GREATER NEW ENGLAND CHAPTER

communityprograMS

CREATING A WORLD FREE OF MS | SPRING 2010

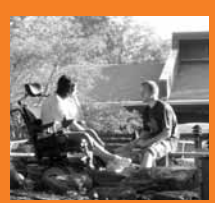
Vacation Week

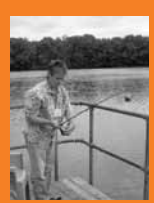
Sunday, June 13 – Friday, June 18, 2010

A week away, a world of difference!

Join us on a five day getaway for people with MS at accessible Easter Seals Camp Hemlocks in Hebron, Conn. Enjoy boating, fishing, dancing, arts and crafts, evening entertainment, yoga, massage, educational programs, swimming, and much more.
Space is limited. Apply early!

Vacation Week 2009





Location: Easter Seals Hemlocks Recreation Center, Hebron, CT

Cost: $395 per person (includes lodging, meals, & activities)

To Apply: Contact Martha Maynard at 1-800-344-4867 or Martha.Maynard@mam.nmss.org

Transportation: You must provide your own transportation to & from Camp Hemlocks

Personal Care: If more than minimal assistance is required, you must be accompanied by a PCA. (Their lodging & meal cost is provided by the NMSS)

Financial Assistance: Available to those who demonstrate need (must be requested when applying)

Completed Application Deadline: May 14, 2010

Upcoming Programs!

Family Days

Saturday, June 12 11a.m.– 3p.m.
Hopkinton State Park, Hopkinton, MA

and

Saturday, August 28 11a.m.– 3p.m.
Look Park, Northampton, MA

FREE! Registration includes lunch and activities. Meet others living well with MS in a fun, social atmosphere. Open to families of all ages. Families are encouraged to bring their own outdoor games. Limit 4 guests per registration.

Proud Parenting

March 27 & April 3, 2010
Boston, MA

The demands of parenting can be a challenge for anyone, and many parents with MS worry about the impact of their disease on their family. **Proud Parenting** is an interactive education and training program for parents with MS. This multi-session program focuses on supporting you, the parent, in identifying and developing coping skills to manage the daily demands of parenting while maintaining your health and wellbeing.

African-Americans with MS Family Day

June 5, 2010
Roxbury, MA

African- Americans develop MS at half the rate of white Americans, but symptoms can be much more severe. MS is well known for treating no one equally. Explore how MS affects the African-American community through short workshops, guided discussions and activities for the entire family. Meet other African-Americans with MS and empower yourself and your family to live well with MS everyday.

MS Education Day ♦ Saturday May 8, 2010 ♦ 9 a.m. - 3 p.m.
Doubletree Hotel and Conference Center, South Burlington, VT

Join us for this information filled conference brought to you by the National Multiple Sclerosis Society and the MS Center of Northern New England at Fletcher Allen Health Care.

Free and open to the public, this program has something for everyone.

For more information, contact:
christine.newberry@mam.nmss.org

Agenda:

- **MS Research Update** with Dr. Hillel Panitch
- **MS and Cognition- What You Always Wanted to Know but Forgot to Ask** presented by Neuropsychologist, Dr. Janice Peyser.
- **Roundtable discussions** led by area MS specialists.

Our Commitment

The National Multiple Sclerosis Society has a vision of a world free of MS. The Greater New England Chapter contributes to vital MS research to find the cause, cure, and better treatments. For people in Maine, Massachusetts, New Hampshire, and Vermont with MS today, the Chapter is committed to offering accurate and timely MS information, programs, and services to improve their quality of life. This catalog contains opportunities that address a wide range of MS needs. Our staff is always available to answer questions, and we actively seek your ideas for new programs. Please call us at 1-800-344-4867.

Studies show that early and ongoing treatment with an FDA-approved therapy can reduce future disease activity and improve quality of life for many people with multiple sclerosis. Talk to your healthcare professional and contact the National MS Society today at www.MSnewengland.org or 1-800-344-4867 to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

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National Multiple Sclerosis Society

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Locations:

Main Office
101A First Avenue, Suite 6
Waltham, MA 02451

Southeast Massachusetts
3119 Cranberry Highway, Unit 5E
East Wareham, MA 02538

New Hampshire
1361 Elm St., Suite 106
Manchester, NH 03101

Vermont
75 Talcott Road, Suite 40
Williston, VT 05495

For more information about Chapter Programs, call: 1-800-344-4867

Join the Action Alert Network

Let us know what issues are affecting you that could be addressed by changing public policy!
E-mail: Michelle.Dickson@mam.nmss.org
or call 1-800-344-4867,

NEWLY DIAGNOSED SOCIALS

For those diagnosed with MS in the last three years. Join us for a relaxing meal at area restaurants to talk with other people recently diagnosed with multiple sclerosis and share experiences and strategies. A healthcare professional and a staff member from the National MS Society are available to answer questions and offer expertise. Significant others, adult family members and friends are welcome (limit 1 guest per registrant). Adults only please.

