Sept Oct 2013

We are here to serve you!

35 Belmont Avenue West
Kitchener, Ontario N2M 1L2

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(519) 569-8789, 1-855-569-8789

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Mission Statement
To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

All programming and services of the MS Society are offered in a barrier-free facility.
Chapter Programs Sept Oct 2013

Our Regularly Scheduled Programs that address your:

Physical Wellness

Seated Stretch Exercise: Mondays; No group - Sept 2, Oct 14
Join us for stretching and then stay to chat at Lunch Bunch.

Yoga: Tuesdays
The first lesson is free of charge and if you decide to continue for the full session (8 lessons in total) a nominal fee of only $45.00 will apply. Financial Assistance is available, please speak with Carrie.

Sunnyside Wellness Centre: You can take part in a personal exercise program designed by a kinesiologist. Call the chapter to find out more about our partnership with the Sunnyside Wellness Centre.

Wii Fit: Interested in using a Wii gaming system for fun and exercise? You can try out the system at the chapter where we will teach you everything you need to know. Do the program dates or times not work with your schedule? Call us and we will arrange a time that does. Or you can pick up our newly developed resource guide on how to use the Wii to set up a personalized exercise program that you can do at home. Thanks to the Trillium Grant program for their support of this project.

Massage Therapy: The Canadian College of Massage & Hydrotherapy (CCMHT) provides a certified instructor to supervise free 45 minute student massage therapy sessions at our Chapter. Please arrive 10 minutes prior to your scheduled appointment to complete waiver information.

Foot Care Clinic: A registered foot care nurse conducts assessments and provides nail care at a cost of $30.00 per session. To book an appointment, please call Carrie.

Social/Emotional Wellness

Lunch Bunch: No Group: Sept 2, Oct 14
Looking to meet other people with MS? Bring your lunch and drop by! The last Monday of the month we celebrate everyone’s birthday with a potluck.

Living Well with MS Discussion Group:
This dynamic group focuses on exchanging practical life management techniques using a positive non-judgmental approach. Please call ahead to indicate your interest in participating in the sessions.
Sept 18 - Lynda and Crystal from Perfect Balance Wellness Centre discuss massage and osteopathy services and the new patient lift system available at their clinic.
Oct 16 - Caregiving and MS

Movies on the Big Screen TV:
Join us for a completely accessible movie experience. We even provide the popcorn and drinks!

Crafting for a Cure:
Have fun while supporting our chapter Christmas craft sale. All skill levels and craft interests are welcome!

Do you have adaptive equipment or mobility aids that you are no longer using?
The Multiple Sclerosis Society of Canada cleans and reconditions some types of equipment so that it can be reused by others. Please contact Marjorie Maher at 1-800-268-7582 ext. 3129 or marjorie.maher@mssociety.ca to find out if your equipment qualifies.

Do you need assistance in paying for needed equipment or services?
Please contact our Equipment and Special Assistance Coordinator, Marjorie Maher at 1-800-268-7582 ext. 3129 or marjorie.maher@mssociety.ca.

If possible one week’s advance notice would be appreciated if you plan on participating in programming involving guest speakers, or requiring the advance purchase of food or other materials.

If you require a personal attendant for any of the events that you plan on attending, we ask that you speak directly with the Client Services Coordinator at least 1 ½ weeks or 10 working days prior to the scheduled event so that appropriate arrangements can be made to meet your needs.

Unless otherwise stated, program events will be held at 35 Belmont Ave. West, Kitchener. (519) 569-8789

Periodically events have to be cancelled on short notice. Please call ahead to confirm event status.
Chapter Programs Sept Oct 2013

Seasonal and New Programs:

**Intro to Facebook** Wed Sept 25th: 11 am - noon
Want to get on Facebook but not sure how to start? Interested in connecting with other people with MS in our community or across the world? Learn the basics of Facebook and begin connecting without even leaving the couch.

