

FALL 2011 Edition



Regina MS Peer Support Group

Living with MS is different for everyone, but we all have one thing in common — multiple sclerosis has affected our lives. The MS Support Group can help you learn more about MS, plus help you feel a kinship with those who know what it's like to live with this unpredictable disease.

This monthly, free group often has a theme and a presenter to help direct conversation and questions, and to create a positive approach to learning. You'll also have time to share stories and coping strategies with others who have MS and their spouses, caregivers or close friends. A facilitator is on hand to steer conversation and help answer any questions you may have about the disease, current treatments, and the role of the MS Society.

The group will meet from 7:00—8:30 pm at the United Way
(1440 Scarth Street—use side entrance)

September 6, 2011—General Discussion

October 4, 2011—Body Talk

November 1, 2011—Caregiver session & Living with MS session (2 discussions)

January 3, 2012—TBA

For more information, call the Support Group Facilitator Denise Rosca at 569-4647.

Saskatchewan MS Research Challenge

The Saskatchewan MS Research Challenge raises funds for crucial Canadian research into the cause, treatment and cure for multiple sclerosis. Since the program began ten years ago, over \$400,000 has been raised. If you'd like to contribute, please mail your cheque or money order to the MS Society office; for credit card donations, please call 522-5600.

Tax receipts will be issued for donations.

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Free
Passes

MS Aquatic Fitness

The YMCA offers an aquatic exercise program for people with MS and an attendant, if needed. The program runs from September through to June.

Classes are offered **Tuesdays and Thursdays from 8:30—9:30 am** at the downtown YMCA (2400-13th Avenue).

To arrange for a free pass, please call Maureen at 522-5943.

Recreation Subsidies



The MS Recreation Subsidy Programs enable persons with MS, or their children, to enhance their quality of life by participating in social, educational, and/or recreational activities. The programs allow the individuals to identify which programs they would like to participate in, while the MS Society assists with the participation costs.

Through the Recreation Subsidy persons with MS may apply for up to \$300. Children, who have a parent with MS, up to 18 years of age, can qualify for the Children's Recreation Subsidy and apply for up to \$200 per child.

For more information, or to obtain your application, contact Laurie Murphy.

Saskatchewan Division—Client Services Staff Regina Office

Monday through Friday from 8:30 AM–4:30 PM

Laurie Murphy

(ext 227)

Senior Community Resources Coordinator
laurie.murphy@mssociety.ca

150 Albert Street
Regina, SK S4R 2N2

Phone: (306) 522-5600

Fax: (306) 565-0477

Toll-free: 1-800-268-7582

Paula Moon-Wozney

(ext 226)

Director of Client Services
paula.moonwozney@mssociety.ca

To investigate MS Society of Canada publications or to order information, please contact Dawn Young.

Dawn Young

Client Services Assistant
dawn.young@mssociety.ca

www.mssociety.ca

Gold's Gym Partnership



Gold's Gym is offering special membership rates for those affiliated with the MS Society of Canada—Regina Chapter. Whether you are a person with MS on our membership, a spouse, child of a person with MS, caregiver, local volunteer, board representative or committee member—you qualify for this special offer.

A Gold's Gym membership includes:

- Full use of any Gold's Gym location
- Unlimited access to any group exercise class
- 3 months of complimentary hydro massage
- 2 complimentary personal training sessions with a Gold's Gym elite trainer

For more information, contact Michelle Hachey at Gold's Gym (540-8513).

Fall 2011 Events

September 6	Regina MS Support Group resumes from summer break
September 15	MS Family Conference registration day
October 21 & 22	MS Family Conference (Saskatoon)
November 14	Christmas Campaign products available in Regina office and on sale
December 7, 2011	MS Christmas Dinner
December 22, 2011 -	MS Society offices are closed
January 4, 2012	for Christmas break

Ask the Expert

This online forum has allowed people with MS, caregivers and others affected by MS to discuss issues of importance and obtain accurate answers to MS specific questions—from subject experts including neurologists, nurses, psychiatrists and other health care professionals totaling over 40 active experts.

