

Multiple Sclerosis Society of Portland, Oregon, Inc.

# MULTA SPES

MUCH HOPE

Improving the Quality of Life for Those with MS since 1949

Volume XVI Issue II

Spring 2015

## Benefits of Laughter



Laughter Wellness is a science-based, extensive evolution to the Laughter Yoga exercise regime. Many individuals and professionals around the world use Laughter Wellness to help their family, peers and clients of all ages to laugh and to live fully in a variety of social, professional and corporate settings.

Any disability can be experienced as a huge challenge making life more difficult. Often individuals have to (re)discover themselves and find different ways to fulfill their dreams without slipping into the realms of depression and frustration. It is easy when faced with intense adversity to let one's self experience become more intense. Negative feelings and emotions undermine rationality and give rise to confusing mindsets regarding one's self image and capabilities. What usually follows is an all-time low and sensations of self-pity.

Laughter triggers the release of a natural opiate called endorphin into our bloodstream, and lowers stress hormones like cortisol and epinephrine. It also enhances the levels of health hormones and neuropeptides. This helps to dissipate anger, relieve pain, dispel fear, and lower stress.

Any form of disability can be the cause of immense stress and anxiety. Frustration, anger, aggressive behavior and irrational logic overcome the power of reasoning. Laughter has been shown scientifically to provide a substantial and immediate reduction in stress levels.

Life is not fair and neither are disabilities.

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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. Submission deadlines are: 5/15/2015 and 8/15/2015.

Please send submissions to Candyce Hayes, Executive Director, at: [candcycehayes@msoregon.org](mailto:candcycehayes@msoregon.org) or mail: MSSP, 2901 SE 122nd Avenue, Portland, OR 97236.

If you are not currently receiving Multa Spes, we would be happy to add you to our mailing list. Direct all subscription requests or address changes to [candcycehayes@msoregon.org](mailto:candcycehayes@msoregon.org) or call 503.297.9544.

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## Director's Notes by Candyce Hayes



I apologize that we didn't get a Winter 2014/15 newsletter out. We were swamped with the flu clinic campaign which grew 35% and several staff and volunteer changes.

This issue is dedicated to client services. I'm excited that we have added new and expanded many of our programs. A Sunday nutrition class will run from February 15th to March 15th, 2015. We may repeat the classes, so call the office for details. Acupuncture will now be

offered at various clinics throughout the tri-county area versus holding them on Thursday mornings at the MSSP annex.

We've enjoyed the hospitality at Montavilla United Methodist Church over the last few years but we've outgrown the space. We found it was hard to maneuver around the tables due to the number of guests. We're excited to announce we have found a location that is double the size. We will be at TaborSpace off of 55th and SE Belmont. This year Amber Cobb and Company plan to roam around the room and encourage guests to join in the sing-along and even wheelchair dance! The party will be held on December 12, 2015 from 11:30 am to 1:30 pm. Look for more details in upcoming newsletters.

## WAYS TO SUPPORT MSSP



Thank you Collin and Country Financial! Collin Bonsey worked hard last summer to raise \$2,000 to support MSSP's Summer Comfort (air conditioning) program. Because of his efforts MSSP can purchase 13 new air conditioners to give to clients living in Oregon and SW Washington this Summer. Collin is already planning his 2015 campaign.

You can join Collin's efforts by making a donation today that will bring relief from heat-induced MS symptoms. Our goal this summer is to provide 75 air conditioners to clients living throughout Oregon and SW Washington. Your \$150 donation will purchase and ship one air conditioner. Rest assured that 100% of your donation will be used to support the program.

Other ways you can help our mission. "To improve the quality of life for people affected by MS." is to volunteer your time and talents. We need volunteers to serve on various committees. As always, we need dollars to fund other programs and services. To learn more contact Candyce Hayes at [candcycehayes@msoregon.org](mailto:candcycehayes@msoregon.org) or call 503.297.9544. Thank you.

## Benefits of Laughter *Continued from Page 1*

*Why me* is a nagging question many people with disabilities ask themselves sooner or later. Trying to live with a disability can be very frustrating as it forces one to be dependent on others. “Choosing to laugh” is an approach to voluntary simulated laughter that focuses on the exhalation, “letting go” helps people focus on what is here and now with a positive attitude therefore dissipating anger.

Pain can be relieved through laughter by shifting people’s relationship with pain as they find that they can laugh about what before was a source of physical and emotional pain. This simple realization is sometimes life changing. Laughter also tends to reduce sympathetic nervous system (SNS) activity while engendering softening, expanding, and relaxing parasympathetic nervous system (PNS) activity. Not only does laughter help prevent SNS activity by assuaging emotional stress, but it also helps discharge aggressive, negative energy trapped as tension within the body as a result of past SNS over-activity. Laughter is now respectfully regarded as the most easily accessible analgesic for pain, and we understand the neurochemistry of how this is achieved.

It may also break the pain-spasm cycle common to some muscle disorders. It helps people forget about pain. Studies show that children watching comedy films tolerate pain more easily. Researchers at UCLA did a study that showed that watching funny shows on TV improved children’s tolerance for pain.

