

August 2009

MS Quality of Life Project

Wellness

- Dr. Bowling's Talk
- Clients & Wellness
- Laughter is Great
Medicine
- MSQLP Programs &
Wellness
- Water Aerobics

BOARD OF DIRECTORS

Donna Krasnow
Chair
Paul Englund
Treasurer
Gene Harter
Secretary
Ron Gaasch
Marilyn Howell, LMFT
Mary Lou Schaeffer, RN
Mary Wessling, PhD
Richard Howell
Andrea Dowdall, MSW, MEd

ADVISORS

Ron Grubman, PhD
Dr. Michael Berly
Charles Horowitz, PhD
Dr. Alejandro Centurion
Ted Nash
Wes Johnson
Mark Clements
Cynthia Nelson
Ame Wells, RN
MaryLee Johnson
Marie Swank
Newsletter Editor

STAFF

Victoria Scaccia
Outreach Assistant
Narit Gessler
Outreach Coordinator
Kim King
*Office Manager/
Development*

BOARD MEMBERS

EMERITUS
Dr. Gerard Lehrer
Lotte Marcus, PhD

501 (c)(3) Non Profit Public Benefit Corporation

Wellness

**By Donna Krasnow,
MSQLP Board Chair**

Wellness – are we talking about MS or MSQLP? If wellness means an overall balance of your physical, social, spiritual, emotional, intellectual, environmental, and occupational well-being, well, it could be either, quite frankly. But let's start with MS. We know from your comments that Dr. Allen Bowling's presentation on wellness on April 18 at the Hyatt in Monterey was very well received. At the time we promised to share his information with those who were unable to attend and that is the purpose of this newsletter. In the first article Amy Lamb summarizes Dr. Bowling's message. Follow-up articles include comments from 11 MSers and 3 caregivers who share what they each do to bring balance and wellness into their own lives. I thank all those who spoke with me for that article. Amy Lamb writes an article on another aspect of wellness – humor. She attended the National MS Society's presentation on humor presented by Patty Wooten in Santa Cruz and summarizes what she learned. Finally, we describe MSQLP programs that address issues raised by Dr. Bowling. We hope you will consider participating in some or all of them.

But what about wellness and MSQLP? Given the economic

downturn, we are certainly struggling along with all the other non-profits out there but, as one of our board members said, "In reality, we are doing quite well for doing so badly." By that we mean we are still here. Yes, we had to cut staff but our core services remain. We still provide case management to the local MS community. All four support groups continue to meet monthly, our weekly water aerobics class gets in the water every Wednesday at the Monterey Sports Center, our newsletter is still published and our supportive therapy groups continue to meet. So what has changed? We no longer have a full-time social worker on staff. We conduct more business by telephone and less inside your homes. Thankfully, we have wonderful volunteer social workers and health care professionals helping us until we can hire another social worker and, like many organizations, we are turning to volunteers to help fill in gaps. If you are interested in volunteering, please call the office. We have many ways in which you could help.

Dr. Bowling's Talk

**By Amy Lamb Heckel RDH and
Donna Krasnow, Board Chair**

We offer a synopsis of Dr. Bowling's April 18, 2009 presentation in Monterey. Many of you may be familiar with Dr.

Bowling from his work with the Rocky Mountain Multiple Sclerosis Center, the books he has authored, or his “CAM” column in *Momentum*, the magazine of the NMSS (National Multiple Sclerosis Society.)

Allen Bowling MD prefers an integrative approach to treating MS. His approach combines CAM (complimentary and alternative medicine) with traditional western medicine. This philosophy is built upon five guiding principals, each of which we will now summarize.

Principle 1: Disease Medications

The best evidence for slowing the course of MS is attributed to the disease-modifying medications such as Avonex, Betaseron, Copaxone, Rebif, Tysabri, etc. These medications had to demonstrate effectiveness in order to be approved by the FDA as a treatment for MS.

Principle 2: Diet

Dr. Bowling states that a diet “relatively high in polyunsaturated fatty acids may decrease the severity of MS over time.” An example of PUFA (polyunsaturated fatty acids) is the omega 3 fatty acid that we have all heard of. Omega 3 is the fatty acid that has repeatedly had the most positive results. Research on these fatty acids goes back decades including isolated immune cells in test tubes, animal studies, and human studies.

Dr. Bowling suggests a diet that includes fish 2-3 times a week and has a relatively low intake of saturated fats. Since the goal is to decrease the activity of the immune system, he strongly urges MS patients to avoid supplements whose aim is to increase immune activity. These include echinacea, spirulina, ginseng, and cat’s claw.

