

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.

Depression in MS

Wednesday, July 17th
6:30 p.m. – 8:00 p.m.
Mercy Medical Center, McKinley Room
3000 Q St., Sacramento

Have you heard that depression is common in those living with MS but aren't quite sure what the signs or symptoms of depression are? Do you want to learn more about the possible treatments for depression? As the next part of the Mercy Educational Series, Stephanie Parmely, Ph.D. will be speaking about common symptoms of depression and evidence-based treatment approaches. A light dinner will be served.

Newly Diagnosed Orientation

Thursday, August 1st
6:30 p.m. – 8:30 p.m.
Mercy San Juan Medical Center, Room 145
6555 Coyle Ave., Carmichael

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 Edie Happs, RN and former MS nurse, as they help you discover resources in the Sacramento area and get answers to some of your MS questions.

Self-Advocacy Skills Training: Overcoming Barriers to Getting What You Need

Saturday, August 24th
10:00 a.m. - 1:00 p.m.
Vacaville Public Library, Cultural Center
Meeting Room, 1020 Ulatis Dr., Vacaville

Whether you want to obtain approval for services or accommodations from your health plan, doctor, employer or favorite grocery store, many of the same principles apply. This practical "hands-on" workshop will offer you an opportunity to hear from communication and advocacy professionals about the most effective methods for presenting your fact-based needs to achieve maximum results.

At this workshop you will learn:

- Resources to help you resolve disputes with your health provider, employer or local business
- How to enlist your elected officials to help you short-circuit problems
- How to file winning grievances
- How to identify and prepare for potential problems before they arise

The registration deadline is August 22nd.

Connecting through Clay

Saturday, September 7th

11:00 a.m. - 1:00 p.m.

All Fired Up Clay Studio
830 Broadway St., Chico

Get to know others as you explore yourself through clay expression. No art background is necessary - just show up and be ready for some fun! You'll get the option to work with clay and hand-build a project, or paint a plate. Just bring your creativity! Light snacks will be provided.

Registration is required by Thursday, September 5th. A donation of \$5.00 to the National MS Society is appreciated the day of the program.

Recharge Your Battery: Tips for a Better Night's Sleep

Monday, September 16th

6:30 p.m. – 8:00 p.m.

Mercy Medical Center, Luken's Auditorium
6555 Coyle Ave., Carmichael

Do you have trouble getting into a sleeping routine? Do you find yourself getting fatigued at the same time each day? Kellie Zumot, PA, will be speaking as part of the Mercy Lecture Series. Join us as we learn about sleep hygiene and the strategies to improve sleep cycles and daytime fatigue. Learn ways to help set a sleep schedule, create a good nighttime routine, and what makes for a good nighttime environment. A light dinner will be served.

WHAT'S HAPPENING IN NORTHERN CALIFORNIA

Bay Area

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

Central Valley

- MoBand Concert - July 11, 8:00 p.m., Modesto
- Newly Diagnosed Orientation - August 6, 6:30 p.m., Modesto
- The Changing Landscape of Insurance – August 21 at 6:30 p.m. and September 21 at 1:00 p.m., Modesto and Sonora

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 and 24, 11:30 a.m., Novato
- Picnic 'til Sundown - September 19, 5:00 p.m., Glen Ellen

South Bay

- Free From Falls: A Comprehensive Fall Prevention Program for People with MS - 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

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** - Brett and Kelly: 916-773-6799
- **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
- **Sacramento: Yoga and Tai Chi Support Group** - Cynthia: 916-682-9030, Evelyn: 916-391-1365

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