In a study of 35 patients in a rehabilitation hospital, 74% agreed with the statement, “Sometimes laughing works as well as a pain pill.” These patients had a broad range of conditions, such as spinal cord injury, traumatic brain injury, arthritis, limb amputations, and other neurological or musculoskeletal disorders.

Laughing can help dispel fear, It is natural to experience a certain amount of fear in the face of a disability. But when this fear takes on an unbearable dimension, it can lead to severe damage to the psyche. Therapeutic approaches to laughter such as Laughter Wellness and Laughter Yoga provide an immediate feeling of safety and security. It forces an experiential shift from the belief that laughter is nowhere, to the realization that laughter is now here (if you can breathe, you can choose to laugh). Therefore it causes a shift in attitude from “I can’t” (which justifies inaction) into “I can” (which opens the door to action and change). Choosing to laugh is choosing to live.

Besides the effects of laughter on hormones it can also help to safely express emotions. Physical incapacity can put people in a state of shock and trauma. There is not just the physical pain but a mental denial that can lead to blockage of feelings and an inability to express one’s emotions freely. The group dynamics in Laughter Wellness and Laughter Yoga sessions lead to more openness and help people to share their grief.

It’s also easy to do! Because the exercise revolves around laughter all physical challenges are approached positively. Participants do the best they can and always feel they have succeeded because they are invited to laugh on their own terms, and that’s always a win.

**Please plan to join us for our first “Laughter Workshop” on April 18, 2015 located at TaborSpace on 5441 SE Belmont St., Portland, OR 97215 from 2:30 - 4:30 PM. We promise to tickle your funny bone! Seating is limited so RSVP by April 10, 2015 is required. Snacks will be served.**

***-Excerpts written with the permission of Laughter Wellness and Laughter Online University -***

Laughter Online University. <http://www.laughteronlineuniversity.com/laughter-disabilities/>

Laughter Wellness. <http://laughterwellness.org/>



## Milestones by Candyce Hayes



We were saddened to accept Dave Peery's resignation as MSSP Treasurer late last year due to a family emergency. Dave has been an integral part of MSSP for nearly a decade serving as President, Vice President, Treasurer, and a valued member of the Board of Directors. He always kept his eye on the bottom line and encouraged us to expand and develop more client programs. Dave had many skills. He could wield a hammer and with the stroke of a pen write grant proposals that funded important projects. Dave was the banker involved in purchasing the MSSP house, he then became a Board member and was a valued voice for those affected by Multiple Sclerosis in Oregon and SW Washington. His shoes will be hard to fill. We wish him Godspeed in his future endeavors.



Please join us in celebrating LouAnn Lindberg's 20 years of service as a volunteer. She has served on various committees and the last 12 years as a Board member. LouAnn has a servant's heart and can be counted on to spend each Tuesday at the MSSP house helping with whatever projects we have. LouAnn has a warm heart for helping others and brings a host of qualities and skills to the MSSP. Few people know she is also a great country western line dancer, volunteers at several other non-profit groups, is "auntie" to my Yorkie (see picture) and she makes the best gluten-free peanut butter cookies this side of the Mississippi!



Libby Holscher joined the staff in August 2014 as my assistant. Libby brings a can-do attitude to each project. In 2014 Libby earned her Bachelor's degree from Portland State University in Sociology and Women's Studies.

She grew up in Hillsboro, enjoys cooking and baking, particularly banana bread with chocolate chips! Libby also enjoys reading sci-fi novels, exploring downtown Portland, and spending time with her fluffy Maine Coon cat named Armani. We're excited Libby has agreed to join the permanent staff.



Ginger Griffith has helped us out during the last three flu seasons. She increased her hours and responsibilities last year to include bookkeeping. Her attention to detail is remarkable. Ginger spent more than 20 years working in the prison system as a Business Administrator and over 15 years working for the Kroger Co. as a Office/Customer Service Coordinator. She enjoys watching college sports, tailgating and attending the Ohio State Football games. Ginger is also a doting grandmother.

Libby, Ginger and I are now sharing client services so give us a call at 503.297.9544 or email [programs@msoregon.org](mailto:programs@msoregon.org) with your request.

Kaisa is pursuing other employment opportunities.

## Mistakes by Neil Gaiman

English writer Neil Gaiman wrote a popular blog post about the New Year that inspired me to think differently about my New Year's resolutions. This is what he wrote:

"I hope that in this year to come, you make mistakes.

Because if you are making mistakes, then you are making new things, learning, living, pushing yourself, changing yourself and helping to change your world. You're doing things you've never done before, and more importantly, you're *Doing Something*.

So here's my wish. Be willing to make new mistakes, make glorious, amazing mistakes. Make mistakes nobody's ever made before! Don't freeze, don't stop, don't worry that it isn't good enough, or it isn't perfect, whatever it is: art, love, work, family or life. Whatever it is you're scared of doing, do it!

