

May 2007

# MS Quality of Life Project

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## Travel

**By Marie Swank, Editor and  
MSQLP Board Member**

The theme of this edition of our newsletter is *Travel*. Travel's allure is the way it introduces you to other people, places and culture, and after your return, how you "see" home.

Travel means more to some than others. Whether you have traveled yet or not, don't think you like travel, or think your traveling days are over; we want you to feel empowered to travel. MS changes you and how you travel, but MS does not mean you cannot travel.

Travel options include virtual travel like reading or listening to books. The Internet offers virtual tours of museums and historic sites as well as many websites with helpful travel information. Kim's and Sean's articles explore travel options.

Short trips to a beach, a California mission, or a State Park can be satisfying as well as easy and inexpensive. My family does short excursions, but relishes longer (at least two-week) trips to distant places. I'm the planner and love the Internet for finding reasonable airfares and hotels with accessible accommodations. I have learned the tricks of traveling with a manual wheelchair or travel scooter. The

US and UK are especially accommodating to my needs, e.g., wheelchair patrons don't wait in line at Disneyland, I have a free life-long pass to national parks, and British castles and museums let me and my caregiver in at either reduced rates or for free. Most important to my love of, and success in, travel is a husband who also loves to travel. He makes the trips physically possible.

I have taken six major trips since my PPMS diagnosis in 1993. In 1994 I walked, unassisted, for a three-week visit to Austria, Germany and England. In 1998 we spent three weeks in England, and I used a cane. In 1997 and 1999 we traveled to the Southwestern part of the US, which was trying because of the heat, but beautiful. In 2001 we returned to England and I used a manual wheelchair. In late 2004 we spent two weeks in Germany. At the end of each trip I thought, "This is it. This is the last time. My MS won't allow another trip." And then I went on another. I am grateful for each trip and, since reading Donna Krasnow's story, I am not giving up!

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**By Marilyn Howell, MFT, MSQLP  
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We live in one of the most beautiful places on earth. It's important to recognize that travel is broadening; staying in our living rooms is limiting. Isolation can lead to depression. We need variety in our lives.

When I was 53 I had a flare up that lasted 10 months. Three months into it I was diagnosed with MS. Five months later, my husband suggested we go on a short trip. I didn't want to go; I was afraid I'd be too hot, too tired, too miserable. I didn't want to sit on the sideline while others hiked. When he persisted, I told him he just didn't understand how afraid I was to be away from home. What if I got sick? How could I enjoy a trip when I felt rotten? My husband convinced me to CONSIDER a trip when he assured me we would stop whenever I asked – when I was uncomfortable, experienced vertigo or “hit the wall” – simply too tired to go on. We brainstormed about what would be needed to meet my needs and enjoy the vacation.

Many short (and longer) trips later we have learned that it's best if we don't rush in the morning – take it easy, instead. Choose the roads less traveled – they're always more interesting. Keep a cooler in the car with cold drinks and ice so I can cool down when necessary. I keep a pillow with me and my car seat can be lowered a bit so I can change positions and

be more comfortable. If we have an AAA guidebook and a cell phone we can investigate accommodations when we need to stop – even if it's only 3 in the afternoon. We know the best bathrooms are not at gas stations but at fast food restaurants. And, most importantly, I have given myself permission to not complete an entire tour, reach a predetermined destination, or finish an entire museum exhibit. We now recognize that the journey - not the destination - is the adventure.

I no longer go to the Garlic Festival - too hot, too crowded - but I went to the Farmers Market in Monterey recently and had a great time. I wasn't able to do all of Alvarado Street because I was walking and carrying purchases. Next time I'll take my scooter.

I had to overcome fears to allow myself to leave my house. Imagine where you would like to be - what would be fun to do? Sandwiches under the redwoods? Clam chowder at the Wharf? Lunch at Nepenthe? Then figure out what you need to do to make it happen.

