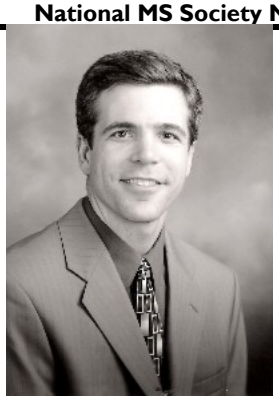
National Multiple Sclerosis Society

May and June



Kick off the Merry Month of May and hear **Dr. Chris LaGanke** Saturday, May 8th, 10:30

Multiple Sclerosis: What It's Doing to You and What You May Be Able To Do About It!

The Mid South Chapter welcomes Dr. Chris LaGanke, neurologist and Director of the Joanne P. LaGanke MS Center in Cullman, AL. Dr. LaGanke will discuss the aggressive and compassionate approach to treating all forms of MS and will focus on the personal circumstances of your MS symptoms..

You and one adult guest are invited for brunch. **You must have a reservation to attend!** Please reserve your seats by calling 1-800-344-4867, Select Option 1. If all available seats are filled, we will have a waiting list. Presented by Bayer Heathcare.

Marriott Downtown
250 North Main Street
Memphis, TN 38103

LET YOUR CREATIVE JUICES FLOW!

Let your creative juices flow!! Join us for a fun after noon at "Seize the Clay" where you will choose an unfinished pottery piece and paint your own masterpiece.

Choose from funky mugs, bud vases, plates, figurines and more. Space is limited to the first 20 guests who register. The MS Society will provide each guest with a piece priced at $10 or less. Guests choosing more expensive pieces will pay the cost over $10. To register, please call 1-800-344-4867, press option #1.**Tuesday, May18th, 1:00 pm- 3:00 pm Seize the Clay, 3084 Poplar Avenue in the Chickasaw Oaks Village Mall.**

WELCOME DONNA!

Donna Noelker has been a part of the National MS Society Mid South Chapter's Memphis office for over two years serving as our Community Outreach Manager. During this time she was responsible for fundraising events such as Women Against MS, and Walk and Bike events. We are very excited that Donna will now be our Client Programs and Services coordinator! She will be working directly with clients, volunteers, neurologists, and community resources sharing information about the MS Society and supporting the needs of our West Tennessee, Arkansas and Mississippi clients. To contact Donna, you may call her at 1-800-344-4867, or email: donna.noelker@msmidsouth.org.

REGISTRATION REMINDER! It is very helpful to our Programs team that you register for all programs that you plan to attend. Seating is often limited! Please be sure to register by calling 1-800-344-4867, press option #1. Thank you for your help.

Tuesday, May 11th, 6:30 p.m.: MS 101: Understanding MS
A comprehensive overview of multiple sclerosis, including new areas of research. Speaker Margaret Keller, RN MS is with the James Q. Miller MS Clinic at the University of Virginia. Ms. Keller coordinates the MS clinical research trials and the multi-disciplinary MS clinic. As part of the multi-disciplinary clinic she also provides patient education relating to MS and its treatment. She was a founding member of the MS clinic in 2000 and has worked in clinical research trials since 1993.

MAY/JUNE TELECONFERENCES

On Tuesday, June 8th, 6:30 p.m.: Facing MS-Related Changes with Confidence
This session will outline the phases of change that all humans go through when making transitions from a past way of doing things into a new way. The mental, emotional and physical challenges experienced when going through these changes --for both those with MS and their caregivers will be addressed. Learn new strategies for facing these changes with renewed confidence. Speaker is Tom Mackin, President of Leadership Foundation & Board Member at the National MS Society North Florida Chapter . **To register and receive supportive handouts please call 1-800-344-4867, press option #1.**

Face Time with your Local Neurologist

Thursday, May 6th, 5:30 p.m.
Topic: Managing all repeating symptoms of MS

Thursday, June 3rd, 5:30 p.m.
Topic: Dealing with your skin and injection site problems

This is the third series of informal meetings with Dr. Lee Stein and Dr. Barbara Cape O'Brien. This is a great opportunity to ask questions in an informal setting. Space is limited. To register call 1-800-344-4867, Select Option 1.

The Neurology Clinic is located at Germantown Park

8000 Centerview Pkwy, Suite 300, Cordova, TN 38018

Free Gardening Tips!

www.NWF.org

www.hort.purdue.edu/ext/beginner.html

www.helpfulgardener.com

www.lewisgardens.com

www.hgtv.com/topics/gardening/index.html

GRIEF RECOVERY PROGRAM

Moving Beyond Loss to a Richer Quality of Life

One of the least addressed concerns in our society is grief, the normal and natural reaction to loss. While we do not compare events, any list would include death and divorce as obvious painful challenges. Our list includes health issues, retirement, moving and pet loss, financial and others. The range of emotions associated with grief are as varied as there are people and personalities. Grief is individual and unique and is the emotional response to loss of any kind.

We are pleased to announce a partnership with Crossroads Hospice Charitable Foundation in Memphis and to offer our MS clients and caregivers the opportunity to participate in a 12 week program that will help participants move beyond emotional loss to a richer quality of life. The Grief Recovery Program is led by an individual who has been trained and certified by the Grief Recovery Institute. There is no fee to participate in the program. All handbooks will be provided at no cost to all participants. Program series will start Tuesday, June 8th at 5:30. **For more information regarding the program or to register, please call Beth Smith, VP Client Programs, 1-800-344-4867; beth.smith@msmidsouth.org**

National
Multiple Sclerosis
Society
6655 Quince Road, Suite 114
Memphis, TN 38119
(901) 755-4900
www.MSmidsouth.org

MS CARING GROUPS

Jackson, TN: Call Carole: (731) 423-1656

Memphis Young Adults With MS (YAMS) Call Nicole: (901) 550-9242

Please join us at any of our MS Caring Groups. They are great opportunities to network and learn valuable information from others living with the effects of MS. **New leaders are needed for more areas!** Contact Donna Noelker, Client Programs and Services, if you would like to be a leader in your community. Email: donna.noelker@msmidsouth.org, or call 1-800-344-4867.

Together Rx Access, a prescription savings program provides eligible individuals and families with immediate and meaningful savings on prescription products at their local pharmacies. Individuals may be eligible for the Together Rx Access Card if they do not qualify for Medicare, do not have public or private prescription drug coverage and have a household income of up to $45,000 for a single person to $90,000 for a family of four. Most cardholders save 25 to 40% on brand-name prescriptions. Savings are also available on a wide range of generics. Call 1-800-250-2839 or visit www.togetherRxAccess.com to find out if you are eligible and to enroll.