



National
Multiple Sclerosis
Society
Minnesota
Chapter

February — March 2008 • Vol. 7 No. 2

Programs

CONNECTION



Youth Camp

A week of adventure for
youth affected by MS.

Couple's Getaway

Learn to cope with the
"crap shoot" called MS.

Plus

Women's Getaway

Travel Tips

and much, much more

JOIN THE MOVEMENT

MOVING IS WHO WE ARE



Nancy Dawn Van
Beest
*Family Support
Coordinator*

Young people affected by multiple sclerosis — whether they live with MS themselves or have a close family member with the disease — face unique challenges. That's why the Minnesota Chapter is moving forward to offer more programs for young people to have fun, network with others and learn more about MS.

But here at the Minnesota Chapter, we don't know everything about teenagers. That's why we draw on the expertise of Teen Council — a volunteer committee made up

of highly-motivated teens whose lives are touched by the disease — to help plan programs specifically for young people. Teen Council is planning some exciting programs for 2008 including a lock-in for teens and the 2008 Walk MS Team of the Future that will participate in Walk MS sites in Minneapolis, Duluth, St. Cloud and Rochester.

“Young people affected by multiple sclerosis — whether they live with MS themselves or have a close family member with the disease — face unique challenges.”

Another opportunity for young people is MS Youth Camp, held June 15 to 20 in Finland, Minn. Youth Camp is for youth who have a parent, grandparent or other close relative with MS in their family. Camp is a fun way for young people to develop friendships with others who share a connection to MS.

In the year ahead, the Minnesota Chapter will continue to explore more ways to support young people whose lives are touched by MS, specifically those who live with the disease themselves.

Additional resources: Learn more about Youth Camp on Page 23.

Sponsorship of Society programs or events does not connote that the National Multiple Sclerosis Society recognizes superiority in products or services provided by the sponsoring entity over other entities providing like or similar products or services.

Programs Connection

Programs Connection is a free publication of the National MS Society, Minnesota Chapter
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Minneapolis, MN 55415-1255
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To obtain an audio tape of Programs Connection, call Timothy Holtz at the Minnesota Chapter.

Promising treatments for MS

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. National MS Society medical advisors recommend that people with MS talk with their health care professional about using one of these medications and about strategies and effective treatments to manage symptoms. If you or someone you know has MS, please contact the Society today at www.nationalmssociety.org or 1-800-582-5296 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

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I have made lifelong friends



“Youth Camp 2008 will be my eighth year and I’ve enjoyed every single year.”

– Nicole Wadtke

Nicole Wadtke was 7 when her mother was diagnosed with multiple sclerosis. After her diagnosis, Nicole’s mother wanted to find a way to explain MS to her young child so she contacted the MS Society for information. That’s when she learned about Youth Camp.

“Youth Camp 2008 will be my eighth year and I’ve enjoyed every single year,” Nicole said.

Youth Camp gives young people who have a parent or close relative with MS an opportunity to connect with one another in a fun atmosphere and make lifelong friends. “Most of the friends you make your first year at camp you’ll still have your third, fifth and seventh year back,” she said.

Nicole not only rekindles those friendships at camp each year, but reconnects with her “camp” friends at other MS Society youth programs. She is a member of the Minnesota Chapter’s Teen Council, plans activities at her school for MS Awareness Week and has attended the teen winter social program and teen lock-in.

Nicole encourages youth affected by MS to attend this year’s Youth Camp to have fun, experience great adventures and meet new people.

“Don’t think twice about attending. If you think you want to go, chances are you do and it will be worth it,” Nicole said.

ADDITIONAL RESOURCES



Join the Teen E-connection e-mail list.

E-mail Nancy Dawn Van Beest at ndvanbeest@mssociety.org.

Lock-in for teens

See Page 7 for more details.

Youth Camp

See Page 23 for more details.

The Journey Club

Join us for family fun and growth.

Feb. 16 ■ Mankato

As a parent living with multiple sclerosis, do you find yourself looking for ways to talk with your children about MS? You are not alone. MS can both challenge a family and help it grow stronger.

The Journey Club is for people with MS, their spouse/partner and children ages 5 to 12. Families are invited to attend this program that features both joint family activities and age-appropriate discussion groups. Children will learn about MS in their groups while parents share and learn new strategies for talking about MS with children.

Teens are encouraged to assist staff and volunteers with children's groups. Child care is available onsite for children age 5 and younger during discussion group time.

After lunch, families will receive free passes to the Mankato Family YMCA for the afternoon, including use of the gym, pool featuring the Howler Waterslide and whirlpool. The Pepsi Cube features a variety of games such as air hockey, füssball and pool tables. Families are on their own to enjoy these activities and network with other families.

Families who participate in this program will:

- Gain knowledge and understanding about MS
- Learn new family communication strategies
- Reduce feelings of isolation by talking with other families coping with MS
- Gain confidence in managing the impact of MS in the family
- Have fun and relax with one another



The Journey Club

Space is limited. Registration form must be received by Feb. 11.

Please print

ID# (from mailing panel) _____

Name of person with MS

Address _____

City _____

State _____ ZIP _____

Home phone _____ - _____ - _____

Work phone _____ - _____ - _____

E-mail _____

Complete names and ages of family members attending:

Name _____

Age _____

Name _____

Age _____

Name _____

Age _____

Name _____

Age _____

Name _____

Age _____

Special accommodations:

If you need any special accommodations such as an ASL interpreter, vegetarian meal, or transportation please call 612-335-7970 to make arrangements. Requests must be received by the registration deadline date.

Saturday, Feb. 16

9:30 a.m. – 12:30 p.m.

- 9:15 a.m. Check-in begins with refreshments
- 9:30 a.m. Families together
- 9:45 a.m. Discussion groups
- Noon Lunch
- 12:30 p.m. Enjoy the afternoon at the Family YMCA

Location

Christ the King Lutheran Church

207 McConnell St.

Mankato, MN 56001

507-345-5056

www.ckmankato.org

Mankato Family YMCA

1401 S. Riverfront Drive

Mankato, MN 56001

507-387-8255

www.mankatoymca.org

Program fee

There is no fee for this program. Program includes family admission to Mankato Family YMCA.

Register

Online or by phone

Visit www.mssociety.org or call 612-335-7970.

By mail

Mail registration form to the National MS Society.

National MS Society, Minnesota Chapter

200 12th Ave. S., Minneapolis, MN 55415

Questions

For more information, contact Nancy Dawn Van Beest at 612-335-7936 or ndvanbeest@mssociety.org.

Lock-in for teens

Join other teens affected by MS for a ton of fun with pizza, games, swimming and more.