## Traveling at Home

**By Kim King, Office Manager**

Sometimes “travel” can simply mean a change in attitude; look out your window and see your same old view in a new light. Or you can travel “virtually” from the comfort of your armchair by surrounding yourself with the sounds, images, and smells of the place you want to visit. You can take this idea as far as you like by visiting the library to pick up some books, videos, cookbooks and music from your country of choice. Then

**T**ake time to go

**R**enew your  
passport

**A**nother day in  
Paradise

**V**acation, vacation,  
vacation

**E**ndless spots to  
choose from

**L**ease your worries  
behind

**By Victoria Scaccia,  
Volunteer and  
Outreach Assisat**

read, listen, and taste your way through a virtual trip. For example if you want to go to Rome:

- Read a travel book to learn about the city of Rome.
- Then rent my favorite movie *Roman Holiday* with Audrey Hepburn and Cary Grant.
- Put on some Italian music or “Learn Italian” language tapes.
- Finally, look up some Italian recipes and cook (or have delivered) a nice meal - don’t forget the wine!
- You can really let your imagination go wild; hug everyone you meet, kiss them on the cheek and call them “Paisano”

What if you want to travel outside your house? My grandfather always said we live in the most beautiful place in the world. I have to agree; with the natural beauty all around us let us not forget to “travel” locally.

**Monterey Salinas Transit** has bus service to Big Sur (Pfeiffer Big Sur Park, Andrew Molera Park, River Inn, Nepenthe), Lover’s Point, Asilomar, the Aquarium, Cannery Row, Carmel Mission, MPC and Hartnell Colleges. Don’t forget, there are two afternoon Farmer’s Markets in Monterey – on Tuesdays on Alvarado Street and on Thursdays at MPC.

In addition, MST operates 17-passenger vans that circulate among the wineries along Carmel Valley Road in 45-minute intervals. You board the Carmel Valley Grape Express in Monterey and can get off and on whenever you wish. An all-day pass for one zone is \$4.50 with discounted fares for seniors and the disabled (\$2.25).

All MST vehicles have lifts for those who cannot manage steps or are in wheelchairs. For any MST services, call toll free 1-888-MST-BUS1 or visit MST Online at [www.mst.org](http://www.mst.org).

**Shared Adventures** is a non-profit organization dedicated to improving the quality of life of people living with disabilities through outdoor recreation. They offer a year-round calendar of recreational events and local trips for the physically and developmentally challenged populations. Their website is [www.sharedadventures.com](http://www.sharedadventures.com) or call (831) 459-7210

For example, their Shared Adventures’ **15<sup>th</sup> Annual Day on the Beach** in Santa Cruz on Saturday, July 21, is a fun day at the beach with lots of volunteers to assist disabled people with surfing, kayaking, scuba, outrigger canoe, floatation, beach wheel chair races, live band, T-shirt, and food. It is all free, but to participate you must register.

If you’d rather have a quiet roll on the beach, contact Monterey Bay Kayaks to use their manual **beach wheel chair** - phone: 373-5357 or go by 693 Del Monte Avenue, Monterey. It is FREE but reservations are appreciated.

**Monterey Bay Veterans, Inc.** offers free sports fishing trips for the disabled (by appointment only). You do not have to be a Veteran to participate. They also sponsor 2 fishing derbies a year and offer a “physically challenged assistance program” at local major outdoor events such as:

- Races at Laguna Seca,
- Concours d’Elegance,
- AT&T Pebble Beach National Pro-Am Golf Tournament,
- Spirit West Coast, and
- The California Air Show!

The Monterey Bay Veterans provide golf carts and drivers within the event that transport you to different venues. You must get your own tickets and get your own transportation to and from the event, but once there, they will help you have an easier experience enjoying the events.

For more information call (831) 646-8324 or check out their website at [www.mbv.org](http://www.mbv.org) Travel can be rewarding whether it is virtual, just outside your door, across the state or across the seas. It doesn’t have to be expensive but it can certainly be enriching.