THESE SOCIALS ARE FREE. Does not include the cost of alcoholic beverages. CONTACT 1-800-344-4867.

HANOVER, Mass.

Location	PapaRazzi
Date/Time	Saturday, April 24; Noon-2:00 p.m.
Register	By April 17
Includes	Lunch
Contact	Martha.Maynard@mam.nmss.org

BOSTON, Mass.

Location	The Cheesecake Factory
Date/Time	Tuesday, April 27; 6:00-8:00 p.m.
Register	By April 20
Includes	Appetizer & Cheesecake
Contact	Sarah.MacIsaac@mam.nmss.org

PITTSFIELD, Mass.

Location	Dakota Steakhouse
Date/Time	Saturday, June 12; Noon-2:00 p.m.
Register	By June 4
Includes	Lunch
Contact	Amber.Stalker@mam.nmss.org

COLCHESTER, VT

Location	Juniors
Date/Time	Wednesday, June 16; 6-8p.m.
Register	By June 9
Includes	Dinner
Contact	Christine.Newberry@mam.nmss.org

CAN WE TALK?

Newly Diagnosed Conference Calls

For people diagnosed within the last three years, call in to a toll free number to hear from experts about various topics of interest to those recently diagnosed with MS. Live Q&A session held during each call – get your own questions answered!

Time 7–8 p.m.

April 6: Symptom Management; Salvatore Napoli, MD
May 4: Coping with MS; Brant Oliver, NP, MSN, MPH
June 1: "Top 10 List" of MS Questions; Angela Applebee, MD

Contact: Martha.Maynard@mam.nmss.org, or 1-800-344-4867

HomeLINKS Live Independently Navigating Key Services

The Home LINKS program is a short-term care management program available to people with MS. Our goal is to help people with MS continue to live in the community safely and independently. We help people research and locate services and resources that are available and assist with navigating the systems necessary to receive help. This is a free service.

For information about Home LINKS call:
1-800-344-4867.

Kids Get MS Too

Families with a child or teen with MS join together to learn more about MS in an environment that makes everyone feel comfortable asking questions, talking to their peers, or just listening. Events offer knowledge, networking and fun!

If someone you know has a child or teen with MS and would like to participate, contact Sarah MacIsaac at 1-800-344-4867 or Sarah.MacIsaac@mam.nmss.org

KIDS GET MS TOO SUMMER SAVE THE DATES!

July 31: Fun at Fenway Park!

Join us for this sports fan's dream as we go on a pre-game tour of Fenway Park, enjoy lunch with other families, and cheer for the Sox as they play the Detroit Tigers!
This program is free. Some registration restrictions may apply.

FIRST EVER KIDS GET MS TOO FAMILY CAMP!

August 20-22: Camp Yavneh, Nottingham, NH

An exciting 3-day camp weekend that includes fun activities for all ages! Water sports, interactive learning, good food, good friends, campfires and more! A great weekend for the entire family. (Kids & teens with MS must be accompanied by at least one adult family member). A refundable deposit is required.

Young Persons with MS

A Network for Families with a Child or Teen with MS

A collaboration between the National MS Society and the MS Society of Canada.

For information please call:

1-800-344-4867

Published quarterly by the National MS Society specifically for children 5-10 years old and for their relatives who have MS. Games, fun, and information too!

Child _____

Address _____

City _____

State _____ Zip _____ Phone _____

Guardian's Signature _____

Child's Date of Birth _____ Grade _____ Gender _____

Relative with MS _____

Mail to:
Vanessa Aluia
National Multiple Sclerosis Society
101A First Avenue, Waltham, MA 02451-1115

Young Adult Webpage

Resources and information specific to your needs as a young adult with MS.