**Blue Jays Game Outing** Sat Sept 28th: 10:30 am - 5:30 pm
Our air conditioned wheelchair accessible coach will be departing from the chapter office at 10:30 am for the Roger’s Centre in Toronto where we will be cheering the Jays (or Tampa Bay if you prefer!). Our shaded seats are fully accessible and close to the washrooms and food vendors. Tickets are only $10 and include transportation thanks to the generosity of a community member. Limited seats are available on a first paid first reserved basis. Please plan to have your return home transportation meet you at the centre at approximately 5:30 pm. Please call/email Carrie A.S.A.P. to reserve your ticket.

**Oktoberfest** Wed Oct 16: 12 - 1:30 pm
Enjoy the sights and sounds of Oktoberfest at Willkommen Platz—a Bavarian Village in downtown Kitchener at the corner of Benton and Fredrick Streets with accessible free live entertainment. Check out the displays, excellent food and beverages, souvenirs and Bier Garten. Please call Carrie to let her know you are coming.

**Halloween Potluck Lunch Bunch** Monday Oct 28: 11:30 am - 2:30 pm
Join us with your costume and stay to enjoy some Halloween treats!

**Kitchen Independence**
Are you concerned about your ability to safely make nutritious meals? We have a solution for you! Through our new program, small groups of people will practice making meals in an accessible kitchen. With the assistance of a chef and assistants, you will learn how to use adaptive kitchen tools to create fresh fun foods. Call Carrie to find out when our next 6 week session begins. Thanks to the generous support of the New Horizon’s Seniors Grant for funding this program.

Neurological Exercise Pilot Program at the A.R. Kaufman Family YMCA

**Y Function**: A structured and supervised circuit program for those affected by MS, Parkinson’s, stroke or spinal cord injury.

**Y Mobility**: An independent drop-in program for anyone with mobility challenges

When: Monday and Fridays

Time: Y Mobility 12:30 – 1:55 pm
   Y Function 2 - 3 pm
Optional Wednesdays: Gym 1 - 1:45 pm
   Pool 2 - 2:45 pm

Cost: only $30 + tax

The YMCA has received funding to continue their circuit and mobility program in the fall. If you are interested please call to register ASAP. Contact: kcorke@ckwymca.ca; 519-743-5201 ex 237

Looking for exercise opportunities in the Cambridge area? Give our office a call for more information.
10 Tips for Making Computer Use Easier with MS

Microsoft Windows operating systems, Office Suite and Internet Explorer have many built-in accessibility features that can make it easier for persons with disabilities to use a PC. The Ease of Access Center is a sort of control panel for activating the various accessibility settings and built-in command tools or programs. The Ease of Access Center categories provide settings so users can enlarge what’s onscreen, operate their PC without a display, make the mouse or keyboard easier to use, and replace sounds with visual alerts. Users can also fill out a questionnaire for personalized recommendations. To get there, click Start, Control Panel, and then Ease of Access Center. Windows 8 users will find it even easier to locate on the log-in window when the computer is started.

1. A Screen Too Far: Do you find yourself fighting the urge to press your nose against the screen because you can’t see text and objects clearly? Consider changing your monitor display settings to increase the size of icons or text for individual documents and Web pages.

2. Easy on the Eyes: If the images on your computer screen appear indistinct you can customize the colours displayed on screen to make things easier to see.

3. Built-in Bifocals: Having trouble seeing things that are too small? Magnifier, one of the accessibility utilities in Microsoft Windows, opens a window that enlarges all or parts of the screen you choose—just like a magnifying glass.

4. Lights, Camera, Action: If dexterity issues are slowing you down, try using Windows Speech Recognition to write emails and documents by speaking commands rather than using the keyboard and mouse.

5. Tune In, Tune Out: Are you having trouble hearing email alerts and other audible notifications of system events? Try to adjust the sound volume of your computer or use text or visual alternatives to sounds.

6. Talk to Me: If your vision is beyond the point where magnification is enough, Narrator in Windows can help by converting text and captions to speech. You can also investigate purchasing a “screen reader” program.