## Planning a Trip

**By Sean Becker, CSUMB Intern and Gene Harter, MSQLP Board Member**

Whether you decide to travel to the video store to rent *Roman Holiday*, drive to the nearest beach, get on a train to visit friends in the Northwest or fly to another country, planning ahead is important. The joys of travel are increased when you feel confident that your needs will be met. And, let's be honest, there are so many variables one deals with when traveling that thoughtful preparation can make a big difference in the success of a trip. You need to think about each phase of your trip - your means of transportation, the rooms you will stay in, the sites you will visit. For each phase, consider the following:

- What special accommodations do I need?
- Do I need any special equipment to make the visit more successful?
- What is the layout of the park/restaurant/hotel room/train car/airport?
- How much walking or physical activity will I be doing?
- Are wheelchairs available if I get tired?
- Is the site/room/activity/cruise ship wheelchair-friendly?
- Have I brought with me medications I will need?
- If flying, what are policies and procedures related to airport security?
- How may airport security procedures affect me if I am in a wheel chair?
- What things do I need to bring with me to increase my comfort level?
- Are persons accompanying me familiar with MS?

Go back and read the list as if you were going to the local beach. Then read it again as if you were going to China. Except for the questions about flying, all may apply to both situations. The length of time and variety of sites visited would make the trip to China more challenging to plan, but the same basic questions apply to many outings.

Plan ahead. The more prepared you are, the more confident you will feel. And, finally, if there is one thing MS teaches, it is that we must remain flexible. Everyone has stories about things gone

awry. It is one's ability to remain flexible, recover and move forward that increases the likelihood of successful travel.

Here are 6 websites that offer information about traveling when disabled:

[www.barrierfreetravels.com](http://www.barrierfreetravels.com)

This is a blog site by Candy Harrington, the editor of *Emerging Horizons* (next web site). Her entries make you feel like you are traveling with her. If she is not describing a trip she is on, she is discussing issues about traveling when disabled.

[www.emerginghorizons.com](http://www.emerginghorizons.com)

*Emerging Horizons* is a magazine about accessible travel. Its focus is travel for people with mobility disabilities – from wheelchair-users to slow walkers. Lots of access information, resources, news and travel tips. You can get it in print format or online –\$16.95 per year.

[www.makoa.org](http://www.makoa.org)

This offers lists of commercial sites to match any questions you might have about traveling with disabilities. One minute I was investigating wheelchair accessible bungalows in Australia, and then I was reading about a hiking trip up Mt. Tamalpais in Marin County for people with disabilities. It will take you all over the world – and right back to your own backyard.

[www.flying-with-disability.org](http://www.flying-with-disability.org)

This site has very detailed information about flying when disabled. It divides information into: Preparation, Working with the Airline, At the Airport, Onboard the Plane, Know Your Rights. At the end it has links to other disability sites and general travel links.

[www.sunset-cruises.com](http://www.sunset-cruises.com)

The editor is disabled and specializes in cruises and vacations in Hawaii and Europe.

[www.webtravelguide.com/disabled](http://www.webtravelguide.com/disabled)

This site focuses on cruises. Although ships may claim they have accessible rooms there is no standardization in the cruise industry. This site identifies what IS available on the different lines.

# Planning my Trip to Amsterdam

**By Carrieanna Hess (recent CSUMB graduate)**

The phrase, "Let's go on a trip!" used to be music-to-my-ears! It still sounds like a wonderful idea but, since being diagnosed with Multiple Sclerosis, those words are more daunting than I can ever recall. A trip/vacation sounds wonderful, but knowing it is not as simple as it used to be is somewhat overwhelming, discouraging and intimidating to name a few feelings.

For twenty-two years it was relatively simple. Get plane tickets, a rental car, reserve a hotel room, pack your stuff and let's go! Now, however, there are more extensive plans that have to be made in advance to ensure a good traveling experience with Multiple Sclerosis.

So many questions to think about: where on the plane do I need to sit to be comfortable and bathroom accessible? Are museums, parks, and other sightseeing activities accessible to me? If not, how do I look into making them accessible? How will I get around in the place I am visiting? Do I need to bring, or rent, a wheelchair? Do I need to have a cane to walk with? Will I be able to use the public transportation system where I am visiting? Can I manage a bus or train? Or do I need to look into getting around by taxi? How much money do I need to bring with me? These are just a few of the questions that raced through my mind when I sat down with my Dad to talk about our upcoming trip to Amsterdam.

