

WALK MS CONNECTIONS THAT COUNT

Heather Hannan was chosen as the 2013 Walk MS: Monterey Bay Ambassador because of her relentless positive attitude, her competitive fundraising nature and her passion to help others living with MS. In case you missed her dynamic speech at Walk MS: Monterey Bay, here is the replay.

My name is Heather Hannan and thank you for honoring me with a few minutes of your time before our walk. This is my third year participating in Walk MS but my first year here in Monterey and the best year yet! Two years ago this past March I went to get out of bed one ordinary morning and fell straight to the floor. 48 hours later, doctors confirmed I had lesions in my brain, cervical and thoracic spine: “You have MS.”

Terrified, numb (literally) from the waist down and shocked, I tried to make sense of it all. I was a former collegiate athlete, social butterfly and busy career woman. Three days later my idol, my champion, my best friend (my father) Larry Hannan died unexpectedly. I am divorced and an only child. Life as I knew it had changed completely in a matter of moments and it was hard to imagine how I would survive this dark and lonely hell.

I stand here today, a vibrant 35 year-old woman, four months (Western) drug-free for two reasons: grace and love. The grace to realize while I can't go this alone, I have the fierce strength, tenacity and fight within ME

to beat this disease. We ALL do. Without the unconditional love and amazing support of my friends, family, yoga community and the National MS Society, there would be no fight left.

Those of us with MS know dealing with this unpredictable and unforgiving disease is a journey we MUST embrace. I'm proud to be an active fundraiser for the National MS Society and couldn't be more grateful for their efforts in medical research, technology and ending MS forever. I implore you all to **be fierce, be tenacious and beat MS**. Thanks very much. Let's rock this walk! ♦



Heather was the #1 Individual Fundraiser and the #2 Top Fundraising Team (Hannan Strong). She also won a Team Tent and MS Awareness Kit during team and individual contest weeks.

Look for her at several of her new fundraising ideas in the South Bay area to support the National MS Society: Charity Yoga and The Dailey Method Classes, She She Shoes Gather the Girls Event and a possible local golf tournament.

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.

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

Mondays: July 1st - August 19th

5:30 p.m. – 7:30 p.m.

Marina

The National MS Society has developed an 8-week fall prevention program designed for people living with MS who are ambulatory but who may be at risk for falling. Discussion, exercise, group and individual activities are elements of this engaging format where participants will learn about fall risks, tips and strategies to reduce risk for falling, and exercises to enhance balance and safety. A supportive group atmosphere and expert instructors in the fields of rehabilitation, health and wellness will help each participant develop a personal plan to maximize safety. Each week's two-hour program will have two parts; a discussion component focused on awareness of issues related to falls and an exercise component directed to improving postural alignment, balance, endurance and mobility.

You must be able to walk at least 15 steps unaided or with only one cane, crutch or walking stick. If you are using a wheelchair or walker as a mobility aid this program may not meet your needs (keep your eye out for the

next Free From Falls series which may meet your needs). Contact your physical therapist for personalized assessment and therapy. **The registration deadline is Friday, June 21st.**

Thursday Morning Mingle

July 18th, August 15th and September 26th

11:00 a.m. – 1:00 p.m.

National MS Society Office

2589 Scott Blvd., Santa Clara

Got free time in the morning? Too tired to meet at night? Come share your story and mingle with others who are also living with MS. Light snacks and refreshments will be provided. No registration or deadline!

Newly Diagnosed Orientation

Tuesday, August 6th

7:00 p.m. – 9:00 p.m.

National MS Society Office

2589 Scott Blvd., Santa Clara

If you or someone close to you has recently been given a diagnosis of MS, you probably have a lot of questions and concerns. Or, you may be feeling so overwhelmed by the diagnosis that you aren't sure what kinds of questions to ask or who to talk to. The National MS Society has developed the Newly Diagnosed Orientation so you can get the information and support you need to live comfortably and confidently with this change in your life. Join us for an evening of MS facts and an overview of how the Society can help you. Light snacks and refreshments provided.

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

Saturday, August 17th

10:30 a.m. – 1:30 p.m.

Live Oak Community Center

1740 17th Ave., Santa Cruz

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. Lunch is provided.

The registration deadline is Thursday, August 15th.

Everyday Matters: Living Your Best Life with MS

Saturdays: September 7th- October 5th

9:30 a.m. – 11:30 a.m.

National MS Society Office

2589 Scott Blvd., Santa Clara

For people living with MS, the idea of the “best life” can change due to the challenges of having a chronic, unpredictable and lifelong disease. To address this challenge, the Society developed this new in-person program for people living with MS, their support partners and family members. This program strives to increase participants’ knowledge about the fundamental teaching of positive psychology and how to apply these tenets to addressing the everyday challenges of living with MS.

Each session’s two-hour program has two parts; a lecture and discussion component. Everyday Matters will be facilitated by Michael Miceli, a Licensed Marriage and Family Therapist. **The registration deadline is Thursday, August 15th.**

Dr. Goodyear at the Santa Clara Self-Help Group

Wednesday, September 18th

7:00 p.m. – 9:00 p.m.

National MS Society Office

2589 Scott Blvd., Santa Clara

Join us for an informative and educational night with Dr. Goodyear, MD, MS/clinical neuroimmunology fellow at Stanford University MS Center. Learn what tools and strategies you can use the next time you see your neurologist to make the most of your appointment time. **The registration deadline is Friday, September 13th.**

Friday Family Fun

Friday, September 27th

6:30 p.m. – 9:00 p.m.

National MS Society Office

2589 Scott Blvd., Santa Clara

Need a break? Want some adult time? Bring your kids (12 and under) to the National MS Society for a Fun Friday with Wreck it Ralph. While the kids are eating popcorn and drinking punch you will meet other families that live with MS. Light refreshments and snacks will be provided for you, too! Space is limited. **The registration deadline is Wednesday, September 25th.**

WHAT'S HAPPENING IN NORTHERN CALIFORNIA

Bay Area

- Making Connections for Spouses and Partners - July 27, 11:30 a.m., Mill Valley
- Learn 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 - 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

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

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

SELF-HELP GROUPS

MONTEREY

- **Monterey** - Veronica: 831-869-1684

SAN BENITO COUNTY

- **Hollister Group** - Joann and Andrew: 831-630-0266

SANTA CLARA COUNTY

- **Milpitas** - Phyllis: 408-509-8137
- **Morgan Hill: Friends, Family, & Caregivers** - Nancy: 408-466-8688, Marsha: 408-655-3178
- **Palo Alto** - George: 650-281-7646, Kathy: 408-921-9888
- **San Jose** - Marie: 510-520-7276
- **Santa Clara** - Susan: 408-253-4489, Bruce: 408-978-9648

SANTA CRUZ COUNTY

- **Capitola** - Estefana: 831-406-9127