

## ANNUAL FAMILY DAY BARBEQUE - JUNE 12

**Saturday, June 12**

**11:00 a.m. - 2:00 p.m.**

**City Park  
(1600 Abbott St)**

**Everyone is welcome** to attend, bring the kids, your family and friends to this social event to mix and mingle with others.

City Park is chosen for the variety of activities available. Set up will be between the kids water park, skateboard park and play ground, which is relatively close to the beach and parking.

### **We Provide:**

- A group of dedicated volunteers without whom this event would not be possible. Be sure to give them a big Thank You, they will be wearing 'volunteer' name tags.
- Shade under two pop-up tents
- A few tables to eat at
- A few games for your entertainment & door prizes
- Crafts for kids (Possibly face painting - looking for volunteers)

### **Please note:**

Hot food only available from  
11:30 a.m. to 1:00 p.m.

### **For your comfort you need to bring:**

- Lawn chairs &/or blankets, swimming gear, towels, games & toys
- Umbrella or gazebo for shade, sun block & bug spray

### **The Menu:**

- Hamburgers, smokies & hot dogs with condiments
- Fruit & veggie trays, potato salad & chips
- Water, juice & iced tea

### **Please R.S.V.P. by June 9<sup>th</sup>**

and let us know if you have any food allergies or special dietary needs. Phone: 250-762-5850, or Email: shannon.thomas@mssociety.ca.

## CARE FOR THE CAREGIVER - DISCOVER THE IMPORTANCE OF YOUR OWN SELF-CARE AS A CARE GIVER TO AVOID BURNOUT

A practical working guide to help families and friends navigate the important details of everyday life while caring for a loved one at home during a chronic or debilitating illness:

- Understanding the importance of self-care and nurturing your soul
- Building a support system to suit your needs
- Help organizing important papers through the guidance of the Six Pillar process

- Understanding the importance of who's who in home and community care making the caregiver's life easier
- Plus a practical guide on how to find resources and ideas that work

### **Presenter:**

**Lynn Longmuir**

Author-Holistic Practitioner-Educator-Professional Speaker  
<http://www.lynnlongmuir.com>  
<http://www.careforthecaregiver.ca>

### **Hosted by:**

**MS Society of Canada  
Okanagan Chapter**

**Date: Saturday, June 26**

**Time: 1:00 to 3:00 p.m.**

**Place:** St. Aidan's Anglican Church Hall, 380 Leathead Rd

**Cost:** FREE!

### **Registration Required:**

Seating is limited. Please contact Shannon Thomas at 250-762-5850 or email shannon.thomas@mssociety.ca  
<http://www.mssociety.ca/okanagan>



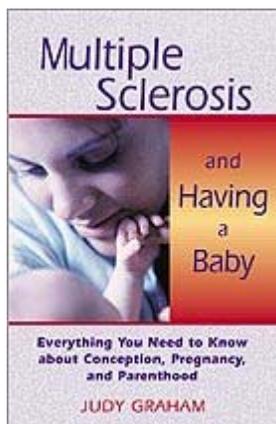
**Shannon Thomas**  
**Community Services**  
**Coordinator**

Hello,  
 I am now starting to feel settled into my role as Community Services Coordinator here at the Kelowna office. I have attended the first major event of the year, the Scotiabank MS Walk. We were extremely lucky to have such beautiful weather. It was wonderful to see so many people out supporting our cause! Myra, with the help of several volunteers, did a great job organizing this event!

I am in the office three days a week, Monday to Wednesday. As the weather continually improves I am going to try and get out of the office more to learn about other resources in our community and to support those with MS. This may cause my schedule to change from time to time, so please call the office ahead of time whenever

possible to ensure that I will be there! If you are looking for MS related information, have any questions, concerns, or ideas, or need support please don't hesitate to contact me!

**Feature Book of the Month**



Diagnosed with MS at twenty-eight, author Judy Graham gave birth for the first time at the age of thirty-eight. Her new book *Multiple Sclerosis and Having a Baby* provides other women who are considering starting a family with the kind of genuine and useful insight that comes only from firsthand experience. *Multiple Sclerosis and Having a Baby* makes available not only the medical answers prospective parents need, but also the practical suggestions and sound advice that will help them meet the many unique and sometimes difficult challenges that face couples living with MS.