Not only do you have to make plans on how to get to your destination and what to do while you're there, but you also have to consider how you're taking care of yourself and your body. We, as individuals with MS, have to prepare our bodies physically as well as mentally and emotionally as we gear up for the actual trip. For example, you may have to manage quite a bit of stress. This is why it is extremely important to remember to communicate with - and involve your travel partner(s) in - the planning process. The more minds that can come together to consider all options and possibilities you may encounter the better. Perspective is key.

The thought of involving your travel companions in the planning process, however,

may be embarrassing - especially when you have to get down to the nitty-gritty of personal details like needing a bath stool for the shower, incontinence products, prescription meds, a daily/tri-weekly/or weekly shot, or whatever it is you need to be as comfortable as possible to fully enjoy your trip.

I recommend consulting friends, family, the library, Internet and any other sources in preparing for your trip. One of the best recommendations I received in gearing up for my trip to Amsterdam was a tip from a swim-buddy from our Friday swim class at the Monterey Sports Center. She shared a magazine clipping that talked about traveling with limited mobility. The article focused on the author Rick Steves and his book "Easy Access Europe". I checked it out online and pointed it out to my Dad (and travel buddy) who looked into it in more in depth. My birthday present this year was the newest edition Easy Access Europe. My Dad has been to Amsterdam twice and said, hands-down, this is the best book he has seen on traveling with disabilities. I have been reading it, and it really gives a thorough description of what is and is not accessible in many countries in Europe.

I'm scared, excited, exhilarated, and nervous. This is my first foreign travel since 2001 when I graduated from high school. This will be my first airplane trip since I was diagnosed with MS in 2004. Amsterdam here I come, ready-or-not!

*P.S. Don't forget a journal!*



*Editor's Note: Carrieanna left on May 10<sup>th</sup>. We've asked her to share her thoughts about her trip once she returns home.*



## Traveling with Severe Disabilities

**By Donna Krasnow, Executive Director**

It was just about six years ago that three of my husband's college friends called to tell me they were arranging a one-week visit in Seattle – could we join them? At 52, Gary's MS had left him almost completely helpless. He could move his head and speak and, thankfully, retained his sense of humor. But that was it. He couldn't move any other part of his body. His eyesight was spotty. He couldn't sit upright without support.

I decided we would do it. His MS had denied him too much. Somehow I would get him out of the house he had not left in 3 years and move him 1000 miles to Seattle. To make a long story short, Gary made it to Seattle. We had an incredible week. He ate in restaurants, toured the Experience Music Project, watched his son try the climbing wall at the REI store, rode the ferry to Bainbridge Island, tasted smoked salmon at Pike's Place Market, saw where his daughter did her graduate work at the University of Washington and enjoyed drives around the city. The man who had not been out of our house in many years made up for lost time.

So how did we do it? It was all in the planning – and then being flexible when plans went awry.

Packing - I took everything I thought I would need. Given airline regulations of 2 suitcases per person (and we were 4 passengers) I knew I had enough luggage space. I filled three suitcases with Gary's supplies – Depends, catheters, wipes, creams, medications, mattress liners, feeding equipment, oh, and, yes, clothes. If I even *thought* we might use it, in it went.

Getting There - Gary's manual wheelchair, our luggage and 4 passengers would not fit in our car. I rented an SUV to take us to the San Jose airport.

At the airport, airline personnel put Gary into a special narrow wheel chair that fits in the aisle of a plane. They carried him, in the wheel chair, up the stairs into the plane. We had seats in the bulkhead where flight attendants helped get him settled. I carried an extra strap to hold him more firmly in place. Once in Seattle, we rented another SUV to use for the week. We reversed the whole process on the return trip. Managing Transfers - My son was 22. He and a friend accompanied us on the entire trip. Between the two of them, they moved Gary between the car and his chair and his chair and the bed. They wheeled him up and down the hills of Seattle. Without their help we could not have made the trip. I could not have done it by myself. The Hotel - Marriot Residence Inn, Lake Union, Seattle. This is where planning paid off. I chose the hotel because it had relatively inexpensive suites. I needed a kitchen to prepare food for Gary and a place to feed him. I needed space for a rollaway bed for my son and a couch for his friend.