Visit MSnewengland.org > Programs & Services > MS & You > Young adults

EXCHANGE POINT - YOUNG ADULTS WITH MS

Exchange Point is for young adults in their twenties or thirties with MS. Exchange Point events give you the opportunity to meet other young people with MS in an inviting atmosphere and talk to professionals who work in the MS community.

Check our website, your email and mail box for more information. Questions or suggestions for upcoming social events? 1-800-344-4867 or youngadults@mam.nmss.org.

EXCHANGE POINT - LET'S GET TOGETHER!

Join us to socialize, network and share experiences.

CONCORD, NH ~ Dinner

Location	The Common Man
Date/Time	Friday, April 23; 6-8 p.m.
Register by	April 16
Fee	Free. 1 adult guest welcome.
Contact	Amber.Stalker@mam.nmss.org

STURBRIDGE VILLAGE, Mass.~ Family Day

Location	Old Sturbridge Village
Date/Time	Saturday, April 24; 11 a.m. -3 p.m.
Register by	April 16
Fee	$7/person ~ Lunch & admission 4 guests of any age per registration.
Contact	Sarah.MacIsaac@mam.nmss.org

NORTHAMPTON, Mass.~ Brunch

Location	Union Station Restaurant
Date/Time	Sunday, April 25; 10:30 am -1 p.m.
Register by	April 6
Fee	Free. 1 adult guest welcome.
Contact	Sarah.MacIsaac@mam.nmss.org

COLCHESTER, VT ~ Dinner

Location	Juniors
Date/Time	Wed., June 9; 6-8 p.m.
Register by	June 2
Fee	Free. 1 adult guest welcome.
Contact	Christine.Newberry@mam.nmss.org

CAPE COD CANAL CRUISE ~ DINNER

Location	Leaves from Onset, Mass.
Date/Time	Wed., August 25; 4-6 p.m.
Register by	August 16
Fee	$10/person. Cruise and dinner 1 adult guest welcome.
Contact	Martha.Maynard@mam.nmss.org

Wondering how to balance your career and your MS? Is fatigue interfering with your social life? Considering telling the person you are dating you have MS? At **Real Talk. Real Answers. Living with MS in your 20s and 30s** you'll find discussions on these topics and more - and get some answers to the questions that matter. Go to **realtalkrealanswers.com** for live webcasts, virtual journals, tips from others with MS, and other features.

real talk real answers
living with ms in your 20s and 30s

Real Talk. Real Answers. is made possible through a collaboration of the National MS Society and MS LifeLines.

PUBLICATION OF THE NATIONAL MULTIPLE SCLEROSIS SOCIETY GREATER NEW ENGLAND CHAPTER

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The National Multiple Sclerosis Society recommends that all questions and information be discussed with a personal physician.

We mobilize people and resources to drive research for a cure and to address the challenges of everyone affected by MS.

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Knowledge is Power is a six-week, free, at-home educational program for people who are newly diagnosed. Mail or e-mail formats. To register, call **1-800-344-4867**, or visit **nationalmssociety.org/knowledge**.

Join the movement.

MS
National Multiple Sclerosis Society

MS ENCOMPASS - GET FIT!

Exercise is an important step in helping to cope with MS. Studies show that regular exercise can increase muscle strength, reduce fatigue and depression and improve bladder and bowel control. The Chapter is collaborating with the YWCA of Central Mass. to make available their accessible pool, cardio equipment, strength training room, and aerobics classes. It has handicap accessible weight training equipment for individuals using a wheelchair. Childcare is available at the facility for a nominal fee. Registration is required through the National MS Society. Don't delay. Sign up today!

Location	YWCA of Central Massachusetts
Date	Ongoing
Time	YWCA's hours of operation
Fee	$10 per month
Contact	Martha.Maynard@mam.nmss.org or call 1-800-344-4867

B.FIT!

Outpatient Therapy • Assistive Technology • Wellness programs • B.Fit!

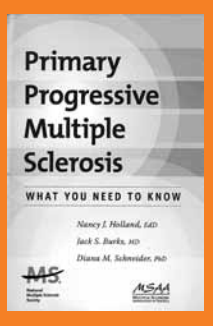
Wellness Programs. Outpatient Therapy. Assistive Technology. Enjoy quality time with others who have MS and other progressive, neurological diseases in a pleasant and supportive environment, where you can socialize, and have access to outstanding care and assistive technology. All through B.Fit! at The Boston Home.

The Boston Home and the National MS Society, Greater New England Chapter are excited to offer B.Fit!, an innovative, outpatient wellness program for adults with MS and other advanced neurological diseases.

