutaneously (under the skin). The recommended dose of Avonex is 30 mcg once per week intramuscularly (into the muscle). The approval is a label extension for Betaseron. It is already available for treating relapsing-remitting MS and secondary-progressive MS.

Treating MS as early as possible is widely recommended by MS neurologists. The MS Society of Canada is pleased there is another therapy available for people who are suspected of having multiple sclerosis.

ASK MS Information System Code:  
1.4.1.60.1.k.



### A Nationwide Caregiver Strategy

In November, the MS Society of Canada's National Board of Directors approved A Strategy for Supporting Caregivers of People with MS (also known as the Caregiver Strategy). This strategy is intended to enhance the MS Society's ability to appropriately and effectively support caregivers of people with MS across the country. It is a response to what caregivers have told us makes a positive difference for them and the individuals with MS for whom they provide care and support.


Implementation of the strategy's recommended actions involves  
— collaborative, nationwide efforts



on the part of MS Society staff and volunteers in all departments (i.e. client services, government relations, marketing and communications, fundraising). A National Caregiver Advisory Group has been established to provide advice and guidance while the National Client Services department leads and coordinates this process.

A nationwide inventory of current caregiver involvement and caregiver-related activities across all departments and levels of the MS Society of Canada is also being conducted. The completed inventory will be used to identify priorities for enhancing the MS Society of Canada's support to caregivers and opportunities for building upon effective approaches. We will provide updates as this work proceeds.



Always look for the broken  to ensure that materials you receive are from the Multiple Sclerosis Society of Canada, your most trusted source for information and more.

## **New Directions: Expanding Our Knowledge About MS**

**Health Care Professionals and  
Members Conference  
Saturday, October 28, 2006  
Winnipeg Convention Centre**

There is still time to register for the Health Care Professionals and Members Conference taking place on October 28. The conference will provide information on multiple sclerosis, care and research. Five renowned speakers will be presenting information on six unique topics:



**Progressive Forms of  
Multiple Sclerosis from  
a Neurological  
Perspective *and*  
Multiple Sclerosis: The  
Family Experience**  
- Dr. R. Schapiro



**Living with Progressive  
Forms of Multiple  
Sclerosis: The Impact  
on the Individual and  
the Family**  
- Dr. C. Archibald



**Cognitive and  
Emotional Aspects of  
Multiple Sclerosis**  
- Dr. J. Rodgers



**Neuro-Ophthalmology:  
What We Know About  
What a Patient Sees**  
- Dr. M. Pless



**Potential  
Complementary and  
Alternative Therapies  
for Multiple Sclerosis**  
- Dr. S. Ceaser

If you did not receive a registration package, please call Darell Hominuk at 988-0902 or toll-free at 1-800-268-7582. Register today! Registration for an individual is just \$50 per member. For more information, visit the MS Society website at

[www.mssociety.ca/manitoba](http://www.mssociety.ca/manitoba)  
and click on "Conferences" or call Darell Hominuk at the numbers above.

**Professional Accreditation:** This event has been approved for accreditation by the following organizations: **The Royal College of Physicians and Surgeons of Canada, The College of Family Physicians of Canada, Opticians of Manitoba, Manitoba Pharmaceutical Association and Massage Therapy Association of Manitoba Inc.** Please refer to our conference package for details of credit hours.

"Meet your staff" continued from page 2



**Nadine Konyk**  
**Rural Client Services Coordinator**

I travel throughout Manitoba in areas within 1½ hours of Winnipeg. My schedule is flexible,

but I usually spend Tuesdays in Morden, Wednesdays in Portage la Prairie, and Thursdays in Steinbach. I have offices in each of these communities and also service surrounding communities. I am working towards bringing programs and services of the MS Society to the Interlake region.

I facilitate support groups, hold information sessions, assess programming needs, provide recreational and social programs, hold education sessions, in-person support counselling sessions, provide public education to the community and to health care providers, and work with the Regional Health Authorities.



**Robin Searle**  
**Chapter Manager,**  
**Parkland Chapter**

I have worked at the MS Society for 12 years and I love my job. I provide support and counselling to

people with MS and to their families and friends in the Parkland area. I offer these services via home visits or support over the phone if that is more convenient. I also hold

workplace public education sessions about MS.