7. Cursor in a Haystack: Who took the mouse pointer? You can change the size, appearance, width, speed, colour and blink rate of your cursor, or the appearance of your pointer.

8. Losing Your Grip: To maximize mouse use, try a mouse that is designed for maximum comfort or a mouse alternative. You can also learn how to control the mouse with Mouse Keys on your keyboard.

9. All Together Now: For most people, the keyboard is the main way to enter information into and control their computer. Free keyboard layouts—called Dvorak layouts—are available for people who type with one hand or finger. These layouts make the most frequently typed characters on a keyboard more accessible to people who have difficulty using the standard keyboard layout. These and other tools can make your keyboard easier to use.

10. All Shook Up: If you have a mild tremor or your stiff fingers are creating typos and other keyboard errors, you can set your PC to ignore or slow down brief or repeated keystrokes by turning on Filter Keys.

This material is adapted from and courtesy of Brian Basset and Microsoft Corporation. See http://www.microsoft.com/enable/aging/tips.aspx for video demonstrations, tutorials and guides on how to improve the accessibility of your computer. Are you a Mac user? Apple products also come with built in accessibility features. Check out http://www.apple.com/accessibility/osx/ for more information. You can also get more information about how to make your computer more accessible through several local resources including the CNIB and the PHIRST LINK program of Kitchener-Waterloo Access-Ability. Call the centre for details. Don’t forget to drop by our office to check out some of the accessibility features of our new client computer station. Explore information about MS on our touch screen and check the program calendar for workshops on using computers and social media to learn more about MS.

Is there an app, program or other piece of technology that has helped you? Please share it with us at info.waterloo@mssociety.ca
Gardening and Maintenance

This year, our chapter has been fortunate to have generous groups volunteer their time to keep our weed garden at bay! Economical Insurance, Lutherwood Youth Program, CHCI Key Club, and MNP LLP all got their hands dirty planting, weeding and laying mulch. These volunteers also went above and beyond; staining our deck and painting our doors!

A special thanks to Mary Borghese and Susan Reid who have generously donated plants to beautify our facility!

A&W Campaign—Locally

August 22nd A&W Restaurants participated in a national campaign to support the MS Society of Canada. The Campaign raised $1.45 million.

Linda Hodgson and her crew from the Conestoga Mall A&W, raised $5006 for the cause. The restaurant held a garage sale and Ms. Hodgson agreed to cut her long locks to raise funds for MS! A huge thank you to all A&W restaurants and to all who came out to buy a teen burger.
Ethel’s Lounge Raises Funds for the MS Society

On August 12\textsuperscript{th}, Ethel’s Lounge on King Street in Kitchener hosted 150 excited and generous waitresses and waiters from local restaurants for the fourth annual Tray Race. It was a fun, high-energy afternoon, raising funds and awareness for Multiple Sclerosis.

The large patio of Ethel’s was completely packed with young and enthusiastic participants who were eager to show off their waitressing skills. The contestants had to weave through obstacles in the parking lot and hand off their tray to the next team member. All while balancing five open water bottles!

Needless to say, some team members were a little wet by the end of the festivities.

Participants made customized team shirts with their restaurant’s name, slogan, logo and personal nicknames boldly displayed. As the day progressed, so did the competitiveness. For the first time in the history of the event, the two teams racing finished at the exact same time! The tiebreaker, also in the elimination round, was a highlight of the day. The home team of Ethel’s Lounge took home the championship honour, as they beat The Duke of Wellington, reigning champions, in a nail-biting final round.

This year, Ethel’s Tray Race raised an amazing $14,615 for our chapter! The air that afternoon was charged with competition, spirit, generosity and more generosity. The kindness and goodwill of this community never ceases to amaze us. If you are in the area, please be sure to drop by and thank the staff at Ethel’s for hosting such a great event. Hope to see you all there next year.

