

MULTIPLE SCLEROSIS SOCIETY OF PORTLAND, OREGON INC.

MULTA SPES

MUCH HOPE

IMPROVING THE QUALITY OF LIFE FOR THOSE WITH MS SINCE 1949

Winter 2011 Issue

Blues For MS

Sunday February 20th, 2011
3PM TO 9:30PM - \$35 GENERAL ADMISSION

BLUES FOR MS
A Benefit Concert for the Multiple Sclerosis Society of Portland

FEATURING:

THE ROBBIE LAWS BAND
THE STRANGE TONES
WITH THE VOLCANO VIXENS

LISA MANN
& HER REALLY GOOD BAND

AND

THE TY CURTIS BAND
BILLY D & THE HOODOOS
THE BEN RICE BAND
BRIDGETOWN UNDERGROUND

PRESENTED BY
kink FM

THE ALADDIN THEATER
TICKETS AVAILABLE AT TICKET MASTER & THE ALADDIN
3017 SE Milwaukie Ave., Portland, OR 97202

I've got lots to cover in a small article, so strap on your seat belts, and here we go.

What does Eric Clapton, two concerts, three raffles and a piece of blues history have in common? They all are tools to raise money for a brand new program, "Music for MS".

So about the concerts – On February 20th MSSP will hold it's first "Blues for MS," a day-long benefit at the Aladdin Theatre. This is actually part of a much bigger program called, "Music for MS". The three raffles include, are you ready? A ticket at \$50 each gives you a chance to win a pair of 10th row, main floor Eric Clapton February 28th Rose Garden concert tickets valued at over \$653.30 for the pair.

The other two raffles include: An American Fender Stratocaster guitar signed by all the performing bands valued at \$1,500 and a piece of blues history (a brick from Dockery Farms). To learn more about the raffles visit www.blues4ms.org. For full details see page 7.

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www.blues4ms.org



American Benefits, Inc.

TIGARD music



The Oregonian

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: 3/15/2011.

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, 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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FYI

Want to join a Social/ Support Group?

Check out two www.Meetup.com groups that focus on MS issues. One of them is the “Portland Multiple Sclerosis Self-Help Group” which meets at a Portland Whole Foods store. The other group, called the “Gresham Area Fibromyalgia, Chronic Pain/Fatigue Group”, focuses on socializing with others who suffer from chronic pain.

To learn more about these groups visit www.meetup.com then search for “Multiple Sclerosis” in Portland, Oregon. Or give the office a call and we can give you the group contact information.

Another Opportunity

Space is available for a support group to meet here, at the office. We are currently looking for someone to lead a group. If you or someone you know is interested please give us a call!

MSSP has Medical Equipment

The Free Equipment Loan Closet is full of motorized wheelchairs, manual wheelchairs, walkers, and canes (no scooters at this time).

Scooters are needed. If you have a gently used and working scooter to donate, we will give you a tax-deductable receipt.

We offer these items to those with M.S. free of charge and for as long as you need the equipment.

We do not accept or have bathroom items.

Do Your Children Need Health Care?

Oregon has new health care coverage for uninsured children called Healthy Kids. Children up to 18 years of age with and without insurance may qualify for free or low-cost healthcare. Visit www.oregonhealthykids.gov or call 1-877-314-5678 for more information.

Update on 2011 Caregiver Classes

We are offering caregiver classes once again at the MSSP Resource Center. The first class for 2011 is scheduled for February 24th from 4-6 pm. Please call the office to find out about the changes to the program and the new instructors!

Multiple Sclerosis and Balance Study



VOLUNTEERS NEEDED

The Portland VA Medical Center is recruiting M.S. patients and a control group for research on imbalance and falls in people with Multiple Sclerosis.

Multiple Sclerosis Patients:

- 1) Be 18-50 years old
- 2) Have M.S.

Healthy Control Group:

- 1) Be 18-50 years old
- 2) Does not have M.S.

