

MESSAGE FROM THE VICE-PRESIDENT

Reacting to the Disease

When faced with multiple sclerosis, a person has two options: leave it up to the doctor to take care of them or get involved in their treatment. This is a personal choice, and both options are valid. I chose the second option. The first step is to understand the disease and, insofar as possible, keep up with what is happening in research. This requires effort, but it is definitely worthwhile. It makes it easier to discuss things with the neurologist, understand the treatments he suggests, and explain the symptoms experienced.

When I received my diagnosis, I contacted the MS Society and was sent some documentation. Now, everything can be found on the Society's website. I subscribed to the research newsletter, which I now receive by email. With Google, I created alerts for publications about MS in French and English, which I



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INVITATION

Annual General Meeting Montreal Chapter

The Board of Directors of the Montreal Chapter invites you to a breakfast-meeting followed by the Annual General Meeting.

Wednesday, March 28, 2018

10:30 a.m.: Breakfast with the team and the Board of Directors
From 11:00 a.m. to noon: AGM

Centre St-Pierre,
1205-Fernand Daoust Room
Access through the parking lot
1212 Panet St., Montreal
Near the Beaudry metro station
Parking: \$8.00/half-day

Fancy pastries and coffee
will be served.

Please register before March 26.

Agenda

- Call to order
- Adoption of the Agenda
- Approval of the Minutes of the 2017 AGM
- Annual Report
- Financial Statements
- Elections
- Appointment of Auditors
- Other Business
- Adjournment

Elections

Five positions are currently vacant, and there are four candidates. For information on how to stand as a candidate for election, contact Daniel Lapalme at: 514-849-7591, daniel.lapalme@mssociety.ca

MESSAGE FROM THE VICE PRESIDENT

also receive by email. Unfortunately, there is no way of sorting them, so I may receive a news clipping on fundraising or a summary of advanced MS research.

I look after the Montreal Chapter's Facebook page and I try to talk about the Chapter's activities and publish photos. I also include some links regarding the disease, so it is relatively easy to take an active approach to MS.



Sylvie Francoeur

Thank you Cécilia

We would like to thank Ms. Cécilia Gaudet for her dedication as a chair on the Montreal Chapter's board. Ms. Gaudet decided to withdraw from the board and she hopes she will be replaced by another caregiver. She was a one to her husband, Jacques, who passed away two years ago. She finds important that one caregiver be on the board and represents the reality of caregivers within the Montreal Chapter's board.



Cécilia, you were an example of perseverance, love and originality for all the people you

met. A thousand thanks!

Your colleagues at the MS Society

APARTMENTS

WITH SERVICES FOR
PEOPLE WITH
REDUCED MOBILITY

CENTRE DE SERVICES SANKA

Soon to open in the Montreal area covered by the CLSC Ahuntsic-

Bordeaux-Cartierville-Saint-Laurent, the Centre de services SANKA, a non-profit organization, will offer services to people with reduced mobility, including people who have multiple sclerosis.

Based on humanist philosophy, these services will consist of providing care day and night in an adapted, personalized living environment, with respect for personal privacy. Services will be dispensed by qualified, experienced staff, in cooperation with the CLSC.

Anyone who is interested can contact Émérance at 438 930-2170 or nzeba.kubela@gmail.com, or speak to Guylaine Boucher, at 450 629-8276, or 514 473-1957 (cell phone), or boucher.guylaine@hotmail.com. Detailed information and the selection form will be sent only to people who register.

N. B.: **You have until March 30, 2018 to register.**

DON'T BE SHY, JOIN US FOR LUNCH !

WE SPEAK ENGLISH AND THE LANGUAGE OF FRIENDSHIP...



We welcome newbies with open arms and a lot of curiosity. We all come from different backgrounds, and value inclusiveness above all.

The Restaurant outings take place on Wednesdays, from 11:45 a.m. to 2:15 p.m., in a different restaurant each week (please see schedule on p. 4).



THE READER'S COLUMN

By Steve Desaulniers

I have had multiple sclerosis for seven years now but also was born with cerebral palsy. What is different about my situation is that I had to deal with a disease when I already had physical limitations. I must admit that I was living fairly well with that situation. But with multiple sclerosis, I had to learn to accept physical losses that could occur unexpectedly, with no warning. That, I found, was much harder to accept.

A year ago, I had a major attack of multiple sclerosis. One morning when I was getting ready to go to work, I fell on the floor and was unable to get up. I couldn't reach a telephone to call for help and

although I yelled, no neighbours in my building heard me. I spent thirteen hours on the floor before a neighbour came to my assistance. After that fall, I spent two weeks in Maisonneuve-Rosemont Hospital, where they administered cortisone intravenously. I was then transferred to the Gingras-Lindsay rehabilitation centre for two months for physical therapy. From the start, I told myself that it was important to be a positive patient for the staff and the people on the team certainly helped me a lot with my rehabilitation.

