



Multiple Sclerosis Society  
of Portland, Oregon, Inc.

# NEWS

January 2019

## DIRECTOR'S NOTES

November 17th 2018 was a special afternoon for the nearly 100 guests who attended the annual MSSP holiday party at TaborSpace in SE



Portland. Everyone feasted on a traditional holiday meal with all the trimmings, they played at the photo booth many getting multiple pictures wearing hats, glasses, some even held funny signs. Meanwhile others took serious pictures. There were great door prizes which included movie tickets, dinner at the Village Inn, gift certificates at Fred Meyer and even a pair of Broadway tickets to see Aladdin this Spring.

In preparation for the party I googled some holiday jokes. They weren't very good and I nearly got booed off the stage (just kidding). My jokes were so corny I invited our guests to share their favorite jokes and then the fun really began. Next, one of Portland's best comedians, Susan Rice, kept the humor coming with a hilarious performance.

## MSSP MISSION STATEMENT

The Multiple Sclerosis Society of Portland, Oregon, Inc.'s (MSSP) mission is to improve the quality of life for the 8,100 Oregonians and SW Washingtonians affected by MS.

Indeed it was an afternoon where MS took the backseat and laughing, sharing and having fun took center stage! On behalf of the MSSP board of directors and staff best wishes for a safe and happy new year!



## **ABOUT THE MSSP**

I love to tell the story about how it is we came to be. Back in 1949 Marjorie, a member of the Franklin High School PTA, was calling parents to encourage them to attend an upcoming play. A young mother told Marjorie she would love to see the play but she was “trapped inside her home because of Multiple Sclerosis”. Think about it this was long before Tri-Met LIFT, cut curbs or other ADA accommodations. Well Marjorie was also a member of the Columbia Lions Club and when she shared the story of this mother’s plight with her fellow Lions they decided to form an organization whose sole purpose is to help improve the quality of life for those affected by MS in Oregon and SW Washington.

And so the MSSP was born and continues to this day to enrich lives through direct supportive program services. For some it’s a simple phone call asking for a doctor referral or other information, others need help getting medical equipment, an air conditioner, massage services, acupuncture treatments, advocacy and others may need emergency help. MSSP is proud to have weathered many storms to remain a vibrant and committed organization focused on making life with MS a little easier.

Oh and we turn 70 in 2019 so look for lots of exciting and fun to activities as we celebrate this milestone!

## **OPERA ON TAP**

Come join us at Kennedy School, 5736 NE 33rd Avenue, Portland, OR 97211 on December 30th from 7-9:00 pm to see a free “Opera show for the rest of us” performed by Opera on Tap – Portland Chapter. The show is based on the Seinfeld “holiday.” Donations will be taken at the door. To learn more visit

<https://www.mcmenamins.com/events/197314-opera-on-tap-presents-festivus-for-the-rest-of-us> or to learn about Opera on Tap – Portland visit <https://www.ootpdx.com>

## **MEDICAL EQUIPMENT AVAILABLE**

MSSP’s free medical equipment closet is available to all those suffering from MS in Oregon and SW Washington who need assistive devices not available through insurance or other resources. The equipment is comprised of donated manual and power wheelchairs, scooters, walkers and hoist lifts. MSSP does not provide bathroom equipment due to hygiene issues. Call the MSSP at 503.297.9544 or email [candycchayes@msoregon.org](mailto:candycchayes@msoregon.org) for more details.

## **BLANCHE FISCHER FOUNDATION - *Help Available***

Although MSSP has a medical equipment loan closet we don’t carry certain items due to hygiene, demand or storage issues. However, there is another community resource available to help you. It’s called the Blanche Fischer Foundation. It is a private, local non-profit charitable organization founded in 1981 to assist Oregon residents who have a permanent physical disability and who demonstrate a financial need. Mental health disabilities are not eligible for a grant. (The Foundation uses the Federal Poverty Level Chart for guidance.)

The maximum amount of a grant is \$1,200 in any three-year period. For details contact the MSSP office at 503.297.9544, email [candycchayes@msoregon.org](mailto:candycchayes@msoregon.org) or contact the Foundation directly at 503.246.4941. Their website is [www.bff.org](http://www.bff.org)

Application deadlines are the end of the month in January, April, July & October. Notifications are made in March, June, September and December.