I chose well - what an incredibly accommodating hotel. I spoke with their manager several months before the trip. I didn't need a handicapped room – Gary's needs were way beyond what those special rooms could offer. I needed space. They sent me floor plans and described room layouts. I asked for extra pillows to support Gary in bed or when sitting on a couch. I needed a bed and couch that had space underneath to accommodate the legs of a Hoyer Lift (which I rented in Seattle – it was delivered to the hotel the day before we arrived). The bedroom and living room furniture had to be arranged so that a Hoyer Lift could navigate within the rooms. The balcony had to be large enough to accommodate Gary in his wheel chair. I wanted him to see a view larger than our backyard. I wanted him to see Seattle.

The hotel responded by meeting every single need. In fact, they gave us an upgrade - a room we could not have normally afforded. The balcony was huge it had a big table and four chairs, two lounge chairs, space to walk around - and overlooked Lake Union.

Even with his impaired vision, Gary could watch sea planes take off and land on their trips to and from the San Juan Islands. But, most incredibly, they built a ramp in the room so Gary could be easily moved between the living room and the balcony.

### Problems that Arose

- 1) Exhaustion – I quickly learned I had to make sure that each one of us (Gary, myself, my son and his friend) had enough time each day to relax and meet our own individual needs.
- 2) Crowds – sometimes it was hard to move Gary through crowds. His chair had to be tilted back to accommodate his inability to hold himself up.
- 3) Laundry – Even though I packed lots of clothes, I didn't bring enough– there were accidents. Luckily the hotel had a laundry area (advantage of it being a Residence Inn where some guests stay for weeks or months at a time).
- 4) Over-scheduling – It was so much work to move Gary from one place to another that we quickly learned to plan only one outing per day. Rather than go out for dinner, we brought dinner in and were joined by our friends on our balcony. This also saved money.

Afterword - Gary died a little more than a year after our trip to Seattle. It was a high point of the last years of his life. He loved reminiscing about it – and was a little smug. He did what everyone said couldn't be done. He did it with grace and style – and a LOT of help.

## **How I Enjoyed (and Survived) a Trip to China**

### **By Ginny Rettinger**

I have had Multiple Sclerosis since 1965. It has definitely slowed my ability to walk with any speed or great distance, but I can still travel.

I have been to Europe, Australia, New Zealand, Fiji, Mexico and Canada. My most recent trip was to China. We visited Beijing, Shanghai, Suzhou (the Chinese city of canals featured in Tom Cruise's latest *Mission Impossible* film), and Yantai. My husband had

business there. My sister and I accompanied him. She helped me when my husband was busy.

I have learned many things about travel over the years and developed strategies to deal with the challenges of traveling in China.

1. I learned that I have to have a partner who has greater strength and stamina to help me manage the unexpected – because things happen no matter how much you plan.

2. You have to be flexible. For example I found only one handicapped bathroom on my entire trip. In fact, there were few accommodations for disabilities in China. But, I was prepared and packed Attends and Serenity Pads.

3. I take two medications that require nightly self-injections. They have to remain at refrigerator temperature. I met the challenge by bringing an insulated square box with a hard Igloo frozen block. The block could be re-frozen and kept my medicine at the required temperature.

4. I had to bring needles along for the injections. I packed the box in my suitcase and checked it through. Trying to carry it with me on the plane would have created difficulties at Security.



5. Long flights require planning. The flight to China took 14 hours. I requested an aisle seat near the bathrooms. I also gave myself time to catch up on rest once I arrived in China.

6. I have taken my electric scooter on all of my trips. It is relatively small and collapsible. A gel battery is required if you want to bring it onto a plane – it's almost like having another member of the family that needs its own passport! I learned to add another hour to allow for boarding with it.

