The 2012 MS North American education program focuses on pain and sleep management. Pain and sleep issues are quite common in people living with MS, can affect the ability to manage other symptoms and can create issues with daily living. Sleep and pain go together in this program because the two are so interrelated and both can get in the way of your life. The MS Society of Canada and National MS Society have pulled together the latest research, opinions from the researchers and treatment options that are available to help manage both pain and sleep issues. The education program includes a DVD and booklet which we will supplement with discussion, sharing and question & answers.

You can expect to learn the types and causes of pain, how pain effects your emotions, how to communicate with your doctor about pain, treatment options, non-medical interventions, undertreated pain and how researchers are working toward finding effective measures to test and treat this symptom. The program explains how pain is caused and what we can do about it.

The sleep portion of the program focused on sleep in MS, the role of fatigue, consequences of poor sleep, communicating sleeplessness to your doctor, sleep disorders: warning signs and symptoms, what is a sleep study?, research into treatment strategies, your treatment options and tips for self-management of sleep issues in MS.

"Everyone needs quality sleep to maintain good health and feel productive. Sleep disorders can be an added barrier to quality of life for people with MS, in addition to fatigue, pain, and many other symptoms. Studies suggest that people with MS may be up to three times more likely to experience sleep disturbances than the general population." Join Bonny Pashak, BSW and Katie Ganassin, BA in Victoria to learn more. Also keep an eye out in Duncan and Nanaimo for the same session and for tips, tricks and knowledge on managing pain and sleep issues with MS.

Participants will go home with a sense of what is what and how to go about seeking help for both issues, plus positive changes you can make right now to sleep well and live well, without pain.
The respective Boards of the South Vancouver Island (SVI) and Central Vancouver Island Chapters (CIC) have determined that it is in the best interests of their respective Chapters and members to combine their resources and membership. The CIC (Nanaimo, Port Alberni and Parksville/Qualicum) of the MS Society have been experiencing fundraising and operational challenges. They have been struggling for some time now but their operations are no longer viable and their Board has requested a merger with SVI. Your Executive and Board have examined the various issues and have determined that we are capable of assisting and that this merger represents our friends in need in these communities.

As of January 1, 2013 we will be known as the South and Central Vancouver Island Chapter (SCVI). We don’t anticipate any changes to our daily operations as a result of the merger. The CIC will operate fairly autonomously but under our supervision, much in the same way as our Duncan Office operates. You may see some new faces as our Chapters integrate.

The merger will prevent the collapse of the CIC in Central Vancouver Island. It will enable the continuation of MS services to approximately 300 MS clients in this region. The merger is also in the spirit of see appropriate geographic consolidation of chapters across the MS Society of Canada in the next two to three years.

In November we will have a town hall type meeting to provide more detailed information about the merger and answer any questions that our members have.

Your Board and staff in Victoria and Duncan are committed to helping and making this merger work.

As always, I am available to answer any questions that our members have, in person or at: todd.abercrombie@mssociety.ca, phone: 250-388-6496 ext 233

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**You are Invited:**

To a Town Hall meeting with **Todd Abercrombie, Executive Director**

On the topic of the Merger of South Vancouver Island and Central Vancouver Island Chapters

**Thursday, November 22nd, 2012**

12:30-1:30pm

Please come to ask questions and learn more about the merger and what it means to you and your SVIC team.

Please RSVP if you are interested in joining us.
Call 250-388-6496 x0 to speak with Agnes.
Thank you.

**Please Note:** The SCVI will be closed December 21st- January 7th for our annual Christmas closure
Upcoming Events in Victoria

Please RSVP to the following events by calling Agnes at 250-388-6496 x0

Byron Katie- Self Esteem       Tuesday, November 13th- 1:30-3:30pm
We can use the theory and technique behind the work of Byron Katie in order to boost and cultivate self esteem and to “Love What Is.” Join Bonny Pashak, BSW, as we discuss and learn the technique and apply it to our personal esteem and self love.