Since its launch, the website has received an average 3 questions a day, clearly indicating a need and interest for information that is accurate, up-to-date and targeted to the everyday reader. This website allows people to submit questions electronically at their convenience. Questions are submitted anonymously and answers are provided by the most appropriate expert based on subject matter. New questions and answers are posted to the *Ask the Expert* website five times a week and are then stored within the website's library.

www.msanswers.ca



2011 Board of Directors

- President & Treasurer Jeannette Caldwell
- Vice-President Lucian Rosca
- Treasurer Christie Bouchard
- Secretary Melanie Oberg
- Client Services Representative Mellissa Northe
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- Government Relations RepresentativeJonathan Willows
- Research AdvocateAshley Ryan

Members-at-Large

- Bill Hastie
- Harold Knight
- Carla Woloshin
- Colin Woloyshyn

COME ON BOARD

The MS Society’s Regina Chapter is recruiting candidates to serve on the Board of Directors. If you are interested in participating on the Board, please contact:

Laurie Murphy at 522-5600 or by confidential email at laurie.murphy@mssociety.ca

The Chapter strives to spend one dollar on research for every dollar spent on client services and has proudly accomplished this for the past six years.



Laughter Yoga

Classes are offered **Tuesdays from 7:30-8:30 pm** at the Regina Senior Citizen Centre (2134 Winnipeg Street - use the back door).

Involvement is free, but donations are appreciated. Facilitated by Jayne Clendening. For information call Jayne at 585-2222.

Tai Chi

Classes are offered **Wednesdays from 6:00-7:00 pm** at Knox Metropolitan Church (2340 Victoria Ave). Class fees are \$30/month. To register call Shane at 530-4868.

Support for the class fees may be available from the MS Recreation Subsidy Program—contact Laurie Murphy for more information.



Special Assistance Programs



MS Special Assistance Programs provide funds to assist people with MS and their primary caregivers. For more information, or to request and application package, please contact Laurie Murphy.

Convenience Meal Program

REACH (Regina Education & Action on Child Hunger) has a program which offers a variety of frozen meals and soups available to anyone. Meals can be picked up or delivered and can be cooked or microwaved. Other foods such as dairy, bread, fruit, and vegetables can be added to an order. Frozen meals start at \$5.25 each. Delivery charges apply. Order forms and details are available from REACH.

For more information, contact REACH at 347-3224.



1-800-LIFELINE
(1-800-543-3546)

Lifeline is an easy-to-use personal response service that lets you summon help any time of the day or night. Lifeline provides peace of mind and safety for thousands of Canadians.

A variety of subsidy programs are available to help reduce the cost of the Lifeline service.

2015 Campaign

The goal of the 2015 Campaign is to establish an endowment sufficient to fund a permanent MS Clinical Research Chair in the College of Medicine at the University of Saskatchewan, in Saskatoon. The Chair will provide important health services, train the next generation of MS clinicians and researchers, and conduct innovative MS research.

"Saskatchewan is uniquely positioned to become a national and potentially global leader in multiple sclerosis research. The partnership of the Saskatoon City Hospital Foundation, University of Saskatchewan and the MS Society of Canada will accelerate the realization of our vision."

- Jack Aldcorn, President, MS Society – SK

Regina Chapter is proud to announce a \$10,000 contribution to the 2015 Campaign in 2010 and an additional \$10,000 for this year.

For more information about the 2015 Campaign, please contact Lisa Smith in Regina at 522-5600 (extension 224) or lisa.smith@mssociety.ca.

Regina Chapter Bursary

Congratulations to the 2011
Regina Chapter Bursary recipients:

Elizabeth Christoffel and Alana Gangl

Digital Distribution

We will be moving our Division and Chapter newsletters to **digital distribution** for the next issue. What does this mean for us? It means large monetary savings that can instead be spent on research and better environmental practices for our offices!

What does it mean for you? It means if we have your email address, you will receive an email with a link to the online copy of our newsletter instead of a paper copy. **Please be sure to contact us with your email address as soon as possible if we do not already have it.**

If you would like to continue receiving paper copies of the newsletter, please be sure to notify us of that and we will make a note on our list.

Call our office at 522.5600 or email us at info.sask@mssociety.ca.

Family Service Regina—Fall 2011 Programs

Improve Your Mood: Coping with Depression & Anxiety

Enhance your understanding of depression and develop tools that will improve your mood and increase quality of life. Sessions are offered Wednesdays (6 week commitment) and run from October 26-November 30, 2011, from 7-9 pm. The cost is \$150/person. Pre-registration is required.

For more information about this session please **call Marlo at 757-6675**. To learn more about other sessions that are offered, check out their website at www.familyserviceregina.com.

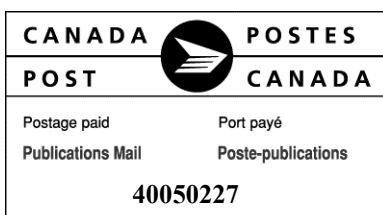
VISIT US ONLINE!

mssociety.ca

facebook.com

Our Mission

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



Return undeliverables to:

MS Society of Canada
150 Albert Street
Regina, SK
S4R 2N2