7. Take along adaptors so you can convert foreign electric power to what is required to charge any electric devices.

In the Forbidden City, in Beijing, the battery on my scooter was low so I fell behind my sister and husband. I felt overwhelmed when so many Chinese people suddenly surrounded me. Because wages are extremely low in China, everyone it seems is constantly trying to sell you something. Since crime is severely punished, there is none and I survived. I met up with my family again. That same day, we visited Mao's tomb and saw another gazillion people. I was disappointed that I couldn't handle climbing

part of the Great Wall. The steps were so steep and uneven. There are no handrails.

I looked down on the tops of skyscrapers from a restaurant high in the sky in bustling, modern Shanghai. I looked across a river into empty, bleak North Korea (my sister was asked by North Korean guards to stop taking photographs of North Korea.) Travel is fabulous!!!



## MSQLP Updates

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### MSQLP is Traveling!

In late May, Andrea Dowdall, our Case Manager, will make a presentation about MSQLP's work at the Consortium of MS Centers in Washington, D.C. The conference is titled "The Challenges of Care and Research in Multiple Sclerosis." Her abstract, *MS Quality of Life Project: A Free Case Management Program in a Semi-Rural Area* has been accepted as a poster presentation at the conference. She attended this conference in Flagstaff last year and brought

back lots of resources and information. She will be in Washington for several days attending the conference and enjoying our capital city. Mimi Wessling, a volunteer from Watsonville, will submit an article about MSQLP's work to *The International Journal of MS Care*. We are proud of Andrea and of her hard work and are grateful to Mimi for her dedication to producing quality materials on MSQLP's approaches to treatment.

## MSQLP's Office is Traveling!

We moved! One of our board members, Mary Lou Schaeffer, expressed it best when she said that our former office was so small that "you have to go outside to change your mind." We had reached the point where we could not hold a meeting without having to move furniture. But don't get concerned about finding our new office – we're in the same building, on the same floor, but just around the corner. We don't even have to change our stationery – the building manager is changing the address on the new office door to match our old office number. Our phone number is the same. Our staff is the same. Our new space is just larger - 1000 square feet spread over 3 rooms rather than 2 rooms in 400 square feet. We have a large room for the Case Management team, a reception area with a more accessible Resource Library (available to all our clients) and a third area for use by our interns, Office Manager and Executive Director. We no longer have to move furniture to have a meeting, we can conduct training sessions on site, and we can spread out when putting materials together. Ah, space. We will help defray the increased rent by subletting use of the office to another organization that will use the space in the evenings after we have left. Come visit when you have a chance.

## MSQLP's Program Travels to Seaside

On April 28, 2007 MSQLP held its first (and, we hope, semiannual) luncheon for MS couples. Fourteen couples attended our "Have Lunch With Your Honey" potluck at Faith Lutheran Church in Seaside We didn't assign dishes – we did it the way it was done in the past. We asked couples to bring whatever they wanted and we would experience "pot luck." Would we end up with a table full of green bean casseroles? Or a table groaning with desserts? No, it could not have turned out better. We had two hors d'oeuvres, three salads, four entrees, two breads and three desserts.

We thank Mike and Marsha Doza for arranging our use of their church hall. The site was perfect – easy parking, great kitchen, plenty of tables and chairs. We had a lot of fun and plan to continue this new tradition. If you were

not able to attend this luncheon we hope you and your "honey" can come to the next one.

## MSQLP's Newest College Interns – Sean Becker and Nicole Saad

My name is **Sean Becker**. I am a senior at California State University at Monterey Bay (CSUMB) majoring in Collaborative Health and Human Services. I transferred to CSUMB from Las Positas Community College in the San Francisco East Bay area. My capstone project is to create a program about Advance Care Planning for MSQLP. I feel honored to be an intern at MSQLP. While I do not know much about MS, I have been learning a lot from Andrea Dowdall and her clients.

