Caregivers are Special…

Anyone whose life is significantly affected by multiple sclerosis knows the value of a dedicated caregiver. Caregivers come in all shapes, sizes, relationships and ages. They may be family members, home care providers, friends or neighbours. They fill numerous roles such as listener, supporter, coach, care attendant, problem solver and innovator.

The Multiple Sclerosis Society of Canada has acknowledged caregivers of people living with MS in many ways in recent years. The Family Caregiver Pilot Project in 2003 resulted in the information package, Taking Care: a Travel Guide for your MS Caregiver Journey. In 2004, “The Caring Balance” Pilot Project led to establishment of the Caregiver Special Assistance Fund. In November, 2006, the MS Society of Canada's National Board of Directors approved A Strategy for Supporting Caregivers of People with MS (also known as the Caregiver Strategy). This strategy is intended to enhance the Society's ability to appropriately and effectively support caregivers of people with MS across the country. It is a response to what caregivers have told us makes a positive difference for them and the individuals with MS for whom they provide care and support. The National Caregiver Advisory Group has been established to advance the support of caregivers of people with MS within the MS Society of Canada.

The Opal Award was established in 1993 by the Multiple Sclerosis Society of Canada to recognize those who are or have been caregivers to people with multiple sclerosis and who have demonstrated outstanding commitment and caring. The award was initiated to acknowledge the dedication and devotion displayed by Jack Opal and his daughter Minda in supporting and caring for Evelyn Opal, founding member of the Multiple Sclerosis Society of Canada, in her personal struggle with MS.

This year, the Manitoba Division nominated Tony Bishop for the Opal Award and was honoured to present this award to Tony at the Annual General Meeting on November 6, 2007. Tony’s partner, Bedelia, was officially diagnosed with primary-progressive multiple sclerosis in...
1990, but had her first symptoms several years earlier. During the course of their lives with MS, they have experienced many challenges. Over the past few years, Tony has become much more involved in the activities of the Manitoba Division, mainly the Male Caregivers Self-Help Group. As an enthusiastic and reliable participant, he assumed an informal role as a supporter of others, always willing to share his extensive knowledge and experience openly, lending sensitivity, empathy and dignity to the group. He now functions as the back-up facilitator of this active group of about twenty-five men.

In addition, Tony attends many other MS Society programs with his wife such as the Primary-Progressive MS Education Program, Getaway Weekend and various education sessions. While providing support and transportation for Bedelia, he also encourages her autonomy to participate in massage therapy, a self-help group where she is co-facilitator and various tasks at home.

While he continues to perform all the above roles with enthusiasm, a positive attitude and a ready friendly smile, he does not forget that caregivers need to also look after themselves!

If you are still wondering what we do in Winnipeg for our MS Caregivers, here are some of our programs/services designed to meet their needs:

- Male Caregivers Self-Help Group, meets monthly
- Female Caregivers Group, meets monthly
- Getaway Weekend in Gimli in June
- Self-Care for MS Caregivers at the Wellness Institute in February/March
- Caregiver Special Assistance Fund
- Therapeutic Counselling – assistance to access and fund services

For more information about these or other programs and services, please call Ellen Karr at 988-0917 or email at ellen.karr@mssociety.ca

---

**New for 2008!**

**Self Care for MS Caregivers**

Caregivers can lose sight of themselves while caring for someone else. Discover the importance of carving out your own time and engaging in self-care. Learn how this will make you a more effective caregiver.

This 4-week program will run at the Wellness Institute, 1075 Leila Avenue on Wednesdays, February 13 & 20, Mar 5 & 12, 1:30- 3:30 p.m.

Cost: $30.00

Are you interested in registering for this session? Please contact Susan at 988-0901 or susan.hologroski@mssociety.ca

For more information about the Caregiver Special Assistance Fund please call Susan Hologroski at 988-0901.
The Multiple Sclerosis Society of Canada, Manitoba Division has a number of members living in personal care homes. Last year the Client Services staff undertook a project designed to identify issues and concerns affecting people with multiple sclerosis living in personal care facilities in Winnipeg, their families, as well as staff who care for them. Information was gathered through surveys and interviews. By identifying issues of concern, we could then target the areas where the MS Society might be able to provide education, programs and/or support services to residents, families and/or staff.

Key areas of concern identified by residents and family members were:
- Physical needs
- Psychological and emotional needs
- Social and recreational needs

The MS Society provides support and services to those affected by multiple sclerosis. This includes residents of personal care homes with MS, their families and staff. To that end, it is important for us to gather information about people with MS living in personal care homes. It is also important for us to identify significant concerns and issues from the perspective of the personal care home staff, residents and families. This will enable us to offer our support in some of the following ways:

For Residents and Families
- Information on MS
- Self-help and support groups
- Support counselling
- Group outings and other social and recreation programs

For Staff
- Development of education modules about MS and working with individuals with MS
- Accessibility to expertise and experience of the MS Society staff
- In-service training and presentations

From August until mid-December, we have been fortunate to have assistance from Arlene Robinson, a social work student who is completing her studies with a practicum at the MS Society. It is our hope that our members living in personal care homes will be encouraged to work together with us so that we might be able to gather the information that we need to proceed with this project. We would welcome the opportunity to meet with you. We assure you that the confidentiality of all participants will be protected.

