MARK YOUR CALENDAR

WHY I WALK

Anyone who has been involved with the National MS Society knows that come late-April you better be ready for the season… Walk MS season, that is. There are 12 walks throughout the Northern California Chapter, including Modesto. In 2012, we had more than 8,000 participants and raised over $1.5 million for education, advocacy, research and local programs that enhance the quality of life for people with MS and their families. Participants filled the roads with orange, each with their own story to tell about why they were out supporting our cause on a Saturday or Sunday morning.

"I walk simply to walk . . . to find time to stop and thank all the people who are walking to make a difference, not only for my future, but for the future of my fellow mankind; to discover a cure so someday we all can walk," said Sheila McDonough. Sheila has participated in Walk MS: Modesto for many years, currently serves on the Modesto Walk Committee, and was the Modesto Walk Ambassador in 2010.

We are always welcoming more walkers and volunteers, so if you're looking to join the party, visit www.walkMSnorcal.org or contact Tim Overweg at 209-214-6022 or at timothy.overweg@nmss.org.

STAYING HEALTHY IN THE VALLEY

Health and wellness through exercise is alive and well in the Central Valley! The yoga class in Modesto delivered through the Yoga Health Institute is still going strong after many years. Also going well is the yoga class in Turlock offered through I Am Yoga.

Our Water Therapy class just completed its first 8-week session. CA Rehabilitation in Modesto joined with the Chapter to make this program a reality. In the words

of those who participated, "We loved it!" There will now be a time for evaluation and possible continued opportunities, such as self-directed time in the pool and the beginning of another 8-week session for new participants. CA Rehabilitation was a wonderful partner in this pilot program. They have now joined us as a Community Partner for Walk MS on Saturday, April 27th, and formed their own Walk Team. Kudos to their entire staff!

For more information on our available yoga or water therapy opportunities, please contact Tim Overweg at timothy.overweg@nmss.org or 209-214-6022. Let's stay healthy in the Valley!

THE MODESTO YOGA GROUP CELEBRATES THEIR 7TH YEAR AT OODLES YOGURT IN MODESTO.

UPCOMING PROGRAMS

Registration is required for all programs. To register, please visit www.nationalMSsociety.org/can. For more information, contact Tim Overweg at 209-214-6022 or e-mail timothy.overweg@nmss.org.

FAMILY NIGHT AT COLOR ME MINE

Friday, May 17th
6:00 p.m. - 8:00 p.m.
3501 McHenry Ave., Suite B-6, Modesto

Bring your family for an evening of the art of having fun! At Color Me Mine you will have the opportunity to pick a piece of pottery, paint it, have it fired, and then take it home to enjoy. Make something for your kitchen, your mom or dad, your best friend, your husband, your bathroom, your gathering table or, well... you are only limited by your own creativity!

The cost is $5.00 per person or $20 for a family of five or more. The cost includes your choice of pottery, supplies, kiln firing, and pizza! Payment must be made the evening of the event. The registration deadline is Monday, May 13th.

FINANCIAL PLANNING AND MS

Monday, June 17th
6:30 p.m.
United Way, Conference Room
422 McHenry Avenue, Modesto

Living with a chronic disease like MS can impact every area of life, including your finances. There are some unique circumstances that those living with MS face, and planning for those circumstances takes awareness, information and action. Learn how to create estate and financial plans customized for a life with a chronic disease.

Financial Planning and MS will be presented by Gary Blom of Blom & Swain located in Modesto. This is an information only presentation and there will be plenty of time to ask questions. The registration deadline is Wednesday, June 5th.

NEWLY DIAGNOSED ORIENTATION

Tuesday, May 7th
6:30 p.m. - 8:00 p.m.
National MS Society, Central Valley Office Conference Room, 422 McHenry Avenue, Modesto

Are you newly diagnosed with multiple sclerosis? A diagnosis of MS can create many unexpected emotions that leave you with a strong need to understand the changes you may be facing. This informative program will address the most common concerns for people who are newly diagnosed as well as family and friends who want to learn more. Join National MS Society staff and discover resources and get answers to some of your MS questions. Registration is required by May 6th.

WHAT'S HAPPENING IN NORTHERN CALIFORNIA

NORTH BAY

- Navigating Employment: Saturday, June 15th from 10:30 a.m. - 12:00 p.m. in Petaluma

BAY AREA

- Champions Against MS: Updates on Therapeutics - Orals and Others: Saturday, April 20th from 10:00 a.m. - 12:00 p.m. in San Francisco
- Newly Diagnosed Orientation: Wednesday, May 1st from 6:30p.m. - 8:30 p.m. in San Francisco
- Sea Kayaking: Saturday, June 1st from 9:30 a.m. - 3:30 p.m. in Sausalito

GREATER SACRAMENTO

- Game Day with the Rivercats: Sunday, May 19th at 1:05 p.m. at Raley Field in West Sacramento

- Newly Diagnosed Orientation - Carmichael: Thursday, May 2nd from 6:30 p.m. - 8:30 p.m. in Carmichael
- Newly Diagnosed Orientation - Chico: Wednesday, June 5th from 5:00 p.m. - 6:30 p.m. in Chico
- Managing Bladder Issues while Living with MS: Tuesday, May 7th from 6:30 p.m. - 8:00 p.m. in Carmichael
- CogniFitness - Sacramento: April 10th - May 22nd on Wednesdays from 6:00 p.m. - 7:30 p.m. in Sacramento
- CogniFitness - Redding: June 1st, 8th and 15th from 10:00 a.m. - 1:00 p.m.
- 5th Annual MS Golf Experience and Live Auction: Friday, May 10th at 1:00 p.m. in Lincoln

SOUTH BAY

- Newly Diagnosed Orientation: Monday, May 6th from 7:00 p.m. - 9:00 p.m. in Santa Clara
- CogniFitness - Keep the Mind Moving: April 23rd, 30th, May 1st, 8th, and 15th from 10:00 a.m. - 11:30 a.m. in Santa Clara
- Fun and Fireworks: Saturday, June 29th at 6:00 p.m. in San Jose

Do you have feedback regarding your experience at a Self-Help Group? Please e-mail us at can_info@nmss.org.

SELF-HELP GROUPS

MERCED COUNTY

- **Merced: MS Challengers**
  Susan: 209-722-3349

SAN JOAQUIN COUNTY

- **Manteca**
  Sue: 209-482-7034
- **Stockton AM**
  Laurie: 209-915-1730
  Velma: 209-951-2264
- **Stockton PM**
  Brenda: 209-951-0536
  Mary: 209-334-5670
- **Tracy**
  Linda: 209-833-6882

STANISLAUS COUNTY

- **Modesto**
  Marti or Jane: 209-521-8956
- **Turlock**
  Bill: 209-664-1427
  Frances: 209-667-2184

TUOLUMNE COUNTY

- **Sonora**
  Stephen or Gloria: 209-532-5646