**CHAPTER BOARD UPDATES**

**Board Members:**

- Bill Carty
- Mary Ellen Tabor
- Stacey Hawes
- Tracy Tremble
- Jane Gates
- Milton Dilworth
- Sylvia McNeil

- **In light of the resignations of the Chapter Chair and Treasurer the Chapter Board elected Tracy Tremble, Chapter Chair and Jane Gates, Treasurer, interim positions until the Chapter Board’s first meeting after the AGM.**

- **We are wrapping up interviews with candidates for the Chapter Board. The Chapter Board Slate of Nominees will be announced in the Chapter Annual General Meeting (AGM) notification scheduled to be mailed Oct. 12.**

Chapter Board Nominees will be presented to the membership at the AGM to be held at 11:00 a.m. November 7th at the Coast Capri Hotel.

Lunch and Educational Seminar will follow the AGM, the day should conclude about 2 p.m. Agenda and details will be included with the AGM mail out.

- **With due consideration, the Chapter Board has made the decision to hire a permanent part-time Community Services Coordinator who will assume responsibility for matters related to client services. Myra will continue to manage the Chapter in her role as Chapter Coordinator.**

- **Exciting News - After nearly two years in development we are pleased to announce this chapter will hold its first annual Rona MS Bike Tour Okanagan Grape Escape in Kelowna September 18 & 19, 2010.**

Over night accommodation is at the Sandman Hotel where the tour will start and the route will have cyclists touring the Lower Mission, SE Kelowna and possibly the West Side.

Bike Tour details will be posted on the Chapter website as they are developed.

The Online Fundraising System (OFS) for Bike will be ready for use in November.

- **The Chapter Holiday Celebration Open House will be held at the office on Saturday, December 12 from 11 a.m. to 2 p.m. Come help us plan the details of this fun, family friendly event.**

- **We’ve just been informed that the Online Fundraising System is ready for participants to register and raise funds for the 2010 MS Walk, which will be held in Kelowna April 25.**

- **Due to unforeseen circumstances the Chapter Board Strategic Planning session has been postponed until early next year.**

- **Next Chapter Board meeting will be at 5 p.m. on Monday, October 19 at the office.**

- **The Chapter office will be closed for stat holiday and vacation October 12 & Oct 26 to 30.**

- **MS Review newsletter deadline for the Nov. 09 issue is Oct. 16, email content to: myra.majeran@mssociety.ca**
MESSAGE FROM THE CHAPTER CHAIR

Fall... it is a season of new beginnings... the return to school, the changing of the leaves, and a renewed sense of hope. It’s one of my favourite seasons!

Here at the MS Society Okanagan Chapter we are excited about the fall season as well as it is the time for our Annual General Meeting and thus the election of new members to the Chapter Board of Directors. This year we are excited to have several enthusiastic nominees for the Chapter Board, each who, as volunteers, will offer their time, ideas and hope to help people (and their families) living with MS in the communities we serve.

I encourage you to participate in our Annual General Meeting... to learn about the Chapter's allocation of funds, participate in the election of our Board of Directors, to learn something new from our educational seminars, and last but not least, to enjoy lunch and socializing with other members!

We hope to see you there!
Tracy Tremble, Chair

A & W CRUISIN’ FOR A CAUSE DAY

Volunteer MS Ambassadors Dorothy Witzke, Angela & Tyson Kolp, Mary Ellen Tabor & Sylvia McNeil greeted customers at three A & W locations, gave live radio interviews, enjoyed a Teen Burger and oooed & awed at the cool classic cars.
Hello everyone,
We are planning our Holiday / Christmas Party.
Do you have some good ideas? Is there something you consider important?
Come join us for coffee and goodies and be a part of the fun. We would love to have you. We are trying to accommodate everyone who wants to come. So, please give us a call to let us know what day and time of day would be best for you.

Phone MS Office at 250-762-5850, or
Sylvia at 250-707-3655.
If there is no answer at the office please phone me.

Sylvia McNeil

EDUCATIONAL SEMINAR NOVEMBER 7TH

MS Society of Canada Okanagan Chapter
Annual General Meeting & Educational Seminar
Saturday, November 7, 2009 from 11 a.m. to 2 p.m.
Coast Capri Hotel

Presentation 1:
Illness a Path to Spiritual Awakening
In this presentation we will explore the connection between illness and self-discovery. Davina will share some of her own experience and training through role-playing, discussion and hopefully some laughs. This will be an interactive and thought provoking presentation.

