

MULTIPLE SCLEROSIS SOCIETY OF PORTLAND, OREGON INC.

MULTA SPES

MUCH HOPE

IMPROVING THE QUALITY OF LIFE FOR THOSE WITH MS SINCE 1949

Director's Notes: by Candyce Hayes

September 2010 Issue

After years of struggling, planning, and with grants from two local foundations, the MSSP celebrates a new milestone this month; the update of the MSSP annex! The 700 square foot space will house our medical equipment closet, acupuncture program, life coach classes and support group meetings. There's even talk of a garage band and art classes. I'm thinking about adding a "Club 29"!

So what's the common thread in all these new programs and services? Look closely...do you see it? Answer: Life enhancement, hope, joy, friendship, peace and comfort - the very **heart and soul** of our little agency. Here's another example of the MSSP spirit.

Diagnosed with MS 10 years ago, Nancy, name changed for confidentiality, left Portland to start a new life in Colorado. Within days she was a victim of domestic violence. She filed a restraining order, gathered her belongings and scratched together money for an emergency return ticket to Portland where she filed another restraining order. Back in Portland, nine days into the month Nancy is homeless and cash-strapped. She spent two

days calling everyone asking for help only to hear different versions of "no". Within ninety minutes of calling her MSSP family, Nancy found help. Finally, something positive after a 10-day storm! We talked about the tide now changing, even if it was a small ripple. Her hope had been restored during a vulnerable time.

Back to MSSP – so we're about to add new programs to our existing services when Murphy's Law struck – in a flash we lost \$25k from our budget. Next it appears proceeds from the flu program will be down this year – YIKES!!! Oh yes that darn see-saw of a stock market certainly won't help the bottom line. Ah, "it's just life stuff," says our Board President Dave Peery, "just keep moving forward" - and so we do.

So to combat these temporary setbacks we're launching the "No Jive.....Give \$5" campaign.

We're asking everyone reading this newsletter to immediately make a \$5 donation either on-line by credit card (www.msoregon.org) or by US mail see enclosed envelope AND then ask

5 friends to do the same.

So from the bottom of our hearts, you are invited to become a care partner by investing your tax-deductible gift to MSSP. Give confidently knowing your dollars remain in our community and touch the lives of Oregonians & Washingtonians affected by MS.

Remember, ***until a cure is found, people affected by MS need help today – and that's what we do!***

So what's "Club 29"? Stay tuned...



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Multa Spes is the quarterly newsletter of the MSSP, distributed to MSers, consumers, families, professionals and friends.

Comments and articles are welcome. Publication depends on space available and is subject to editing. The next submission deadline is: 10/01/2010.

Please send submissions to Candyce Hayes, Executive Director, at: candycehayes@msoregon.org or mail: MSSP, 2901 SE 122nd Ave. Portland, OR 97236.

If you are not currently receiving Multa Spes by mail, we would be happy to add you to our mailing list. Direct all subscription requests or address changes to candycehayes@msoregon.org or call 503.297.9544.

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Pain Management

By Virginia E. Treece, R.N., M.H.A.

The greatest worry for client in chronic pain is controlling the pain. So pain management is the most important thing, whether the caregiver or client administer the pain medications. Physicians and nurses are now required to take special courses in pain management, thus health professionals are much more knowledgeable and willing to promote adequate pain control. Pain medications are not habit forming if managed correctly and if the client has pain that will use up the medication. Pain medications have duration limits, half-life spans, and some work on blood levels. It is important to know the specifics for each medication.

To verify the physician's orders read the Drug Handbook and the pharmacy information about each medication. If the medication works on the blood level, then it is important that the client takes the medication at a regular scheduled time, example every 12 hours or 9am and 9pm. Methadone and MS Contin are good examples of this type of medication. Vicadin, Tylenol # 3, and Hydrocodone usually are administered every 4-6 hours. These medications begin to wear off in 3-5 hours, if there are extended long periods between doses the client may not receive adequate pain control. Giving the next dose of medication before the prior dose wears off is the primary goal to maintain optimal pain control.

If a caregiver is responsible for administering pain medications; the caregiver should count the medication with the client upon receiving medication from the pharmacy, document the amount, and record date and time of each dose allowing the client to see record of administration. We recommend the client, a family member and/or 3rd party be involved in the process to discourage theft, abuse and confusion.

These steps can avoid complaints and/or future problems.

If the client is unable to express his/her pain level, the caregiver must watch for other signs: changes in facial movement, irritability, moaning, crying, and/or restlessness. Because caregivers and family members know their clients -- if they become concerned about pain *and have addressed the issues above* -- then it's **time to call the doctor**. Clear communication between the client's family, caregivers, doctors, and specialists will help identify possible pain triggers and ensure the right individualized pain management plan is in place for each client.