Feb. 22 ■ Chaska

Teens who have a parent or close relative with multiple sclerosis, or have MS themselves, are invited to bring a friend or two to the lock-in for teens. The fun includes sports, swimming, movies, games, food and a chance to get together with other teens affected by MS. Teens will have breakfast at a local restaurant before returning to the Minnesota Chapter office. Transportation will be provided from the chapter office to the overnight site Friday and back to the chapter office Saturday.

Lock-in activities:

- Amazing races
- Ice skating
- Swimming and waterslide
- Games and gym
- Movie madness
- Midnight pizza and full breakfast



ADDITIONAL RESOURCES



Join the Teen E-connection e-mail list.

E-mail Nancy Dawn Van Beest at ndvanbeest@mssociety.org.



Talkin' Teens Chat Room

A chat room on MSWorld for teens with MS ages 13 to 18. Visit www.MSworld.org.

Lock-in for teens

Space is limited. Registration form must be received by Feb. 15.

Please print

ID# (from mailing panel) _____

Name _____

Age _____

Address _____

City _____

State _____ ZIP _____

Home phone _____ - _____ - _____

Work phone _____ - _____ - _____

E-mail _____

Complete names of friends attending:

Name _____

Age _____

Name _____

Age _____

_____ @ \$5 = _____

Amount enclosed: _____

Special accommodations:

If you need any special accommodations such as an ASL interpreter, vegetarian meal, or transportation please call 612-335-7970 to make arrangements. Requests must be received by the registration deadline date.

Friday, Feb. 22.

10:15 p.m. – 8 a.m.

- 10:15 p.m. Meet at chapter office
- 11 p.m.–6 a.m. Lock-in activities at Chaska Community Center
- 6 a.m. Breakfast at a local restaurant
- 8 a.m. Parents pick-up children at chapter office

Drop-off and pick-up location

National MS Society, Minnesota Chapter office
200 12th Ave. S.

Minneapolis, MN 55415

612-335-7900

www.mssociety.org

The Minnesota Chapter will provide transportation from the chapter office to the Chaska Community Center Friday and back to the chapter office following breakfast Saturday.

Please pick-up all participants at the chapter office by 8 a.m.

Program fee

\$5 per teen. Fee adjustments are available upon request.

Please bring your swimsuit, towel, T-shirt, shorts and favorite board game.

Register

Online or by phone

Visit www.mssociety.org or call 612-335-7970.

By mail

Mail registration form to the National MS Society.

National MS Society, Minnesota Chapter

200 12th Ave. S., Minneapolis, MN 55415

Questions

For more information, contact Nancy Dawn Van Beest at 612-335-7936 or ndvanbeest@mssociety.org.

Moving Forward

Ask questions, meet others affected by multiple sclerosis and learn everything you need to know after receiving an MS diagnosis.

March 1 ■ St. Paul

April 26 ■ Duluth

If you or someone close to you has MS, you probably have a lot of questions and concerns. You may also feel overwhelmed and unsure of what questions to ask. The Moving Forward program gives you the information and support you need to live comfortably and confidently with this change in your life.

- Learn about MS from an expert neurologist
- Understand how to talk about MS with your friends and family
- Learn how to manage MS on the job
- Understand what resources are available to you
- Learn how to cope with the anxiety MS may bring to your life
- Connect with other people whose lives are affected by MS



“Attending the Moving Forward program is the perfect opportunity to learn from others firsthand what it

is like to live with MS.”

– John Linn, diagnosed in 2003

ADDITIONAL RESOURCES



Information for people newly diagnosed with MS

www.mssociety.org
(click on Living with MS)



New Hope Newly Diagnosed Self Help Group

Meets the third Saturday of the month at 10 a.m. at Parish Community Center of St. Joseph (8701 36th Ave. N., New Hope). For more information, contact Paul at 763-360-6077.

Moving Forward

Space is limited. Registration form must be received five days before the program date.

Please print

ID# (from mailing panel) _____

Name of person with MS

Age _____

Address _____

City _____

State _____ ZIP _____

Home phone _____ - _____ - _____

Work phone _____ - _____ - _____

E-mail _____

Complete names of support people attending:

Name _____

Age _____

Name _____

Age _____

Name _____

Age _____

Please select location:

St. Paul

MNM0CNDW20080301STP

Duluth

MNM0CNDW20080426DUL

Special accommodations:

If you need any special accommodations such as an ASL interpreter, vegetarian meal, or transportation please call 612-335-7970 to make arrangements. Requests must be received by the registration deadline date.

Various dates and locations

9 a.m. – 4:30 p.m.

8:30 a.m. Check-in begins with continental breakfast

9–11 a.m. Learning about MS

11:15 a.m.–12:15 p.m. Understanding MS in your life

12:15–1:15 p.m. Networking lunch

1:15–1:45 p.m. Learning to cope through others – John Linn

1:45–3:15 p.m. Connecting with others discussion groups

3:30–4:30 p.m. Moving Forward and resources

March 1

St. Paul

Best Western Kelly Inn
of St. Paul

161 St. Anthony Ave.

St. Paul, MN 55103

651-227-8711

www.bestwesternstpaul.com

April 26

Duluth

Radisson Hotel Duluth-
Harborview

505 W. Superior St.

Duluth, MN 55802

218-253-9000

www.radisson.com/duluthmn

Program fee

There is no fee for this program.

Register

Online or by phone

Visit www.mssociety.org or call 612-335-7970.

By mail

Mail registration form to the National MS Society.

National MS Society, Minnesota Chapter

200 12th Ave. S., Minneapolis, MN 55415

DVD or video

A DVD or video of the program is available in the chapter's lending library. Visit www.mssociety.org and click on Library & Literature or call 612-335-7947.

Questions

For more information, contact Timothy Holtz at 612-335-7930 or tholtz@mssociety.org.

Made possible with a restricted educational grant from



Newly Diagnosed Counseling Group

Navigate the new, sometimes frightening, surroundings after an MS diagnosis.

March 12 – April 30 ■ Woodbury

Newly Diagnosed Counseling Groups provide an opportunity to learn accurate information about MS, thoughtfully consider ways to more effectively manage living with a chronic disease and receive and lend support to others.

The group meets weekly for eight weeks, allowing time and multiple opportunities to raise your questions and discuss concerns while interacting with others facing similar challenges.

Group facilitators are licensed professionals knowledgeable about MS and related issues. A neurologist specializing in MS will attend one session to field questions. Family and friends are encouraged to attend this session.

The group meets on Wednesdays. Registration is required for this program. The chapter does not allow non-registered people to attend this group. If you are interested in the Newly Diagnosed Counseling Group, contact Jeff Fisher at 612-335-7951 or jfisher@mssociety.org by March 7.

Discussion topics throughout the group course include:

- Balancing MS and relationships with family and friends
- Basic MS education
- Disclosure and employment issues
- Emotional health
- Looking to the future
- MS Society programs and services
- Strategies for living with chronic illness

ADDITIONAL RESOURCES



For other counseling needs, contact an MS expert at the Minnesota Chapter.