It has been repeatedly proven that omega 3 (fish oil) mildly suppresses the immune system. The FDA regards fish oil as generally safe for long-term use. This is a good thing for those of us with the overactive immune systems associated with MS!

Principle 3: Wellness

Dr. Bowling isn’t crazy about the term “wellness.” It’s kind of fuzzy and has different meanings for different people but he can’t find a better term to replace it. When he thinks about the idea of wellness and MS he believes that optimism is the best protection that we can have. How much difference can optimism make? One of the more interesting cases he cited was a Mayo Clinic study that followed almost 1000 people over three decades. Participants took personality inventories and were accordingly placed into groups ranging from pure pessimists to pure optimists with mixes of the two in between. The study looked at how pessimism/optimism affected rate of death. The results of the study mirrored the continuum – the more pessimistic, the more at risk one was for dying during the test period. Optimists had the lowest risk. Other examples of mind-affecting-body are clinical trials where participants receiving placebos outperformed those taking the medications under study. The power of the mind is amazing. So, pessimism negatively affects our lives and bodies and optimism appears to do the reverse.

How can you create optimism? Dr. Bowling doesn’t mean putting on a happy face – that’s only skin deep, at surface-level. He wants us to go much deeper, to personally create optimism at our core. This level of optimism takes work to cultivate; it is not something achieved overnight. It may come from a spiritual path that one follows or from exercise like yoga or Tai Chi. It may come from using relaxation techniques like meditation and imagery exercises or from participation in support groups. Psychotherapy is underused in our culture, he believes, but it may produce the best long-term effects for pure psychological issues.

Whatever methods we use, it is important to strive for optimism. It may literally add years to our lives.

Principle 4: Exercise

Through the mid-1990s, doctors believed that

We all want it

Explore
complementary
and alternative
avenues

Let go of your
worries

Limited thinking
will hold you back

Now is the time to
balance your life

Embrace each day

Surround yourself
with positive
people

Stop looking back
and move forward.

**By Victoria Scaccia,
Volunteer and
Outreach Assistant**

exercise was not compatible with MS; they believed, in fact, that it was to be avoided because people with MS needed to conserve their strength. In the mid-90s, this theory was put to rest when study after study showed that the opposite was actually true. Instead of harming a person with MS, exercise had multiple positive effects on both walking and strength. More surprising to many was the positive correlation between exercise and emotions. Persons who included regular exercise in their daily lives experienced less depression and anxiety. It may also reduce anger and help prevent bowel, bladder, and heart problems.

Given that fatigue is probably the most common MS symptom, it is important to know that regular exercise appears to reduce it. This is not to suggest you are to go out and exercise after you are fatigued – that probably won't help! Rather, begin a regular exercise program and then watch for a gradual improvement in your level of fatigue.

Dr. Bowling so strongly believes in the value of regular exercise that he is unwilling to prescribe aggressive treatment to new patients who come to his office with several symptoms related to MS if they are not engaged in a regular exercise program. His belief is based on what he has observed over the years. Once patients begin a regular exercise program, many of their symptoms may lessen or even disappear within six months. He then has a better picture of their presentation of MS and can proceed to explore the best aggressive treatment for each of them.

As to which exercise is best, it is important to find what works for you. It doesn't have to be a

traditional exercise class. He reported on results of studies that showed, for example, positive benefits of Tai Chi and yoga. They each appear to improve walking, stiffness and give an overall improved sense of well-being. Water therapy can be especially helpful when dealing with stiffness and limited mobility. Do whatever works for you. Just get out there and start – or continue – a regular exercise program. It is good for you and your MS.

Principle 5: Symptom Management

MS symptoms vary widely from individual to individual, and sometimes, even hour to hour. Because fatigue is one of the most common symptoms of MS, Dr. Bowling used it as his example symptom. A diagnostic evaluation is good to help determine why you are experiencing fatigue. Is it a medication side effect? Is it related to heat intolerance? Understanding the underlying cause will make the management of any symptom easier.

Lifestyle adjustments may help you to conserve energy. Increasing your level of exercise (see previous sections) has actually been shown to increase energy levels. Cooling techniques can also be very beneficial. As little as a ¼ to ½ degree rise in core body temperature can cause symptoms to worsen. Why? Because even that small heat increase can make it more difficult for a demyelinated nerve to properly conduct impulses.