****ALL** those interested must be able to walk at least the length of a football field with or without an assistive device

****ALL** those interested in the study must have no other current medical conditions known to affect balance and gait, e.g. lower-extremity joint replacement, peripheral neuropathy, vestibular disorder, alcoholism, stroke, seizures, or pregnancy > 3 months.

Participation in the study requires that subjects undergo clinical and physiological assessments at the Portland VA Medical Center on one or more occasions. The visits take ~3 hours. Subjects will also be asked to keep a daily count of their falls for the first six months after their research visit. There will be no direct, personal benefit for participating in this study. However, you may gain a better understanding of your functional deficits by participating. Additionally, the proposed research may benefit the scientific clinical community as well as individuals with balance disorders by increasing our understanding of the physiological mechanisms underlying poor balance.

This is a research study and not treatment. Subjects will be paid for participating.

If you would like further information about this study or to refer a subject, please contact:

Dr. Michelle Cameron or Josh Adams at (503) 220-8262 x52016

To verify the validity of this study, please call (503) 273-5122

Portland VA Medical Center
3710 SW US Veterans Hospital RD
Portland, OR 97239

Medications

It's not unusual to be prescribed numerous medications which can be a challenge to monitor. Many pharmacies now offer automatic refills on prescriptions. On the surface this looks great but the system is fraught with challenges if you don't closely communicate and follow-up with pharmacy staff. Don't assume the pharmacy personnel keep abreast of changes to your prescriptions. Here are a few issues to consider:

- Permanent Transfers** -- if you run out of medicine while on vacation and get a refill, in full or part, at a different location within the pharmacy chain, the prescription automatically transfers to the last location filled.
- Dosage Changes** -- don't assume the pharmacy will catch dosage changes – even if your doctor calls in the change. Their computers must be manually updated to reflect changes.
- Insurance Charges** -- insurance often limits benefits to one prescription per 30 days. Carefully watch that changes to dosages don't result in unwanted charges, partial refills and/or double expenses.
- Deleting Medications** -- If you don't pick up the prescription in a timely manner it will get returned and put back-deleting your prescription.

Update on Caregiver Contest

Fran & Dick Hart took advantage of great sunny coast weather to pose for this picture.

Look for details about the next contest in an upcoming newsletter.



Not Just For The Rich

You don't have to be rich to leave a legacy. Naming the MSSP in your will can benefit generations of MSers and their families. Please contact your attorney or financial adviser to determine the best strategy for your participation. Other ways to help MSSP during your lifetime include donating stock, vehicles and real estate.

Sheila's Gift



For nearly 5 years we have blessed many children of Southern Oregon families thanks to a bequest from Sheila Converse. The requirements for this gift include living in Southern Oregon, one parent diagnosed with MS and have at least one child in the home under the age of 18. If you meet the criteria give us a call or apply online. Funds are still available.

Here are two stories and pictures from recent recipients.

The Christensens, of Brookings, have three boys all under the age of 13. Given Colleen's Multiple Sclerosis, the family could not afford sports-even though the boys love to play. Thanks to their recent Sheila's Gift, the boys can now participate in soccer.

To the left are 12 year old Sam, 10 year old Jake and 6 year old Luke in their uniforms.



The Birks, also of Brookings, Oregon, used the gift to help with their daughter's tuition and school activities. Stephanie loves to sing and play soccer. Sheila's Gift allowed Stephanie to enjoy sports.

To the left is 10 year old Stephanie in a recent soccer picture.



KEEPING OUR DOORS OPEN:

Multiple Sclerosis Society of Portland, Oregon, Inc. Raffle Ticket

This \$50.00 ticket enters you into a drawing for a pair of Eric Clapton concert tickets for the concert on 2/28/11

Drawing held on 2/20/2011 at 9 pm at the Aladdin Theatre
3017 Southeast Milwaukie Avenue, Portland, OR

This ticket is one of 400 being sold. 2 ticket stubs will be drawn awarding each winner a pair of concert tickets to the 2/28/11 Eric Clapton Concert in Portland, OR valued at \$653.30 for the pair. You do not need to be present to win.