MS experts can answer questions about living with MS and connect you to resources.

Claire, Heather, Jaclyn and Sarah,
612-335-7900

Champions

Make a connection for a cure.



“Champions is about more than telling your story to a cyclist, it’s about changing lives and making a difference. The team I championed for has inspired me to get through each day of my marathon with MS. And I like to think I inspired them up each hill and through every mile of their 150-mile bike ride.”

– David Chaikin, diagnosed 1992

Every year, hundreds of thousands of event participants and people living with multiple sclerosis come together to ride and walk to raise funds to end MS.

Champions, formerly known as Champions Against MS, is a volunteer program that strives to connect people living with MS with event participants to foster education, gratitude and most importantly, hope. Both of you are champions in our eyes.

This year during the Bike MS: Larkin Hoffman MS 150 Ride, participants will wear blue bandanas signed by a person living with MS. Each pair — one person with MS and one event participant —

is encouraged to connect before, during and after the event.

As a person living with MS and a Champion, you are adding depth to an event participant’s experience by helping him or her further understand our work to create a world free of MS. You provide your Champion with hope, inspiration and encouragement. Your Champion may be able to do the same for you.

Make a difference

If you are interested in volunteering with Champions as a program assistant, or if you are a person living with MS and would like to become a Champion please contact Rachel Ring at rring@mssociety.org or 612-335-7937.

Fitness and MS

Become a conqueror of your MS by learning the importance of emotional and physical fitness.

March 6 ■ Hudson

April 3 ■ Minneapolis

Living positively with multiple sclerosis commands effort. Both emotional and physical fitness is a key element in maintaining overall health and preparedness for a world free of MS.

Join Tom Holtackers, physical therapist, author and person living with MS and explore:

- How wellness concepts may alter your life with MS
- Ways to turn negative consequences into positive outcomes
- How to motivate positive change
- Ways to transition from survivor to conqueror

Program participants will receive a free copy of Holtackers' book, "It Takes Courage: Coping with a Chronic Illness."

ADDITIONAL RESOURCES



Movement for Living

Learn about managing spasticity.

March 11 teleconference.

Visit www.movementforliving.com for more information and registration.

Sponsored by Medtronic, Inc.

"As I learned to react positively to life in spite of my illness, I eventually became a survivor. However, when I began living my life proactively because of my illness, I became a conqueror."

– Tom Holtackers, diagnosed 1980



Fitness and MS

Space is limited. Registration form must be received by five days before the program date.

Please print

ID# (from mailing panel) _____

Name _____

Address _____

City _____

State _____ ZIP _____

Home phone _____ - _____ - _____

Work phone _____ - _____ - _____

E-mail _____

Complete names of others attending:

Please select location:

- Hudson
MNM0CEDW20080306HUD
- Minneapolis
MNM0CEDW20080403MPL

Special accommodations:
If you need any special accommodations such as an ASL interpreter, vegetarian meal, or transportation please call 612-335-7970 to make arrangements. Requests must be received by the registration deadline date.

Various dates and locations

7 – 9 p.m.

6:30 p.m. Check-in and refreshments

7–9 p.m. Fitness and MS – Tom Holtackers

Locations

March 6

Hudson

Best Western Hudson House Inn
1616 Crestview Drive
Hudson, WI 54016
715-386-2394
www.bookbestwestern.com

April 3

Minneapolis

Four Points by Sheraton
1330 Industrial Blvd.
Minneapolis, MN 55413
612-331-1900
www.starwoodhotels.com

Program fee

There is no fee for this program.

Register

Online or by phone

Visit www.mssociety.org or call 612-335-7970.

By mail

Mail registration form to the National MS Society.
National MS Society, Minnesota Chapter
200 12th Ave. S., Minneapolis, MN 55415

DVD or video

A DVD or video of the program is available in the chapter's lending library. Visit www.mssociety.org and click on Library & Literature or call 612-335-7947.

Questions

For more information, contact Timothy Holtz at 612-335-7930 or tholtz@mssociety.org.

Planning Made Easy

Take control of your future.

March 15 ■ Minneapolis

Planning is important for everyone, especially for people living with a chronic disease like multiple sclerosis. You can and should plan for your future and get your estate in order no matter your income, asset level, age or family makeup. With the right estate plan in place, you can have peace of mind knowing you are able to meet your personal goals. It can also help you take greater control of your financial future.

Featured presenters

Frances Long and Laurie Hanson of Long, Reher & Hanson, P.A., are elder law attorneys who work with people with disabilities addressing estate planning and long-term care needs. Both are affiliated with the Elder Law Section of the Minnesota State Bar Association and are frequent speakers on these issues. Long is a member of the National MS Society, Minnesota Chapter Board of Trustees and serves on the chapter's Government Relations Committee and Long-term Services Sub-Committee. Hanson is a member of the chapter's Government Relations Committee and the National Academy of Elder Law Attorneys.

All attendees will receive a complimentary copy of "Adapting: Financial Planning for a Life with MS" and are eligible for door prizes.

In this workshop specifically designed for people with MS, you will learn:

- How you can manage and protect your assets
- The value of a power of attorney and health care directives
- Why you should have a will and the nuts and bolts of probate
- The advantages of setting up a special needs or pooled trust
- How to navigate the Medical Assistance maze



Planning Made Easy

Space is limited. Interest form must be received by March 7.

Please print

ID# (from mailing panel) _____

Name _____

Address _____

City _____

State _____ ZIP _____

Home phone _____ - _____ - _____

Work phone _____ - _____ - _____

E-mail _____

Complete names of others attending:

Special accommodations:

If you need any special accommodations such as an ASL interpreter, vegetarian meal, or transportation please call 612-335-7970 to make arrangements. Requests must be received by the registration deadline date.

March 15

9:30 a.m. – 2:30 p.m.

8:45 a.m. Check-in begins

9:30 a.m. Workshop begins

Noon Lunch

2:30 p.m. Workshop ends

Location

Four Points by Sheraton
1330 Industrial Blvd.
Minneapolis, MN 55413
612-331-1900
www.starwoodhotels.com

Program fee

There is no fee for this workshop.

Register

Online or by phone

Visit www.mssociety.org or call 612-335-7970.

By mail

Mail interest form to the National MS Society.

National MS Society, Minnesota Chapter
200 12th Ave. S., Minneapolis, MN 55415

Questions

For more information, contact Steve Korngable at 612-335-7974 or skorngable@mssociety.org.

Couple's Getaway

Viva Las Vegas: Learn to cope with the "crap shoot" called MS.



March 28 – 30 ■ Plymouth

Couples affected by multiple sclerosis will have an opportunity to gather for a weekend getaway at the lovely Radisson Hotel and Conference Center in Plymouth, Minn. Adjacent to a nature preserve, the hotel offers warm hospitality, an inviting atmosphere and top-notch service that will be sure to provide an enjoyable weekend.