Advanced Care Planning       Friday, November 16th- 11-1pm
Facilitated by Dawn Dompierre, RN. Noone knows what the future holds... if you were incapable of speaking for yourself, have you thought about who you would like to speak for you and what healthcare decision you would want them to make on your behalf? Please join us to learn more and to recieve the publication that contains all the forms you need.

Care Partners guest speaker: Barb Small       Wednesday, November 21st- 7-9pm
Barb Small, Master of Counselling and Program Coordinator form the Family Caregiver Network Society, will be speaking to our CarePartners ONLY about the complex emotions involved when your loved one moves from living at home to a facility. Barb will present relevant information and suggestions to help us navigate this transition.

SVIC Annual Open House and Party       Friday, December 7th- 3-7pm
Please see page 10 for more information and please RSVP to Agnes at 250.388.6496 x0

Book Launch and Library Open House       Tuesday, December 13th; 11-1pm
Lynda Krocker, a Dragonboat team member, announces and discusses her new book “Zen of the Paddle”. Come learn more about self-publishing and about being a part of the MS Warriors.

Victoria Christmas Lights Tour       Date To be Announced
A fun evening out with friends- we’ll be driving a HandyDart around town to see the best Christmas Display’s around! Enjoy treats, hot drinks, friends and a cozy ride. Please call Susan at extension 224 or susan.baker@mssociety.ca for information and to book your spot! You must RSVP by Mon, December 10th.

Christmas afternoon tea       Tuesday, December 18th- 1:30-3:30pm
Come in for a social afternoon filld with treats, goodies, fancy drinks, Christmas joy and fun.

UPCOMING EVENTS IN 2013

Sleep and Pain Issues in Multiple Sclerosis       2013 dates to be announced
Please see page 1 for more information and to learn more. 2013 dates in Victoria, Saanich, Westshore and Duncan to be announced. Please stay tuned or call us for details.

Talent Night       February 2013
Sing, Dance, Tell jokes and stories, show off yours and enjoy the talents of others. Please call Katie if you would like to register or to express interest in performing. Katie at extension 222 or katie.ganassin@mssociety.ca

On a Roll for MS
Page 3
What’s New in Client Services

It has been a busy summer and fall, with some great upcoming programming featured on page 3 and many successful seminars and events behind us. Our family barbeques this summer had the best attendance yet and really brought a great group of people together. We had a picnic and “fun fair” with Blanche Black, our Chair class instructor, soaked to the bone after the balloon toss game.

Educational events have been going well and we would like to extend our sincere thanks to Can Do Multiple Sclerosis for partnering with us to put on “Jumpstart” a great educational opportunity this past October. As things are running smoothly at our center and we prepare for winter and the New Year, we would like to take this opportunity to start a discussion about our Client Services Commitment.

The goal of Client Services is to provide programs and services to those affected by multiple sclerosis to achieve the highest possible quality of life while living with the daily challenges that MS presents. If there is something we can do to help you achieve the highest possible quality of life or if there is a specific topic you would like to see presented, we want to know! Please contact us to make suggestions, voice your opinion or to let us know what would be most helpful to you.

In the near future, the National MS Society will launch a survey to collect information from you in order to evaluate and improve our services to people across Canada. “Listening to People Affected by MS” is a new initiative and a great opportunity for you to take action and help us ensure we are achieving our goal. Keep your eyes on our Enews service for the call to action & see page 12 for more information.

We are also very excited to take on the challenge and opportunity of partnering with the Central Island Chapter and look forward to providing support and collaborating with Sheryl in Nanaimo. Welcome to the team Sheryl!

Bonny Pashak, Manager
250-388-6496 x246
bonny.pashak@mssociety.ca

New Staff @SCVI

Please join us in welcoming new staff to the Center.
Kyle Thorau ext: 230
Physiotherapy Assistant

Agnes Caravati ext: 0
Adminstration

Charmaine Niebergall ext: 240
Events/Volunteer Coordinator

(Right) Sheryl, Bonny and Jack celebrating volunteer appreciation week
This Autumn has been very busy at the MS Society, the fall started with an open house of our new location in the Cowichan Valley Professional Building, where we are settling into our space.