**Cindy Stumme, Client Services Manager,**  
**Westman Chapter**

My goals as Client Services Manager are to provide support services and programs that

meet the needs and interests of people affected by multiple sclerosis, by providing information to help them make informed decisions. I do this through education, support counseling, public awareness, by being a resource and by providing information and referrals to appropriate community agencies.

I trained in Germany as a Geriatric Nurse, specializing in psychological, sociological and physical needs of the elderly and people with chronic and long term illnesses.



**Deanna Austin**  
**Recreation & Social Program Coordinator,**  
**Winnipeg**

I have had the pleasure of working at the MS Society for 13 years. I coordinate

Massage Therapy and Yoga, as well as provide information/ referrals to community programs such as Tai Chi and MS Aquatics. We have four social groups in the Winnipeg area for individuals living with multiple sclerosis. I work closely with the facilitator for our Steppin' Out group, and coordinate and implement HAP #1, HAP #2 and Multiple Specialties. Every year I start

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the holiday season by planning our annual members' Holiday Party - a background in recreation means that I'm determined to make sure people are having a good time!

I thoroughly enjoy working directly with our members and a dedicated Client Services team, and derive great personal satisfaction from our commitment to meeting the ever-evolving needs of individuals and families living with MS. **MS**

## **25 Years - Service, Research, Hope A Celebration**



Manitoba Division



**Saturday, October 21  
Caboto Centre  
1055 Wilkes Avenue, Winnipeg**



Cocktails - 6 p.m.  
Dinner - 7 p.m.

To commemorate the 25th Anniversary of the Multiple Sclerosis Society of Canada, Manitoba Division, we are hosting a gala evening and dinner:

Hosted by CTV's **Sylvia Kuzyk**  
Special Guest Speaker: **Dr. Dessa Sadovnick**, U.B.C.

Awards presentation  
Musical entertainment by the Paul Metcalfe Trio  
Cash bar

Members: \$20 per person Non-members: \$30 per person  
Corporate table (seats eight): \$230  
Business dress.

Call **943-9595** or **1-800-268-7582** today to reserve your seats.

## **INSPIRATION**

### **It was a Trip!**

**by John Hudson**

I'm actually going on a road trip, I proclaimed silently to myself, as if the idea was vaporous and abstract enough to require reinforcement. After all, I'd put the brakes on long car trips more than a few years ago, because spasticity and fatigue made long hours behind the wheel painful, and potentially dangerous. I stuck to flying most places I wanted to go, or just simply stayed home.

When the time came for arranging a trip to Michigan to visit my brother and his family, however, the logistics of the journey began to get complicated because of the early August crush of air travelers. Booking the flight to Toronto was easy, but the regional jet to Windsor, where I was to be picked up, was always full. "You're going to have to stay overnight in Toronto," the Air Canada agent explained, "then fly to Windsor the next day."

I began to realize that since it was the peak of the summer travel season, staying in a hotel room in Toronto overnight was certain to be a great weight-loss program for my wallet, so other options had to be considered.

After a few minutes, I decided it would be best to use up a few Air Miles to rent a car, and just drive from Toronto to Ann Arbor, because it really wasn't that far anyway. It was maybe a few hours, max. Or so I thought.

The Airbus flight into Toronto was uneventful, even if I was arriving a day

late. Beefy thunderstorms over Pearson Airport the night before resulted in my original flight being cancelled, forcing me to launch a volley of frantic calls to the car rental agency to hang on to my reservation. Not only did they assure me the car would be ready, but

they also granted me a free upgrade to a luxury car - at no extra cost - because I lost a day's worth of the rental.

I was oblivious to this generous gesture by the rental agency, though, until I picked up the car. It was supposed to be an average sedan, but when the agent drove my car up to the door, it was this golden tank of a car, with a low-slung roof, and the unmistakable style of a car that the Capone gang would have approved of - a Chrysler 300.



As I rolled that land-yacht of a car out onto Highway 401, I flipped open my laptop and started the Global Positioning software. A map of southern Ontario blossomed onto the screen, with every highway detail highlighted in fluorescent green. The car's exact location was pinpointed beneath a red icon. It was just an extra precaution for someone who gets easily disoriented, especially at 12:20 a.m.