The getaway is for people with MS and their spouses, partners or significant care partners. The getaway provides an opportunity to socialize with

other couples, learn new information and build supportive relationships.

This year's getaway theme is "Viva Las Vegas." The weekend features comedic and inspirational speakers, as well as a casino night, dancing and other Vegas-themed activities.

Couples will have leisure time for relaxation and optional activities during the weekend.

Couple's Getaway

Space is limited. Interest form must be received by March 7.

Please print

ID# (from mailing panel) _____

Name of person with MS

Name of spouse/partner

Address _____

City _____

State _____ ZIP _____

Home phone _____ - _____ - _____

Work phone _____ - _____ - _____

E-mail _____

Do not send payment with this form.

March 28 – 30

Plymouth

Friday, March 28

Enjoy dinner, meet new friends and unwind with comedic entertainment.

Saturday, March 29

Explore matters of relationships and dance the night away or tempt "lady luck."

Sunday, March 30

Learn how other couples affected by MS live successfully.

Location

Radisson Hotel and Conference Center

3131 Campus Drive

Plymouth, MN 55441

763-559-6600

www.radisson.com/minneapolismn_plymouth

Program fee

\$250 per couple. Fee adjustments available upon request.

Register

If you are interested in participating, complete the interest form. Do not mail a check with this form. After registering, you will receive a detailed packet of program information and a billing invoice.

By phone

Call 612-335-7970.

By mail

Mail interest form to the National MS Society.

National MS Society, Minnesota Chapter

200 12th Ave. S., Minneapolis, MN 55415-1255

Questions

For more information, contact Timothy Holtz at 612-335-7930 or tholtz@mssociety.org.

Travel Tips

Learn tips for safe and fun travel either on your own or with an MS Society travel opportunity.

April 5 ■ St. Paul

There is no reason to stay home when there is a world out there waiting for you to explore, even with a disability or chronic illness. Traveling is a great way to fulfill your dreams and meet exciting and dynamic people.

Join Minnesota Chapter programs manager Timothy Holtz to learn about traveling with a disability, accessible destinations and travel options available in collaboration with the MS Society. Travel professionals will be on hand to answer specific questions you might have about traveling.

At this program, you will also learn about the Minnesota Chapter's 2008 travel opportunities — the summer Alaska Cruise and the fall Canada cruise. These opportunities are designed to ease your travel worries with assistance from an MS-experienced guide, MS-certified nurse and a trained personal care attendant.

Participants of the program will also be the first to learn about 2009 excursions.

Whatever your travel plans may be, you do not want to miss the opportunity to hear these travel tips and learn about fun, accessible adventures.



Travel Tips

Space is limited. Registration form must be received by March 28.

Please print

ID# (from mailing panel) _____

Name _____

Age _____

Address _____

City _____

State _____ ZIP _____

Home phone _____ - _____ - _____

Work phone _____ - _____ - _____

E-mail _____

Complete names of others attending:

Special accommodations:

If you need any special accommodations such as an ASL interpreter, vegetarian meal, or transportation please call 612-335-7970 to make arrangements. Requests must be received by the registration deadline date.

Saturday, April 5

11 a.m. – 2 p.m.

10:30 a.m. Check-in begins

11–noon Brunch

Noon Travel tips and opportunities

Location

Midland Hills Country Club

2001 Fulham St.

St. Paul, MN 55113

651-631-0440

www.midlandhillsc.org

Program fee

There is no fee for this program.

Register

Online or by phone

Visit www.mssociety.org or call 612-335-7970.

By mail

Mail registration form to the National MS Society.

National MS Society, Minnesota Chapter

200 12th Ave. S., Minneapolis, MN 55415-1255

Questions

For more information, contact Timothy Holtz at 612-335-7930 or tholtz@mssociety.org.

Women's Getaway

Mardi Gras: Putting soul in your life.



April 11 – 13 ■ Minneapolis

The Women's Getaway provides women with multiple sclerosis an opportunity to socialize with other women affected by MS, have fun, build support relationships and learn ways to cope with the changes MS brings to life.

This year's theme will focus on ways to put soul back in your life. The Mardi Gras festivities and speakers will dish-up "soul food" for the mind, body and soul.

The getaway will be held at the Radisson Plaza Hotel. With a prime location in the heart of

downtown Minneapolis just steps away from shopping and entertainment, the hotel offers the kind of warm hospitality, inviting atmosphere and top-notch services sure to please attendees.

The weekend agenda includes:

- Entertainment
- Fun
- Mardi Gras-themed activities and cuisine
- Motivational and educational speakers
- Opportunities to build friendships

Women's Getaway

Space is limited. Interest form must be received by March 21.

Please print

ID# (from mailing panel) _____

Name _____

Address _____

City _____

State _____ ZIP _____

Home phone _____ - _____ - _____

Work phone _____ - _____ - _____

E-mail _____

Do not send payment with this form.

April 11 – 13

Minneapolis

Friday, April 11

Check-in, connect with other women and enjoy a New Orleans-themed dinner.

Saturday, April 12

Learn how to put soul in your life. Enjoy afternoon activities or shopping and then prepare for the evening Mardi Gras party.

Sunday, April 13

Get inspired and motivated at the morning jazz brunch.

Location

Radisson Plaza Hotel
35 S. Seventh St.
Minneapolis, MN 55402
612-339-4900

Program fee

\$150 per person. Fee adjustments available upon request.

Register

If you are interested in participating, complete the interest form. After completing the form, you will receive a detailed packet of program information. Do not mail check with this form.

By phone

Call 612-335-7970.

By mail

Mail interest form to the National MS Society.
National MS Society, Minnesota Chapter
200 12th Ave. S., Minneapolis, MN 55415-1255

Questions

For more information, contact Timothy Holtz at 612-335-7930 or tholtz@mssociety.org.

Youth Camp

Share exciting adventures with other youth affected by MS.

