



Director's Notes: by Candyce Hayes

Can you believe this cold and rainy weather? Snow in April – gee whiz. Gosh if it weren't for spring bulbs popping up my treasured five pound yorkie, Tessa, and I would be pulling our hair out! I bet you're ready for the sunshine too. Well I've got lots of fun, interesting and exciting news to share so sit back and grab a pen. You won't want to miss out.

To begin last February, nearly 500 kind folks filled The Aladdin Theatre to support **"Blues for MS"** (see page 6). We have concert CD's of the "best of the best" from the day's concert available for just \$12 each. Meanwhile 130 MSers and family members filled the Crowne Plaza in March to hear Dr. Michelle Cameron & Attorney Sharon Maynard's presentation during our **"2011 Spring Update on MS Drugs"**. A volunteer sold origami birds and raised \$100 to go to Mercy Corps for tsunami survivors. The MS community is so warm and caring, again thank you.

I'm delighted to announce we're kicking off **mini workshops** this summer/fall. Details will be announced in the Sumer newsletter. The free workshops will take place

at the MSSP house. They will be small, informal, 60-90 minute classes covering such topics as: Understanding Medicare/Medicaid benefits, What you need to Know about Changing and Securing Health Insurance, Tax Breaks for Charitable Giving, Financial Planning and Money Management. These are just some of the items we will cover - if you think of other subjects, please give us a call at 503 297-9544. All suggestions are appreciated and welcomed.

For those struggling with self injectable MS drugs, help is on the way. Volunteer nursing students are available to **give shots** to Portland area clients. Or is music more your thing? What about learning to play guitar? A spot is open in the **"Music For MS"** program. Volunteer musicians are ready to give free music lessons.

Grab your daughter, mother, sister, aunt, sister-in-law and/or grandmother (you get the idea) and come out to the first annual **"Mothers Day Tea, Fashion Show, Concert & Silent Auction"** (see insert for details). Julianne Johnson is the featured vocalist. Please visit her website at www.siteskins.net/juliannerjohnson.

(Her voice reminds me of Roberta Flack.) Admission is free (\$20 suggested donation) for this May 8th event. Models of all shapes and sizes are needed for the Dress Barn Fashion Show.

Lastly, June 26th is the date of the 5th annual **MJN Slingball Tourney in Pacific City**. It will be a blast, a good excuse to have family fun and raise money for the MSSP. To learn more, give us a call at 503 297-9544 or visit our website at www.msoregon.org.

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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: 5/15/2011.

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 or email, we would be happy to add you to our lists. Direct all subscription requests or address changes to candycehayes@msoregon.org or call 503.297.9544.

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FYI

Disability Rights Oregon

503-243-2081 or 1-800-452-1694

Advice and information on disability rights, healthcare, rights to public and private services, guardianship and rights in care facilities. Free legal and advocacy assistance to individuals with physical or mental disability. Visit www.disabilityrightsoregon.org for more information.

Transition Projects Inc.

503-823-4930

Offering separate men and women shelters for up to 11 months. Call to be placed on the waitlist with weekly check-ins to stay on the list. Their website is www.tprojects.org for additional information.

Gift of Sight Program

LensCrafter's has a program called "Gift of Sight". This program offers free glasses with prescription and sponsor letter from the MSSP (or another nonprofit). Interested? Call us at 503-297-9544.

Legal Aid Services of Oregon

503-224-4086

Free legal counseling to any legal citizen of Multnomah County 60 years and older. Assistance includes health benefits, protection from abuse and exploitation, long term care, property issues, wills and estates. Visit www.oregonlawhelp.org for more info.

Downtown Compassion Day

July 9th is the 2nd Annual Downtown Compassion Day at the Memorial Coliseum. It's a free day for those uninsured or under-insured who need all types of medical care. Visit www.downtowncompassion.org for more information.

For other great local resources about clothing to veterans services visit www.RoseCityResource.org. Hard copies are typically available on a first-come-first-serve basis.

ACUPUNCTURE

As you may know, many MS'ers struggle to cope with the constant aches and pains and have found relief from pain, nausea, spasms, and incontinence issues through acupuncture.