The open house followed shortly after our lunch time picnic and tour of Providence Farm which borders on Mount Tzouhalem, a strong presence in the Cowichan Valley. We had a wonderful turnout of people from Victoria and the Cowichan Valley together in beautiful weather in a gorgeous location. The farm works with folks that are taking sustainability seriously, in a warm and nurturing environment. The gardens were robust with vegetables, flowers, and fruit trees in the ripened stage. The community farm store sells locally made items, books, dried herbs, and other sundry items grown on the farm.

October brought us the Women’s Health Expo, sponsored and coordinated by the owner of the local Curves, Audrey Webb. Audrey generously donated a table to our support group who gratefully accepted the opportunity to sell their hand crafted cards made weekly in the craft group. The Expo was full of wonderful vendors, and the “Crafty Ladies” managed to make a tidy sum for their efforts as well as raise awareness about MS. Well done Ladies, and a big thank you to Audrey who does so much for this community and in particular the MS Society. November 9th marks an opportunity to host a public education workshop with the topic of “The Brighter Side of Depression” with Dr. Chris Blashko, a psychiatrist with Victoria’s MS Clinic. This workshop will be held from 9:30 – 12:00 at the Islands Savings Centre, and we are delighted to be in partnership with the Cowichan Family Caregivers Society, to offer this fundraiser that supports our local United Way. If you would like to be a part of it, please contact Diane to pre-register at diane.trapp@mssociety.ca or call 250-748-7010.

Peer Support Program
One-on-one support is available with a trained MS Society member. Please contact Diane to arrange.

Reference Library
We have a great selection of MS related books at the Cowichan Professional Building. Contact Diane for further information on a variety of topics.

Support Group Meetings
The support group meets at 1pm on the third Tuesday of the month at the Cowichan Professional Building. Join us for coffee, social time & guest speakers.

Weekly Craft Group
Meet at 12:30 p.m. on Wednesdays to put cards together, chat, laugh and give support to each other. Everyone welcome.

Coming soon- Tai Chi and Yoga adapted for all levels.

"We have to keep that spirit of togetherness and support that is so strong in the Cowichan Valley and make sure that everyone knows that there’s a place to turn too, and someone to lean on when things get tough.”
– Mandy Winter
**Fundraising Update by Ashley Hodgins**

**Your Impact**
Did you know that almost all of the funds needed to provide the local programs and services we have are raised through our yearly fundraising events? As an event participant, donor and/or volunteer you are directly impacting those living with multiple sclerosis. You are a huge part of the success of this Chapter in working towards our mission and we want to thank you for your continued commitment to helping us end MS.

**Staff Goodbyes and Hellos**
In 2012 the fundraising team said goodbye and good luck to an amazing leader. Tracey Gibson stepped down as the Manager of Fundraising this past July to start her own business in executive coaching. Over Tracey’s eight years with the MS Society she inspired the team to reach new fundraising heights and continue creating amazing event experiences for our participants and volunteers. She was an incredibly supportive and insightful leader who fostered our professional growth by sharing her passion for coaching with us. We wish Tracey all the best. Taking over for Tracey is Ashley Hodgins who has worked for the South Vancouver Island Chapter as the Special Events and Volunteer Resources Coordinator for the last five years. Ashley looks forward to continuing to support those living with MS with the amazing team here at S.V.I Chapter.

The fundraising team would like to welcome Charmaine Niebergall into the Special Events and Volunteer Resources Coordinator position. Charmaine has lived and volunteered in Victoria her entire life. She has a background in publishing but realized her passion lies with non-profit fundraising and volunteer management. Charmaine has been engaged at a committee level with large-scale fundraising events to gain experience in this field and looks forward to taking on the challenges of this new role.