Very little research has been done on the effects of caffeine or vitamin B, but some MSers seem to find them helpful. Provigil© (modafinil) has shown the best results in medication studies. Although it may be tempting to turn to supplementation instead of making lifestyle changes, do not do it! Several "natural" supplements advertise an ability to increase your energy. Many will increase your immune system activity, which could

actually worsen your fatigue. Dr. Bowling especially warned against ginseng and spirulina (also known as blue-green algae.) He noted that not only is spirulina rather expensive but it may be contaminated with heavy metals.

Dr. Bowling kindly offered the following website for anyone interested in learning more <http://www.neurologycare.net/>

References:

<http://www.nationalmssociety.org/about-multiple-sclerosis/treatments/exacerbations/heattemperature-sensitivity/index.aspx>

MSQLP Clients and Their Thoughts about Wellness

How does Dr. Bowling's advice match the practices and beliefs of our MSQLP clients? I asked 14 people (11 persons with MS and 3 caregivers) to what they attribute their sense of "wellness" given they are each coping well with a most challenging disease. Here is what they shared:

Ginny Rettinger

I believe my husband's optimism has positively affected me. He has always believed that I am capable of leading a full life; that my disease does not mean I cannot travel or participate in all that our family does. He won't consider my non-participation in an activity. I have never given up. I don't want to stay put. I don't want to be in a wheelchair so I keep on fighting. At the moment I am frustrated about a recent injury to my hand that is slowing me down, but I believe it is temporary and that I will be back on track in the near future.

Mike Doza

I believe my support system is responsible for my sense of wellness. This includes my doctors, my wife, my son, my daughter (while she was alive), my extended family and my church. They all keep me balanced. I also believe it is important to understand my disease and comprehend what I can still do for myself. I am the one who is ultimately

responsible for bettering my quality of life.

Tammy Jennings

I attribute my wellness in the face of the challenges of my life to the work I have done with my therapist. He has helped me tremendously; he has kept me sane. I can talk with him about anything. As important as support groups have been to me, I have not always wanted to share the "dirtiest laundry," so to speak, but I have been able to share everything with him. I now know that life isn't over. It's worth living. It's a good place to be.

Carrieanna Hess

I believe it is really important to take risks, to face challenges head on instead of avoiding them. For me, the risk was switching to Tysabri. I knew it had significant side effects but it also seemed to offer a better quality of life, given my condition. I am grateful I took the risk because it has made an incredible difference. I have a life again. I also believe it is important to accept MS. If you can't accept it, you become miserable. Finally, the MSQLP support groups have been really important. I can share with others who understand what I am going through. Most people don't get it, but support group members do.

Jana Davis

1. I believe my strong faith has helped me maintain an attitude of wellness. I believe things will be all right; that I will be given the grace needed to cope with what I am given.
2. I surround myself with positive people who have positive outlooks. If something is negative, it's not in my life. I don't want to deal with negativity.
3. I believe it is important to work in some capacity – and if you can no longer work, volunteer. Everyone should be a source of service to others. I believe you feel better about yourself when you help others.
4. I believe you should do your best to look your best every day. You feel better when you are up and dressed.
5. When I feel overwhelmed, I use a tape recorder to record my thoughts

I blurt out everything. When I am calmer, I listen to what I said. I can then more calmly analyze what is going on and what I can do to resolve issues. It helps. The same thing could be done with a journal but, for me, a tape recorder is easier.

MaryLee Johnson

I try to not think about MS. I try to not make it my life. I have to deal with so many individual things – wheelchair problems, my voice diminishing, etc., that I use my energy to focus on the specific issues - not the totality of MS. Otherwise it is too overwhelming and dwelling on MS accomplishes absolutely nothing. There is much more to life.

Bill Wright

I think my stubbornness helps. For example, my doctor suggested I move my bedroom downstairs but I like the challenge of getting up the stairs. In fact I measure the time it takes. After my surgery it took 45 minutes to get to the top but this morning it took only 11. Tomorrow it might take 30, but I like the challenge. It keeps things interesting.

Terri Nash

You have to have a sense of humor. There is so much that is challenging about MS – if you don't maintain a sense of humor you'll end up crying! Focus on the positive.

Sue McFaddan

I know that having MS for more than 60 years gives me a unique perspective but have you ever noticed how some people (non-MSers) get really upset about an illness or condition that is minor compared to MS? I realize that I am able to see the big picture better than they can. You can't get upset over little things - including all the challenges of MS. You have to focus on the big picture. I've lived alone since my husband died 8 years ago so I now have to take care of everything. It's all up to me. If I don't take out the garbage, no one else will. You have to move on with your life.