Contact: Glory Wideman-Hughes
The Boston Home
617-825-3905 x300
gwideman@thebostonhome.org

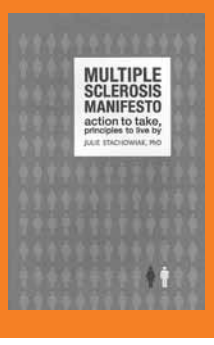
A sliding fee scale is available.

RECENT ADDITIONS TO THE DORA LIPCON LENDING LIBRARY IN THE VAN HOUTEN MS RESOURCE CENTER



Primary progressive multiple sclerosis: What you need to know. *Holland, N.J., Burks, J.S., and Schneider, D.M.* **(2010). Denver, CO: National Multiple Sclerosis Society.**

Multiple sclerosis manifesto: Action to take, principles to live by. *Stachowiak, J.* **(2010).New York, NY: Demos Medical Publishing.**



Have a question about MS?

Ask the Experts!

Get expert advice and opinions on common MS questions online at **www.msnewengland.org**

OUR WELLNESS REFERRAL NETWORK IS GROWING!

In addition to being essential to general health and well-being, exercise is helpful in managing many MS symptoms. People with MS who participate in an aerobic exercise program are shown to have better cardiovascular fitness, improved strength, better bladder and bowel function, less fatigue and depression, a more positive attitude, and increased participation in social activities. Make sure your exercise program is appropriate for your fitness level. Remember to consult with your physician before starting any exercise program. How Does This Work? Easy as 1-2-3.

The instructors listed have been trained by the National MS Society in multiple sclerosis and exercise techniques.

1. Contact a listed instructor* to discuss appropriate classes being offered and register for the one that fits your ability level and schedule. Participants are responsible for paying for the pre-arranged cost of the class.
2. Participate! To qualify for this scholarship reimbursement, you must attend at least 70 percent of the scheduled classes, which needs to be verified by the instructor. Completed forms must be received by the chapter two weeks after the completion of the program. Forms are available by contacting the Chapter
3. The Chapter will provide a reimbursement scholarship covering half the cost of the class, not to exceed $50, up to three times a year.

*Scholarships are available only with instructors/partners listed on the Chapter's network. These instructors have participated in NMSS approved training on multiple sclerosis

Yoga - Massachusetts

Alex Pairer
Braintree Rehab Hospital
(781) 348-2107

Angelena Craig
Newburyport
(978) 465-3991

Anu Patolawala
(978) 225-8196
Marlborough & Natick

Betty Hinkell
Greenfield
(413) 773-3646

Brendon Allen
Burlington
(781) 229-1967

Burlington Recreation Dept.
Angela Wasson
(978) 987-7037

Cheryl Krasker
Lynnfield
(781) 246-4807

Dahn Yoga
Andover
(978) 475-1116
(781) 648-9642
Arlington, Copley Square, Beacon Hill & Cambridge
Brookline
(617) 264-4851
Melrose,
(781) 979-0066
Newton Centre
(617) 964-8333

Diann Siegel
(617) 553-8300
Arlington, Bedford, Boston, Brighton & West Roxbury

Essential Yoga
Andover, Roberta Dell'Anno
(978) 337-2331

Gentle Wellness Yoga/Chair Yoga
Malden, Rosa Brown
(781) 321-7397

Hockomock YMCA
Foxboro, Shana McElroy
508-772-1339
Franklin, Shane Elder
508-528-8708

Leila Tutela
Wakefield
(781) 279-0610

Leventhal Sidman JCC
Newton, Janis Robbins
(617) 558-6507

Linda Della Porta
Boston
(617) 667-9226, ext. 5

Linda Preston
Burlington
(781) 273-0305

Lisa Enzer
Living Room Yoga
(413) 367-2658
Leverett, Montague, & Shutesbury

Mary Van Abs
(978) 314-1612
Boxford, Groveland, Haverhill & West Newbury

Noble Yoga
Methuen , Diana Noble
(978) 688-5428

Old Common Yoga
Auburn, Loretta Tharp
(508) 832-0607

Patricia McCallum
(781) 842-3862
Boston & Nahant

Susan Krantz
(617) 524-1997
Jamaica Plain & Winchester

Yoga for Adults with MS: In the Moment Yoga
Norwood, Inez Stein
(781) 762-5371

Yoga for MS: Healing Tree Yoga Center, Quincy
Mark Keane/ Elizabeth Lowe
(617) 770-4800