**2012 Fundraising Review**

"We are convinced that this disease can be beaten and every donation collected will be a step in that direction.” – Ted & Peggy Nelson

This year at the MS WALKs and MS Bike Tour we were moved by everyone’s commitment to our cause. Inspiring speakers shared their stories about how MS has impacted their lives solidifying why we were all there. Ted & Peggy Nelson, Mandy Winter and Kari-Lyn Owen’s words bound us together as a community working towards the same goal and reminded us all why hope for a cure continues to grow and how fundraising together will make it happen. And make it happen we did! In 2012 we raised over $793,000 together to support those living with MS in our communities and to support Canadian research into the cause and cure of MS. We at the S.V.I. Chapter are very fortunate to have motivated community groups fundraising on our behalf. We would like to acknowledge and thank the following community fundraising events for helping to end MS in 2012:

- A&W Cruisin’ For A Cause
- Cherry Bomb Toys Ultimate Hobby & Toy Fair
- Cowichan Chef’s Table
- Epic MS Cycle
- Eternal Hope Scrapbooking Event
- HtO Thetis Lake Swim
- Kelsey’s Golf Tournament
- MS Kick for the Cure – 10 Hour Soccer Marathon
- Rock of Ages – MS Rock for the Cure
- UVic End MS Club – Rock to End MS
- Vancouver Island Golf Superintendents Association Hockey Game and Gala

Thank you again to everyone who played a part in making 2012 another amazing fundraising year and helping to get us one step closer to solving the MS puzzle.
Save the Dates for 2013

Join us in 2013 to continue your impact.

Gather friends, family, and co-workers to share your passion for ending MS at one of our fundraising events in 2013. Registration for the MS WALK and MS Bike Tour events opens on November 15, 2012.

Victoria MS WALK – Sunday April 14, 2013

Duncan MS WALK – Sunday April 14, 2013

Nanaimo MS WALK – Sunday April 28, 2013

Port Alberni MS WALK – Sunday April 28, 2013

MS Awareness Month – May
Victoria & Duncan Awareness Campaigns – May 10-11, 2013

MS Bike Tour ~ Cowichan Valley Grape Escape – July 6-7, 2013

For more photos from our fundraising events, please visit our flickr site at http://www.flickr.com/photos/mssocietycrc/collections/

DISCLAIMER:
“The MS Society does not approve, endorse or recommend specific products or services and respects an individual's right to make their own health management decisions. However, we can provide information to assist people in their decision process. For specific, personalized information, please consult your physician or other health care professional. Articles in this newsletter do not necessarily represent the position of the MS Society but are solely representative of the position and opinions of the contributors.”
Changes have recently been made to some Disability Assistance programs. We received the following information from the BC Coalition of Persons with Disability (BCPPD). Many of the points included here may be of direct interest.

Changes to Disability Assistance Programs Effective Fall 2012
In June the Ministry of Social Development (MSD) announced a number of changes to the welfare regulations that will affect people on Income and disability assistance. These changes are generally positive steps that include such things as increasing the asset limits and earnings exemptions for most people on assistance. Unless otherwise indicated, these changes take effect October 1, 2012.

On July 3, the Minister of Social Development announced that funding for some of the medical equipment and supplies that was cut in April 2010 would be restored. These changes will be implemented in October 2012.

Listed below are the new rules and benefits that impact people on disability assistance (PWD): some of the items that will be now covered by MSD ventilator supplies, bariatric scooters, standing frames, positioning chairs, apnea monitors, toe orthoses, underliners for orthoses, syringes for medication, a second floor-to-ceiling pole, foot abduction orthosis, transfer aids, tracheostomy supplies, nebulizers, humidifiers for tracheostomy patients.