I can tell you that it was all quite a shock, but the ordeal taught me a lot about myself. I especially learned that I have an impressive ability to adapt and a will of iron,

both of which enabled me to get better in such a short time.



Do you like to write?

Do you want to write about your journey with MS? Do you have a message of hope and inspiration to give Montreal Chapter members? Have you thought of becoming a contributor to the *Liaison Bulletin*?

If you are interested in the experience, contact us by email at info.montreal@scleroseenplaques.ca, or by telephone at 514-849-7591, before submitting your text.

2018 MS WALK



Sunday, May 27, 2018
Angrignon Park

A festive day that brings people together, the MS Walk is one of the most important fundraising activities of the MS Society. At the time of the event, persons who have MS and their significant others walk together to move us closer to a future without MS.

In 2018, **Debbie Lynch-White** will return as the provincial spokesperson

of MS Walks. On May 27, walkers will gather in 16 towns and cities across Quebec to support 20,000 people in the province with multiple sclerosis.

Last year, **4,231** people walked in 16 cities in Quebec and raised over **\$1 144 600**. Funds raised during the Walks are donated to the MS Society and used to fund research on multiple sclerosis and a vast range of services for people who have MS.

For the 24th MS Walks, Debbie launched a challenge: "This year I encourage you to recruit a new participant and raise more funds than last year. I know you can do it!" Sign up now at marchedelespoir.ca and help end MS!



ACTIVITIES SCHEDULE

SPRING 2018

MARCH

7 Casa Grecque Lasalle

7218 Newman Blvd.
Restaurant Get-Together

14 Fu Lam Buffet

4275 Jean-Talon St. East
Buffet Get-Together

28 ANNUAL GENERAL MEETING

Wed.

FR/EN

MONTREAL CHAPTER
10:30 a.m. to 12 p.m.

Centre St-Pierre
1212 Panet St.
Room 1205-Fernand Daoust
Access through
the parking lot

Free

Please register before March 26

APRIL

9 WORKSHOP IN LAVAL

Mon.

Tax credits for persons with disabilities

FR

Luc Lacombe, FCA, M. FISC.
7 to 8:30 p.m.

Centre communautaire
Laval-des-Rapides, room 214
387 Des Prairies Blvd. in Laval

Please contact Rodolphe Belmer
for additional information and to
register.

450 663-4911 ext. 1

APRIL

4 Zagrum Bistro

1825 Fleury St. East
Restaurant Get-Together

11 Vichy Buffet

7205 Newman Blvd.
Buffet Get-Together

18 Score's

6675 Jean-Talon St. East
Restaurant Get-Together

25 Fresco

6040 Des Grandes-Prairies Blvd.
Restaurant Get-Together

MAY

2 Casa Grecque Pie-IX

10 651 Pie-IX Blvd.
Restaurant Get-Together

8 WORKSHOP

Tue.

Happiness & MS

7 to 9 p.m.

FR

MS Society of Canada
550 Sherbrooke St. West
10th floor, suite 1010

Registration required. Free.

More details on p. 7

9 Crescendo

5150 Lasalle Blvd. In Verdun
Restaurant Get-Together

16 Fu Lam Buffet

4275 Jean-Talon St. East
Buffet Get-Together

MAY

23 Espace La Fontaine

3933 Parc La Fontaine Ave.
In the Park
Restaurant Get-Together

27 MS Walk

Sun. A fundraising event with your
family and friends, which
concludes with the participants
walking together on the paths of
Angrignon Park symbolizing
progress toward a future without
MS. Details on p.3.

JUNE

6 Barbecue

Wed. 11:30 a.m. to 3 p.m.

Park of the
Notre-Dame-de-la-Merci Centre
555 Gouin Blvd. West
Cost: \$5

The activity will take place under
the tent, rain or shine.

Group transportation deadline:
May 18

SUMMER SCHEDULE

It will be sent by email, mid-June, and
will also be available on our website.



RESTAURANT OUTINGS

FR/EN

Wednesdays
11:45 a.m. to 2:15 p.m.

RESTAURANT GET-TOGETHER: get a \$5 discount on your bill.

BUFFET GET-TOGETHER:

Pay \$5. Coffee is included, other drinks are at your expense.

SELF-HELP GROUPS

Group of people helping each other by sharing life experiences and information on resources.

MS Anglophones

Quilles G plus
6510 St-Jacques St. West
Entrance with ramp, in the back of the building, second door.

