SELF HELP GROUPS' MONTHLY CALENDAR

Please call group leaders for directions and to confirm times

October 2013

NOTE

To view All the upcoming program, events, and our fall teleconference visit this website:
http://www.nationalmssociety.org/chapters/NJM/index.aspx
then click on- *upcoming programs and services*

To everyone who has received a computer from the NMSS Computer Reach Program
Please take our survey so
we can see how you have enjoyed your computer.

Just Click on the link
http://www.surveymonkey.com/s/MSComputerOutreach
PLEASE DO NOT TAKE THIS SURVEY IF YOU HAVEN'T RECEIVED A COMPUTER FROM THE NMSS COMPUTER OUT REACH PROGRAM.

MS Youth Movement

Interested in joining our MS Youth Movement? They're eager to meet you! Learn more about it HERE.

COMING SOON CAREGIVERS ONLY

NMSS Caregiver Self Help Group in Freehold If you would like to be on the contact list for this group. Please email- Lisa.torre-janssen@nmss.org

	BERGEN COUNTY
What	**Cope Self-Help Group** **Heightened Independence & Progress** ***No Meeting July / Aug***
Where	Cornell Medical Supply Co., 30 New Bridge Road, Bergenfield
When	Last Thurs. of the month… 11:00am Oct 31
Leader	Joan B. (201) 837-7790
Topic	***Contact Leader for Details***
What	**Lyndhurst Self-Help Group ,"The Direct Effect"** ***Meets all year***
Where	The Heritage at Lyndhurst, 601 Riverside Avenue, Lyndhurst in the Community Room (by the property management office)
When	Last Tues. of the month… 6:00pm - 7:30pm Oct 29
Leaders	**William Milligan (201) 889-2311 email: warriorpoet316@yahoo.com**
Topic	***Cognitive Issues in MS.....Ways to combat it!"***
What	**The TM Self-Help Group** ***No Meeting Dec / Jan / and Feb***
Where	Trinity Presbyterian Church, Farview Ave., Paramus
When	1st Mon. of month… 7:00pm Oct 7
Leaders	Joe N. (201) 797-3386 … Len P. (973) 330-2406
Topic	***Contact Leader for details***
What	**Friends MS Self-Help Group** ***No Meeting July / August***
Where	Holy Name Hospital, Teaneck Rd., **Marian Hall, Conference Room A** Teaneck
When	1st Thursday of the month… 7:00pm Oct 3
Leaders	Sister Mary M.(201) 967-5599 Scott A.(973) 616-8168 aces66@optonline.net
Topic	**Open discussion**
What	**"*Faith is our Pathway*":** **needs of African Americans living with MS.** ***No Meeting July / August***
Where	Ebenezer Baptist Church, 216 4th Street, Englewood
When	3rd Saturday of the month… 2:00pm Oct 19
Leader	Irvina B. (201) 569-3613
Topic	***Contact Leader for details***
What	**Saddle Brook MS Self-Help Group** ***No Meeting July / August***
Where	Kessler Rehab Center (Multi-Purpose Room), 300 Market St. Saddle Brook
When	3rd Saturday of the month… 1:00pm **Oct 19**

Leader	Maria W. (201) 666-0312 Chris T. (201) 843-0001
Topic	***Contact Leader for details***
	ESSEX
What	**"UMDNJ SURVIVORS"** ***No Meeting July / August***
Where	UMDNJ, DOC, 8th Floor Conference Room, Newark
When	3rd Thursday of the month… 1:00pm Oct 17
Leader	Linda H. (973) 923-6912
Topic	***Contact Leader for details***
What	**Nutley's "*Gotta Laugh*" MS Self-Help Group** ***No Meeting January***
Where	Vincent United Methodist Church, 100 Vincent Pl., Nutley
When	3rd Thursday of the month… 7:00pm Oct 17
Leader	Gary A. (973) 667-5209
Topic	***Contact Leader for Details***
What	**MS LEGS "*Gay/Lesbian*" Self-Help Group** ***No Meeting July / August***
Where	Vincent United Methodist Church, 100 Vincent Pl., Nutley
When	3rd Thursday of the month… 7:00pm Oct 17
Leader	Nancy H. (201) 788-3663
Topic	***Contact Leader for details***
What	**Barnabas Health MS Self-Health Group** ***No Meeting July / August***
Where	BHACC , 200 South Orange Avenue, Livingston
When	4th Thursday of the month… **10.30 am, cafeteria** **Oct 24**
Leader	Rosanne D. (973) 334-8434
Topic	***Open forum to discuss current topics.***
	HUDSON COUNTY
What	**Secaucus MS Self-Help Group (NEW GROUP)** ***No Meeting June, July / August***
Where	Secaucus Public Library 1379 Paterson Plank Rd., Secaucus
When	2nd Tuesday of the month 7pm-9pm Oct 8
Leader	Kevin (201) 320-0100 Email: chefkev21@comcast.net
Topic	***An informative event to learn about living with Multiple Sclerosis (MS) and a once-daily pill for relapsing forms of MS – Aubagio (teriflunomide)***
	HUNTERDON COUNTY