New exemptions and limits for PWD
- Increasing the asset limits for individuals to $5,000 (up from $3,000)
- Increasing the asset limits for couples and families to $10,000 (up from $5,000)
- Increasing the earnings exemption for singles on PWD to $800 per month (up from $500)
- Increasing the earnings exemption for couples who both have the PWD designation to $1,600 per month (up from $750)
- Increasing the non-discretionary trust exemption lifetime limit to $200,000 (up from $100,000)
- Increasing the trust disbursement exemption for “promoting independence” to $8,000 per year (up from $5,484) and allowing the person on PWD to decide how this money can be spent to promote their independence (rather than MSD)
- Exempting income tax refunds (previously tax refunds have been exempt to the earning exemption limit)
- Reducing the wait period for earnings exemptions to one month for new applicants, and eliminating the waiting period for PWDs returning to assistance (previously the wait period has been 8 months)

About the earnings exemption
It should be noted that recipients can take advantage of the new earnings exemption as early as August 2012. For example, if someone on PWD earns $700 in August 2012, they are required to report the income on their cheque stub that must be returned to MSD by September 5, 2012; then the new earnings exemption of $800 is applied by MSD to their October disability assistance cheque (sent out the last week of September) which means that there would be no deductions as $700 is under the new exemption limit.

Furthermore, MSD has agreed to consult with the BCCPD and other members of the Disability without Poverty Network on a new annual earning exemption for PWD’s that will be introduced next year. An annual exemption benefits people who earn high amounts over a short period of time.

Other changes in welfare regulations
Additional changes announced by MSD include:
- Mandatory income tax filing starting in 2013- there will be exemptions for those who are at risk, such as fleeing an abusive spouse.
- For people on basic income assistance, a new $200 per month earnings exemption
- For families with children, an increase in the annual school start up supplement (effective July 1, 2012)
On a Roll for MS

- Extended work search requirements for new applicants for basic income assistance who are able to look for work. This period will be 5 weeks instead of 3 weeks.

For more information
The link to the provincial government’s news release and backgrounder on restoring medical equipment and supplies is: http://www2.news.gov.bc.ca/news_releases_2009-2013/2012SD0016-000962.pdf
The link to the news release and backgrounder on changes to earnings exemptions, asset limits, and other regulations is: http://www2.news.gov.bc.ca/news_releases_2009-2013/2012PREM0079-000835.htm
Or contact Advocacy Access at 604-872-1278 or toll free 1-800-663-1278.

Community Travel Opportunities

Community Travel Training
BC Transit offers free training to anyone who needs assistance in learning how to use the bus system. Call 250-384-7723 for further information.

Disability Travel Pass for BC Ferries
A discount fare for you and a travel companion is available to those with a permanent disability. For eligibility requirements and instructions to apply, contact BC Ferries at 250-381-1401 or www.bcferries.com.
This pass entitles you to discount fares on Pacific Coach Lines as well, for bus service to and from BC Ferries. Download the Disabled Status Identification (DSI) Card Application here and submit it to BC Ferries at: Suite 500, 1321 Blanshard Street, Victoria BC, V8W 0B7, Attention: Customer Service Support.
As of January 1st, 2012, all existing DSI card holders must present government issued photo identification to receive the discounted rate. If you would prefer to have your old card updated with a photograph, give us a call for assistance at 1-888-BCFERRY (223-3779).

Hope Air
If you need to travel for medical care, Hope Air makes flights available, even from Victoria to Vancouver. Only round-trip flights can be scheduled, and a $50 processing fee is charged for the ticket. Call toll free 1-877-346-HOPE or www.hopeair.org

Margaret De Santis Library- What’s New

Mitochondria: "tiny little maintenance workers inside our cells..."

This is the simplified definition used by author Terry Wahls, MD in the opening chapter of Minding My Mitochondria, (2nd. Ed., 2010). She goes on to describe how these 'workers' depend on receiving proper nutrients to help repair daily 'wear and tear', thus building brain health according to our individual DNA blueprints. Dr. Wahls, diagnosed with relapsing-remitting MS in 2000 and reclassified as secondary –progressive 3 years later ,by then in a wheelchair, designed a new treatment and rehabilitation program based on her professional research, the results of which changed her life. The scientific vocabulary supports a clear and concise explanation of biochemistry and how we can achieve the brain health necessary to access good health. Dr. Wahls is now out of her chair and researching the use of electric stimulation as part of her exercise program.
Did I mention the 360+ reference list, several charts and over 300 brain health recipes---and the LARGE print..extra bonuses!
You will find this book in our MS library labeled HE/WAH (Health/Wahls)
Why not check it out?
Research Update: MS Society partners in CCSVI trial