MS Society Picnic

On July 13\textsuperscript{th}, we hosted our first picnic at Waterloo Park. There was plenty of food and entertainment for adults and kids alike. Clients enjoyed an appearance by Elvis impersonator, Rex Stone, as well as, a talk by the Lions Foundation Guide Dogs. Children enjoyed the bouncy castle, face painting and games! Thanks to the United Way for their generous funding.

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Freedom Ride to End MS 2013—Success Story!

This year’s Freedom Ride to End MS was a great success! With over 200 riders we increased the number of participants by 35%. Staff and committee members contacted many local and out of town bike clubs to promote the Ride, 1600 pledge forms where distributed in the community, an advertisement ran in The Record and we even promoted the Ride on CTV News at noon. “We are happy with the number of riders who came out to support us this year. Every year we aim to grow awareness about the event and increase ridership,” says Penny Burton, Regional Director.

Volunteers worked quickly and efficiently to get participants registered, fitted with a Ride t-shirt and armed with a goodie bag filled with a riders magazine, tokens and coupons! After registering, riders were welcomed with a warm pancake breakfast prepared by the Octoberfest Lions Club.

By 9:15 a.m. engines where roaring and the riders filed out one by one cheered on by staff and volunteers!

By mid afternoon bikes came pouring back into the Bingeman’s lot as DAVE FM’s onsite DJ’s played rock music. “B-b-b— bad to the bone!” rang out over the loud speaker.

The afternoon was fantastic for all! Over $3000 in prizes were drawn and claimed by excited participants. Royal Distributing attended the event this year with a multitude of prizes to give away and offered entertainment in the form of a Slow Bike Race. Many thanks to all our generous donors including KW Harley Davidson who donated the HD Iron 883 motorcycle.

New this year, a mechanical bull and strong man high striker were part of the entertainment. Participants had the opportunity to show off their stamina and strength, with the chance to win some great prizes.

Thanks to the Kinsman Club for preparing a delicious BBQ lunch for all participants and volunteers.

Riders gathered together sharing stories and camaraderie.

Volunteer support was key to the success of this big event. They were involved in all aspects of the day’s events from setting up, directing traffic, cooking, handing out food, selling t-shirts, running the mechanical bull and high striker and cleaning up. A big thank you to all volunteers who came out and helped this year!

After costs, this year’s Freedom Ride raised a whopping $48,000! All funds remain in our community.

Without the support of our longstanding sponsors, including our title sponsor Freedom 55, this would have been impossible. Thank you!

The MS Society is currently recruiting committee members who want to help plan 2014 Freedom Ride to End MS! Contact Sandra for more information: sandra.clarke@mssociety.ca

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There are other ways to give.

Most people who support the work of the MS Society of Canada do so with a gift of cash. But have you heard about “legacy gifts”? They are the kind of gifts that keep on giving, and the personal rewards can be of significant importance to the donor. For example, do you know the names of your great-grandparents? With a legacy gift, your great-grandchildren will remember your name.

For most people, it might be as simple as naming the Society as a beneficiary in their Will or life insurance policy. With some life insurance policies, the ownership can be transferred immediately to the Society, entitling you to an immediate tax receipt for the cash value of the policy.

Retirees might find a charitable gift annuity of interest. It involves a contract between the donor and the Society, whereby the donor transfers cash or other property to the Society in exchange for a partial tax deduction and a lifetime stream of annual income.

Business owners can arrange their affairs to accomplish many personal goals in addition to their philanthropic interests. For example, a “planned gift” could incorporate a business succession plan with a retirement plan, with an estate equalization plan. The benefits are enhanced through careful tax planning.

Gifts can take the form of cash, or they can be other types of property as well. For example, the building that houses the Waterloo District Chapter came about as the result of a gift of real estate from a very generous donor. Gifts of securities, RRSPs and RRIFs are also welcome.

With a charitable remainder trust, cash or other property is placed with a trustee. The capital remains intact during your lifetime to provide you with the income generated by those assets. The Society retains ownership of the original contribution. It is also possible to establish a trust that provides income to a surviving spouse.

Because charitable remainder trusts are irrevocable gifts, you would be entitled to a donation receipt when the trust is created.

