2011

MS™ Midwest Teleconference Series

To register for or to learn more, call 1-800-344-4867 and press 1 or visit MSmidamerica.org.

MIDWEST TELECONFERENCE

The convenient, informative Midwest Teleconference Series will continue in 2011. Thanks to a collaboration of the Greater Illinois, Gateway Area, Indiana, Nebraska and Mid America Chapters of the National MS Society, you can connect with others living with MS while getting updated on a variety of topics that concern you.

Call from the comfort of your home every month for free. Registration is required and participation is limited to 35 people on each call, so sign up today for the topics that interest you. Reminders and info packets will be sent prior to each teleconference.

Know Your Rights: Part I – Standing Up for Yourself - March 14, 2011 at 7 p.m.
Julie Brinkhoff will talk about changes in the definition of a disability under the ADA Amendments Act (ADAAA) and how these changes effect the employment rights of people with disabilities. She will specifically address changes to what is considered major life activities and how the ADAAA broadens who is covered under the ADAAA and eliminates excessive medical assessment. Julie Brinkhoff is the Assistant Director of the Great Plains ADA Center. She has worked with the Center in various roles for the past 15 years. During that time, she has given numerous presentations and provided technical assistance on all areas of the ADA. She is especially interested in developing and disseminating ADA information that meets the needs of people with disabilities and their families. Brinkhoff received a Master's Degree in Education from the University of Missouri.

Know Your Rights: Part II –Taking Control of Your Health Care - April 11, 2011at 7 p.m.
Pat Kennedy will speak about how to talk to your physician, tips for incorporating health care literacy, and empowering yourself to take control of your health. Kennedy has been working in the field of MS since 1987. For most of her MS career, she has been providing patient care. Currently, she works for Can Do Multiple Sclerosis in Edwards, Colo., as a Nurse Educator and Programs Advisor for the organization. She serves as a Clinical Consultant for the National MS Society and is a member of the Client Education Committee. She is active in the Consortium of MS Centers and is on the editorial board of the International Journal of MS Care.

Intimacy: Preparing for Pregnancy - May 9, 2011 at 7 p.m.
Dr. Barbara Green and Michelle Keating will speak about how to prepare for pregnancy while living with MS. Michelle Keating is an RN living with MS and will give insight on the preparation for pregnancy with MS. Dr. Green is Director of the West County MS Center at St. John's Mercy Medical Center and a frequent speaker for the Gateway Area Chapter.

Navigating Through Relationships: Part I – Taking Care of Yourself While Taking Care of Others - June 13, 2011 at 7 p.m.
Karen Tripp will discuss how to find balance between focusing on the caregiver and the individual with MS. While establishing clinical practices in South Florida, Greater Chicago and Southern California, Tripp developed public speaking as an essential component of her career. From cancer survivors and bereavement groups to church groups and professional organizations, Karen's wit and enthusiasm brings to those she reaches concrete directions through the difficult problems of life.

Navigating through Relationships: Part II – Good Grief! How to Cope with Loss - July 11, 2011 at 7 p.m.
Grief is a natural part of living with a chronic disease. Whether you are grieving the loss of abilities, loss of possibilities or the loss of a relationship there is good grief. Learn how to work with and through grief in a healthy way.

Sleep & MS: When to Doze - Aug. 8, 2011 at 7 p.m.
Making sure you sleep enough hours in the day can be a challenge in the face of MS; but the quality of the sleep you do get is just as important. Hear how MS effects your sleep patterns and learn tips to improve the quality of your sleep.

Symptom Management: Optic Neuritis Sept. 12, 2011 at 7 p.m.
When looking at a computer screen at work becomes painful or impossible, and even reading a paper becomes a challenge, there are ways to support a more comfortable environment to better support your vision competency. Dr. John Pula will share how knowing what is happening for your eyes is an important part of knowing how best to help.

LOTSA HELPING HANDS

Lotsa Helping Hands is a free web-based service that allows family, friends, neighbors and colleagues - the community circle of a person with MS - to more easily assist with household tasks that can become a burden during times of medical crisis. It's an easy-to-use, private group calendar, specifically designed for organizing helpers, where everyone can pitch in with meals delivery, rides, and other tasks necessary for life to run smoothly during times of medical crisis, or family caregiver exhaustion. It is also a place to keep these "circles of community" informed with status updates, photo galleries, message boards and more. Visit **lotsahelpinghands.com.**

CARINGBRIDGE COMMUNITIES

CaringBridge is a free one-stop shop that connects and updates communities of supporters on a person's ongoing health status, treatment, surgeries, progress in therapies and recovery. A personalized CaringBridge website helps keep loved ones informed during difficult times. In return, family and friends give support through guestbook messages. CaringBridge websites offer a personal and private space to communicate and show support, saving time and emotional energy when health matters most. Authors can add health updates and photos to share their story while visitors leave messages of love, hope and compassion in the guestbook. Visit **CaringBridge.org** for more information.

SELF HELP GROUPS

Self-help groups bring together people who share a common life experience, for support, education, and mutual aid. Members of self-help groups share a belief that positive personal change happens through individual efforts with the support of others. These groups are primarily about relationships and community; an opportunity to make connections. Groups vary in purpose - some are social in nature while others focus on providing education and information. Some are centered around a community or neighborhood while others are focused on a similar life experience. Below are just a few of the specialized Self Help Groups available.