I tend to be a busy person - planning my wedding, attending Renaissance Fairs, going to classes and working the graveyard shift at a local Monterey hotel.

I, **Nicole Saad**, am also a new intern from CSU, Monterey Bay. I am 21 years old and enjoy being joyful, going to church, and traveling the world. I am currently studying Collaborative Health and Human Services with the hopes of becoming a social worker. After graduation I plan to spend a semester abroad as a missionary. After those few months I will decide to either enter into a MSW program or spend a little bit more time traveling the world as a missionary. These last few months, working with Andrea, have taught me so much about what it means to be a social worker and the hard, yet very rewarding work and effort that is needed.

This experience has also taught me so much about MS and other life-changing illnesses. Most importantly, this internship has allowed me to meet many individuals living with MS who have taught me more about strength, endurance, and drive than I could have ever imagined. I enjoy this learning and growing experience greatly and look forward to meeting and building relationships with many more individuals in the MSQLP family.

## MS Support Groups

### MS Support Groups

*Anyone dealing with MS on their life journey is welcome to join, whether as one with MS, a family member, caregiver or friend.*

### MSQLP sponsored groups:

**Oldemeyer Center:** 986 Hilby Ave. Seaside  
Second Saturday of each month  
11:00 am to 1:00 pm

### **Salinas Valley Memorial Hospital**

Downing Resource Center  
Third Friday of each Month  
11:00 am to 1:00 pm

### **Pleasant Care**

2990 Soquel Avenue, Santa Cruz  
Second Thursday of each month  
1:30 pm to 3:00 pm

*Times are subject to change, call the MSQLP Office at 333-9091 for current information.*

### National MS Society sponsored groups:

#### **Monterey**

Community Hospital (CHOMP)  
Last Wednesday of each month  
7:00 to 8:30 pm  
Call Susan Jones at 659-1354

#### **Santa Cruz**

United Way, 1220 41<sup>st</sup> Ave. Capitola  
3<sup>rd</sup> Saturday of each month  
10:30 am to 12:30 pm  
Call Ada Shannon at 440-1211

## Water Aerobics

The Water Aerobics class meets every Friday at the Monterey Sports Center, 12-1pm. Classes are FREE for people with MS and their caregivers. This year we will meet throughout the summer too!

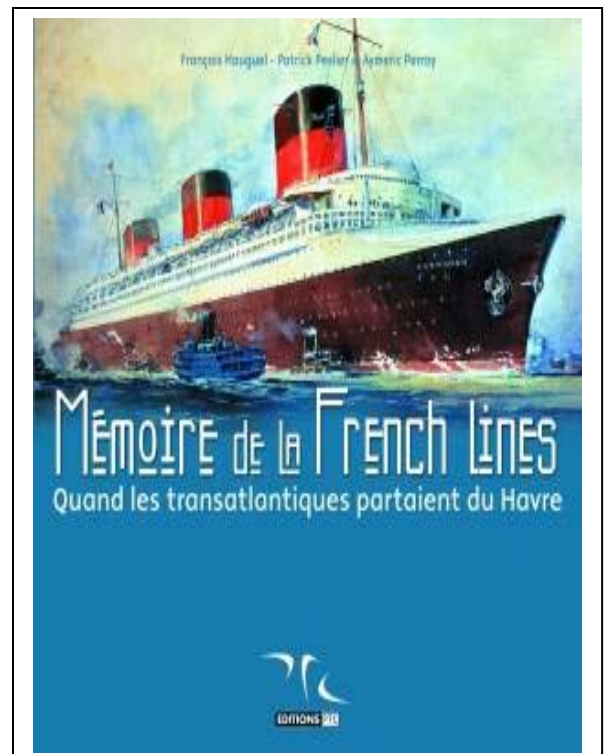
***In Memoriam:*** Our sympathy goes to the family and friends of Dutch Wood who passed away this month. Dutch was a member of our Oldemeyer Support Group where he touched many lives. He will be sorely missed.