Speak to your professional advisors to see if any of these opportunities are right for you, then speak to us.

“We make a living by what we get, but we make a life by what we give.” - Winston Churchill

We Would Love to Hear From You!

Regional Director
Penny Burton, penny.burton@mssociety.ca, X 302

Client Services Coordinator
Carrie Van Lingen, carrie.vanlingen@mssociety.ca, X 303

Administration and Finance
Craig Stevenson, craig.stevenson@mssociety.ca, X 304

Fundraising Coordinator
Kim Kay, kim.kay@mssociety.ca, X 301

Volunteer and Communication Coordinator
Sandra Clarke, sandra.clarke@mssociety.ca, X 305

Board of Directors — Waterloo Region
Robert Cuddy, Director
John Emrich, Chair
Sharon Giles, Past Chair
Mary Henein, Director
Lissa Kuzych, Director of Client Services
Larry Lippert, Director
Marilyn Motz, Director
Terry O’Keefe, Secretary
Dianne Ritz, Treasurer
Toi Vaino, Director Facilities
<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
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<tr>
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<td>2</td>
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<td>Office Closed Labour Day</td>
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<td>10:30 - 11:30 am</td>
<td>Yoga (3)</td>
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<td>7</td>
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<td>Massage Therapy</td>
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<td>11:30 am - 2:30 pm</td>
<td>Seated Stretch</td>
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<td>Lunch Bunch</td>
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<td>10:30 - 11:30 am</td>
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<td>18</td>
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<td>Crafting for a Cure</td>
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<td>19</td>
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<td>Massage Therapy</td>
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<td>Yom Kippur</td>
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<td>21</td>
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<td>Massage Therapy</td>
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<td>10:30 - 11:30 am</td>
<td>Yoga (6)</td>
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<td>25</td>
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<td>Centre Closed for staff training</td>
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<td>27</td>
<td>10:30 am - 5:30 pm</td>
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Please post this calendar as a reminder of MS Society programs.

To enable people affected by multiple sclerosis to enhance their quality of life.

Please share your thoughts on our programs by contacting us at 519-569-8789 or info.waterloo@mssoociety.ca.
<table>
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<tr>
<th>Sunday</th>
<th>Monday</th>
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|        |        | 1 Yoga (7)  
10:30 - 11:30 am  | 2 Foot Care  
10:30 am - 2:30 pm  | 3 Wii Fit  
11 am - 12 pm  | 4        | 5 Massage Therapy  
10 am - 12:30 pm  |
|        |        | 7 Seated Stretch  
11 - 11:30 am  
Lunch Bunch  
11:30 am - 2:30 pm  | 8 Yoga (8)  
10:30 - 11:30 am  | 9 Massage Therapy  
3:30 pm - 6 pm  | 10       | 11 Centre closes at noon  |
| 6      | 7      | 14 Centre closed Thanksgiving  | 15 Yoga (1)  
10:30 - 11:30 am  | 16 Oktoberfest  
Noon - 1:30 pm  
Living Well Discussion Group  
7 - 9 pm  | 17       | 18 Crafting for a Cure  
11:30 am - 1:30 pm  |
| 13     | 14     |         | 15         | 16       | 17      | 18       |
| 20     | 21     | 22 Seated Stretch  
11 - 11:30 am  
Lunch Bunch  
11:30 am - 2:30 pm  | 23 Movie on the Big Screen TV  
1 - 3 pm  
Board Meeting  
5 - 7 pm  | 24        | 25       | 24       |
| 27     | 28     | 29 Yoga (3)  
10:30 - 11:30 am  | 30 A Taste For Fashion  
6 pm - 9 pm  | 31 Wii Fit  
11 am - 12 pm  |        | 26       |
|        | 28     | 29         | 30         | 31       |        | 26       |

**TO REGISTER FOR PROGRAMS:**
35 Belmont Avenue West  
Kitchener, Ontario  
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**Phone:**
519-569-8789

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www.facebook.com/mssocietywdc