Reduce Your Risk of Falling

Falls are a concern especially when MS progresses. As the rainy and winter season approaching now is a good time to learn new ways of reducing your risk of falling indoors. According to www.about.com some ways include but are not limited to, exercise, increase home accessibility and safety, medication side effects, and regular vision checks.

Exercises such as Yoga or Tai Chi help to increase balance and coordination and are low impact. There are a few different organizations that offer MS Yoga and Tai Chi in the Portland Metro Area including Amritas Sanctuary and OHSU's Gentle Yoga for People with MS. Call the MSSP Office if you would like more information.

While exercise is important, removing obstacles around your home is very important. According to the National Safety Council more than 50% of falls occur at home. Here are eight simple ways to reduce the risk:

- Clear clutter from walking paths and stairs
- Remove small throw rugs or secure rugs to floor
- Avoid a ladder or step stool by keeping frequently used items within easy reach
- Install bi-lateral grab bars next to the toilet, tub, and shower
- Use non-slip mats in tub and shower
- Increase lighting in home
- Make sure stairs have handrails and sufficient lighting
- Wear shoes with good support and thin-non-slip soles

Medications can also increase falling due to side-effects. It's best to make sure you understand the side effects of all medications you are taking including over-the-counter, prescription, and herbal remedies. If you are uncertain-ask a pharmacist or your doctor's office. Because MS symptoms include vision problems. Don't forget annual checkups with the optomistrist to detect and correct vision problems.

And if you fall.....then what?

Are you worried help won't hear you? Then the medical alert button or medallion may provide a piece of mind. Many people wear the buttons to notify friends, neighbors, and emergency response of falls and other medical conditions. There are many different alarm systems for seniors and those with disabilities. The choices are seemingly endless along with the range of functions and costs. Most plans cost around a dollar a day and come with free trial periods.

The alert buttons are generally worn around the neck or as a bracelet and are weather-resistant. With a push of a button help is notified. Whether it's a fall in the backyard, up to 200 feet from the base unit, or in the house, the medical alert button will contact the central call center on your behalf. The call center operators will make sure you are safe and receive the right type of emergency response.

Continued on Page 4

Reduce Your Risk of Falling continued

Some systems allow for several phone numbers of friends and family members to be programmed into the system so they can respond to non-life threatening emergencies.

The number of base units and types of buttons and medallions varies between companies. Utilizing the free trial-periods would determine which company provides the best fit with your individual needs.



How many times have you been in a situation where you've fallen and cannot let help enter your own home? There is a solution! Using a hide-a-key or a lockbox for a spare house key allows friends and neighbors safely enter your home without breaking windows or doors. Just make sure they know where the hide-a-key is and how to get the key. There are a variety of different styles such as doorknob hangers (like the picture), faux rocks, and even fake sprinkler heads. You can order them online or at your local hardware/home repair store.



Acupuncture Pilot Program

Beginning November 1, 2010 we are delighted to announce acupuncture is available at the MSSP house and will be offered by Kathleen Goforth.

Kathleen Goforth, L.Ac, LMT earned her Masters Degree in Acupuncture and Oriental Medicine from the Oregon College of Oriental Medicine and completed post-graduate studies at Nanjing University of Traditional Chinese Medicine in Nanjing, China. She is also a certified Qi Gong instructor, Thai Bodyworker, Acupuncture Detox Specialist and Massage Therapist.

Kathleen serves as an examiner on the Oregon Board of Massage, is a teaching assistant at the Oregon College of Oriental Medicine and a Board Member of the Wu Dao Jing She International Qi Gong Society.

Her work is heart-centered; blending Eastern and Western medical traditions with a loving respect for the healing process. For more information contact candycehayes@msoregon.org or call 503 297-9544.

Caregiver Contest Winner!

Thank you to all who submitted wonderful and touching applications for our First Annual Caregiver Recognition Award Contest. The selection committee decided on a deserving winner, caregiver Fran Hart. Below is the essay her husband, Richard Hart, wrote along with a picture of the happy couple.

He writes:

The thought of my wife, Fran Hart, becoming a caregiver didn't enter our minds until 1989. After lengthy testing, the final diagnosis of Multiple Sclerosis was made. During this period, Fran was working (and continued to work until 2004) and still found time to offer support to me, schedule appointments and various other medical appointments. She gave up lunch hours, her time, energy and offered encouragement during this period. This was the start of her role as a caregiver.

