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MS STOPS PEOPLE FROM MOVING.
WE EXIST TO MAKE SURE IT DOESN’T.
JOIN THE MOVEMENT.

After Goodbye, there is always a Hello

As most of you probably know, Shandyn has moved to Pittsburgh to begin a new life, her husband was given an excellent work opportunity, and she has started a new career with the American Cancer Society.

Just to introduce myself or reintroduce in most of your cases I, Rebekah Schraer am once again working with the Life with MS groups. I am looking forward to picking up where Shandyn has left off and to begin some new & fulfilling partnerships. I want to make sure everyone has my contact information so here it is, email: Rebekah.schraer@ohg.nmss.org or you can contact me here at the office 513.956.4110 or 1.800.344.4867, option 2 ext. 111

If you have any questions, ideas, or suggestions please let me know!
Rebekah
Upcoming Life with MS Groups:

**September 11 – College Hill @ 10am**  
Contact Carolyn, 513-641-3156

**September 13 – Gallia @ 6pm**  
Contact Amber, 740-339-0291

**September 14 – Butler County @ 7pm**  
Contact Judy, 513-523-6786 / Jan 513-726-4789

**September 14 - Miami County @ 7pm**  
Contact Sam, 937-676-5877

**September 14- Fairborn @ 6pm**  
Contact Deena, 937-559-8766

**September 16 – “But You Look So Good” @ 6pm**  
Contact Nancy, nancy.stewart@unisonindustries.com

**September 22 – Care Partners @ 7pm**  
Contact Jody, 513-575-2660

**September 23 – Dayton @ 7 pm**  
Contact Sharon, 937-275-2618

**September 26 - Ross County @ 3 pm**  
Contact Larry, 937-981-4622

**October 5 - Newly Diagnosed**  
Contact Helen Bisdorf, 513-226-3800

**October 7 – Northern KY @ 1pm**  
Contact Debbie Blake, 859-781-3366

**October 13 – South Dayton @ 6:30pm**  
Contact Deneko, 937-270-1156

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**New MS Support Group:**

**When:** September 16, 2010  
**Time:** 11am– 1pm

**Where:** Springdale Rec Center  
11999 Lawnview Ave  
Springdale, Ohio 45246  
This group will meet every third Thursday of the month.  
Contact Angela Drye (513) 236-2658 for more information and details.

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**SUMMIT UPDATE:**

Due to the transition between Shandyn &, myself, I will need to reschedule the Life with MS summit which was scheduled for Saturday, September 18. I don’t feel as if I am quite up to speed on the changes which have occurred since the last time I was working with your groups.

If you have any ideas on how to make this an informative, interactive & fun experience, please send them to me.
As proponents of CAM – Complimentary and Alternative Medicine, we are always looking for methods and techniques that can alleviate some of the discomforts and inconveniences of MS. A form of self-care to release pain and enhance well-being is a method called Ortho-Bionomy.

One can use this method by going to a practitioner much like one goes to a massage therapist. The costs are similar except insurance generally does not pay unless you should have something like "flex-spending" or have some kind of insurance program that allows for some discretionary spending.

Another method is to receive occasional or even a one time instruction from a practitioner so that you can do the "treatments" yourself and/or you can read a wonderful new book called, "Ortho-Bionomy, A Path to Self-Care," written by Luann Overmyer and published by North Atlantic Books.

We recently interviewed a local ortho-bionomy practitioner who also happens to be president of the International Society of Ortho-Bionomy (www.ortho-bionomy.org) so needless to say, she knows her stuff! She also just spoke at the MS Support Group meeting in Hamilton held this past June. Her name is Carole Poffinbarger and her email is poffin@fuse.net. She will gladly answer any questions you might have about this form of self-therapy.

Ortho-bionomy is, as the website tells us, a gentle, non-invasive form of body therapy which is highly effective in working with chronic stress, injuries and pains or problems associated with postural and structural imbalances.

During the interview, Carole was kind enough to talk to us more specifically about this therapy and also to give some examples of how a person living with MS might self-treat the body under certain circumstances. We’d like to share what she told us in the next couple of newsletters. In the meantime, take a look at the website and see what you think. You might find it is something you’d seriously like to explore.

Blessings, Brenda C. Kayne
Did you know?

National MS Society Life with MS groups may, upon approval from the chapter, engage in low risk, small scale fundraising activities to raise funds to support the group’s activities. These fundraising activities could include:

- Bake sales
- Yard sales
- Craft sales
- Car washes
- Auctions

Funds raised as part of these types of activities are exempt from the accepted policy that all funds raised must be submitted to the chapter, but only in those instances where there is no expectation by the donor of a tax-deductible donation. Self-help groups may maintain an operating fund of up to $250, so funds raised up to $250 may be kept by the group in a petty cash fund and used towards group expenses. It is recommended that groups do not accept checks for payment at these small scale events.

In those instances where groups can maintain a petty cash fund and the fundraising activity raises more than $250 (or if funds raised put the petty cash fund over the $250 limit) the amount over $250 should be submitted to the chapter. In accordance with chapter policies, the chapter and the group will reach agreement on where the additional funds will go.

Couples Weekend Retreat

To give you & your groups a heads up during 2011 we will be hosting 2 weekend couples retreats, one in the Greater Cincinnati area & the other in the Piqua area.

If you have any suggestions as to accessible locations, please send them my way & I will gladly look into them.

MS Cafe

We will also be hosting MS Café’s during 2011. MS Café is an opportunity for people to enjoy dinner compliments of the Ohio Valley Chapter, where those attending are able to learn about the Society & I am able to hear area’s of interest.
Please let me know if you are interested in attending the following teletraining and I can get you registered, please note this call is 90 minutes. For those of you who have registered please let me know if you are still available to participate.

Mood and Cognition Issues in MS Part II.. This training is the follow-up to the Mood and Cognition Issues in MS teletraining held in April 2010. Part I of the training series focused on what is known about mood and cognitive changes in MS. In Part II of this series, call participants will learn practical strategies for working with group members with mood and/or cognition issues. Real-life scenarios submitted by self-help group leaders from across the country will be used as the basis for the discussion. The presenter for this teletraining is Rosalind Kalb, PhD, Vice President of the Society’s Professional Resource Center.

This training is targeted towards all self-help group leaders, regardless of how long you have been a leader. Participation in Part I is not a pre-requisite for registering for Part II of the series. For leaders who missed the first training or would like a refresher, the podcast and handouts are available for download on the Society’s website (go to Multimedia Library>MS Learn Online>Symptom Management>More Symptom Management Feature Presentations>Mood and Cognition Issues in MS.)

SCHEDULE

Two teletraining calls are scheduled. Group leaders choose one of the two calls. It is the same agenda offered at two different times.

- Call 1 is Wednesday, September 22, 2010 from 1-2:30 pm ET (12 pm CT, 11 am MT, 10 am PT)
- Call 2 is Wednesday, September 22, 2010 from 7-8:30 pm ET (6 pm CT, 5 pm MT, 4 pm PT)

Note – because of the complexity of the content being presented this teletraining is scheduled for 90 minutes, versus the typical 60 minutes.

The call will be recorded for those leaders that miss the teletraining or would like to listen again. A playback number will be provided to share. In addition, you can request a CD of the call.

Rebekah, email Rebekah.schraer@ohg.nmss.org