## **ReStart Your Health Group Class**

Part nutritional education, part sugar detox, part support group ~ an empowering combination. These classes are open to anyone 18 or older.

The 5-week RESTART® program is a simple, powerful way to give your body a vacation from having to process toxins like sugar. With a 3-week sugar detox built right in, the program focuses on how to use REAL FOOD to boost your energy and cut sugar and carb cravings.

What makes RESTART® so special? This simple, powerful program focuses on real food. There are no pills, powders or pre-packaged foods to buy. Your RESTART® Instructor is trained in holistic nutrition and is qualified to lead you through this proven program. Your questions will be answered in ways that will be specific to your needs.

The program is all laid out for you. You do not have to figure it out by yourself, and perfection is never required. This is not a promise of a quick fix. RESTART® is a personal journey of self-discovery with tools you can use for better quality of life and a healthier outcome.

### **BENEFITS YOU CAN EXPECT:**

- More Energy
- Improved Sleep
- Less Inflammation/Pain
- Boosted Immunity
- Increased Mental Clarity and Calm
- Reduced Sugar Cravings
- Reduced PMS & Menopausal Symptoms
- Realization of how amazing "REAL FOOD" tastes





**YOU'LL LEARN:**

Week 1: How to prepare for RESTART

Week 2: Your Digestive check-in

Week 3: What Sugar REALLY does to your body

Week 4: The truth about FATS

Week 5: How to continue your NEW healthy lifestyle!

**DATES/TIMES/LOCATION/COST:**

Upcoming Classes Starting January 2019

Eastside/Clackamas, OR - 1/26-2/23/19 - Saturdays 12:30-2:00 pm

Westside/Beaverton, OR - 1/28 - 2/25/19 Mondays 5:45-7:15 pm

Both locations are wheelchair accessible

**TOTAL COST:**

\$175 (limited scholarships available, payments may be paid weekly) includes class materials, RESTART® Cookbook with great recipes, private Facebook Group, tips and support to help you succeed.

**REGISTRATION:**

Call the MSSP office at 503.297.9544 for details. Deadline 1/19/19.



*"I help empower others to self-manage chronic pain, fatigue and autoimmune issues using whole foods and lifestyle changes."*

Jerri Shelton – Nutritional Therapy Consultant  
FoodHealsMe.com



# ROUNDUP APP

## How it Works

The Round Up App allows you to automatically donate the change from your credit or debit card transactions.

Once you create an account, you do not need to use the app while making a purchase. Just swipe your card as usual.

## Helping a Donor Get Set Up



### Download

If the donor has an iPhone or Android smartphone, direct them to go to their app store, search for the "Round Up App", and download the app to their phone. They can also use these links in their phone's web browser: [RoundUpApp.org/iPhone](http://RoundUpApp.org/iPhone) or [RoundUpApp.org/Android](http://RoundUpApp.org/Android). The web version is available at [App.RoundUpApp.com](http://App.RoundUpApp.com)



### Create an Account

After downloading, have the donor open the app on their phone and click "Sign Up." They will be prompted to enter their name, email and set a password to create an account.



### Choose Your Organization

The donor will be prompted to choose the organization they want to support from a list. Help them scroll to or search for your organization.



### Link Your Credit or Debit Card

Next, the donor links to their credit/debit card by choosing the financial institution that issued the card. If the donor doesn't know which to choose, ask them where they would log in to check their balance. For example, Southwest Rapid Rewards cards are issued by Chase.



### Confirm Your Card Number

As a security precaution, the donor will then be prompted to confirm the information for the card they want to send the donations from at the end of each month. Typically this will be the card they just linked.



# ROUNDUP APP

## Security Questions During the Link

Donors may ask you about security during step of the process where they link to their card.



## No Access to Card Numbers

Donation transactions are processed by Stripe, and only Stripe has access to user credit/debit card numbers.

Stripe is the company that processes payments for over 100,000 organizations, including:

facebook

amazon

salesforce



## Settings After Setup

After linking and verifying their card, the donor has finished setup! From within the app, they can now:

- Add or remove cards
- See their donation history
- Change their payment card
- Change their email or password
- Set a cap on their max monthly donation
- Request support (handled by The Round Up App team)