Marie Swank

I have learned that I am best when I don't exhaust myself. Enough sleep is critical so I go to bed early, sleep in if needed or take a

nap in the afternoon. It makes a difference. I also feel best when I eat well – I watch my diet. I generally follow the Swank diet (no relation to me, by the way) but modify it to fit my needs. I use his recipes and generally avoid fats. I try to exercise as much as I can without going to the stage of fatigue. But, when all is said and done, a gin and tonic as an occasional treat is a lovely way to end a day. Balance.

Ruth Forsberg

When I was first diagnosed with MS I had the following realizations:

1. I needed to find someone supportive I could talk to about how I felt and how my struggle to cope was going.
2. I realized MS hits everyone differently so that I could have no sure knowledge of how bad or not so bad my situation would be. Therefore, there was always hope it would never progress to more than I could deal with. There was no point in wasting my energy scaring myself by fanaticizing about how bad it could be.
3. If it progressed to where I was more disabled or sick tomorrow or next week than today, and I looked back from that point, I knew I would be really pissed off with myself if I had wasted this day by not living it as well as I could.
4. I have a strong sense that at the core of our being there is an energy or force I relate to as God, in which there is love and wholeness for all creation. It is important for me to stay open to that and see my situation within that larger perspective.
5. I think of myself as a person on a spiritual journey and every day I have the opportunity to learn new lessons on my journey. I don't view myself as a sick or unwell person. I am simply on my journey and have challenges and limitations on what I can do.
6. I have learned to let go. Once something is gone or no longer possible, I don't waste my time thinking about it. The issue for me is what can I do now? The challenge is to do that.

Helpful things I have done:

1. I have listened to people with more experience and knowledge about possible solutions to challenges that may come up.

2. I made many physical alterations to my driving and living area before I actually needed them. I told myself I might never actually need the adaptations -- this made the changes less emotionally charged. I also felt a certain confidence that if I ever would need it, I already had it in place.
3. I changed from my beloved stick shift to an automatic car way before I could even imagine not driving with the stick. The day came when I realized it was not safe to rely on my leg reactions in an emergency. By adding hand controls to my automatic, I could keep on driving, no problem. Later I bought a van with a lift way before I could imagine needing it. When I started needing a scooter to get around all the time, it was no problem as I already had a car set up. I added grab bars and got a raised toilet before I needed them. I widened the internal doorways before I needed them. I added a ramp to the entrance of my condo after the first time I tripped on a stair. When I got a scooter it was no problem getting in and out of my house or driving to work. I added an overhead lift to my bathroom to take me from wheelchair to toilet to shower before I needed it. The handicapped shower I finally got works very well.

the benefits of humor. She offered each speaker the choice of a red clown nose or a button, which read, "Shift your Wit." She came equipped with props, stories, and a slide show which alternated between bullet points and cartoons. She was quite good at illustrating her ideas.

In one of my favorite exercises she demonstrated the importance of perspective. She had the audience stare into the palm of their hand and visualize the irritating people that were currently plaguing us. Then we were instructed to move that palm closer and closer to our nose showing how a perspective that places too much importance on one thing will block us from viewing/enjoying everything else.

Ms. Wooten describes herself as a "nurse humorist," seeing it as her responsibility to bring healing levity to both her patients and co-workers. Patty gave a handout offering answers to the question, "What can I do to bring opportunities for laughter into my life?" She focused on the healing effects of humor by discussing them, giving us a list to take home, and sharing examples from her own life – both professional and personal. Ms. Wooten made it clear that she has suffered tragedy in her life and that humor helped her to overcome it. She feels that humor can greatly benefit those dealing with disease.

The Association for Applied and Therapeutic Humor defines therapeutic humor as "Any intervention that promotes health and wellness by stimulating a playful discovery, expression or appreciation of the absurdity or incongruity of life's situations." As an MSer myself, I have been painfully aware of "the absurdity...of life's situations" and have struggled for ways to ease their impact. Keeping Patty Wooten's presentation in mind, I have been concentrating on "shifting my wit." Laughing at situations does help to keep them in perspective and frees up my energy for more important things. I believe that laughter is great medicine!

MSQLP Programs and Wellness

MSQLP offers many ways to address the steps in Dr. Bowling's program for health and MS.

Laughter is Great Medicine

By Amy Lamb Heckel, RDH

Humor, used effectively, is one pathway to wellness. I attended Patty Wooten, RN's presentation on the healing benefits of humor.