June 15 – 20 ■ Finland

For kids who have a:

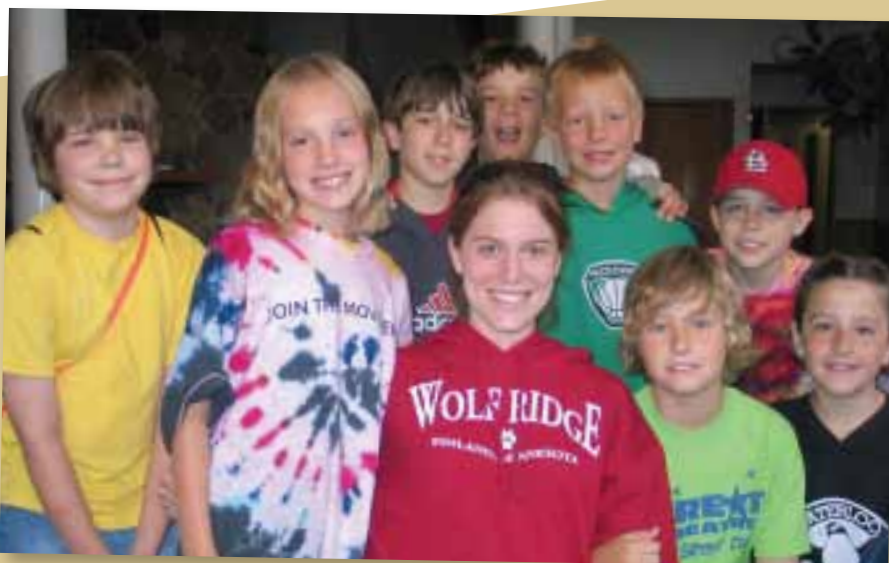
- Parent
- Grandparent
- Aunt, uncle, sibling or
- Other close relative with MS



Youth Camp is a great time to have fun with others, share exciting adventures and build friendships. Youth Camp is for youth who have a parent, grandparent or other close relative with MS in their family. Participants must have completed third grade to attend Youth Camp and the program is open to youth up to age 18. Teens age 18 have the option to attend as a camper or apply to be a “counselor in training.” Youth camp is an active program in an adventurous place.

Camp activities include:

- Adventure hikes
- Campfires
- Canoeing
- Creative activities
- High ropes course
- Indoor climbing wall
- MS education
- Swimming
- and more



Teen Adventure

Teens will go on an exciting out-of-camp adventure during part of their time at Youth Camp. Younger teens will spend a night out of the main camp, while older teens head out for an overnight canoe trip. Both groups will enjoy making their own meals, telling stories around the campfire and soaking up the beauty of the North Woods. No experience is necessary and Wolf Ridge will provide special equipment.

Youth Camp

Space is limited. Interest form must be received by March 7.

Please print

ID# (from mailing panel) _____

Parent Name _____

Address _____

City _____

State _____ ZIP _____

Home phone _____ - _____ - _____

Work phone _____ - _____ - _____

E-mail _____

Youth('s) name(s) and age(s):

My child(ren) will ride the bus from (check one):

- Brainerd
- Duluth
- Minneapolis
- North Branch
- Rochester
- St. Cloud

I know someone who would be a great camp counselor or nurse.

Do not send payment with this form.

June 15 – 20

Finland

Location

The beautiful Wolf Ridge Environmental Learning Center on the North Shore in Finland, Minn., includes two lakes and a view of Lake Superior. Campers will stay in comfortable, modern dormitories and eat healthy meals in a cafeteria.

www.wolf-ridge.org

Supervision

Adult volunteer counselors and highly-trained Wolf Ridge staff lead programs and supervise campers at all times.

Getting to camp

Chaperoned buses will transport youth to and from camp from six different locations:

- Brainerd
- Minneapolis
- Rochester
- Duluth
- North Branch
- St. Cloud

Program fee

\$125 per child. Do not send a check with the interest form. Upon acceptance, you will receive a billing invoice. Fees are available upon request.

Register

Online or by phone

Visit www.mssociety.org or call 612-335-7970.

By mail

Complete and return the interest form by March 7. An application will be mailed to you.

Note: Completing an interest or application form does not guarantee acceptance. Applications are reviewed to determine if medical and safety needs can be met. In some cases, individual needs may be greater than we can accommodate at Youth Camp. Upon acceptance, you will receive detailed information and a billing invoice.

Questions

For more information, contact Nancy Dawn Van Beest at 612-335-7936 or ndvanbeest@mssociety.org.

Face Time with Your Local Neurologist

Get answers straight from the source. Neurologists from local MS clinics host these informal, question-and-answer style sessions about living with MS and research.

MS Treatment and Research Center at the Minneapolis Clinic of Neurology



Join Dr. Gary Birnbaum and Jane Iverson, R.N.

Monthly at 6 p.m.

Perpich Center for Arts Education, Glass Box Conference Room 6105
Hwy. 55, Golden Valley, MN 55422, 763-591-4700

Topics: March 5 MRI: What it is, what it is not

April 9 Answering your questions about fatigue

Please R.S.V.P. at 763-302-8282, ext. 4823.

Dr. Gary Birnbaum

St. Mary's Duluth Clinic MS Center



Join Dr. Gary Beaver and Missy Rosin, MS-certified nurse

Every other Wednesday at 6 p.m.

Radisson Hotel Duluth Harborview
505 W. Superior St., Duluth, MN 55802, 218-727-8981

Topics: April 2 What is MS

April 16 What is an attack and what is a pseudo attack

For more information, contact St. Mary's Duluth Clinic MS Center at 218-786-8270.

Dr. Gary Beaver

Face Time with Your Local Neurologist

The Schapiro Center for MS at the Minneapolis Clinic of Neurology



Dr. Randy Schapiro



*Dr. Jonathan
Calkwood*

Join Dr. Randy Schapiro and Dr. Jonathan Calkwood

Every Wednesday from 1 to 2:30 p.m.

Regency Hospital, 4101 Golden Valley Road, Golden Valley, MN 55422, 763-588-2750

- Topics:
- Feb. 20 What is an attack in MS?
 - Feb. 27 The magic and myth cures in MS
 - March 5 Medicare issues and MS
 - March 12 Aging with your MS
 - March 19 Managing dizziness and vertigo
 - April 2 Financial issues living with MS
 - April 9 The role of the pharmacist in MS

For more information, contact the Schapiro Center for MS at 763-302-4199.

University of Minnesota MS Center



Dr. Gareth Parry

Join Dr. Gareth Parry and Denice Wax, MS-certified nurse

Monthly at 6 p.m.

The Fairview MS Achievement Center, 2200 University Ave., Suite 140, St. Paul, MN 55114, 612-672-2675

Topics: March 10 Nutrition and exercise

Every Sunday from 4 to 6 p.m.

MS Learning Community

Not your average support group for families of all ages. Adult and children groups lead by family therapists.

For more information, contact the University of Minnesota MS Center at 612-626-2675.

What's online?

MS Learn Online

Since its first broadcast in 1999, MS Learn Online — the National MS Society's Internet program — has been a successful way to educate people about multiple sclerosis. View pre-recorded webcasts to learn more about MS from the convenience of home. Programs cover a wide variety of topics including information for people newly diagnosed, people with progressive MS and care partners and basic facts about MS, symptom management, employment and intimacy.

Each program may include:

- Additional resources
- Audio broadcast
- Program transcript (PDF format)
- Slide presentation
- Survey
- Technical support instructions

Upcoming webcasts

Pre-recorded MS Learn Online programs premiere on their corresponding date and are available for at least one year after. Pre-registration is not required.

You may sign-up for the e-mail list to receive notification of upcoming topics at www.nationalmssociety.org (click on Living with MS then click on Webcasts and Podcasts then click Sign Up under Join our Mailing List).