20s & 30s Social Groups
Are you in your 20s or 30s and dealing with MS? You are not alone! Connect with others who can understand the unique challenges of being young and living with this disease. **The Living Room: A Social Group for 20s & 30s** is available for the Mid America Chapter and meets the second Thursday of every month. **Generation Optimistic** is available for the Nebraska Chapter. The group meets the third Tuesday of every month at the Nebraska Chapter office as well as activities scheduled throughout the year.

Mommies & Daddies with MS - Mid America
This family-focused group is for parents with MS who have children ages birth to 12 years old. Monthly or bi-monthly gatherings are planned for the whole family. This group is designed to help children see they are not alone in their experience with MS.

Hope from Home - Nebraska
Living with MS can sometimes be challenging. So can the variety of emotional reactions a person may feel. Often emotional health needs are overlooked, as many people are unsure where to begin. The Nebraska Chapter is pleased to offer a new self-help group, a "stay at home" self-help group. On the third Thursday of every month, from the comfort of your own home, you will call a toll-free number at 11 a.m. CST. Anyone interested in participating should contact the Nebraska Chapter. At that time, we will provide you with a group facilitator name and dial-in number.

For More Information call: 1-800-344-4867

Mid America Chapter
at MSmidamerica.org
or e-mail: midamericachapter@nmss.org

Nebraska Chapter
at NEN.nationalmssociety.org
or e-mail: NEN@nmss.org

MS LEARN ONLINE

MS Learn Online is the National MS Society's online educational webcast series. It contains a vast library of videos, podcast and live webcasts on a variety of topics relevant to people with MS. Transcripts (.pdf format) and podcasts (.mp3 audio format) are available for most programs. Explore our educational videos to give yourself the power that comes with knowledge. Topics include Basic Facts of MS, Treatments, Symptom Management, Healthy Living, Progressive MS, Research, Family Life & Relationships and Employment & Insurance.

Watch a video on your computer or download a podcast and take it with you. Videos come in three formats; **Daily Minutes** are short informational clips about a particular topic, usually lasting around a minute or so. **Q & A** are clips featuring viewer questions answered by MS Learn Online experts, also usually around a minute or so. And, **Feature Presentations** offer more comprehensive coverage of a topic, usually featuring a variety of experts and/or perspectives. These are usually broken into two to four segments lasting six to 10 minutes each.

Live webcasts are offered and recordings archived to watch at your convenience. You can register to participate in these offerings by clicking Sign up for the live webcast. You will be asked for your name and location and a reminder email will be sent the day before the webcast. Then watch the event live on your computer from the comfort of your own home.

Visit our websites: **MSmidamerica.org** *or* **NEN.nationalmssociety.org** to learn more about these online resources. Simply click on Multimedia Library (right below the search box on the top of the page) or type MS Learn Online in the search box to find these resources.

YOUR LOCAL CHAPTER

MS stops people from moving. We exist to make sure it doesn't. The Mid America and the Nebraska chapters of the National MS Society are communities of individuals committed to achieving a world free of MS. The Mid America Chapter serves more than 8,000 individuals living with multiple sclerosis across 159 counties in Kansas and western Missouri while the Nebraska Chapter serves more than 3,000 people living with MS in Nebraska and Pottawattamie County, Iowa.

Both Chapters are committed to the National MS Society mission. We mobilize people and resources to drive research for a cure and to address the daily challenges of everyone affected by this disease. We provide comprehensive support services and educational programs to people with MS, their family and friends, and raise funds locally to support the MS Society's research initiatives. We strive to help people affected by MS by funding cutting-edge research, driving change through advocacy, facilitating professional education, and providing programs and services that help people with MS move their lives forward.

National Multiple Sclerosis Society
Mid America Chapter

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FREE MATTER FOR THE BLIND AND HANDICAPPED

This is a joint publication provided by the Mid America & Nebraska Chapters.

LEARN MORE ABOUT MANAGING MS

VISIT PROGRAMS IN PERSON OR USE RESOURCES FROM THE COMFORT OF YOUR OWN HOME!

STAY IN TOUCH WITH US!

We communicate with all our members about upcoming programs, breaking news, research progress and more. Visit **MSmidamerica.org** or **NEN.nationalmssociety.org** frequently. Watch your inbox for regular email updates. Make sure you're on our mailing list. We can get you signed up! Contact us at **1-800-344-4867.**

ONLINE COMMUNITIES

There are many online communities to connect with others without leaving your home. MSWorld®, Inc. provides a global virtual community of support to people living with multiple sclerosis. The site's sole mission is to create a safe, informative, useful and fun place for people to meet and gain useful resources to help manage and cope. MSWorld® is the official chat room and message board site for the National MS Society. Visit **MSworld.org**.

FIND US ON FACEBOOK!

We're on Facebook! Become a fan of the Mid America Chapter or the Nebraska Chapter on Facebook and add to our online conversation. Get the most recent updates on breaking news, learn about the latest research, connect with others living with MS in your area and more! Visit **facebook.com** and search for "MS Society Mid America Chapter" or "MS Society Nebraska Chapter" and join us in our mission to create a world free of MS.

Early and ongoing treatment with an FDA-approved therapy can make a difference for people with multiple sclerosis. Learn about your options by talking to your health care professional and contacting the National MS Society at **nationalMSsociety.org** or 1-800-344-4867.

The National MS Society helps people affected by MS by funding cutting edge research, driving change through advocacy, facilitating professional education and providing programs and services designed to help people with MS and their families move their lives forward.