September 28, 2012 – Halifax – The Multiple Sclerosis Society of Canada welcomes the federal government’s announcement that the Phase I/II clinical trial for chronic cerebrospinal venous insufficiency (CCSVI) has received the necessary medical and ethical approvals required to proceed. The national MS clinical trial is a collaborative initiative between the Government of Canada, provinces and territories, and the MS Society. In September 2010, the MS Society committed funding towards the financial cost of a clinical trial to support a pan-Canadian interventional clinical trial on CCSVI and MS.

The clinical trial will be led by Dr. Anthony Traboulsee of the UBC Hospital MS Clinic and his collaborators. Dr. Traboulsee and his team received ethics approvals from institutions in British Columbia and Quebec to study the safety of venous angioplasty and gather information on patient outcomes. Ethics approval is still ongoing in Manitoba.

“We are excited that the clinical trial is underway and that MS is being recognized as a top-priority health issue that is meaningful to Canadians,” says Yves Savoie, president and CEO of the MS Society of Canada. “The research of Dr. Traboulsee and his team will provide significant insights to those living with MS and provide answers to the many questions that exist around CCSVI and MS.”

“When it comes to my health, I have a lot of questions and I want all the information possible – I am hopeful that this clinical trial will help me answer some of the questions my family and I have about CCSVI,” says Theresa Denham who has been diagnosed with MS for 22 years.

For more information about the seven CCSVI studies funded by the MS Society and the National Multiple Sclerosis Society please visit ccsvi.ca.

To register, send an email to ccsvi@brain.ubc.ca

The South Vancouver Island Chapter presents
2012 Annual Season’s Greetings Open House

Friday, December 7th- 3pm to 7pm
Music, Drinks, and Appetizers
Silent Auction, Door Prizes, and Bake Sale
Fun, Friends, and Laughter!

Please RSVP by November 23rd to Agnes
250-388-6496 ext. 0

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A special thank you to retirees Angela (top) and Edith (below) for your years of volunteer service.

For more photos of our Client Services events and to learn more, please contact Katie at extension 222 or katie.ganassin@mssociety.ca
The MS Society of Canada’s mission is to ‘be a leader in finding a cure for MS and enabling those affected by MS to enhance their quality of life.’

We want to hear from you! This fall, the MS Society of Canada is launching The Listening to People affected by MS initiative. The nation-wide survey will be available on November 22, 2012.

What is the Listening To People Affected by MS Initiative?
This initiative is a multi-pronged evaluation which has the single purpose of hearing from Canadians affected by MS about their quality of life priorities, needs, and barriers so that the MS Society of Canada can better inform decisions that relate to our programs, services and advocacy.

We will be seeking your input in a number of ways. One way you can be sure to be heard is through a large, nation-wide survey about quality of life. This survey will seek to hear from thousands of Canadians with MS.

In addition, there will be an online poll which will be conducted through an external company which will seek input from hundreds of people affected by MS who are not currently in touch with the MS Society of Canada.

Finally, there will be several small focus groups which will help us further explore aspects of quality of life and MS.

The responses we receive from the survey, poll, and focus groups will provide critical information about quality of life and MS. Your feedback will allow the MS Society of Canada to make informed decisions related to our programs, services, and advocacy.

We are committed to enhancing your quality of life. Help us do this by sharing your perspectives and experiences of living with MS through our survey.

How will the survey be available?
Online: When the survey is launched on November 22, you will be able to complete it online through a link on www.mslistening.ca
In paper format: You will be able to request paper copies from November 22 onwards through our toll-free number, 1-800-268-7582. If you are unable to fill out questions and don’t have anyone to help you with this, you can call 1-866-922-6065 x.3211.

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