Viewing a webcast

You may view any of the webcasts by clicking on the program title. These programs require various streaming media software (i.e. Windows Media Player, RealPlayer, etc.).

Transcripts

A written transcript of every webcast is provided, after its premiere. Transcripts may be downloaded and/or printed after registering for a program.



Additional resources



MS Learn Online
www.nationalmssociety.org

(click on Living with MS and then click on Webcasts and Podcasts).

Exercise

Studies show exercise not only improves your overall health and well-being, but can also help to manage many MS symptoms. Read about people with MS who are moving forward through exercise and find an exercise program in your community.



Featured group

Minneapolis Yoga class

The MS Yoga class — held at the Uptown YWCA in Minneapolis — helps people with MS learn simple Yoga skills to improve respiratory functioning, refine coordination and balance, increase mobility and rejuvenate the nervous system. Instructor Lisa First provides feedback in a friendly and supportive environment.

What is your exercise group doing to move forward with MS?

If you want to be the next featured group, e-mail your stories and photos to Emily at ewilson@mssociety.org.

WATER EXERCISE

Albert Lea

Family YMCA
Bill Villarreal, 507-373-8228
T/R, 1–2 p.m.

Alexandria

Lakes Area Recreation held at
Arrowwood Resort Pool
Kelly Wencil, 320-762-2868
M/W 4:30–5:30 p.m.
T/R 9–10 a.m.

Andover

YMCA
Delores Smith, 763-230-6546
R, 11 a.m.–noon

Bemidji

Peak Performance
Carson Stensland, 218-751-1879
T/R, 6–7 p.m.

Burnsville

Minnesota Valley, YMCA
Nanette Denk, 952-435-9022
T/R, 9–9:45 a.m.

Coon Rapids

Emma B. Howe Northtown
YMCA
Joel Giedlinski, 763-717-1859
T/R, 11 a.m.–noon

Detroit Lakes

Detroit Lakes Community &
Cultural Center
Kim Bettcher, 218-844-4221
Call for details.

Duluth

Duluth Clinic, Fitness
& Therapy Center
Erica Strage Fruehling,
218-786-5400
Low impact M/W, 10–11 a.m.,
Water exercise F, 10–11 a.m.

Eagan

Southwest Area YMCA
Trenne Fields, 651-456-9622
T, 9–10 a.m.

Eden Prairie

Community Center
Beth Degree, 952-949-8447
M/W, 11–11:45 a.m.

Golden Valley

Courage Center
Kaari Hilgert, 763-520-0385
T/R, 1–2 p.m.

Grand Rapids

Itasca County Family YMCA
Sue Beer, 218-327-1161
T, 9:30–10:30 a.m.

Inver Grove Heights

The Grove
Amy Crary, 651-554-3420
M/W, 10–11 a.m.

Mankato

Mankato East High School
Pam Schreiner, 507-388-7652
March 17–May 19, M, 6–7 p.m.

Mankato Family YMCA
Joy Leafblad, 507-345-9813
W, 5–6 p.m.

Marshall

YMCA
Doug Goodman, 507-537-6767
M, Sept. 10–Nov. 12,
4:30–6:30 p.m.

New Hope

Northwest YMCA
Laura Kueny, 763-592-5515
T/R, 11 a.m.–noon

New Richmond, Wis.

Family YMCA
Carissta, 715-246-2252

Perham

Community Center
Marie Hanson, 218-346-7222
T/R, 8:30–9:30 a.m.,
W, 11–11:45 a.m.

St. Cloud

Family YMCA
Will Hurst, 320-253-2664
M/W/F, 9:30–10:30 a.m.

Stillwater

Courage St. Croix
Joanie Kiminski, 651-439-8283
M, 10–11 a.m.

Virginia

Mesabi Family YMCA
Becky Zubich, 218-749-8020
T/R, 1–2 p.m.

Waconia

Safari Island
Sara Johnson 952-442-0695
M–F, 8:30 a.m.

Staples

Staples Community Center
Kevin Grondahl, 218-894-2553
W/F, 11 a.m.–noon

St. Paul

Humboldt Senior High School
Christine Grauman,
651-632-6020
M/R, 5:30–6:20 p.m.
S, 8:30–9:20 a.m.

YOGA

Bemidji

Voyageurs High School
Dionne Daly, 218-766-9262
M, 4–5 p.m.

North Country Hospital
Education Center
Dionne Daly, 218-766-9262
S, 10–11 a.m.

Minneapolis

Uptown YWCA
Daina Person, 612-215-4205
F, Noon

New Hope

Northwest YMCA
Amy Bakken, 763-592-5570
W, 11:25 a.m.–12:25 p.m.

GROUP EXERCISE

Shoreview

Harbor Suites
Megan Frost, 651-766-0080
M/W, 10:30–11:30 a.m.

Tai Chi Chih for Balance Mankato

Centenary United Methodist
Church, 501 S. Second St.
Rich Schreiner, 507-388-7652
Jan 7–March 10

M= Monday R = Thursday
T = Tuesday F = Friday
W= Wednesday S = Saturday

Featured group Stillwater Couples

“The Stillwater group offers couples living with MS a chance to support one another and their families by listening, empathizing, and sharing their challenges and successes. Many of the couples get together monthly for a casual dinner at some of our favorite restaurants.”

— Jean and Daniel Rude, self-help group leaders

The group meets the second Saturday of the month for two hours.



Clubs and Groups

Join an MS club or group to connect with other people affected by MS, enjoy lively discussions, learn valuable information and ways to cope with challenges, have fun and be inspired. Read about groups and clubs that are moving forward together and find a club or group in your community that's right for you.

BOOK CLUBS

Apple Valley

First Friday of the month
10 a.m.
Barnes & Noble

Duluth

Fourth Tuesday of the month
11 a.m.
Barnes & Noble

Eden Prairie

Last Monday of the month
9:45 a.m.
Barnes & Noble

Maple Grove

Fourth Tuesday of the month
10 a.m.
Barnes & Noble

Maplewood

Fourth Wednesday of the month
6:30 p.m.
Bakers Square

Minneapolis

Second Tuesday of the month
7 p.m.
Kingsley Commons

Rochester

Fourth Tuesday of the month
5:30 p.m.
Barnes & Noble Apache Mall

Roseville

First Tuesday of the month
10 a.m.
Barnes & Noble Har Mar

Staples

First Tuesday of the month
5:30 p.m.
The Spot Café

SELF-HELP GROUPS

New group

Austin

Beginning Feb. 4
First Monday of the month
6:30 p.m.
Grace Lutheran Church

For care partners

Bemidji Care Partners

Third Saturday of the month
10 a.m.
North Country Regional Hospital

Elk River Care Partners

For information, contact Ralph
at 763-441-2630

Perham Care Partners

Last Tuesday of the month
1 p.m.
Calvary Lutheran Church

St. Louis Park Care Partners

Third Tuesday of the month
6:30 p.m.
St. Louis Park City Hall

St. Paul Care Partners at MSAC

Second Tuesday of every
other month
7 p.m.
MS Achievement Center

For couples

Stillwater Couples

Second Saturday of the month
Noon
Courage Center

For GLBT

St. Paul GLBT: Gay, Lesbian, Bisexual, Transgender Living with Chronic Illnesses and Disability

