

CONNECTING WITH YOUR HOME

Adapting to your home, or having your home adapt to you, is often a decision that those living with multiple sclerosis face at one point or another.

For Len Silvey, a Sacramento resident who was diagnosed in 2007 at the age of 64, the question was more targeted towards how he would adapt his home to his needs. He had been living in his house for about 12 years when he decided to remodel it to make it accessible, a process that took about two years of brainstorming and four months of construction.

“With a neurological disorder, you can be as motivated as you want, but if it’s not working, it’s not,” Len said when explaining why it was important to have a home that made it easy and comfortable to live in. “I had literally given up cooking on the stove top before the remodel and that’s where the best cooking takes place... in the fry pan!”

Some of the changes he made included widening doorways to be 36-inches, lowering countertops throughout his kitchen and bathroom by seven inches, installing faucets that turn on by touch and installing handles and doorknobs that are easy to grab or can be pushed with his knuckles if he is experiencing numbness in his hands. He also switched out his stove for induction burners which are only hot if a pan is on them, and installed an oven that doesn’t have a door but instead comes down like an elevator.



LEN LOWERED HIS KITCHEN COUNTERTOPS BY SEVEN INCHES AND STARTED COOKING AGAIN

These changes got Len back to living a more full and independent life, one without relying on prepared or frozen meals. When looking at his house, the first thought to cross one’s mind is not “Wow, look at this accessible house,” but rather fascination that comes once Len shows the various changes he has made. But while others “ooh” and “ah” over it, Len simplifies it to the real importance: “This is about me getting a drink of water on my own.” ♦

UPCOMING PROGRAMS

Registration is required for all programs. To register, please visit our Program Calendar at www.nationalMSSociety.org/can or call 1-800-344-4867.

NEWLY DIAGNOSED ORIENTATION

Tuesday, August 6th | 6:30 p.m. - 8:00 p.m.
National MS Society 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. On a quarterly basis, this informative program, conducted by trained NMSS staff and a local neurologist specializing in MS, will address the most common concerns for people who are newly diagnosed. This orientation provides an excellent opportunity to have any questions you may wish to ask answered and learn more about the resources available to persons with multiple sclerosis.

The registration deadline is Monday, August 5th.

THE CHANGING LANDSCAPE OF INSURANCE

Wednesday, August 21st
6:30 p.m. - 8:00 p.m.
National MS Society Office Conference Room, 422 McHenry Avenue, Modesto

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Saturday, September 21st

1:00 p.m. – 3:00 p.m.

Sonora Senior Center
540 Greenley Road, Sonora

Few things in life are easy, but when it comes to dealing with medical insurance, most of us would rather do just about anything else. It can be confusing, overwhelming, frightening, cost prohibitive and complicated. It doesn't matter whether you are dealing with private insurance or navigating your way through Medicare or MediCal. On top of all that, you may find yourself now having to deal with the information around the Affordable Care Act and Covered California. These are timely and important health care issues that may affect you.

Please join us for an informative workshop that will present information on the Affordable Care Act, Covered California, the state's new health care exchange, and how all this may affect you. There will be time for Q&A and refreshments will be served.

The August 21st presentation will be led by Maria Profeta, program manager for HICAP (Health Insurance Counseling and Advocacy Program). **The registration deadline is Monday, August 19th.**

The September 21st presentation will be led by Debbie Shally, program manager for HICAP (Health Insurance Counseling and Advocacy Program). **The registration deadline is Wednesday, September 18th.**

SUMMER SOCIAL PROGRAMMING

MOBAND CONCERT

Thursday, July 11th | 8:00 p.m.
Mancini Bowl in Graceada Park, Modesto

Join us for the final MoBand concert whose theme is “It’s Party Time!” Lots of people attend these free concerts so be prepared to park a good distance away. And, as always in the summer, gauge your own heat tolerance. Look for the orange MS table where you will find cold water, snacks and root beer floats! Bring a chair or a blanket, maybe some bug spray and enjoy some great old and new friends and great music.

No online registrations are required, but please call Tim Overweg at 209-214-6022 to let him know you would like to attend so he can make sure there is plenty of root beer and ice cream! For more information on MoBand visit www.moband.org.

MOVIE NIGHT

Friday, September 6th | 7:00 p.m.
National MS Society Office Conference Room, 422 McHenry Avenue, Modesto

Join us for a viewing of the animated movie “UP.” Be prepared to laugh and cry during the hilarious and heartwarming movie by Disney Pixar. Bring the youngsters and a blanket and pillows or your own comfortable lawn chair if

you would like. Please don’t think is just for kids – this movie is quality entertainment for the young, old, and everyone in between. And what’s a movie without popcorn!

There is no cost. You will be asked to share your favorite summer experience – a trip taken, a memory made or a new discovery! No online registrations are required, but please call Tim Overweg at 209-214-6022 to let him know you are coming.

YOGA & MS

Perhaps one of yoga’s best features is that it can be enjoyed by people of all ages and ability levels - including people living with MS. The benefits of yoga for people with MS may include improved balance and coordination, greater strength and flexibility, decreased fatigue, an increased ability to manage stress, and an improved sense of well-being.

Adaptive Yoga for MS combines breathing exercises with a series of gentle stretching poses that are carefully adapted by a certified yoga instructor to meet the needs of each individual. Props such as chairs and folded towels are often used to make each pose as comfortable as possible. If you are living with MS and would like to learn more about yoga opportunities at the Yoga Health Institute in Modesto or at I Am Yoga in Turlock, and financial assistance to help with the cost, please contact Tim Overweg at 209-214-6022 or timothy.overweg@nmss.org.

WHAT'S HAPPENING IN NORTHERN CALIFORNIA

NORTH BAY

- Making Connections for Spouses and Partners - July 27, 11:30 a.m., Mill Valley
- Newly Diagnosed Orientation - August 7, 5:30 p.m., Petaluma
- CogniFitness: Keeping the Mind Moving - August 17 & 24, 11:30 a.m., Novato
- Picnic 'til Sundown - September 19, 5:00 p.m., Glen Ellen

BAY AREA

- Making Connections for Spouses and Partners - July 27, 11:30 a.m., Mill Valley
- Learn About the Basics of Disability Benefits - July 28, 5:00 p.m., San Francisco
- Newly Diagnosed Orientation - August 7, 6:30 p.m., San Francisco
- Learn About Cognition & MS - August 14, 12:00 p.m., Berkeley
- Overcoming Barriers to Getting What You Need - August 18, 10:00 a.m., Foster City

GREATER SACRAMENTO

- Depression in MS - July 17, 6:30 p.m., Sacramento
- Newly Diagnosed Orientation - August 1, 6:30 p.m., Carmichael
- Overcoming Barriers to Getting What You Need - August 24, 10:00 a.m., Vacaville
- Connecting through Clay - September 7, 11:00 a.m., Chico
- Recharge Your Battery: Tips for a Better Night's Sleep - September 16, 6:30 p.m., Carmichael

SOUTH BAY

- Free From Falls: A Comprehensive Fall Prevention Program - Mondays: July 1- August 19, 5:30 p.m., Marina
- Morning Mingle - July 18, August 15 and September 26, 11:00 a.m., Santa Clara
- Newly Diagnosed Orientation - August 6, 7:00 p.m., Santa Clara
- Overcoming Barriers to Getting What You Need - August 17, 10:30 a.m., Santa Cruz
- Everyday Matters: Living Your Best Life with MS - Saturdays: September 7- October 5, 9:30 a.m., Santa Clara
- Friday Family Fun - September 27, 6:30 p.m., Santa Clara

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