## MS Foundation Cruise for a Cause

This year MSF's Annual "Cruise for a Cause" is going to  
**Alaska's Inside Passage!**  
**June 8<sup>th</sup>-15<sup>th</sup> 2007**

To reserve your stateroom call:  
Fun Cruise and Travel at  
888-826-9660



## Calendar

### May

25 Water Aerobics, Monterey  
30 Support Group NMSS, CHOMP

### June

1 Water Aerobics, Monterey  
8 Water Aerobics, Monterey  
8-15 MSF's Alaskan Cruise  
9 Support Group, Oldemeyer  
14 Support Group, Pleasant Care  
15 Water Aerobics, Monterey  
15 Support Group, SVMH, Salinas  
16 Support Group, NMSS, SCruz  
25 Water Aerobics, Monterey  
27 Support Group NMSS, CHOMP  
29 Water Aerobics, Monterey

### July

6 Water Aerobics, Monterey  
12 Support Group, Pleasant Care  
13 Water Aerobics, Monterey  
14 Support Group, Oldemeyer  
20 Water Aerobics, Monterey  
18 Support Group, SVMH, Salinas  
21 Support Group, NMSS, SCruz

21 15<sup>th</sup> Annual Day on the Beach  
25 Support Group NMSS, CHOMP  
27 Water Aerobics, Monterey

### August

3 Water Aerobics, Monterey  
9 Support Group, Pleasant Care  
10 Water Aerobics, Monterey  
11 Support Group, Oldemeyer  
17 Water Aerobics, Monterey  
17 Support Group, SVMH, Salinas  
17 Support Group, NMSS, SCruz  
24 Water Aerobics, Monterey  
29 Support Group NMSS, CHOMP  
31 Water Aerobics, Monterey

### Late Summer or Fall:

### **MSQLP's own Walk-a-Thon!**

*Details coming soon*

## Development

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MSQLP is proud to announce that we have received two grants from local foundations - \$10,000 from the **Monterey Peninsula Foundation** and \$10,000 from the **Community Foundation for Monterey County**. We are so grateful for their support of our programs.

We planned to join "The Human Race" walk-a-thon in April but unfortunately the Monterey race was canceled. So we have decided to hold our own walk-a-thon in the late summer or fall. We will share more information about this fundraiser in our next newsletter. It will be a lot of fun.

In addition to our grants we have received donations from the following individuals:

**Donna Krasnow**  
**Kent Newbold**  
**Richard Hess**  
**Jayne Stone Brown**  
**MS Foundation**  
**Irving Fenichel (vehicle donation)**  
**Dominik Zelichowski (vehicle donation)**

**Thank you to all our MSQLP donors, you are truly Angels!**

*"I am only one, but I am still one. I cannot do everything, but I can do something."*

*- Helen Keller*

## MSQLP

**MS QUALITY OF LIFE  
PROJECT  
519B HARTNELL STREET  
MONTEREY, CA 93940**

PHONE:  
(831) 333-9091

FAX:  
(831) 333-9092

E-MAIL:  
msqlp@sbcglobal.net

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We're on the Web!

See us at:  
[www.msqlp.org](http://www.msqlp.org)

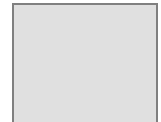
## Final Word

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Do you have a story to share about a trip you took? It can be within your neighborhood or across the globe. Was there a hotel or restaurant that was especially accommodating? A site that should not be missed and is accessible? The unexpected development you neatly sidestepped? An example of planning that paid off? Or the horror story you survived? Share it with us. Either call and share your story (831-333-9091) or send it by email ([msqlp@sbcglobal.net](mailto:msqlp@sbcglobal.net)), through the mail (519-B Hartnell Street, Monterey, 93940). We will include a follow-up article in our next newsletter about travel issues.

## About MSQLP.....

The Multiple Sclerosis Quality of Life Project (MSQLP) recognizes that people living with chronic illness have unmet needs. We are committed to filling these gaps by improving the quality of life of persons with MS in our local communities. We work with clients and their families to create comprehensive individual plans and programs that support client independence. Our services are free.



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MONTEREY, CA 93940**

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