



MS UPDATE

October 2009

Hampton Roads Chapter

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National
Multiple Sclerosis
Society

Hampton Roads Chapter
760 Lynnhaven Parkway
Suite 201

Virginia Beach, VA
23452

Please note: the chapter
office will be closed on
October 12.

National Multiple Sclerosis Society
Hampton Roads Chapter
760 Lynnhaven Parkway, Suite 201
Virginia Beach, VA 23452
Toll Free: 1-800-FIGHT MS
Local: 757-490-9627
Fax: 757-490-1617
Web: www.fightms.com

"Go Orange!"

Request the MS Update electronically by sending an email to
info@fightms.com with the subject line: "**Go Orange!**"
Help us conserve!

Spread the Word

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 health care professional and contact the National Multiple Sclerosis Society at www.nationalmssociety.org or **1-800-FIGHT MS** to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

For more information or to register, please contact the Chapter office at 757-490-9627 or visit our website at www.fightMS.com>Programs and Services tab.

2009 Annual Meeting and Networking Social

Join us as we host a networking social for those with MS and our event participants in conjunction with this year's Annual Membership Meeting! This is a great opportunity to mix and mingle, as well as exchange experiences and ideas with others in a casual, inviting atmosphere. Choose to come for the Networking Social only OR stay for dinner, our Annual Meeting, volunteer awards, and keynote speaker.

When: Thursday, October 29, 2009

Where: The Westin Virginia Beach Town Center (4535 Commerce Street, Va. Bch., VA 23462)

Time: Networking Social and Cash Bar begin at 5:30 pm
Dinner and presentation begin at 6:30 pm

Cost: \$15 per person for dinner (attending the Networking Social only is free)
Scholarships are available

Keynote: Research
The National MS Society is a driving force of MS research, supporting and stimulating world-class research into ways to prevent, better treat, and cure this unpredictable disease. Come learn how far we've come, where we're going, and what the Society and others are doing to move us closer to a world free of MS.

Caring for Yourself While Caring for Others Teleconference

Tuesday, November 17, 2009 from 7 - 8:30 pm

We invite you to spend a little time learning how to take care of yourself while caring for someone else. Caring for someone with a chronic illness like MS can be deeply satisfying. Spouses and partners, family, and friends can be drawn more closely together by their shared concerns and collaborative efforts. But caregiving can also be physically and emotionally exhausting, particularly for the primary caregiver. While this is most often a partner or spouse, the primary caregiver may also be an adult child, parent, or friend. Whoever you are, remember that paying attention to your own health and well-being is essential to being able to care for someone else. This teleconference will discuss the challenges faced by caregivers and provide tips for staying well, avoiding burnout, and getting the support and help needed.

Guest Speaker: Dr. Rosalind Kalb- Dr. Kalb is the Director of the Professional Resource Center at the National MS Society. She has edited two books—*Multiple Sclerosis: The Questions You Have; The Answers You Need*, now in its 4th edition, and *Multiple Sclerosis: A Guide for Families*, now in its third edition. She is also the senior author of *Multiple Sclerosis for Dummies*, and co-author with Dr. Nicholas LaRocca of *Multiple Sclerosis: Understanding the Cognitive Challenges*.

October Self Help Groups

For more detailed information on times and locations, call the chapter office at (757) 490-9627.

October 1 @ 10:30 am- African American Inspirational Group
Hampton Public Library

For more information contact D'Andre
at (757) 660-3455 or deejazzu44@aol.com.

October 7 @ 10 am- Gloucester Group
Riverside Wellness and Fitness Center

October 8 @ 5:30 pm- Peninsula Evening Group
Sentara Careplex Hospital (Conf. Room C)
For more information contact Diana
at (757) 722-2492.

October 13 @ 11:30 am- Virginia Beach Morning Group
Kempsville Public Library
For more information contact Pete
at (757) 497-6594 or petercarolhennessy@gmail.com.

October 14 @ 5:30 pm- Williamsburg Group
James City County/ Williamsburg Community Center
For more information contact JoAnn
at (757) 220-0902.

October 19 - Elizabeth City Group
Please contact Melvin at (252) 335-9158 for
group time and location.

October 20 @ 7 pm- Chesapeake Group
Lifestyle Fitness Center @ Ches. Regional Medical Center
For more information contact Margie
at (757) 482-3247.

October 21 @ 6:30 pm- Suffolk Group
Magnolia United Methodist Church
For more information contact Willie Ann
at (757) 539-0139.

October 28 @ 3 pm- Southside Group
Kempsville Public Library

October 28 @ 5:30 pm- Williamsburg Group
James City County/ Williamsburg Community Center
<<See October 14 listing for contact info>>

Find someone to chat with on the web at www.msworld.org.