Yoga - New Hampshire

Breath & Balance Yoga
Jaffrey, Patricia Strauss
(603) 532-6789

Bryan Russell
Keene
(603) 831-2281

John Wall
Marlborough
(603) 889-5000, Ext 126

Josephine Russell
(603) 352-1684
Jaffrey, Keene, Stoddard &Walpole

Lynda Meeder
Keene
(603) 363-9345

Maddy Bottari Eaton
Exeter
(603) 778-4994

Mary Frost
Marlborough
(603) 876-3355

Ocean Spirit Yoga
Portsmouth
(603) 430-4013

Pathways Yoga
Hampton Falls, Hampstead & Exeter
(603) 475-7770

Yoga by Donation
Portsmouth
(603) 766-0979

Yoga Sanctuary
Windham, Priscilla Anne Flynn
(603) 537-0588

Tai Chi

In the Moment
Norwood, MA,
Andrew Kisseloff
781-762-5371

Lin Lin Choy Furry
Concord, Exeter & Durham, NH
603-858-2333

Plymouth Fitness Club
Plymouth, MA, Daniel MacNeil
508-746-7448, Ext 15

Ron Marcotte
Quincy & Milton, MA
781-337-5751

Aquatics

Ai Chi (Water Tai Chi)
Framingham, MA
508-271-2004

Braintree Rehab Hospital
Braintree, MA, Lisa Suprise
781-348-2367

Diamond Physical Therapy
Concord & Sudbury, MA
Laura Diamond
617-803-8730

Hockomock YMCA
Foxboro, MA, Shana McElroy
508-772-1339
Franklin, MA, Shane Elder
508-528-8708

Leventhal Sidman JCC
Newton, MA, Janis Robbins
617-558-6507

Linda Preston
Burlington, MA
781-273-0305

Metro West Wellness Center
Framingham, MA
508-271-2004 (pool)

YMCA
Lowell, MA, Mary Van Abs
978-314-1612

Personal Training

Betty Hinkel
Greenfield, MA
413-773-3646

Hockomock YMCA
Foxboro, MA, Shana McElroy
508-772-1339
Franklin, MA, Shane Elder
508-528-8708

Susan Kasser, PhD
Burlington, VT
802-656-7742

Our Wellness Referral Network is Growing!

New providers are continuously added to our network. Visit our growing online listing at www.MSnewengland.org > Programs & Services > In Your Community > Physical Wellness.

Are you a wellness instructor interested in joining our Wellness Referral Network? Contact us 1-800-344-4867

Some instructors also provide private in-home classes.

MS Encompass: Career Planning for Change

Do you need help creating a resume?

Looking for a new or better career path?

The Greater New England Chapter, in collaboration with the YWCA of Central Mass., is offering a unique career services program.

Career Interest - Aptitude Test - Writing Resumes & Cover Letters - Career Counseling for job searching and interview skills.

By appointment only.
You must register through the National MS Society.

Location: YWCA of Central Mass., Worcester

Fees: Resume: $15; Cover Letter: $5
Career Interest and Aptitude Test: $15
Individual career counseling: $10/session

Questions or to register, please contact
Martha.Maynard@mam.nmss.org,
1-800-344-4867

For information regarding fee reductions or waivers:
1-800-344-4867

LIVING WITH MS SUPPORT GROUP

First Thursday of each month
10:30-11:30 a.m. • Northampton, MA

For people with MS diagnosed more than 5 years and/or those with significant or visible symptoms and their spouse/partner or close family.

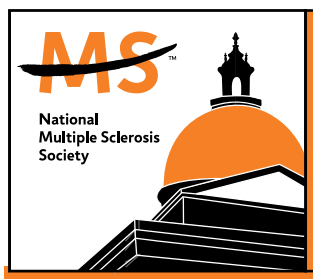
This Support Group offers an opportunity for people with MS and close family to meet and share information and resources in a comfortable and supportive environment. The group provides a confidential setting to discuss feelings, voice concerns, and learn how to better cope with the impact of the disease. The group is facilitated by a licensed psychologist, Dr. Amy Fowler.

To register please contact Amy Fowler at 1-413-582-3908.

Legal Referral Network

The Chapter has a network of attorneys who have expertise in areas of concern to people with MS. These attorneys have agreed to provide free initial consultations to clients on a variety of legal matters related to MS such as discrimination, Social Security Disability benefits, estate planning and health insurance.