From 2 to 4:15 p.m.
Tuesdays, every two weeks:

February 13 & 27
March 13 & 27
April 10 & 24
May 8 & 22
June 5 & 19

MS Francophones

Provigo Angus
2925 Rachel St. East
Community room (2nd floor)

From 1:30 to 3:30 p.m.
On the following Tuesdays:

February 20
March 20
April 24
May 22
June 12

Caregivers - in French

New location!
Provigo Angus
2925 Rachel St. East
Small conference room (2nd floor)



From 7 to 9 p.m.
On the following Mondays:

February 26
March 26
April 30
Date in June to be confirmed

6@8 SPIN EVENINGS

FR/EN

For 18-45 year olds

A laid back social gathering, the last Friday evening of the month. SPIN... to turn your back on your routine! An opportunity to meet and connect with other young people that also have MS.



Write to Katia Prévost to join the group on Facebook and stay informed about the group's monthly meeting place.

katwoman_the_ultimate@hotmail.com

February 23 April 6 April 27 May 25 July 6

SCHOOL OF MOVEMENT

Centre de réadaptation Lucie-Bruneau
2275 Laurier Ave. East, Gymnasium
Cost: \$40

- 10 a.m. to 11:20 a.m. seated position
- 11:20 a.m. to 12:40 p.m. seated position
- 1:20 p.m. to 2:40 p.m.
- 2:40 p.m. to 4 p.m.

FR/EN

Mondays
From February 26 to June 18

Except classes cancelled on:
April 2 (Easter Monday)
May 21 (Victoria Day)

CHOIR

FR

Association sportive et
communautaire Centre-Sud
2093 de la Visitation St.
Cost: \$25

12:15 p.m. to 2:45 p.m.

Thursdays
From February 22 to May 31
*The concert will take place on
June 8 (exceptionally a Friday)*

Classes cancelled on:
March 8 (Spring Break)
June 7

GAME DAY

QUILLES G plus
6510 Saint-Jacques St. West
Entrance with ramp, in the back of the building, second door.

11 a.m. to 4:15 p.m.
Games: 1 p.m. to 4:15 p.m.

Tuesdays, every two weeks:

February 6 & 20
March 6 & 20
April 3 & 17
May 1, 15 & 29
June 12

Registration information on page 6

ADAPTED YOGA

MAI Centre
3680 Jeanne-Mance St.
Room 428
Cost: \$25

- 11 a.m. to 12:30 p.m.
- 1 p.m. to 2:30 p.m. seated position

Thursdays
February 15 to June 21

REGISTRATION REQUIRED

You must register in order to take part in the activities announced here. At registration, please leave us your email and phone number so we can inform you in case of last minute changes. For the courses, it's the payment that confirms your registration. You can either pay by credit card or check.

514 849-7591

Contact Patricia Rizan at ext. 2249, patricia.rizan@mssociety.ca

SCHOOL OF MOVEMENT

The School of movement is led by specialized physical fitness instructors and kinesiologists. The physical exercises are designed to work on balance, coordination, strength and endurance, and are carried out based on each individual's pace and abilities.

ADAPTED YOGA

The adapted yoga activity program improve the quality of life and encourage a more active lifestyle. Adapted yoga practice helps for an overall improvement in balance, flexibility, focus and a better stress management.

CHOIR

Singing on a regular basis can improve pronunciation, breathing capacity, energy level and of course helps you hit the right note and expand your musical knowledge.

GAME DAY

Come join us for an afternoon of games and socializing with others.

Game Day is a great way to meet new people and have a little fun on a lazy afternoon and getting a break from our everyday lives. Games are also great for helping with memory loss, concentration, focus, multitasking and overall relaxation.

So If you like games, meeting new people, relaxing, having some fun and more, Game Day is definitely the place for you - a place away from home. Everyone is welcome!

The time available is between 11 a.m. and 4:15 p.m. with games starting at 1 p.m. and finishing at 4:15 p.m.

Lunch can be purchased on site. Free Coffee and snacks are provided in the private rooms only.

For more information contact Maria at 514 774-6033 or email her at: maria.twins@gmail.com.

SELF-HELP GROUPS

A self-help group is a group of people who help one another cope with difficulties they are experiencing in order to live a better, more fulfilling life.

MS Anglophones

Group for English-speaking people who have MS.

Caregivers

Group for French-speaking caregivers. Caregivers are family members or friends who provide ongoing care and assistance, without pay, to those in need of support due to physical or cognitive conditions.

MS Francophones

Group for French-speaking people who have MS.

REGULATIONS

Guests

Every participant can attend restaurants or buffets get-togethers, outings and parties accompanied by a guest who will be entitled to pay the same price as the rest of the group. If the places are limited, we reserve the right to limit the number of guests. Additional guests must pay the regular price charged by the restaurant.