## Joy's Letter



I want to thank the MS Society of Portland, Oregon for donating \$300 to purchase a lift for my new manufactured home. The lift has been a wonderful improvement to my living situation. I am able to get out of my car, load packages or whatever I need to carry onto my walker and take a few steps onto my lift and up to the door. It saves so much of my energy.

Here is a picture of me inside the new lift. Thank you again for the part you played in making this possible for me.

## Medical Equipment Available

Last summer we relocated our medical equipment closet from the annex next to the office to a small shed. As a result the shed is now overflowing with power chairs, scooters and walkers. We are turning away donations. If you need any gently used equipment give us a call at 503.297.9544 or email [programs@msoregon.org](mailto:programs@msoregon.org)



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## Laughter Workshop



Our first speaker is Laura Lou. She graduated from PCC where she studied Gerontology and Fitness Technology. She became a CLYL (Certified Laughter Yoga Leader) through the Kataria School of Laughter Yoga in the Spring of 2009 and has been leading Laughter Yoga sessions and exercise classes ever since!

Previously Laura Lou performed as a clown with RB&BB Circus and the Pickle Family Circus, and as a physical theater performer with Do Jump Movement Theater, Imago, NW Children's Theater, and more. Combining her physical comedy skills with Laughter Yoga, Laura Lou engages and empowers participants to experience laughter in a new way – for health and healing.



As a Motivational Humorist, Author & Trainer; Gail started her stand-up career in 1989 in San Francisco and has since spoken to 1000 Companies & Associations in 44 States and Canada. Gail is the author of "The Power of Laughter- Seven Secrets to Living and Laughing in a Stressful World" and "Are You SURE You Want to Post That?" which is her dogs debut book.

Along with her own YOUTUBE channel (at Gail Hand) you can learn more about Gail at [www.gailhand.com](http://www.gailhand.com)

## Has Multiple Sclerosis (MS) Affected You?

Join us for this free and interactive live event for people with MS and their care partners.

**Presented by**

*Light meal will be served*

- ▶ Interact with a leading MS expert and others living with MS
- ▶ Learn about a therapeutic option for MS

Space is limited so  
**RESERVE YOUR SPOT TODAY!**



**ONLINE:** [livemsevent.com](http://livemsevent.com)



**PHONE:** 1-800-397-8082

**Stanley Cohan, M.D., Ph.D.**  
Medical Director  
Providence Multiple Sclerosis Center

**Robert's Crossing**  
3635 Rivers Rd  
Salem, OR 97302

**4/16/2015**  
6:30pm

**Kyle Smoot, M.D.**  
Neurologist  
Providence Multiple Sclerosis Center

**Marriott Courtyard City Center**  
550 SW Oak St  
Portland, OR 97204

**4/29/2015**  
6:30pm

**Stanley Cohan, M.D., Ph.D.**  
Medical Director  
Providence Multiple Sclerosis Center

**The Grant House**  
1101 Officers Row  
Vancouver, WA 98661

**5/19/2015**  
6:30pm

**Stanley Cohan, M.D., Ph.D.**  
Medical Director  
Providence Multiple Sclerosis Center

**Oregon Electric Station**  
27 E 5th Ave  
Eugene, OR 97401

**5/21/2015**  
6:30pm

Find an MS event in your area by visiting [livemsevent.com](http://livemsevent.com)



# MARK THESE DATES

Event/Activity	Date	RSVP
Acupuncture Under Restructuring MSSP Annex	Open Thursdays 10:00am-1:00pm	Ongoing 503.297.9544
Laughter Workshop TaborSpace 5441 SE Belmont St. Portland, OR 97215	April 18, 2015 2:30pm-4:30pm	RSVP required by April 10, 2015 503.297.9544
MSSP's Annual Picnic - <i>See Below</i>		RSVP required by June 13, 2015
Annual Marilyn J. Neu "MJN Help Defeat MS" Slingball Tournament in Pacific City, Oregon	June 26-28, 2015	Visit <a href="http://www.slingball.com">www.slingball.com</a> for more information
Healthy Living Support Group Meetings MSSP Annex	TBA	RSVP required 503.297.9544
Check out our website for new and updated programs at <a href="http://www.msoregon.org">www.msoregon.org</a>		

## MSSP PICNIC



<b>Date:</b>	<b>June 20, 2015</b>	<b>Cost:</b>	<b><i>Donations Appreciated</i></b>
<b>Location:</b>	<b>Oaks Park 7805 SE Oaks Park Way Portland, OR 97202</b>	<b>RSVP Deadline:</b>	<b>June 13, 2015</b>
<b>Time:</b>	<b>11:30am-1:30pm</b>	<b>Call or Email:</b>	<b>503.297.9544 <a href="mailto:events@msoregon.org">events@msoregon.org</a></b>
<b>Limit each party:</b>	<b>4</b>		

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Here is my contribution to the Multiple Sclerosis Society of Portland, Oregon, Inc. ☐ \$250 ☐ \$100 ☐ \$50 ☐ \$20 ☐ other \_\_\_\_\_