To request a referral, contact the Chapter at
1-800-344-4867



MS Action Day

Beacon Hill • Boston, Mass.

May 5, 2010

Save the date and plan to attend!
More details available soon
on msnewengland.org

Employment Support

Access information on issues such as your rights under the ADA (Americans with Disabilities Act), work site accommodations, disclosure of your diagnosis, and Social Security benefits.

We also provide referrals to the appropriate community agencies that provide employment support and counseling.

For more information

call 1-800-344-4867

MS LEARN ONLINE

Webcasts and podcasts are pre-recorded and may be played at any time

MS Learn Online is an educational webcast series featuring three channels of programming —

- **Feature Presentation**: Experts present on topics such as Research, Treatments, Relationships, Employment, Insurance, Staying Well and Living with MS.
- **Daily Minute**: A short informational clip about multiple sclerosis.
- **Q&A**: Every week, MS Learn Online experts answer a new viewer question.

Transcripts (.pdf format) and podcasts (.mp3 audio format) are available for most programs.

Access MS Learn Online — visit us at www.NationalMSSociety.org > Multimedia Library > Webcasts & Podcasts

Tackling ...: MRIs and Drug Therapies in MS

Sunday April 25, 2010
9a.m. - 3p.m.

Grappone Conference Center
Courtyard by Marriott
Concord, NH

Join us for this annual education event with the MS Clinic of NH.

Additional workshops include:
exercise, recreation, nutrition, organization and information for care partners.

RELATIONSHIP MATTERS

Having a satisfactory relationship is hard work even in the best of times. MS can make it even harder. The Relationship Matters program is a series of interactive courses that exists to help couples minimize the impact of MS on their lives. Learn how to:

- Improve communication and resolve conflicts
- Have greater fulfillment in your relationship
- Manage MS as a team
- Help your relationship thrive

For more information, email: couplesprogram@nmss.org

MS Self-Help Groups

For people with MS, run by people with MS. Group members share common experiences and concerns, provide and receive emotional support, and obtain information on and coping with MS. These MS Self-Help Groups are affiliated with the Greater New England Chapter, and meet in accessible locations.

Some questions you may want to ask the group contact before attending a group meeting, to determine if the group meets your needs:

- **Verify the date, time and location of the meeting.**
- **Ask for directions to the meeting facility and information about parking.**
- **Is the group mainly a social group or do members discuss issues related to MS?**
- **Does the group have speakers talk about issues related to MS?**
- **What is the age range of the group members?**
- **What is the level of disability of the group members?**
- **Is the group open to having family members, spouses, caregivers, friends, etc., attend?**

MASSACHUSETTS

AMHERST/HADLEY
Mary Beth 413-253-0894

ATTLEBORO
Women with MS
Polly 508-761-8921
Elizabeth 508-695-9526

BOSTON
Fenway Friends
Susan 617-539-1981

BURLINGTON
Janine 781-281-2291
Peggy 781-935-4221

CAMBRIDGE
Charles River Group
Didier 781-290-1447

CENTRAL BERKSHIRE
Phil 413-499-7243
Marian 413-442-8874

DRACUT
Beyond Limitations
Lori 978-441-0515
Carolyn 978-459-7531

EAST BOSTON
Annette 617-561-5850

FAIRHAVEN
Karissa 774-206-6250
Chris 508-989-3998

FRAMINGHAM
Catherine 508-877-9439

FRAMINGHAM WOMEN'S GROUP
Phyllis 508-383-1370

Greater SPRINGFIELD
Ben 413-599-1644

MANSFIELD
Newly Diagnosed Group
Diane 508-243-7481
Lee 508-828-8517

MEDFIELD/NORFOLK
Jim 508-528-2799
Sharon 508-242-5328

METHUEN
Merrimack Valley
Martha & Joe 978-455-9596

MILFORD
Kay 508-533-8726
Jo-Lynn 508-928-2100
Monika 508-529-6961

NEW BEDFORD
Ann 508-999-4877

NORTH QUABBIN/ ATHOL
Diana 978-575-0737
Tracy 978-544-0111

ORLEANS
Ron 508-255-5207

PLYMOUTH
Susan 508-361-9421

SANDWICH
Paula 508-477-6048

SAUGUS/NORTH SHORE Doreen 978-232-0115
Kathy 781-599-5328

SOUTH BERKSHIRE COUNTY
Lori 413-229-3621

SOUTHBRIDGE
John 774-230-0940

STOUGHTON
Lisa 781-784-8154

WAREHAM
Chris 508-989-3998
Robert 508-748-6780

WEYMOUTH/ SOUTH SHORE
Chris 781-335-2145
Lorraine 781-337-7415

WORCESTER
Wayne 508-835-3993

WORCESTER
Meryl 978-369-7804

WORCESTER
Newly Diagnosed Group
Joan 508-847-1351 (cell)
or
508-869-6264 (home)