In this highly informative and readable book, Graham asks and provides answers for nearly every question a woman with multiple sclerosis might want to consider before having a baby. With the latest medical facts and valuable data culled from hundreds of interviews with women who have multiple sclerosis and are currently raising a child, Graham straightforwardly addresses such issues as the possibility of relapse, genetic predisposition to MS, sexuality and fertility, pregnancy, postnatal care, and breastfeeding as they relate to women with MS.

**Chapter Education Grants**

A limited number of Education Grants are available to young adults with MS and children of parents with MS. Applicants must be registered in high school, college or university on a full-time basis. People with MS attending part-time may also be considered. A financial means test will apply to all applicants.

Deadline for submission is July 31, 2010. Information and applications available online at: <http://www.mssociety.ca/okanagan> and at the office, contact Shannon.

## **MS Society lobbies government for \$10 million for funding into CCSVI and MS research**

**Ottawa, May 5, 2010 –**

The Multiple Sclerosis Society of Canada is calling on the government to provide \$10 million for research into chronic cerebrospinal venous insufficiency (CCSVI) and MS.

The request for funding comes as Canadians with MS continue to seek diagnostics and treatment for CCSVI elsewhere, paying out-of-pocket for tests and experimental therapies that could be provided in Canada.

“The safety and health of people living with MS is our primary concern,” says Yves Savoie, president and CEO of the MS Society.

“The Government of Canada can play a leadership role in addressing the needs of Canadians living with MS by funding research, including clinical trials in CCSVI and MS. Doing so will both advance research and provide safeguards to those seeking treatment.”

The Government of Canada has acted quickly in the past to respond to health crises with innovative

research, such as its 2009 investment of \$6 million to support research to find alternative medical isotopes.

“The MS community has spoken. They want access to diagnostics and treatment for CCSVI in Canada,” says Linda Lumsden, chair of the national board of directors for the MS Society. “The MS Society has already committed to funding CCSVI research and now we are calling on the Government of Canada to do its part.”

Tomorrow, Lumsden will formally ask Minister of Health Leona Aglukkaq for the funding. The MS Society proposes that the \$10 million be appropriated to the budget of the Canadian Institutes of Health Research and earmarked for CCSVI research.

MS Society representatives are in Ottawa for the next two days meeting with various Members of Parliament to advocate on key MS issues.

“It is obvious that the relationship between CCSVI and MS requires further investigation,” says Savoie. “This funding request will give researchers the tools to examine both the prevalence of this condition

and the potential benefits of treating people with it.”

In late 2009 the MS Society of Canada announced a special research competition for CCSVI related studies. The results of this competition will be announced on June 14th, 2010.

“I fully support the MS Society’s efforts to lobby the government for research into CCSVI and MS,” says Joan Ozirny, a volunteer board member with the MS Society’s Alberta Division who lives with MS. “Increased research funding is the only way we’ll get closer to unraveling this complicated disease.”

As part of its overall lobbying effort, the MS Society, in collaboration with other Canadian health charities, is calling on the federal government to increase overall funding to the CIHR annually to a level equivalent to 1% of total health spending in Canada. This amounts to \$1.8 billion based on \$183.1 billion in health care funding as of 2009.

### **For more information:**

Stewart Wong, Senior Manager, Communications and Media Relations  
MS Society of Canada  
Telephone: 416-967-3025  
Email: [stewart.wong@mssociety.ca](mailto:stewart.wong@mssociety.ca)

# MEMBER TO MEMBER

## CYCLE, CYCLE... (update)

January, 2010: 'tis the beginning of a brand new adventure; 'tis a brand new life! When you, "wish upon a star" do dreams really come true? I'm here to tell you that you have to believe, to receive. I'm living proof, at least to me.

Remember how I told you that 'BENTLEY' (wheelchair) & I have been inseparable for 28 yrs now? This has changed...

My physio gal is off on Maternity leave for a year & her replacement is going to be with me during that time. HE is young enough to be my grandson, he is electric and he BELIEVES in me! And speaking of 'divine-intervention', here HE is... Oh, the best thing of all he's a personal trainer! He has me walking with a walker & we're downstairs on the stationary bike for 10 minutes at #5 tension. Every time I look into his liquid, velvet eyes I feel like a conqueror; he brings the best out of me... I can do anything!

