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 Sacramento, Folsom, Solano and Yuba City. 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 participate in Walk MS so that I know I'm DOING something that counts to combat this disease. MS takes away many choices and doesn't give you much in return, but you can fight to change that by fundraising," said April Culley, who has walked at Walk MS: Sacramento for the past two years and now sits on the planning committee.

We are always welcoming more walkers and volunteers, so if you're looking to join the party, visit www.walkMSnorcal.org or call 1-800-344-4867.

UPCOMING PROGRAMS

Registration is required for all programs. To register, please call 1-800-344-4867 or visit www.nationalMSsociety.org/can.

Game Day with the Rivercats

Sunday, May 19th
Pre-game BBQ at 12:05 p.m.
Game starts at 1:05 p.m.
Raley Field, 400 Ballpark Drive, Sacramento

Wear your brightest orange for an afternoon at the ballpark as volunteers, staff and our families with MS celebrate another successful season of Walk MS! We'll be cheering on the River Cats as they take on the Oklahoma City RedHawks. Before the game join us for a pre-game barbecue at the ballpark. It will be an afternoon filled with fun for the whole family.

Newly Diagnosed Orientation

Thursday, May 2nd, 6:30 p.m. - 8:30 p.m.
Mercy San Juan Medical Center
6555 Coyle Ave., Rm. 145, Carmichael

Wednesday, June 5th, 5:00 p.m. - 6:30 p.m.
Enloe Rehabilitation Center
340 W. East Ave., Chico

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.

Managing Bladder Issues while Living with MS

Tuesday, May 7th, 6:30 p.m. - 8:00 p.m.
Mercy San Juan Medical Center
Mercy MS Center, Lukens Auditorium
6555 Coyle Ave., Carmichael

If your MS is affecting your ability to control bladder function, or you would like to know more about bladder issues in MS, join us for the next program in our Mercy Educational Series. Anastacia Shaver, PAC, holds her masters degree in Physician-Assistant Studies and has been a member of the Mercy Medical Group Urology Department since 2005. Anastacia will review bladder management strategies and treatment options that you can discuss with your healthcare team. A light dinner will be served.

CogniFitness

April 10th - May 22nd
Wednesdays from 6:00 p.m. - 7:30 p.m.
National MS Society, Sacramento Office
4221 Northgate Blvd., #4, Sacramento

June 1st, 8th and 15th
Saturdays from 10:00 a.m. - 1:00 p.m.
Redding Christian Fellowship
2157 Victor Ave., Redding

Do you find it difficult to focus on a task without getting distracted? Do you have difficulty finding words or finishing your sentences? Do you often have a hard time keeping track of activities & appointments?

CogniFitness is a fun and educational series that will help you keep your mind moving and develop new techniques to strengthen your cognitive skills. You will realize your optimal thinking skills utilizing techniques that have everyday applications, such as facilitating focus and concentration, improving memory using new strategies, improving organization, problem solving and critical thinking, as well as learning to manage cognitive fatigue.

5th Annual MS Golf Experience and Live Auction

Friday, May 10th
1:00 p.m. Shotgun Scramble
Lincoln Hills Golf Club
1005 Sun City Ln., Lincoln

Dust off your golf clubs and get ready to join in the fun at the 5th Annual Terry Rossman MS Golf Experience at Lincoln Hills Golf Club. Over the last four years, the tournament has raised $24,000 for Terry's Closet, which helps fund durable medical equipment for people living with MS in Northern California.

There will be lunch, a raffle, awards, dinner, and both live and silent auctions. Not much of a golfer? It's not a tournament, it's an experience. Come out to enjoy the auction and a day at the golf club. Register early at www.MSGolfexperience.com.

WHAT'S HAPPENING IN NORTHERN CALIFORNIA

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 6:30 p.m. - 8:30 p.m. in San Francisco
- Sea Kayaking: Saturday, June 1st from 9:30 a.m. - 3:30 p.m. in Sausalito

Central Valley

- Family Night at Color Me Mine: Friday, May 17th from 6:00 p.m. - 8:00 p.m. in Modesto
- Financial Planning and MS: Monday, June 17th at 6:30 p.m. in Modesto
- Newly Diagnosed Orientation: Tuesday, May 7th from 6:30 p.m. - 8:00 p.m. in Modesto

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

North Bay

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

SELF-HELP GROUPS

BUTTE COUNTY

- **Chico -** Amy: 530-863-7818, Tracy: 530-343-3623

EL DORADO COUNTY

- **Placerville -** Doris: 530-622-5673

NEVADA COUNTY

- **Grass Valley -** Erica: 530-559-4517

PLACER COUNTY

- **Auburn -** Ruth: 530-888-8388, Loren: 530-320-1711
- **Lincoln -** Marilyn: 916-434-6898

SACRAMENTO COUNTY

- **Carmichael: Minimal Symptoms Group -** Peter: 916-606-8660
- **Carmichael: Moving on with MS -** Annette: 916-715-4973, Irene: 916-536-9116, Sylvia: 916-349-1324
- **Elk Grove -** Letitia: 916-896-7764, Dorothy: 916-684-6849, Willie: 916-684-1677
- **Sacramento: MS Adapters -** Kim: 916-821-6133, Chelsea: 916-289-6543, Stephanie: 916-215-5356
- **Sacramento: MS Musings of the Mind Writing Group -** Irene: 916-536-9116

SHASTA COUNTY

- **HOPE 4 MS -** Beth: 530-246-8404, Patricia: 530-222-7277, Pat: 530-357-3585

SOLANO COUNTY

- **Vacaville -** Marian: 707-422-7515, Willie: 707-689-7814

SUTTER COUNTY

- **Yuba City -** Evon: 530-701-2189

Do you have feedback regarding your experience at a Self-Help Group?

Please email us at can_info@nmss.org.