ANNUAL GENERAL MEETING

April 13, 2013

MS Society of Canada Prince George Chapter

- Place: Kiwanis Building, 490 Quebec Street
- Time: 1 pm - 3 pm
- Light refreshments

2013 Board of Directors nominations:
  - Alison Porter
  - Carl Haugland
  - Heather Lamb
  - Rod Mulligan
  - Madeleine White
  - Jennifer Werk

COMING EVENTS

- April 13, 2013 Annual General Meeting
- April 26-28, 2013 Canadian Home Builders Home Show 2013
- Early May Breakfast fundraiser (check website for info)
- May 25, 2013 Can Do event
- May 29, 2013 World MS Day
- June 9, 2013 Scotiabank MS Walk
- August 22, 2013 A & W Crusin’ for a Cause Day
- September 28, 2013 Wellness with MS workshop

May is MS Awareness Month

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.
Scotiabank MS Walk

June 9th, 2013

Register now at:

mswalks.ca

Register on your own or as part of a team and help us support those living with MS.

The Scotiabank MS Walk is the MS Society’s largest event fundraiser involving over 70,000 participants and volunteers in more than 160 communities across Canada.

Although each community leaves their own unique mark on the event, no matter where you live you can be sure that you'll come out to experience a day full of excitement and hope that one day we will live in a world without MS, and you'll leave knowing that you are a valuable contributor to making it a reality.

Our Prince George Scotiabank MS Walk is in Fort George Park at the Band Shell. The route is wheelchair and scooter accessible. Please note dogs are not permitted in the park.
Personal Stories wanted:
Do you have a personal story or reflection that you would like to share? For more information on how to contribute to upcoming issues or to send your submission contact Joann Smiley at joann.smiley@mssociety.ca

MS Summer Youth Camp
The 6th annual MS Summer Camp will be held August 17-24, 2013. This is free (travel included) opportunity for children and teens (8-21 years old) with MS to meet for a week long adventure full of fun and new friends. The camp also allows participants to enjoy a break from the stress associated with MS, in a supportive environment. Campers will be treated to a unique camp experience in the beautiful Rocky Mountains at Easter Seals Camp Horizon near Calgary, Alberta. http://mssociety.ca/en/help/camp.htm

A & W Cruisin’ for a Cause Day
is August 22, 2013
Please check the A & W’s website https://www.aw.ca and our websites for more information. www.mssociety.ca/princegeorge

Watch your step!
We live in a community of caring people.
We would like your help.
If you notice broken sidewalks, damaged walk areas or trip hazards please report these to the service centre at:
City Hall.
250-561-7600 or www.princegeorge.ca

Northern Health operates the MS clinic at the University Hospital of Northern BC. It is the first contact newly diagnosed MS patients will usually have.
The clinic team consists of a nurse, neurologists, social worker, physiotherapists and occupational therapists.
Call: 250-565-2304

PINEAPPLE
This delicious fruit is not only sweet and tropical; it also offers many benefits to our health. Pineapple is a remarkable fruit.
Pineapples stop ripening the minute they are picked.
Choose your pineapple by smell. If it smells fresh, tropical and sweet, it will be a good fruit.

Come see us at the Home Show
Canadian Home Builders’ 2013 Home Show & Energy Fair Booth #359
Location: Prince George Kin Centre. 2187 Ospika Blvd.
Dates: April 26, 27 & 28, 2013
Times: Fri. 3pm-9pm, Sat. 10am-8pm, Sun.10am-4pm.
Cost: $8 adults, $6 Seniors, Students and Persons with disabilities.
Advanced Tickets: Apr.1-25, $5 – Central Builders’ Supply, 1501 Central St., Prince George
AWG – Windows & Doors, 1770 Quinn St. S., Prince George
Community Support

We thank everyone who has supported us over the last year!
- Prince George Community Foundation
- FR Thomas General Assembly #1321
- Knights of Columbus COS #8046
- Ladies Auxiliary to Prince George Aerie 3318 Fraternal Order of Eagles
- Ladies Auxiliary Royal Canadian Legion BR 43
- C.A.V.U.N.P. PG Chapter
- KPMG Foundation
- Cruisin Classics Car Club
- Lions Club
- Spruce Credit Union
- United Way of Northern British Columbia
- St. Michael Quilters
- Lost Fort before Dawn
- Province of British Columbia

We also thank everyone for their ongoing support of our fundraising events, in memory donations and general donations. Please accept our apologies to anyone we may have missed.