After driving for about two hours, it appeared the red icon hadn't really moved much at all, and I wondered if it was working right. I was already beginning to grow tired, which was not good. A large Tim Hortons sign drew me off the highway like a magnet, somewhere near Kitchener.

In the Tim's parking lot, I checked the GPS software while I chugged an industrial-sized coffee, then decided to give my brother a call. I asked him a question that should have been answered long before this ill-conceived journey began. "Just how long a drive is it, anyhow? I thought it was around three hours," I whined. Laughter seeped out of the phone. "No, it's closer to five," chuckled my brother, obviously amused. Holy c\*\*p! Five hours!

I wanted to scream, but it was much too late to scrub this mission. Southern Ontario, it turned out, is big. In fact, it's so massive that not even light can escape. On maps, it looks

deceptively small. You've been warned.

I took many opportunities along the way to nap in the car, as the seats were spacious enough to stretch out on. On one occasion, I pulled off onto a dark country road to try and unhinge my legs. The darkness revealed more stars than I'd seen in a long time, and small swarms of fireflies drifted on the wind, like sparks from a campfire. It was really a cool sight. In a way, I was happy to be there.

Of course, I finished my journey. I pulled into Ann Arbor just before

sunrise, totally exhausted but alive. I had definitely left my comfort zone that night, and challenged myself. We should all challenge ourselves from time to time. It reminds us we are still alive, and capable.

Would I do it again? Maybe, but only if they give me that car again.



Hudson with nephew, Daniel.

**MS**

### What role does genetics play in the development of MS?

#### MS: The Genetic Connection

Featured guest speaker:  
Dr. Dessa Sadovnick, PhD

**Friday, October 20 from 7—9 pm**  
in the new MS Society offices  
at 1465 Buffalo Place

To register for this FREE session, call  
Susan Hologroski at **988-0901**  
by October 13.

## **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 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**

Contact: Bob Dickey (204) 268-2178

### **Brandon**

Contact: Cindy Stumme  
(204) 571-5671

### **Carberry**

Contact: Donna Pingert  
(204) 834-2557

### **Deloraine**

Borderhills Senior Apts.  
1:00 p.m., Last Thursday of the month.  
Contacts: Sandra Moore (204) 658-3552  
or Brenda Hicks (204) 858-2331

### **Flin Flon**

Contact: Debbie Bailey (204) 687-3256

### **Gimli**

Contact: Kathy Wiebe (204) 642-5760

### **Lac du Bonnet**

Contact: Nadine Konyk (204) 471-0402

### **Morden/Winkler**

Contact: Nadine Konyk(204)474-0402

### **Pine Falls, Pinawa**

Contact: Bob Dickey (204) 268-2178

### **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: Nadine Konyk (204) 471-0402

### **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, Faces of MS (ages 18-26), Parents with MS, On our Own, Moving Forward.  
Contact: Ellen Karr (204) 988-0917

## Online Offerings



### New MS Message Board

**A**s a result of two member surveys in

2005, there was strong consensus that an on-line message board would be a great resource for people living with MS. A message board is a web application on the internet that allows users to post and reply to messages from other people and get involved in a flow of a discussion. It is also known as a discussion group or electronic bulletin board.

On October 2, 2006, The Multiple Sclerosis Society of Canada, Manitoba Division will launch *MS Discuss*. Reaching a worldwide audience, the message board will display 15 unique forums including:

- Questions and Answers about MS
- You've been Diagnosed with MS...
- Treatments, Therapies and Alternative Medicine
- Emotional Support
- Primary Progressive MS
- Secondary Progressive MS
- Financial Assistance
- Kids with MS
- Teens with MS
- 20 Somethings
- Caregivers
- Achieving Wellness
- For Women
- For Men
- Read any Good Books Lately?

Take an opportunity to post a message and receive replies from other people with similar experiences. Reply to others by offering your own set of unique experiences. Visit [www.msdiscuss.com/](http://www.msdiscuss.com/) and apply on-line. There is no fee for registering.

**MS**



### Upcoming Chat Rooms

All times listed are in Central Time

#### September

[www.msforkids.com](http://www.msforkids.com)

Tues., Sept. 19 - 7 to 8 p.m.

Sun., Sept. 24 - 11 a.m. to 12 Noon

#### October

[www.msforkids.com](http://www.msforkids.com)

Tues., Oct. 10 - 7 to 8 p.m.