We have all heard the thought expressed that "laughter is great medicine" – but does anyone actually believe it? Yes! And some of the people that apparently do are the National Multiple Sclerosis Society. This is evidenced by the fact that they helped to sponsor a presentation on the healing benefits of humor given in Santa Cruz on June 20th.

What fun! The presenter was Patty Wooten RN. She began by asking the audience to describe

All of these programs are free for MSers and their caregivers.

Principle 1: Medication

The core of our program is Case Management – helping you meet the challenges of your disease. We work with you to identify objectives that, when met, will improve the quality of your life. We then help you meet these objectives. At this point in time we do not have a full time social worker on staff but do have volunteer social workers, MS nurses and a therapist who are helping MSQLP assist our clients in meeting their needs. Call the office (831 333-9091) to set up an initial assessment.

Principle 2: Diet

Nourishment was the topic of our November 2007 newsletter. Marie Swank summarizes the basics of nutrition in Food 101. It is followed by The Energy Pie by our former social worker, Andrea Dowdall (now an MSQLP board member). In it Andrea gives an excellent analogy about energy and MS that you can use to explain your fatigue to those who just don't understand why you may get so tired. Finally, Sharon Heckert, a chiropractor and clinical nutritionist, writes about how we should approach food to give our bodies what we need and want. The issue also includes lots of great and easy recipes. Go to our website, www.msqlip.org, click on Newsletters (left side of screen), scroll down and click on November 2007.

Principle 3: Wellness

MSQLP offers a new program of supportive therapy. Since its inception in late 2008 we have offered 3 therapy groups, each lasting 8 weeks. Each group met in our office on Monday afternoons. Two MSQLP board members, Marilyn Howell, Marriage and Family Therapist, and Andrea Dowdall, Licensed Social Worker, led the groups. Another group will start in the Fall. Call the office (831 333-9091) if you are interested in participating. Group membership is limited. As Dr. Bowling stated, groups such as these may produce long-term effects when dealing with issues like anxiety and depression.

In addition, MSQLP sponsors four monthly support group meetings, two in Seaside (one for MSers and one for caregivers) on the second Saturday of the month from 11 – 1 at Oldemeyer Center, one in Salinas on the third Friday of the month from 11 – 1 at Salinas Memorial Hospital and one in Santa Cruz on the second Thursday of the month from 1:30 – 3 at Santa Cruz Skilled Nursing Center (previously known as Pleasant Care). You won't believe how much better you may feel when you can talk with others who understand what you are going through. Newcomers are always welcome. If you are interested, call the office and we will put you in contact with the peer leader for the location that is best for you. Or you can just show up.

Principle 4: Exercise.

Dr. Bowling's support of water therapy was music to our ears at MSQLP. See article below by Jane Brown, a regular participant at our water aerobics class. Please call the office for more information (831) 333-9091 before attending.

In addition, Exercise was the topic of our August 2007 newsletter. Dr. Michael Berlly, Physical Medicine and Rehabilitation, and MSQLP Advisor, explains the purpose and describes the benefits of a non-fatiguing exercise program; Lynn Herbert, a local Physical Therapist and former MSQLP board member, describes the benefits of stretching and Dr. Alejandro Centurion, a local neurologist and an MSQLP Advisor writes about the benefits of Tai Chi and Qi Gong. Terri Nash describes the benefits of the Adaptive P.E. program at Monterey Peninsula Community College (all our local community colleges offer Adaptive P.E.) and, finally, Diana Seay describes her own personal exercise program that she does in her wheelchair. Go to our website, www.msqlip.org, click on Newsletters (left side of screen), scroll down and click on August 2007.

Principle 5: Symptom Management

The topic of our May 2008 issue was Anxiety, one of the most common

symptoms associated with MS. The main article is by Marilyn Howell, a person with MS, a Marriage and Family Therapist and an MSQLP board member. She uses her own experiences with MS to describe causes of anxiety and identifies actions we can take to address it. Again, go to www.msqpl.org, click on Newsletters (left side of screen), scroll down and click on May 2008.

The topic of our last newsletter (May 2009) was **Bowel Management** ***This newsletter was only published online*** - never an easy issue to discuss, but one that may greatly impact your quality of life (there we go again – another double entendre related to bowels!) Amy Lamb Heckel, a local MSer, writes about why constipation is common in MS, Mary Lou Schaeffer, R.N. and MSQLP board member, writes about gastrointestinal issues. Marion Brandis, R.N. and upcoming MSQLP board member, writes about what to do when nothing else works and finally Donna Krasnow writes about her husband's battle with bowel issues. Go to www.msqpl.org, click on Newsletters (left side of screen), scroll down and click on May 2009.