Initially, when I began this 'project, my dream goal was to cycle (however - Tandem? Three wheels? Two wheels? UNICYCLE?) somehow... at least ONE mile in the MS BIKE TOUR

in September. Rather a lofty, but achievable intention. I have been actively pursuing the 'start' line; I picture my five grandchildren & me at the very front of the tour. Mama always said, "If you dream it, it WILL happen..." I believe, Mama.

I've been absolutely obsessive about my training; I literally eat, sleep & live to ready myself for my pursuit. I think of little else when I'm awake... My objective is clear, focused, ambitious... but aching with trepidation. A little divine intervention will help right now... Thank you, God.

When I was in grade 5, my teacher put me in elocution lessons. I was terrified, I just couldn't stand up in front of people & recite! It was the Provincial Music Festival in Nelson; I was ten. But, I did it! That was the first time I encountered real fear, the kind that makes one throw-up all over my new Mary-Jane shoes... The kind that made me sick to my stomach before most Toastmasters meetings... The kind that gives me nausea before I get on that stationary bike downstairs. That same feeling somehow applies to the Bike Tour challenge... queasiness, angst, consternation.

Well, it is now May, 2010 & I'm getting there. Up with the walker & half-way down the hall, on & off the stationary bike downstairs INDEPENDENTLY & 10 min with 5 tension... And, I bought myself brand spanking new NEW BALANCE athletic shoes. Do I sound "full of myself"? I think I am, I think I am...

And so, armed with my vitamins, my hemp hearts, and my glass pipe (for my "mm's") I'll continue my quest to ready myself for "Mt. Everest" in September. And I'll continue, "to dream a little dream". Look Mama, I'm half-way there! And, so it goes...

Dee Rogers



### OUR MISSION:

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

## WHAT I DID ON MY CCSVI HEALING VACATION

I'm Jan Mills and some of you may know me from the Journey to Wellness course which I co-facilitated with Joanne Dallas or as a speaker at the AGM a few years ago. I was diagnosed with relapsing-remitting Multiple Sclerosis 24 years ago in 1986 and after a very difficult winter season in a wheelchair, I have some exciting news to update you on.

With 9 years of successful experiences at Sanoviv Medical Institute, I chose to have my CCSVI testing done there. After flying to San Diego, CA, the shuttle met my husband and I and drove 1 ½ hrs south to Rosarito MX. A few days after arrival we had the Doppler Ultrasound tests and an Angiogram to observe my blood flow.

The blockages in my veins were as follows: left jugular 20%, right jugular 80% and azygos 100% (see right jugular scans). As you may know, the protocol Dr Zamboni outlined, which is followed exactly by Sanoviv, requires a blockage of 50% or more to be a candidate for the balloon angioplasty procedure. Needless to say I passed with flying blockages! When the balloon angioplasty inflated my right jugular vein, the vein collapsed each

time. As a result the surgeon recommended that a stent be used to keep the vein open. The stent is a mesh tube inserted into the jugular vein. Once placed there, the epithelial cells in my neck affix themselves to the surface of the stent to allow it to become one with my body. The whole procedure was completed in less than 1 hour. As soon as the IV was removed and I was able to move my arms, I felt sensation in my hands and realized that my fingers were once again tactile and had recovered their sense of feeling without being numb and thick like the past few decades. Moments later, when I arrived in the recovery room I met my husband and my physician. I was saying to my husband "look at how quickly my fingers move! I will be able to type again and flip through magazines and pick up small pills and...". My husband then turned to the physician and said "listen to how she is speaking - it's so much faster, clearer and her vocabulary has increased". The decrease in brain fog has allowed this to occur now that I'm able to "find the words" so much easier when I speak.

Also, before the testing and procedure, I required the assistance of a cane or wheelchair for mobility. Post procedure I am able to stand on my toes and walk

confidently without assistance. For the past year and a half I have been unable to drive due to the immobility of my legs or becoming dizzy when turning my head to the left. I have since been able to drive again due to having my ability to move my legs and to shoulder check once again. I used to experience fatigue and dreaded or avoided exercise and, having been a competitive athlete, that was heartbreaking. I now have more energy, coordination and balance than I have had in years and need to learn how to pace myself so not to over do it. I am also starting a beginner pilates class soon to regain my core strength as I increase my exercise plan which will also be more possible with the strengthened bladder I am grateful for.