Presenter:
DAVINA HUEY – Holistic Healing Therapist, Training Facilitator, Writer, and Reiki Instructor
Davina Huey is a powerful healer with a passion for holistic medicine and the arts. Her healing journey was intensified 14 years ago when her husband passed away and she became terminally ill with Systemic Lupus. At the age of 28 she became aware of the deep connection between her illness and her emotional and mental state and passionately searched out many modalities and philosophies to bring more understanding and healing into her life. She has a Bachelor of Science is certified as a Polarity Therapist, Reiki Master, Breakthrough Facilitator and BodyTalk Practitioner.

Presentation 2:
Resources – What and How?
Session to explain what resources and services are available in the community, and how to access them.

Presenter:
Lynnda Swan is the Assistant Professional Practice Leader for Occupational Therapy in the Central Okanagan. She has over 25 years experience, including 15 years in home care.

Full details of the AGM & Seminar will be mailed to all members in mid October. Pre-registration required for those attending the lunch and seminar portions of the day.
Adult Day Services

Two years ago upon review by a community care assessment team I was encouraged to participate in the Adult Day Program offered at May Bennett Wellness Centre (Rutland). I was already familiar with the daily Meal Program at this site as my Dad attended suppers on a daily basis for several years as long as he was able to drive.

Adult Day Services offers individuals living along or with family an opportunity to have a ‘day off’ usually one or two days per week.

The program goal is to provide individual participants with a sense of well being through a mix of social and health maintenance services as follows:

- Support and encourage necessary to enable attendees to maintain freedom and independence for as long as possible
- Relief for caregivers who are overburdened with the responsibility of their role
- Emotional support provided by social contact with peer group and staff
- Opportunity to develop new hobbies, friendships and renewed interest in the community
- Mobility assistance
- Century tub bathing
- Simple dressings
- Health maintenance through an exercise program, weight and blood pressure monitoring
- Personal grooming assistance

Referrals
All referrals must be made through Community Care Programs, Phone 250-980-1400. Fee: $4.00 per day is billed at the end of each month.

Activities
Participants are provided with opportunities, encouragement and support to become involved in a variety of social and therapeutic activities:

- Darts/bowling
- Music & entertainment
- Games/cards
- Shuffleboard/billiards
- Horseshoes
- Trivia/team challenges

Meals & Snacks
- Morning coffee and snack
- Hot lunch at noon (no cooking or cleanup required)
- Afternoon tea and snack (does not apply at all locations)

I find this program to be a very enjoyable and fulfilling use of time which can often be a lonely experience. It has added some much enjoyed social contact and a renewed zest for life.

Program Information
Brookside Residence, Village at Smith Creek (West Kelowna), Hawthorn Park (KLO), May Bennett Wellness Centre (Rutland), Seniors Centre (Peachland), Cedar Court (Winfield), Mission (Evangel—Gordon)

There is often a waiting list until a spot becomes available, although I only waited about a month. I encourage others to look into this as a possible social outlet.

Dorothy Witzke

We want your story next…
If the task seems too daunting we can help you. Call Myra at 250-762-5850.

Comfort Clothing For Sale: Comfort clothing in sizes small & medium and size 7 leather runners, never worn. Call Diana at 250-765-6586
Recent Medical Update Memos posted to the MS Society webpage. These articles and many others may be viewed at: http://www.mssociety.ca/en/research/researchlibrary.htm and click on “News in Research”. If you do not have internet access, please contact us for printed copy.

September 9, 2009

Summary
MS is a complex disease in which genes and environment play a role. MS affects more women than men, especially in countries such as Canada where there is a higher prevalence of MS. Canadian researchers Drs. Dessa Sadovnick (University of British Columbia) and George Ebers (Oxford University UK) and colleagues report on a Canadian study investigating whether the country of origin and age of migration has an impact on the female to male ratio of MS incidence. J Neurol Neurosurg Psychiatry. 2009 Aug 25

Details
The female to male ratio for multiple sclerosis seems to be increasing over time. Amongst immigrants with MS researchers found that the proportion of females was higher in people from countries of high latitude and the proportion of females was higher when the age of migration was below 21. These findings suggest that the environment plays a very important role in the female sex predominance of MS. The ratio of female to male MS cases varies geographically, generally being greater in areas of high prevalence. In many regions, including Canada, rising MS incidence in women has been implied by the marked increase in female to male ratio. Researchers examined the female to male ratio over time in MS patients in the Canadian Collaborative Study born outside of Canada, with MS onset occurring post-migration (n=2531). MS sex ratio in immigrants to Canada is increasing but variable by region of origin and influenced by age at migration. The findings highlight the importance of environmental effect(s) in MS risk, which may prove to be gender-specific.