Water Aerobic Class

By Jane Brown

Every Wednesday, around noon, I mosey on past the front desk at the Monterey Sports Center, smiling a "Yes," to the staff person's query, "MS class?" Then I am buzzed in through the door, FREE, while others plunk down their 7 or 8 dollars to use this wonderful pool, while I sail in, FREE, courtesy of MSQLP.

I love my Wednesdays at the Sports Center. One hour per week I spend there in the aqua exercise group, led by a Sports Center trainer, attended by 5-10 people with MS, usually women, and sponsored by EMD Serono and in 2010 it will be sponsored by The Christopher Reeve Foundation. I love this class for three reasons which I want to tell you about: (1) *the Camaraderie*, (2) *the Exercise*, and (3) *the Water*.

(1) *Camaraderie*

I am not usually a "group" person. You won't

find me at any of the MS Support Groups in the area, for example, but the water exercise is different. No one has to talk about MS, no one has to talk AT ALL! We do or don't talk as the spirit moves us. There are days (not many) when I don't talk at all. There are days when I talk about anything but MS (swimsuit fashions--especially Speedos--for example). And I have learned more about MS here than anywhere else, including symptoms, variability of our disease, and medication options. I feel more part of a group here than anywhere else in my life.

(2) *Exercise*

This exercise is designed for people with MS. We do a fair amount of balancing and stretching and people are allowed, even encouraged, to modify or follow at their own pace for all exercises. The trainers, currently the wonderful Addison, help individuals throughout the class. And though she keeps an eye out for each of us, she does not push or force her assistance on anyone.

(3) *Water*

If you don't like or are fearful of water, this may not be the exercise for you. Consider the option of standing instead of walking, and holding on to the wall if it makes you more comfortable. For myself, I love the water! We work out in cool (so you don't get overheated), shallow water. It's fun, invigorating, and there are showers and a suit-spinner to use when you finish.

**Call the office if you want to join us.
Currently we meet on Wednesdays.
Starting August 26th we go back to meeting from 11:00am to 12:00Noon.
We'd love to have you!**

MS Support Groups

*Anyone dealing with MS on their life journey is welcome to attend, whether as one with MS, a family member, caregiver or friend.
MSQLP sponsored groups:*

Oldemeyer Center: 986 Hilby Ave. Seaside
Second Saturday of each month
11:00 am to 1:00 pm

MS Caregiver Support Group

Seaside Second Saturday of each month
(Also at Oldemeyer Center, meets in separate room from MSer's support group)
from 11 am to 1 pm

Lorna Wheatley Memorial Support Group at Salinas Valley Memorial Hospital

Downing Resource Center
Third Friday of each Month, 11:00 am to 1:00

Santa Cruz Skilled Nursing Center

2990 Soquel Avenue, Santa Cruz
Second Thursday of each month
1:30 pm to 3:00 pm

Times and locations are subject to change, please call the MSQLP Office at 333-9091 for current information.

National MS Society sponsored groups:

Monterey

Community Hospital (CHOMP)
Last Wednesday of each month
7:00 to 8:30 pm
Call Susan Jones at 659-1354

Santa Cruz

United Way, 1220 41st Ave. Capitola
3rd Saturday of each month
10:30 am to 12:30 pm
Call Ada Shannon at 440-1211

Workshop for the Newly Diagnosed

This workshop is scheduled for the third Saturday of each month. **Registration is required**, call 831-333-9091 for details.

American Karate

Robin Batinovich

Dave Bernahl

Café Fina

California International Airshow

Carmel Hat Company

Chateau de Kerangat

Chris' Fishing Trips

Melinda Miller Collins

Peter Coniglio

Lynda Cornell

Bonnie Daniels

Diggity Dog

Andrea Dowdall

Donna Duvall

Gail English

Epsilon

Fandango

Ron Gaasch

Cynthia Hall

Marilyn and Dick Howell

George Hunt

Layers Sensational Cakes

Esther Merrell

Method Soap Company

Monterey Marriott

Erica Newbold

Old Fisherman's Grotto
Pebble Beach Food and Wine

Pink Martini

Plaza Linda

Portola Hotel & Spa

Quail Lodge

Luis Reis

Scheid Winery

Stephanie Sardinha

John Scaccia

Victoria Scaccia

MaryLou Schaeffer

Spa on the Plaza

Specialized
Warren and Sharon
Strouse

Barbara and Nick Totah

Tip and Angela Tyler

Clay Walker BAMS

Wickets Bistro

Wicks & Wax

Wilbur Hotsprings

Willy's Smoke House

Ame Wells

Mimi Wessling

Warm up for a good cause!