First Tuesday of the month
6 p.m.
Metropolitan Center for
Independent Living

For men

Metro Area It's Just Breakfast (with the guys)

Various Saturdays of the month
10 a.m.
Different restaurant each
month

For newly diagnosed

New Hope Newly Diagnosed

Third Saturday of the month
10 a.m.
Parish Community of St. Joseph

For people of color

Metro Area MS Group for People of Color

Second Saturday of the month
10 a.m.
Wayman AME Church in
Minneapolis

For people mildly affected by MS

Southwest Metro MS group for mildly affected

Fourth Saturday of the month
10 a.m.
United Methodist Church in
Eden Prairie

For professionals

Let's Lunch: professionals living with MS

Third Saturday of the month
11 a.m.
Chatterbox Pub in St. Paul

For singles

St. Paul Maximize Being Single

Second Saturday of the month
10 a.m.
Fairview MS Achievement
Center

For women

Maplewood Peer Emotional Support Women's Group

Third Thursday of the month
6:30 p.m.

Gustavus Adolphus Lutheran Church

General self-help groups

Aitkin

Third Monday of the month
1 p.m.
Access North

Albert Lea

Second Monday of the month
7 p.m.
Grace Lutheran Church

Alexandria

Second Monday of the month
5 p.m.
St. Mary's Office Building

Apple Valley

First Thursday of the month
9:30 a.m.
Christ Church

Arrowhead region

Second Friday of the month
1 p.m.
Babbitt Municipal Building

Belview

Third Thursday of the month
7:30 p.m.
Parkview Home

Bemidji

Third Saturday of the month
10 a.m.
North Country Regional Hospital

Benson

Fourth Tuesday of the month
7 p.m.
Westwood Manor Apartments
No meetings Dec.–Feb.

Bloomington

First Wednesday of the month
7 p.m.
Nativity of Mary Church

Blue Earth

Fourth Monday of the month
7:30 p.m.
Senior Citizen's Center

Brainerd/Tri-County

Second Tuesday of the month
9:30 a.m.
Sawmill Inn

Burnsville/Apple Valley

First Tuesday of the month
7 p.m.
Fairview Education Center in Burnsville

Canby

Second Thursday of the month
4 p.m.
Sioux Valley Canby Campus

Chaska

Third Tuesday of the month
12:30 p.m.
Chaska Library

Coon Rapids North Suburban

Second Wednesday of the month
7 p.m.
Coon Rapids City Center

Detroit Lakes

Second Monday of the month
6 p.m.
Lincoln Park Assisted Living

Duluth

First Tuesday of the month
11:30 a.m.
Bethany Baptist Church

Eden Prairie

Third Tuesday of the month
7 p.m.
Wooddale Church

Elk River

First Wednesday of the month
6:30 p.m.
Guardian Angels

Fergus Falls

Second Wednesday of the month
11:30 a.m.
United Church of Christ

Forest Lake Area

Second Thursday of the month
6:30 p.m.
The Meadows for Assisted Living

Gaylord

First Sunday of the month
7 p.m.
Lakeview Home

Gibbon

Third Saturday of the month
9:30 a.m.
Gibbon Community Center

Golden Valley

Second Monday of the month
7 p.m.
Golden Valley Lutheran Church

Grand Rapids

Second Thursday of the month
12:30 p.m.
Grand Rapids Public Library

Hibbing

Last Thursday of the month
1 p.m.
Open Door Church

Hutchinson

Second Monday of the month
6:45 p.m.
Christ the King Lutheran Church

Lake Elmo

Third Wednesday of the month
11:30 a.m.
Christ Lutheran Church

Litchfield

Fourth Tuesday of the month
7 p.m.
Meeker County Memorial
Hospital

Luverne

Third Thursday of the month
7:30 p.m.
Rock County Family Services

Mankato

Second Thursday of the month
7 p.m.
ISJ Physical Medicine, Madison
East Center

Maple Grove

Second Saturday of the month
10 a.m.
St. Joseph the Worker Church

Maple Lake/Annandale

Third Monday of the month
Noon
Maple Manor East in Maple
Lake

Minneapolis

Last Saturday of the month
10 a.m.
Kingsley Commons

Mora

Second Monday of the month
7p.m.
Kenebec Hospital

New Ulm

Third Tuesday of the month
7 p.m.
Oak Hills Living Center

Oakdale

First Saturday of the month
10:30 a.m.
Oakdale Library

Paynesville

Second Thursday of the month
6 p.m.
Rose Community Center

Perham

Last Tuesday of the month
1 p.m.
Calvary Lutheran Church

Pierz/Little Falls

Third Monday of the month
3 p.m.
Bethel Lutheran Church

Princeton

Third Saturday of the month
10 a.m. Fairview
Northland Regional Hospital

Rochester

Second Wednesday of
the month
7 p.m.
Meadow Lake Senior Living

Roseville

Second Wednesday of
the month
6:45 p.m.
Roseville City Hall

St. Anthony/New Brighton

Fourth Tuesday of the month
6 p.m.
Christ the King Lutheran Church
in New Brighton

Staples

Second Wednesday of the
month
4 p.m.
Lakewood Care Center

St. Cloud

Second Wednesday of the month
7 p.m.
Easter Seals Office

St. Cloud-Granite City

First Tuesday of the month
4 p.m.
Whitney Center

St. Croix Falls

Third Saturday of the month
2 p.m.
Good Samaritan Nursing Home

St. Paul Care to Share

Second Wednesday of the month
7 p.m.
Macalester Plymouth Church

Stillwater

Third Wednesday of the month
6 p.m.
Courage Center

Superior

Second Tuesday of the month
6 to 8 p.m.
Superior Public Library

Thief River Falls

Second Saturday of the month
10 a.m.
Zion Lutheran Church

Waseca

Third Monday of the month
7 p.m.
Waseca Medical Center

Wayzata-Suburban West Hennepin

First Thursday of the month
1 p.m.
Wayzata Community Church

West St. Paul

First Monday of the month
7:30 p.m.
Augustana Lutheran Church
No meetings Dec.–Feb.

Willmar

First Tuesday of the month
7 p.m.
Bethesda Pleasant View Nursing Home

Windom/Cottonwood County

Third Tuesday of the month
7 p.m.
ALC Lutheran Church

Woodbury A.M.