September 10, 2009
Correlation between disability and transcranial magnetic stimulation abnormalities in patients with multiple sclerosis

September 3, 2009
Smoking is associated with increased lesion volumes and brain atrophy in multiple sclerosis Gestational diabetes and multiple sclerosis

September 2, 2009
Care Given to People with MS by Family Members Presents Unique Challenges - Study funded by National MS Society points to need for respite and mental health support for family care givers

August 31, 2009
Sponsor Reports Positive Results of Clinical Trial of Zenvia™ for Pseudobulbar Affect (Uncontrollable Laughing and/or Crying)

OCTOBER BIRTHDAYS

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<th>Name</th>
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<tr>
<td>Kelly Franz</td>
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<td>Cesario Gomes</td>
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<td>Violet Millard</td>
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<td>Cristy Trefry</td>
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<td>Belanie Baran</td>
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<td>Karen Foster</td>
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<td>Mary Gray</td>
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Don’t see your name on the birthday list? Send us your birth date and we will add you to the list.
Bentley & ME

My love-affair with BENTLEY began in 1983; I had been attending school for three years and could no longer 'hold up the walls' in order to attend classes. I had made up my mind to go back to school; I was getting a degree (to hell with the MS symptoms I had been experiencing for 20 yrs)!

My first two years were spent carrying my binder on my back and carrying my texts for the day always with one free hand to 'hold up the walls' for balance. Because I was the first mature student to attend classes on a regular basis, everyone seemed VERY respectful to my 'obvious' condition. My professor's all waited to begin their lectures; I was consistently late. Soon my fellow students began walking with me, sometimes carrying my books. I learned a very valuable lesson then, people are intrinsically helpful - sometimes you don't even have to ask!

I qualified for Handi-Dart so I had to work within their system. They had me there for 8:30a.m. classes and brought me home at 3:30 p.m. I had to limit my classes to three so the remaining time found me in my favorite haunt, the campus library. No wonder I was able to ace my educational goals; I had so much time to study!

In spite of incredible fatigue I was able to just eat, just sleep and just study for the time being. Pretty boring huh? So, I wasn't prepared at all when suddenly my legs decided they'd given me everything they could; they were 'on strike'. During this time in my life it was very difficult to maintain an 'attitude of gratitude'.

Enter Parke Davis, Rehabilitation Consultant for the Ministry of Advanced Education. He became familiar with my case and made immediate arrangements for the government to help me with my educational pursuit. He also wanted me to have 'alternate' transportation. I then had to make the decision to use a wheelchair. Did I OR did I not, want to return to school? Easy choice... bring it on GOD!

Said, Parke Davis (as he assembled the thousand nuts & bolts on my living room floor) "This thing cost more than my first car, aren't you excited?" (I don't think so...)

And, so it began, my perpetual liaison with "BENTLEY". "Accept the things I cannot change..."

He assured me that this 'modern mode' of transit would be my companion 24-7 for the rest of my life. I didn't find too much comfort in that fact, however I remember thinking that very first night,

I can do this - WE can do this, we can make this work for US!

With tres exuberance, I did return to school without missing a beat and I introduced BENTLEY to all of my class-mates. I want you to know, in keeping a positive attitude, it not only wore off on my fellow students, it wore off on me too! I had to pick from eager pupils as to who would push 'us' to the next class (you are a Queen, DEE, allow yourself to be waited upon...)

BENTLEY and I became an item; we were inseparable. We ate together, studied, went to movies, shopped and even travelled together. Planes, trains & automobiles and BENTLEY & DEE.