You can win this beautiful quilt!

Carrianna's Aunt Vicki from Shelton, Washington has made an incredible *queen-size* quilt! The drawing will be held at MSQLP's Annual Walk-n-Roll Walkathon **September 19, 2009.**

All the proceeds go to MSQLP!

1 Ticket for \$1.00

6 Tickets for \$5.00

Tickets will be included in your Walk-n-Roll Packets, you may download them from the website, call or come into the office.



Thank you to all who contributed to our Chamisal Auction:

American Karate

Robin Batinovich

Dave Bernahl

Café Fina

California International Airshow

Carmel Hat Company

Chateau de Kerangat

Chris' Fishing Trips

Melinda Miller Collins

Peter Coniglio

Lynda Cornell

Bonnie Daniels

Diggity Dog

Andrea Dowdall

Donna Duvall

Gail English

Epsilon

Fandango

Ron Gaasch

Cynthia Hall

Marilyn and Dick Howell

George Hunt

Layers Sensational Cakes

Esther Merrell

Method Soap Company

Monterey Marriott

Erica Newbold

Old Fisherman's Grotto
Pebble Beach Food and Wine

Pink Martini

Plaza Linda

Portola Hotel & Spa

Quail Lodge

Luis Reis

Scheid Winery

Stephanie Sardinha

John Scaccia

Victoria Scaccia

MaryLou Schaeffer

Spa on the Plaza

Specialized
Warren and Sharon
Strouse

Barbara and Nick Totah

Tip and Angela Tyler

Clay Walker BAMS

Wickets Bistro

Wicks & Wax

Wilbur Hotsprings

Willy's Smoke House





Ame Wells

Mimi Wessling

Terri's Tinsel Town Talk

By Terri Nash

One of our clients, Terri Nash, is an avid moviegoer. She, along with her service dog, Mabel, sees about 8 movies a month.

Rating: 1 to 4 paws    
(In honor of Mabel)

Food Inc.

Just as the ad says, "You'll never look at dinner the same way again." Those who enjoy struggling to keep a healthy life-style may be a bit taken aback by the eye-opening revelations about the food industry's control over our food supply and what is done to make it *look* good.

The Proposal

Sandra Bullock is a corporate VP and is tough to work with, Ryan Reynolds plays her as

assistant. Immigration issues (her visa runs out) create problems. The plot is predictable but charming and the scenery is spectacular. If you want light entertainment, check it out.

Public Enemies

My favorite of this month's crop of movies. Even though you may already know the story of John Dillinger, Johnny Depp always pulls off something worth seeing. It's action-packed with an acceptable level of violence and Christian Bale lives up to his "Clark Gable of the FBI" role. It was entertaining.

My Sister's Keeper

A thought provoking saga about the dilemma of parents when facing decisions related to dealing with a dying child whose only hope is a sibling who will be a perfect genetic match. When the child, Anna, is born, she is used in medical procedures to keep her older sister alive until she is old enough to realize what she is being asked to do. I don't want to give away the ending but it is bittersweet. It's a good movie.

Up

I saw it in 3-D and enjoyed it. It is a kid's movie and entirely appropriate and plausible for children and families. It was pleasant family entertainment. Excellent animation. If you are going to see it, try to see it in 3-D.

Night at the Museum: Battle of the Smithsonian

I eagerly awaited this movie but was disappointed as it was not as good as the first Night at the Museum. The unexpected was missing because you already knew the premise from the first movie. Yes, there were different characters but they really did the same thing.

Angels and Demons

It left me flat. I wasn't impressed with the DaVinci Code and wasn't impressed with this one. If you liked the DaVinci Code, you may want to see this.

Is Anybody There?

A wonderful story about how 3 generations co-exist in today's ever-shrinking world. Michael Caine, as always, is witty and graceful in his portrayal of the relationship with the proprietor's son of the retirement home where Michael's character lives. He bridges the age gap by comforting both of them.

The Hangover

I didn't see it but friends who did, and who enjoy comedy, thought it was well worth seeing.