Fran's caregiver role increased in 1999, the year I fell and broke my hip. During my recovery at home, it was necessary to live in the basement because my inability to maneuver the stairs. This required my wife to fix the meals, bring them downstairs, assist in bathing (while sitting in the recliner) and help change my clothes.

When I recovered from my broken hip, it was necessary to use a walker. While using the walker, Fran had to help me lift one leg at a time when I went up and down the stairs. She would also assist in getting me up when I fell. Fran did all this with dedication and a positive attitude.

The Multiple Sclerosis has progressed and I am in an electric wheelchair. Fran continues to help me get in and out bed, exercises my legs, helps me get dressed and prepares my meals. She cleans up after me and continues to assist me whenever I require it.

Fran has been my caregiver for the last 21 years. She has never complained and has always been encouraging. At night I have awakened her with throbbing legs (one of the many symptoms of MS) and she has happily gotten up and massaged them; no matter what time it is. She continues to go the "extra mile" when it comes to helping me with my health issues. Fran deserves to be recognized for her tremendous caregiving skills. I am so very grateful to have her as my wife and caregiver. She has definitely lived by our wedding vows; "love in sickness and health till death doest part."

*Respectfully submitted by,
Richard Hart*

THANK YOU TO OUR SPONSORS:



KEEPING OUR DOORS OPEN:



The 4th Annual Ladies Arm Wrestling (LAW) at the B-Side Bar in Portland, OR raised over \$1,000 for MSSP with a record 46 participants. We would like to thank our referees, Trent, Joel, and all those who came to participate, encourage, and support the MSSP. A special thanks goes out to the Slingball Ladies of Seattle area-thank you for coming! We look forward to next year's event!



Please remember the MSSP in your estate planning. Call 503-297-9544 for information.

“No Jive... Give \$5 Campaign” September 1- December 31, 2010. See Page 1 for details.

Slingball Raises Record Cash

The Neu brothers, Randy & Carter, along with 100 plus participants raised a record \$6,617.96 during the 4th annual MJN (Marilyn J Neu) Slingball Tournament. We want to thank Cook Security, Portland TrailBlazers, and the many other companies and volunteers who helped to make the event such a success. Proceeds from the tournament will be used to support client program services benefiting the local MS community.

Hey get your “party on” while helping the MSSP at Up Front Bar during their “Party For A Cause” on September 2 between 9:00pm-2:30am. The night features a live band playing good soul grooving dance music, drink specials and fun give aways. Suggested \$5 cover charge.

**Up Front Bar & Lounge
is located at:**

**833 Southwest Naito Parkway
Portland, OR 97204-3309.**



Mark These Dates

Event/Activity	Description	Date	RSVP
Party For A Cause Up Front Bar & Lounge 833 SW Naito Parkway Portland, OR 97204	Friend/Fundraising Event	Sept 2	No RSVP needed. We look forward to seeing you there!
Ying & Yang of MS (An Educational Workshop) The Old Spaghetti Factory 0715 SW Bancroft St. Portland, Oregon 97239	Highlighting Acupuncture & MS - Along With New Oral Medications	Nov 17	Nov 10, 2010 Limited seats available
Flu Clinics Sept. 15 - Nov. 15th Various Sites	Public Health Flu Shots		Check website for details www.msoregon.org
Annual Christmas Party Montavilla United Methodist Church 232 SE 80th St., Portland, OR 97215	Celebrate this season with old and & new friends	Dec 4	Nov 19, 2010 Limited seats available

FYI:

Looking for Work? Easter Seals of Oregon Can Help!

Eligibility Requirements:

- 40 years and older
- Have a medically documented disability
- Reside in Multnomah or Clackamas County
- Agree to full program participation
- Commit to becoming & remaining employed

Services Offered:

- Job Search Skills
- Accessing Hidden Job Markets
- Job Leads
- Individualized Support
- Guest Employers
- Job Club
- Job Placement
- Skills Training in Computers, Networking, etc

Contact Easter Seals for Enrollment and Questions:

Maureen Addington
503.335.6161 x 307
maddington@or.easterseals.com

Easter Seals Oregon Employment Services
3715 SE 39th Ave
Portland, OR 97202

Yes, I want to help improve the quality of life for persons with MS!

Here is my contribution to the Multiple Sclerosis Society of Portland, Oregon, Inc.

\$250 \$100 \$50 \$20 other _____

My Contribution is for:

- Client Emergency Fund
- Summer Comfort
- Caregiver Classes
- Social Programs
- Medical Equipment
- Greatest Need

My Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Phone: _____

If you would like to send this gift in honor or remembrance of someone, please include a note with their name & address or if applicable, the name of whom we should send acknowledgement to with their address.

Please clip this form and mail with check payable to MSSP:

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