[www.msforteens.com](http://www.msforteens.com)

Tues., Oct. 17 - 7 to 8 p.m.

[www.msforparents.com](http://www.msforparents.com)

Tues., Oct. 24 - 7 to 8p.m.

**MS**

## **Calling all visual artists with MS!**

*"Painting is a dream."*

*"Though I've lived with MS for twenty years I still find the time and energy to create."*

~ quotes by artists with MS whose work has been featured on MS Society of Canada publications.

The National Client Services department of the MS Society of Canada has over 30 publications on diverse topics related to MS.

In the past couple of years we have featured artwork by persons with MS on covers of new or updated publications. We have found this a great way of not only making our publications look better than ever, but of also affirming the spirit and productivity that exists in the MS community.

We are looking for more artwork for the covers of our publications. **If you or someone you know is an artist with MS, please consider submitting (multiple entries are welcome) based on the criteria below:**

**Format:** we require a high resolution, electronic image of the work, preferably in TIFF format (300dpi).

**Medium:** we accept images of work created in any medium (acrylic, watercolour, oil, drawings, photographs, sculpture etc).

**Subject:** the piece can be on any subject or be abstract. The

artwork need not relate to the topic of a given publication. Generally, we only choose pieces that are neutral or have a positive subject or tone.



If the individual consents, their name, the title of their work, the fact that they have multiple sclerosis, and a description of their piece or their approach to art would be included in the publication. All artists whose work is chosen receive a small honorarium as a gesture of our appreciation.

For more information, or to submit artwork on an ongoing basis, contact: **nadia.pestrak@mssociety.ca** or **toll-free: 1-866-922-6065 ext. 3049**

To see the range of National Client Services publications, go to: [www.mssociety.ca/en/information/pubs.htm](http://www.mssociety.ca/en/information/pubs.htm)

**MS**

### **Winnipeg Members!**

Please join us for our  
**Annual Members' Holiday Party**

**Wednesday, Dec. 13th (new date)  
7-9pm**

**Fort Rouge Leisure Centre  
625 Osborne**

Fun, food, entertainment, prizes.

**R.S.V.P. your attendance to  
Deanna at 988-0905**



## **LIBRARY CORNER**

### **Easy for You to Say: Q & As for Teens Living with Chronic Illness or Disability**

**(2005) by Miriam Kaufman, MD**

Review by Darell Hominuk

A typical teenager faces daily challenges of friends, family, and school. Appearance, peer pressure, and self-identity are some of the many consuming issues for a teen during the high school years. Imagine these feelings of confusion and insecurity when they become complicated by a chronic illness or disability.

*Easy for You to Say* is aimed at teens who are living with a chronic illness or who are disabled. It profiles the lives of uniquely challenged teens who are trying to make sense of the world and how they fit into it. The author, Dr. Kaufman, Medical Director of the Complex Adolescent Problem Program at the Hospital for Sick Children in Toronto, Ontario lists many unique personal questions from teens with varied medical conditions – from cancer to lupus to multiple sclerosis. She answers teenagers' most important questions clearly, straightforwardly, offering suggestions for improving their situations.

The topics range from family relationships to sexuality to school and work. The answers are frank, while reminding teens to act safely and responsibly. This book is loaded with

honest and candid plain language answers that disabled teens often need, but may be too embarrassed to ask for. As many of the questions revolve around sex, drugs, and alcohol, the book is best suited for high school students and young adults. The book can also be an insightful and informative reference for parents.

**MS**



## **We're Moving!**

On September 29, the Manitoba Division will have moved into its new home at:

**Suite 100 - 1465  
Buffalo Place  
Winnipeg, MB  
R3T 1L8**

Our new space will offer plenty of free parking and floors that allow for easy maneuverability for mobility aids.

Flanked by Waverley St. and Pembina Highway, it is easy to get to.

All phone numbers will remain the same.

**We look forward to serving you and seeing you there!**

### SPECIAL EVENT NEWS



**RONA MS Bike Tour**  
Biking to the Viking  
August 26 & 27  
\$436,616 in the bank so far with  
funds still coming in...