Photos and identification documents

By participating in the Montreal Chapter's activities, you authorize it to use your name and all of the photos or videos taken of you at the events. The Multiple Sclerosis Society of Canada complies with the *Personal Information Protection and Electronic Documents Act*. To read the confidentiality policy, visit : mssociety.ca and click on "Privacy" at the bottom of the page



REGISTRATION REQUIRED

For all activities

Contact Patricia Rizan

514 849-7591 ext. 2249

patricia.rizan@mssociety.ca

USEFUL TIPS

Concilier bonheur et SP Workshop

By Alain Bellemare
Speaker, psychotherapist and author

Tuesday, May 8, 2018
7 p.m. to 9 p.m.

MS Society
550, Sherbrooke West Street
10th floor, suite 1010

Free

Registration required. Limited seats.
Contact Patricia Rizan
514 849-7591, ext. 2249

Fr.

It can be difficult, though not impossible, to find serenity when living with MS; it is a question of learning to deal with symptoms and the grief they cause. Happiness and MS can co-exist because happiness does not mean the absence of pain or illness. It is rather an inner state created by our ability to look after ourselves, grant ourselves moments of pleasure and fulfillment, then cope as best we can with what happens to us. The disease does not define the person, who exists as a separate entity. The workshop discusses ways to detach ourselves from MS so we can deal better with the uncertainty and resulting losses.

NEWS FROM THE DIVISION

Multiple Sclerosis Society of Canada Event:

En.

Therapeutic Management of MS

Date: Wednesday March 7, 2018
Time: 12:00 PM – 1:30 PM

Presenter: Michael P. Namaka BSc Pharm; Ph.D; EPP

This presentation will cover two main domains in the lecture timeslot which include:

1. A comprehensive overview of the underlying pathogenesis of multiple sclerosis with special attention to the relapsing remitting form of the disease.
2. Discussion of currently available treatment strategies for the relapsing remitting form of the disease

An open forum for questions and answers in regard to the various treatments discussed that are currently available for patients with multiple sclerosis, will be provided at the end of the webinar.

This session is hosted by the Multiple Sclerosis Society of Canada who gratefully acknowledges the support of Biogen who provided an education grant which makes possible the MS Webinar Series.

To register to the webinar, <https://tinyurl.com/mar8registration>

Youth Programs



Since 2007, the Quebec Division of MS Society has organized the **MS Summer Camp** for young people who have a parent who has multiple sclerosis. The young people participate in both leisure activities and MS-related activities. The camp allows them to share their experience with other young people living in a similar situation to theirs and to better understand their parent's disease, while having fun.

The MS Summer Camp is free. To have the chance to be selected, young people must send a letter or a drawing explaining their motivation for attending the camp before **April 27, 2018**.

The 2018 camp dates will be confirmed shortly. For more information, visit **campsp.ca** or contact Carole Corson, at 514-849-7591, ext. 2269 or carole.corson@scleroseenplaques.ca

BE INVOLVED IN YOUR COMMUNITY

I'm writing this article to help with our daily life. I don't intend to resolve all our problems but I do believe it will resolve some.

The word "bateau" in French refers to the corner of every sidewalk that goes down lower to meet street level. The person that implemented this idea made life easier for persons with canes, wheelchairs, motorized wheelchairs and even baby strollers. Although this is very helpful to all of us, certain street corners were not done for whatever reason.

This is where we come in to help the City of Montréal. I am sure that all of you are aware of the number 311 for all problems or difficulty you may encounter with the City of Montréal including "Bateau" that were never done or done poorly.

We are the eyes for the City of Montréal when we encounter a problem that we want corrected, we call 311 to explain the situation giving them the location of the problem or address of the home that we would like the problem to be resolved.



It is very important to ask for the number that is assigned to your complaint. The number allows you to do the follow-up after 6 months or longer if necessary.

I live in St. Leonard and I am very impressed with all the work that they do with all the bateau sidewalks and especially street crossings. Although some problems take longer than others and of course the time of the year has to be right but it does get done eventually or a good reason is given why it can't be done.

Remember to always take note of your complaint number and the date of your complaint you will need this information to do the follow-up on a later date.

Sev Pallotta

CONTACT YOUR BOARD OF DIRECTORS

Did you know that you can ask a question at Board of Directors' meetings? Your questions should bear on the various issues affecting the Montreal Chapter.

Do you have a question? Contact our co-ordinator, Patricia Rizan, at 514-849-7591, extension 2249, or patricia.rizan@scleroseenplaques.ca, or address your question directly to a Board member at the Chapter's various activities.

Your questions are essential for the organization. They help Board members to know what your concerns are and to take them into consideration when carrying out their duties.

Contact our office

Multiple Sclerosis Society of Canada
Montreal Chapter

550 Sherbrooke Street West,
East Tower, Suite 1010
Montreal (Quebec) H3A 1B9

Phone: 514 849-7591
Fax: 514 849-8914

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