Fall acupuncture clients said they felt improvements in their pain and increased mobility. We are re-starting the program soon. Costs will range from \$8-\$18 per one hour session. RSVP required and limited seats are available.

Summer Comfort Program

Multiple Sclerosis Society of Portland, OR Inc.
2901 SE 122nd Ave, Portland, OR 97236
Telephone: 503-297-9544 Fax: 503-297-6264
Website: www.msoregon.org

Dear Client;

Spring & Summer 2011

Thank you for contacting the Multiple Sclerosis Society of Portland, Oregon, Inc. (MSSP) concerning our air conditioner program "Summer Comfort." Through the generous support of private contributions, grants and individuals new air conditioners are given to individuals diagnosed with MS living in the state of Oregon and SW Washington. These units are given on a first-come, first-serve basis and only one per household.

We provide a basic air conditioner. As a non-profit agency we strive to serve as many patients as possible and it is for this reason we are unable to accommodate special needs i.e. (free-standing or vertical) units. The machines we offer work best in windows that open (up and down) versus sliding (left to right). Some folks with sliding windows have accepted the units and inserted a piece of plexy glass or other material to close the space above the air conditioner. Once all your paperwork is received you are then placed on a waiting list. When your machine is sent (via UPS or a volunteer) you become the owner. As such *you are responsible* for the installation, maintenance and submitting all warranty information.

Application Instructions:

- Step 1** Provide documentation of your MS diagnosis. This can be either a medical chart note that includes your name and diagnosis, SSI/SSDI verification or the card board cover off your Avonex, Beta Interferon or Copaxone medication.
- Step 2** Print out and complete the Summer Comfort Application.
- Step 3** Must be postmarked by June 30, 2011.

Ways to get materials to us:

Fax: 503-297-6264

Mail: 2901 SE 122nd, Portland, OR 97236

Email: CandyceHayes@msoregon.org

Drop-Off: At the MSSP Office

We ask you to make a donation of \$20.00 to cover delivery costs. If you have any questions, please don't hesitate to call our office at (503) 297-9544.

Sincerely,
Candyce Hayes
Executive Director

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Summer Comfort Program

Multiple Sclerosis Society of Portland, OR, Inc. 2901 SE 122nd Ave. Portland, OR 97236 Phone: 503-297-9544 Fax: 503-297-6264 Email: candycehayes@msoregon.org	MSSP Office USE ONLY Date Received: _____ Dr's Note: _____ Date Sent: _____
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MSSP 2011 "Summer Comfort" Application

Deadline: June 30, 2011

Name _____

Address _____
 Street City State Zip

Telephone _____

Email Address _____

1. Do you currently receive our newsletter?

Yes No

If No, check here to be added to our mailing list

Please select delivery method:

US MAIL PDF by Email

2. When and where were you diagnosed with MS? _____

3. How did you hear about this program?

Newsletter

Website

Telephone Book

Support Group

TV/Radio News Program

Word of Mouth

Your Doctor's Office

Other _____

4. Comments: _____

Don't forget to "include" verification of your diagnosis!

How to Choose a Referral and Placement Service

By: Amie Clark, Owner of the Senior Resource Network

The elder care industry has seen an explosion in Referral and Placement Services over the last decade. Anywhere you have a plethora of housing options for seniors, you will find one or several referral agencies eager to assist you and your family to find the right fit. That's where the similarities end.

Some agencies will simply supply you a list of "recommended" facilities based on a short telephone interview or an on-line screening. Others may want to visit with you and any involved family, and of course, the soon-to-be resident to discuss needs, wants, and preferences and then hand-hold you through the entire process of searching for mom or dad's next home.

For some families, it depends on time-frame. For others, it depends on personality or experience of the agent. Following is a list of questions to consider when selecting a referral agent- after all, this is one of the most important decisions of all time.

1. How much experience does the agent and/or agency

have? How long have they been in business? What kinds of resources are available to them to make sure they are exploring only the best options for your loved one (office staff, database)?

2. Is the agency paid by facilities? If so, how many do they work with? Will certain facilities be excluded from your search because they are not contracted with the referral agency?

3. Does the referral agency check the public disclosure files of all the housing options in your area (complaints, survey results)? If so, how often? If not, can they provide you with the information to view the data yourself?