The RONA MS Bike Tour took place under mostly sunny skies, with 680 participants gathered in Stonewall, MB to begin the 85 kilometer ride to Gimli, MB. Six rest stops along the way provided places to relax, hydrate, eat and meet up with friends and team mates. SUBWAY joined us at Rest Stop Four for a fabulous lunch before the participants made their final push to end Day One.

The beach in Gimli did not disappoint. Cyclists received awards, won prizes and we had our first ever fireworks display. Nite Time Sound spun the disco tunes into the night and tired and road-weary riders found a second wind and danced the night away.

Day Two started with breakfast served at the Gimli Rec Centre by the local Kiwanis Club and cyclists were on the road again. Stonewall welcomed them back with a barbeque lunch and ice cream. Our volunteers were fantastic, our participants inspirational, and we had yet another successful MS event.



Photo by Trevor Wideman

### Getaway Weekend 2006

The second annual Getaway Weekend took place at the Lakeview Resort in Gimli, Manitoba on June 23 to 25, 2006. The Gypsy Caravan Getaway Weekend was truly a successful event! The feedback has been very positive!

The weekend was intended for people with MS, their caregivers and children, attracted 220 people, up nearly 100 percent over last year! There were indoor and outdoor activities, games, entertainment, great meals, awards/prizes, and opportunities for information sharing. The purpose of the weekend was to have fun and to meet new people and we feel it succeeded on both fronts.

Friday night began with hors d'oeuvres followed by a campfire and marshmallow roast near the beach.

Several fun activities were offered on Saturday ranging from Yoga to Tarot Card Reading to the "Easter Egg Hunt" in June. Personal services included massage, pedicures, reflexology and manicures, allowing many to feel pampered in a quiet and relaxing environment. Gimli Car Club members dropped by in the afternoon and provided a Show 'n' Shine of some of their beautifully restored classic automobiles.

After dinner, there was an exciting magic show by Brian Glow. Prizes were awarded to winners of activities and to happy recipients of various raffles. Sunday opened with a hearty brunch,

giving additional free time for people to venture outdoors and enjoy the sites the town of Gimli had to offer before traveling back home.

The weather was beautiful and the site was ideal. Attendees could easily find quiet and interesting places in which to sit and relax between activities, whether it be on the sun deck of the hotel, near the beach, the balcony of their hotel room, or throughout town. The dining room offered excellent buffet style meals for breakfast, lunch and dinner, including such delights as prime rib, lasagna, a Ukrainian buffet for lunch, and bacon and eggs for breakfast.

Additional services such as childcare and transportation from Winnipeg to Gimli return, further complimented the services schedule making the weekend a great value.

The positive feedback received from attendees is wonderful. Here are some of the comments:

- "Very relaxing; met a lot of friends I haven't seen in awhile. Loved reflexology and massage."
- "Well organized. Meet great people. Food, great weather, great shopping!"
- "Very laid back. Focus on fun and a

bit of pampering. Excellent food and services by hotel staff."

- The resort is perfect in summer. Voluntary participation - choose what you want is wonderful.
- "A weekend like this really does wake you up. Unreal! This is excellent to do things like this for the MS people."



The next Getaway Weekend has been booked at the Lakeview Resort in Gimli for June 2007. We plan to keep the weekend affordable, but there will still be a moderate charge to members. Why not

start putting away a little bit each week to help

painlessly cover the costs? For instance, if you save a toonie per week from September until next June, you will have saved \$80 and you'll hardly miss it!

Watch for more information in upcoming issues of MS Connections.



### CONTRIBUTORS

Thank you to the following people for their contributions to this issue: Michelle Gibbens, Judy Hermiston, Darell Hominuk, Susan Hologroski, John Hudson, Charlotte Macchia, Gwenda Nemerofsky and Nadia Pestrak.



Multiple  
Sclerosis  
Society of  
Canada

**Manitoba Division**

**25 Years -  
Services, Research, Hope**

**A CELEBRATION:**

Saturday, October 21, 2006  
Caboto Centre  
1055 Wilkes Avenue, Winnipeg

Watch for your invitation in the  
mail !

Publication Mail Agreement #40050236  
Return undeliverable Canadian addresses  
to: 400 - 141 Bannatyne Avenue,  
Winnipeg, Manitoba R3B 0R3  
[info.manitoba@mssociety.ca](mailto:info.manitoba@mssociety.ca)



Multiple  
Sclerosis  
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