What	**Hunterdon MS Self Help Group** ***No Meeting for September***
Where	Hunterdon Health and Wellness Center 1738 Rt. 31 North, Clinton
When	Last Sat. of month 12pm - 2pm Oct 26
Leaders	Carla B. (203) 819-2375 (908) 975-3181 email: miraclebaby772@aol.com
Topic	***Open discussion***
	MERCER COUNTY
What	**Robbinsville *"Positive Living"*** ***No Meeting July / August***
Where	Mercer County Library, 42 Robbinsville-Allentown Rd., Robbinsville
When	1st Tues of month… 7:00pm – 9:00pm Oct 1st
Leaders	Michael O. (609) 516-7444 ogg.michael@gmail.com Steve B. (609) 799-9585 Andrea S (609) 838-0231 somersas@yahoo.com
Topic	***Open meeting for general discussion.***
	MIDDLESEX COUNTY
What	**Old Bridge MS Self-Help Group** **No Meetings in May June July August**
Where	Raritan Bay Medical Center, Medical Arts Building Auxiliary Hall C…1 Hospital Plaza Old Bridge
When	3rd Wednesday of the month… 7:00pm – 9:00pm Oct 16
Leaders	Elihu R. (732) 613-5080 Elihu212@aol.com … Katie O. (732) 651-1232
Topic	***Contact Leader for details***
What	**Metuchen MS Self-Help Group** ***No Meeting July / August***
Where	First Presbyterian Church **Social Center** 270 Woodbridge Ave. Metuchen
When	3rd Tuesday of the month… 10:00am – 12:00pm Oct 15
Leaders	Sonya D. (732) 826-7754 … Priscilla G. (908) 591-9768 …
Topic	***Sponsored by Teva "RRMS Therapy Options:*** ***What to Look for in a Therapy present by Dr Karen Marks***
What	"**MS Minglers**" ***Networking / Support Group. Singles Living Fully with MS.*** ***The group is not exclusively for singles; all are welcome.*** ***No Meeting Jan/ Feb /June /July/Aug***
Where	Edison Public Library - Main Branch, 340 Plainfield Avenue, Edison
When	Varying Tuesdays of the month 6:30 - 8:30 pm
Leaders	M B. 732-722-7902 or MSMINGLERS@yahoo.com
Topic	***Contact leader for information.***

	MONMOUTH COUNTY
What	**Oakhurst *"Tuesday Troopers"*** ***Meets All Year***
Where	**NJ Metro NMMS CHAPTER 246 Monmouth rd** Oakhurst
When	2nd Tuesday of the month… 12:00pm – 2:00pm Oct 8
Leaders	Nancy M. (732) 531-6756 … Katie C. (732) 502-8845
Topic	***Lifestyles ..Watching what you eat!,,,***
What	**Marlboro *"Beta and Beyond"*** ***No Meeting July / August***
Where	Marlboro Branch of the Monmouth County Library
When	Meets every 4-5 weeks on Saturday 10:00 am – 12:00 pm Oct
Leaders	Lorraine C. (732) 671- 9384 Rachel W. (732) 252-8617
Topic	***Contact leaders for details***
What	**Freehold MS Support Group** ***No Meetings Jan. / Feb. / July / August***
Where	Centra State Hospital Health Awareness Center, Freehold
When	3rd Monday of the month… 1:00pm – 2:30pm Oct 21
Leader	Ruth Memoli,(Social Worker) Professionally Facilitated (732) 294-2505
Topic	***Cognition and MS***
What	**Oakhurst *"Moving Foward"*** ***No Meeting July / August***
Where	**NJ Metro NMMS CHAPTER 246 Monmouth rd** **Oakhurst**
When	3rd Sat. of month…10:00am – noon Oct 19
Leaders	Bob F. (732) 212-1673 Don L (732) 546-8868
Topic	***Nutritionists – Andrea Fegan and Don L***
What	**Kershaw Commons MS Self-Help Group** **No meeting in August**
Where	Kershaw Commons 1st Floor meeting room, 6000 Applewood Dr., Freehold
When	2nd Wednesday of the month Oct 9
Leaders	Lisa T. (732) 660-1005 / Scott S. (551) 200-0466
Topic	***Making Treatment & Lifestyle Decisions: Thinking about Benefits and Risks***
	MORRIS COUNTY
What	**Montville MS Self-Help Group** ***No Meeting July / August***
Where	Montville Youth Center, 130 Changebridge Rd., Montville
When	2nd Thurs. of Month 10am **Oct 10**
Leader	Rosanne D. (973) 334-8434
Topic	***Contact leader for details***