Join the Patient Voices Network!

The Patient Voices Network provides opportunities for patients and families in BC to participate in primary health care changes. There are 4 ways to get involved:

Join the Patient Voices Network—receive info on health care issues and participate in health surveys and polls.

Become a Peer Coach—train to help others in your community make healthy living changes

Get activated in the community. Help identify health care issues in your community and work with healthcare professionals to find local solutions.

Shape the System. Help shape primary health care by becoming actively involved in the system (focus groups, advisory committees, conferences, etc.) Sign up for FREE! Visit patientvoices.ca or call 1-888-742-1772

SELF HELP GROUP

Self-Help Groups are formed by volunteers who are interested in helping to bring together individuals and families with MS. These groups operate independently, supported by the MS Society of Canada with information and resources. The Prince George Chapter recognizes the importance of support in one’s own community, and providing a means for individuals and families to reach out and connect with each other. Each community is unique in the kind of support that is available. For further information on the Prince George Group, please get in touch with Ken Biron at: 250-981-9141 (cell) or pgmssupport@gmail.com.

Charity Driven – The Shoprider Fleet

On Thursday, August 9, 2012 the MS Society and MediChair presented the final 2 motorized scooters at Pine Centre Mall’s Customer Service Centre.

Many of us may take for granted that we may go shopping at anytime we need. However, the simple task of shopping for those with mobility issues can be a challenging affair. The MS Society, Prince George Chapter, Pine Centre Mall and MediChair Northern BC partnership was established to make this dream come true, with the generosity of the community by purchasing a uniquely designed “Holiday Gift Card Box.

The First scooter was available in November of 2011 and the final 2 scooters were available August 9, 2012 The scooters are available with NO user fees, but several pieces of identification are required from those using the service.

Feel free to call to reserve the use of a scooter. 250-563-3681.

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Please help us end MS by pledging or joining the Scotiabank MS Walk, joining in our many events or volunteering your time and talents.

Add your voice to ours by becoming a member of the MS Society for an annual fee of $10.

Membership of the MS Society has many benefits. As a member you have a say in the future of the MS Society and also allow us to speak on behalf of Canadians with MS with a more powerful voice. You will also receive local, provincial and national publications.

Forgot to renew your membership?

Be sure to renew your memberships to ensure that you keep receiving all of the MS Society newsletters and invitations to member events.

Please contact joann.smiley@mssociety.ca or 250-564-7074

Online: www.mssociety.ca, under the Get Involved tab.

Contact Us

MS Society of Canada
Prince George Chapter
105-490 Quebec Street
Prince George, BC V2L 5N5

Phone ...............250-564-7074
Fax .................250-564-7005

Email: info.princegeorge@mssociety.ca

Toll Free:
BC & Yukon Division
1-800-258-7582

www.mssociety.ca/princegeorge

Information/Support/Advocacy

The MS Society Prince George Chapter offers the following programs to everyone affected by MS:

Volunteer Legal Advocacy Program (VLAP)
Provides free advocacy support and legal advice for people affected by MS. Offers assistance navigating the Canadian Pension Plan (CPP) Disability Benefit forms.

Equipment Provision Program (EPP)
Assists people with MS to obtain equipment required to enhance their quality of life.

Lending Library
Includes special interest publications, books, DVDs, videos and pamphlets.

• Workshops & Education
• Information
• Self Help Support Group
• Walk in office open to all

Please check our local website for updated information.

This newsletter 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.