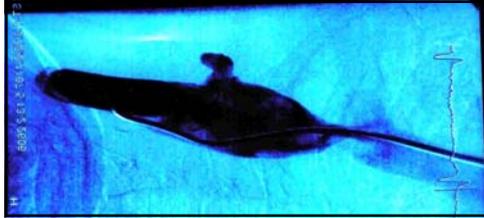
The results I have experienced have been amazing and would not have been possible without the help of the incredible team and Sanoviv. I have trusted my health to Sanoviv because of their unique approach to holistic health. Numerous MS symptoms have been misdiagnosed and Sanoviv has been able to identify the cause, and correct the problem without unnecessary pharmaceuticals or surgery. (For some examples see the video on

*(Continued on page 6)*

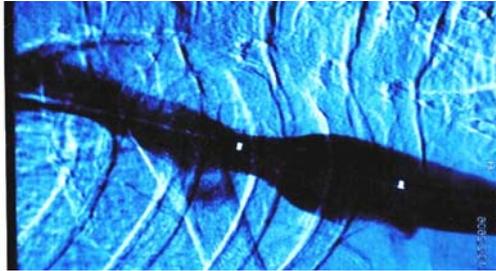
# MEMBER TO MEMBER

(Continued from page 5)

my website.) During my CCSVI program at Sanoviv I enjoyed delicious and nutritious food that was all gluten, sugar and dairy free and very supportive of a MS diet. The morning after the procedure, I woke up to a beautiful view of palm trees and the ocean. The 5 star spa located within the hospital helped to make the experience feel more "pampering" than medical or institutional like so many hospitals I have stayed in. Since I was the first guest to



Jan's jugular with blockage



Jan's jugular after treatment

go through the CCSVI testing and procedure at Sanoviv, they are currently finalizing the details for the program pricing and are developing a waiting list for future guests. If you are interested in being placed on that waiting list, simply phone 1800sanoviv and ask to be placed on the Jan Mills waiting list – they'll phone you with details. For more information on my story or Sanoviv Medical Institute please check out <http://www.janmills.net>, or <http://www.sanoviv.com>

## Need new Glasses?

**Free** to the first person to ask, a \$99.99 gift certificate for Dr. Specs Optical. Note the GC expires June 30, 2010. Simply phone the office 250-762-5850 and it's yours.



## FOR SALE:

### INVACARE CONCEPT 45 MANUAL WHEELCHAIR 18X18

- Tilt and recline
- Elevating leg rests
- Roho seat cushion like new

Please call  
250-762-5625



## FOR SALE: FORTRESS SCOOTER 2001LXS4 OPTIWAY



- Rear wheel drive, dual braking system
- 4 x 10" wheels,
- Adjustable 'air pillow', rear suspension, 350 lb capacity
- Cranberry colored
- Reinforced front/rear bumpers & front carrier
- Many other deluxe features.
- Used only 3 years, stored indoors.
- New battery used very little (with charger)
- In very good shape.

Price when new \$4948.00. Stored past year, asking \$1900.00. Call Wanda for appointment to view (in storage) 250-762-6411.

**HAPPY BIRTHDAY**

**JUNE BIRTHDAYS**

John Tongue	08
June Twack	09
Brian Burnell	14
Barb Webb	21
Rena Raessler Diana Smith	30

Don't see your name on the birthday list? Send us your birth date and we will add your birthday to the list.

# CHAPTER & FUNDRAISING NEWS



## Are You Ready for the Challenge? September 18 & 19

The RONA MS Bike Tour is a pledge-based fundraising event that provides Canadians with the opportunity to ride through scenic and often spectacular parts of the country. Over 10,000 cyclists are expected to participate in the 22 one- and two-day tours taking place across Canada between June and September.

All RONA MS Bike Tours have common elements: food, accommodations on two-day bike tours, entertainment, road support crews and awards for fundraising.

Whether you're a dedicated cyclist or looking for a bit of recreation, pedalling in the RONA MS Bike Tours means you will be a part of an extraordinary group of Canadians who are getting outside to raise money in the fight against MS.