NEW HAMPSHIRE

ATKINSON
Helen 603-382-1222

CHARLESTOWN
Tammy 603-826-3772

COLEBROOK
Barbara 603-237-8873
Cindy 603-237-4294

CONCORD
Richard 603-783-4849

DERRY
Peg 603-668-6408

DOVER
People with MS/Partners
Sandy 603-332-0652

KEENE
Brenda 603-352-0823

MILFORD
Souhegan Valley
Howard 603-673-3460
Albert 603-791-4835

PETERBOROUGH
Liz 603-465-2940
Mary 603-532-5815

SALEM
Mary 603-362-5197

VERMONT

ADDISON COUNTY
Howard 802-897-2580
Marge 802-759-9115

BENNINGTON COUNTY
Barry 802-375-2250

CHITTENDEN COUNTY
Michele 802-862-4085
Kandy-Kay 802-482-6177

RUTLAND COUNTY
Mary 802-773-5162

WINDSOR COUNTY
Stacy 603-650-5111

Caregiver Support Groups

The MS Caregiver Support Groups offer an opportunity for friends and family caregivers to meet and share information and resources. The groups provide a confidential setting for caregivers to discuss feelings, voice concerns, and learn how to better cope with the impact of the disease. Two locations.

1. MetroWest Medical Center
   115 Lincoln St., Framingham, Mass.
   4th Thursday every month / 5 - 6:30 p.m.
   Facilitator: **David Rintell, EdD** (617) 525-6586
2. Sturdy Memorial Hospital
   211 Park Street, Attleboro, Mass.
   1st Monday every month / 11:30 a.m. - 12:30 p.m.
   Facilitator: **Patricia Messier, RN, MSN** (508) 236-7170

In Touch Telephone Support Group

Unable to get to a traditional support group? Then get your support over the phone by professional facilitators. Listen, learn and talk to other people with MS from the comfort of your own home.
Choose from two groups.

Group 1: 3rd Monday each month, 11 a.m. - noon
Facilitator: **Dana Snyder-Grant, LICSW**

Group 2: 1st Wednesday each month, 2 - 3 p.m.
Facilitator: **Chapter Staff**

Contact: Martha Maynard: 1-800-344-4867, or Martha.Maynard@mam.nmss.org

SAVE THE DATE!

THE INVISIBLE SYMPTOMS OF MS: COGNITION, PAIN & FATIGUE

Saturday, June 5, 2010
9:30 a.m. -- 3:00 p.m.

The Shaw's Center, Brockton, Mass.

Dealing with the many symptoms of MS can be very difficult, but coping with the invisible symptoms, cognitive difficulties, pain, and fatigue, can create additional challenges such as:

- ***"But you look so well, are you really that tired?"*** **Fatigue is the #1 symptom reported by people with MS, getting others to understand this invisible symptom can be both frustrating and tiring! Speaker:** ***Christine St. Laurent, RN, MSCN***
- ***"Why am I forgetting things? Why can't I remember the word I want to say?"*** **Cognitive difficulties can be frustrating for both the person experiencing it and also for family members. Learn to understand and deal with this troubling symptom. Speaker:** ***William Goodman, PsyD***
- ***"What is causing the pain I'm experiencing? Does MS cause pain? Is there any treatment for my pain?"*** **Pain is an invisible symptom, but a very real concern for many people with MS. Learn about the different types of pain, the causes, and treatments available. Speaker:** ***Jay Rosenfeld, MD***

This day-long conference will address these questions/concerns while also providing an opportunity for peer networking for individuals with MS, adult family members and caregivers. A special session facilitated by Christine St. Laurent, RN, MSCN will be held for caregivers/spouses/family members to address their concerns.

FREE. Each participant may register up to 2 adult guests. Lunch is provided.

Register by May 27, 2010. Contact Martha Maynard at 1-800-344-4867 or martha.maynard@mam.nmss.org

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