Terri's Favorite Movie of All Time

Babe –unchanged

Terri's Favorite Since Starting These Reviews – Milk and Grand Torino

Most Disappointing Movie since Starting These Reviews: Forgetting Sarah Marshall

Calendar

August

- 19 Water Aerobics, Monterey
- 26 Water Aerobics, Monterey
Note Time Change*
11:00am to 12:00Noon
- 26 Support Group NMSS,
CHOMP

- 30 Support Group NMSS,
CHOMP
- 30 Water Aerobics, Monterey

October

- 7 Water Aerobics, Monterey
- 8 Support Group, SC Skilled
Nursing Center
- 10 Support Group, Oldemeyer
Center,
- 10 Caregiver Support Group,
Oldemeyer Center, Bayonet
Room
- 14 Water Aerobics, Monterey
- 16 Support Group, SVMH,
Salinas, *Downing Room C*
- 17 Support Group, NMSS, SCruz
- 21 Water Aerobics, Monterey
- 28 Water Aerobics, Monterey
- 28 Support Group NMSS,
CHOMP

September 19, 2009

3rd Annual Walk-n-Roll
Save the Date

September

- 2 Water Aerobics, Monterey
- 9 Water Aerobics, Monterey
- 10 Support Group, SC Skilled
Nursing Center
- 12 Support Group, Oldemeyer
Center
- 12 Caregiver Support Group ,
Oldemeyer Center, Bayonet Room
- 16 Water Aerobics, Monterey
- 18 Support Group, SVMH,
Salinas, *Downing Room C*
- 19 Support Group, NMSS, SCruz
- 19 **Walk-n-Roll**
- 23 Water Aerobics, Monterey

Development

Thanks to all who helped with our Silent Auction at Chamisal Tennis and Fitness Club on July 7. It was a wonderful day, we made over \$5,000! *Thank you Camisal!*

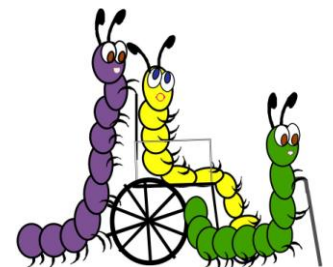
September 19, 2009 is our 3rd Annual Walk-n-Roll

This year more than ever we need to come together and celebrate our triumphs and talk about our tribulations. It is good to share with our friends. Please join us and start collecting your sponsors today. Look for more information coming soon in your mail or you can download information from our website or just give us a call. Mark your calendars and remember, "We need your feet!"

We want to thank our dedicated donors - our heroes! Since our last newsletter we have received donations from:

Anonymous
Marc Bailin
Lou Bartfield
Jane Brown
Mike Burns
Lynn Canales
Janet Cohen
Bonnie Daniels
Andrea Dowdall
Jane Doud-Combs
Richard and Lynda Cornell
Richard and Eileen Dunne
Stephen Dzoghi
Paul Englund
EWC at St. John's Chapel
In Memory of Mary Ellen Waugh

EOS Foundation
Ron and Margaret Gaasch
Amy and Narit Gessler
Joanie Hackbert
Richard Hess
Duane and Stacia Hiliard
Teresa Hodson
Seth Klein
Robert and Cecelia Larsen
Dr. Jerry Lehrer
Janice Maroot
Norman Matthews
David and Tracy Mendoza
Julie Moore
Multiple Sclerosis Foundation
National MS Society
Barbara Noble-Totah
John and Pamela Pheier
Bill Priest
Ron Grubman and Joan Sheldon
Christopher and Dana Reeve
Foundation



Mary Lou Schaeffer
Burt and Rose Sanders
In Memory of Mary Ellen Waugh
Larry and Marie Swank
Heinz Thummel
Bets Tonti
Brad Towel
AmeWells
Magda and James Walsh
Mary and Rich Wessling
In Memory of Adriana Imfeld
Bill and Kathleen Wojtkowski

**MS QUALITY OF LIFE PROJECT
519B HARTNELL STREET
MONTEREY, CA 93940**

***Return Service
Requested***

MSQLP

**MS QUALITY OF LIFE
PROJECT
519B HARTNELL STREET
MONTEREY, CA 93940**

PHONE:
(831) 333-9091

FAX:
(831) 333-9092

E-MAIL:
msqlp@sbcglobal.net

We're on the Web!

See us at:
www.msqlp.org

After Words

Like all of you, we were saddened to hear about the closing of MS Community Services in Salinas. We worked with them since our inception – we referred clients to them for equipment and financial aid; they referred clients to us for case management. We will miss what they provided and thank them for more than 40 years of service to the local MS community. They did good work.