All you need is a bike and the passion to help find a cure for MS. Register today for the Okanagan Grape Escape: <http://www.mssociety.ca/okanagan>

## We Raised \$70,000

Thank you to all our participants, donors, volunteers and sponsors!



Specialty Bakery (Finns Rd) · Cherry Hill Coffee · Re/Max · Dreamland Band · Points West Realty Group · Madeleine Magazine · Tom Colin's Pub · Alarm Masters · All Occasions Party Rentals · Interior Portable Rentals · Wal-Mart

Post event news will be sent to participants, donors, volunteers and sponsors in the next few weeks and will also be posted on our website: <http://www.mssociety.ca/okanagan>

## CHAPTER BOARD UPDATES

- Please welcome newest Board member Shawn Harrison, elected at the Annual General Meeting held April 10, 2010.
- The Chapter Board of Directors meet the 3<sup>rd</sup> Monday of the month at the office, their next meeting is on June 21, the Board will not meet in July.
- The Chapter Board accepted Andrea Ricciardi's resignation from the Board for personal reasons.
- *MS Review* newsletter deadline for the July issue is June 15, email content to: [myra.majeran@mssociety.ca](mailto:myra.majeran@mssociety.ca)

### 2010 Board Members:

Tracy Tremble	Chair
Sylvia McNeil	Vice Chair
Jane Gates	Secretary & Client Services
James Cameron	Treasurer
Shawn Harrison	Member at Large
Bill Carty	Social Events
Laurie Moring	Education & Communication
Milton Dilworth	Member at Large

# SOCIALS & COFFEES AROUND THE OK CHAPTER

## Saturday Social

On hiatus for the summer, will start up again in September.

A **BIG Thank You** to Bill & Virginia, Milton & Dagmar, Rob and ALL the other volunteers who open, close and take care of the office for this event.

## Vernon on Thursdays

**June 10 at 1 p.m.**

**June 24 at 12 noon**

People Place, 3402 - 27 Ave

## Enderby/Armstrong

**Tuesday at 11:00 a.m.**

**June 8**

Howard Johnson Inn

1510 George Street, Enderby

## Westside at 10 a.m.

**Thursday, June 10 & 24**

Zellers Restaurant

3571 Old Okanagan Hwy

## Peachland at 10 a.m.

**Thursday, June 3 & 17**

Rocky Top Coffee Co.

5866 Beach Ave, Peachland

## Mountainview Village

**at 10:45 a.m.**

**Monday, June 14 & 28**

1540 KLO Rd, Phase 1

Activity Rm, side entrance

## Family Day Barbeque

**Saturday, June 12**

11 am to 2 pm

Kelowna City Park

(near skateboard & water park)

## OTHER IMPORTANT DATES TO NOTE:

- **Office closed for Holiday and staff vacation:**

**July 1, 2, 8 & 9**

- **Care for the Caregiver**

Saturday, June 26 from 1 to 3 p.m. at St. Aidan's Church Hall, 380 Leathead Road.

- **Seniors Safety Fair**

**When: Monday, June 14**

9:00am-12:00pm

Where: Trinity Baptist Church-1905 Springfield Road, at the corner of

Spall and Springfield

A free public event that focuses on the safety, health and overall well being of seniors.

- **Rona MS Bike Tour Okanagan Grape**

**Escape:**

September 18 & 19

**To Register or sponsor a participant:**

<http://mssociety.ca/en/events/biketour/default.htm>

**For more information:**

<http://www.mssociety.ca/okanagan>

### Are you a member?

As a member of the MS Society you: Have a say in the future of the MS Society; Allow us to speak with a more powerful voice on behalf of Canadians with MS; Receive Chapter, Division and National newsletters; Have access to MS Society programs and resource library. Annual membership \$10. Become a member today 250-762-5850

### MS Review June 2010

Editor/Writer/Designer: Myra Majeran ♦ Contributors: Shannon Thomas, Virginia Carty, Dee Rogers & Jan Mills. MS Review is intended to provide news and information to people living with MS, their families, caregivers, medical professionals and other stakeholders. Information/opinions contained in this newsletter are obtained from sources believed to be reliable, but their accuracy cannot be guaranteed. 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.

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**Drop-in hours** (may vary):

Monday to Friday, 10:00 a.m. to 3:00 p.m., or by appointment

Closed daily from 12 to 1 p.m.