If you are a resident in a personal care home or a family member and would like to be interviewed for this project, please contact Ellen Karr at 988-0917 or by email at ellen.karr@mssociety.ca.
Meet our New Staff

Frank Atnikov, Vice President, Development
Frank is no stranger to the MS Society of Canada. He has participated in Biking to the Viking and the St. Vital Super Cities Walk for MS in past years. He volunteered at the first Pembina Valley Challenge Bike Tour this Spring. Frank says that he is excited to work with the Fundraising team who are very able and competent people. He is looking forward to utilizing thirty years of business experience in helping the MS Society achieve our goals.

Matthew Berven, TeamMS Manager
Matthew comes to us from previous employment as a mortgage broker. He has volunteered for the MS Society for more than twelve years in all capacities, from counting money to team leader in bike tours and walks. He assumed the position of TeamMS Manager specifically to have a positive impact on the MS Society and to bring in more money for programs, services and research.

Scott Dominey, Finance Assistant
Following a term as Fundraising Assistant for the Manitoba Division, Scott was hired as Finance Assistant. He is a student at the University of Manitoba, Faculty of Science. He likes working with people and says that the people at the MS Society are great. He wants to gain experience working in the area of accounting and to acquire new skills.

Alice Ramsay, MS Read-A-Thon Coordinator
We are pleased to have Alice with us in this position until the Spring. She is a student at the University of Manitoba in Art History. She enjoys the Read-A-Thon Program because it involves children and education and supports a great cause. Her goals are to register as many schools as possible, to increase awareness of MS to young people and to promote the joy of reading.

SUPER Cities WALK for MS
Sunday, April 27, 2008
Winnipeg sites: The Forks
St. Vital
Register online now at www.supercitieswalk.com
Shelly Smith-Hines, Super Cities Walk Coordinator

Shelly has been in the event industry for many years, previously working in fundraising and non-profit organizations. She is very excited about being involved in the Super Cities Walk for MS. Shelly is committed to the goals and mission of the MS Society of Canada and believes strongly in our organization.

We welcome all our new staff and anticipate a long and happy working relationship!

Chat Rooms and Message Boards

www.msforkids.com          Wed., Jan. 16
                           Wed., Feb. 13
                           7:00-8:00 p.m.

www.msforteens.com         Wed., Jan., 16
                           Wed., Feb. 13
                           8:00-9:00 p.m.

www.msforparents.com       Tue., Jan. 15,
                           Tue., Feb. 12
                           7:00-8:00 p.m.

www.msdiscuss.com          Message Board

Do you have previous issues of Winnipeg Chapter newsletters?
Please call Kathy at 632-4819

PROGRESSIVE MS PROGRAMS

Once again we are offering these two new educational programs on primary and secondary-progressive MS. They are designed to provide current and accurate information about the two progressive forms of MS. Some of the topics include: symptoms, management, wellness, transition, and resources.

Primary-Progressive MS Program
Mondays, February 4, 11, 18 and 25
1:00-3:00 p.m.
MS Society Program Room
1465 Buffalo Place

Secondary-Progressive MS Program
Mondays, March 2, 10, 17 and 31
1:00-3:00 p.m.
MS Society Program Room
1465 Buffalo Place

To register please contact Ellen Karr at 988-0917.

What People Said:
“I came to a conclusion that each person’s MS is different and there is no common way to attack the disease! This program about MS was SUPERB!! Keep up the good work MS Society.”

“Thank you for the time and effort made in giving these presentations. They were very informative and most of all made me realize I was not alone in handling this disease.”

“Great to be in a room with people that are going through the same problems and trying different methods to cope with everyday life with primary-progressive MS.”
**RECREATION/SOCIAL PROGRAMS**

---

**YOGA and GENTLE YOGA**

**Winter 2008**
Dates: Jan. 16 – March 19

**Spring 2008**
Dates: April 2 - June 18
No class April 23 and April 30

**All sessions:**
Day: Wednesdays
Duration: 10 weeks
Time: **Yoga** 10:00-11:30 a.m.
**Gentle Yoga** 12:00-1:30 p.m.
Location: 1465 Buffalo Place Program Room
Cost: $50.00 for MS Society members
Instructor: Kim Meades

Please remit payment for yoga upon receipt of your yoga registration form. Space is limited, therefore registration will be based upon receipt of both the registration form and payment. Participants will be called to confirm their registration in the class.