Second Thursday of the month
9:30 a.m.
King of Kings Lutheran Church

Woodbury P.M.

Fourth Tuesday of the month
7 p.m.
St. Ambrose of Woodbury

Additional resources

Book clubs

For more information about book clubs, visit www.mssociety.org. Click on Client Programs, Clubs and Groups and then Book Clubs. If you would like to start a book club in your area, contact Jeannie Zank at 612-335-7939 or jzank@mssociety.org.

Self-help groups

For more information about self-help groups, visit www.mssociety.org. Click on Client Programs, Clubs and Groups and then Self-help Groups. If you would like more information about a group or would like to start one in your area, contact Jeff Fisher at 612-335-7951 or jfisher@mssociety.org.



Didn't find what you're looking for?

Use this all-in-one directory to find the programs, services and resources that are right for you.

Advocacy

Joel, 612-335-7933

Camps and getaways

Getaways for care partners, couples, families, men and women

Timothy, 612-335-7930

MS Camp

Jeannie, 612-335-7939

Youth Camp

Nancy Dawn, 612-335-7936

Champions

Rachel Ring, 612-335-7937

Clubs and groups

Book clubs

Jeannie, 612-335-7939

Self-help groups

Jeff, 612-335-7951

Education programs

Timothy, 612-335-7930

Emergency assistance

Scott, 612-335-7967

Equipment programs

Equipment Loan

Equipment Exchange

Scott, 612-335-7967

Exercise programs

Jeannie, 612-335-7939

Family, youth and care partner programs

Nancy Dawn, 612-335-7936

Giving to the MS Society

Shannon, 612-335-7928

Rachel Hughes, 612-335-7965

Housing

Steve, 612-335-7974

Independent Living Grants

Grants are available for care partner relief, aids for daily living, adaptive equipment and home modification.

Scott, 612-335-7967

Chore services

Kari, 612-335-7968

Information and Referral Center

MS experts can answer questions about living with MS and connect you to resources.

Claire, Heather, Jaelyn and Sarah, 612-335-7900

Inservices for companies and organizations

Steve, 612-335-7974

Lending Library

Claire, 612-335-7938
Heather, 612-335-7947

Mentor Program

Cathy, 612-335-7964

Professional education

Megan, 612-335-7955

Volunteer opportunities

Timothy (Programs),
612-335-7930
Will (Events), 612-335-7992

Walk MS, Bike MS and motorsport events

Cortney, 612-335-7951

**Calling from Greater Minnesota?
Call 1-800-582-5296.**

Helping people with MS remain independent

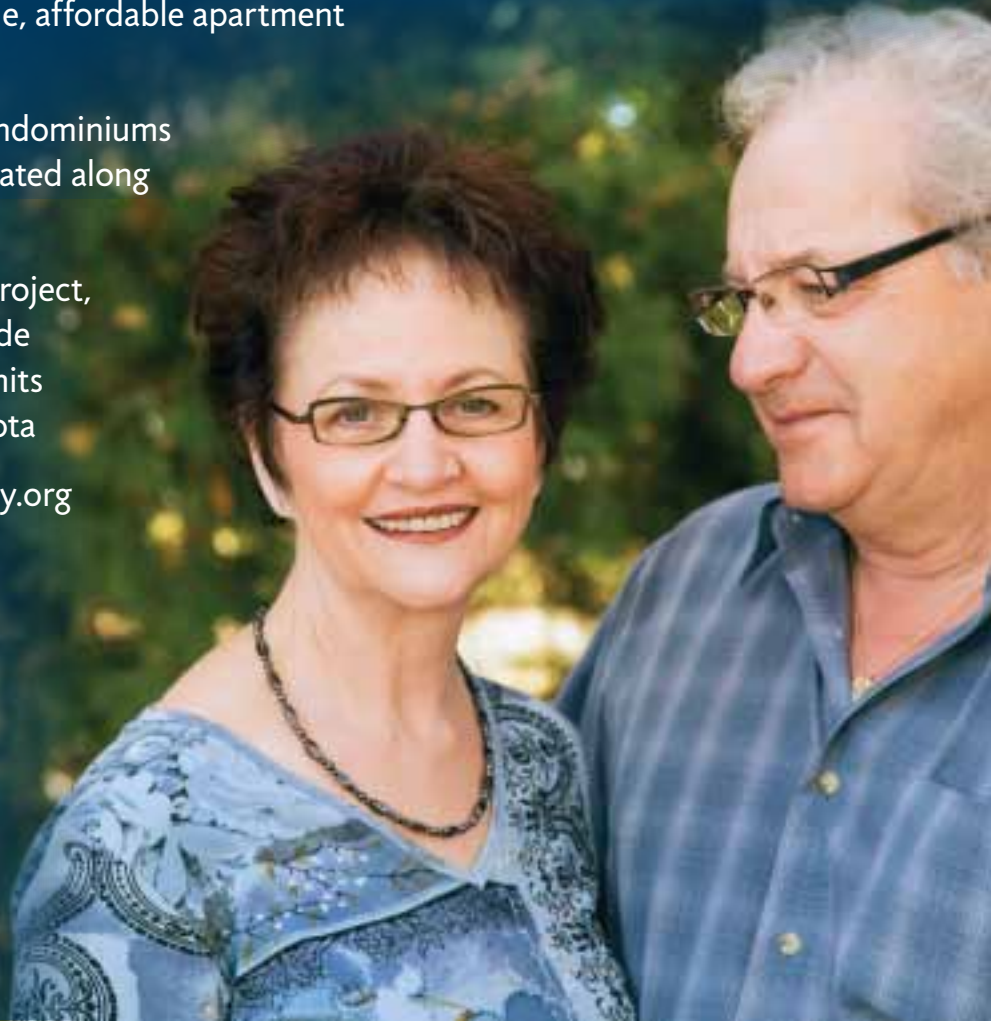
Accessible housing options:

- Kingsley Commons – Accessible, affordable apartment building for people with MS
- Olin Crossings – Accessible condominiums with personal care services located along the Hiawatha Light Rail Line
- Van Cleve apartments – This project, still in development, will provide accessible, affordable family units near the University of Minnesota

To learn more, visit www.mssociety.org or contact Steve Korngable at 612-335-7974 or skorngable@mssociety.org.



National
Multiple Sclerosis
Society
Minnesota
Chapter



Lifetimes closer to a cure.

Throughout your life, you work hard to save money for retirement. But when you are gone, who gets the remainder? Once you've provided for your loved ones, consider a gift to the MS Society.

Because the money you work a lifetime to save can bring us lifetimes closer to a world free of MS.

JOIN THE MOVEMENT

Retirement plans are one of the best assets to leave to charity because as a charitable gift they escape income and estate tax. To learn more about naming the National MS Society as a beneficiary of your retirement account after death, contact Shannon at 612-335-7928 or swolkerstorfer@mssociety.org.