We graduated from U of Vic with a degree in Social Work and were immediately appointed to THE PREMIER'S ADVISORY COUNCIL FOR PERSON'S WITH DISABILITIES, a post we held for four years. (it's working, GOD) We travelled from coast to coast, we flew first class, we became regulars at the Four Seasons in Toronto and Vancouver. We were treated like Royalty; they expected us and they called us by name. They even stocked the bar with our favorite Chivas Regal (we told HSKP that we were allergic to wool so after that, the feather duvet

(Continued on page 7)
(Continued from page 6)

Each time we visited... liar, liar pants on fire)

We travelled to Mexico for second son Bradley's 'moon wedding' on the beach; we were in CANCUN for an International Alzheimer Conference; we went to HAWAII to co-host a workshop on "Disability Awareness". We went to Florida to visit Aunt Ola (thank U God for being with us thru all of these adventures) We even ran, although unsuccessfully, for city council; we were in everybody's face...

During the 90's, our 'Gal-Pals' were the most important component of our lives. They learned all about BENTLEY & accessibility and were prepared to incorporate us into their lives. We traversed the KVR; we went to several Broadway productions @ the Ford Theatre; we went skiing @ Big White; we went on the Kettle Valley train; we went on a tour of the valley by sea-plane (Bentley waited patiently on the dock...); we hung-out @ our best friend's cottage @ Point Roberts and we organized 3 successful annual "ForGet-Me-Not" dinners for the ALZHEIMER Society. We were hot!

During the 2000's Bentley & I moved into assisted living, no more cooking, no more cleaning, no more laundry... just 'do your own thing', Dee. Sometimes this independence is stifling but we have a new intention; we are taking our skills to HOSPICE with a plan to volunteer on a weekly basis. I am "GRANDEE" to my five healthy(thank you God..) grandchildren. My life has come to fruition; I have my very own "Circle of Life", now. I am the Matriarch of my family. OOPS! don't forget about BENTLEY, he goes everywhere with me!

And, so it goes...

Dee Rogers

**ASK THE EXPERT - VITAMIN B**

**Question:**
I've been told there is a vitamin B I should be taking to help protect and repair myelin. Which vitamin B is this and is it really recommended?

**Answer:**
Vitamin B12 is always mentioned as an important part of maintaining myelin (the coverings on the nerves in the central nervous system). The myelin is what gets broken down in certain spots with multiple sclerosis, and then repairs itself, but not perfectly. Vitamin B12 helps to keep myelin healthy and if people are deficient in vitamin B12, that can sometimes lead to similar clinical symptoms as multiple sclerosis.

Neurologists often order vitamin B12 levels when seeing patients with MS, just to make sure that the cause of their complaints is MS, and not due to low vitamin B12 levels. MS patients can also be prone to having low vitamin B12 levels as well as MS, so this should be checked on a regular basis.

In the 1990’s, neurologists tried giving high doses of vitamin B12 to MS patients with normal B12 levels in their blood, in an effort to try to make their myelin “healthier”. However, when MS patients with normal B12 levels were given extra vitamin B12, it didn’t make a difference to their symptoms or disability. So, I check people’s B12 levels when I think they have MS. If the B12 levels in the blood are low, then I will suggest vitamin B12 supplements. If the B12 levels are normal, then I do not give the person extra vitamin B12.
SOCIALS & COFFEES AROUND THE OK CHAPTER

Saturday Socials
11 a.m. to 1 p.m.
Oct. 10 & 24
1959 Kirschner Rd

New Day & Location:
Enderby/Armstrong
at 11:30 a.m.
Tuesday, Oct. 13
Howard Johnson Inn
1510 George Street, Enderby

Westside at 10 a.m.
Thursday, Oct. 1, 15 & 29
Zellers Restaurant
3571 Old Okanagan Hwy

Vernon
Thursday, Oct. 8
at 1 p.m.
Thursday, Oct. 22
at 12 noon
People Place, 3402 - 27 Ave

Mountianview Village
at 10:45 a.m.
Monday, Oct. 12 & 26
1540 KLO Rd, Phase 1
Activity Rm, side entrance

New Location:
Peachland at 10 a.m.
Thursday, Sept. 10 & 24
Rocky Top Coffee Co.
5866 Beach Ave, Peachland

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 October 2009
Editor/Writer/Designer: Myra Majeran • Contributors: Dorothy Witzke, Dee Rogers, Tracy Tremble & Sylvia McNeil. 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.

The MS Society Okanagan Chapter acknowledges the financial assistance of the Province of BC for funding this newsletter.