NAME _____
ADDRESS _____
PHONE _____
EMAIL _____

A Chance To Win:

A limited number of raffle tickets are now available for Eric Clapton's 2/28/11 Portland Rose Garden Concert. Each ticket is \$50! Seats are in the 10th row, main floor. Two ticket stubs will be drawn awarding each winner a pair of concert tickets! To purchase raffle tickets call the MSSP Office at 503-297-9544 or visit www.msoregon.org for further information and instructions!



Fender Stratocaster Raffle

The Classic Series 50's Stratocaster® lists for \$999, but you can purchase raffle tickets for only \$5 each or six for \$25. Enter to win your piece of music history and help a great cause.

And we will do the winner one better: The Blues for M.S. Surf Green Stratocaster will be personally signed by all the performers and then played by Robbie Laws during the concert.

Dockery Brick Raffle

For just a buck you can purchase a raffle ticket for a chance to win a brick from the Birthplace of the Blues: Dockery Farms Mississippi. The brick came from almost the exact spot where Charlie Patton, Son House, Robert Johnson and many of the Grandfathers of the Blues performed on the front porch of Dockery Commissary.

The money you spend on the raffle ticket will be used by the Multiple Sclerosis Society of Portland to fund their great programs.

See www.blue4ms.org for more info



Mark These Dates

Event/Activity	Date	RSVP
Blues for MS Concert Aladdin Theatre Portland, OR	February 20, 2011	Purchase tickets
Caregiver Class MSSP Office	February 24th from 4-6 pm	Call MSSP to reserve your spot!
2011 Update on MS Drugs Crowne Plaza Convention Center 1411 NE 2nd Ave Portland, OR 97232	March 26, 2011	RSVP by 03/18/2011 Call MSSP or email events@msoregon.org
Julianne Johnson Mother's Day Benefit Crowne Plaza Convention Center 1411 NE 2nd Ave Portland, OR 97232	May 8, 2011	Purchase Tickets
Annual Family Picnic at Oaks Park	June 18, 2011	TBA
The Annual Marilyn J. Neu "MJN" Help Defeat MS Slingball Tournament Pacific City on the Oregon Coast	June 24-26, 2011	TBA

Blues For MS

Continued from cover:

Annual Blues for MS Concert is February 20th at the Aladdin Theatre! We have some great talent lined up to entertain you and benefit the MSSP. Here are the artists and performance times:

Tickets can be purchased by calling the Aladdin Theatre, through www.ticketmaster.com, or any Ticketmaster location for \$35.00 each.

3:00 - 3:30 PM

Bridgetown Underground

3:34 - 4:20 PM

Ben Rice Band

4:40 - 5:20 PM

Billy D & The Hoodoos

5:25 - 6:15 PM

The Ty Curtis Band

6:30 - 7:15 PM

Lisa Mann & Her Really Good Band

7:30 - 8:15 PM

The Strange Tones with the Volcano Vixens

8:30 - 9:30 PM

The Robbie Laws Band

The Multiple Sclerosis Society of Portland, OR, Inc.
Invites you to join us for an educational program

“2011 Update on MS Drugs”

Michelle Cameron, MD, PT
Department of Neurology, OHSU

New Information on Research and MS Treatments

Sharon Maynard, Attorney at Law
Social Security Disability

Everything You Always Wanted to Know and Didn't Know Who to Ask

Saturday, MARCH 26, 2011

8:30–9:00 Registration & Breakfast

9:00–Noon Program & Questions

New Location!

Crowne Plaza Convention Center
1411 NE 2nd Ave
Portland, OR 97232

No charge for program and breakfast.

RSVP required by March 19, 2010 to
503-297-9544 or email events@msoregon.org

You may pre-submit questions for speakers via email to
events@msoregon.org

This program is sponsored by a grant from Teva Neuroscience
Parking is complimentary thanks to the Teva Neuroscience grant

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:

2901 SE 122nd Ave. Portland, OR 97236

Time Dated Material

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