What	***Multiple Strenghths MS Support Group*** ***Dover***
Where	***St. Clare's Hospital / Dover General*** ***Enter through 'MAIN ENTRANCE' - Conference Rooms C & D***
When	***Third Thursday 1PM*** ***September 19 @ 1:00 p.m.***
Leader	***Nick M. (973) 841-3197 Email: marchesani7@aim.com*** ***Website: www.multiplestrengths.cjb.net / www.multiplesclerosis.cjb.net***
Topic	***All About Ampyra***
	OCEAN COUNTY
What	**Toms River MS Self-Help Group** ***No Meeting July / August***
Where	The Presbyterian Church of Toms River, 1070 Hooper Ave., Toms River
When	4th Friday of the month 7pm – 9pm **Oct 25**
Leaders	Pat C. (732) 244-7523 / Dianne B. (732) 892-2230 / Pat R. 732-569-3606
Topic	***Contact Leader for details***
What	**Manahawkin "*Our Helping Hands"*** ***No Meeting July / August***
Where	Lutheran Church of the Holy Spirit, Room 6, 333 N. Main St. Manahawkin
When	3rd Friday of the month… 10:30am – 12:30pm Oct 18
Leader	Luanne R. (732) 286-4990 luanne.rizzo@verizon.net
Topic	***Contact Leader for details***
What	**Brick "*Voices of MS"*** ***No Meeting June / July / August***
Where	Ocean Medical Center (1st floor Atrium) Jack Martin Blvd., Bricktown
When	Last Mon. of the month Oct 28
Leader	Don L. (732) 546-8868 …
Topic	***Our presenter will be Kathleen Smith, SHIP volunteer, discussing Medicare***
	PASSAIC COUNTY
What	**OUI MS Self-Help Group** ***Meets All Year***
Where	Packanack Lake Church, 120 Lake Dr. East, Wayne
When	3rd Monday of the month… 7:00pm Oct 21
Leader	Michael W.(973) 628-8991
Topic	***Contact Leader for Details***

What	**"*Squeaky Wheels*" MS Self-Help Group**	***Meets All Year***
Where	Hillcrest Center, 1810 Macopin Road,	West Milford
When	4th Wednesday of the month… 12:00 pm	Oct 23
Leaders	Janice S. (973) 728-1282... Nancy M.(973) 697-0970	
Topic	***Contact Leader for Details***	
	SOMERSET COUNTY	
What	**Bridgewater MS Self-Help Group**	***No Meeting June / July / August***
Where	The PeopleCare Center, 120 Finderne Ave.,	Bridgewater
When	4th Tues. of the month… 7:00pm – 9:00pm	Oct 22
Leaders	John T. (908) 295-1401 (cell) … Doug R. (908) 334-9212 (cell)	
Topic	***Contact Leader for details***	
	SUSSEX COUNTY	
What	**"Multiple Strengths" MS Self-Help Group (1)**	
Where	Sussex County YMCA, 15 Wits End Road,	Hardyston
When	1st Wed of the month … 1:00pm	Oct 2
Leaders	Nick M. (973) 841-3197 Email: marchesani7@aim.com Website: www.multiplestrengths.cjb.net / www.multiplesclerosis.cjb.net	
Topic	***The Benefits of Physical Therapy***	
What	**"Multiple Strengths" MS Self-Help Group (2)**	**Sussex**
Where	Multiple Strengths MS Support Group at Night St. Clare's Health Center at Sussex 20 Walnut Street Enter through 'MAIN ENTRANCE' - Cafeteria	
When	3rd Wed of the month … 7:00pm	Oct 16
Leaders	Nick M. (973) 841-3197 Email: marchesani7@aim.com Website: www.multiplestrengths.cjb.net / www.multiplesclerosis.cjb.net	
Topic	***In The Flow: T'al Chi For MS***	
	UNION COUNTY	
What	**Clark MS Self-Help Group**	***No Meeting July / August***
Where	Clark Town Hall, 430 Westfield Avenue,	Clark
When	2nd Tuesday of the month… 7:00pm	Oct 8
Leaders	Maryellen B. (732) 396-9145 … Susan K. (908) 889-9144	
Topic	***Sponsored by Genzyme : An informative event to learn about living with Multiple Sclerosis (MS) and a once-daily pill for relapsing forms of MS – Aubagio (teriflunomide)*** ***Presented by: Roger Behar, MD Community Neurologist Princeton and Rutgers Neurology***	

What	**Building Bridges: Group for Minorities**	***No Meeting June / July / August***
Where	South Plainfield **PAL**, 1250 Maple Avenue,	South Plainfield
When	2nd Saturday of the month … 1:00pm	Oct 12
Leader	Tennille Flowers (973) 207-4191	
Topic	***Open discussing***	
	WARREN COUNTY	
What	**Alpha *"MSempowerMEnt"***	***No Meeting July / August***
Where	St. Mary's Church, 830 Fifth Avenue	Alpha
When	4th Thursday of the month…7:00pm – 9:00pm	Oct 28
Leaders	Klara T. (908) 619-3150 (cell) … Maria K. (908) 454-5077	
Topic	***Contact Leader for details***	
What	**Warren County MS Self-Help Group**	***Meets All Year***
Where	Hackettstown Regional Med Center, 651 Willow Grove St.	Hackettstown
When	2nd Monday of the month … 7:00pm	Oct 14
Leaders	Cynthia M.(973) 786-5382 … Michele K. (908) 850-6366	
Topic	***Contact Leader for details***	