For more information or to register, please call Deanna at 988-0905.

---

**MS Action**
This is an exercise program specifically designed for people living with MS.

Fridays, 1:00-1:55 p.m.
January 11-March 14
10 weeks for $70.00

Participants can register online at www.radyjcc.com or in person at the Rady JCC Reception Desk. Please note that participants are required to submit a Physician’s Consent Form.

**We also offer a variety of aquatics and yoga programs.**
For more information call 477-7510.

---

**TAI CHI**

**Health Recovery Class**

Mondays, 7:00-8:00 p.m.
Fridays, 9:30-10:30 a.m.
1100 Pembina Hwy.
$20 one-time membership
$35 monthly fee

For more information, please call Deanna at 988-0905 or the Taoist Tai Chi Society at 453-1349.

---

**MASSAGE**

Please note: Massage sessions will continue to be offered on Thursday afternoons through January and on Tuesday afternoons thereafter.
Time slots are 1:00-2:00 p.m., 2:00-3:00 p.m. and 3:00-4:00 p.m.

For more information or to register, please call Deanna at 988-0905.
**Holiday Greetings**

The MS Society Division Office at 1465 Buffalo Place will be closed for the holiday season from 4:30 p.m., December 21, 2007 until January 2, 2008. Best wishes for the holiday season from the staff of the MS Society of Canada, Manitoba Division.

---

**AND MORE...**

**MS Aquatics Programs**

Adapted aquatics programs specifically designed for people with multiple sclerosis are offered at the following locations:

**Sherbrook Pool**
Winter Aquafit Classes
Mondays beginning Jan. 7, 10:45-11:30 a.m.
10 classes for $48.50
To register, please call the pool at 986-5926

**Bonivital Pool**
MS Aquatic Program
Tuesdays beginning Jan. 8, 10:00-10:45 a.m.
10 classes for $48.50
To register, please call the pool at 986-6802.

---

**2007 Volunteer Appreciation Night**

**Exceptional Achievement Awards**

<table>
<thead>
<tr>
<th>Community Group</th>
<th>Fundraising</th>
<th>Fundraising</th>
<th>Fundraising</th>
<th>Fundraising</th>
<th>Client Services</th>
<th>Top Fundraising</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swan Valley Stampeders Junior A Hockey Club Inc.</td>
<td>Ken Lewis</td>
<td>Garry Patton</td>
<td>Darrell Bracken</td>
<td>Cosmo Grant</td>
<td>Judith Cooper</td>
<td>Marilyn Gilchrist</td>
</tr>
<tr>
<td>Curves-Swan River</td>
<td>Ruby Laughren</td>
<td></td>
<td></td>
<td></td>
<td>Joanne Bromilow</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Greg Zakrzewski</td>
<td>Rene and Margaret Roncin</td>
<td></td>
<td></td>
<td>Alison Stewart</td>
</tr>
</tbody>
</table>

---

**We Want You!**

Volunteers are needed to assist with recreation and social outings for members.

If you are able to push a wheelchair, carry a tray and love talking to people, please call **Deanna at 988-0905** for more information.
Our Mission

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

The Manitoba Division is made up of staff and volunteers who provide a broad spectrum of knowledge, experience and commitment. We offer programs and services to people with MS, their families and other care providers to meet their many needs.

We can be reached at the MS Society’s Division Office at 943-9595 or directly at the numbers below:

Your Division Staff

Manitoba Division

Norm Velnes
President
988-0916

Tracy Brown
VP of Client Services
& Operations
988-0907

Frank Atnikov
VP of Development
988-0918

Darell Hominuk
Client Services Resource
Coordinator & Program Planner/ Government & Community Relations
988-0902

Erin Bailey
Coordinator, Volunteer Services
988-0919

TBA
Communications Manager
988-0910

Your Winnipeg Staff

Susan Hologroski
Manager, Information and Support Programming
988-0901

Ellen Karr
Client Services Coordinator
988-0917

Deanna Austin
Recreation and Social Program Coordinator
988-0905

2007 Manitoba Division Board Members

Chair
Jeanette Edwards

Past Chair & Nominating
David Bardal

Vice-Chair & Legal Counsel
Brian Lerner

Co-Chairs, Marketing & Communications
Bruce Ladan
Signey Hanson

Chair, Finance & Administration
Allan Crump

Chair, Fundraising
Tim Scott

Chair, Client Services
Tim Duprey

Co-Chairs, Government & Community Relations
Ruby Laughren
Jennifer Moszynski

Members at-Large
Sabrina Castellano Smith
Nancy Fiebelkorn
Kevin O’Leary
Rachel Niessen
Keith McConnell
Charlotte Young

Visit our website: www.mssociety.ca/manitoba