4. Does the agency preview all homes and facilities that it recommends to you?

5. What criteria does the agency use to make referrals to you? Do they perform an assessment? Who do they gather this information from? Are physicians, social workers, home care agencies, therapists, or other caregivers involved in the information gathering process?

6. Do they work with all budgets? Do they work with Medicaid clients?

7. Do they belong to any professional organizations?

8. How quickly can they provide you with the information you need?

9. Can they provide professional and past client references?

If you have only recently started your search for a referral agency, but don't know where to turn, call your local Aging Services office, hospital, or rehab facility and ask for recommendations. Social workers and case managers work with referral agents frequently, they will have the inside scoop and good recommendations.

Here is a partial list of agencies around the Portland Metro area that specialize in Senior Referral:

Adult Placement Network
AdultPlacementNetwork.com
503-659-2029

Anita's Elder Care Referral Services, LLC
AnitaCares.com
503-693-0802

Choice Senior Services, LLC
ChoiceSeniorServices.com
503-353-7870

Golden Placement Services
503-723-7145
GoldenPlacements.com

The Senior Resource Network
TheSeniorResourceNetwork.com
503-430-5652



KEEPING OUR DOORS OPEN:

We have exciting news to share with you! In 2010 the 4th Annual Marilyn J. Neu “MJN Help Defeat MS Slingball Tournament” raised over \$6,500 for the MSSP. This year the Neu Brothers (Randy and Carter) have once again organized the event at Pacific City, Oregon. This tournament is in honor of their mother, Marilyn J Neu, who was diagnosed with MS in her early 20’s. Marilyn has since passed on, but her legacy continues through Slingball. Everyone of all ages and abilities can play.

Original Slingball has been called many names over the years, such as Cowboy golf or Hillbilly golf. In fact, you may have played on a homemade set at a family barbecue or at the beach. Like horseshoes and bocce ball, Original Slingball is a game where two to four people play against each other and try to score by wrapping the sling balls around four sets of cross bars. Visit www.slingball.com to learn about the tournament and game rules. We look forward to seeing some of you playing or cheering others on at the beach!



Pictured left Kaisa Carlson, Art Richards, Candyce Hayes, and Jim Arnoux.

The First Annual Blues for MS Benefit Concert was a great success. Our heartfelt thanks to Robbie Laws, Jerri Shelton, the Cascade Blues Association, The Strange Tones, Lisa Mann, The TY Curtis Band, Billy D and the HooDoos, The Ben Rice Band, and Bridgetown Underground along with the MSSP Board of Director’s. Many of you also bid during our silent auction and we thank Dave Bearson of Bearson Construction and Renee Shearer of Wild Prairie Farm & Market for their great silent auction items. Plans are underway for next year’s event!

MARK THESE DATES

Event/Activity	Date	RSVP
Mother's Day Benefit Concert, Tea, Silent Auction & Fashion Show	May 8, 2011	RSVP Required \$20 Suggested Donation at Door
Annual Family Picnic at Oaks Park	June 18, 2011	RSVP Required Limit 4 to a party
5th Annual Marilyn J. Neu "MJN Help Defeat MS" Slingball Tournament in Pacific City, Oregon	Jun 24-26, 2011	Visit www.slingball.com for more information
Caregiver Classes	TBA	Call Office for informa- tion: 503-297-9544
Mini Workshops to be held at the MSSP Office.	June-September	Limited seats - more information to come



MSSP SUMMER PICNIC

Date:	June 18, 2011
Location:	Oaks Park SE Spokane St Portland, OR 97202
Time:	11:30 - 2:30 pm
Cost:	<i>Donations Appreciated</i>
Limit each party:	4
RSVP Deadline:	June 7th
Call or Email:	503-297-9544 events@msoregon.org



Multiple Sclerosis Society
of Portland, Oregon, Inc.
2901 SE 122nd Ave.
Portland, OR 97236

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PORTLAND OR
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Time Dated Material

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 Medical Equipment
 Social Programs Greatest Need

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.

My Name: _____

Address: _____

City/State/Zip: _____

Email: _____

Phone: _____

Please clip this form and mail with check payable to MSSP:
2901 SE 122nd Ave. Portland, OR 97236